

Cottingham Times

and District

Issue 141 - August 2013

STEPHEN RICHARDSON



PLUMBING, HEATING & GAS SERVICES

Approved Worcester-Bosch Installer

All Worcester-Bosch Boilers installed, come with a 5-year Parts and Labour Warranty - Get Peace of Mind until 2018

Some boilers with a 7-year Parts & Labour Warranty available until the end of December 2013

Call for your FREE, No Obligation Quotation Today

Tel: 01482 876145 - Mobile 07779 887769

33 St. Margarets Avenue, Cottingham, East Yorkshire HU16 5NQ



218388



Magnolia
House

Luxurious care home for you or your loved one...



From the moment you first walk through the door, you'll know you've found the right care home for you or your loved one! Magnolia House, in the leafy suburb of Cottingham, is a wonderful, five star residential home for the elderly.

*Residential Care • Nursing Care
Dementia Care
Respite Care • Day Care*

With a genuine 'home from home' atmosphere, relaxing environment, tasty, nutritious food and beautifully landscaped, extensive gardens Magnolia House values the importance of elderly care whilst offering a whole new lifestyle with unrivalled services. Our dedicated activities co-ordinator organises a variety of leisure pursuits, therapies, entertainments and outings to stimulate, inform and brighten the day for everyone. A recent, resident led, £300,000 refurbishment has given the award winning 93 bedroom home a top-to-toe makeover including stylish new decor throughout, exquisite lighting and flooring and elegant, en-suite 'wet rooms' for every room.

You may be caring for someone and simply need a break, or you may be struggling to take of yourself - whatever your needs our specialist, dedicated and caring team can help!



Call us or drop in for a chat over a cup of tea.

**Magnolia House • 42 Hull Road, Cottingham,
East Riding of Yorkshire, HU16 4PX**

T: 01482 845038 • www.parklanehealthcare.co.uk

Park Lane
HEALTHCARE

THE COTTINGHAM TIMES

1 Forge Place, South Rise, Skidby, Cottingham HU16 5UL
Telephone: 01482 840035

Editor: Keith Teale

Published Monthly by: The Cottingham Times

Enquiries: Advertising

Tel: 01482 840035 - Fax: 01482 840035

Editorial and Contributions

Tel: 01482 840035 - Fax: 01482 840035

Accounts: Tel: 01482 840035 - Fax: 01482 840035

Website: www.cottinghamtimes.co.uk

E-mail: media@cottinghamtimes.co.uk

Cottingham Times is a totally independent publication.

The views expressed in the Cottingham Times are not necessarily those of the editor. Copyright of the entire magazine contents is strictly reserved on behalf of the Cottingham Times and the authors. No part of this magazine may be reproduced in any form without prior written consent of the Cottingham Times.

Disclaimer

Whilst every effort is made to ensure the accuracy of the dates, event information and advertisements, events may be cancelled or event dates may be subject to alteration and the Cottingham Times can accept no responsibility for the accuracy of any information or claims made by advertisers included within this publication.

Notice to Advertisers

Trades Descriptions Act 1968. It is a criminal offence for anyone in the course of a trade or business to falsely describe goods they are offering.

10,000 Copies Printed Monthly

Looking for Window Blinds?

All Types of Blinds Supplied - Vertical / Roller / Venetian / Roman



Conservatory Specialists

5YR Guarantee
ON ALL PRODUCTS

UKBlindsdirect
www.ukblindsdirect.com
info@ukblindsdirecthull.co.uk

ALL blinds Measured & Fitted **FREE**
Call us for a no obligation quotation
01482 840238

Bridget FREER 07541 009321
bridget@bridgetfreer.co.uk



clinical hypnotherapist

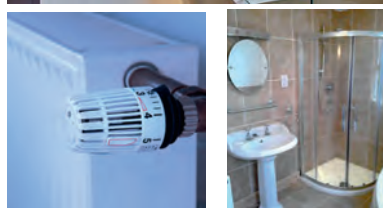
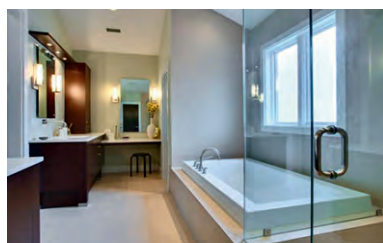
Lose weight with a
Virtual Gastric Band

Smoking: Stress: Phobias

www.bridgetfreer.co.uk

D. WILLIAMS

(Established over 29 years)



Plumbing and Heating (Cottingham)

**Plumbing - Heating -
Bathrooms - Tiling**

Full Bathroom Installations

• Tiling • Electrics • Building Alterations • Joinery

Central Heating

• Full Systems • Boiler Changes



Plumbing and Gas

• All Plumbing Work • Gas Cookers
• Gas Fires • Servicing to all Gas Appliances

Tel 882552 Mobile 07721 366343

Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - August 3



In Cottingham and District

St. Mary's Church, Cottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 50p (including biscuits). A warm welcome ensured. We also have S.A.L.T. Lunch (Share a Lunch Together) every Tuesday in the Mark Kirby Hall, 12.00 noon to 1.30 pm.

Viewfinder Photographic Society

Meets Monday evening every week in the Skidby Village Hall. Secretary: Mr. Peter Smith, 149 Grovehill Road, Beverley. Tel. 01482 867450.

AgeUK East Riding

Every Friday 10.00 am to 11.30 am, call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and other services available. Tea and Coffee available. Telephone 01482 869181 for further details.

Front cover picture: A view of Eppleworth Village.
Photo courtesy of Paul Lakin, 9 Dixon Court,
Cottingham HU16 5BN. Telephone 01482 846804

Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Jon Constable, Club Secretary, telephone 01482 840377, or visit our website www.cottinghamrangers.co.uk.

Zion United Reformed Church, Hallgate

Every Thursday morning, term time. From 9.30 am to 11.30 am. Tea and Coffee are available and there is a book stall. It all takes place in the Church Hall, situated at the back of the Church, access by a passage at the side of the Church.

Scottish Country Dancing Club

Every Monday - Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. For further information just turn up, or telephone Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 pm in the Arlington Hall, Cottingham.

Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. £2.00 per evening. For more information telephone Dave 01482 842855.

Fitmums & Friends Run, Walk & Buggy Burn Club

The club meets at Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45am (term time only) and at KGV Pavillion, Cottingham: Wednesdays 7.00 pm; Fridays 6.15 pm & Buggy Burn Thursday 10.00 am. Suitable for men & women of all abilities. www.fitmums.org.uk

Cottingham Bridge Club

Every Friday evening at the Darby and Joan Hall. Duplicate Bridge, for more information telephone 845873.

STEPHEN RICHARDSON



PLUMBING, HEATING AND GAS SERVICES

Time-Served Plumber :: Ex-British Gas Technical Engineer



218388

- Gas Central Heating
- Boiler Replacements
- Gas Servicing
- Solar Water Heating
- Breakdowns, Repairs
- Bathroom Suites
- Systems Powerflushed
- Systems Upgraded



**Beat Rising Gas Prices
Have a New
Condenser Boiler
Fitted NOW**

All Plumbing Work Undertaken

Tel: 01482 876145

Mobile: 07779 887769

33 St. Margarets Avenue, Cottingham, East Yorkshire HU16 5NQ



218388

The Alzheimers Society

Hold a memory café for people with dementia and their carers, family and friends at the Holy Cross Church, Carrington Ave in Cottingham. It is held on the second Tuesday of the month at 1.30 pm to 3.00 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 01482 211255.

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. From 2013 the club will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at Under 9, 11, 13, 15 and 17 as well as an all girl team. Training starts in January with Indoor Nets at the new Thomas Ferens Academy for all age groups on a Tuesday evening and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

Calligraphy, Quilling and Folk Art classes

Held during term times in Swanland on Wednesday afternoons; in Woodmansey on Thursday evenings and in Hessle on Friday mornings. Contact Jane Jenkins 01482 843721 for details.

Cottingham Methodist Church Hall

Card making Class meets every Monday afternoon (except Bank Holidays) 1.30pm to 3.30pm at Cottingham Methodist Church, Hallgate, Cottingham. All Levels. Contact: Ann on 079328 33578.

British Red Cross

Sunday 4th August - Open Gardens at Thwaite Gardens, Thwaite Street, Cottingham. 11.00 am to 4.00 pm. Refreshments, cakes, books, plants and much more!. Entrance £3.00, children free. Enter via Botanic Gardens entrance Thwaite Street.

Cottingham Green Women's Institute Evenings

Thursday 8th August - Tea and Bisque-it, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

The Hull Alpha Probus Club will be meeting at The Back Room, Hallgate, Cottingham on the following dates:-

15th August - Lunch

29th August - Coffee Morning

Lunches are from 12.00 p.m. onwards and are followed by a talk from a guest speaker. Coffee mornings are from 10.15 a.m. onwards. If you are retired, live in and around Cottingham and would like to meet new friends, please contact the Club Chairman on 01964 624238 for more information. **PLEASE NOTE NEW VENUE.**

St. Mary's Church, Hallgate, Cottingham

Monday 26th August, Bank Holiday Monday - Tower Tours from 11.00 am. Places can be reserved by calling Ian Booth on 01482 848041 or bells@ianbooth.karoo.co.uk.

Wednesday Social Club

Wednesday 28th August - Clive & Kath Richardson, Woman who did not exist, in the Darby & Joan Hall, at 2.00 pm.

Cottingham Green Women's Institute Evenings

Thursday 29th August - Joint WI Magic Moments, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.



Support the advertisers who appear within the Cottingham Times

Four Generations giving 100 years Family Service

Herbert 1893-1962 Eardley 1908-1986 Geoffrey 1939 David 1964

Funerals respectfully conducted :: Personal Attention
Limousines :: Home & Abroad :: Private Rest Rooms Available

H. KEMP & SON LTD

Funeral Directors
(Established 1893)

259-261 HALLGATE, COTTINGHAM

YORKS HU16 4BG

Telephone (01482) 844695



♦ Golden Charter Pre-Paid
Funeral Plans Available ♦



PAINTER & DECORATOR

25 YEARS EXPERIENCE

QUALITY WORK

TEL: 01482 876743 (COTTINGHAM)

DAISY DECOR

ALL WORK CONSIDERED - NO JOB TOO SMALL
ALTERNATIVE TEL NUMBER: 07929 216172

Get the **WowFactor** with **COLFAX WINDOWS**

upto **55% OFF** WINDOWS AND DOORS

- Extensive Range of Composite Doors
- Large Indoor Showroom • Large Outdoor Showground
- Planitherm Energy Saving Glass • Open 7 Days a Week

45% OFF CONSERVATORIES AND ROOFLINE

0% INTEREST FREE CREDIT
For a no obligation free quotation
Call **01482 879077**
or visit us online **www.colfax.co.uk**
and click "online quote"

Leads Road, Hull HU7 0DE
Find us on Follow us on

COLFAX Windows Systems
Over 28 years of excellence



www.cottinghamtimes.co.uk - August 5

ice white parties

Dress to impress in your sparkles and celebrate the festive season in style with your friends and family

Dates available throughout December & January from £21.00 pp
Includes a 3 Course Meal, DJ and Novelties

Call today for our festive brochure with details of our fantastic pre order packages

01482 672809

Mercury Hull Grange Park Hotel
Grange Park Lane, Willerby, Hull, HU10 6EA
e-mail: csales.mercurehull@jupiterhotels.co.uk
Call: 01482 672809

Mercury
mercure.com/festive

Revised plans for Castle Road development recommended for rejection at recent planning meeting

At a Public Meeting of the Cottingham Parish Council Planning Committee Meeting which was held at the Methodist Church Hall, Hallgate, Cottingham at 7.30 pm, Tuesday 16 July 2013, the revised plans for the Castle Road Development were recommended for rejection by a unanimous vote by the councillors present.

Item no 3172 in the Day Book - Outline - Erection of mixed use development comprising residential (Use Class C3) (maximum 600 units including key worker housing); food and non-food retail (A1); food and drink (A3 & A4); residential car home (C2); healthcare (D1), landscaping, play spaces, sports pitches and changing facilities and surface water attenuation, and incorporating associated new access to include provision of a roundabout and realignment of Castle Road, widening of Willerby Low Road and creation of two access points (Access to be considered), (AMENDED MASTERPLAN - SCHOOL AND ALLOTMENTS DELETED, PLAY SPACES AND PITCHES RECONFIGURED) (AMENDED DESCRIPTION AND PLANS) at Playing Fields, Castle Road, Cottingham for Hull and East Yorkshire Hospitals NHS Trust. The Committee on a majority vote with one abstention strongly objected to this application on the following grounds:

- * Against Beverley Borough Plan Policy E3, E4 and L10
- * Against Draft ERYC Local Plan - COT1r rejected on the grounds that the site forms a significant part of the key open gap between Cottingham and Willerby. Development of the site would result in the coalescence of two settlements and the loss of the key open area which conflicts with the place statement and Policy A1 of the Strategy Document
- * Against village identify
- * Increase in traffic generation and safety
- * Loss of public amenity
- * Noise and disturbance from the scheme which could potentially last 8 - 10 years as the development is phased
- * Surface water flooding/drainage, sewerage - flood risk
- * Loss of open aspect and rural character of area
- * Loss of wildlife
- * Concern at the future ownership and maintenance of any attenuation system
- * Food security - Loss of agricultural land and proposed allotments.
- * Bigger burden on existing schools, will make class room numbers increase
- * Traffic - Willerby Low Road - More sport pitches and a car park entrance from that road will increase the dangers on this road
- * The original traffic surveys were conducted before the improvements to the A164; those figures are now obsolete and should be recalculated

The Committee would also like more information regarding 'Key Worker' housing and how it was planned to control and maintain the number of keyworker housing in relation to the rest of the development.

Should the ERYC Planning Officer not agree with the Committee's decision then it was unanimously agreed that this application should go before the ERYC Strategic Planning Committee. The Parish Council would ask that the Strategic Planning Committee make provision for the large number of residents that will be in attendance when this application is brought before them.

Support the advertisers who appear within the Cottingham Times

HANNAM Upholstery Company
1b Main Street, Willerby,
East Yorkshire HU10 6BP.
Tel/Fax: (01482) 658787

Maybe the new sofas you've been looking for are right under your nose



Before buying a new suite or sofa, take a look at what your sitting on. We can totally transform your existing furniture, re-upholster it in the latest modern, or contemporary fabrics. Re-style it or sometimes even re-shape it. Don't throw away a quality piece of furniture and replace it with rubbish. If you have a quality suite, then it will be worth letting us bring it back to life. A good frame will last for ever. Ring or call in to see what we can do for you. We will give an honest opinion on if your suite is worth spending money on.

Holiday Home in Tenerife!!!!
Beautiful 3 bedroom house in Costa Adeje Mare Verde, Tenerife
On a peaceful and attractive complex, the house is only a five minute walk from the superb Fanabe Beach.
A great choice for that family holiday! From £300 per week
Visit www.tenerifecostaadeje.co.uk or tel. 658787 for more information and photographs.



Best prices in town!

We'll beat any written quotation from any local store for the supply of identical goods.

Carpets from stock – ready to fit and with great savings!

Now there's no need to wait to get fabulous new carpeting. We've reduced the prices on our stock roll carpets, so snap up some superb savings – some half price! Hurry for the best choice!

Penzance 100% Polypropylene bleach cleanable, heavy domestic
Was £20.95 per sq.m
Now £15.95 per sq.m

Bari 100% Polypropylene heavy domestic saxony pile
Was £23.95 per sq.m
Now £11.95 per sq.m

Forest Twist 80% wool 20% nylon 40oz twist pile, heavy domestic
Was £29.95 per sq.m
Now £16.95 per sq.m

Forest Loop 100% wool natural weave, heavy domestic
Was £21.95 per sq.m
Now £14.95 per sq.m

All pictures are representative only

Ask the specialist

We offer an accurate measuring and expert fitting service that's superb value, or we can simply supply and deliver if you prefer to do it yourself. We'll advise the best choice for what you have in mind, whether it's a small space or your whole house.

117 Hallgate, Cottingham HU16 4DA Tel: 01482 842134

510 - 520 Hessle Road, Hull HU3 5BQ Tel: 01482 326590

Email: info@leightonscarpets.co.uk Web: www.leightonscarpets.co.uk

EVERY THURSDAY



Cottingham Market

Do All Your Shopping in Our Friendly Environment

Fruit & Veg, Fashions, Hot Food Take-Away, Home Baking, Underwear, Tights, Socks, In-Soles, Hardware, Electricals, Tools, Bedding, Fish, Shoes, Pet Food, Second-hand Books, Slippers, Plants, Flowers, Artisan Bread, Bags, Cosmetics, Scarves & Hats, Watches, Mobility, Cheeses and Butter, Charity Stall and too much more to mention

THE GREEN, COTTINGHAM



Adult Classes coming soon:-

Make Up Bag Cake

Learn how to carve and create a make up bag shape cake and make modelled make up to finish this lovely design

Two Tier Wedding Cake

Learn how to coat and stack cakes professionally.

Car Cake

Learn how to prepare and carve a car shape cake and finish with all the necessary trim.

New adult classes

starting in September including our PME Professional Diploma courses.

CHILDREN'S SUMMER COURSES

Places still available....so book now to avoid disappointment

Check out our web site for more details of all our courses.

www.sugarnspicecakes.co.uk

Sugar 'n' Spice Cakes Ltd.

175 Hallgate, Cottingham

Tel: 01482 669277 :: Mob: 07764 951592

www.sugarnspicecakes.karoo.co.uk

Cottingham couple celebrate their Diamond wedding anniversary

On Saturday, 18th July the wedding between Joyce Mary Thomas and James Donovan took place at St. Mary's Church, The Rev. W. R. Hebron officiated. The bride, who was given away by her father, wore a dress of white brocade with a long veil. She was attended by three adult bridesmaids, two child bridesmaids and two pages, nephews of the bridegroom. The bridesmaids were dressed in gold and white with headresses to match. The bride's mother wore a very smart dress and coat in pale blue and white, with matching hat. The honeymoon was spent in Devon.



Cottingham couple James and Joyce Mary Donovan (nee Thomas) of Hull Road, celebrated their Diamond Wedding Anniversary with a family celebration held at the Goodfellowship Inn recently.

James and Joyce who are both from Cottingham, married on the 18th July 1953 at St. Mary's Church, Cottingham.

They have two daughters, four grandchildren and three great grandchildren all who live in Cottingham.

James worked most of working life for City Engineers in Hull, whilst Joyce was employed at A. Brown & Sons, Printers down Perth Street West, and later as Night Nurse at Castle Hill Hospital.

The photo above is from the Cottingham Review edition of August 1st 1953, whilst below James and Joyce pictured at their home.



Music Lovers Make a note Famous piano duo to visit Cottingham in October

Remember the days of piano lessons and those dreaded scales? Then, the icing on the cake when we ventured into our first attempt at duets with brother or sister; great fun, but who should play Primo or Secundo (top or bottom of the key board)? More arguments!

Not so with our guest professionals, Japanese pianist Kaoru Wada who will be playing alongside her male counterpart Malcolm Forbes-Peckham, who will be performing works by Mozart, Schubert, Brahms and Dvorak.

Do not miss this rare opportunity on Sunday afternoon at 2.30 pm, October 6th, in the Hallate Methodist Church, Hallgate, Cottingham. Tickets £10.00 from the usual outlets, available early in September. For more information please ring 01482 847122.

KIDS EAT FREE



**ONE FREE KIDS MEAL
WITH ANY ADULT
MAIN MEAL*
DURING AUGUST**



*** Terms & conditions**

One free child's meal with any one adult main meal purchased from our Hot Daily Specials Menu Board. Offer available between 12noon and 2.30pm, from 1st to 31st August 2013. Subject to availability. The free meal must be a child's lunchbox or hot meal from the children's menu.

THE
PIARY
COFFEE
SHOP

Beverley Garden Centre

Hull Road, Woodmansey, Beverley, HU17 0RS 01482 880002

Digital holiday photographs, Windows 8, Windows 8.1 preview and saving from PDF's

Well it's summer at last, and haven't we enjoyed all the hot weather! Probably for that reason the summer holiday season is a traditionally quiet time in the IT industry; when people are on holiday or want to be out and about enjoying the sunshine.

When you are back from holiday will be the time when you will want to start getting all your photos onto your computer or other device. The digital camera boom means that we all take many more photos than we used to! Many people never format their memory card (wipe off all the pictures), so the best advice is to upload all your pictures into your Pictures folder by connecting your camera or card reader. Then put them into folders by subject or name. Highlight a selection of pictures and copy and paste or drag them into the new folders. To rename pictures, highlight a selection, then right click on one of them and click rename, and type a name and press enter. You can rename a folder by the same method. Once you have them all neatly arranged, back them up onto a memory stick or CD, and when you're entirely happy, it will be safe (if you wish) to format your memory card and start again.

Windows 8.1 Preview has been released (the full version is due out at the end of the summer). This is like a 'service pack' for Windows 8 and adds some extra features, but guess what?...the Start button **has not** made a re-appearance. Having installed this on a laptop, I note that some of the new

features are an arrow on the start screen that produces all apps, a nice split screen enabling you to view two things at once when surfing or checking emails, and for the artistic amongst us, a new *Fresh Paint* app., that lets you explore your creative genius in oils and watercolours. For those who yearn for a traditional Start button, other third party developers have come up with their own, including 'Start Menu 8', Classic Shell, and Stardock's Start8 the strangely named 'Pokki'

Windows 8 includes a reader that opens documents in pdf (portable document format). However I have found that it is difficult or impossible to print from that application. Therefore I would recommend downloading Adobe Reader, as used by most other Windows computers. Go online to <http://get.adobe.com/uk/reader/>

Talking of pdf, if you have one of the later versions of Office, 2010 or 2013, you can choose to save a document as a pdf from the drop down menu in the Save or Save As dialogue box.

Driverless cars are to be tested on UK roads by end of this year the Government has announced. So far, trials of the autonomous vehicles have taken place only on private land. These driverless cars are guided by a system of sensors and cameras and are seen as potentially safer and more efficient than regular vehicles. There will of course be a back-up driver who will ride along during tests and who can take over in case of any emergency!

If you need a road journey planned, and who doesn't! Try the AA website - it has an excellent route planner, with maps and full step by step instructions to print out. A handy addition to a sat nav that may take you the way it wants to!

Office 2003 has been added to the 'end of life' list along with Windows XP in April 2014. Basically it means there will be no more support or security updates and fixes from Microsoft for either product. Office 2013 is now available in various editions for those wanting to upgrade. Re XP, many customers have decided to go for a new computer now, whilst Windows 7 is still available. For further advice just give me a call.



Eset expiring? No problem, we can renew it for you for one, two or even three years; just call for a renewal price. And don't forget our boxed product for up to 3x computers – see advert alongside.

Best wishes for an enjoyable summer!

Richard Mills
RDM Computers
Cottingham
T: 01482 875666
e: richard@rdmcomputers.co.uk
*All trademarks acknowledged

Fashions Change

.....so do computers

Is your Computer Slow? Short of Memory? Need a Service?

CALL NOW FOR FREE NO OBLIGATION ADVICE
(01482) 875666

Everybody's Surfin'
Wireless Network Special For Only
£99
(Includes Wireless Router & Secure Set Up For Up To 2 Devices)

HERE'S THE SOLUTION Worried About Computer Security? You Need Anti-Virus Software!
.....SPECIAL OFFER.....
Protect 3 Computers For Only £37.50
Also ask us about Malware protection

rdm technology simplified
CALL US NOW !
T: (01482) 875666 M: 07850 105424
email: richard@rdmcomputers.co.uk

StanJames

4 Great Reasons to visit your local Stan James betting shop...

IRISH LOTTO BET

PICK 3 MATCH 3
WIN £1242
FREE £2 BET

On pick 3 match 3. Valid 26th Aug-1st Sep 2013*

*Applies to Wed or Sat main draw. One Free Bet per customer. StanJames Rules, Terms & Conditions Apply

GOAL CRAZY

Will both Teams Score?
Yes or No, it's that simple!
FREE £2 BET

Valid 12th-18th Aug 2013

*offer valid on Midweek and Weekend Goal Crazy Coupon. One Free Bet per customer. StanJames Rules, Terms & Conditions Apply

GAMING CREDIT

FREE £5 CREDIT

Valid 5th-11th Aug 2013

* One Free Bet per customer. Returns minus stake. StanJames Rules, Terms & Conditions Apply

HULL CITY
v
NORWICH

FREE £2 SCORECAST

Valid 19th Aug 2013 Until Kick Off

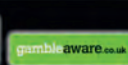
* One Free Bet per customer. **SCORECAST-Named Player to Score First and Correct Score for Game. StanJames Rules, Terms & Conditions Apply

We look forward to seeing you come and find us at...

68 King Street Cottingham Hull HU16 5QE
opposite the Cottingham Green Car Park, King Street

TERMS & CONDITIONS - ALL OFFERS SUBJECT TO THE DISCRETION OF STANJAMES & IT'S EMPLOYEES

1)IRISH LOTTERY FREE BET APPLIES TO 1 FREE £2 BET PER CUSTOMER ON PRESENTATION OF VOUCHER IN THE NAMED SHOP ONLY, RETURNS MINUS STAKE.
2)IRISH LOTTERY FREE BET ON PICK THREE MATCH THREE SIX NUMBER MAIN DRAW AND CUSTOMER MUST SPECIFY IF WEDNESDAY OR SATURDAY MAIN DRAW.
3)GOAL CRAZY FREE BET APPLIES TO 1 £2 FREE BET PER CUSTOMER ON PRESENTATION OF VOUCHER IN THE NAMED SHOP ONLY, RETURNS MINUS STAKE.
4)FREE £5 MACHINE CREDIT APPLIES TO 1X £5 PER CUSTOMER ON GAMING TERMINALS ON PRESENTATION OF VOUCHER IN THE NAMED SHOP ONLY, RETURNS MINUS STAKE.
5)1ST GOALS SCORER SCORECAST FREE BET APPLIES TO NAMED GAME ONLY, 1 FREE £2 BET PER CUSTOMER ON PRESENTATION OF VOUCHER IN NAMED SHOP ONLY, RETURNS MINUS STAKE.



you can win more with StanJames

EVERFLOW

Plumbing Services

GENUINE 24-HOUR CALL OUT

- Boiler Replacements • Gas Servicing
- Breakdown and Repairs • Full Bathroom Installations
- Gas Central Heating • Systems Powerflushed
- General Plumbing Repairs • Landlord's Certificates
- No Job Too Small • All Areas Covered
- FREE No Obligation Quotations

Call Phil **01482 841304**
Mobile: **07970 359706** Cottingham

CORGI 520101 safe 520101



ACE OF PAINTS Decorating

Sue Warren

Need a good, reliable & experienced Lady Decorator & Designer?
Friendly, affordable & professional service. For good looks, protection & added value to your home, get in touch today!

Tel / Text: 07943 – 402 371 (Cottingham)
Email: aceofpaints1@gmail.com

HOME & SMALL BUSINESS COMPUTER SERVICES

PC/LAPTOP SALES | REPAIRS & INSTALLATION
WIRELESS NETWORKS | STRUCTURED CABLING
HOME TUITION | ASSISTANCE | SUPPORT
BROADBAND | EMAIL SETUP
DATA RECOVERY | VIRUS REMOVAL

Microsoft CERTIFIED IT Professional

Call Steve Blake on **01482 388010**
www.blakeits.com

25 YEARS EXPERIENCE INSURE & CHECKED

Walkies with Frisby of Cottingham



We are a pet walking, sitting, and feeding service, for both cats and dogs.
Wish to know more?
Tel: Cath **07967862516** Diane **07817939174**
Or visit www.walkieswithfrisby.com

Wordsearch - Sports

Can you find the hidden words. They may be horizontal, vertical, diagonal, forwards or backwards.

G	N	I	L	I	A	S	S	E	G	N	I	I	K	S	S	V	S	R
S	I	N	N	E	T	K	V	S	V	I	V	W	L	Q	L	C	W	V
E	W	I	J	V	A	G	S	S	N	O	P	V	U	J	X	T	I	A
T	V	M	V	T	Y	R	T	O	A	N	L	A	V	B	W	I	M	J
B	E	L	I	E	E	S	V	R	U	R	S	L	A	A	F	M	M	V
T	A	N	L	D	L	R	I	C	A	H	C	D	E	E	C	H	I	J
D	G	S	N	A	E	I	N	A	I	E	M	H	N	Y	A	G	N	V
A	Z	U	E	C	B	M	T	L	T	I	G	C	E	N	B	V	G	G
V	O	B	C	B	V	T	V	E	N	Y	I	N	D	R	B	A	G	N
R	T	O	E	D	A	U	E	T	K	N	T	B	I	M	Y	N	L	I
O	S	V	I	V	I	L	O	K	G	C	A	L	E	L	I	G	C	L
M	O	D	U	J	W	N	L	L	S	L	I	B	R	X	R	V	C	C
G	N	I	L	T	S	E	R	W	L	A	J	R	O	B	A	U	P	Y
I	S	C	I	T	E	L	H	T	A	G	B	B	C	N	C	B	C	C
G	N	I	V	I	D	Q	L	L	A	B	T	O	O	F	G	J	V	Y
S	C	I	T	S	A	N	M	Y	G	T	Y	E	K	C	O	H	A	B
G	N	I	C	A	R	E	S	R	O	H	I	S	P	R	L	P	M	G
G	N	I	C	A	R	R	O	T	O	M	I	R	W	V	F	V	H	U
Z	L	L	A	B	T	E	N	O	L	O	P	G	N	I	W	O	R	R

Find the words in the letters above:

Archery, Athletics, Badminton, Baseball, Basketball, Boxing, Cricket, Curling, Cycling, Diving, Fencing, Football, Golf, Gymnastics, Handball, Hockey, Horse Racing, Judo, Lacrosse, Motor Racing, Netball, Polo, Rounders, Rowing, Rugby, Sailing, Skating, Skiing, Soccer, Squash, Swimming, Tennis, Volleyball, Wrestling.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 79

This is an easy challenge this month - Answer on page 29

4	1		8	2				3
		8	1	9	3		6	4
6			5			1	9	
	9						4	
	4					3	2	
				3				1
	6				8			7
	8	5	6		9		3	2
		1			2			6

Support the advertisers who appear within the Cottingham Times

MARIONOWENTRAVEL

2013 celebrating our **20TH ANNIVERSARY OF BUSINESS.**
Local, independent & passionate about travel !

Do you enjoy an adventure, winter sunshine, good accommodation whilst sustaining our eco system? Why not join me on our tour of Kerala....

We leave on 7th November for 10 nights, I am able to take a maximum of 14 guests along on this tour. Previously visiting this area I can ensure you will have a wonderful experience of wildlife & culture also spending time to rejuvenate with option of superb spa treatments.

A blend of multiple religions that live in harmony, the commonwealth's oldest synagogue can be found in Cochins Jew Town right alongside the Maharajahs Palace. This part of India gained wealth from the trading of spices with black pepper known as "black gold" and Europeans were respected for their help with this trade and looked after and integrated into the community. Today there are many Christians living in the area, not many Jewish are left - we are travelling on a Thursday so if you would like to practice your faith on a Friday they would welcome you joining in.

Just 9 places remain 11 days £2098 per person call today for full details.



Warner's hotels just for Adults 2014 book now at low prices, a £65 deposit secures your place. All inclusive of coach travel from East Yorkshire for example:-

06 January - 4 nights Thoresby Hall £245 : 11 April - 3 nights Nidd Hall £264

28 July - 4 nights Bodelwyddan Castle in a signature room £317

11 August - 4 nights Holme Lacy House in a signature room £356

20 October - 4 nights Alvaston Hall £291 : please ask for our full selection inc. 2013

Fred Olsen cruise lines are still on their preview brochure with fabulous 8 night cruises from £699 per person sharing a twin cabin, plus the option to upgrade to drinks inclusive from just £6 per night, this represents excellent value for money. Remember it is not a problem getting to your ship when booking with Marion Owen Travel as we are able to offer a home to port service just ask for details when booking.

Remember when looking to cruise, styles of ships on both oceans and rivers vary tremendously. With our first hand experience of more than 140 ships we can help to ensure you are getting the right style of ship and experience you are wanting.

Single travellers, do you feel that you are paying too much of a premium? We get many offers for single travellers why not add yourself to our single offers list and then we can email or telephone you as and when they pop up. In fact our exclusive Rhine river cruise on 7th June next year has 3 such cabins available but you need to be quick!

We have always advertised that we offer tailor made holidays worldwide by air but we also offer breaks by the ferries with or without your car, designing a package just to suit your requirements. E.g. a luxury break for a special occasion, a quick cheap break or a bespoke tour by car. Sailings can be either from Hull or a shorter sea crossing from Dover to Calais.

I am at the moment planning special departures into 2015, great for those who like to plan in advance. We realise that not everyone can or even like to book so far in advance. If you suddenly decide you want to get away pick up the phone or call in face to face it is much better to talk than email. Remember too we work in partnership with all tour operators giving you a full range of options. Whether you are looking for a lively holiday in a hot spot such as Malia - Crete, a busy city break for instance New York or Paris, a scenic spot close to nature in Europe's Alps or Canada's Rockies and last but not least a romantic hideaway on a white sandy beach!

All prices correct at the time of publishing in July 2013 but subject to availability at the time of booking—don't delay, call today.....

For Further information & to make your booking tel: 01482 212525
Or visit in person : 23 Portland Street, HULL www.marionowentravel.com

Support the advertisers who appear within the Cottingham Times

Our Exclusive Coach Tours

All Continental tours are via North Sea Ferries

We use lovely hotels - tours offer quality, comfort & value.
All of our guests are special - you will notice the difference

19 Aug	Edinburgh Tattoo & Zoo 3days B&B 1 room	£ 269
26 Aug	Rhine & Moselle based in Boppard 10 days	£ 799
14 Sep	Harrogate Flower Show - day out	£ 39
15 Sep	Meuse River Cruise 8 days just 2 cabins	£ 895
25 Sep	Durham: day visit inc. Cathedral & dinner	£ 39
04 Oct	Blackpool Tower Tea Dance & Lights 2 days	£ 95
08 Oct	Settle to Carlisle just for the day	£ 55
11 Oct	St Albans & Windsor 2 nights half board	£ 129
16 Oct	Shopping outlet & afternoon tea at the manor	£ 39
21 Oct	Warner's Littlecote 4 nights half board	£ 294
22 Nov	Thursford Xmas Spectacular 3 day 5 seats	£ 229
04 Dec	Chatsworth at Christmas - just for the day	£ 39
12 Dec	Thursford Xmas Spectacular 2 days	£ 149
13 Dec	Antwerp & Christmas Market weekend 2 nights North Sea Ferries & 1 night half board in Antwerp	£ 179
08 Jan	Downtown January Sales & lunch	£ 24
14 Jan	Potters World Bowls 3 days of bowling /3 nights	£ 269
24 Jan	London sights & shopping 2 nights HB	£ 129
30 Jan	World of Rhubarb & a 3 course lunch	£ 45
03 Feb	Torquay - Gleneagles 4 nights Full board & Bar*	£ 249
04 Apr	Cornwall Flower Show & Gardens 5 nights Single room £419,	£ 399
24 Apr	Paris - 5 nights inc Dave's special city tour	£ 329
11 May	Castle of Mey & Orkney 6 nights half board	£ 649
21 May	Flowers in Bloom - a relaxing short day out	£ 15
24 May	Disneyland Paris 5 nights- family of 4	£1260
07 Jun	Rhine Cruise - super itinerary 9 nights No night sailing and lots of time in port.	£ 989
22 Jun	Eastbourne 6 nights half board	£ 399
02 Jul	Spa Francorchamps Classic Bikes 6 nights	£ 486
26 Aug	Danube River Cruise 5 * Mozart 11 nights Includes excursions & wine, beer with meals	£ 1689
11 Sep	WW1 - 5 nights a special 100 year tour	£ 485

Many more tours to come, Thursford dates now available for 2014.- prices held for early bookings just £10 deposit.
Many tours offer single rooms at a very low supplement .

Prices are per person based on 2 sharing unless stated.
River cruise & continental tours cabin upgrades available.
Please ask for single prices & 3rd person sharing



We look forward to hearing from you, wherever and whenever you wish to travel

Marion.



AERIALS
COTTINGHAM
 CALL TODAY FOR A
 FREE QUOTE ON:
01482 946016
 Call Gary on: **07850636902**
FAMILY RUN BUSINESS

ADI
 COMMUNICATIONS LTD



- * 10% OAP discount
- * Digital Aerials
- * Phone Lines
- * CCTV Installations

concept
electrical
 Domestic - Commercial - Renewables

- Electrical Installations
- Outdoor Lighting
- Alarm & CCTV Systems
- Testing & Inspection
- Multi-room Audio Systems
- Energy Saving Solutions

PROFESSIONAL - GENUINE - RELIABLE SERVICE

Tel. **01482 873992** Mob. **07773978009**
www.conceptelectricaluk.co.uk

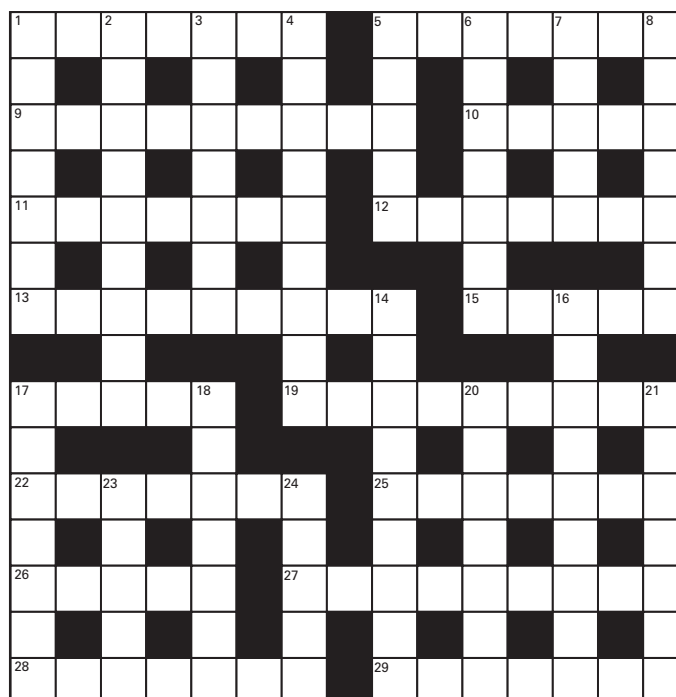
Electrical Safety Register

SENSATIONS
Nails :: Beauty :: Chiropody
A warm, friendly relaxing atmosphere awaits you

HPC Registered
Chiropodist/Podiatrist
Offers routine
footcare treatment
Diabetic footcare and
orthotic management
Discount available for
the over 65's
Flexible appointment times
available
Sunday/Late Nights
Appointments available

181 HALLGATE, COTTINGHAM
Tel: 849068

Crossword - Solution on page 46



Across

- Shackles (7)
- Without ceasing (7)
- Trademark or signature (9)
- Long metal nail (5)
- Tedious (7)
- City in Washington state (7)
- Estimate (9)
- Whips (5)
- A small picture inserted within another (5)
- Unsteady in gait (9)
- Frolic (7)
- Affective (7)
- Stitched (5)
- Crooks (9)
- Female siblings (7)
- Funeral cars (7)

Down

- Preventing (7)
- Not thinness (9)
- Punches of sweetened milk and eggs (7)
- Whipping boy (9)
- An attribute of a people or era (5)
- Female (7)
- Poet T.S. _____ (5)
- Searchers (7)
- Frisky or flirtatious (9)
- Not reproductions (9)
- Asserts (7)
- Pretentious talk (7)
- Strange or rare objects (7)
- Suppositions (7)
- Caterwauls (5)
- Strikes with the feet (5)

Crossword courtesy of www.crosswordpalace.com

Support the advertisers who appear within the Cottingham Times



Annabel Hind of Cottingham wins CITV's Share a Story Competition 2013

Annabel Hind a pupil at Hallgate Primary School has won the Children's ITV Share a Story 2013 Competition, 5-6 years age group. Annabel entered the 'CITV Share a Story 2013' competition back in April.

The national competition was for children to write a short story and send it in along with a story board. There were to be two winners in each of the four age groups, 5-6, 7-8, 9-10 and 11-12. Annabel wrote a story called, 'A Hedgehog who wanted to fly,' which was all about (you guessed it . . .) a hedgehog who wanted to fly.

Continued on page seventeen



Cheval of Willerby Café Bar

**Has re-opened its doors with a new look
children's Play Area, Pets Corner
and outside seating**

Our New Opening Times:-

Monday - Wednesday 9.00 am - 5.00 pm

Thursday - Friday 9.00 am - 9.00 pm

Saturday & Sunday 9.00 am - 5.00 pm

**We have a private function room
for Children's Parties**

**We can also offer Face Painting, Horse Riding,
Manicure and Pedicure Parties from Tots to Teens**

**Telephone 01482 654968
or mobile 07799 437283**

Superb takeaway menu available at the Alishaan Restaurant Cottingham

A superb takeaway menu is available at the Alishaan Restaurant in Cottingham. The prices on this menu are discounted by 20%. The takeaway menu is available 7 days a week.

Below is a small selection of takeaway meals available every day.

Starters: Lamb/Chicken Tikka £2.95; Sheek Kebab £2.95; Lamb/Chicken Chat £2.95; Onion Bhajee £2.25; King Prawn Puree £2.25; King Prawn Butterfly £3.95; 1/4 Tandoori Chicken £2.95; Chot Poti (v) £2.95; Goan Crab/Mussels Puree £3.95; Reshmi Kebab £2.95; Mixed Kebab £3.95; Special Mixed Platter £8.95; Morichi Bahar (v) £2.95; Lamb Chops £2.95; Garlic Mushrooms (v) £2.95. **Tandoori Specialities:** Lamb Chop Peaze £7.95; Tandoori Fish £5.95; Tandoori King Prawns £10.95; Shashlik £7.95. **Breads:** Naan £1.95; Keema Naan £2.25; Peshwari Naan £2.25; Garlic Naan £2.25; Stuffed Naan £2.25; Paratha £2.25; Chapati 95p. **Curries:** Lamb or Chicken £4.50, Prawn £4.95, King Prawn £6.95 and Lamb/Chicken Tikka £5.95. **Kormas:** Lamb or Chicken £4.50, Prawn £5.50, King Prawn £7.95. **Malayan:** Lamb or Chicken £4.50, Prawn £5.50, King Prawn £7.95. **Vindaloo:** Lamb or Chicken £4.50, Prawn £5.50, King Prawn £7.95, Lamb/Chicken Tikka £5.95. **Chef's Specials:** Chicken or Lamb Amda £7.95, Gost Pathwari £8.95, Chicken Chilli Massala £7.95, Murgi Badam £7.95, Chicken/Lamb Tikka Masala £7.95, Chicken/Lamb Pasanda £7.95, Mixed Korahi £7.95, Napal King Prawns £10.95, Special Sizzler Juliette £7.95, Jalfrazi £7.95, Garlic Masala £7.95. Korah: Korahi (Chicken or Lamb) £5.95. **Special Balti dishes:** Gost Ohmuri £8.95, Makrani Jingha £11.95, Balti Fish Curry £10.95, Balti King Prawn Rogan £10.95, Patan Balti £7.95, Gost el Laziz £8.95. **Vegetarian Dishes:** Vegetable Jalfrazi £4.95, Vegetable Chanari £4.95, Biryani Veg or Mushroom £4.95, Vegetable Dupiaza £4.95. European Dishes: Steak and Chips £8.95, Fried Chicken and Chips £7.95.

The Alishaan is open 7 days a week (including Bank Holidays), Sunday-Thursday 5.30 pm - 11.30 pm; Fri and Saturday 5.30 pm - midnight. 205 Hallgate, Cottingham. Telephone 01482 847032.

Support the advertisers who appear within the Cottingham Times

Alishaan

Authentic ♦ Indian ♦ Cuisine
Voted Best Indian Restaurant 2005/2006 by The Hull Daily Mail

For Superb Indian Cuisine ♦ Halal Dishes

Special Four Course Meal

Sunday to Thursday £10.95

(not available on Bank Holidays
or February 14th; December 24th and 31st)

Prices discounted by 20% on Takeaway Meals

10% Student Discount on Sit Down Meals

Outside Catering available for that Special Occasion

Open 7 Days a week (including Bank Holidays)

Sun to Thurs 5.30 - 11.30 pm

Fri & Sat 5.30 - Midnight

10% OFF

your meal when you bring this advert with you!
(applies to Main Menu meals only)

205 Hallgate, Cottingham HU16 4BB

Tel: 01482 847255 :: Fax: 01482 847032

www.alishaan.net

www.cottinghamtimes.co.uk - August 15

In the Kitchen



Ham and Asparagus Quiche

Ingredients

225g/8oz Shortcrust Pastry
25g/1oz Butter
1 Onion, chopped
100g/4oz Ham, cut into thin strips
75g/3oz Asparagus, cooked
2 Eggs, beaten
150ml/5fl.oz. Single Cream
Salt and Black Pepper

Instructions

1. Preheat the oven to 200C, 400F, Gas Mark 6.
2. Roll out the pastry to 6mm/1/4 inch thickness and use to line a 20cm/8 inch flan tin. Prick the base of the pastry with a fork then line with greaseproof paper and fill with baking beans. Place on a baking tray then bake in the oven for 15 minutes.
2. Meanwhile, heat the butter in a pan, add the onion and fry gently until soft and transparent. Cool slightly then spread over the base of the partly cooked pastry case.
3. Arrange the ham and asparagus on top of the onions.
4. In a bowl, beat together the eggs, cream, salt and pepper then pour into the flan case over the onion, ham and asparagus.
5. Return to the oven and bake for 30-35 minutes until set and golden brown. Serve hot or cold.

Traditional Pork Pie

Ingredients

For the pastry
450g/1lb Plain Flour
2 Egg Yolks
175g/6oz Lard
120ml/4fl.oz water
For the filling
450g/1lb pork shoulder, finely chopped
100g/4oz Streaky Bacon, finely chopped
1 heaped teasp Dried Sage
Salt and Black Pepper
Beaten Egg to glaze
For the jelly
300ml/10fl.oz. Water
½ an envelope/6g Powdered Gelatine



Instructions

1. To make the pastry: Place the lard and water in a saucepan and heat until the lard melts. Allow to cool a little.
2. Place the flour and salt in a large bowl and mix well. Make a well in the centre and add the egg yolks and lard mixture and mix well to form a smooth soft dough. Set aside to rest whilst you prepare the filling.
3. Preheat the oven to 190C, 375F, Gas Mark 5. Make the filling by placing the pork shoulder, bacon, sage, salt and pepper in a large mixing bowl and mix thoroughly.
4. Roll three quarters of the dough out on a lightly floured work surface no less than 6mm/¼-inch thick and use to line the base and sides of a 20cm/8-inch springform tin.
5. Place the meat mixture in the dough case, keeping it loose rather than squashing it down. Brush the edges of the dough with water then roll the remaining dough out to form the lid and place the lid on top. Crimp the edges to seal the lid to the pie by pressing together firmly with a fork.
6. Brush the top with the beaten egg and bake in the oven for about 1 hour 30 minutes until golden brown.
7. Remove from the oven, remove from the tin immediately and allow to cool.
8. Once the pie is completely cold, make up the gelatine with the water according to the packet instructions then make a hole in the top of the pie and pour in the warm gelatine until the pie is completely filled. Refrigerate for a few hours to allow the gelatine to set. Serve cold.

Quick Mango/Berry Cheesecakes

Ingredients

100g/4oz Digestive or Gingernut Biscuits
The Finely grated zest of 1 Orange
200g /7oz Cream Cheese
4 tbsp Caster Sugar
120ml/4fl.oz. Double Cream
2 Fresh Ripe Mangoes, peeled and diced or any summer berries

Instructions

1. Place the biscuits in a polythene bag and lightly crush them with a rolling-pin. Set aside
2. Place the cheese, orange zest and caster sugar in a large bowl and beat until smooth.
3. In another mixing bowl, whisk the cream until it just holds its shape then fold it into the cheese mixture.
4. Place half the diced mangoes/berries in a food processor and process until smooth.
5. Divide half the biscuit mixture between 4 serving glasses, spoon over half the cheese mixture, some diced fruit and a little of the puree. Sprinkle the rest of the crumbs, cheese mixture, fruit and puree into each glass. Decorate the top with berries or diced mango and serve immediately.

Continued from page fifteen

She drew out the story board and wrote a story summary and sent it off, last minute via Special Delivery, so that it would reach its deadline of the following day. After it was posted, Annabel pestered her mother Kate every day, asking me when she might hear something. She began to gently let her down over the next month or so, helping her to realise that there would be lots of entrants and lots of competition for the prizes, etc. etc. So, when they received a call from CITV about six weeks later to say that she was one of the two winners in the age 5-6 age group, they simply couldn't believe it! There were over 7,000 entries overall. They were all jumping around the living room, it was such amazing news!!

Since hearing the news, they now know that Annabel's story has been made into an animation, which they will be going to see at the CITV studios in Manchester in August. On that day, Annabel will be filmed all day at the CITV studios and will also get to record the voice over for her story, which will be shown on CITV later in the Autumn term. CITV may come to Hallgate Primary School in the Autumn term to show Annabel's animated story ahead of its CITV scheduling.

Annabel Hind is 6 years old and is a pupil at Hallgate Primary School. Her mum, Kate Hind is a teacher at Hallgate Primary School. Annabel entered the competition independently (of School) after seeing it advertised on Children's ITV.

Next year, her mum will be keen for children from the school to enter the competition and will be promoting and organising the competition within school.

NOW OPEN
Call in to see us for
Friendly, Honest Legal Advice

Jane
Brooks
LAW

YOUR LOCAL SOLICITORS

Cottingham:-

2/4 George Street,
Cottingham HU16 5QU
Tel: 01482 848101

Hedon:-

13 St. Augustine's Gate,
Hedon, Hull HU12 8EU
Tel: 01482 893366

www.janebrookslaw.co.uk

Both offices are accessible to wheelchair users



***Building * Gas * Plumbing *Electrical**

Full central heating systems installed
with up to 5-7 years warranty

Kitchens supplied and fitted

Bathrooms supplied and fitted from £450

Extensions, loft conversions and all aspects of
building work and plumbing

Damp and decay specialists

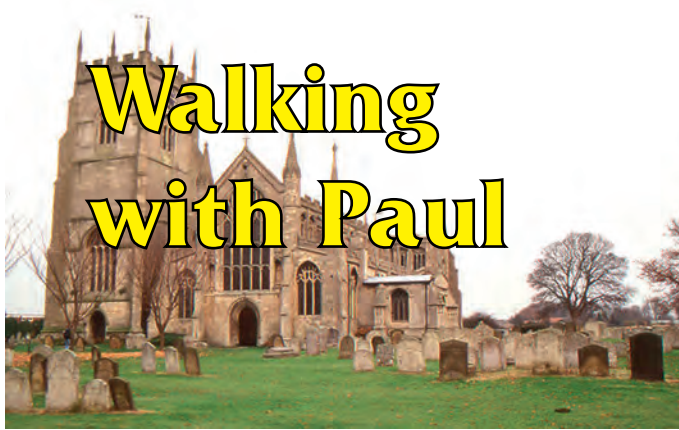
Friendly and reliable service



Overdale
Property Services

Overdale Cottage
Beverley High Road,
Dunswell HU6 0AA

Mobile 07830 513440



Walking with Paul

Here is Paul's latest walk in his series of monthly rambles.

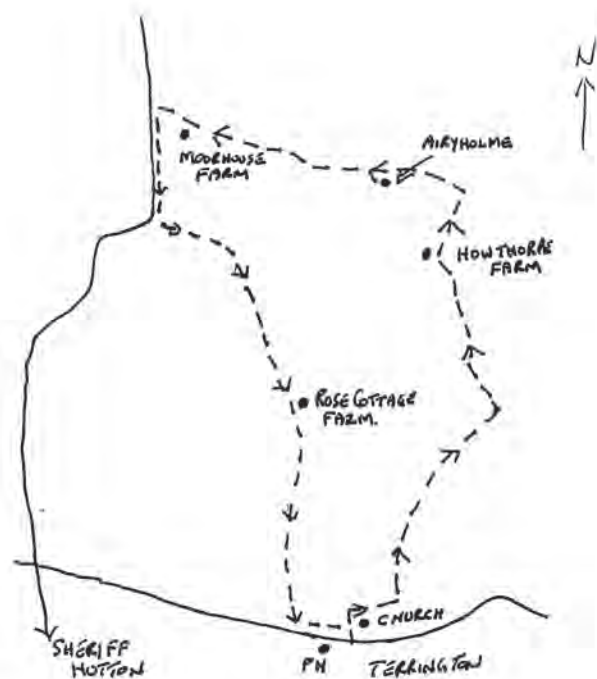
This month his destination is Terrington

The map is for a general guide only. Please use an Ordnance Survey Map or similar if possible when walking.

Map:- EXPLORER 300

Start at GR. SE670707 Near the Bay Horse public house.
Distance 6.0 Miles.

Leave the front of the Bay Horse pub and walk down the road and turn left into Church Lane. At the top of the lane take the path straight ahead signed Ebor Way, pass through a gate into the playing fields and then at the end of a wall turn right again following the Ebor Way sign following the wall to a set of steps. Go down these steps, turn right and then immediately left keeping the hedge on the right.



On reaching the end of the field, turn left keeping the hedge on the left along a distinct path, pass through a gate and continue in the same direction. Pass through a second gate and turn left and then right to cross a foot bridge and then turn left. After a short distance pass through a Kissing Gate on the left and turn right climbing steadily with the hedge on the right. On reaching a large knarled tree, pass through a kissing gate and turn left keeping the fence to the left.

At the end of the field, emerge on a stone farm track and turn left and then follow this as it climbs and eventually falls towards Howthorpe Farm. On reaching the farm, turn right and exit the farm yard on a farm track. On reaching the wooded area, turn left keeping the trees on the right. At the end of the field, pass through a large gate, cross a narrow field and pass through a second gate. Continue straight ahead with the trees on the left and a fence on the right to pass Airyholme Farm on the right. After passing the farm and reaching the farm access road, turn right and follow this access road to meet the main road.

Turn left on reaching this road and after about ½ mile and at the sharp right bend, continue straight ahead (signed Private Road) and then immediately turn left at a sign post (Terrington) and walk diagonally across the field, the path being marked by the occasional post. On reaching the corner of the field, turn right and follow a grass track. After a short distance, the track bears to the right to enter a wood.

Continue on this track and, on emerging from the wood continue climbing gently on a grass track towards a gate. Pass through the gate and continue ahead. On approaching a farm, locate and pass through a gate on the right and continue in the same direction to eventually meet the farm access road. Continue along this stone access road which eventually becomes a tarmac lane and follow this back into Terrington.

Suppliers of quality bespoke
kitchens, bedrooms & bathrooms

input
of Cottingham
kitchens

30-32 Northgate, Cottingham
Telephone 01482 844114
Fax: 01482 847828
www.inputkitchens.com
sales@inputkitchens.co.uk



HALLGATE LANDSCAPES LTD HALLGATE, COTTINGHAM

Also visit our Show Centre - Rear of 146 Hallgate (Alterframe), Cottingham

BLOCK PAVING SPECIALISTS

DRIVES PATIOS PATHS

Aggregates Supplied:-
**SAND,
SAND & GRAVEL
TYPE 1 STONE
CRUSHED BRICK
TOP SOIL**

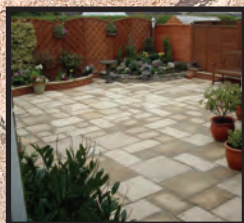
**Walls Built, Turfing, Trees Felled/Pruned
Demolition Work, Fencing Erected, Concrete Bases
Drives Gravelled, Planting Trees and Shrubs**

Established 1985

Tree Logs

£3.00

**per bag
Minimum
Delivery
10 Bags**



**SPRING
PLANTS
NOW IN**

ALL WORK FULLY GUARANTEED

**FREE
QUOTES**

**Contact Brian -
T: 01482 846069/M: 07885 242773
COTTINGHAM**

**COAL
FOR SALE
£7.00
PER BAG**

google.hallgatelandscapes

(Formerly BJD Landscapes)



It ain't 'alf 'ot Mum!

Who doesn't like this lovely weather we are having at the moment? Not many I can imagine. It is just so nice to go out on an evening after work, knowing that the balmy evenings will linger on to almost 10pm. Plenty of time to walk our pets. Dogs do love a good frisbee throw in the park, a fast game of fetch in the garden or a romp on the beach. They seem happy, dashing around with tongue lolling and slobber dripping and many dog owners figure their dog will know when to stop. But that's not the case. Dogs are so are excitable and very playful. They just keep on going and often don't feel the effects of overheating until it is too late. We must take that responsibility and know when enough is enough, allow the dog to rest and offer plenty of cool water.

Dogs also like to go along on car rides but they should NEVER be left inside a parked car. Even in weather that seems cool, a vehicle can quickly become a deadly 'green house'. Did you know that on an 85 degree day, it takes only 10 minutes for the interior of your parked car to climb to 102 degrees? In half an hour, it can reach 120 degrees. Leaving windows partially open does help to cool things down inside the vehicle BUT it just is not enough. To make matters worse, dogs have a higher body temperature than people and they don't cool down as efficiently as we do. The car body is designed more for insulation from the cold than for cooling down.

We have sweat glands all over our body, but our dogs are confined to their nose and the pads on their feet. A dog that is hot can only normalize their body temperature through panting. This doesn't get the job done under extreme conditions and because they do not sweat, are actually at higher risk of heat stroke than humans, who perspire over most of their body. Panting, quickly passes air through the moist tissues of the dogs mouth and cools it, much like



a breeze on a sweaty face cools a human. This is a form of evaporative cooling and that's where most of the slobber comes from in a panting dog. If a dog begins to get too hot, their breathing increases to panting but when their body heat climbs faster than the panting system's ability to cool itself, heat stroke becomes a threat.

So what are some of the signs of our pets overheating?

1. Profuse and rapid breathing;
2. Bright red tongue
3. Thick drooling saliva
4. Wide eyes with glassy look and lack of coordination
5. Vomiting and diarrhoea

If you think your pet is suffering from heatstroke, you need to take IMMEDIATE action.

1. Move them immediately to a cool area - either shade or preferable air conditioned area

2. Are they conscious and panting? If so, offer them small amounts of water to drink but never put water in a dogs mouth that can't swallow on its own.

3. Place cold wet towels over their body, remove quickly and re-cool with wet towels.

4. Turn a fan on them. It will speed up the cooling process.

Cats are also susceptible to heat stroke. As well as the above points, you may also look out for;

1. Restlessness to find a cool spot, plus staggering.
2. Vomiting/Lethargy.

Once again, if you think your cat is suffering from early stages of heat stroke, the same IMMEDIATE action must be taken, as in our canine friends.

It is critical to your pets health to cease all measures as soon as it becomes apparent that treatment is working. Their body temperature will continue to drop after the treatment stops, and then they will become in danger of it becoming too low.

Now what can we do to help prevent all the above happening? Most of it is common sense! Take for instance our canine friend being left in a car, as described previously. Would we sit in a tin can, wearing a fur coat in 90 degrees heat? No!

1. Always make sure plenty of fresh clean water is available at all times.
2. A clean coat can help prevent summer skin problems, so keep your dog/cat well groomed. Give your dog a shorter hair cut, but do not shave down to the skin as this robs him or protection from the sun. A cat should be brushed frequently to keep their coat tangle free.
3. Exercise only in the coolest parts of the day, but do not overdo exercise or play sessions.
4. In extremely hot weather, don't leave your dog standing on the street and keep walks to a minimum. His paws can burn since they are not protected by shoes.
5. Please be sensitive to old and overweight animals in hot weather, and those with heart or lung diseases should be kept indoors as much as possible.
6. Always provide shelter if outside, or bring your pet inside during the heat of the day, and let them rest in a cool part of your house.
7. As for rabbits, you could always spray their ears with cool water. Please avoid soaking the full body, this is because thick wet fur may encourage FLY-STRIKE (a condition where blue bottles lay their eggs, then maggots hatch out and feed off the rabbits skin.)
8. Give frozen treats - take bananas or apples and cut into chunks and freeze. For many rabbits this equates to an ice cream in the heat, they love it!
9. Rabbits hutches should always have a cool, shady spot.

If you do happen to find your pet in the above situations, please seek IMMEDIATE MEDICAL attention. Do not hesitate to ring any one of our KINGSTON surgeries where our dedicated staff will be on hand to give the necessary advice, 24 hours a day.

Finally, an update on Bisley, my one and a half eared cat. I am delighted to report, he has made a full rapid recovery and now enjoying the sunshine once more (BUT NOT WITHOUT HIS DAILY SUNBLOCK!)

Enjoy the summer!

Support the advertisers who appear within the Cottingham Times

A LOCAL VETERINARY SERVICE BUT SO MUCH MORE!

Cottingham Surgery
14-18 New Village Road
Cottingham
HU16 4LT
Tel: 01482 843210

Kingston

VETERINARY GROUP

Other branches
Park Street
Tel: 01482 223688

Beverley Road Surgery
Tel: 01482 854422

www.kingstonvet.co.uk



SUMMER SALE NOW ON

UP TO
50% OFF

Images are for illustration only

Free Local Delivery

EURONICS CENTRES

BONUS

ELECTRICAL SUPERSTORE

Grange Park Lane (behind Waitrose Supermarket), Willerby

Opening hours: Monday to Saturday 9.00am till 5.30pm and Sunday 10.00am till 4.00pm

Tel: 01482 659888

www.bonuselectrical.co.uk

Many Superb Bargains In Store!

EURONICS CENTRES

BONUS

Willerby

Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - August 21



"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile Maker'
Bransfield

Fastbraces® For Everybody

Hello again, I hope that you are well. Wow, we are in the middle of a heat wave as I write. Blimey, it's hotter than Spain!

The "BIG MOVE" is going well. Well done to those who gave the correct answer last month and won prizes. Yes, we are moving around the corner to Castle Villa on Castle Road, Cottingham.



The roof is now on and doors and windows in. A bit more to do but it will be great.

A Revolution In Tooth Moving Fastbraces® is a full, comprehensive orthodontic system for adults and children. On the hottest weekend of the year up to that point in early July I spent 2 long days in a hotel near Heathrow becoming an affiliate to Fastbraces®.

This technological advancement in orthodontics is incredible. After 20 years of development and thousands of treatments in the USA and Greece it has now come to the UK. The specially designed brackets, low friction technology and highly flexible wire are a major breakthrough. The roots are moved into their final position from day one rather than starting this part after several months.

What's In It For You?

We can treat the majority of orthodontic cases without taking teeth out and do it faster. It is **FAST**, typically from 3 months to about a year. Conventional fixed brace treatments can take 2 years or more. Less children are now eligible for braces on the NHS so need to turn to private treatment, this is ideal.



Before

After Just 3 Months

It is **SAFE**. There are no more risks associated with fast braces than conventional braces and because they are on for less time there is, theoretically, less risk of tooth decay. They are more **COMFORTABLE** due to the extra light forces that this technology allows.

More **EASY** and **CONVENIENT** because there are fewer visits to get straight teeth this means less time off work or away from school. Even after treatment it is easier because the results are very stable retainers only have to be worn for 15 minutes a day.



Before

Just 9 Months Later

For more information just give us a call.

Premier League Here We Come

I am really looking forward to his season of Hull City in the Premier League. First game away against Chelsea. Let's give Jose Mourinho a head ache. Come On You Hull!!!!

Until next time. Take care and be good.

Chris

Chris Bransfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 772550. He has been in dental practice for 20 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's charity work go here now www.castleparkdental.co.uk

End Dental Suffering

Do You Have a Dental Wish List?

If you suffer from ill fitting dentures, want a fixed alternative for missing teeth and would love to eat steak and apples with confidence we have the answer to transform your life by changing the way you feel and eat forever, improving your confidence and general wellbeing. Dental implants could be the solution!!

Are you frustrated with crooked teeth and long for a confident smile? We have different rapid tooth straightening systems that work a treat!

Call now for a free initial consultation minimum value £63

Fantastic Results—Over the Moon!

The results were brilliant and overwhelming and I can now smile happily. The Castle Park Team are lovely and friendly and I would recommend them to anyone. *S Tenryson, Hull*

I will never be afraid of the dentist again!

What a difference my treatment has made to my life. I can now eat, chew and do all the things I had difficulty with. Many, many thanks to Chris and his team. *E Day, Beverley*

Our patients say it best at www.castleparkdental.co.uk


WHY WAIT? **CALL US NOW ON 01482 772550** *Change Your Life!*

Treat Yourself to the Castle Park Experience!

The Home of Life Changing, Pain-Free Dentistry
Castle Park Dental Care
 8/9 Castle Green, Green Lane, Cottingham. HU16 5JY
www.castleparkdental.co.uk email: castleparkdental@aol.com

"You have our personal promise of quality care and attention at all times"

Chris
 Chris "Dr Smilemaker" Bransfield



Is this You, or anyone you know?

by Paul Smith

Every year we all get poorer.

Inflation is 2.7%. The best cash ISAs pay about 2%, so they manage to make you poorer by 0.7% a year. The best other accounts pay about 1.5%. But income tax reduces this to 1.2%, so they also make you poorer by 1.5% every year.

Makes you want to despair.

One solution – buy fields which will be used to build housing estates.

I have a retired friend who lives in a village near Cottingham. He cashed in all his ISAs and other investments and invested £40,000 buying fields right on the border of York, next to the really posh suburbs there. The business selling the land said it was likely to get planning permission soon to build executive homes there and he would quadruple his money. He was impressed by the website and the glossy brochures he was sent, with their lovely photographs of the fields. He was also told that there was already a developer interested in buying the site, so he was thrilled.

However, it is greenbelt land and will never get planning permission. If he had rung up York City Council, they would have told him so. There's not much he can do about it. When he bought the land, the contract cleverly said that planning permission was not guaranteed. The land is only worth about £3,000, and will always be worth this. He has lost all his savings.

There's an aristocrat who lives in a stately home in the south of England. He invested a million pounds, all his savings, to buy land for development outside Sofia, the capital of Bulgaria. His Bulgarian partners disappeared with all his money. He has had to take his children out of private schools and put them into state schools, and has had to get a job.

Scammers prey on everyone, and their appeal to our greed is so quick to convince.

Only 1 in 15 got it right

Some years ago my wife and I went house-hunting. We looked at 15 houses. Every one – apart from one – showed us round. "This is the kitchen, here is the lounge, look at the bedrooms, here is the exciting guest toilet by the front door". But at one house we went to, it was completely different. We were taken into the first room and it was sold to us. Every single room was individually sold. "I've done this to this room," the fellow said, "I've also done that so you'll never need

to do it again, it's got this wonderful wallpaper, tiling, window pane, ceiling artex, kitchen surface..." Even all the features in the garage were sold. We came out of that house and my wife was desperate to buy it.

However, I had to get a mortgage. Some people from Leeds had just sold a business there and they could buy the house for cash, so the estate agent told the fellow to take their cash offer. (Money is power.) My wife was very disappointed.

But the way the house was sold was a revelation of how to do it.

From now on, we should call Hull by the name it really has

Edward I was one of the best kings we have had. He was honest, intelligent, dynamic and affable. He wanted to unite England, Scotland and Wales under one rule – his. During his reign he conquered Wales and tried to subdue Scotland. To fight the Scots he needed a port which he could use to send food and weapons up the North Sea by boat to supply his armies in Scotland. He also needed it to be safe, ie too far away for the Scots to attack.

He decided that the small town of Wyke upon Hull would be perfect. This was owned by the monks at Meaux. Their abbey had huge debts, mainly because of their own poor management, so they had to sell the town. Edward renamed it King's Town upon Hull. So Hull got its new name, because Edward wanted to boss the Scots about.

Similar towns on rivers are Kingston on Thames (because it was owned by the king in Saxon times), Stoke on Trent and Ross on Wye. But the people there don't call their towns Thames, Trent or Wye. So why are we odd, just calling ours Hull?

We can't call it Kingston, because it would be confused with the one in Southern England. And nobody ever says Kingston upon Hull. So it's obvious what the correct name of our city has always been, and what we should all start to call it from now on.

Hull upon Hull

The above suggestions are intended to be helpful. Opinions are the author's own. Everything is described in very simple terms, so before taking any action you must take appropriate professional advice.

PROBATE

done with you **in your home**
much cheaper than using a solicitor
and it's done **within a month**
with **no VAT** to pay
and a Fixed fee - only £350
20 years' experience

Telephone 653339

Paul Smith, 23 Wolfreton Garth, Kirkella, HU10 7AB



www.premierroofing.co.uk

24 HOUR CALL OUT

Fast, Friendly Service



Premier Roofing Ltd.

Domestic & Commercial • Felt Roofing • Fibre Glass

• Fascias • Soffits • Rainwater Systems • Tiling • Cladding

TELEPHONE: 01482 571870/07813 118129






Classical Gas celebrates its 30th year of trading this year and has taken the opportunity to look back over its' history to where it all began.

A lot of things have changed since 1983. Back then a semi detached house cost around £20,000, a pint of milk was 21p, a litre of petrol was 36p and Classical Gas was a one man band.



It was in 1983 that Managing Director Keith Pearson, a time served British Gas engineer, made the momentous decision to leave the security of a full time job (they were secure in those days!) to set up on his own as a self employed plumbing and heating engineer. "It wasn't an easy start" he says,

"but with the support of friends and family the business began to grow".

Back in 1983 the worries of running a business were pretty much as they are now – organising the work, making sure customers were happy and engineers were kept busy, and coping with the paperwork. "My mum still reminisces about doing the accounts with a typewriter and a calculator – it wasn't an easy task!"

The biggest difference between then and now though is the regulation and legislation faced by the industry. When CORGI (Council for Registered Gas Installers) first set up in 1970 it was purely voluntary to join, not becoming compulsory until 1991. "I chose to join when it was still voluntary, and Classical Gas still has the same registration number – 375 – which has got to be one of the lowest numbers in the country! Now, of course, it's been taken over by Gas Safe and registration is just a way of life. Every gas engineer has to undergo re-training every 5 years to keep up with changes – even when you've been in the industry all your working life!"

Classical Gas 30th Anniversary

1983 - 2013

Classical Gas in 2013

Classical Gas in 2013 is a very different animal, no longer working from home but from our office on New Village Road and currently employing 24 staff - (including 5 apprentices at various stages of a 4 year training programme). We still concentrate very much on our core activity of gas fitting and plumbing with time-served engineers, but we have added new services and developed, mainly in response to our customers' needs and requests.

In 2009 we launched our central heating Careplan which continues to be popular, and we're also part of the new ECO scheme which you may have seen advertised, supplying and fitting new boilers completely free to qualifying applicants. In addition we're fitting an increasing number of bathrooms with level access showering and adaptations for customers with infirmities/ disabilities.

Electrical Division

In March 2012 we took the step of employing a qualified electrician and Classical Gas Ltd became registered with NICEIC for domestic installations. In the "old days" the gas fitters would do their own electrical work, but with increasing regulation we decided that it was better if the engineers concentrated on the gas and plumbing side of things and left the electrics to the specialists. We employed Rich Richardson, a qualified electrical contractor, to run the division. We currently have two electricians – and have recently been successful in gaining NICEIC Approved Contractor status. We can do anything from a socket change to a full house re-wire – fully insured and accredited.



Building Division

Our most recent venture is the Building Division, having employed experienced and time-served joiner David Gee in May this year. Dave has just completed a loft extension in Beverley and we were able to do most of the work in house – project managing the whole thing including liaising with Building Control. "The main reason the customer chose us was our ability to do the bulk of the work within the one organisation" said Dave – "we're virtually a one stop shop now for projects of this nature – whatever happens it's our responsibility!!!"

The Future's Bright – "the Boys are Back in Town!!"

As Keith nears retirement Classical Gas is set to continue as a family affair, with wife Janet (not quite so near retirement!) in the office 5 days a week and with sons Kris, Arron and Gareth taking over. "Kris has worked for Classical Gas since he was 19", says Keith, "despite me (at the time) wanting him to go to university and do other things. I paid him £20 a week to begin with (no minimum wage back then!) hoping he would get fed up but he's still here and I'm very glad he is."

Arron, a co-director with Kris, has a keen interest in the ever-changing renewable industry and keeps a watch on the new technologies. Classical Gas is already

registered as a Green Deal Installer and ready to work alongside registered Providers to deliver the new government scheme.

Gareth – soon to become a director, has just returned from working abroad with his wife and daughter and has returned to the family business. "Having our daughter made us realise that we really wanted to be back near family and friends, and to be back in the business is actually really exciting – there's so much going on!"



"We very much appreciate our local customers" says Keith. "Contract work is always appreciated, but we have a fantastic base of local, loyal customers, some of whom have been with us since the very beginning, and it's really thanks to them that we're still here and still thriving in these difficult times. We also really appreciate the staff we have. We tend to "grow our own" engineers, taking them on as 16 year old apprentices and seeing them develop, qualify, get married and start families of their own as well as being part of the Classical Gas family".

Co-incidentally, 30 years ago this year the £1 coin was introduced to replace the £1 note which was thought to be too flimsy and had a limited life. At Classical Gas we like to think that – like the £1 coin – we're built to last and are looking forward to the next 30 years!!!



60 new village road, cottingham **875897** • classicalgas.co.uk

classical
gas



August is usually one of the hottest months of the year - making watering essential. August is traditionally holiday-time, so you might need to enlist the help of friends and family to look after the garden while you are away.

At Coletta & Tyson garden centre we have lots of great gadgets and products that will keep your plants going while your away. Now is the perfect time to collect seeds from plants that have finished. With all the hot weather and glorious sunshine we have been having you may have noticed your lawn isn't looking too healthy, maybe even some brown or bare patches have emerged. All you need to know is in the below lawncare guide.

Lawncare

A large expanse of lawn can create a wonderful feeling of space in any garden. It blends perfectly with your colourful beds and provides space for your family and friends to play and relax. Once sown or laid properly, lawns need only watering and mowing during the summer



PREPARING FOR A NEW LAWN

- The best time to create a new lawn is in spring or early autumn. Measure the area before buying seeds or turf and remember to subtract borders and paths.
- Correct soil preparation is important for long-term success. Prepare a few weeks in advance of sowing or turfing by eliminating any weeds, rubbish and large stones. Dig or rotovate and level the top 15–25cm, trying not to bring the subsoil to the top. If the soil is wet, clay or liable to water logging, drainage may be needed.
- Decide precisely the area you want and mark it out. It is better to prepare an area 15–25cm larger than required to enable the grass or turf to be cut to a firm edge when fully established.
- Dig the area over. Remove all weeds, including any with deep roots, and all large stones.
- Kill off any old grass and weeds using a general weedkiller.
- Sprinkle a balanced fertiliser over the area such as bonemeal.
- If possible, dig in compost or well-rotted manure and leave the ground to settle for a fortnight.
- Rake over the ground to make it as level as possible.
- Tread the ground flat by moving across the area in a waddling motion keeping your heels together. Get everyone to join in and the job's done in no time. Alternatively use a roller on large areas if the ground is dry.

Turfed lawns TURF

- If you want an immediate lawn, buy good quality turves. Cheaper options may contain weeds, pests and diseases.
- Turves are best laid in late summer or early spring. Avoid very wet or dry days or when the ground is frozen.
- Make sure they are delivered on the day you intend to lay them although they will keep for three to five days.
- Lay the first row along a straight edge. Then place a plank on them to spread your weight while you lay the second row.
- Stagger the squares to make the lawn look even.
- Water well or the edge of each turf will curl up.
- Avoid walking on your new lawn for about six weeks.

Sowing a lawn from seed

- Sow late March to May. Sowing is also possible in September or October if autumn rains have started.
- Seeds are a cheaper option for a new lawn, but you will have to wait at least three months to use it and nine months before it is tough enough to withstand heavy wear and tear.
- Start at the furthest point of the lawn and sow evenly at 50g per sq m. A hand-held spreader will help you sow evenly.
- Rake a thin layer of soil over the seed and keep well watered.
- To deter birds and cats, place canes around the area strung with black cotton.

WILLERBY FENCING

Proprietor: Mike Featherstone

We undertake all fencing jobs - At Competitive Prices

Decking Installation and Repairs

Ask for a Quotation

Tel: 01482 651962

www.spinney10.karoo.net

10 Jobs for this month

1. Water plants regularly particularly pots and containers
2. Regularly de-weed your borders and keep on top of weeds
3. Dead head bedding plants and repeat flowering perennials
4. Feed the soil with green manures
5. Get the children involved in the garden while they are off school
6. Prune Summer flowering shrubs as the blooms fade
7. Plant trees, shrubs and perennials now, so they can take root, and keep them well watered.
8. Get your fall-blooming crocus and colchicum planted so they'll bloom on time.
9. Keep a look out for pests as they thrive in warm weather
10. Take cuttings from your favorite plants



Looking after you lawn

WATERING: Newly-planted lawns need plenty of water. A garden hose is essential but a spinning sprinkler that spreads water over a rectangular area makes life easy.

Lawn irrigation will cost more if your water is metered.

- It's better to water thoroughly from time to time rather than little and often.
- Avoid watering in the heat of the day or during a drought.

MOWING: When your lawn is 8cm long, start mowing regularly.

- Do not mow when grass is wet or during a drought.
- For electric mowers, use a circuit breaker for your own safety should you mow over the lead.
- Use a half moon tool for cutting the edges of newly laid turf and existing lawns. Hold it vertically against the side of a flat board or against a garden line. Mark curves with a hosepipe. Long-handled edging shears can also be used to neaten borders.
- Raise the blades when mowing in very hot weather.
- Stop mowing once frosts start.

FEEDING: Make your lawn dense and lush by feeding it twice a year in spring and autumn.

- Use a liquid lawn fertiliser to minimise grass scorching in very dry weather.
- In autumn, use a garden fork to create a series of holes to aerate the lawn. Then sprinkle in sand to create lasting drainage channels.

WEEDING: Keep weeds at bay by either hand weeding or applying a selective weedkiller that kills the weeds but not the grass. Moss can be killed with a moss killer, then raked out. Always follow the instructions carefully.

- Repair bare patches either with turves or by re-seeding.

IN WINTER: Never walk on frozen or frost-covered grass. It causes damage and can make the grass susceptible to disease.

- To avoid introducing diseases, keep the grass clear of leaves and debris with a springy rake.

TIME-SAVING TIPS:

- To distribute grass seeds evenly, fill a plastic flowerpot with seed and shake seeds out of the holes in the base.
- Use a mask when sowing to avoid breathing in the dust that comes out of the seed.
- Don't collect your clippings during dry spells to help conserve moisture.

Events at Coletta's in August

10th -11th Noahs Ark Pet Parties- perfect for kids Parties are at 10.30, 11.45, 1.00 ,2.15 There will be Pigmy hedgehogs, a Marmoset Monkey, Eagle owl, Snakes, Giant rabbits, Skunks & more. Parties are FREE to attend.

Support the advertisers who appear within the Cottingham Times

NEWSTAR

SECTIONAL BUILDINGS

Est. Over 40 years
Open Sundays
11.00 am - 3.00 pm



- Concrete Garages and Sheds
- Greenhouses, Summerhouses, Cabins
- Playhouses, Dog Kennels, Garden Structures
- Base Laying & Removal of old Garages & Sheds
- Full Delivery and Erection Services
- Refelting of Existing Sheds

Corner of Ash Grove & Beverley Road, Hull HU5 1LT
(Opposite Blind Institute)

TEL: 01482 444256

sales@newstarbuildings.karoo.co.uk

www.newstargardenbuildings.co.uk

BRAVO

LANDSCAPES



Garden design and build to the highest standard
Paving - Decking - Water features - Fencing -
Drives - Pergolas - Artificial Lawns

Imaginative low maintenance areas and much more!

Tel (01482) 844152 Mob 07985 416 665

www.bravolandscapes.co.uk

www.cottinghamtimes.co.uk -August 27

kitchensolutions
Replacement kitchen door and worktop specialists

- Over 50 door styles and colours
- Made to measure, Any size doors,
- Worktops, Sinks & Taps, Appliances
- Tiling, Plumbing, Electrical work
- All work guaranteed

Transform your kitchen at affordable prices

Free, no obligation Quote call today 01482 841551



C. R. Noble
JOINERY • GLAZING
MISTED & BROKEN GLASS REPLACEMENT

**24 Hour Emergency
Boarding up Service**

Telephone 01482 845172
Mobile 07768 837789

**76 Mill Beck Lane, Northgate,
Cottingham HU16 4EU** **Established 1980**

 **HALTEMPRICE**
Pharmacy
ONLINE

Free Repeat Prescription
Collection & Delivery
between 8am-9pm
ONE CALL, THAT'S ALL



TRAVEL CLINIC
**THE ONE STOP SHOP FOR
ALL YOUR TRAVEL NEEDS**



**Travel vaccinations and malaria medication without
prescription from GP.**

**Drop in clinic opened during the day, out of hours
appointments can be made at a convenient time that
suits you, 7 days a week.**

WE STOCK  

Call us on: 01482 654805
www.haltempricepharmacy.co.uk 

Your Stars for August 2013

By Kay Gower

Aries (Mar. 21- April 20)

There's something to be gained this month from winning back someone who has been lost. Maybe it's a customer, or perhaps a lost love. In either case, the way back is the same: a bold gesture that puts the other person's needs before yours.

Taurus (Apr. 21- may 21)

In the weeks to come, you'll build something that makes you proud. The work you're doing right now is foundational. Success depends on taking your time and getting the plans right.

Gemini (May 22-June 21)

Your positive thoughts are transmitted to the universe. As August unfolds you'll see evidence that your transmission has been received in the beautiful, effortless unfolding of your plans.

Cancer (June 22-July 22)

What you need to heal you isn't complicated or expensive. It's not a grand life event or a sweeping gesture. The act that will help to heal you is as simple, small and free as laughter. August brings change. Let it in with a smile, it's going to be good.

Leo (July 23-Aug 22)

Success is not a meal to be gobbled up alone. It's a banquet to be savoured with loved ones. Invite others to share in your good fortune, because more is on the way.

Virgo (Aug 22 - Sept. 23)

Humans are designed to gather meaning from experience. But sometimes I feel that perhaps we perceive patterns of cause and effect where there are none. Give your mind a break. Stop searching for answers this month, and just let it be.

Libra (Sept. 24 -Oct. 23)

Deal with life's actual events instead of stressing and worrying about the possible scenarios that might happen. All you can do now is handle today's work, and then trust in the spirit of goodness that will guide all your tomorrows.

Scorpio (Oct. 24 - Nov. 22)

The ocean of your life is bright blue, the sun is shining and a shark shouts "Come on in, the water's wonderful!" A talking shark is quite a novelty, but be wary this month: A talking shark is still very much a shark.

Sagittarius (Nov. 23 -Dec. 21)

Every traveller along life's highway needs a rest stop every now and then. Your body may be telling you that you could use a bit more tenderness and care. Figuratively, it's time to pull over and fuel up....do it sooner rather than later.

Capricorn (Dec 22.- Jan. 20)

Sometimes loved ones treat you like you're an on-call problem solver. Take the pressure off of yourself. You don't have to have all of the answers. Perhaps it might be a good idea to go off-duty for a couple of weeks.

Aquarius (Jan. 21.- Feb. 19)

You know the social secret that takes the pressure off of any interaction: Other people are thinking primarily about themselves. All you have to do now is show up with that charming smile and nod along. August will be a good month.

Pisces (Feb. 20-Mar. 20)

A curtain closing doesn't have to mean the end of the play, so don't let it be a disappointing experience. More than likely, the curtain will open again after a complete change of scenery has occurred. Sit back, relax and enjoy the rest of the show.

Waitrose through the Grapevine

Tom Greef, Wine Specialist, Waitrose Willerby
*Hello everyone and welcome
to my new monthly column.*



Cider has seen some massive changes over the past forty years. No longer is it portrayed with the stereotype of people wearing dungarees, sat on a bale of hay, chewing a single piece of straw, playing the guitar and singing "I'm a cider drinker" with their broad West Country accents! (3 points if you guessed it was The Wurzels)

Today, cider is one of the nation's favourite alcoholic drinks however its history has been a slightly turbulent one and goes back slightly further than the 1970's!

Apple orchards had been introduced to Britain by the Romans, however it was the Norman Conquest that started the cider boom, and the French knew a thing or two about cider! Some records in France show it was being produced as early as the sixth century.

Cider would flourish in the southern counties but suffered setbacks due to the Black Death and the War of the Roses. Henry VIII decided to reverse this trend in the 15th century by importing apple trees from France. Orchards took off again, and became booming business. However by the 18th century farmer's attention turned to cattle and livestock and orchards declined.

Cider would rise once again though. Across the UK over the past five years, its sales have reached over £2.5 billion. Some of this success can be attributed to such brands as Magners and Bulmers who's easy drinking, sweet style (and some clever marketing) has made it a favourite for many.

This month I have chosen three very different ciders from some award winning suppliers for you to choose from.

First up is **Henney's Dry Sparkling Cider from Herefordshire (£2.15 – 500ml)**. The apples are all locally grown and are selected in autumn. After pressing and then fermenting, it is stored throughout the winter where it matures to produce a very crisp and complex cider. It has a beautiful golden hue and a wonderful apple aroma (as you would expect!) with a hint of sweet pear. On the palate it has a bittersweet apple taste with hints of cinnamon spice and a long crisp finish. Treat yourself and try it with scallops cooked with bacon, go on – I dare you!

Next up is **Henry Westons Vintage Sparkling Cider from Herefordshire (£1.99 – 500ml)**. All the apples are picked locally and it is only the very best apples from that year's crop that go into making this cider (hence the term 'vintage'). Now this is pretty strong stuff at 8.2% but don't let that put you off because it packed full of some serious flavour. It is crammed full of apple tang alongside a slight buttery edge and a pleasing touch of sweetness, and warmth. Match it with something else that packs a punch – some glorious Yorkshire blue cheese.

Last but by no means least is **Aspalls Perronelle's Blush Sparkling Cider from Suffolk (£2.60 – 500ml)**. Perronelle Chevallier inherited the Aspoll business in 1940. She managed it for the next 30 years before deciding to travel the world well into her late 80's. This is a medium cider which is flavoured with a dash of blackberry liqueur, which really comes across on both the nose and the palate with great effect, combined with a slightly tart apple flavour it's a real winner. This would be great to drink as an aperitif or try it with a lemon tart.



I would love a
ROSES
Kitchen

Roses of Beverley
Unit 6 The Courtyard, Tokenspire Business Park
Beverley. Tel: 01482 869111



Caravan to Hire Blue Dolphin - Filey

We offer excellent Rates

Starting at £120.

Caravan has two bedrooms, sleeps 6 people. It has everything you need for a superb holiday.

Please call Julie for further details on

01482 841489

or mobile 07815 177546

Country Cottage Holidays

Cottages in the beautiful
Countryside of the Yorkshire Dales
Wensleydale and Swaledale
Pets Welcome

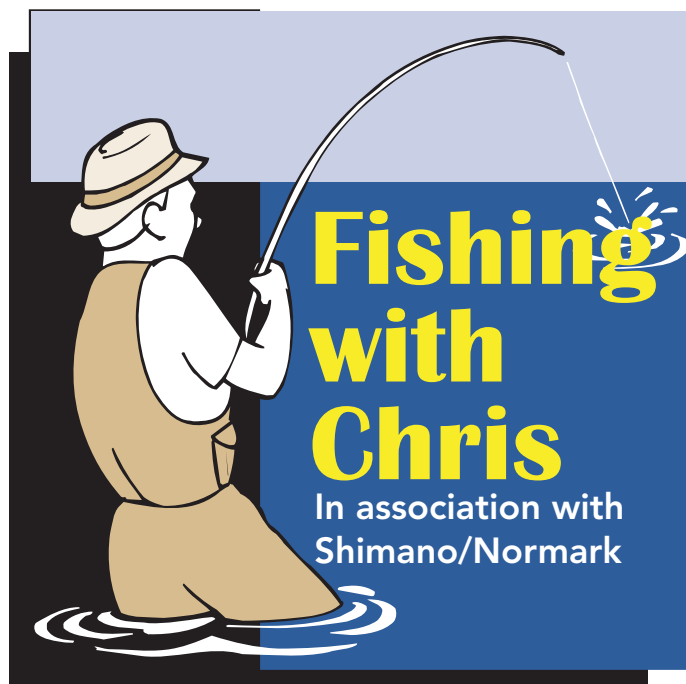
For brochure please ring

Telephone: 01969 667654

www.countrycottageholidays.co.uk

Sudoku Answer from page 12

4	1	9	8	2	6	7	5	3
5	7	8	1	9	3	2	6	4
6	2	3	5	4	7	1	9	8
3	9	7	2	6	1	8	4	5
1	4	6	7	8	5	3	2	9
8	5	2	9	3	4	6	7	1
2	6	4	3	5	8	9	1	7
7	8	5	6	1	9	4	3	2
9	3	1	4	7	2	5	8	6



Here is the latest article from Chris Catchmoore who will be reporting monthly with news and tips from the world of fishing

Hello and welcome once again fellow anglers to this month's fishing news. It is the 16th July. I hope that by the time you read this article that the weather is still as glorious as it is at the moment.

Firstly, did you all try to fish the surface layers of water? Yes! Good. Now you can all agree with me that it is one of the most frustrating ways of fishing when it is not going quite right, but brilliant when you do get it right.

I have a great deal of good news about our local River Hull.

The Ennerdale to Kingswood stretch is fishing its head off with loads of mixed bags coming out. I have received reports by quite a lot of people about catching Roach to 2lb, Perch to about 1lb, Skimmers and Gudgeon and lots of Eels. In addition the Trout are here in numbers, there are rainbow, brown and sea trout to 8lb being caught regularly. All methods are working but a feeder in the edge seems to be the most productive at the moment. A 30gr Kamasan block end feeder is the most popular.

China Red has produced some nice Roach and a couple of bonus Barbell has been caught on this stretch. The biggest weighed just less than 8lb.

Weel is fairly quiet but Beck end and Shipyard are producing some really good bags, but mainly Perch though.

Here is some good news; I have had a number of reports about a few Barbell to about 8oz that are being caught here.

Unfortunately Tickton hasn't thrown up any good reports as yet but as we know the fish move up into this area in the next couple of months, so then this stretch is a good one to head for.

The match fishing results have not been as good lately, this is due to the time matches are usually fished i.e. 9am – 5pm, and in this heat it is only to be expected. On a positive note the match weights are very close (back up weights); this is making the result tables a very interesting read. Just as a for instance our club Catchmoore AC, there are 5 people fighting for second place. I have started to take of once again to my club member's dismay, but hey I am there to be caught! Do you remember the wooden spoon award, well it is a two man race, two match's to go and only 3 points in it between Tel and Lou! The tension within the club is great.

Here is a nice thing; the new bailiff Lee at Risby is having matches for the kids on Tuesdays and Thursdays every week through the summer holidays. The entrance fee is £5. There are lots of prizes to be won too. The matches are 9am -4pm. For more information call Lee on 07979296800 or go onto Facebook, Risby Park Fisheries. It is about time someone did something for the kids during their summer holidays, so well done Lee.

By the time you read this article our charity fishing match in aid of cancer for Castle Hill Hospital would have been fished and the raffle would have been drawn immediately afterwards. If you did purchase any raffle tickets, the winners that are not claimed for on the day will be displayed in our shop for 1 month. Once again thank you to all who have bought tickets or donated in other ways. Oh and we have nearly reached our £500 target.

I am going to finish this month article on loosing that bonus fish! I tell people all the time to set the drag on their reels every time they are used. If you are using a pole make sure even when using a heavy elastic that it is not set to tight. Then there is the most important bit, once you have set the hook 'play the fish' don't bully it as this is how most fish are lost. I know if you are fishing near snags you may have to exert some extra pressure, but once in open water tire the fish out. I promise if you do this you will land more fish.

Cautionary note, in this heat when you are fishing please make sure you have plenty to drink and don't forget your sun tan lotion and umbrella.

That's it once again for this month so from me Chris and the Catchmoore Crew wish you all "tight lines".

**CATCHMOORE
FISHING TACKLE**
Everything for your fishing needs
**259 Greenwood Avenue
Hull HU6 9QA
Tel: 01482 803260**





Dunswell Primary School celebrates becoming an Academy

Saturday 29th June found 150 supporters, parents and Governors joining together over a hog roast at The Ship Inn, Dunswell, to celebrate the school's successful application to become an Academy. The school didn't have any plans to go down this path until the untimely early retirement of their very popular and successful head teacher Paul Johnston. ERYC automatically reappraise any school where the head teacher leaves and they decided that, due to a combination of factors, the school should close.

This decision was made in the face of overwhelming evidence that the school is over-subscribed, performing satisfactorily and financially viable. "The Little School with a Big Heart" wouldn't take this lying down and SOS (Save Our School) was formed. The community and supporters rallied round with a campaign of press releases, public marches and generally being highly visible. Swanland Primary School, one of the top schools in its category in the country, saw this as an opportunity for them to nurture a smaller

school that had the potential to go places too.

Once all the legalities have been completed Dunswell Primary will become an extension of Swanland and this will enhance the education of Dunswell's pupils and ensure their survival. Once fully integrated into the Swanland fold the community will be looking at ways to support the Village Institute which may lose some of its funding when ties are cut with the Council.

Thanks must also go to our MP, David Davis, without whose support we fear the battle may have been lost. Like Swanland's Governors he too had faith in Dunswell and could see the potential.

On behalf of the school, Mrs Markham presented the Governors with thank you gifts and, much to our surprise, we also received large bouquets and cards; we felt humbled by the occasion.

We look forward to supporting Dunswell Primary School in the next chapter of their already long and proud history.

Pictured top: L to R: Cllr Geraldine Mathieson ERYC Ward Councillor; Mrs Julie Reed, SOS founder; Mrs Karen Markham, Acting Head Teacher and Neil Thompson, Chair of Governors.

Cllr Ros Jump and Cllr Geraldine Mathieson

I would love a
ROSES
Kitchen

Roses of Beverley
Unit 6 The Courtyard, Tokenspire Business Park
Beverley. Tel: 01482 869111

Roberts Mobility

"Let our Family Care for your Family"



New Scooters
from **£599**

Rollators
from **£59**

Electric Beds
including Mattress
from **£699**



**Traditional High
Seat Chairs**
from **£399**

Rise/Recline Chairs
from **£499**



Commodes
from **£39**



Stairlifts
(fitted in 7 days)
from **£1250**

Continence Care Products
1000's of Daily Living Aids
Maintenance and Servicing available

Cottingham:
Withernsea:
Hornsea:

220 Hallgate, Cottingham HU16 4BQ
131 Queen St., Withernsea HU19 2DJ
64 Newbegin, Hornsea HU18 1AD

www.robertsmobility.co.uk

Telephone: 01482 876444
Telephone: 01964 615602
Telephone: 01964 533222

SAVE 20%

ON WORKTOPS, REPLACEMENT
KITCHEN DOORS AND SPLASHBACKS!

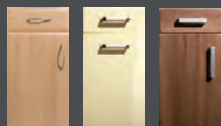
Over 60 different worktop colours available



The worktop that fits on top!®



**Made-to-Measure
Kitchen Door Replacement!**



Choose from over 30
colours in over
20 different styles to
transform your kitchen!

Granite Transformations offer a complete package for updating your kitchen. Our worktops are a totally bespoke product which is heat resistant to 300°F, stain, scratch and chip resistant due to the unique combination of Italian granite or toughened specialist glass products with a polymer resin. Fitting a new worktop is fast and effective. There is no need to remove old surfaces, we fit directly over your existing surface. We guarantee complete peace of mind from start to finish.

COME AND SEE US AT YOUR NEAREST
SHOWROOM OR GARDEN CENTRE:

3D KITCHENS 153-159 WESTGATE, INGS ROAD, WAKEFIELD WF2 9SA
WYVALE GARDEN CENTRE, CARR GATE, WAKEFIELD WF2 0SY
VICTORIA GARDEN CENTRE, WAKEFIELD, PONTEFRAC T WF7 6BS
LANGLANDS, YORK ROAD, WHINMOOR, LEEDS LS15 4NF
STEPHEN H SMITHS, POOL ROAD, OTLEY LS21 1DY
WHITELEYS GARDEN CENTRE, MIRFIELD, HUDDERSFIELD WF13 0DQ

As featured on
**BBC
DIY
SOS**

GRANITE
transformations

The top that fits on top

www.granitetransformations.co.uk

'Complete kitchen makeovers
in 2 shakes of a tail!'

NEW!
NOW AT
Whiteleys
Garden
Centre near
Huddersfield
WF14 0DQ

Book a FREE home consultation
Call now on 01924 373055
For Showroom enquiries Call 01924 385859

AS SEEN
ON TV

You could drive away with savings on your car insurance

Age UK * offers great value car insurance you can rely on all the way with no nasty surprises.

Age UK Car Insurance has no hidden fees if you need to make an alteration to your policy – a welcome change from the admin fees charged by many insurance companies.

You can even spread your payments at no extra cost with interest-free monthly instalments (0% APR Representative). And if you choose comprehensive cover and have an accident where you need to make a claim, you are guaranteed a courtesy car whilst yours is being repaired†.

Age UK Enterprises has joined forces with Ageas Insurance Limited, who have won 'Personal Lines Insurer of the year' at the Insurance Times Awards 2011.

They have also won 'General Insurer of the Year' at the British Insurance Awards 2011. So you can rely on an excellent level of service and a claims line that is open 24 hours a day, 7 days a week. To find out more, you can visit your local Age UK: **16 North Bar Within, Beverley, East Riding HU17 8AX. Tel: 01482 861 065.**

They're open Monday to Friday from 9.30am to 4.00pm. You can also call your local Age UK office: 01482 861065‡ for cover or go online at:

www.ageuk.org.uk/carinsurance

*Age UK Enterprises Limited is a commercial services arm of Age UK (registered charity number 1128267) and donates its net profits to Age UK. Age UK is a registered trademark. The use of the name and logo 'Age UK' is done so under licence agreement between Age UK and Age UK Enterprises Limited. † Subject to policy terms and conditions. ‡ If you call the 0800 number and your local office is not available, your call will be answered by Age UK Enterprises or Ageas. Promoter: Age UK Enterprises Limited, Tavis House, 1-6 Tavistock Square, London WC1H 9NA. ID200408 08/12 M3130V2AUG12

You could save money with Age UK Car Insurance

- Interest free instalments
(0% APR Representative)
- No hidden fees



Pop in for a quote at:

Age UK East Riding (Trading) Ltd
16 North Bar within
Beverley, HU17 8AX



AGE
Concern

You can also call your local Age UK office:

0800 032 9411^
www.ageukinsurance.com

Age UK Car Insurance is provided by Ageas Insurance Limited.

^If you call the 0800 number and your local office is not available, your call will be answered by Age UK Enterprises or Ageas. Age UK Enterprises Limited is a commercial services arm of Age UK (registered charity number 1128267) and donates its net profits to Age UK. Age UK is a registered trademark. The use of the name and logo 'Age UK' is done so under licence agreement between Age UK and Age UK Enterprises Limited. Promoter: Age UK Enterprises Limited, Tavis House, 1-6 Tavistock Square, London WC1H 9NA. M3140V5APR13-SL042297_13



Landlord's prediction comes true; is he the new Nostradamus?

No definitely not, however in the *Cottingham Times* June edition I did **predict** a long hot summer and we've had at least a couple of weeks, so far so good.

But best of all the Sun arrived for the Scarecrow Weekend party and with a dry, grass paddock at the rear of the Pub the children and the young at heart had a great time with the bouncy castles, and gladiator mat, skittles and footballs. The entertainers, Sid Scarecrow on his stilts making balloon toys, Mysto with his finger chopping guillotine, amongst other tricks, Dangerous Steve being, well, Dangerous and Jazz Ph'azz playing some gentle Sunday chill-out jazz were all great, thank you, but my special thanks go to the Beverley Garland Dancers who in their heavy traditional dress danced continuously in the sweltering heat on Saturday, thank you ladies, brilliant!!

Superb Scarecrows

Finally, to all the Skidby residents who lovingly build their Scarecrows and the many organisers and helpers who between them all make the Skidby Scarecrow Festival happen congratulations on a great job. To all who visited Skidby's Village Pub during the weekend, thank you, I hope you had a great time and enjoyed the atmosphere and last but not least a huge thank you to all my staff for working brilliantly throughout the heat of the day.

News from the Bar. A new addition to our range Peroni Nastro Azzurro is now available on draught. A newly installed electronic system now records all our line cleaning activities and the dispense temperatures of all our beers to help me get it right. **I predict** continuing to provide, a great pint at all times.

News from the Kitchen. Our summer menu has been a great success with the new dishes getting some great comments, particularly the Moroccan Lamb and our fresh Salads, thank you. **I predict** an even busier restaurant, so I'd advise reserving your table. (oops that sounds a bit cocky)

News from the Shop. I can't believe it but our little village shop has been open for 10 weeks now. During which time our product lines have increased by some 33% as your requests have been acted upon. **I predict** a further increase in product range to further enhance our service.

That's it for another month, my **last prediction** is that all of you about to go on Holiday are going to have a fantastic time. Let's hope they all come true. Nostradamus didn't do too bad.

Cheers from Mike and all the staff at the Half Moon 01482 843403.

Support the advertisers who appear within the Cottingham Times

I would love a
ROSES
Kitchen

Roses of Beverley
Unit 6 The Courtyard, Tokenspire Business Park
Beverley. Tel: 01482 869111



BritishRedCross

Open gardens

Thwaite Gardens

Thwaite Street, Cottingham

Sunday 4th August 2013, 11am – 4pm

Refreshments, cakes, books, plants and much more!

Entrance £3 – children free – via Botanic Gardens

Entrance in Thwaite Street

redcross.org.uk

The British Red Cross Society, incorporated by Royal Charter 1908, is a charity registered in England and Wales (220949) and Scotland (SC037738).

**When you've been direct,
online & compared -
come in and try your local
insurance broker
face to face**

Home Buildings Insurance
Home Contents Insurance
Motor Insurance
Taxi Insurance
Travel Insurance
Business Insurance
Pre-paid Funeral Plans

Call
Paul or Michelle
now on
707 800
(option 2)

Independent Financial Adviser
now available at this office
by appointment
to discuss your pension,
life assurance and
investment needs

keep in touch with us at
www.hedoninsurance.co.uk
Follow us on facebook & Twitter

Hedon Insurance is authorised and regulated by the Financial Conduct Authority



**'We're online with
most insurers -
so you don't have to be'**

local offices ☒
friendly people ☒
great prices ☒
face to face service ☒

Hedon Insurance



Melanie Watson of Skidby Livery Stables with the latest of her monthly articles

www.instinctivehorsetraining.co.uk

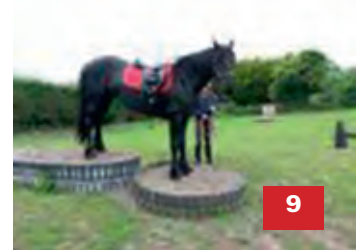
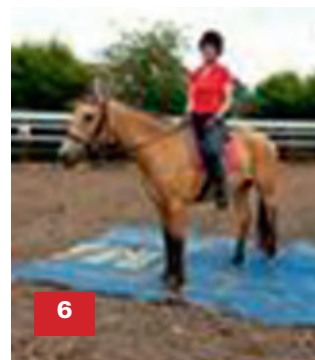
This month's article is a series of pictures showing how we train the owners how to face their own fears and gain confidence in control and leadership building skills to improve their relationships with their own horses..... Horses then build very real trust in their owners . Everyone wins!

Photos 1, 2 and 6.....Training groundwork confidence with a young rare breed Akel Teke horse called Sunny. This type of training helps to stop them "spooking " at things they see while out riding and generally makes them a safer ride.

Photos 3 and 4 is.....Confidence training an older mare called Maddy who "was" very fearful of large vehicles! Allowing them time to touch and smell is as important as learning to relax round a big noisy JCB. As much for the owners confidence too!

Photo 5 I had a lot of problems with this particular horse.....I could not get it to move!

Photos 7,8 and 9training Linda to be able to control and direct her young Fresian mare "Bess" over tricky obstacles. This gives the flighty young horse confidence in both herself and creates trust in the leadership skills of her owner.





Elite Door to Door Coach Holidays

FREE HOME PICK-UP SERVICE FROM ANYWHERE IN EAST YORKSHIRE

Highgrove

Sunday 15 September – 2 days
from **£157.00**

1 night at Thistle Cheltenham Hotel
Entry to Highgrove Gardens with guided tour
by one of HRH's Garden Guides

Gardener's Delight

Monday 23 September – 4 days
from **£235.00**

3 nights at Best Western Hotel, Llanelli
Entry to National Welsh Botanic Gardens
Entry to Aberglasney House & Gardens

Autumn on the Isle of Man

Friday 4 October – 5 days
only **£329.00**

4 nights at Chesterhouse Hotel, Douglas
Journey on Snaefell Mountain Railway
Entry to Castle Rushen

Wartime Kent

Monday 14 October – 4 days
only **£265.00**

3 nights at Mercure Hythe Imperial Hotel
Entry to Deal & Dover Castles
Entry to Chatham Historic Dockyard

Thursford

Christmas Spectacular

Wednesday 27 November – 2 days
only **£149.00**

Ticket for Wednesday's
matinee performance
1 night at The Links Country Park Hotel
Free time in Norwich on Thursday

Turkey & Tinsel

on the Isle of Wight

Monday 9 December – 5 days
only **£249.00**

4 nights at Warner's Norton Grange Hotel
Full entertainment programme
2 half day excursions

Christmas in Bristol

Monday 23 December – 5 days
from **£399.00**

4 nights at Mercure Bristol
Holland House Hotel
A relaxing break in an elegant 4 star hotel
Traditional Christmas dinner,
excursions and much more

New Year in Derbyshire

Monday 30 December – 4 days
from **£319.00**

3 nights at Menzies Mickleover Court Hotel
Nightly entertainment.
New Year Gala Dinner
Half day excursion

All our holidays include:-

Door to Door Pick-up service: Elite Coach Travel
Dinner, bed & breakfast hotel accommodation: Excursions

This is just a small selection of our coach holidays. For more details, to request a brochure or to make a booking

Visit our website: www.acklamscoaches.co.uk
Ring us on: 01482 475212
Call in to our office at: 179 Ferensway, Hull



Sidney Scarecrow says “Thank You”

On behalf of the Skidby Village Hall Management Committee, Sidney Scarecrow wishes to express his sincere thanks to everyone who was involved in the 4th Skidby Scarecrow Festival last month. It would be impossible to list everyone by name, but we particularly thank the local businesses and trades, together with the many people who donated raffle prizes. As always, we particularly appreciate the publicity provided by The Cottingham Times.

However, the biggest “thank you” must go to the imaginative people of Skidby who gave their time and talents to create those amazing Scarecrows. We also gratefully acknowledge the kind toleration of local residents and farmers over the very busy weekend. The exceptionally hot weather helped everyone enjoy a magnificent weekend, providing entertainment for around 2,500 visitors. Finally, our special thanks to the many visitors who came Scarecrow viewing. We hope you had a wonderful day and we look forward to seeing you again next year.

Most popular Scarecrow by public ballot and other prize winners

The public ballot revealed that the most popular scarecrow in the Festival was: **Exhibit 57: “Going Down”- the canoe slalom at 45, Main Street (pictured right).**

Hidden Sidney:

There were **44 children** in total who successfully spotted the hidden Sidney, who moved to three different locations over the weekend.

Hidden Ted:

The child whose name was drawn from the box to win the £20 “Toys ‘R Us” voucher was **Harry from Cottingham.**



Golden Charter Funeral Plans from **H Kemp & Son Ltd**

Making sure everything goes to plan



H Kemp & Son Ltd
259 Hallgate, Cottingham,
East Yorkshire HU16 4BG.

(01482) 844695

A funeral plan leaves nothing to chance and provides **peace of mind** for you and those you care about.

We recommend funeral plans from Golden Charter, the UK's largest provider of plans to independent funeral directors like us. With a Golden Charter funeral plan you'll benefit from:

- **Fixing the cost** of our services at today's prices
- **Reassurance** for your family – no uncertainty or difficult decisions
- **Complete flexibility** to choose the funeral you want

Taking out a funeral plan is one of the most **thoughtful decisions** you could make.

Golden Charter
Funeral Plans

The UK's largest independent funeral plan provider

www.yourfuneraldirectors.co.uk

GC-LIFT 2222

Wills - why use a solicitor?

Currently, will writing is an unregulated industry in England. This means that you may be charged a fee for the preparation of a Will regardless of training, supervision, insurance and qualifications.

So, what are the advantages of instructing a firm of solicitors and what key things should you look out for?

All firms of solicitors are required to be registered and regulated by the Solicitors Regulatory Authority ("SRA"). Regulation means that solicitor firms must abide by a Code of Conduct which should ensure that they provide a high level of care to their clients. Solicitors firms must provide advisors who are properly trained to offer the specific legal advice requested. They must also have appropriate insurance in place for the work that they are carrying out. Should any problems arise, you will have reassurance that the SRA will be able to help you.

Solicitors are required to be upfront and clear about costs. There should not be any hidden surprises along the way. When contacting a firm of solicitors, we recommend that you should always ask for details of cost in advance.

We would advise you to ensure your solicitor is a specialist in Private Client law – not all solicitors prepare Wills regularly. Look out for specialist qualifications such as membership with the Society of Trust and Estate Practitioners (STEP) and members of the Chartered Institute of Taxation (CTA). When arranging an appointment, don't be afraid to ask about the experience of the individual you will be seeing and for details of their supervisor, if appropriate.

Flaws in your Will may only come to light when you are not here to correct the problem. For peace of mind, we would advise you to always check:

- the experience and qualifications of your advisor
- whether they are regulated by a professional body
- what insurance they hold
- that you receive a clear estimate of charges in advance

Solicitors not only provide legal advice on individual, family and financial situations, but they are also equipped to provide advice on other issues such as powers of attorney, creation of trusts and care home fee assessments that may arise whilst discussing your Will.

We believe the information contained in this article to be correct at the time of going to print. While all possible care has been taken in the preparation of the information, no responsibility for loss occasioned by any person acting or refraining from acting as a result of the material contained herein can be accepted by the firm or the authors.

Andrew Jackson
Solicitors

Do you need advice on

Wills?

**Powers of
Attorney?**

Probate?

**We are holding Wills Clinics at
Cottingham Civic Hall from 12 noon - 5pm on;**

**Wednesday 21 August 2013
Wednesday 18 September 2013
Wednesday 23 October 2013
Wednesday 20 November 2013**

**And now also at Beverley Memorial Hall
from 10am - 1pm on;**

Thursday 29 August 2013

For further details or to book an appointment,
please contact Jayne Lowde or Jo Pearman on

01482 325242

Marina Court Castle Street Hull HU1 1TJ

Andrew Jackson Solicitors are authorised & regulated by the Solicitors Regulation Authority: Ref 51781

CAVE CASTLE HOTEL & COUNTRY CLUB

Michael Buble Tribute (Rickie Arthur) & disco

Friday 20th September

Including 2 course dinner

£21.50 per person

Overnight package £123 for two

Spa Breaks

Treat yourself to a little luxury and relaxation!

**Enjoy THREE treatments at The Castle Spa
before evening dinner in The Windsor Restaurant,
an overnight stay and breakfast**

All this for only £115.00 per person Monday - Thursday

TWO treatments, dinner, bed and breakfast

£130.00 per person Friday-Sunday

***Rates based on 2 people sharing double/twin**

Christmas at the Castle Party nights

Thursdays £19.95, Fridays £24.95,

Saturdays £29.95

Lunches:

3 course £15.95

2 course £13.95

Christmas Day Lunch

£62.50 per person

New Years Eve Gala Dinner

£75.00 per person

overnight package £145 per person

Telephone: 0844 686 2242 (local rates apply)

Cave Castle Hotel & Country Club,

Church Hill, South Cave HU15 2EU

Email: info@cavecastlehotel.com

Moving Abroad?

A monthly column by Nick Russell

Following on from my last article, I have received an e mail from a reader who was upset by my comment about Cottingham being “quiet and lifeless” when I visited back in May and that I “shouldn’t run Cottingham down” in my article. Also they said that Cottingham was alive with a festival atmosphere on Cottingham Day and that it is really good to live in the village. I have written an e mail back.

I would never run Cottingham down and will always try to “sell” the benefits of the village to anyone who wants to listen, wherever I am.

Sightseeing

We had a trip out to see my wife’s sister who lives near Alcudete as she was doing a curry night for the other Brits in her village. Its always nice to speak to fellow Brits who have been here a while and listen to their stories and experiences.

On the Sunday we went out to do a bit of sightseeing around the area and firstly visited a small town called Luque. The town is on the walking and cycling route called the Via Verde which mainly follows old railway lines through the olive groves. In this town it passes through the old railway station, now a watering hole for walkers, cyclists and tourists alike. Old railway carriages are now the dining rooms and the station is now the bar. Its also

got a gift shop which is well stocked and very reasonably priced. No wonder coach loads of tourists stop there on a regular basis. Even the shop manager kept telling us it was “cheaper than Tescos” and “buy one get one free”. A great place to stop for a drink and sit outside people watching.

After leaving Luque, we headed for the hill top village of Zuheros, about another 5 miles away. This is a beautiful, typical white washed hill side village with stunning views of the surrounding countryside where you can see for miles.

As it was lunch time we stopped in the main square for a drink and tapas at a nice restaurant and the views from its terrace were, once again, stunning. Inside, the bar walls are covered in photos of the owner standing next to a selection of footballers, actors, musicians and politicians in the bar. I thought “wow this must be the place to be around here” until you had a real close look and, although I cant be sure, it looks like someone has had fun with Photo shop on his computer, making them up. Nevertheless they still looked great around the bar.

If you are ever in the area this village is well worth a visit and is a place we will certainly take visitors to.

Charity football match


We all spent an enjoyable Saturday night at the local football ground watching a charity football match. It takes place every year between the police (Guardia Civil) and the friends of a local boy killed by a train about 6 years ago, whose father is a policeman and now organises this match in his sons memory. There was a bar, free BBQ and a raffle and we were made to feel very welcome. Although the game didn’t kick off until 8.15pm, it was still really warm and both sides swopped players on a regular basis. It was good for the grand-kids as they met a couple of friends from school and went off to play while we enjoyed a drink and something to eat. I think the final score was 4-2 to the friends who were all a good 20 years younger than the police.

Trip to the beach

Our daughter Nicola and her partner Andy came out with our grandson Jack during July so we all decided to visit the beach in Fuengirola for the day, instead of sitting around the pool. Its just over an hour away so we loaded up the cars and all 9 of us headed for the coast. I’m not a big fan of the beach but all the grand-kids enjoyed it, digging in the sand and paddling in the sea.

After an afternoon on the beach we headed to what is reported to be the best English fish and chip shop in Spain, the Crispy Cod, for our tea. I have to say it was absolutely delicious and everybody cleared their plates. Its right on the seafront in Fuengirola and is worth a visit if you fancy a taste of home and is certainly the best fish and chips we have tasted out here. We had promised the grand-kids we would go to Tivoli World amusement park in Benalmadena so headed off there for the evening.

It’s a really good place for kids of all ages with loads of rides, live shows, bars and restaurants. We first took our kids there 25 years ago and other than a lick of paint and a few new and updated rides the layout has stayed pretty much the same but the grand-kids thought it was brilliant. Unlike many parks, you




Cottingham’s first Notary Public for at least a generation, Neil Oakes, is open for business in George Street. Notaries make up the oldest and smallest branch of the legal profession and generally deal with clients who are involved in transacting legal matters abroad. Neil is delighted to have moved into Cottingham after many years practising as a solicitor/notary in Hull. Neil’s office is within, but is independent from, Jane Brooks Law Solicitors at 2/4 George Street. Among the services that Neil offers are:

- Authenticating the execution of documents for use abroad;
- Administering oaths and declarations
- Providing documents to deal with the administration of deceased persons with assets abroad;
- Attesting corporate contracts;
- Foreign Powers of Attorney
- Obtaining Apostilles and consular legalisation; and
- Issuing notarially certified copies of documents.

N.L. Oakes
NOTARY PUBLIC

01482 650541 or 07583 379 147

Reg’d Office 1 St Andrew’s Mount, Kirk Ella, HU10 7TD



can either buy just an entry ticket and pay for the rides as you use them, great if you are not a rides person, or an all inclusive ticket that allow you unlimited goes on about 40 of the 45 rides in the park which is great for the kids. They had their monies worth after the first 30 mins.

We booked on line and collected the tickets at the gate, saving 10% on normal prices. Entry only is 7 euros and the all inclusive ticket price is 20 euros and worth every penny as each ride is 2 euros without it. At this time of the year the park opens at 6pm, which is a great time to go as the park is quiet so no queues for the rides. By about 10pm it was getting a bit busier and by the time we left at 11.30 the queues were quite long. The grand-kids were exhausted and 5 mins into the journey home they had all fallen asleep.

If you have kids then Tivoli World is a great place for kids of all ages to visit for a night and I think most would enjoy it. The only drawback is if your child is under 1m tall, they have to be accompanied by an adult on most of the rides but that's a minor criticism.



Haltemprice Lions - Look back with pride and confidence in the future!

The Haltemprice Lions' working year finished in June and starts with a new President and officers in July of each year.

The 'retiring' President for 2012/13 year, Dr. Neel Kamal of Skidby, completed another successful year with the annual dinner to celebrate the club's 39th Anniversary at the Mercure Grange Park Hotel Willerby. Members and friends attended a successful and enjoyable evening when the guest speaker, the Rt. Hon. David Davis, M.P. gave an entertaining speech on his 26 years in Parliament.

The evening saw the culmination of a year's events when some of the club's beneficiaries were able to be recognised. The Club has supported and helped many good causes during the year and amongst those recognised on the evening were The Mia Fund in support of a young disabled girl who lives in Brough and Cottingham schoolgirl, 14 years old Chloe Hamilton. Chloe is an up and coming athlete with the potential of being a future champion in fencing and triathlon events. She transferred from Cottingham to be at the Plymouth College to develop her athletic potential alongside such greats as Olympic medal diver, Tom Daley. The Haltemprice Lions are pleased to support Chloe and help her on her way to the 2020 Olympics when we expect her to return to Cottingham with an Olympic medal!!

We are now looking forward to our year from July and our new President, Fred Cawood, of Cottingham will lead the members through many activities and service. The members are here to help and support the whole area of Haltemprice in addition to commit themselves to national and international causes. Our Christmas Fair will take place on Saturday, 30th November at the Cottingham Civic Hall, enquiries for tables etc., should be directed to John Brumpton (Tel. 01482 657838). This is followed by a Christmas Band Concert at the Cottingham Methodist Church by the East Riding of Yorkshire Band on Saturday 7th December. Then something different, for the first time the Lions are organising a 'Young Person's Music Competition' for groups, choirs and solo performers in Cottingham on the 22nd March, 2014, the event is kindly sponsored by Gough and Davy of Paragon Street, Hull. Experienced adjudicators will assess the potential and cash prizes available for the successful – but remember it is for Young Persons. Details of these events or any matter regarding the Haltemprice Lions

Support the advertisers who appear within the Cottingham Times

can be obtained from Fred Cawood (Tel. No. 01482 845132) or David Whincup (Tel. No. 01482 847367 – email: dwhincup@dwhincup.karoo.co.uk)

This year the Haltemprice Lions are specifically supporting two worthwhile causes (amongst many others) The Overseas Plastic Surgery Appeal whose chairman, Nick Hart lives in Woodmansey and together with other Hull based surgeons, nurses and practitioners visit Asian countries and perform plastic surgery on the under-privileged children and young adults with cleft lips and other deformities, free of charge. We are also supporting the Castle Hill based 'Daisy Appeal'. Please remember all our work is voluntary and every penny raised goes to good causes, local, national and international.

Photo left: The President, Dr. Neel Kamal, President, his wife Dr. Jaimala Kamal, David Davis M.P. his wife Doreen and Fred Cawood at the Haltemprice Lions' Annual Dinner.

Photo below: Cottingham Athlete, Chloe Hamilton receiving a cheque from Dr. Neel Kamal, to support her athletic activities at Plymouth College.



KRISTOFF'S

OF

HALLGATE, COTTINGHAM

3 COURSE MEAL

£14.95

Thursday, Friday & Saturday Night



tel: 876886

FOR THE PERFECT NIGHT OUT

Classic English Cuisine

www.cottinghamtimes.co.uk - August 39



Property News from Martin English of Homelink

An 'unfortunate' mistake

What fantastic weather we have had over the past month, it feels like for the first time in a few years we can really say that summer is here. It's amazing how a little sun really does lift the spirits. This time of year is particularly busy for us letting agents as people are on the move. With school term ending people are moving for jobs in schools and to get children into schools of their preference. Industry also sees a lot of movement with new contracts and not to mention the rotations of doctors at nearby hospitals.

So I thought this month on a cheerier, lighter note, I would share with readers a light hearted article in an industry magazine I came across:

A married couple had been to view a property in the country which they wanted to live in, but upon their return journey home they could not recall seeing a WC. After some thought the couple agreed to ask the landlord where the WC was located. The landlord concluded that the WC meant 'Wesleyan Chapel' and replied to the couple:

Dear Sir,

I am delighted to inform you that the WC is located 11 miles from the house and can seat in excess of 150 people.

The distance may be a bit of a problem if you like to go regularly. Having said that, you may be interested to learn that many people make it a day trip and take their lunch. If you are short of time you could go by car, but allow about 20 minutes to drive to avoid being caught out.

A fair is to be held there next week – the proceeds are to provide some soft cushions for the seats.



My father has been going regularly since he was christened and as a wealthy member he erected a bell in the WC to be rung every time someone goes.

I know the WC well as my son met his wife there and later they got married there. The wedding was a very packed affair and there was at least two people wanting each seat.

To be honest, it is many years since I last went; it pains me greatly not to be more regular.

Yours faithfully,

It is always nice to be able to see the funnier side of what we do, I think the morale of the story is to be clear about what you ask for and make sure that you understand what is being asked of you. Assumptions can have a nasty habit of coming back to bite you.

If you have any comments or suggestions about the column or you have any property related questions that you would like me to cover please feel free to contact me at menglish@home-link.co.uk. 01482 875248 or contact through *Cottingham Times* directly.

Homelink

your property partner

The professional family business, that really cares!

Cottingham

£795pcm



4 bedroom Detached House

- 4 bedrooms
- 2 reception rooms
- Detached
- En-suite
- Refurbished throughout
- Large garden
- Garage and driveway
- GCH and double glazing

Cottingham

£675pcm



3 bedroom Property

- New kitchen
- 3 bedrooms
- 2 reception rooms
- Neutral throughout
- South facing garden
- Garage
- Off-road parking
- Superb Location
- Gas central heating
- Double glazing

Cottingham

£595pcm



2 bedroom Detached Bungalow

- Modern kitchen
- Modern bathroom
- 2 double bedrooms
- Detached bungalow
- Off-road parking
- Gardens
- Popular location
- GCH and double glazing

Willerby

£495pcm

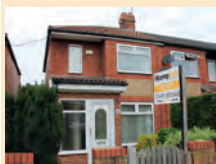


2 bedroom Terraced House

- 2 double bedrooms
- 2 reception rooms
- Appliances included
- Loft room with fixed stairs
- Popular location
- double glazing
- Gas central heating
- Easy access to A63, Hull and the Hospitals

Cottingham

£475pcm



2 bedroom Terraced House

- 2 bedrooms
- End terrace
- Extended kitchen
- Available now
- Garden
- Garage
- Gas central heating
- Double glazing

Cottingham

£450pcm



2 bedroom Apartment

- Excellent location
- Fitted kitchen
- Neutral carpets
- Modern shower room
- Recently re-decorated
- Double bedrooms
- Double glazed
- Parking

LETTINGS • MANAGEMENT • LEASEHOLD

Homelink • 14 King Street, Cottingham, East Yorkshire, HU16 5QE

t 01482 875248 • f 01482 849062 • e info@home-link.co.uk • w www.home-link.co.uk

HALLGATE LANDSCAPE CENTRE

**Visit us via our main entrance within the Co-op Car Park
at the Side of Pasco's, just off King Street, Cottingham**

For all your landscaping requirements



**LARGE SELECTION OF TREES,
SHRUBS AND PERENNIALS
BARRELS - LARGE £65; SMALL £30
GRANITE WATER FEATURES
SMALL £199; MEDIUM £250**



***ALL LANDSCAPING
WORK UNDERTAKEN***

**PLEASE NOTE: We are in no way connected with
the pet shop at the entrance of the alleyway
on Hallgate**

**Tel. 01482 846069 or
Mobile 07817 214792**

Ve Raj

Uniquely Ve Raj....

Ve Raj Indian Restaurant, takeaway and bar is located at Shiptonthorpe on the A1079 between the magnificent MInster town of Beverley in the East Riding of Yorkshire and the historic City of York to the north. Positioned in the centre of picturesque rolling countryside, we are also close to Market Weighton North Dalton, Drifffield, Hull and Pocklington. Within easy reach of the coast and adjacent to many picturesque Yorksire Wolds villages and local places of interest, we are the perfect destination for East Yorkshire locals, tourists and passers-by.

In our restaurant, we offer contemporary Indian cuisine in an extensive menu that will delight connoisseurs of fine Indian food. We pride ourselves in the quality of our fayre and work very hard to ensure that your visit is flawless. We have a fully stocked bar in our reception area which offers comfortable seating and the opportunity to enjoy a drink whilst you select your meal. Clients collecting their takeaway meal may also take advantage of the bar facility.

**Ve Raj Restaurant, Shipton Lane
Shiptonthorpe YO43 3PL
Telephone: 01430 873351**



A day out with the WI

Cottingham Green WI went on the road for their July meeting. Twelve members plus one guest travelled to Ampleforth Abbey near Helmsley in North Yorkshire for their July meeting. Although the day was cool to start with the group enjoyed the views from the comfort of a coach.

Being a WI group we managed to fit in coffee, lunch and afternoon tea as well as a guided tour of the Apple Orchards and the Cider Mill. The morning tour of the Abbey and visitor's centre provided a history of the site and a peek into monastery life. The sun came out as we went to orchards to be given an interesting and enthusiastic talk by Cameron. He is employed by the Abbey 3 days a week to work in the orchards and to supervise the cider and spirit making. At the cider mill we were shown the process to the finished product.

Then Afternoon Tea!! This needs capital letters because it was capital. Sandwiches – smoked salmon, ham, cheese (gluten and dairy free catered for) – cake stands with apple cake, chocolate éclairs cream cakes washed down with tea or coffee PLUS samples of the cider, beer, flavoured gins, brandies and other liqueurs! The coach going home was quiet but there was no singing or sleeping.

A MOMENT IN TIME AT KIMBERLEY'S PICS

PORTRAIT PHOTOGRAPHY



Local Female Photographer.
Friendly Home Studio.
Affordable. A3=£25.00 A4=£15.00
Babies-Children-Families-Boudoir
Pets on Location. Events
Photo Editing for Perfect Skin
For more details see web site:
www.kimberleys-pics.co.uk
Telephone: 07886 329419 or 01482 848502














Walt Disney World. Florida 2014

Book now and save at least £1800 or more on a family of 4!

Did you know that Andrew Earle's World of Travel has sent over 400 families to Florida in the past year?

And the reason is that we offer the best possible value on all our deals to Florida. All of our staff being highly trained to identify the best dates to travel, the best places to stay what ever your budget as well as being able to plan a full itinerary to ensure your family get to visit all of the attractions that a holiday to Florida demands.

No matter how you want to stay, we can help!

Florida "All in" Holiday

If you book to travel to a Disneyworld resort in 2014*, Disney are offering **free dining plans worth at least £1200** in savings for a family of 4 when buying Disneyworld park tickets which you will need any way. You will also receive a **\$100 Disney card on arrival!**

We are adding extra value by offering a free **upgrade to "Swim with the dolphins" at Discovery Cove** if you buy the full book of attraction tickets, meaning that your family will have unlimited access to all of the following parks for the duration of your stay in Florida.

Universal Studios, Universal Studios Islands of Adventure, SeaWorld, Busch Gardens, Aquatica and Wet'n Wild & ALSO a day at Discovery Cove ALL INCLUSIVE.

Your Disney pass will allow unlimited access to **all** 4 Disney Parks including the 2 amazing Disney Water Parks.

We use Virgin Atlantic from Manchester & Transfers are included, Monthly Payment plans are also available to make sure you budget and plan accordingly.

Just give us a call!

FAMILY OF 4 FROM ONLY
£6800

Based on 2 adults & 2 children (any age) on selected dates in Nov 2014.

Prices subject to availability and may change.

*excludes Easter and travel must be completed by 30th November 2014.

YOU CAN FIND US AT

81 Ferensway
Hull
East Yorkshire
HU2 8LD
Tel: (01482) 581888

Unit 2
Welton Road
Brough
HU15 1AF
Tel: (01482) 334545

274 Hull
Road
Anlaby
Common
Hull
HU4 7RR

www.andrewearles.co.uk



Andrew Earle

HOLIDAYS

Designed Around You



The Traditional Chinese method of Acupuncture treats the whole person, body and mind, and not just the symptoms

Traditional Chinese Medicine (TCM) has existed for over 4000 years and is a comprehensive medical system with its own principles, diagnostic methods and therapies.

TCM views the body as an organic whole with a network of meridians connecting and co-ordinating the internal organs, Qi ('vital energy'), blood, body fluids, muscles, bones, tendons and the skin.

TCM also holds as its central belief that health in all parts of the body is due to the relative balance of Yin and Yang. Yin-Yang theory forms the basis of TCM's holistic approach to health and disease and also offers practical guidance in the prevention and management of diseases.

TCM has two basic components - Chinese Herbal Therapy and Acupuncture.

The aim of Chinese Herbal Medicine and Acupuncture is to regulate the meridians or channels of the body to unblock the stagnation of Qi, as it believes that the disease is caused by the energy blockages within the body.

The channels are related to the internal organs, which if out of balance is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

Chinese Medicine is therefore a truly holistic form of medicine, aiming at treatment of the whole body rather than just the symptoms.

Problems and Diseases commonly treated by TCM

Dermatological:

Eczema, Herpes, Psoriasis, Acne, Hair Loss, Itching, Athlete's Foot, and other Fungal Infections, etc.



Muscular, Neurological, Skeletal and Vascular:

Arthritis, Sciatica, Back Pain, Lumbago (lower back pain), Frozen Shoulder, Tennis Elbow, Gonitis, M.E., Stiff Neck, Hemiplegia, Neuralgia, Facial Pain, Stroke, Sprain, Sports Injury etc.

Internal:

High Blood Pressure, Palpitation, Obeseness, Asthma, Bronchitis, Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Cold, Flu etc.

Men's Problems:

Ejaculation Praecox, Low Sperm Count, Impotence, Prostatitis, Sex Drive Problems.

Women's Problems:

Irregular Periods, Infertility, Habitual Abortion, Anaemia, Menopausal Syndromes, Premenstrual Tension, Discharges, Fibroids, Cysts, Endometriosis, Morning Sickness, etc.

Ears, Eyes, Nose and Throat:

Otitis, Tinnitus, Sore Throat, Hay Fever, Pharyngitis, Rhinitis, Sinusitis, etc.

Cancer and Tumour:

Herbal therapy can build up your immune system to support any other medical treatment for more serious medical conditions.

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

Anxiety, Depression, Stress, Panic Attack, Insomnia, Dementia, etc.

Herbgarden have been situated in Butcher Row, Beverley, for the past seven years and are a very respected medical centre in the area, with many satisfied customers over the years. There are customer recommendations displayed in the windows of the clinic and many more are available to see if you wish.

For further information and appointments, telephone 01482 888152 or call in at the Herb Garden, 28 Butcher Row, Beverley.

**HERBGARDEN**
CHINESE MEDICAL CENTRE

*Acupuncture and
Chinese Herbal Remedies*

Free Consultation

15% OFF

**First Treatment
New Clients Only**

**Bring this Coupon with you
to receive your discount**

**Member of ATCM
Recognised by Most Private
Health Schemes**

**28 BUTCHER ROW
BEVERLEY HU17 0AB**

TELEPHONE 01482 888152



A 5% deposit is all you could need for your new Miller Home.

the place to be®

Cleminson Halls, Thwaite Street, Cottingham, HU16 4RE

With deposits from only 5% , get a helping hand with Help to Buy***

Plot 35, The Gissing: 3 bedroom home with study, French doors to dining room and connecting kitchen, comfortable lounge and top floor dormer master suite with en-suite facilities for **£189,950**.

- With a deposit from £9,498**, you could pay from **£151,960*** now with a £37,990 Equity Loan with Help to Buy

New for old with Home Exchange† and pay from only 5% deposit~

Plot 26, The Auden: 3 bedroom home with garage, separate study, large lounge with central walk-in doors leading out to the garden, open-plan kitchen/diner, spacious bedroom 2 and dedicated top floor master with dressing area and en-suite for **£215,000**.

- Available with Home Exchange† and as little as **5% deposit~** with NewBuy~ 95% mortgage

Visit our Gissing Showhome. Open Thursday to Monday, 10.30am to 5.30pm



0808 252 8521 | www.millerhomes.co.uk



millerhomes

YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP THE REPAYMENTS ON YOUR MORTGAGE OR ANY OTHER DEBT SECURED ON IT

*Help to Buy is available on properties up to a maximum value of £600,000. If you qualify for Help to Buy assistance and you raise a mortgage for at least 75% of the purchase price of your new home from a qualifying bank or building society, you can borrow up to the remaining 20% of the purchase price by taking out loans secured over your new home from the Government's Homes & Community Agency (HCA) over a period of 25 years. **A 5% deposit is required by the lender. More may be required depending upon circumstances and your lender's criteria. Credit available subject to status. Help to Buy is subject to eligibility and terms and conditions. For full details visit www.millerhomes.co.uk/help2obuy. †Home Exchange is subject to availability, status and eligibility. It does not guarantee a like for like exchange. Your present home must meet certain basic qualifying criteria to be eligible. ~Miller Homes do not provide or arrange mortgages. NewBuy is available on properties up to a maximum value of £500,000 and subject to satisfying lender criteria. #Where not already fitted, free carpets and vinyl for kitchen and wet rooms to be chosen from our standard range. For reservations made before 31st August 2013. All offers are plot specific subject to Miller Homes' standard terms and conditions. Prices and availability correct at time of print. Photography represents typical Miller Homes' interior.

Summer Fashions

all at affordable prices
Give us a look
you won't be disappointed

SELECTED ITEMS
INCLUDED IN THE
SALE NOW ON!!

Finkles Boutique

Cotta Court, Cottingham

Please support your LOCAL
Independent Retailers



Weekly Classes held at:
Darby & Joan Hall, Finkle Street,
Cottingham
Monday 5.30 pm and 7.30 pm
and all Bank Holidays
Also at: Sutton Park, Hull
Tuesday at 9.45 am
For Membership details Ring Theresa on 823032

Crossword solution from page 14

1	F	E	T	T	E	R	S		5	E	N	D	L	E	S	8	
	O		H		G		C			T		I		L		E	
9	I	D	I	O	G	R	A	P	H		10	S	P	I	K	E	
	L		C		N		P		O			T		O		K	
11	I	R	K	S	O	M	E		12	S	E	A	T	T	L	E	
	N		N		G		G					F				R	
13	G	U	E	S	S	W	O	R	K		15	F	L	O	G	S	
			S				A		I					R			
17	I	N	S	E	T			19	T	O	T	T	E	R	I	N	G
	N					W					T		X		G		U
22	S	K	Y	L	A	R	K		25	E	M	O	T	I	V	E	
	I		O		D		I			N		T		N		S	
26	S	E	W	E	D			27	C	R	I	M	I	N	A	L	S
	T		L		L		K			S		C		L		E	
28	S	I	S	T	E	R	S		29	H	E	A	R	S	E	S	



Keep your summer glow as long as possible with the help of Aloe Vera

It is the season when everyone wants their skin to turn to a bronze colour that makes them look like a real beach baby! While a tan is not the healthiest thing for your skin, if you are someone who is addicted to tanning, then to play it as safe as possible and to ensure a longer lasting tan you need to stock your bathroom shelf with a plentiful supply of aloe vera.

Look for a commercial brand that contains authentic ingredients and not a lot of fillers.

If you use aloe vera during the tanning process and/or if you use it to condition and replenish moisture in your skin afterward, your tan will last longer than ever before. You will be surprised and pleased at the results you end up with!

Many people are unaware of what a tan really is and why it occurs. A tan is the result of the production of melanin in the skin. It is the body's way of protecting itself from developing a sunburn and subsequent skin damage. A sunburn occurs when the skin has been excessively exposed to the sun and has not been protected by a sunblock with a high enough SPF (sun protection factor).

Look for a wide spectrum sunblock that protects you from both the UVA rays as well as the UVB rays. A SPF of 30 or higher is a wiser choice. A sunburn destroys cells in the outer layer of the skin and over time this can lead to permanent cell damage and the potential for skin cancer.

It is a common misconception that sun tans will only occur after the skin has been burned. This is not correct and it can be a harmful assumption to make for your health. Many individuals also incorrectly assume that if they wear sunscreen they will not tan. If you wear the right type of sunscreen you can still get a nice golden look to your skin minus the pain and discomfort of sunburn.

The Soothing and Replenishing Side of Aloe Vera:

It is always a good practice to apply a special after sun lotion to your skin following sun exposure. The most important ingredient that the after sun lotion or moisturiser needs to have in it is aloe vera. There are many on the market. If you apply it after you come in from the sun you will be replenishing the vitamins and minerals that your skin needs and this in turn helps you to retain the golden brown look you are aiming for.

Aloe Vera encourages the skin to heal and it provides the after sun care that helps your skin to look and feel its best. Aloe Vera calms and heals skin and it goes to work fast to make sure that your skin has not been damaged by the sun's rays.

Even if your skin turns a slightly darker shade of pink from being out in the sun but is not burnt, aloe vera gel can be of assistance as it is very cooling and soothing to sun sensitive skin. Some people, and in particular those who are blonde and blue eyed, burn very easily and therefore need sunblock the most. They also need to use aloe vera when they tan on a regular basis.

Bear in mind that aloe vera is a healing agent for the skin and can help a tan last as long as possible. Apply aloe vera gel or lotion to your tan every day for optimum effects. This paves the road to a healthy tan.

Aloe Vera products are available from the Healing Hut, 221 Hallgate, Cottingham. Tel. 01482 842078.

Support the advertisers who appear within the Cottingham Times

Join us.



And see the latest and best that the
British caravan industry has to offer

Caravan Extravaganza Weekend

7th & 8th September
The Lawns, Cottingham

**YOUR FIRST OPPORTUNITY TO SEE THE 2014 MODELS:
WELL OVER 100 BRAND-NEW TOURERS AND MORE THAN
140 CARAVAN HOLIDAY HOMES, LODGES AND PARK HOMES.
AWNINGS, ACCESSORIES, STEPS, DECKING, SECURITY
PRODUCTS, FINANCE AND INSURANCE SERVICES - AND
PLENTY MORE. FOR THE YOUNGSTERS: A BOUNCY CASTLE,
FACE PAINTING, ETC. REFRESHMENTS: MEALS, HAMBURGERS,
ICE-CREAMS, SOFT DRINKS, BAR**

**OPEN FROM 9AM - 5PM EACH DAY. SATURDAY 7th & SUNDAY 8th SEPTEMBER
AT THE LAWNS, HARLAND WAY, COTTINGHAM, EAST YORKSHIRE
ADMISSION: £3 PER PERSON; £7 PER FAMILY (OR A CARLOAD)**

**FOLLOW THE SIGNS TO THE LAWNS
SAT NAV: HU16 5SQ. CAR PARKING AND SHOW GUIDE FREE**

www.lawnsandbeaulieushows.com

Exhibition is presented by the Hull and East Riding of Yorkshire Caravan Manufacturers' Association (HERCMA) and organised by
TEAMwork Professionals Ltd: telephone 07885 911 113, e-mail teamworkprofessionals@gmail.com

Summer at Coletta & Tyson...

Events in August

10th -11th Noahs Ark Pet Parties

Parties are at 10.30, 11.45, 1.00 ,2.15

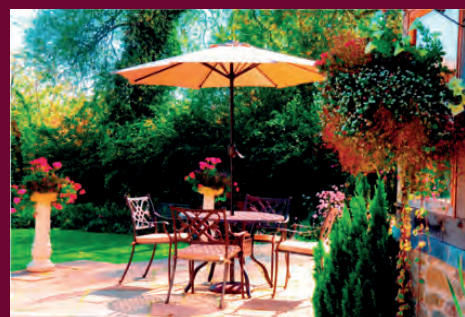
There will be Pigmy hedgehogs, a Marmoset Monkey, Eagle owl, Snakes, Giant rabbits, Skunks & more. Parties are FREE to attend.

31st Aug - 1st Sept Orchid Care Event

Chris Channon RHS gold medalist will be here offering free orchid MOT's 10:00-4:00 & talks at 11:30 & 2.00 both days



Outdoor Furniture
Sale Continues
many items up to
50% off



Kid's Holidays Special



Kids eat FREE throughout August

Mon-Fri - Buy an adults main meal & get a FREE child's meal* *T&C's apply

Join our FREE Loyalty Club today



4pets has everything for your
animals needs & feeds

- Great offers on water features
- Great range of koi fish
- Live animals include rabbits, guinea pigs, reptiles, birds, hamsters, tropical, marine & coldwater fish



Quality, value & service
for over 70 years!

find us on **facebook** follow us on **twitter**

www.colettagardencentre.co.uk



COLETTA & TYSON
NURSERIES AND GARDEN CENTRE

324 Hull Road, Wodmansey,
Beverley HU17 0RU

Tel: 01482 865410

Mon-Sun 8:30am-6.00pm