

Cottingham Times

and District
Issue 165 - August 2015

STEPHEN RICHARDSON

PLUMBING, HEATING & GAS SERVICES

Approved Worcester-Bosch Installer

All Worcester-Bosch Boilers installed, come with a 8-year
Parts and Labour Warranty - Get Peace of Mind until 2024

Some boilers with a 8-year Parts & Labour Warranty
available until the end of December 2023

Oil Boilers Installed, Serviced and Repaired

Natural Gas, LPG and Oil-Fired Heating Engineers

Call for your FREE, No Obligation Quotation Today

Tel: 01482 876145 - Mobile 07779 887769

33 St. Margarets Avenue, Cottingham, East Yorkshire HU16 5NQ - See our website www.stephenrichardsonplumbing.co.uk



218388



Home...

it's where the heart is.

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 ~ 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.

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

Magnolia
House



Stylish décor

~

Elegant rooms with
'en suite'

~

Bespoke and
individual care
plans

~

24 hour care
and support

Park Lane
HEALTHCARE

making new memories

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

Editorial and Contributions
Tel: 01482 840035

Accounts: Tel: 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

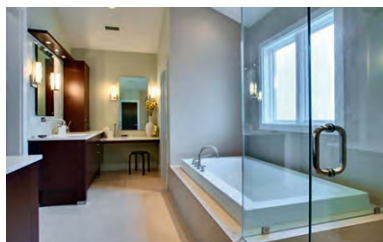
Lose weight with a
Virtual Gastric Band

Smoking: Stress: Phobias

www.bridgetfreer.co.uk

williams plumbing & heating

[Established over 32 years]



**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

Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 4th August at 6.30 pm Outside visit (7.30 pm if wet)

Tuesday 18th August at 6.30 pm Outside visit (7.30 pm if wet)

Tuesday 1st September at 7.30 pm

Why not give our friendly group a try? New members welcome.

Why come along and give us a try? Contact for further details -

John Tel No: 842169 or john@jcmhome.karoo.co.uk

North Ferriby Gardening Club

Thursday 13th August - A demonstration at North Ferriby Village Hall by Katherine Gleadhill from Huddersfield, entitled "Glorious August", 7.00 pm for 7.30 pm. This is an open meeting and all are welcome. Tickets are £10.00 and can be obtained from Margaret Hobson (Secretary) on 01482 634114, preferably after 4.00 pm.

Hull and East Riding Glaucoma Group

Wednesday 19th August - The Hull and East Riding Glaucoma

Front cover: The Cottingham Day Cycle Race.

Photo by: Courtesy of Peter Clayton of Cottingham Cycles.

Group are pleased to welcome John Fewings as the speaker at their next meeting. A retired educator, John has worked with many age groups on developing memory skills, and if you've ever forgotten where you've put your keys, or your glasses, then his 'Maximise your Memory' session on Wednesday 19th August at 2pm for an interactive, light-hearted and entertaining afternoon. Entry £1.50 per person. For more information and to book your place, please call HERIB on 01482 342 297.

King George V Playing Fields

Wednesday 19th August - Summer Fun Day. Refreshments, stalls, sports taster events. Fun for all the family. Free entrance. Organised by KGV Friends Group. For more information see www.cottinghamssportscentre/whatson.

Wednesday Social Club

Wednesday 26th August - Speaker: Paul Schofield, topic Around Beverley, in the Darby & Joan Hall, at 2.00 pm.

St. Mary's Church, Cottingham

Monday 31st August - Tower Tour, Bank Holiday Monday 11.00 am. Places can be reserved by calling Ian Booth on 01482 848041 or email bells@ianbooth.karoo.co.uk.

The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held every afternoon from 1.50 pm to 4.00 pm. League matches, club competitions and social gatherings form an important part of the club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email revtrev2@revtrev2.karoo.co.uk

STEPHEN RICHARDSON



PLUMBING, HEATING AND GAS SERVICES

Time-Served Plumber :: Ex-British Gas Technical Engineer
Natural Gas, LPG and Oil-Fired Heating Engineers



218388

- Gas Central Heating
- Boiler Replacements
- Gas Servicing
- Solar Water Heating
- Breakdowns, Repairs
- Bathroom Suites
- Systems Powerflushed
- Systems Upgraded
- Oil Boilers Installed, Serviced & Repaired
- Most Boilers come with 8 Year Warranty



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



218388



All Plumbing Work Undertaken

Tel: 01482 876145
Mobile: 07779 887769

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

See our website www.stephenrichardsonplumbing.co.uk for further details of our services

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 60p (including biscuits). Please come and help us with our jigsaw puzzle. A warm welcome ensured.

AgeUK East Riding

First Friday in the month from 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.

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 Dean Banyard, Club Secretary, telephone 01482 840924, 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.

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

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.30 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm; Fridays 6.15 pm. 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.

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.

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.

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. In 2015 we will be running four Saturday sides, an U18 side on Sundays, an U19, T20 side and team at U9, 11, 13, 15 and 17 and all Girl teams at U11 and U13 and possibly U15. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Tuesday evening 6 till 8pm and at Cottingham High School on Saturday mornings. Summer training for Juniors is on a Friday evening and Seniors is on a Wednesday. For more information please contact Rob Rhodes on 842215.

Continued on page six

Support the advertisers who appear within the Cottingham Times

Four Generations giving 100 years Family Service
Herbert 1870-1962 Eardley 1908-1986 Geoffrey 1939-2015 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 ❖

SAIF
INDEPENDENT
FUNERAL
DIRECTORS

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

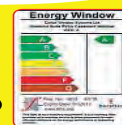
Get the

Wow Factor

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

**Buy
NOW
pay
Later**



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
WINDOWS • DOORS • CONSERVATORIES

www.cottinghamtimes.co.uk - August 5



Andy Wilson
Joiners & Wood Turners
 Est. 1991

Traditional or Contemporary Bannisters
 Glass Panels - Pine
 Hemlock - Ash - Oak

Squeaky Staircase?
Treads & Risers Replaced
Kites Rebuilt
All staircase repairs

Freephone 0800 956 7419
Mobile 07930 565457
 National Avenue, Hull



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.

The Cottingham Whist Club

Every Wednesday 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. For further information tel. 843253 - 07531 762593 or 473042.

Cottingham Methodist Church Hall

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

The Green Ginger Garland Dancers

Lady folk dancers established over 30 years ago. Thursday practices in the hall behind the Zion Church, Hallgate, Cottingham, between 8.00 pm to 10.00 pm. Every Thursday apart from August. For further information contact: www.greengingergarland.com or team leader Jenny Pittock on 01482 657778.

Writing Circle

A friendly and supportive group of aspiring writers. This is not a teaching class, but we offer gentle critique and bags of encouragement if you want to write a novel, poetry or just flash fiction and personal journalling. No Charge. We meet Mondays 10.00 am, at CC Coffee, King Street, Cottingham. Contact: Lynne 07866 850400.

Hull and East Yorkshire Happiness Group

Everyone could do with a bit extra Happiness in their life. To find out how, join us for lots of laughter, the company of diverse but like-minded people (and cake) at Pearl's Place on Hallgate, Cottingham on the SECOND Thursday each month at 6pm to 8.00 pm. No Charge. Contact: Pam 07966 091513 heyhappinessgroup.weebly.com

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 10.30 am to 12.30 pm, and Saturdays from 10.30 am to 12.30 pm, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

Cottingham Tennis Club

Wowed by Wawrinka ? Dazzled by Djokovich? Amazed by Murray? - Watching Wimbledon ? - Come to the Club off Hull Road and give tennis a go ! - New members at discounted rates. Contact John Stones on 847080.

The deadline for entries in the September "What's On" section, is the 18th August.


Support the advertisers who appear within the Cottingham Times

Jane
Brooks
LAW

In the heart of the East Riding

***For when it's time to make plans,
 we can help with***

- Wills • Probate • Family Trusts • Estate Planning
- Lasting Powers of Attorney
- Deputyship Applications



COTTINGHAM
 2/4 George Street HU16 5QU
TEL: 01482 848101
www.janebrookslaw.co.uk



Adult Learning Cottingham - new Life in the First World War Trenches course

East Riding of Yorkshire Council's employment education and skills team is offering a re-run of a popular free course called Life in the First World War Trenches. The course is designed for people to get an informal, yet informative, introduction to life in the trenches during the First World War for those with little or no prior knowledge of the subject.

The five hour course will look at certain aspects of life in the trenches, as experienced by British troops during the First World War (1914-18). Learners will be able to find out about the trench systems from origins to construction and layout as well as explore the trench routine encountered by the soldiers and discover what real life was like in the trenches, from disease and vermin to food and drink.

This is a free taster course to introduce potential learners to a range of adult learning history courses available. By the end of the course, learners will have a greater awareness of specific aspects of life in the trenches for British troops.

About the tutor: David Borrill (BA Hons, MSc M. Phil.) is a history graduate with extensive experience of teaching in the life-long learning sector. He has taught courses on First World Army Records at various colleges in the region.

The course will run on Saturday 8 August between 10am and 3pm. Places are strictly limited and registration is essential. Refreshments are provided, but learners will need to bring their own lunch. To book your place and find out more please call (01482) 887670.

Picture: "Cheshire Regiment trench Somme 1916" by John Warwick Brooke - This is photograph A 3990 from the collections of the Imperial War Museum (collection no. 1900-13). Licensed under Public Domain via Wikimedia Commons - http://commons.wikimedia.org/wiki/File:Cheshire_Regiment_trench_Somme_1916

Hull CHA Rambling Club

Sunday rambles once a fortnight by coach.

Coach fare £10. Pick up Beverley Road and Beverley. Walks on the North Yorkshire Moors and the Wolds. The party splits into two groups each with an organised leader.

A: 12 - 14 miles :: B: 8-10 miles

16th August

A: Robin Hood's Bay circular :: B: Robin Hood's Bay circular

For more information ring Jan on 07538 951112.

Support the advertisers who appear within the Cottingham Times

Give New Life to old Kitchens

- Trusted Reputation
- From doors to complete kitchens
- Made to measure custom-built doors and units
- Free estimating, planning & design service

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS

Call Andy or Terri On 01482 861653
For your **FREE** Estimate

Showroom: Swinemoor Lane, Beverley, HU17 0LN

View our credentials at www.checkatrade.com
Where reputation matters

www.dreamdoors.co.uk

Est. 1999

f t

Save money & be happy!

Hedon Insurance
your local insurance broker

Call Paul, Matt or Amy now on 707 800 (option2) or pop in at 195 Hallgate, Cottingham

Home Buildings Insurance
Home Contents Insurance
Motor Insurance
Taxi Insurance
Travel Insurance
Business Insurance
Pre-paid Funeral Plans
Life & Health Insurances

Where a friendly, face to face service comes as standard

Hedon Insurance is authorised and regulated by the Financial Conduct Authority

www.cottinghamtimes.co.uk - August 7



Property News from Martin English of Homelink

Appointing a Leasehold Managing Agent

The role of a managing agent

The role of a managing agent today is a complex one and requires a professional approach. To carry out the role requires knowledge of landlord and tenant law, building construction, health and safety regulations, basic accounting and more.

There are benefits of professional management which should be balanced against the fees which leaseholders will have to bear.

Benefits of using an agent

- Professional managing agents will bring an organised approach to the planning and collection of the service charges and reserve funds, the timetables for redecoration and repairs and inspection and supervision of works.
- Their assessment of what must be done, and when, will be independent of private interests and preferences and based solely upon their duty to keep the premises in good repair.
- The process of collecting funds and the responsibility for taking steps to recover unpaid charges will be removed from the individual directors of the Resident Management Company.
- A managing agent should be geared up to handle the mundane and time-consuming administration, and may handle it more efficiently through better facilities for storage and retrieval of records and documentation essential for accounting purposes.
- Issues and disputes can be dealt with impartially by an arm's length agent to limit the animosity and division which could arise where personal issues become the business of neighbours and colleagues.
- The agent distinguishes between the needs and duties of the company under the Companies Acts and the needs and duties of the company in its separate role as landlord under the leases and the relevant landlord and tenant legislation.
- Agents should hold professional indemnity cover as protection against negligent acts or incompetence.
- Using an agent passes some of the responsibility for compliance with leases, laws and codes of practice to the agent. BUT the directors of an

RMC are responsible for setting policy and monitoring the work of the agent.

Appointing a managing agent

Here are some ideas for the process of finding an agent that suits you. Not all may be appropriate to your situation.

1. Draw up a schedule of the services you want from a prospective agent.
2. Seek recommendations from other lessees in your block and elsewhere.
3. Invite possible agents in for an informal meeting first before asking for a formal tender.
 - It will help these informal meetings greatly if you can get hold of a copy of a standard lease for the block and of the annual statement of account for service charges. Any good agent will want to look at these.
 - Explain any problems that you think will need to be tackled, current debtors, relations with current agent, state of finances of the scheme. Any good agent will want to ask you relevant questions to establish what might be being taken on.
 - How well the agent can offer ways to tackle existing problems is a good test of what he/she can do for you.
 - Who will be your contact if that agent takes on management? You want to meet that person or persons to see if you can work with them. What happens if that person is sick or on holiday?
 - Who will handle phone calls or emails from the directors and lessees?
 - Who will choose which contractors are used for the block? Do you want to retain final approval?
 - How often will you get financial reports on the service charge income and expenditure? Will you be able to see the invoices and receipts documents at regular intervals?
4. Speak to directors in other blocks managed by the agents you then may invite to tender as the next stage. Or check out any references or testimonials you have been given.

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 £595pcm



2 Bedroom Bungalow

- Popular Cottingham Location
- Off-Street Parking and Garage
- Modern Kitchen
- 2 Double Bedrooms
- Gas Central Heating
- Double Glazing
- Garden to Rear
- Conservatory
- Neutral Décor Throughout

Hull £550pcm



3 Bedroom Terraced

- Refurbished Throughout
- Modern Kitchen and Bathroom
- New Carpets
- Neutral Décor Throughout
- Garage and Driveway
- Central Heating
- Double Glazing
- Quiet location within close proximity of local amenities and schools

Hull £525pcm



3 Bedroom Terraced

- Superb Location
- Through Lounge/Diner
- Fitted Kitchen
- Modern Bathroom
- Spacious Throughout
- Large Garden
- Gas Central Heating
- Double Glazing
- Off-Street Parking

Hull £470pcm



2 Bedroom Apartment

- Ground Floor Apartment
- Allocated Parking
- Modern Bathroom
- Open Plan Kitchen
- En-suite Master Bedroom
- Close to Cottingham
- Large Living Area

Hull £450pcm



2 Bedroom Terraced

- 2 Good Sized Bedrooms
- Large Rear Garden
- Newly Decorated
- Close to Local Amenities

Hull £375pcm



2 Bedroom Terraced

- Spacious Living/Dining Room
- Modern Feature Fireplace
- Contemporary Fitted Kitchen
- Fitted Bedroom Furniture
- Rear Courtyard

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

Launch of our refurbished Cottingham Office

Monday 24th August 2015 from 12.00 noon onwards

14-16 George Street, Cottingham, HU16 5PQ

Please come and join us

www.graham-rosen.co.uk



It's been a long year since we took over from Gwendoline Drury and her Cottingham office. There was the small matter of 5,000 clients to inform and wills to add to our system. Not to mention new staff joining us and ongoing matters that needed finalising. All the while ensuring we gave the same great service Cottingham was used to from Gwen. Well hopefully we managed it, with the vast majority of Gwen's client's staying with us and instructing us to deal with their legal needs.

However it is not just Gwen's clients we have been helping. Previous clients of ours have come back to see us, whilst new clients have instructed us for the first time, taking advantage of the extensive range of legal services now available on their doorstep. There has also been a new look for the office with a new reception area and interview room.

We aspire to continue to serve the people of Cottingham for many years to come, not just in drafting their Wills or Powers of Attorney but for all of their legal needs. Whether it be selling or buying a home, matrimonial or childcare advice, a Personal Injury claim or employment advice, Graham & Rosen can help. Our Cottingham office is open 9 a.m. to 5 p.m. Monday to Thursday and 9 a.m. to 2 p.m. Friday and we have Solicitors in all areas of law ready to see you at our Cottingham office at a time which suits you best.

To celebrate our first year we are holding an office re-opening on Monday 24th August 2015 from 12 p.m. onwards. Come and see our new offices and meet some of our staff. There will also be refreshments provided by local businesses. We hope to see you all there!



SPECIALIST ADVICE ON YOUR DOORSTEP

- Company & Employment Law
- Commercial Property
- Conveyancing
- Family Law
- Commercial & Civil Litigation
- Trust Creation & Administration
- Wills, Probate & Power of Attorney
- Personal Injury Claims

14-16 George Street, Cottingham, HU16 5PQ
8 Parliament Street, Hull, HU1 2BB
Telephone: 01482 323123 | www.graham-rosen.co.uk

**GRAHAM
& ROSEN**
SOLICITORS
incorporating
GWENDOLINE DRURY SOLICITORS

Windows 10, tablet advice and Q&A....

Windows 10 – by the time you read this, Microsoft's new version will be rolling out as a free optional upgrade to the world's PCs (Windows 7 & 8 users). Hopefully there won't be too many teething problems! For advice please see last month's article at www.rdmcomputers.co.uk/news or for more on the features of the new system go to: <https://www.microsoft.com/en-gb/windows/features>

Tablet advice – why have one – what to go for - do you have a compatible wireless router?

Tablets are biggest growth area in computing, alongside smartphones of course. The original tablet is the Apple iPad - launched way back in 2010 and due to its popularity the name is often incorrectly used a generic name for any tablet. I still have my original iPad from that time and it still works, albeit a bit slower, and has been side-lined in favour of the more recent iPad Air.

Why have one? Ease of use. Speed - pick it up and use it with no waiting. Portability – it will fit in your bag or maybe even a pocket. They will do most things a computer can do, internet and email albeit with an on-screen keyboard, but then you're not really going to sit and write a long letter on one. They are great for photos, both taking and storing, so ideal for travelling.

What to go for: Most people would agree that the Apple iPad is still the best in terms of build quality, desirable looks and ease of use and with that comes a price tag of £399 for the standard 10" screen, or £319 for the 8" model. Other manufacturers have flooded the market with their own products over the years like Samsung, Toshiba, Acer etc. The majority of these run on the Android operating system as used on most smartphones (apart from iPhones). That includes the budget end own-make tablets like those from Amazon and Tesco from around £100, which are

also heavily modified to sell those companies own products and services.

What about Windows tablets? Yes there are quite a few on the market now running the mobile version of Windows 8 at varying prices. Microsoft's own offering is called the Surface Tablet and is priced surprisingly similar to the iPad. One budget model which seems to get good reviews is called the Lynx tablet and is available from Staples for only £159.



Do you have a compatible wireless router?

As long as it is only a few years old at most, and has up to date password security then it should be ok, but like all things in IT, the newer the better.

And of course you can use it on any other WiFi you can find, preferably of the free variety!

Computer on a stick - now here's a thing. Yes you can now buy a USB stick with all makings of a computer inside that you can plug into any screen that has an HDMI port, connect a mouse and keyboard and away you go. Prices from around £120 from online retailers.

Questions and answers:

Q: My Windows 8 computer now asks for a password every time it starts up, it never did before?

A: You must have inadvertently changed over to a Microsoft Account when prompted. You can change it back to a 'local account' by going into PC settings.

Q: Why does my screen go dark and a box pop up every time I install a new application?

A: This is a Windows security feature called 'user account control' (UAC). It is there to stop rogue applications installing themselves on your system without your consent. It can be adjusted in Control Panel (but best not to turn it off)

Q: I want to buy a new computer but my big concern is what about all the data and settings etc. on my existing one?

A: Worry not - we can do all that for you, even if you don't buy from RDM.

Q: If I am the victim of an online banking scam or fraud – will I get my money back?

A: In the past, the answer has mostly been yes. But recently the Ombudsman has said that in about two thirds of new cases, the banks would not be liable. These are where people have in fact 'given their own money away'. An example is where a telephone caller posing as a bank, persuades a person to transfer funds from their own account to a different account (actually owned by a fraudster). Or even withdraw money from their bank and hand it to courier so it can be checked for money laundering!

Living by numbers:

))) **Half** the world's population will be using the internet by the end of this year

1 in 3 people would rather lose a finger than internet access. (cable.co.uk)

25% of people who kept backup copies of data on physical media eventually lost their files ... That's worrying! (Kaspersky and B2B INTL)

Richard Mills

RDM Computers

Cottingham

01482 875666 or 07850 105424

Follow us on Twitter [rdmcomputers1](https://twitter.com/rdmcomputers1)

Web: www.rdmcomputers.co.uk

Email: richard@rdmcomputers.co.uk

All branding & trademarks acknowledged



RELAXED COMPUTING

CALL NOW FOR A QUOTE & ADVICE ON A NEW PC

T: (01482) 875666

Wifi setup, get online with your Laptop, Smartphone, Tablet or Kindle

Plain English computer support

CALL US NOW ON...

T: (01482) 875666

M: 07850 105424

Young Persons Photography Competition for Cottingham Day 2015

I would like to thank all those young people who entered the competition and I must say the standard was very high this year. Thanks to Tom Crabtree for judging the competition and for his words of encouragement to the young people also Cliff at the Photo Shop (King Street) for his support and sponsorship.

The list of winners can be seen on Cottingham Methodist Church website www.cottingham-methodist.org.uk.

John Moverley

Ever considered becoming a school governor?

Governors play a vital role in contributing to the success of their school, and a number of schools across the East Riding currently have vacancies for new members.

Governing bodies set the vision and ethos of the school, helping to set its strategic direction and promoting high standards of educational achievement.

They appoint the headteacher and hold them and other senior leaders to account for the performance of pupils and staff, as well as overseeing the financial performance of the school.

This voluntary role requires a group of committed people from many walks of life, with a mix of skills and experience.

As part of the team, the governors' role is to get to know the school and gain a good understanding of its strengths and areas

for development , to act in the best interests of young people and to attend training to enable them to perform their duties to the best of their ability.

Many employers have a programme or policy in place to support volunteering, and being a governor helps people to gain a range of new skills that employers value.

Councillor Julie Abraham, East Riding of Yorkshire Council's portfolio holder for children, young people and education, said: "Governing bodies make decisions that have a huge impact on the lives of young people. Every governor has a role to play in helping make sure that every young person gets the best possible education."

For a no obligation informal chat please contact either:

Samm Campbell, tel: 01482 392446 or email samm.campbell@eastriding.gov.uk

Lisa Devine, tel: 01482 392173 or email lisa.devine@eastriding.gov.uk

Allison Burns
Tel: 01482 844622
Mobile: 07758 774645

woof

Salobrena Dog Grooming

Millhouse Woods Lane,
Cottingham,
East Riding of Yorkshire

info@salobrenadoggrooming.co.uk
www.salobrenadoggrooming.co.uk

City & Guilds
LEVEL 3
QUALIFIED

Dream it... make it... live it...!



Visit our showroom

Annie Reed Road, Beverley, HU17 0LF

open Monday to Friday 9am-5pm Weekends by appointment only

Call us for a free home consultation – 01482 860 688

Email us your plan or design idea

info@dreamerdesign.co.uk

FURNITURE DESIGNERS & MAKERS

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
 Dulux 'UK Decorator of the Year' – Finalist 2014

Sue Warren

Painting, decorating and DIY jobs.
 Reliable, experienced and reasonably priced

For a **FREE** written Estimate, or advice ...

Tel/Text: **07943 – 402 371**
 (Cottingham)

**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

Call Steve Blake on
01482 571100
 www.blakeits.com

INSURED CRB CHECKED
 Microsoft CERTIFIED IT Professional
 EXPERIENCE 25 YEARS
 Microsoft CERTIFIED Professional

COTTINGHAM CARS
01482 847 848

YOUR LOCAL PRIVATE HIRE COMPANY

Wordsearch - Broadway Shows

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

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

Find the words in the letters above:

A Chorus Line, Aida, A Little Night Music, Annie Get Your Gun, Beauty and the Beast, Cabaret, Camelot, Carousel, Cats, Chicago, Copacabana, Evita, Guys and Dolls, Gypsy, Hello Dolly, Jolson, Kiss Me Kate, Les Miserables, Miss Saigon, Ragtime, Riverdance, Showboat, Singin' in the Rain, South Pacific, Sunset Boulevard, The King and I, The Phantom of the Opera, Westside Story.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 103

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

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

Support the advertisers who appear within the Cottingham Times

MARIONOWENTRAVEL

At long last we are getting some decent weather along with some rain that our gardens always need. At present I am working on our tours programme for 2016 adding new holidays all of the time, The latest is Guernsey, Sark & Herm next May. Keep your eye on our website for additions.

Do you go to music festivals or is living under canvas not quite your style? Well why not take a trip back to the 60's on our **Rock the Boat Cruise**. A great festival with famous names e.g the Troggs, Brian Poole & Chip Hawke, the Foursome, the Fortunes, the Dakotas, Gerry & the Pacemakers, the Searchers, Gary Puckett & the Union Gap. Plus many more.

3 nights to Rock in comfort aboard Celebrity Eclipse departs 30 Sep 2016 from £550 pp.

Warner's just for adults - we have a new selection on sale for 2016 at their quality hotels starting the 8th January with a 3 night weekend break at Nidd Hall. This includes Special cabaret 50's live with the Downtown Daddyo's - Bargain price including your travel £209. Single travellers same price! Please ask for all other departures.

As I write I am awaiting revised early booking offers from the cruise lines. APT have got their new pricing out in good time and below are the up to date offers for our special departures.

	Premium touring & River Cruising
24 March 2016 Reflections of the Rhine & Main 8 days Amsterdam to Nuremberg from £995	
17 October 2016 Imperial China 14 days from £3170	
03 March 2017 - Burma, Irrawaddy River Cruise from £3745 Marion will be accompanying this 18 day holiday Incredible value for money - there is so much included, your sightseeing tours with excellent guides, meals, gratuities etc. All prices per person twin share when booked before 31 Oct 15 Just a deposit required now to secure your place.	

Skiing: it is time to get your holiday on the slopes booked, just an idea you might like the Chalet Hotel Pinzgauerhof in Austria's Hinterglemm from just £479 for 7 nights. This price includes buffet breakfast, afternoon tea plus a 5 course evening meal with a pre dinner aperitif and complimentary wine. We offer ski holidays worldwide just ask for details.

Remember we are a full travel agency, apart from specialising in tailor made world wide holidays we also book all general package holidays. You do not pay anymore, you know exactly who you are handing your money over to, we are honest, upfront and unbiased offering you all tour operators. Also as part of our service when you book at Marion Owen Travel we offer a full range of ancillaries plus we have our 24/7 help line.

We look forward to booking your next escape wherever in the world it may be do remember we can book any holiday for you.

Marion



**Our very own exclusive
coach & river cruise holidays
experience the difference**



15 Aug	Rhine & Moselle River Cruise, a 9 nights via Hull/Zee	£1299
27 Aug	Barge Hotel Strasbourg & the Alsace Rhine/Marne canal 8 nights via P&O North Sea Ferries - Superb Quality	£2350
16 Oct	WW1 Ypres Salient plus Diksmuide beer festival from	£ 199
23 Oct	Warner's Bodelwyddan Castle 3 night weekend	£ 269
27 Oct	NCL's new Mega Cruise ship - 2 days inc. Oxford from	£ 169
29 Oct	Efteling Theme Park inc . 2 day in the park family of 4	£ 695
02 Nov	Warner's Alvaston Hall Turkey & Tinsel 5 days	£ 289
05 Nov	Gothic Whitby with Art historian Fiona Irwin 1 nt B&B	£ 149
11 Nov	Elf the musical & London 2 days B&B inc top tickets	£ 179
18 Nov	Thursford Christmas Spectacular 2 nights HB & top seats	£ 249
13 Dec	Dutch Christmas Markets Dordrecht & Keukenhoff 4 nights	£ 269
21 Dec	Andre Rieu in concert Sheffield subject to availability from	£ 99
23 Dec	Warner's Alvaston Hall 4 night Christmas Break—full board	£ 699
2016	07 Jan 1st tour Boundary Mills, January Sales just for a day	£ 15
13 Jan	Millstones super day out inc. food, dancing, singing & fun	£ 43
17 Jan	Harrogate, shopping & afternoon tea Majestic Hotel 1 night HB	£ 99
27 Jan	World of Rhubarb - day outing inc. tour & 3 course lunch	£ 49
28 Jan	World of Rhubarb—day outing inc. tour and 3 course lunch	£ 49
24 Feb	Matthew Bourne's Sleeping Beauty - Bradford, matinee	£ 48
04 Mar	Blackpool weekend inc. Tower Ballroom 3 nts HB plus	£ 169
14 Mar	Torquay 4 star hotel half board & excursions	£ 329
24 Apr	Keukenhof via P&O North Sea Ferries from	£ 139
20 May	Guernsey, Sark & Herm 5 nights Half board	£ 749
22 Jun	Luxembourg & 4 countries - 7 day super tour	£ 499
05 Jul	Luxury at Dumfries House . a very special treat 2 days	£ 335
10 Jul	Pontefract Liqueur Festival - Just for the day	£ 20
15 Sep	Isle of Wight, island sights, Oxford, Stratford super hotel HB	£ 469
30 Sep	Rock the boat 60's festival at sea 3 nights Full board from	£ 570
09 Oct	Harrogate, Shopping & afternoon tea 1 night at the Majestic HB	£ 99

See our website or call for a full list of all departures.
We always try to keep single supplements to a minimum & look forward to welcoming you on board.

MARIONOWENTRAVEL

Gift Vouchers

Perfect for all occasions

Can be used for any travel arrangements

To make your bookings Tel: 01482 212525

www.marionowentravel.com

or call in person to 23 Portland Street, HULL, HU2 8JX (we have our own car park)

Prices shown correct at the time of going to press, based on 2 sharing unless otherwise (cruises on lowest grade of cabin) single travellers welcome please ask.

Office hours: Monday to Friday 9am - 5pm : Saturdays by appointment only

Flowers for all Occasions Discounts available on Funeral Flower Packages

Blooms
dianelamont11@hotmail.co.uk

Buncha

219 Hallgate, Cottingham HU16 4BG Tel: 01482 841255

HOUSEHOLD ELECTRICAL SERVICES

- Repairs • Domestic Rewires
- Extra Sockets • Extra Lights
- Security Lighting • Garden Lighting
- Smoke Alarms • Much More

Contact Mike on
01482 842980
Mobile 07751 829168
Email: mike.horberry@yahoo.co.uk

Part of the ECA Group

The AlternativeLawn COMPANY

We supply and fit top quality artificial lawns

For a free quote see our website:
thealternativelawncompany.co.uk
or call 01482 400203

RICH PHOTOGRAPHY

All Prices are including
Dvd of all edited pictures
And copyright free

DISCOUNT 10% THIS MONTH

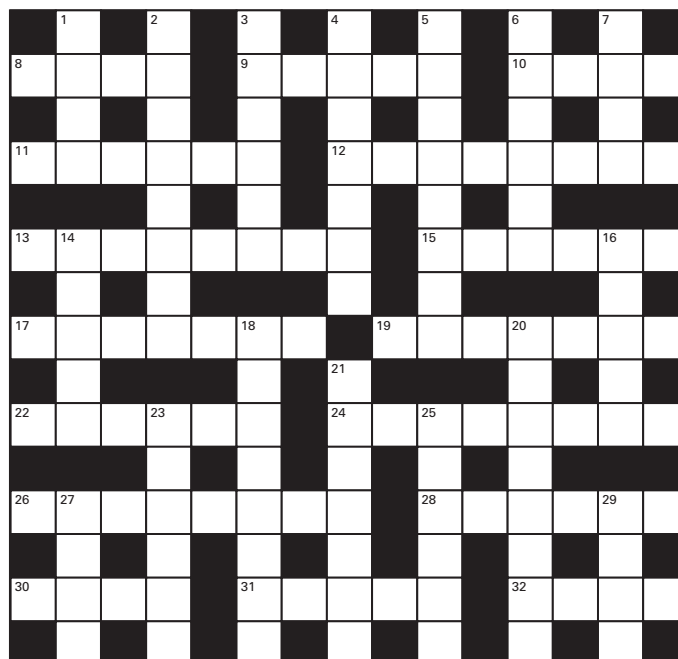
Studio Portraits from £35
Weddings from £150
Christenings from £50
Parties from £60
Website Pictures £30
Baby/Pet Portraits from £25

For studio sessions we can come to you or visit us

MAKE SOME MEMORIES

TEL-07592052268 EMAIL-RICHPIX@OUTLOOK.COM
LIKE US ON FACEBOOK RICHPIX PHOTOGRAPHY

Crossword – Solution on page 46



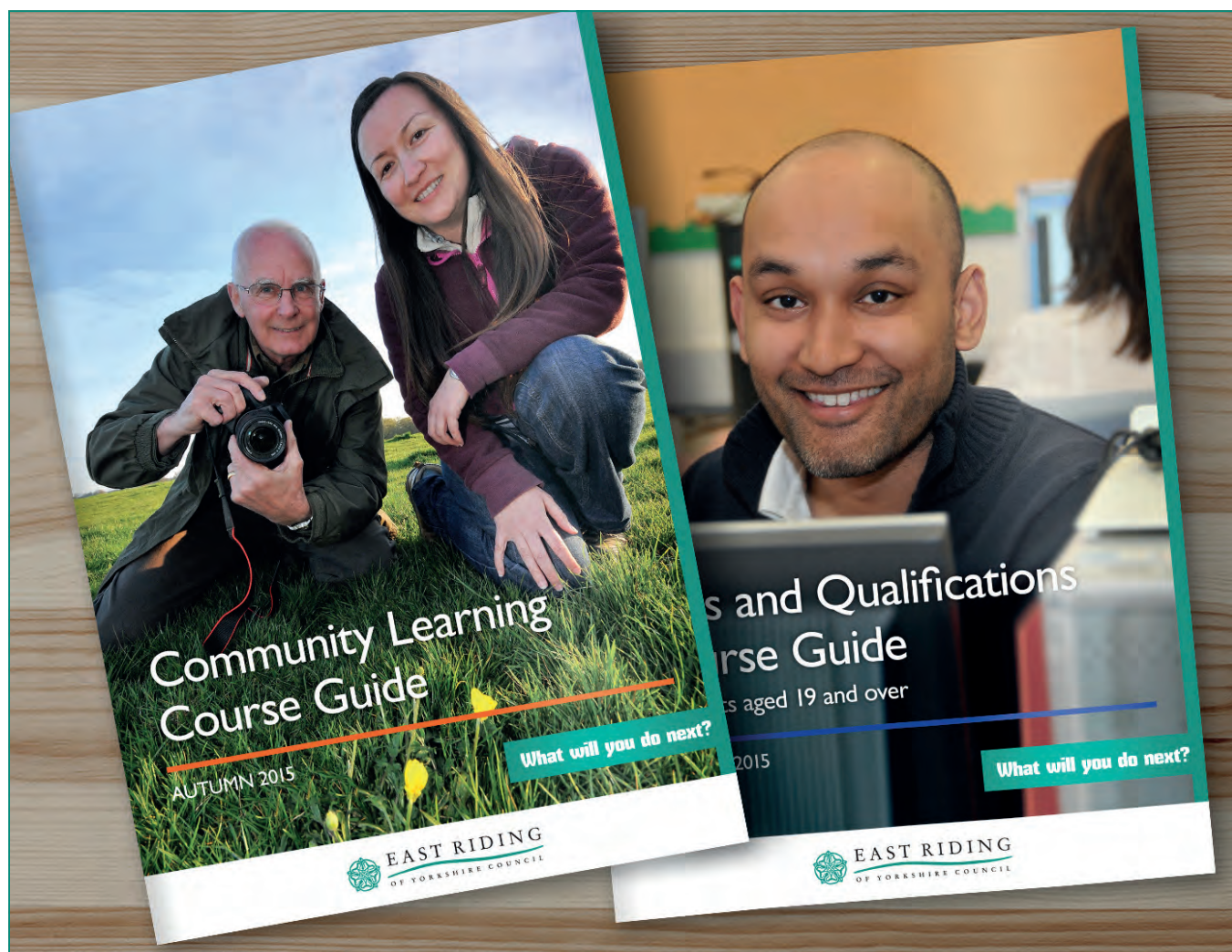
Across:

- 8 Clean (4)
- 9 Medicines (5)
- 10 Coquette (4)
- 11 Ladybug or weevil (6)
- 12 Worthy of quotation (8)
- 13 Something transitory (8)
- 15 Flashing light (6)
- 17 Dried grapes (7)
- 19 Harmful (7)
- 22 Biblical heroine (6)
- 24 Revealing (8)
- 26 Cellar (8)
- 28 Cerumen (6)
- 30 Ore deposit (4)
- 31 Type of moth (5)
- 32 Close by (4)

Down:

- 1 Having wisdom (4)
- 2 Breaks (8)
- 3 Glue (6)
- 4 Small orange-colored fruit (7)
- 5 Adopted (a cause) (8)
- 6 Mar (6)
- 7 A Freudian stage (4)
- 14 Fruits (5)
- 16 Sink (5)
- 18 Vikings (8)
- 20 Hold sacred (8)
- 21 Trace (7)
- 23 Paid attention to (6)
- 25 Lyrical prose (6)
- 27 Assert (4)
- 29 At a distant place (4)

Crossword courtesy of www.crosswordpalace.com
Support the advertisers who appear within the Cottingham Times



New adult learning course guides out now.

Pick up your copy at a local adult learning centre, library or customer service centre.

View new courses at
www.eastriding.gov.uk/learn

What will you do next?

In the Kitchen



Ingredient of the Month - Cumin

Cumin has been in use since ancient times. Originally cultivated in Iran and Mediterranean region. The ancient Greeks kept cumin at the dining table in its own container (much as pepper is frequently kept today), and this practice continues in Morocco. Cumin was also used heavily in ancient Roman cuisine. During the Middle Ages, Cumin seeds are used as a spice for their distinctive flavour and aroma. It is globally popular and an essential flavouring in many cuisines: Bangladeshi, Nepalese, Indian, Pakistani, North African, Middle Eastern, Sri Lankan, Cuban, northern Mexican cuisines, central Asian Uzbek cuisine, western Chinese cuisines of Sichuan & Xinjiang and Indonesia. Cumin can be found in some Dutch cheeses, such as Leyden cheese, and in some traditional breads from France. It is commonly used in traditional Brazilian cuisine. Cumin can be an ingredient in chilli powder (often Texan or Mexican-style), and is found in curry powder, and bahaarat.



Barbecue Food

Hot Lamb Beef Kebabs

Ingredients

Marinade

100g/4oz Onion, finely chopped

2 tbsp freshly chopped Parsley

120ml/4fl.oz. Olive Oil

1 teasp Salt

Black Pepper

1 Garlic Clove, crushed

1 teasp Ground Coriander

1/2 teasp Cumin Seeds

Other ingredients

450g/1lb Lean Beef or Lamb, cut into 2.5cm/1 inch cubes

225g/8oz Solid Beef Suet, cut into 12mm/ 1/2 inch cubes

Instructions

1. Place the marinade ingredients in a small dish, mix well



then add the meat and suet mix to coat. Cover and allow to marinate for 2-6 hours.

2. Thread the beef and suet alternately onto skewers.

3. Cook over hot coals for 15-20 minutes, turning from time to time and basting occasionally with the marinade. Alternatively, cook under a hot grill as above. Serve hot.

Hot Honeyed Chicken

Ingredients

120ml/4fl.oz. Honey

1 tbsp Hot Red Pepper Sauce

4 Chicken Breasts

Instructions

1. In a small bowl, combine the honey and hot pepper sauce and mix well.

2. Make 3 or 4 diagonal cuts in the chicken breasts, about 1cm/1/2 inch deep then spread the sauce over each chicken breast, making sure the sauce penetrates the cuts.

3. Grill over hot coals for 15 minutes, basting occasionally, or until the chicken is cooked through. Serve hot and use any remaining sauce as a dip.

Cheese Burgers (8 small burgers)

Ingredients

1 small Onion, finely chopped or grated

450g/1lb Minced Beef

1 tbsp Tomato Paste

Salt and Black Pepper

A little Oil

8 thin slices of Hard Cheese

Support the advertisers who appear within the Cottingham Times

Instructions

1. Place all the ingredients in a large mixing bowl and mix until well blended, squidding the mixture together with your hands.
2. Shape the mixture into 8 small burgers, brush with a little oil then place oiled side down on the grill and cook over medium hot coals and cook each side thoroughly.
3. Just before your burgers are ready, place a slice of cheese on top of each and finishing cooking. The cheese will slightly melt.

Lamb Chops with Mustard Butter

Ingredients:

- 8 Lamb Chops
- For the Marinade
- 2 tbsp Olive Oil
- 2 tbsp Lemon Juice
- 2 Garlic Cloves, crushed
- Salt and Black Pepper
- For the Mustard Butter
- 100g/4oz Softened Butter
- 1/2 teasp Lemon Juice
- 1 Garlic Clove, crushed
- 1 tbsp Dijon Mustard

Instructions

1. In a small bowl, mix together the marinade ingredients. Place the chops in a shallow dish and pour the marinade over them. Turn to coat well then set aside for 2 hours.
2. Meanwhile, in another small bowl, mix together the mustard butter ingredients until well blended. Set aside but do not refrigerate as it must be served at room temperature.
3. After the marinating time, grill the chops over hot coals on each side until cooked thoroughly.
4. To serve - transfer to plates, place a knob of the mustard butter on each chop and serve the remainder of the butter on the side.

BBQ Tropical Fruit Skewers

Ingredients

- 1 Large Mango
- 2 Large Bananas
- 1/2 a Fresh Pineapple
- 1 Ripe Papaya
- The Juice of 1/2 a Lime
- 4 tbsp Rum
- 2 tbsp Brown Sugar



Support the advertisers who appear within the Cottingham Times



Instructions

1. Prepare all the fruit and cut into chunks about 2.5cm/1-inch pieces.
2. Place the fruit in a large mixing bowl together with the lime juice, rum and sugar, mix well then thread onto skewers.
3. Cook over hot barbecue coals for 3-4 minutes on each side, basting with any remaining juices in the bowl.

Cranberry Mustard Sausages

Ingredients

- 450g/1lb Cumberland Sausages
- 1-2 tbsp Dijon Mustard
- 3 tbsp Cranberry Sauce
- 1 teasp Sugar
- 1 teasp Red wine Vinegar

Instructions

1. Cook the sausages over medium hot coals or under a medium grill for about 15 minutes, turning from time to time or until cooked.
2. Meanwhile, mix together the remaining ingredients in a bowl until well combined.
3. Baste with a little of the mustard mixture on the sausages for the last five minutes of cooking. Serve the sausages with the remaining mustard sauce on the side.



www.cottinghamtimes.co.uk - August 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

Sauvignon Blanc - most popular grape variety in the UK

According to a recent survey done by online wine retailer, Laithwaite's, the most popular grape variety for sale in Great Britain is Sauvignon Blanc, and unbeknown to many, Sauvignon Blanc just happens to be the main grape variety in most Bordeaux Blanc or white Bordeaux.

Everyone is familiar with the wines of Bordeaux and the big names, particularly the reds, at the upper echelons of the price spectrum, made to be aged and savoured on special occasions, but much less so with white Bordeaux.

Affordable and mostly made for drinking now, these fresh, aromatic wines are often made from a blend that tends to be rich in Sauvignon Blanc, as well as Semillon and Muscadelle grapes.

Single varietals, blends and oak aged, this diversity of styles, combined with their subtle fruit flavours, which tend to be a bit less intense than similar styles of Sauvignon Blanc dominated wines from the New World, make them versatile food wines.

Being very easy on the pocket, Bordeaux Blanc is ideal for everyday drinking, particularly in the warm summer weather, alongside the culinary delights on offer at the many casual dining outlets that are now all the rage; particularly street food with new outdoor markets, festivals and outdoor pop up eateries being announced almost every week.

It's a great time to be a foodie and a perfect time for fans of Sauvignon Blanc to branch out and try a new source of Sauvignon Blanc to give their taste buds a change.

Marc Medeville, Vice-President of the Syndicat Viticole des Bordeaux et Bordeaux Supérieur, says: "Sauvignon Blanc is so popular in the UK and most wine drinkers don't know that it is a major component in Bordeaux Blanc and that it is thought likely that Sauvignon Blanc actually originated in Bordeaux."

He continues: "We want to raise awareness of this with UK consumers and encourage them to try Bordeaux Blanc and discover a more subtle, more food friendly source of Sauvignon Blanc."

It's certainly worth keeping an eye open for Bordeaux Blanc in the wine aisles, not least because there ought to be a few offers coming our way, but shopping via the internet can also throw up some memorable, and less common, examples.

Moutin Cadet Sauvignon Blanc (Ocado, £9.99) for example, is an elegant and crisp white wine which goes perfectly with poultry, grilled fish and seafood.

I've also recently enjoyed two examples of Bordeaux Blanc from The Wine Society - Chateau Bel Air Perponcher Reserve 2014 (£8.50) and Chateau Reynon Sauvignon Bland 2013 (£10.50). The latter is a wine from the Dubourdiou family, who are specialists in the Sauvignon Blanc grape variety - this is a vibrant and tangy example that's hard to resist.

The Bel Air, unlike the other two examples quoted, is a blend rather than 100 per cent Sauvignon Blanc - in this case predominantly Semillon with some Sauvignon and Muscadelle. The wine is light and dry with a fragrant aroma and suited our supper of sea bass, with an avocado salad, perfectly.

Joining The Wine Society (www.thewinesociety.com) is certainly worth considering for wine aficionados - it's essentially a club owned solely by its members and trades only with them. Each member is entitled to hold one share, which costs £40, and there is no annual fee. In return you get a £20 credit to help you get started and access to around 1,500 wines.

Over 200 cost between £5 and £8 a bottle and there is no minimum order.

Meanwhile, I was interested to read that Aldi has followed up its success of being named Multiple Wine Retailer of the Year in February by scooping a new prestigious award - its £6.99 own-label Exquisite Collection Clare Valley Riesling being named best-value bottle of the year at the recent International Wine Challenge.

From the premium riesling-growing region of Australia, Clare Valley, the dry white boasts characteristic steeliness and notes of green apple, lime and grapefruit.

Until next time, happy drinking!



BEST BUYS

**Tour Chapoux Sauvignon Blanc**

Where: Waitrose

When: August 19th to September 15th

Why: Bargain bottle, this Sauvignon Blanc comes from the family-owned estate in Bordeaux's eastern limits. This excellent value example of white Bordeaux pairs beautifully with grilled prawns or a goat's cheese tart.

£6.99 Was £10.49

**Denbies Flint Valley**

Where: Waitrose

When: August 19th to September 15th

Why: I devoted a column to English wines recently, so here's a chance to try one while it's on offer. Flint Valley is a blend of Seyval Blanc and Reichensteiner. Reichensteiner is a popular grape variety in the UK and currently the second most widely grown variety after Seyval Blanc. The blend of these grapes produces a dry wine similar in characteristic to a French Loire Chenin Blanc.

£7.59 Was £9.49

**Château Vieux Manoir 2012**

Where: Co-op

When: Now until August 11th

Why: This red Bordeaux wine is dark and thick in colour with nice bright highlights. Ripe tannins with lightly-species red fruit aromas. Perfect with an assortment of cheeses or smoked ham. A bronze medal winner in the Decanter 2015 awards.

£6.49 Was £7.49

**Vinalba Reservado Cabernet Sauvignon, Malbec, Merlot 2012**

Where: Sainsbury's

When: Now until August 11th

Why: A Bordeaux-inspired blend from Argentina. The palate is robust yet elegant; the Cabernet Sauvignon provides the black fruit notes, elegance and structure, the Malbec adds complexity and dark chocolate notes and the Merlot adds body and ripe dark fruit flavours, all layered over hints of spice with a toasty complex finish.

£8.00 (Was £10.00)



Haltemprice Lions new president Dr. Gulu Rangwala installed

The new President of Haltemprice Lions, Dr. Gulu Rangwala was installed by the outgoing President, Dr. Neel Kamal, at a Social afternoon earlier this month.

Gulu is looking forward to another successful year when the members will organise many events to support local good causes.

KGV Playing Fields Friends Group to hold 'Party in the Park' on Saturday 19th September

KGV Playing Fields Friends Group are hosting a 'Party in the Park' on Saturday 19th September, between 2.00 pm and 10.00 pm. Many local bands will be entertaining, and a few spaces are still available.

There will be fun for all the family, with craft stalls available for hire, refreshments will also be available.

Volunteers are needed to help out on the day. Admission is: Adults £2.00; Under 16's £1.00; Under 5's Free. Please contact Jan Tweedale on 07746 454456 for further information. See our facebook page for further details.

THE
BATHROOM
SANCTUARY

CONTACT
TEL: 01482 247321
26 KING STREET,
COTTINGHAM HU16 5QE
www.thebathroomsanctuary.co.uk



 **The Plant Pot** 

YOUR NEW LOCAL MINI GARDEN CENTRE

NOW IN STOCK HARDY PANSYS AND VIOLAS
£2.50 PCK OR 4 PACKS FOR ONLY £8

BESPOKE PERENNIAL AND HARDY HANGING BASKETS AND PLANTERS NOW AVAILABLE

A GREAT VARIETY OF PERENNIALS & WINTER HARDY PLANTS - SHRUBS - ORNAMENTALS - GRASSES AND FERNS - SUCCULENTS

A WIDE RANGE OF HOUSEPLANTS AND ARRANGEMENTS

IN MEMORIAM - CREMATORIUM POTS

GARDEN SUPPLIES INCLUDING AMBASSADOR, HOZELOCK, BAYER, DOFF, JOHN INNES, GAURDMAN, ALM AND MORE.

SITUATED TO THE REAR OF CATCHMOORE FISHING TACKLE

NEW SIDE ENTRANCE TO THE PLANT POT COMING SOON
EXCELLENT PARKING FACILITIES

259 GREENWOOD AVENUE, HULL HU6 9QA
Tel. 01482 803260
MONDAY TO FRIDAY 8.30 TILL 5.30 - SATURDAY 8.AM TILL 5PM

 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









Our four-legged companions

Looking around the waiting room at the surgery, I often wonder what makes us choose our pet. It's strange don't you think? Strange that we turn out to be either cat or dog lovers. I must admit I come under the dog lover category, although reading from past articles, you may have already guessed this. But what you may not know is that as well as owning a black labrador named, Teal, I also have two cats. Well I say two but only one is mine....the other belongs to my daughter Kath.

Bisley was born in February 1997 by caesarean. I was working for another veterinary practice at the time, when a gorgeous cat was rushed in by its panic stricken owner. The lady's cat was having difficulty passing, what was thought her last kitten, but it turned out there were another three to come. She was taken quickly into the theatre and was soon peacefully coming round in the recovery area with her kittens. Fascinated, I took a peep and fell in love with the runt of the litter...a tiny bundle of white fur outlined with grey spots on his head. Bisley soon became a lively member of our household with a personality and funny ways that only can belong to him. He likes no more than to sit on my shoulders whilst gardening, which makes a strange



sight or jump into my car to sit on my lap whilst I go down the drive. He does have a stubborn streak though like the time I was taking them both to Beechwood Cattery for a week whilst my daughter Jennie was getting married. The time came to get out the baskets...Bisley took one look and yes you've guessed it ... puff ...he was gone. This was Tuesday and by Friday I rang Jenny, who owns Beechwood, to tell her I had given up coaxing him back into the house. He hadn't disappeared because I kept getting sightings of him, he was just so stubborn to come back home. Various sightings and three months later, in strolled a very fat Bisley!

FAT!!!! This leads me onto Jaffa who was born in the September the year after Bisley. He was a 13th birthday present for my daughter, Natalie, who had always wanted a ginger tom cat. Over the years, Jaffa grew... and grew....and grew until one day, when he was about seven years old, he developed cystitis which can occur in overweight cats. After a visit to KINGSTON, we came away with a course of antibiotics and a DIET chart!! How embarrassing! For one, we always thought of him as cuddly and came out with all the excuses under the sun of how he doesn't eat much at all..and two..I WORK THERE! Red faced we arrived home determined to stick to the weight plan (how can we cheat when every day I will be asked). So with commitment, determination and the 'nervousness' of going into work every day, we got Jaffa down from 9lbs 7ozs to 5lbs. Yes, you did read that correctly. He was colossal. This lazy yet cuddly cat turned into a super slim agile athlete on paws. We saw a different Jaffa...more lively and playful. One of his most loving traits was to groom Teal, my overweight labrador (yes another diet candidate). The look on Teal's face was sheer bliss as Jaffa licked and groomed her face.

Finally, I bought Saffie as a birthday present for my daughter Kath. She had fallen in love with the Whiskas kitten on TV, so after great searching, I finally found a gorgeous grey tabby with little white socks. With all her playmates around her and being constantly handled by us all, she is still very skittish and tends to run around our legs at such a fast rate of knots, I am surprised we haven't tripped over her before now. What's even more surprising? Being told by Kath when she moved into her own house, that Saffie would rather stay with me. I am sure a lot of readers will relate to this.

So this is my menagerie so far. It can go on...we have had rabbits, guinea pigs, goldfish, a hamster and two rats but they're another story.

Which ever four-legged companion you may choose, you can guarantee the love and enjoyment you get in return will be tenfold!



Kingston
VETERINARY GROUP

Your local veterinary practice but so much more
Caring for your pet

Park Street - Clinic & Animal Hospital
1-2 Park Street Anlaby Road, Hull. HU3 2JF
Tel: 01482 223688

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

Beverley Road Surgery
642 Beverley Road, Hull. HU6 7JH
Tel: 01482 854422

Anlaby Surgery
31a Hull Road, Anlaby, Hull. HU10 6SP
Tel: 01482 655333

Holderness Road Surgery
1199 Holderness Road, Hull. HU8 9EA
Tel: 01482 797007

Bluewaters Hydrotherapy
Unit 3 Factory Est, The Boulevard, Hull. HU3 4AY
Tel: 01482 226944

EURONICS BONUS ELECTRICAL SUPERSTORE

Summer DEALS



Service only your local independent electrical retailer can provide

WE'RE SWITCHED ON



BOSCH
Invented for life

2 YEAR WARRANTY

Model No: SMS50T02GB

12 Place Settings Dishwasher

- Exclusive
- A+ Rated
- 5 Programmes
- Aquamix Glass Protection System
- Noise Level 50 (dB)
- Dimensions: H84.5xW60xD60cm

STAR BUY

£249.⁹⁹



BOSCH
Invented for life

2 YEAR WARRANTY

Model No: KGN34VW24G

60cm Fridge Freezer

- Exclusive
- A+ Rated
- Fridge: 191 Litres/6.8 CuFt Frost Free
- Freezer: 127 Litres/4.5 CuFt No Frost
- White
- Dimensions: H185xW60xD65cm

SUMMER COOLING HOT DEALS

£399.⁹⁹



BOSCH
Invented for life

2 YEAR WARRANTY

Model No: WAE24167GB

1200 Spin 6kg Washing Machine

- A+++ Rated
- 15 Programmes
- Aqua Wash System
- LED Programmes Progress
- Dimensions: H84.4xW60xD59cm

GREAT PRICE

£249.⁹⁹



Blomberg
seit 1883

3 YEAR WARRANTY

Model No: WNF5200

1000 Spin 5kg Washing Machine

- Exclusive
- A+AC Rated
- 15 Programmes
- 3,6,9 Hour Time Delay
- Wash 2Kg in 14 Minutes
- Dimensions: H85xW60xD47cm

GREAT PRICE

£199.⁹⁹



Blomberg
seit 1883

3 YEAR WARRANTY

Model No: KGM9530P

55cm Frost Free Fridge Freezer

- Exclusive
- A+ Rated
- Fridge: 134Litres/4.7 CuFt
- Freezer: 63 Litres/2.2 CuFt
- 3 Glass Shelves
- Dimensions: H152 xW54 xD60cm

£20 TRADE IN

£349.99 Without Trade In
£329.⁹⁹



Blomberg
seit 1883

3 YEAR WARRANTY

Model No: KND9920X

Frost Free Side-By-Side Fridge Freezer

- Exclusive
- A+ Rated
- Fridge: 335Litre /11.5 CuFt
- Freezer: 195 Litre /6.9 CuFt
- Multi Zone Compartments
- Dimensions: H1865xW74xD77cm

£50 TRADE IN

£849.99 Without Trade In
£799.⁹⁹

BONUS
ELECTRICAL SUPERSTORE



FREE Local Home Delivery*
Terms & Conditions apply



"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile Maker'
Branfield

Should it Stay or Should it Go?

Hello again, I hope that you are well. Well, it was my 20th wedding anniversary the other week. Time really flies. Mrs B has done well putting up with me for that long, she deserves a medal!

Inspiration From The Radio

I was listening to the radio, radio 2 in fact, and they played "should I stay or should I go" by the Clash. That was it, my inspiration for writing this month. When is it time to lose a tooth rather than try and save it? There are many factors to making this decision and it's not just the dentist's decision in some cases. Is the tooth painful? Is it a straightforward procedure to save it or is it tricky, very technical and time consuming? It is a useful tooth or redundant so you won't miss it? Can you see it or not? The decision whether to remove or not is based on these questions but also people have different philosophies, attitudes, wants and needs so not everybody will want the same thing in similar situations. Everyone is an individual so us dental lot need to listen.

All Cracked Up And Decision Made



There is one situation when the decision sorts itself out there and then. This is when there is a vertical fracture of the root. This is one of the most common reasons that I place implants, to replace a fractured root that had a post in it.

Teeth with cracks can be saved with a covering like an onlay or crown that wraps around to protect and hold it together but once the crack has gone down the root and under the bone it's had it. It's a bit mad but I've seen loads recently.



It's most common with teeth that had a lot done to them but you can see it virgin teeth that have not been touched. It could be a hard seed or an olive stone. It tends to be people with a deep, heavy bite. It's that heart sinking moment when you see one half of the tooth moving and the other half not.

It's such a shame but this one has had it

A Couple Of Beauties Here



In situations like these, unfortunately, there is only one thing to do and that's remove. Doing so as early as possible means that there is more chance of a successful replacement especially with an implant.

Hull City

I'm missing the first Hull City home game as I'm off to Cornwall with the family in the caravan. Hope it's a good start to the season.

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 22 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 £69**

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 Tennyson, 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** *Change Your Life!*
01482 772550

Treat Yourself to the Castle Park Experience!

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

The Home of "Life Changing, Pain-Free" Dentistry *says Elizabeth*
Castle Park Dental Care
Castle Villa, 28 Castle Road, Cottingham, HU16 5NA
www.castleparkdental.co.uk email: talk2us@Castleparkdental.co.uk

Chris "Dr Smilemaker" Branfield GDC 68346
Castle Park Dental Care is a Private Independent Practice and is the trading name of Castle Park Limited Registered in England, company number 06703803

AN INTRODUCTION TO *Cruising by* *Andrew Earles*

**Free
Event**

Sunday 20th September

3pm – 5pm Hallmark Hotel, North Ferriby

Places are limited so please RSVP

Email: **brough@andrewearles.co.uk**

or Tel: **(01482) 334545**

- Cruise ship entertainment
- Refreshments and canapés
- Presentation
- Meet the cruise companies
- Free Prize Draw to win a taster cruise



ANDREW EARLES

HOLIDAYS

Designed Around You

Branches at Brough, Ferensway Hull and Anlaby Common

www.andrewearles.co.uk





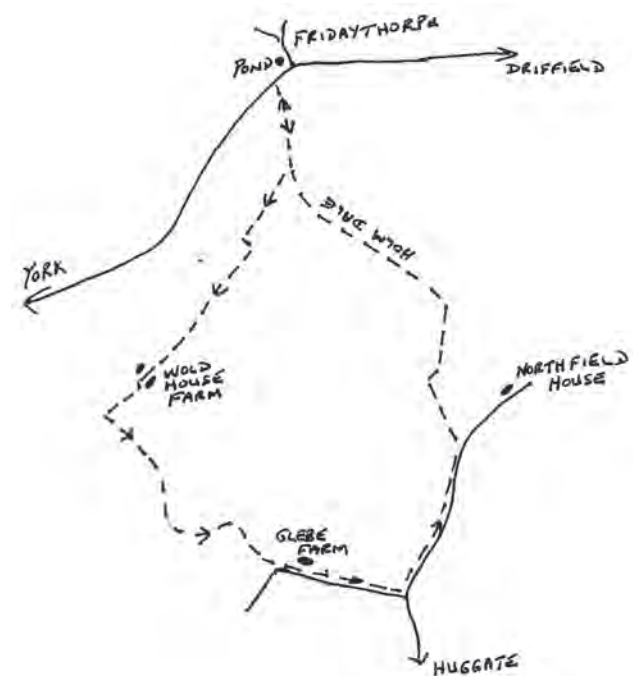
Here is Paul's latest walk in his series of monthly rambles. This month his destination is Fridaythorpe

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

Map: EXPLORER 294

Start near the village pond.
GR.SE 875592. Distance 6 Miles.

Leave the village pond and walk to the junction with the main road and turn right. At the right hand bend turn left into Huggate Lane, continue up the slight incline



and then the slight descent to a gate at the head of Holm Dale.

Pass through the gate and keep to the hedge on the right, pass through a Kissing Gate and continue ahead with the fence to the right. At the next field boundary, turn left keeping the hedge on the left and shortly turn right and follow the farm track into Wold House Farm. Bear left in the farm yard and then right to exit the farm yard but not before viewing the life size statue of David Midgley who was the farm foreman from 1952 to 1988.

On leaving the farm on the surfaced road, turn left after about 250 metres and keep the hedge on the left. Pass through a gate and then make the short descent down the dale side, pass through a small gate at the bottom and then ascend the dale side opposite on a distinct path and follow this to a gate on the right, pass through the gate and follow the path to the access road to Glebe Farm, keep to the right of the farm on a grass path which shortly meets the access road again, follow this down to the junction to the north of Huggate.

Turn left at the junction and follow the road towards Northfield House. When the road swings to the right, turn left onto a path keeping the hedge to the left and follow this to pass through a gate and enter the top of Horse Dale, turn right and after a short distance take the path which proceeds diagonally down the dale. At this point a rest can be taken on the bench erected on the Wolds Way Path. Continue down the dale and at the bottom pass through the gate on the left to walk up the Holm Dale back to Fridaythorpe.

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

Facebook, Google+, Twitter icons



Great Value Tours



See the World in a Different Way

Touring is a fantastic way to sample new and exciting places all in one holiday. Check out these fab tours.



Grand Tour of China

17 Days
from
£2849*pp

Highlights include : The Forbidden Temple, Yangtze River Cruise, baby Pandas & Much more.



South Africa Tour

16 Days
from
£1999*pp

Highlights include : Stay in Cosmopolitan Cape Town, Kruger Safari, Zulu War Fields Tour & much more.



West Coast USA

15 Days
from
£1699*pp

Highlights include : Las Vegas, Grand Canyon, Los Angeles, San Francisco, San Diego & Much more.

This is just a sample of the tours available, please call and make an appointment with one of our holiday planners and they will find a tour for you!



email : info@andrewearles.co.uk

Call : Brough (01482) 334545 / Hull (01482) 581888

*Terms and conditions apply. Subject to selected dates prices may vary, based on 2 sharing.

www.andrewearles.co.uk

Why book with us?

- ABTA Member
- Own ATOL licence for tailor making
- Access to all tour operators
- Personal payment plans
- Experienced staff
- Deposits
- 24 hour Emergency number





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. Take a look at



our lawn care guide for everything you need to know to keep a healthy lawn through Summer.

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

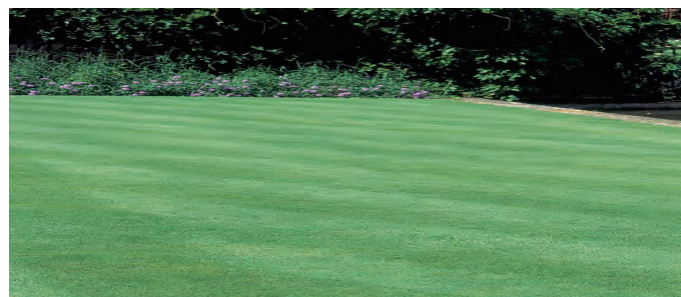
- The best time to create a new lawn is in spring or early autumn. Measure the area before buying seeds or turf and remember to subtract borders and paths.
- Correct soil preparation is important for long-term success. Prepare a few weeks in advance of sowing or turfing by eliminating any weeds, rubbish and large stones. Dig or rotavate 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 turfs. Cheaper options may contain weeds, pests and diseases.
- Turfs 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.



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 favourite plants



Looking after your 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. Longhandled 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.

Support the advertisers who appear within the Cottingham Times

Essential Tools:

A Hose: We have a range of hoses in store to suit all garden watering needs.

Lawn Shears: In store for £19.99

A Rake: We have a huge range of rakes starting from just £2.29

A Scarifier: the Yeoman Rolling Lawn Scarifier is just £39.99 in store.

Events at Coletta's in August

8th – 9th August Bakerstone Pizza Demonstration

The experts will be in to show you how to create gorgeous pizzas with this brilliant product. There will be free tasters. They will be demonstrating from 11am – 3pm.

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



NEWSTAR

SECTIONAL BUILDINGS

Est. Over 40 years

OPEN 7 DAYS A WEEK

Open Sundays
11.00 am - 3.00 pm

- Concrete Garages and Sheds
- Greenhouses, Summerhouses, Cabins
- Playhouses, Dog Kennels, Garden Structures, Log Stores
- 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)



**FREE
LOCAL SITE
SURVEYS**

TEL: 01482 444256

sales@newstarbuildings.karoo.co.uk

www.newstargardenbuildings.co.uk

Finkles Boutique

Cotta Court, Cottingham

Summer Stock still available



Tudor Springs Caravan Storage

Cottingham



- * Secure Storage
- * 24hr CCTV
- * One Access Point
- * Owners On Site
- * Caravan Club Member
- * Family Run
- * Silver CASSOA Member

Tel: 07713 702969 / 07713 932514
Email: bowsers4@bowsers4.karoo.co.uk

THE BEAUTY CLINIC



DRINKS, GOODIE BAGS, MEET THE EXPERT FROM DECLEOR, DEMONSTRATIONS, SPECIAL OFFERS & MORE
20% OFF RETAIL
RAFFLE PRIZES (PROCEEDS TO ELLIE MAI FUND)

104A KING STREET, COTTINGHAM
01482 875329

Your Stars for August 2015

By Kay Gower

Aries (Mar. 21- April 20)

Finally things are beginning to shape up. This is turning out to be an interesting chapter in your story. Some new characters will contribute to the plot....life is waiting for you, so take a deep breath and get on with it.

Taurus (Apr. 21- May 21)

Your mind is brimming with all sorts of exciting plans, as hope returns with a vengeance. The month of August begins and you feel like the world is your oyster, so get cracking. Money comes rolling in as a result of an unusual idea.

Gemini (May 22-June 21)

You have the gift of the gab and it serves you well, especially if you have contact with the general public. During August you will be able to win people over with your sweet tongue and ensure you get your own way.

Cancer (June 22-July 22)

Getting all dolled up is a pleasure in itself that happens to make going out on the town more fun. But as you know, underneath a hair cut or some fancy new clothes, a beautiful soul will always be more attractive.

Leo (July 23-Aug 22)

Your insight is quite uncanny this month and you will come up trumps in whatever you do. It's certainly a wonderful month for business – you know exactly what you're after. Equally important, you know what others are up to.

Virgo (Aug 22 – Sept. 23)

If you are footloose and fancy free, an exciting invitation could come your way. This is an excellent time to take a chance on love, but don't make any wedding plans just yet. Passion could burn itself out as quickly as it started.

Libra (Sept. 24 -Oct. 23)

An excellent month in store, most people will be happy to cooperate with you. It's a good time to throw a party or invite friends and family to a barbeque, get out and about and have some fun.

Scorpio (Oct. 24 - Nov. 22)

Usually you project your personality in such a way as to give others a solid idea of who you are. You may benefit from a more private approach this month. Making yourself a bit of a mystery might be a good idea.

Sagittarius (Nov. 23 -Dec. 21)

A break mid month will give you the time you need to dream and plan a big event in your near future. Creative ideas will be exciting.

Capricorn (Dec 22.- Jan. 20)

The best tactic for dealing with this month might be to focus on what's going right instead of trying to fix what's wrong. Don't worry about which side of the bread to butter - August will be delicious either way. A lucky cycle begins for you; allow family matters and the needs of others to be put on hold for a bit this month. You really need to spend some time relaxing and treating yourself to something nice.

Aquarius (Jan 21 - Feb 19)

A lucky cycle begins for you; allow family matters and the needs of others to be put on hold for a bit this month. You really need to spend some time relaxing and treating yourself to something nice.

Pisces (Feb. 20-Mar. 20)

"A certain smile, a certain face can lead an unsuspecting heart on a merry chase" so sang Jonny Mathis.
This month a certain someone will be constantly on your mind. Feelings of elation and wonder will be followed by uncertainty. Ah, romance, it's both the remedy and the sickness.
"But in the hush of night exactly like a bittersweet refrain comes that certain smile to haunt your heart again..."



HERIB receive a donation of £1,000 from the Rotary Club of Humberside

The Hull and East Riding Institute for the Blind (HERIB) has received £1,000 from the Rotary Club of Humberside to help with their activities.

The money was part of the proceeds of the annual Charity Golf Am-Am organised by the Rotary Club which raised £2,300 and whose main sponsor this year was 'Infinity Centre Hull'.

The money was presented to Sandra Ackroyd, Chief Executive of HERIB at a meeting of the Rotary Club by President Trevor Barningham and Major Events Chairman Paul Lees. Other donations were made to the Leonard Cheshire Home in Ferriby and to other local Rotary charities.

Holderness Rotary Club Craft Fair to be held on Saturday 24th October

Members of the Rotary Club of Holderness will be holding their annual Craft Fair at Cottingham Civic Hall on Saturday 24 October 2015.

Are you a crafter who would like to take part? If so, please email Janice on redshaw@cott1.karoo.co.uk for all the details.

The fair is an established event which raises much appreciated funds for Rotary charities. There will be a good selection of refreshments available on the day, provided by the Inner Wheel members.

Holiday Accommodation



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

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.

Sudoku Answer from page 12

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



Crating Solutions UK Ltd

Award winning and locally based but serving the whole of the UK
We lift, shift, package & then export worldwide

All types of machinery and equipment from aerospace to marine, oil & gas spares, medical, museums, CCTV, furniture etc.
We manufacture timber certificated export cases & crates to BS.1133
We are experts in logistics, corrosion interception and load sea containers for export
Providing full turnkey service

Tel 01482 – 470490

sales@cratingsolutions.co.uk

www.cratingsolutions.co.uk

Members of Timcon – UKTI – Chamber of Commerce – Humber Marine Alliance – Hull University Business School





The Green Kiss of Death

Beekeeping with Neil Gower -

Neil continues his quarterly review of the calendar of a beekeeper

The arrival of spring is always something to look forward to for many of us, and although it was very late this year it tends to be a busy time for beekeepers. It is the season when things really start waking up.

Typically I keep four hives in my Apiary, and all had come through the winter in good health.

As is often the case, after being so enthused at the end of my last article, disaster struck my Apiary and I was brought down to earth with a bang shortly afterwards.

I arrived one afternoon to carry out my normal weekly hive inspection and was immediately taken by the fact that the activity around the hives was much lower than I would normally have expected. I also noticed a chemical smell in the air which I recognised as a popular brand of weed killer.

I approached the first hive and removed the roof, with all my instincts telling me there was something seriously wrong. Where I would normally have expected to be greeted by a set of inquisitive guard bees rising up angrily

to jab at my veil there was nothing. Where I would have expected to see a seething mass of insects, what greeted me instead was a hive full of dead bees. I knew the second hive was also in trouble and moved quickly to lift its roof. This had fared slightly better in so much that the Queen and a few frames of bees were still just alive, but the majority were dead on the hive floor.

That afternoon I cleared out around twenty thousand dead bees off the bottom of those two hives. Both had been strong, healthy honeybee colonies.

The craft of beekeeping is a very enjoyable hobby for me which carries with it a responsibility to ensure the good health, wellbeing and continuation of the bees under my stewardship, as well as educating and supporting the wider public.

As with any such endeavour, a lot of work goes in to making sure all those things are properly balanced. That afternoon I was angry and frustrated that such a preventable loss had unnecessarily taken place. Of course I can't say for certain that it was as a result of the spraying of chemicals, but it seems more than a coincidence and as a beekeeper of some years I am at a loss to come up with a better explanation.

As a result this was not the article I was expecting to write. By now I was expecting to be writing about the various products that come from a beehive and how they are used in everyday life. I was expecting to be sharing the honey making process with you and even some recipes. That will have to wait until the next article.

Instead I have spent the intervening period rearing new Queens and trying to build up colonies. I have had to rely heavily on my remaining colonies to supply the necessary eggs and worker bees, and leave the weaker colony to build itself up naturally. The cold weather in April and May has also hampered the development as the bees were not able to fly as much, so the pollen needed to feed the eggs and grubs was in short supply.

As a member of the Beverley Beekeepers Association I assist in the collection of swarms from members of the public and have lately taken two small swarms into quarantine, which will help boost numbers if they remain healthy.

As you read this in early August it may come as a surprise to you to learn that the beekeeping season is nearly at an end. The last honey will be being harvested and the colonies treated against the destructive Varroa Mite which threatens the survival of the honeybee. Two more threats also lie just off our shores at the moment.

The aggressive and dangerous Asian Hornet has turned up in France, so it will only be a matter of time before it arrives in the British Isles. These large insects attack honeybees as they return to the hive, and are quite a threat. Also, the Small Hive Beetle which has decimated colonies around the globe has now been spotted in Italy and the beekeeping community is on high alert. I will cover the topic of pests and diseases in more detail in a future article.

Only strong colonies can be taken through the winter, so the health and wellbeing of the honeybee cannot be taken for granted. If you are about to spray chemicals of any description on your gardens, please think about the potential impact on any form of wildlife before you act.



Bee Scene! Popular family-friendly survey of wild flowers re-launches this summer holiday thanks to Nature's Path

Plantlife's hugely successful 'Bee Scene' survey has been rescued by family-owned cereal maker Nature's Path, after its original funding had ended. Over 30,000 children have already taken part in the wild flower survey since its launch in 2010. Now thousands more will have the opportunity to explore the nature on their doorstep and learn about the wild flowers growing there.

Families can discover whether their local area is good for bumblebees by looking for bee-friendly wild flowers such as foxgloves, dandelions and clovers in their local green spaces. The results are then uploaded onto a virtual meadow map of the UK.

The survey raises awareness and understanding in children of the importance of biodiversity in their local area, starting them on a path to enjoying wild flowers and realising their importance as part of our natural heritage. It also helps them understand the importance of wild plants for our declining pollinators. 90% of teachers who did the survey reported that 'Bee scene' had given them new learning about the natural environment and helped pupils understand that different wild plants are important for bees.

Nature's Path has a strong commitment to sustainability and the natural environment and has stepped in to enable the Bee Scene initiative to reach many thousands more children and families this year after its National Lottery funding ended. A spokesperson comments "As an organic, family owned company, with a strong commitment to the natural environment we recognise the importance of educating children early about the importance of our wild flowers and the pollinators that rely on them. We are thrilled to be able to support Plant life to continue this fantastic survey, so that many more children and families can take part and 'Bee Scene'.

'Bee Scene' is a simple and effective way to encourage children and their families into their local parks or countryside - to enjoy them together away from the television screen, computer games and other pressures of modern life. By using a simple flower key, they are able to count different flower shapes and colours and look out for bumblebees, so helping children understand how valuable their local green spaces are for wildlife.

Full details and bee scene resources are available online at www.plantlife.org.uk/beescene



Support the advertisers who appear within the Cottingham Times



Julie Robinson and Ros Jump with the 6th Cottingham Brownie Pack search for hidden treasure during litter pick

Who says litter picking isn't fun? On Wednesday 24th June, I organised a litter pick with help from members of the 6th Cottingham Brownie Pack. We divided into two teams and between us cleaned up the snicket that runs from Baynard Avenue to Westfield Close and The Dene woodland. I have a sneaking suspicion that there was a little rivalry between the teams over what 'treasure' was unearthed – the handbag was the clincher (unfortunately empty!).

The Brownies meet during term time on a Wednesday at Hallgate School. Most attend Westfield Primary schools but some go to Skidby Primary, Bacon Garth, and Hallgate. During the summer term the Brownies have been working towards their Gardening badge which has included growing 4 different plants from seeds, learning how they thrive in the light/dark, dry/wet, at the correct temperature.

As well as keeping their own gardens tidy, the tasks have been extended to include giving something back to the community, hence the litter pick. In the autumn the brownies will be learning about taking care of gardening tools and using weed-killers, including knowing the dangers if not used appropriately. This is a good example of reading and understanding instructions.

The gardening badge is just one of the activities this term. They've already spent an evening at a supermarket understanding how their food travels from farm to fork, and to make learning fun of course they play lots of games learning the important skills of team work.

Brownie leaders Julie Robinson, Jo Jenkinson and Sian Cappleman helped out along with Katie, a student, who appeared to be having as much fun as the brownies. We were sorry that Clare Drury was unable to attend, but hopefully at another time.

Several residents sent messages praising the Brownies work and how much better the area now looks. My thanks to all the Brownies and the grown-ups for making the evening such a success.

Ros Jump

www.cottinghamtimes.co.uk - August 31



Cottingham Day 2015 - a successful fun-packed day for all the family

An overnight thunderstorm was an inauspicious start to the day. However, the rain quickly cleared and we were able to enjoy another warm, sunny day. The event began with a parade which was well supported with up to 150 people taking part including children, member of the Cottingham Little Theatre and the "Cottingham Cockapoos". The Chairman of the East Riding Council, Councillor Peter Turner, performed the official opening and toured the many attractions and he was very impressed by the community spirit in the village.

The children's attractions such as the trampolines, the mini go carts and the fairground were busy all day. The fun dog show was again very popular and well supported. The arena, which was introduced this year, offered a variety of attractions such as the Humberside Fire and Rescue display of a recovery from a crashed car and a group of street dancers gave exciting performances. The new events fitted well with the music stage which featured a variety of acts from the traditional to more innovative music.

The pubs, cafes and takeaways and most stallholders and traders were busy on the day. The free park and ride, introduced this year, was well used. Finally, there was a good turnout of spectators to watch the cycle race.

It is now time to review the day to see what can be improved upon for next year. Cottingham Day, 2016 will take place on Saturday, 2 July.



Cottingham Day Dog Show 2015 results - 89 dog entries in total

Best Veteran:

- 1st - SANDY - 10yr old X Greyhound Whippet
- 2nd - JESS - 10 yr old X Whippet
- No 3rd - lack of entrants.

Prettiest Puppy:

- 1st - ARCHIE - 13 week Cocker Spaniel
- 2nd - WATSON - 13 week Cockerpoo
- 3rd - TAZZ 4 month Jack Russel/Shitzu

Waggiest Tail:

- 1st - ELLA - 9 yr old Springer/Lab
- 2nd - JENSON - 2.5 yr old Spocker
- 3rd - GUSTO - 3yr old Cockerpoo

Prettiest Bitch: 20 Entrants

- 1st - DAISY - 9 yr old Poodle
- 2nd - MEG - 7 mth old Springer Spaniel
- 3rd - ALEU - 1 yr old Huskey

Most Handsome Male: 20 entrants

- 1st - FINN - 9 mnth old Jack Russell/Westie
- 2nd - RILEY - 2 yr old German Shepherd
- 3rd - WOODY - 2 yr old Staffie

Best X Breed: 20 Entrants

- 1st - CASEY - 18 mnth old Labradoodle
- 2nd - HOWIE - 3 yr old X Lurcher/Collie
- 3rd - PIP - X Cocker/Jack Russell

Best Rescue:

- 1st - PEPPER - German Pointer
- 2nd - ARNOLD - Sprocter Spaniel
- 3rd - Joint - BELLA & RONNIE Greyhounds

BEST IN SHOW 2015 - PEPPER - The Best Rescue - German Pointer (pictured above). The competition Judge was Alison Clark.

I would like to thank Smiths Animal & Pet Foods on Castle Road, Cottingham, for the donation of Dog Chews during the event, which they are kind enough to do every year and it is much appreciated.

Photos of the winning dogs placed 1st, 2nd or 3rd, in all categories can be seen in the display in the Parish Council Offices.

Ann Abel

Support the advertisers who appear within the Cottingham Times

HALLGATE TREE CARE

A cut above the rest!



**Logs, Coal,
Kindling,
Tree Chippings
also available**

Hallgate Tree Care is a family-run business

PROFESSIONAL TREE AND HEDGE CARE

- | | |
|---|--|
| <input checked="" type="checkbox"/> Trees Topped | <input checked="" type="checkbox"/> Conifers Trimmed & Lowered |
| <input checked="" type="checkbox"/> Trees Removed | <input checked="" type="checkbox"/> Overhang Branches Cut Back |
| <input checked="" type="checkbox"/> Pruned and Shaped | <input checked="" type="checkbox"/> Tree & Hedge Planting |
| <input checked="" type="checkbox"/> All Roots Removed | <input checked="" type="checkbox"/> Hedges Trimmed |
| <input checked="" type="checkbox"/> Fully Insured | <input checked="" type="checkbox"/> Hedges Lowered |
| <input checked="" type="checkbox"/> Landscaping | <input checked="" type="checkbox"/> Shrubs Trimmed & Removed |

We also offer a Stump Grinding Service

**We can offer you same day service to save you money and us time
FOR A **FREE** QUOTATION OR FRIENDLY ADVICE, GIVE US A CALL**

Tel. 01482 846069 or Mobile 07817 214792

HALLGATE, COTTINGHAM, EAST YORKSHIRE HU16 4BD



HALLGATE TREE CARE

A cut above the rest!



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

www.instinctivehorsetraining.co.uk

Giving a horse his voice back to speak to us with

I wish this was an easy article to write but it's not. I have been sharing a very emotional month with an owner of a large Friesland Gelding, who has made the journey up from Swindon for a month's training. This horse of hers is sadly so typical of a totally regimented training history in Dressage. He is 12 years old and has been completely micro-managed in all ways, all of his life. Pure Dressage horses basically live from stable to arena with very little exposure to the real outside world so, therefore, become very sensitized and reactive to environmental influences.

This lad fears everything in the world around him....wind, noises, movements in his peripheral sight, branches swaying, roads, traffic, Pterodactyl type sparrows, Armour plated plastic bags.....the list is endless. Even lifting his rug on or off in the freedom of the field is a reason for him to head for the hills at 90 miles an hour. This is 100% because he has been forced to submit, all of his life. His outline and way of going in the Dressage arena or schooling *menage* has been done TO him, not WITH him.

To compete him at Medium level BD (British Dressage) he has been consistently trained in such a way that it requires a harsh, short and very held contact for a demanded level of engagement for the level of Dressage he is presumed to be capable of. Just because a horse can perform flying change in canter or move across an arena sideways in leg yield or half pass as a learned behaviour to remove the pressure of the leg, spur or whip, does not mean a thing if there is never relaxation, complete softness in frame or motivation to share the moment in pleasure, motivation or offered enthusiasm.

In his head he came to me screaming. Inside his body he held tension to such a degree that his frame has been totally moulded into one of head held high, throat closed, neck short and horribly tight, contact from the bit in his mouth to the hands of the rider so strong that it requires a double bridle or a Pelham bit in order to "hold" him in the desired outline. (Most importantly to me, this contact stops him from bolting away when he cannot cope with either the training or an outside stimuli which suddenly appears.)

The price to pay for all of this is that it inevitably reflects in the horse's movement across the ground. I have seen this a million times, sadly. To stop this horse shying away from the arena sides because he fears something like the wind in the hedge, you have to force a hard held lateral movement like "shoulder in"...the basis of which means that if the horse is made to turn his face

away from the scary stimuli so it cannot actually see the fearful place but to still move along that line. This movement prevents the horse from shying!

Does this training cure the fear problem? In short one has to answer "no"...it actually exasperates and increases the tense or fearful reaction and feelings in general. This whole training scenario develops short steps, high tense head carriage, tight mouth, hollow back, limited engagement of haunches and a brain which is totally incapable of offering any form of relaxation.

Unfortunately the horse industry is historically based on dominance training methods...whether "Traditional", "Western", "Natural" horsemanship, High school (or *Haute Eschol*). Mostly we determine that the outcome for competition excellence is worth the eradication of self-expression from the horse.

The teachers and trainers who you ask to help you improve your level of training shout loud at you and insist that you use **more** leg, **more** whip, **more** spurs, induce **more** movement, force **more** energy, demand **more** forward thinking from the horse.....all based on you as the rider increasing every aversive tool they have in their arsenal in order to reach some enlightened goal of so called perfection.

Behaviour wise for the horse it leads to learned helplessness, suppression and internalising. Horses become non communicative or overly clingy on the ground when free from a rider on its back.

You approach with the saddle and the bridle and the horse sees you coming so it puts its head into the furthest away corner of the stable. There it stays! You simply go there and catch the horse anyway. Despite and ignoring all of its avoidance behaviours you "put" the bridle on. The horse feels it has no choice after all. You ignore that it did not greet you at the door with ears pricked. You ignore that its head is as high as it could be while you reach up and get the bit in its mouth and strain to get its head piece over its ears. You then drag it to the front of



Support the advertisers who appear within the Cottingham Times

the stable and put its saddle on....and after all of that missed communication you then wonder why you so called partner does not "offer" you softness in its work.

All these words basically describe the Friesland gelding I introduced at the beginning of this article. His lovely owner has only owned him for the last year of his life and **has not** been the instigator of his fears, simply just the **inheritor**. She knew, deep in her soul that so much was wrong with him and was fighting the advice thrown at her from every angle re insisting, forcing and bullying him.

Amazingly there is a very simple set of questions to ask yourself when it comes to the behaviour of any animal in your care. Is the unwanted behaviour getting worse? (Your approach in training is not working) Is the unwanted behaviour remaining consistent at its level, neither worse nor improving? Your training approach is simply not working. Is the unwanted behaviour extinguishing and becoming less? YYY! You are actively going in the correct direction re training away all unwanted behaviour you want rid of. Best scenario ever is to replace one negative behaviour with another positive one. Done right, fear is replaced with calm and relaxed. Tension is replaced with breathing and softness in frame. Interaction and inquisitiveness comes next, followed by participation and enthusiasm.....all of these means that the horse becomes braver in general and can face life with a voice to speak to us with. Understanding life from the animal's point of view is everything. Allowing self- expression, even when it is against your wishes, means that you are then able to decide what you can do to make life or a situation better for the horse who is supposed to be your partner after all, not your slave.

Working with this horse and owner has been an emotional journey for them both. We have been systematically working in so many different directions with one main goal, to allow this horse to express his fears, to face them and to slowly let go of the feeling of needing to be scared, because he has never known anything else. He now lowers his head for the bridle, he no longer runs away in the field when you throw the rug on. He is learning how to interact with novel objects and stimuli by investigating them, pushing, nudging, kicking, moving them....he has found his formerly suppressed **Seeking System (Paansek)** This is where his voice now comes from. We ask, we don't force. We invite and he participates. We show him stuff and he investigates. He targets Lorries, umbrellas, huge blow up balls...pretty well anything is a target. His interaction is to put his nose end on the object and he is rewarded for doing so.

Slowly this old horse is becoming motivated, enthusiastic, confident, self-sufficient and less reliant on being close to us. He greets us at the stable door and no longer hides at the back of the box. He has learned to stand away from us, in his own space and be relaxed when out on the yard. This has been an enormous shift in behaviour.

His owner has felt swamped by the enormity of the task. Realising that she is such an important part of his emotional strength, yet having to let him go at times so he can make his own decisions. Giving the horse the time and the space to face life on a loose rope. Supporting his decision making by marking and rewarding all the behaviours and emotions we would like repeating. Allowing him the space, free from force of our will to be able to decide how he feels and us simply laying out the training in front of him in such a way that he can succeed.

She has my upmost respect. I will continue to help her all I can when she leaves to go home by being on the end of the phone etc. She will be going back into an environment surrounded by people who will simply not understand and will therefore voice their opinions and criticisms. This is where she will have to be very strong if the work is to continue in a positive way.

Support the advertisers who appear within the Cottingham Times



Christmas Festivities !!!! - "Too early" I hear you all shout

The business man in me says I should be extolling the virtues of our fabulous Festive Menu available for bookings from December 1st. But then I think, oops I haven't finished the menu yet and anyway, good grief it's only July, let your readers enjoy Summer for a little longer yet. However, we are already fully booked for Christmas Day so some of you are obviously thinking well ahead.

So let's talk Summer.

Thanks to everyone who visited the Half Moon during the Skidby Scarecrow Festival. I hope you enjoyed your visit and while the children bounced and slid the weekend away, you enjoyed a drink and a hot dog in the glorious sunshine. I did notice however that it was not only the children but a few larger bodies who were enjoying bludgeoning each other on the Gladiator Mat.

I'm taking a gamble on the weather and we will hold another Family Fun Weekend just before the dreaded or welcome (depending on your circumstances) "Back to School" on the 5th and 6th of September. With no members of staff on holiday we should be able to organise ourselves a little better and put on more attractions. We're planning another "Fun Dog Show" featuring the "six best legs" the "Skidby Bake Off" and "Arts and Crafts" competitions and Children's Sports events, not forgetting all the fun of Bouncy Castles, Giant Slides and the Gladiator Mat once again. So place September 5th & 6th in your diaries for a fun week end at the Half Moon, and please everyone keep your fingers crossed for more sunshine.

That's about it for this month except to say that I'm planning some work in the pool room towards the back end of this year, levelling the floor, decorating and moving things around a little to provide a couple of corner tables to enjoy a drink while still maintaining plenty of room for our regulars to enjoy their game of pool. Although the pool table may be out of commission for a week or so during the alterations.

As always many, many thanks to all our customers who keep me on my toes reminding me who the boss really is, and all my staff who also frequently remind me who's really in charge. You're all great, thank you.

Cheers Mike

The Half Moon, "Skidby's Village Pub"

Tel. 01482 843403

www.cottinghamtimes.co.uk - August 35

Four Generations giving 100 Years of Family Service
 Herbert 1870-1962 Eardley 1908-1986 Geoffrey 1939-2015 David 1964

GOLDEN CHARTER FUNERAL PLANS FROM H. KEMP & SON LTD

259 Hallgate,
Cottingham
East Yorkshire HU16 4BG
Telephone (01482) 844695

THE UK'S **LARGEST**
INDEPENDENT
FUNERAL PLAN PROVIDER



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 will 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.

hkempandsonltd@gmail.com
www.hkempandsonltd.co.uk

Beverley Friary Open Day - 5th September

The Beverley Friary is having an open day between 10.00 am and 16.00 pm on Saturday the 5th September 2015 when it opens its doors for a browse around. The Friary is situated in Friars Lane adjacent to the Minster and is a 600 year old building set in its own Gardens. A renovation project was completed three years ago however many original features remain within the building including the Great Hall.

An exhibition room has been established to outlining the full history of the building. The Friary is run by the Youth Hostel Association and has so much to offer. It can accommodate 32 guests at any one time having three of its rooms with ensuite facilities and is ideal for guests of all ages.

You do not need to be a member of the YHA to stay rooms are available for anyone although members receive a discount. Bookings can be made for 1 or more nights, exclusive hire for weekends or midweek and it is a wonderful wedding location ideally for day time guests of around fifty. So why not come to our open day and view the Friary and its facilities.

We hope to see you at the open day when refreshments entertainment and much more will be available.

'Water Works': Brand new exhibition comes to Beverley Art Gallery

A fascinating new exhibition - 'Water Works' - opened in Beverley Art Gallery on Saturday 25 July, and runs through to Saturday 5 September.

Members of The Ebor Group of artists have taken their inspiration for this exhibition from a range of seascapes and riverscapes found among the East Riding Museum's Collection. The various forms of media used in the exhibition include embroidery and felting, as well as the use of found objects and stained glass techniques, creating a body of work that is challenging and exciting.

The Ebor Group is a group of artists formed in 1996 with the aim of 'developing personal work'. Based in York, the group has exhibited widely in the North of England, and is mentored by the professional artist Hilary Bower.

Councillor Richard Burton, portfolio holder for civic wellbeing and culture, said: "The East Riding of Yorkshire is renowned for its stunning beaches and coastlines, so it's wonderful to be showcasing artwork to embrace this beautiful feature of our county. I hope that lots of people will want to come and see what promises to be a fascinating exhibition."

A member of The Ebor Group will also be hosting free artist demonstrations in the gallery on Saturday 25th too.

The exhibition will be running from 25 July to 5 September in the Beverley Art Gallery, Treasure House, Champney Road, Beverley, HU17 8HE. The Art Gallery is part of the Treasure House and is open from Mondays - Saturdays, offering a coffee lounge and gift shop.

For further information please contact museums.th@eastriding.gov.uk or phone 01482 392780

Alishaan

Tandoori & Balti Restaurant
AUTHENTIC INDIAN CUISINE

Special Summer Offer

**Four Course
Dinner £10.95**

**Come and enjoy a pre- or post Folk Festival Meal
or after visiting the Caravan Show
Book early to avoid disappointment**

(Not available on Bank Holidays or February 14th,
December 24th and 25th)

PRICES DISCOUNTED BY 20% ON TAKEAWAY MEALS
10% STUDENT DISCOUNT ON SIT-DOWN MEALS
OUTSIDE CATERING SERVICE AVAILABLE

OPEN 7 DAYS A WEEK (Including Bank Holidays)
Sunday - Thursday 5.30 pm - 11.30 pm
Friday & Saturday 5.30 pm - Midnight

205 Hallgate, Cottingham HU16 4BB



Telephone 847032
www.alishaan.net



williams plumbing & heating

(Established over 32 years)



For further information
on our services
please see our main
advert on page three

Tel 882552 Mobile 07721 366343

Help our hedgehogs! Gardeners encouraged to unite to save the nation's hedgehogs

Wild About Gardens Week: Monday 26 October to Sunday 1 November 2015

Wild About Gardens Week, the annual celebration of garden wildlife hosted by the Royal Horticultural Society and The Wildlife Trusts, is teaming up with Hedgehog Street this year to highlight how gardeners can help our hedgehogs. This much-loved creature is declining in Britain as fast as the tiger.

Hedgehogs are in trouble – they have declined by 30% in the last 10 years alone and there are now thought to be fewer than one million left in the UK. To help encourage people right across Britain to think about how hedgehog friendly their gardens, schools and community spaces are, this year's Wild About Gardens Week will form a week-long call to action and a celebration of the humble hedgehog, packed with events, competitions and opportunities to get stuck in. This will include:

- A national call to action to create hedgehog holes in fences – a handy 13cm by 13cm template can be downloaded from the Wild About Gardens Week website.

- A competition to design the best hedgehog home. There will be three categories: individual, group and school. The prizes will range from a trail camera to a visit from a hedgehog expert. Closing date: Monday 9 November 2015.

- A host of hedgehog-themed events around the UK, from talks and workshops to community activities. At RHS Garden Harlow Carr, a new garden will be launched in participation with Hedgehog Street, showcasing hedgehog friendly planting

and design. Add your event or search for those happening near you at: www.wildaboutgardensweek.org.uk/events

- A downloadable new booklet, available from the Wild About Gardens Week website, will demonstrate steps you can take to help hedgehogs in your garden.

- All information at: www.wildaboutgardensweek.org.uk

Twiggy, Patron of the British Hedgehog Preservation Society, said:

"Seeing hedgehogs in our garden when I was a child was a magical experience. Now we all need to help these special mammals – and there's so much that gardeners can do to reverse their decline. You can cut a small hedgehog hole at the bottom of your garden fence, leave wild nesting and hibernation areas, ditch the slug pellets and check that bonfire before striking the match! All so easy to do. Please help these wonderful creatures"

Hedgehog facts and figures:

- Hedgehog numbers have fallen by 30% since 2002
- Today there are estimated to be fewer than 1 million hedgehogs left in the UK. The main drivers are thought to be: declining hedgerow quality; the over-management of parks and green space; loss of gardens to paving/decking; reduced insect prey from chemical use in gardens and on farmland; loss of grazing land; the fragmentation of land by roads, fencing and increasing density of native predators.
- Adult hedgehogs travel between 1-2 kilometres per night over home ranges between 10-30 hectares in size.

For more information about how to help hedgehogs please see notes below or our new 'Get creative for hedgehogs this autumn' booklet – now on the website.

Law firm offers Legal Advice Clinics to help people understand changes to Inheritance Rules

Leading law firm Andrew Jackson have been providing legal advice clinics for over 10 years and have seen their popularity build as a trusted, valuable forum for anyone wishing to discuss wills, powers of attorney, probate or family matters. In light of major changes to rules surrounding inheritance, even more clinics are planned across the region.

Associate Deborah Gilpin, who specialises in this area of law, explains: "Family arrangements are becoming increasingly complicated, particularly as the intestacy rules – the rules concerning the estate of a person who dies without a will - changed on 1st October 2014.

People must understand that if they do not make a will, the law decides who will administer their estate and who will inherit. It's a complex picture, with different versions of the rules being applied dependent on a range of factors. There is a lack of awareness of these matters and we want to help.

Legal matters around bereavement can present real challenges for couples and families at an emotional and unsettling time. It's much better to take time to review issues now, when they are much easier to tackle than they could be further down the line. Our friendly, supportive team is keen to guide people through these matters, providing the expertise they need to plan for the future."

Deborah believes that this is a great way for people to take control of their futures and tackle a delicate subject in a supportive environment, "Our clinics are really important as we know how daunting the legal landscape can be. We are very happy to be able to help by discussing their options with them without them worrying about incurring costs."

For more information about the legal advice clinics or to book an appointment, contact: Jo Pearman or Jayne Lowde in confidence on 01482 325242 or email legalclinics@andrewjackson.co.uk

Support the advertisers who appear within the Cottingham Times

Andrew Jackson
Solicitors

Legal Clinics
Free initial appointment
advice on Wills, Probate, Powers of Attorney & Family Issues

Cottingham
Civic Hall, The Green
1pm – 4pm
26th August, 30th September and 28th October

For further details or to book an appointment
please contact Jo Pearman or Jayne Lowde on
01482 325242
or email legalclinics@andrewjackson.co.uk

Marina Court Castle Street
Hull HU1 1TJ www.andrewjackson.co.uk
Authorised & Regulated by the Solicitors Regulation Authority (SRA No. 51781)

www.cottinghamtimes.co.uk - August 37

CREATING A NEW LIVING SPACE THIS SUMMER?



- Local Family Company
- No Pressure Sales
- Manufacturers & Installers
- Wide range of uPVC & Aluminium Products
- Bespoke Conservatories to suit all budgets, available with Glass, Tiled and Polycarbonate Roof options

- Choose our Aluminium range if you are looking for stunning, innovative, modern designs including Bi-folding & Sliding Patio Doors, Panoramic Windows and Verandas
- Patio and French Doors
- Solidor Composite Doors
- Energy Efficient Windows



Call today for Free, No Nonsense, No Obligation Quote



VISTA FRAMES
T/A **COTTINGHAM WINDOWS**
T: 01482 307307 / 849999

www.vistaframes.co.uk E: info@vistaframes.co.uk

Factory & product display
Unit 3 Unity House, Rotterdam Road,
Sutton Fields, Hull HU7 0XD



East Riding residents save more than £1.4m thanks to YORSwitch scheme

An energy-switching scheme organised by East Riding of Yorkshire Council has now saved residents more than £1.4million on their fuel bills.

YORSwitch is a free scheme which gives residents the chance to make savings on their fuel bills by registering to take part in a collective auction of energy suppliers.

More than 5,100 households in the East Riding registered for the most recent YORSwitch auction. These were combined with a number of similar initiatives around the UK to create a collective of 30,000 households from more than 100 local authorities as part of the Big Community Switch.

East Riding of Yorkshire Council regularly attracts high numbers of participants and this has resulted in iChoosr, which runs the Big Community Switch, presenting a Certificate of Recognition for the amount of money - £1,160,771.63 - the council has saved its residents.

Since the certificate was awarded, hundreds more switches have taken place, bringing the cumulative total for domestic electricity and gas savings over the eight previous rounds to over £1.4million in the East Riding.

Councillor Stephen Parnaby OBE, leader of East Riding of Yorkshire Council, said: "It's extremely pleasing to see how much money the council has been able to help people save through this scheme.

"The council has regularly attracted large numbers of participants for these auctions and this has been recognised with this certificate. I'd like to thank everyone involved at the council in organising the scheme for making these savings possible for our residents."

Councillor Symon Fraser, portfolio holder for asset management, housing and environment at East Riding of Yorkshire Council, said: "I would encourage anyone who hasn't already taken part in YORSwitch to do so. There is no commitment to make the switch but for the vast majority of those who do there have been substantial savings of several hundred pounds a year on their bills."

Two residents in the Brough area are among the thousands of East Riding people who have benefited from taking part in YORSwitch.

Gladys Collick said "I switched last year and saved £274. I told my friend Kath about the scheme and she registered and switched and saved money too. I will be registering for the next auction as my current tariff is due to expire."

Kath Freitag added: "The scheme is a great idea. Lots of people we know ask us questions about the scheme and are switching and saving money too."

In the latest auction, more than 60% of residents in the East Riding who completed the registration process went on to make the switch, saving on average £267 each.

The next auction will be the ninth round and residents will be able to register their interest from Tuesday 4 August until Monday 12 October, with the auction then held on Tuesday 13 October.

Householders who register are under no obligation to switch to the auction-winning supplier's tariff offer but, if they do accept, it is an easy and straightforward process which East Riding of Yorkshire Council taking care of any queries.

The scheme is open to all households which pay monthly direct debit or via a pre-payment meter.

Once households have had the opportunity to register their interest, a reverse auction is held to invite energy suppliers to compete with their best offers.

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, Fish, Shoes, Pet Food,
Second-hand Books, Slippers, Plants, Flowers, Artisan Bread,
Bags, Cosmetics, Scarves & Hats, Watches, Cheeses and Butter,
Sausages, Sweets and Biscuits, Health Foods,
Charity Stall and too much more to mention

THE GREEN, COTTINGHAM

You can register your details for the ninth auction, without commitment, by visiting www.eastriding.gov.uk/yorswitch

The Government has recognised the success of East Riding of Yorkshire Council's approach to the YORSwitch scheme by including it as a best practise case study in its new fuel poverty strategy for England called Cutting The Cost Of Keeping Warm.

The registration period for the ninth auction opens on Tuesday 4 August 2015 and closes on Monday 12 October 2015.

The auction for energy suppliers will be held on Tuesday 13 October 2015.

Offer letters and emails will be sent out from Friday 23 October 2015.

Customer Services Officer at Sewerby Hall and Gardens, Kevin Oakley, said "We have introduced the vintage afternoon teas for this year and they have already proved very popular. The August tea was booked almost immediately so it was decided to add an extra date to cater for the demand."

Pre-booking is essential as spaces are limited. Please visit the Welcome Centre or call (01262) 673769 to make a booking or for more information.

For further details please visit www.sewerbyhall.co.uk. You can also follow the site on Twitter or Facebook.

Sewerby Hall and Gardens vintage afternoon teas - extra date added

Due to popular demand, the catering team at Sewerby Hall and Gardens have now added an extra date for their pre-booked vintage afternoon teas served in the impressive Orangery.

The extra date is Tuesday, 18 August. Taking place between 2pm and 3.30pm, the afternoon teas cost £11 per person. Served in the Orangery and accompanied by a background classical pianist, the teas includes a selection of finger sandwiches, a homemade scone with jam and cream, a selection of cakes and unlimited tea or coffee.

SENSATIONS

Nails :: Beauty :: Chiropody

A warm, friendly relaxing atmosphere awaits you

Katherine Daniels Skin Care range

now available at Sensations.

Please contact for further information



181 HALLGATE, COTTINGHAM

Tel: 849068

CAVE CASTLE HOTEL & COUNTRY CLUB

SUMMER BBQ & DISCO

Friday 21st August - 7.30pm – 12.30am

Tasty BBQ food & a free summer cocktail!

Eat, drink & dance the night away to great music!

£22.50 per person

£125 to stay over including event,

bed and breakfast for two sharing a double/twin

TAKE THAT TRIBUTE (Take That Again)

Friday 23rd October - £21.50 per person

Including 2 course dinner, tribute & disco

£125 to stay over including event,

bed & breakfast for two sharing double/twin

MURDER MYSTERY MASKED MURDER

performed by It's Murder!

Saturday 29th August

Enjoy a 3 course dinner whilst you try to figure out who dunnit!!

"You are invited to a Masquerade Ball at Cave Castle, home of the Earl and Countess of Splendour; which is being held to celebrate the winning of 34 medals at The Paris Summer Olympics in this Year of Our Lord 1924. Amongst the dignitaries, celebrities and friends are some who have an axe to grind, jealousy and animosity are rife in the hearts of a few; perhaps things will not go as well as expected for the Earl and Countess tonight. You will be mixing with the very best of our nobility so please come dressed in your finest masquerade costumes and don't forget your elegant domino masks"

Fancy dress optional

£33 per person

£145 to stay over including event,

bed & breakfast for two sharing double/twin

www.cavecastlehotel.com

Telephone: 01430 422245
Cave Castle Hotel & Country Club,
Church Hill, South Cave HU15 2EU
Email: info@cavecastlehotel.com



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 it if your suite is worth spending money on.



Now
Stocking
Designer
Wallpaper
Books

WE ALSO MAKE NEW SUITES

Sofas and chairs built to your own designs and dimensions in a choice from thousands of fabrics built on solid hardwood frames that carry a ten-year warranty. We also re-cover occasional furniture, such as dining chairs, chaise lounges and sofa beds. **Traditional French Polishing Service available.** With 35 years experience, satisfaction is guaranteed.

Ambassador Holidays

45 Woodlands Road, Hull HU5 5SE

We have pleasure in accommodating your sailing holiday experience

Sunday 15th May - Fjordland Splendour

8-Days, Twin Inner - £1,289

Twin Inner Ocean View - £1,609 (P612)

Monday 23rd May - Baltic Cities & St. Petersburg

12-Days, Twin Inner - £1,929

Twin Inner Ocean View - £2,419 (P613)

Saturday 4th June - Iceland & Northern Isles

12 Days, Twin Inner - £1,929

Twin Inner Ocean View - £2,419 (P614)

Thursday 16th June - Scottish Isles & Faroes

6 Days, Twin Inner - £929

Twin Inner Ocean View - £1,279 (P615)

Cruise Departure times available on 01377 241777

Booking Now - Blackpool Illuminations

Friday 18th September & Friday 16th October

3 Days, 2 Nights - D/B/B - Kensington Hotel - £129.00

SENIOR Sundays: Sunday 23rd August;

20th September; 18th October - £23.00

LOVE Yorkshire: 21st August; 18th September

2-Days Harrogate & Skipton D/B/B - Holiday Inn - £89.00

Christmas Shoppers -

December 3rd - 6th Lincoln £19.00 :: 6th - 13th Skipton £22.00

Grassington Dickensian £24.00 :: Meadowhall £18.00

Earlybird - 2016

Edinburgh & Britannia, 2-Day Dates Available - £120

Full Itineraries Available

**Telephone 01377 241777
or 01482 568244 for further details**



New reuse shop has everything including the kitchen sink

FCC Environment, one of the UK's leading waste and resource management companies, has opened a reuse shop in the East Riding of Yorkshire.

Working with the local Hull City Council and East Riding of Yorkshire Council, FCC will run the reuse shop which sells products that have been rescued from recycling centres operated by the company across the region.

The reuse shop was opened on July 10 by the East Riding of Yorkshire Council Chairman, Cllr Peter Turner, who donated an iron cooking book stand at the opening, and the Lord Mayor of Kingston upon Hull, Cllr Anita Harrison who gave a hanging picture frame.

Some of the money raised by the reuse shop will be donated to several charities elected by Councillors Harrison and Turner. The list of charities are:

- 299 Squadron of Ex Servicemen
- STAND
- Downright Special, and,
- Hull and East Riding Institute for the Blind.

Councillor Symon Fraser, East Riding of Yorkshire Council portfolio holder for asset management, housing and environment, said: "The idea of a reuse facility has long been talked about by residents and this initiative enables us to try out the concept.

"We hope to learn from the experience and we very much hope that the reuse shop proves to be a fantastic way for residents to make use of items that are still in good condition which would otherwise end up being thrown away."

Councillor John Black, Hull City Council portfolio holder for council infrastructure and responsible for recycling, said: "As a council we are extremely passionate with a good track record of recycling.

"We hope this innovative joint venture with East Riding of Yorkshire Council proves to be a great success that will make a significant difference to the environment. We are always looking for new ways to re-use materials that would otherwise be sent to landfill.

"I hope residents will support the new re-use shop and buy household items that are in still good working order whilst raising money for some very worthwhile charities."

FCC Environment has invested £400,000 in the shop which has also created nine jobs in the local area.

Support the advertisers who appear within the Cottingham Times

Richard Belfield, Group Development Director at FCC Environment, said: "Our aim is to capture reusable items being taken to the Household Waste Recycling Centres which means we can transform goods that would have been disposed of as waste into a valuable resource. This means we reduce the amount of valuable materials and products that end up in landfill. "Opening and operating our own reuse shop ensures that a range of reusable goods, such as push bikes and furniture items, are re-used instead of going to landfill. Some of the money raised from the selling of these items will be used to support local charities.

"We'd like to thank everyone who has supported the launch and let people the shop is now open.

Joan and Peter Wadsworth of Cottingham celebrate their Diamond wedding

Joan and Peter Wadsworth of Mill Lane, Cottingham celebrated their Diamond wedding on 22nd July. Married 60 years ago in Southampton they have lived for 50 years in Cottingham.

Their three sons were married in St Mary's and they have six grandchildren and three greatgrandchildren. Their oldest son, Philip, runs a training company in Northampton and is married to Patricia, Roger has a well known joinery firm in Cottingham and is married to Suzanne, and Tim is at Aerospace and married to Gill.

Their greatgrandchildren are two nurses, two teachers, an electrician and a caravan mover. Joan and Peter are well known at Cottingham Golf Club, and at Cottingham Bowls where Peter is a past president.

They are members of the Cottingham U3A, Jubilee Probus club, and Joan is a Walkington Ladies choir singer. Peter retired from work as a Grandways director in 1990.



An Event showing how being Healthy is Fun for all the Family

Join the Health Experts, Sports Enthusiasts, Foodies and Fun Fanatics

Saturday 5th September 10.00 am to 2.00 pm at KGV Pavilion Northgate Cottingham

Admission Free – so bring all the Family

Graham Porter - Caring Dentistry



Graham Porter

BDS

GDC Registration Number: 51131



Stuart Graham

BDS, MMedSci (Dental Implantology)

GDC Registration Number: 59133

Cosmetic and restorative dentistry • Implants
Tooth whitening • Affordable monthly payment scheme

For today, for tomorrow, for the foreseeable

Graham Porter Caring Dentistry 8/9 Castle Green Green Lane Cottingham HU16 5JU

t. 01482 841146

Make a real difference to Dove House Hospice and take on the Borneo Jungle trek challenge

Take on the ultimate challenge in 2016. Trek through Borneo to raise vital funds for your local hospice.

If you think you would be up to the challenge, join our exclusive trekker team and travel to Borneo in June 2016 for the experience of a lifetime. Trek through the dense rainforests of Borneo and immerse yourself in the diverse flora and fauna of one of the oldest rainforests in the world. After the 5 day trek through the jungle there will then be a visit to the Orangutan sanctuary to see these endemic creatures through various stages of their rehabilitation.

This incredible journey starts today. Simply visit www.dovehouse.org.uk/trek or contact the Dove House Hospice fundraising team at fundraising@dovehouse.org.uk or on 01482 785743 for a full enquiry pack.

Make this coming year the one you will never forget.

Exploring the past of East Riding's buildings

The latest exhibition by the volunteer team at Skidby Windmill is now showing a display entitled 'Strange Structures: Follies, Relics and Hidden Buildings in the East Riding', which will run until 7 September.

The exhibition takes a look at some of the less well-known man-made structures in our region and features temples, towers, family tombs, wartime gun batteries, underground bunkers and more.

Dr David Marchant, Museums Registrar at East Riding of Yorkshire Council, said: "Whether down a back street, alongside a main road or tucked away in the woods, there are many relics of the past waiting to be discovered.

"The volunteers have researched a huge variety of fascinating structures for this display, some familiar, and many much less so.

"We have even included map references so you can go and find them for yourselves."

The Mill is open daily from 10am-5pm (last admissions 4.15pm) and reasonable admission charges apply.

For further information please call the Mill reception on (01482) 848405.

Great success of Cottingham Open Gardens despite bad weather on first Sunday

Despite the poor weather on the first Sunday of the opening, we went on to a great success on the second Sunday, we went to raise £9,119.00 for the Dove House Hospice.

The Committee would like to thank all the people who opened their gardens to the public, all the businesses, shops and individuals who sponsored us and all those firms that provided raffle prizes.

Next year the event will be even larger, as we have five more garden owners who wish to join in.

Thanks again to all who helped in any way.

James Stansfield



THE INGLEMIRE PRESENTS

SIMPLY TAKE THAT

Friday 7th August

Doors open 7.30pm

Advanced Ticket £5 or £7 on the door

Tel: 01482 841734



Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - August 43

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

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
£3.50**

**per bag
Minimum
Delivery
10 Bags**



**Tree Logs
£3.50**

**per bag
Minimum
Delivery
10 Bags**

ALL WORK FULLY GUARANTEED

**FREE
QUOTES**

**Contact Brian -
T: 01482 846069/M: 07817 214792
COTTINGHAM**

**COAL
FOR SALE
£7.00
PER BAG**

google.hallgatelandscapes

(Formerly BJD Landscapes)

The Windmill Walkers schedule of walks for the month of July

If you would like to try a walk with us or require further information, please check our web-site www.windmillwalkers.org.uk. At this web address, you will find our 2015 Wednesday walk programme showing the start location of each walk. There is also a link to contact our Secretary if you need further information.

For those without internet access, our schedule of August walks is shown below.

Day/Date	Time	Start Location	Distance	Grid Ref.
Wed 05 Aug	10:00am	Walkington (Dog & Duck Inn Car Park)	5 miles	SE 997 372
Wed 12 Aug	10:00am	Hunmanby	6 miles	TA 095 775
Sun 16 Aug	10:00am	Thornton Le Dale (North Yorkshire Moors National Park car park)	8 miles	SE 835 829
Wed 19 Aug	10:00am	Woodmansey (Back of Coletta & Tyson Nursery car park)	6 miles	TA 068 363
Wed 26 Aug	10:00am	Skipwith Common (Nature Reserve car park)	5 miles	SE 669 377



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 9.30 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14



Natural methods of soothing the itch of insect bites

When temperatures are warm and everyone is spending more time outside sunscreen and sun hats are not the only things we need to protect ourselves.

Insects are a reality of the summer season that we would rather do without but must learn to cope with. What you need is some natural remedies and good old fashioned cures from the cupboards that can take the itchiness and the redness out of the skin when an insect sets his sights on you.

To combat the itchiness that can drive you crazy look no further than common everyday products that you have in your kitchen. Rub lemon juice on the bite to stop the urge to scratch right away. Lemons are also effective types of disinfectants that can kill bacteria on your skin and can also prevent your skin from becoming infected.

Apple cider vinegar can make the itching go away fairly quickly as can combining salt and water and then applying it to the bite. Yet another natural method that works like a charm and will get rid of the itching is mixing baking soda with water. Whip it up until it turns into a paste and then directly apply it to the area that is red and itchy. Before long the desire to scratch will be gone!

Did you know that toothpaste is an alternative remedy for the itch that accompanies insect bites? It is. In fact if you like minty toothpaste then that is great because it is more effective than the regular type of toothpaste.

Why minty toothpaste for the itch of insect bites? The skin receptors you have send signals to the brain. For instance there are signals for heat, cold and itchiness. Most of the receptors that the skin has are only capable of processing one signal at a time and not a number of them all at once. The cooling element that the mint toothpaste brings to the skin is able to neutralise the itch of the bite because it is stronger and is able to override the signal for itch!

This is the case for any over-the-counter product that you buy at the pharmacy. If it is capable of producing cooling or warming sensations then it can go to work on the itch instantly. Examples of these products may be very familiar to you. Tiger Balm and Vicks Vapo-Rub would all work in the same manner.

If you have some pure aloe gel (or an aloe plant) on hand to cope with sunburned skin then you can also use it to take the itchiness out of bites from pesky insects. In fact any product that contains aloe can be of help to you.

If all else fails and you are still scratching then head to the local chemists to pick up the popular staples for skin itch - calamine lotion and hydrocortisone cream. Now you can kiss the itch goodbye and go back to enjoying your summer!

THE 2015 CARAVAN Extravaganza

5th & 6th SEPTEMBER

9am-5pm each day
The Lawns, Cottingham
East Yorkshire, HU16 5SQ

FREE PARKING

Come and view the latest
Touring Caravans
Caravan
Holiday-homes
Lodges And
Park Homes
Awnings &
Accessories



**REFRESHMENTS
& CHILDREN'S
ENTERTAINMENT**

**Admission
£3 per person**

**Family ticket up
to 5 people £7**

Dogs are welcome but must be kept on a lead on the showground.
The ground can be a little uneven so please remember to bring the right footwear to protect your toes!



*THE place to see the best that the
British caravan industry has to offer*

www.lawnsandbeaulieushows.com





August Offers



Weber BBQ 47cm

Was: £79.99

Now: £59.99

Offer only available
until 9th August 2015

Amerikaner Chairs



**2 for
£30**

Saving you
£19.98

Offer applicable to pink & turquoise chairs



Cannes 6 Seater Dining Set (table & 6 chairs)

Now just

£720 RRP £799.99



You can now get your
frozen reptile food in
quality resealable bags



Lavender Munstead 9cm

6 for £5

New for Summer
Come & try our great range of new salads



Breakfast served until 11.30am

Buy One Get One Free

on our Traditional East
Yorkshire Breakfast when
you spend £30 in store

To claim your voucher simply
spend £30 in store

Terms & Conditions apply



*Quality, value & service
for over 70 years!*

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

www.colettagardencentre.co.uk

324 Hull Road, Woodmansey
HU17 0RU
Tel: 01482865410

Opening Times
Mon - Sat 8.30am - 6pm
Sun 10am - 4pm



COLETTA & TYSON
NURSERIES AND GARDEN CENTRE