

# Cottingham Times

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Issue 177 - August 2016



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Editor: Keith Teale

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### Enquiries: Advertising

Tel: 01482 840035 :: Mobile 07563 885388

### Editorial and Contributions

Tel: 01482 840035

Accounts: Tel: 01482 840035

Website: [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

E-mail: [media@cottinghamtimes.co.uk](mailto:media@cottinghamtimes.co.uk)

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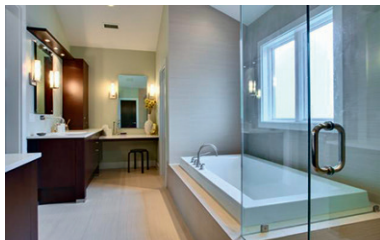
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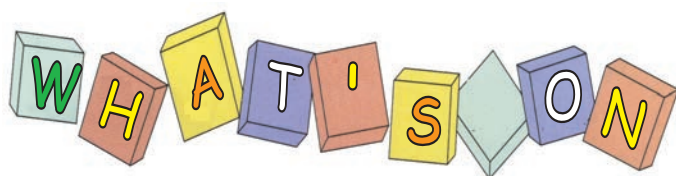
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## In Cottingham and District

### The British Red Cross - Cottingham Group

Sunday 7th August - The British Red Cross, Cottingham group, is holding an Open Garden in Thwaite Hall gardens on Sunday 7th August from 11am to 4pm. As well as the opportunity to wander round the lovely gardens, which cover 31 acres, including a lake, there will be home made refreshments available and stalls, including plants and produce. Entry is via the Botanic Gardens entrance on Thwaite Street. Adults £3, children free.

### North Ferriby Flower Club

Thursday 11th August - Janine Grey (Huddersfield) - "Shop Full of Summer", at 7.30 pm, in the North Ferriby Village Hall. Tickets are £4.00 and can be obtained from Margaret Hobson (Secretary) on 01482 634114, preferably after 4.00 pm.

### Hull and East Riding Glaucoma Group

Friday 12th August - from 11.00 am till 1.00 pm, when we are pleased to welcome John Fewings and fellow members of the 'Argy Bargy Poets' as our guests. So named because their

Front cover: Painted Lady butterfly spotted in a garden down St. Margaret's Avenue.  
Photo: Paul Lakin.

first collective gig was on a barge moored on Beverley Beck, they now perform all over the area, delivering a combination of poetry and humour, and in one poet's words having "a good time promoting poetry to people who don't like poetry!" If you like poetry with a twist or even if you don't but are willing to be persuaded, join us at HERIB on Friday 12th August at 11am for a light-hearted and entertaining morning. Entry £1.50 per person. For more information and to book your place, please call HERIB on 01482 342 297.

### Cottingham Rev & Church Expression

Sunday 14th August. - Come and join us at 6pm for tea or coffee followed by lively praise and worship with a great band, word and moving of God's Spirit. All are welcome to these monthly events. Meet us at Darby and Joan Hall, Finkle Street, Cottingham, HU16 4AZ - parking available on site. Any queries to James Seager, Campus Leader, mail: [james.seager3@googlemail.com](mailto:james.seager3@googlemail.com) or tel: 01482 420620.

### East Yorkshire Woodturners.

Tuesday August 16th - 6.45pm: Demonstration by Sue Harker, professional woodturner. Meetings are held every third Tuesday each month at Skidby Village Hall. Visitors are welcome, whether woodturners or just interested - £3.50 on the door. For more information please contact David Taylor, Secretary, 876702. [cotters@cotters.karoo.co.uk](mailto:cotters@cotters.karoo.co.uk).

### Wednesday Social Club

Wednesday 24th August - Scottish Eastern Counties - David Leeson, in the small Darby & Joan Hall, at 2.00 p.m.

### Tower Tour, St Mary's Church, Cottingham

Bank Holiday Monday, August 29th 11.00 am. To book, contact Ian on 01482 848041.



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### East Yorkshire Group of the Hardy Plant Society

Thursday 1st September - at 7.30pm in St Mary's Parish Hall, North Bar Within, Beverley. You are welcome to come and join us to listen to Timothy Walker - How to be a 21st Century Gardener. Entry: £4 which includes tea/coffee and biscuits. Further information from Lois Scott 01482 494276.

### Cottingham Tennis Club

French Open, Wimbledon...? Do more than just watch! Visit your own local Tennis Club - entry off Hull Rd. next to Overland Rd., see our website. Special rates for new members. Contact John Stones 847080

### Arterian Singers

"Would you like to join a friendly group of men and women who enjoy singing? We meet during school term time at the Zion Church on Hallgate, Cottingham on Tuesday evenings at 7.30pm. We present three concerts a year; the music ranges from folk songs to songs from the shows to religious works to carols at Christmas. There is no audition, and although it helps it's not essential to be able to read music. Musical Director is Julian Savory. If you think you might like to join us, why not come along one Tuesday evening? You will be made welcome! (If you would like to contact a choir member first, then please ring Maria or Alan Tel 442758)

### Alcoholics Anonymous Meeting

If you think you may have a problem with alcohol which is costing you more than money, and want to stop drinking, you will be most welcome at the meeting at Cottingham Methodist Church (side entrance), every Friday night at 8pm. For more information call 01482-830083. Free-Confidential-Advice

### Men in Sheds - Hull

We are a charity organisation and we meet every Tuesday and Thursday at 101 Greenwood Avenue, Hull, between 10.00 am and 4.00 pm. Drop in for a chat over a brew and biscuits. Our friendly shed is a place where like-minded people gather together to socialise, share skills and learn new ones. With a variety of activities on offer, we really do think there's something for everyone and we're always open to suggestions! Our shed is very much guided by our members and will naturally evolve as it develops. For further information drop in or telephone Baz Wharf on 01482 803940 or 07934 879657 or visit our website [www.meninshedshull.org](http://www.meninshedshull.org).

### ALANON Meetings

Thursday evenings at Holy Cross Church, Carrington Ave Cottingham HU16 4DU. The meetings start at 7.30 pm until 9.00pm every Thursday evening, it is an open meeting for relatives or friends of the alcoholics and who are being severely affected by someone else's alcoholism. This fellowship is an International one, there are no dues or fees for joining all new comers will be told that they will remain strictly anonymous and anything they share at the meeting would not be discussed elsewhere. Any further information on 01482 508231

### Alternative Aquatics

Alternative Aquatics is a local charity and self-help group. We provide gentle exercise and relaxation for people with back pain and associated mobility problems, in wonderful warm water and a friendly atmosphere. We meet on Thursdays at 5-6 pm during term time, at the hydrotherapy pool at Frederick Holmes School on Inglemire Lane, Hull, and the cost is £39 per school term. We have a few places available so if you would like more information, or would like to come along for a free trial session, ring Karen on 01482 807072 or Ann on 572011.

*Continued on page six*

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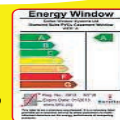
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### The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held outdoors in the summer months and indoors in the winter months. 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](mailto:revtrev2@revtrev2.karoo.co.uk)

### 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 a.m. to 11.30 a.m., 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

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 28 teams (17 Boy's teams at under 8 to under 18 level, 4 Girl's teams at under 10, 12 and 14 level, 2 Men's teams, 2 Veterans teams and 3 Ability Counts teams), as well as an academy for 4 to 7 year olds and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website [www.cottinghamrangers.co.uk](http://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. **Get Fit, Have Fun!** £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](http://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.



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### Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. In 2016 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 Wednesday evening 6.00 pm till 8.00 pm and at Cottingham High School on Saturday from 12 noon to 2.00 pm. Summer training for Juniors is on a Friday evening and Seniors is on a Wednesday. For more information please contact Rob Rhodes on 842215.

### Calligraphy, Quilling and Folk Art classes

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

### The Cottingham Wrist 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.

### 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](http://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.

### 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.

### Loudhailer Acoustic

All welcome to Loudhailer Acoustic, a friendly welcoming all acoustic open mic night of music and spoken word, with a great attentive audience. Expect a fabulous range of acoustic music, quality song writing and some familiar classics from a host of different performers. The Back Room in Cottingham on the first Thursday of every month. Doors are 7.00 p.m. music at 7.30 p.m. £2 entry. For more information visit <http://loudhailer.net/loudhailer-acoustic-nights/>

### Hull Zingari

Hull Zingari, the city's longest-established cricket club, hold their indoor net practices every Wednesday at Sirius North Academy Sports Hall on Hall Road from 8.00 pm until 9.30 pm each week. The club will field senior sides in the York and District Senior League Premier Division and the Holderness Division Two as well as a Sunday side. Cricketers new to the area or those looking to join a progressive club and play in a higher standard of cricket will be very welcome. More info at [www.hullzingari.play-cricket.com](http://www.hullzingari.play-cricket.com)

*Continued on page 29*

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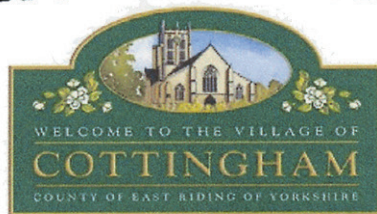


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# Cottingham Parish Council



Welcome to our section of *Cottingham Times* that keeps our residents updated with news of the Parish Council.

## • Cottingham Day 21 July 16

Despite a wet and windy start to the day, Cottingham Day 2016 took place on 2 July. Although slow at first, once the sun began to shine, the crowds began to arrive and another successful day took place.

The event started with a fun-filled parade at 11.00am with a Rio Carnival Theme. This was led by the Vice Chairman of East Riding of Yorkshire Council, Councillor Caroline Fox, parading in a 1919 Ford T. Councillor Fox then officially opened the event which included activities taking part in Grandad's Park, Memorial Gardens, Memorial Club, Darby and Joan Club, Civic Hall, Cottingham Methodist Church, Zion Church and St Mary's Church, along with a stage show in the Market Green.

Initial feedback seems to indicate that numbers were down on previous years, but hopefully all concerned still enjoyed this special day in our village. Our thanks go to the large number of volunteers who helped to make the day such a success but the Parish Council would particularly like to express their gratitude to the Cottingham Day Committee who have worked tirelessly for a year in order to hold Cottingham Day 2016. Without their support and the support of the volunteers, this event would not take place. The Committee will meet again in September to discuss plans for the future. More details to follow.



*Cottingham Day Parade*

## • Plans to Name Future Streets After Cottingham's Fallen Servicemen and Women

Parish Councillor, Kevin Casson came up with the idea of using the names of Servicemen and women who have been killed in battle and are associated with Cottingham for future street naming. We would like to honour those who sacrificed their lives.

Most of our fallen servicemen and women are already remembered by the plaques which are situated on the Memorial Gardens but he felt along with fellow Parish Councillors that this would be a fitting tribute.

We would like to put the names of the fallen into a name bank for any of Cottingham's future street naming. All surnames which are on the Memorial Garden plaques will be forwarded to the East Riding of Yorkshire Council, for future use. However, if you would like their full name to be used we do need permission, we therefore ask that you give your consent in writing and address it to Cllr Kevin Casson, Parish Council Office, 9 The Cottages, Market Green, Cottingham HU16 5QG.

## • Parish Council Social Evening

Cottingham Parish Council held its annual Social Evening on Thursday 14 July 2016 at the Darby and Joan Club. This event was very well attended by a mixture of community groups, charities and organisations that support Cottingham in a variety of ways and it is a way of Cottingham Parish Council thanking those people for their support of the village. A thoroughly enjoyable and productive evening took place with organisations having the opportunity to network in an informal setting.

## • Dog Fouling

The Parish Council is alarmed at the increasing amount of dog fouling taking place on our streets and verges. Although the Parish Council sells dog waste bags for 50p for 50 bags, there still seems to be an increasing amount of dog fouling in the village.

We are pleased that the ERYC are beginning to patrol the area and have issued some fines to residents of £75 for dog fouling, this includes not disposing of used waste bags correctly. Hopefully this will begin to have a positive impact in our village.

## • Grants Awarded

We are pleased to report that the Parish Council recently awarded Cottingham Methodist Church with a contribution of £500 towards the cost of a replacement piano.



*From Left to Right:  
Cllr M.H. arness, D on Maskell and Cllr R.J. m p*

If any community groups or charitable organisations wishes to apply for grant funding from the Parish Council, please contact the Parish Council Office who will be happy to discuss the process with you and assist with the completion of an application form. All completed application forms received are decided upon at the next scheduled Finance & Asset Management Committee Meeting.

## • Dates for your Diaries

The next meeting of the Parish Council will take place at 7.30pm on Thursday 22 September 2016 at the Parish Council Office. Members of the public are more than welcome to attend and find out more about what is happening in their village.

If you would like to speak to a Parish Councillor, their contact details are displayed in the noticeboards around the village or alternatively, you can ring the Parish Council Office on 01482 847623. Our Offices are open on Tuesday, Wednesday and Thursday from 11.00 am to 3.00 pm. Our website [www.cottinghamparishcouncil.org.uk](http://www.cottinghamparishcouncil.org.uk) is full of useful information also.



## Adam Waller, Solicitor and Head of Conveyancing at Graham & Rosen discusses ... Brexit ... what does it mean for you?



The UK public have named a Ship "Boaty McBoatface" and voted to leave the EU. Just as the crew of that ship face life on "Boaty" we have to face life outside of the EU.

As an R.E.M. song goes "it's the end of the world as we know it". But how will it affect you?

It will take time before we know the full effects but here are some of things you may be thinking about now.

### What about my summer holiday?

The pound is worth less than last year so you will need more money abroad. An average family will need to find about a further £65 per week.

The difficulties of buying euros will be short term but you are likely to be restricted to buying no more than £1K of euros.

We are still an EU country until 2018 so you can travel freely throughout the EU and use the EU passport holder lane.

You still benefit from free emergency health cover in the EU, but travel insurance may still be worthwhile.

### What about house prices?

Some buyers are pulling out over negative equity fears or over concerns for their job security and interest rates. Housebuilders are at risk with demand and prices likely to fall.

Auditors KPMG expect a 5% drop in prices in the coming months.

Despite small issues down south our local market remains strong with good demand backing up prices for now.

With a possible reduction in interest rates to 0.25% there may be opportunities for buyers. Fixed rate mortgages may follow rates dropping below 2%.

Falling prices and falling interest rates may be the break first time buyers need to get on the property ladder. But be realistic with borrowing – rates will rise again.

### Will fuel prices be affected?

Oil is priced in dollars so as the pound loses value against the dollar prices at the pumps will go up. The government also recently hinted at an increase in fuel duty.

For now, oil is still cheap and its prices are still falling. This should keep the prices down at the pumps for a few months and we are some way off the £1.50/litre price of 2012.

### So what happens next?

The Politicians have two years to negotiate our break up and what they agree will impact on all of us in some way. There are a lot of things that could change but for now we just need to "Keep Calm and Carry on."



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# End of Windows 10 rollout, UK tech tops! Hints & tips & training

**H**opefully we have now seen an end to the Windows 10 'nag screen' as the free upgrade offer expired on 1 July. (unless there is a change of policy after this goes to press). And remember if you have upgraded already but decide you don't get on with it, you only have one month to revert back. Look out also for a Windows 10 'Anniversary Update' being launched on August 2nd.

Windows 10 has generated a lot of problems over the last year, particularly the 'upgrade by stealth' approach that happened latterly. So much so that Microsoft agreed to pay one Californian woman \$0,000 (£7,500) after an automatic Windows 10 update left her computer unusable. Teri Goldstein said her Windows 7 computer had automatically tried to update itself to Windows 10 without her permission. She said the update had made her machine unstable, leaving her unable to use it to run her business. Microsoft said it had dropped its appeal to save on legal costs. 'Only in America' as the saying goes; despite similar stories here I haven't heard of any successful claim from a UK user.

A good news story for UK Industry is that ARM Holdings has accepted a bid of £1.5bn from Softbank of Japan. The Cambridge based technology company may not be the best known, but its processor architecture is universally used in the chips powering devices such as smart phones, tablets, smart home devices and even drones and cars. Isn't it great to think that we are selling technology to the Far East!

Another landmark development a bit closer to home, as featured in the Hull Daily Mail recently, was LCD technology. Professor George Gray who worked at the University of Hull for 41 years, showed back in 1973 how LCD crystals could be stored and used, which paved the way for millions of screens that we take for granted today.

ID Fraudsters are now targeting social media even more. Users of sites like Facebook and Twitter have always been advised not to give away too much information about themselves, and now according to a report by the BBC, identity theft rose by more than 57% last year. [http://www.bbc.co.uk/news/uk-36701297?ocid=socialflow\\_twitter](http://www.bbc.co.uk/news/uk-36701297?ocid=socialflow_twitter)

## Hints & Tips:

**After a Windows 10 upgrade** have you noticed the date and time on your screen is in US format? If so, right click on it and click adjust date/time, turn on 'Set Time Zone Automatically' and then on the left go into Region & language, and make sure English (UK) is set as default language.

**Downloads and attachments** have you ever wondered where they go? Well that's easy, just open File Explorer (the yellow folder at the bottom of your screen) and open the Downloads folder, and there they are.

**Folder Views** – when you open a folder (as above), there are lots of ways you can view the content. The easiest, especially for photos, is to go for large, or even extra-large icons. Just look at the file menu at the top of the window, and click the View tab, and you will see all the different options. Click one to see what it looks like.

*Microsoft minutes – these come from a parallel universe where the space/time continuum has a different meaning. As in, Windows Updates installing only one minute remaining...*

## Training news:

People often ask me about training in computer skills, so here are a few pointers for those interested.

Starting locally, there is of course the Adult Learning Centre in Hallgate. They run courses on IT skills and photography, another subject many are interested in. Download a prospectus from: [www.eastriding.gov.uk/learn](http://www.eastriding.gov.uk/learn)

Google offer online courses which go under the title of Digital Garage. These are mainly slanted at those who want to improve their career or business skills, but they are free, and they sometimes even offer face to face one day courses at some UK locations, such as Newcastle City Library.

## Latest gadget news:

The new iPhone, usually launched in September could have a maximum storage capacity of 256GB----but at what price? Solid state memory (SSD) is still comparatively expensive in high volumes.

10 million wearables in use in UK by end of 2016. That means technology you wear, like smart watches, fitness monitors etc.

Detachable to make up one third of computer market by 2017. That translates to a device with a detachable screen, like some laptops.

Everyone likes a bit of free advice, so on my website you will find a free guide with some answers to often asked questions like: 'Why does my computer start and then stop at a black screen? Why does my Windows10 start button not work and I can't get emails?' And not least 'Why isn't my internet working?' (download it while you can!)

So just go to [www.rdmcomputers.co.uk/news](http://www.rdmcomputers.co.uk/news) and you will see a link to the this and the previous two articles, plus the free guide.

Also will be updating the blog on my website regularly with any news items worthy of mention. And for those on Twitter you can find me @rdmcomputers1

Lastly, you have probably gathered that we take security very seriously, so if need advice on changing or buying anti virus, or if you think you may have been the victim of a scam, just call us for advice.

**Richard Mills**  
RDM Computers  
Cottingham

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## Wordsearch - Car Makers

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

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

Find the words in the letters above :

Acura, Audi, BMW, Buick, Cadillac, Chevrolet, Citroen, Chrysler, Daewoo, Dodge, Eagle, Ferrari, Ford, GMC, Honda, Hummer, Hyundai, Infiniti, Isuzu, Jaguar, Jeep, Kia, Land Rover, Lamborghini, Lexus, Lincoln, Lotus, Maserati, Mazda, Mercedes Benz, Mercury, Mitsubishi, Nissan, Oldsmobile, Peugeot, Pontiac, Porsche, Renault, Saab, Saturn, Subaru, Suzuki, Toyota, Volkswagen, Volvo.

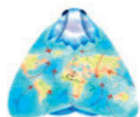
Word search courtesy of www.puzzles-to-print.com

## Sudoku No. 115

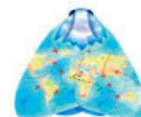
This is an easy challenge this month - Answer on page 29

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

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# MARION OWEN TRAVEL



August, summer has just arrived and about to depart! Hoping home or abroad you have managed to have some quality holiday time. If not, don't delay book up a few days away.

July brought some uncertainty into our lives, with Brexit, currency fluctuations and other worldwide events. So where are people heading for their holidays? The UK seems to be having a boom, which for many resorts and cities is great news. From my conversations they have not had such high occupancy rates. The UK may not be the cheapest place but when we have decent weather our country is stunning.

With this thought in mind I am delighted to say we have a new tour to the Scilly Isles, it has been on the cards for a couple of years and 2017 seems to be the right year to visit. Located in the gulf stream the weather in the Scillies always seems to be about the best in the UK and the islands are beautiful year round. We have been very lucky to secure a July date, normally accommodation for a group is not allowed in the high season and I expect this tour will fill quickly.

## Abroad the USA, Canada & Australasia are our hot spots.

There are some amazing deals to be had to the USA and even with the pound been weaker against the dollar the US still represents good value for money. For example 2 weeks in Orlando in April £705 per person based on 2 sharing or 6 Adults & 4 Children sharing a 5 bedroom luxury villa from £519 per person including Seaworld 3 park 14 day pass next March! Las Vegas 4 nights in February from £479! Why not take a Multi Centre City break? Just ask for more details.

As you read this I will be Barging in France, the canals offer something very different to River cruising why not join our departure next year. At the moment we have space who knows after we return, repeat guests for this cruise are high.

We book all cruise lines but also have some fabulous niche itineraries & ships just like the cruise in November ~ a circumnavigation of the Peloponnese Peninsular including sailing through the Corinth Canal, please ask for details.

Regent Seven Seas, we have fabulous offers available with 9 days in the Caribbean starting at just £2040! All suites, all inclusive of premium drinks, superb dining, excursions and tipping is not expected. Do ask for more information.

Cruise & Maritime sailing from Hull have space for next year but not all grades of cabin are now available, ask for details.

Do take a look at our website, we add updates to our blog daily, plus there is a section dedicated to the Amy Johnson Festival (maps for the trail are also available from our office).

We are a full travel agency, we book financially protected holidays with all reputable tour operators. You never have to worry about the security of your holiday and can sit back, relax and look forward to your break. When you want to get away we are just a call away, also personal visits to our office are always welcome. We look forward to booking you a great holiday.

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15 Dec	Continental Christmas Markets Brussels, Aachen & Bruges	£ 245
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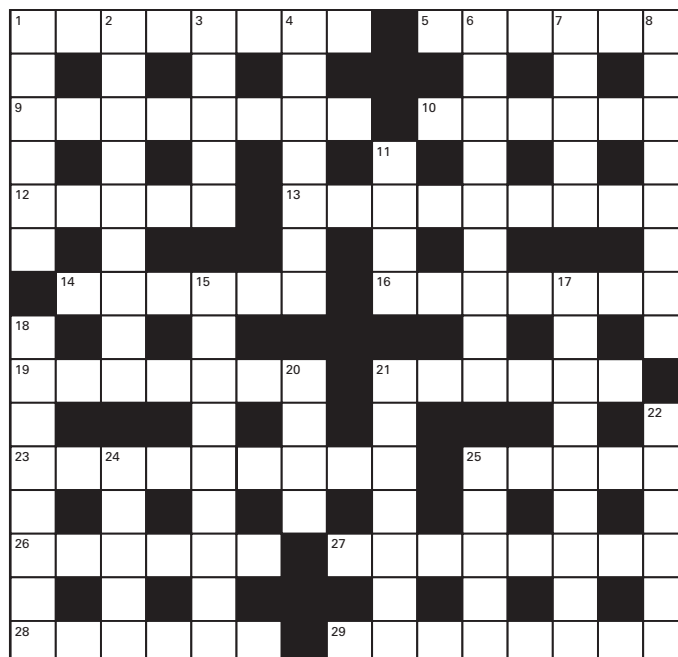
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## Crossword – Solution on page 46



### Across

1. Arrange by categories (8)
5. Refrained from harming (6)
9. Uses up (8)
10. Relating to the iris of the eye (6)
12. Approaches (5)
13. Sweet edible berry (9)
14. Split (6)
16. From Belgium (7)
19. Connote (7)
21. Vapors (6)
23. Unlawfully (9)
25. Not sooner (5)
26. The inside of a pants leg (6)
27. Not the long way around (8)
28. Console (6)
29. A sunken engraving (8)

### Down

1. Cyphering (6)
2. Attracting (9)
3. Outdoor storage buildings (5)
4. Something provided without charge (7)
6. Conic curves (9)
7. Detection device (5)
8. Rotting (8)
11. Bushback (4)
15. Trademark or signature (9)
17. The same (9)
18. Becomes bony (8)
20. Shout (4)
21. Winged monster (7)
22. A small cave (6)
24. Lariat (5)
25. Insect stage (5)

*Crossword on testy of www.rosswordplace.com  
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[www.cottinghamparkscaravanshow.co.uk](http://www.cottinghamparkscaravanshow.co.uk)

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# In the Kitchen



## Salmon sweet potato cakes with watercress sauce

- Preparation time: 5 minutes
- Cooking time: 30 minutes
- Total time: 35 minutes - Serves: 2

### Ingredients

- 350g sweet potatoes, cut into chunks
- 160g kiln roasted salmon, broken into flakes
- 3 tsp hot horseradish sauce
- ½ x 25g pack fresh parsley, chopped
- 75g wholemeal breadcrumbs
- 100g pack watercress, plus extra to serve
- 150g tub natural yogurt

### Method

1. Preheat the oven to 200°C, gas mark 6. Boil the sweet potatoes for 12-15 minutes until tender. Drain and roughly mash, then allow to cool.
2. Mix the salmon into the mash with 2 tsp horseradish, parsley, 25g breadcrumbs and seasoning, then mould into four fish cakes. Coat in the remaining breadcrumbs and place on a greased baking tray. Bake for 15-20 minutes until golden.
3. Meanwhile, place the watercress and yogurt in a food processor with the remaining horseradish and purée until smooth. Serve with the fishcakes and extra watercress on the side.

16 August - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

## No-cheese vegetable lasagne

- Vegetarian
- Low Fat
- Preparation time: 10 minutes
- Cooking time: 35 minutes
- Total time: 45 minutes - Serves: 4

### Ingredients

- 1 tbsp rapeseed oil
- 400g pack Waitrose Mediterranean Roasting Vegetables
- 400g can chopped tomatoes
- 25g unsalted butter
- 2 tbsp plain flour
- 300ml skimmed milk
- 1 tbsp Dijon mustard
- 25g pack fresh parsley, chopped
- 25g pack fresh basil, chopped
- 6 sheets fresh lasagne

### Method

1. Preheat the oven to 200°C, gas mark 6. Heat the oil in a large frying pan, cut any large vegetables into smaller pieces and fry, covered, for 5 minutes. Add the tomatoes, cover again, and cook for 5 minutes more.
2. Meanwhile, melt the butter in a small saucepan and add the flour. Cook for 30 seconds before whisking in the milk. Bring to the boil, stirring until thickened and add the mustard and half the herbs.
3. Spread a little of the veg mix on to the base of a square, heatproof dish. Top with 2 sheets of lasagne. Spoon over half the veg mix and add 2 lasagne sheets. Spread over the remaining veg mix and top with the final 2 sheets of lasagne. Pour over the white sauce and sprinkle with the remaining herbs. Bake for 30 minutes.



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## Martha Collison's Pimm's trifles

A favourite summer tipple turned into a refreshing dessert – serve in jam jars for added fun

• Preparation time: 30 minutes + chilling. Makes: 6

### Ingredients

#### FOR THE PIMM'S JELLY

4 gelatine leaves  
250ml apple juice or lemonade  
1 tbs sugar  
150ml Pimm's  
½ 25g pack fresh mint, chopped  
200g strawberries, chopped

#### FOR THE CUSTARD

50g caster sugar  
50g cornflour  
1 tsp vanilla bean paste or  
1 vanilla pod, seeds scraped out  
2 large Waitrose British Blacktail Free Range Eggs, plus 1 egg yolk  
300ml milk  
300ml double cream

#### FOR THE TOPPING

300ml double cream  
6 thin slices cucumber  
Mint leaves

### Method

1. First, make the Pimm's jelly. Place the gelatine sheets into a small bowl and cover with cool water. Allow to soften completely, around 5 minutes.

2. Heat the apple juice in a saucepan with the sugar until steaming, but don't allow it to boil. Remove from the heat and stir in the softened gelatine, one sheet at a time. Mix in the Pimm's and chopped mint.

3. Divide strawberries between the glasses or jam jars and pour over the jelly mixture, then place into the fridge to set for at least 2 hours. If you're stretched for time, freeze the jellies for 30 minutes instead.

4. While the jellies set, make the custard. In a jug, whisk together the sugar, cornflour, vanilla, eggs and egg yolk until smooth. Heat the milk and cream in a saucepan until steaming but not boiling. Gradually pour this over the egg mixture,

continuously whisking until blended. Return the mixture to the saucepan and heat gently, stirring until thickened. Whisk the custard until it is thick and creamy, then pour into a bowl, cover with clingfilm and chill until cool.

5. Whip the cream for the topping until it forms soft peaks. Divide the cooled custard between the glasses or jars on top of the jellies, and then spoon over the cream. Garnish each trifle with a piece of cucumber and a mint leaf, and chill until ready to serve.

### Cook's tip

If you like a layer of cake in your trifle, buy a Waitrose Madeira Loaf Cake and use a round cutter to cut circles to place them between the layers.

## Carrot, walnut & mango cake

- Vegetarian
- Preparation time: 10 minutes
- Cooking time: 50 minutes
- Total time: 1 hour - Serves: 10

### Ingredients

225g butter, softened  
225g dark brown soft sugar  
4 medium essential Waitrose Free Range Eggs  
200g self-raising wholemeal flour  
1 tsp baking powder  
2 carrots, grated  
50g walnuts, chopped  
1 ripe mango, peeled  
100g low fat soft cheese  
Zest of 1 lime

### Method

1. Preheat the oven to 180°C, gas mark 4. Grease and base line a 20cm round cake tin. Whisk the butter and sugar together until pale and fluffy. Beat in the eggs, 1 at a time. Mix together the flour and baking powder, and fold into the cake mix with the carrot and walnuts.

2. Purée the mango flesh in a small food processor. Fold half into the cake mixture then spoon into the tin. Bake for 50 minutes or until a skewer inserted in the centre comes out clean. Cool for 10 minutes before removing from the tin.

3. Whisk the rest of the mango purée with the soft cheese and spread over the cake, then decorate with lime zest.

*Reproduced courtesy of [www.waitrose.co.uk](http://www.waitrose.co.uk)*



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[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - August 17



## ON THE GRAPEVINE

## WITH ROY WOODCOCK

## White Port, Yes White Port!

White Port, yes White Port . . . and if you think I'm having you on, do seek some out. You'll be in for a pleasant surprise.

According to producers, White Port has gained "real traction" with customers after Waitrose reported sales had risen by 25 per cent, year on year. In fact, the retailer is tipping White Port as the hit aperitif for the summer which, it says, comes on the back of the cocktail trend.

Another commentator described White Port and tonic - Portugal's alternative to a G & T - as the "hot and trendy drink for 2016".

Taylor's Chip Dry White Port (Waitrose, normally £13.29 but on offer at £10.63 until August 16) is the one I've tried and I can highly recommend it - it has a fresh, lively, palate with great flavour and a crisp, dry, finish. Serve over ice with Fever Tree tonic and a sprig of mint and tell me you don't like it!

Andrew Hawes, MD at Mentzendorff, which represents Taylor's in the UK, said sales of White Port had been growing steadily, adding it was not "an overnight phenomena" or the result of promotional activity - Port, including White Port is regularly promoted in the off-trade - but proof the drink had gained "real traction" with consumers.

We are seeing White Port becoming part of ever expanding cocktail scene in London and also around the rest of the UK," he said.

There has always been a high awareness of White Port, he noted, but producers' efforts educating both the trade and consumer was beginning to bear fruit, combining with a wider desire among consumers to try new things.

Charlotte Symington of Symington Family Estate, whose brands includes Graham's Port, Cockburn's and Dow's, added that it was good to see White Port being enjoyed by younger consumer (25-40 year olds) and more women.

"Port is so often thought of as a drink at Christmas so it is great to see people considering Port outside of this season," she said.

One advantage that was helping boost its popularity was that White Port doesn't need to be decanted, will stay fresh for a few weeks after opening and can be served straight from the fridge.

"These are all the factors which make these Ports more attractive to a younger consumer and to be enjoyed throughout the year," she said.

Rupert Lovie, marketing manager at Sogrape UK, which includes Sandeman in its portfolio, said that while a lot of work has centred around cocktails and alternative serves such as Reserve Port over ice, the drink had also benefited from gaining recognition through trophies and gold medals.

Meanwhile, sales of premium Ports had improved in the last three years, he noted particularly aged Tawnies.

Hawes agreed, saying that Port fitted into the wider trend of people drinking less but better alcohol. The strongest trend in recent years and best example of this is the growth in Aged Tawny Port sales, with Taylor's 10 year old and 20 year old sales growing across both the off & on-trade, he said.

But he added that the "bringing women into Port" issue was a red herring. "Women have long been the largest purchasers of Port and all the above trends strongly indicate that, when it comes to Port, women have already arrived!"

\* Finally, talking of cocktails, and with strawberries so prevalent, here's a recipe for a great summer drink, using strawberries. For making that classic Strawberry Daiquiri you'll need: 4oz light rum, half a cup of fresh strawberries and half a cup of frozen strawberries, the juice of one lime and a cup of ice.

Add the rum, all the strawberries and the lime juice to a blender and blend until smooth. Pour into two glasses and garnish with a slice of lime or a fresh strawberry. Enjoy!



## BEST BUYS

**Three Choirs Sonnet Dry White**

**Where:** Waitrose

**When:** Now, until August 16

**Why:** I take every opportunity to promote English wine and here's a great example currently on offer. This tongue-tingling white has plenty of lemon curd and gooseberry flavour and a long, zesty finish.

**£7.99 (was £9.99)**

**Denbies Flint Valley**

**Where:** Waitrose

**When:** Now, until August 16

**Why:** Here's another English corker. A crisp and fresh white wine made from Reichensteiner and Seyval Blanc grapes. The wine has excellent perfume and a crisp fresh finish that would work well with grilled chicken or fish.

**£7.59 (was £9.49)**

**Menestrello Prosecco Spumante**

**Where:** Morrison's

**When:** Now, until August 7

**Why:** Another great summer drink. A lovely pale lemon colour with fine bubbles. It has floral aromas and hints of white stone fruits. On the palate it has peach and lemony flavours and lots of bubbles rounded off with a crisp finish.

**£6.00 (was £9.00)**

**Sous Le Soleil Du Midi Chardonnay, 2015**

**Where:** Waitrose

**When:** Now

**Why:** New in stock - on the nose, this summer white has peach and floral aromas, with hazelnut and butter notes and delicious stone fruit flavours on the palate - a perfect partner to hummus, summer salads, light cheeses and even asparagus risotto.

**£5.99**

## eBooks, eMagazines and eAudiobooks all free to download at East Riding Libraries

East Riding of Yorkshire Council has announced that, since the addition of free WiFi in all East Riding Libraries, eBooks and eAudiobooks have now been added to the existing range of eMagazines, with eComics coming soon, all free to download.

eMagazines have been available to library users using their East Riding library cards login since 2014, and their popularity has risen hugely since their introduction. In early 2014, customers downloaded approximately 1170 magazines monthly - this figure has now risen to 2900 in June 2016.

Nearly 2500 customers are now registered to use this free service, and saved hundreds of pounds on popular titles such as Hello!, Cosmopolitan, Men's Health, Good Food and National Geographic, to name just a few of the 50+ popular titles available.

Councillor Richard Burton, portfolio holder for civic wellbeing and culture, said: "eBooks and eAudiobooks have recently been introduced, and are rising in popularity every day. This provides another dimension to the digital offering of our libraries, offering customers the ability to download library titles to their own devices, from home.

"Customers are welcome to bring their own devices into their local library and take advantage of the free WiFi available across all library branches, to browse the huge range of digital library services available."

For further information, please visit [www.eastriding.gov.uk/libraries](http://www.eastriding.gov.uk/libraries).

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## Dentures for Pets!!

All through our lives as pet owners, we find events happen to mirror each other for example a visit to the doctors is inevitable sometime during our lives and so does a visit to a vet for our furry friend. Surprisingly, acupuncture may also be used in clinical cases (this is something we do at our KINGSTON Park Street surgery) but what about our teeth?

We all look after our teeth, brushing everyday followed with regular 6 monthly visits to our dentist. It's understandable that owners feel their pets teeth look after themselves and there is no need to follow the human regime but teeth are teeth and there is no difference. I shall let Inaki, one of our Veterinary surgeons explain....

"Oral hygiene is an often forgotten but very important factor in your pets overall health and well-being and their teeth and gums should be examined at least once a year by your vet to check the appearance of early signs of a problem. The vets examination will involve a thorough check, not only of the mouth but a general health examination too.

Tartar is a hard dark accumulation of plaque which is caused by bacterial action against food in the mouth. Presence of tartar leads to gingivitis (gum inflammation) which in time leads to



periodontal disease. A scale and polish procedure aims to get rid of that accumulation before the chain of problems start to occur and puts our pets health in grave danger. Even though your pet may not obviously show it, poor dental hygiene can be a source of long term pain and discomfort. Furthermore, it just doesn't affect their mouth but can be just the 'tip of the iceberg' as the bacteria originated by dental disease will enter in the bloodstream, irreparably damaging their heart, liver and kidneys.

The diet that you feed your pet is critical to help prevent this tartar build up. Normally, unless we are dealing with clinical conditions, it is better to use good quality dry foods, avoiding as much as possible tinned and sachet foods as they tend to stick to the teeth and gums, easing the build up of the undesirable tartar. To prevent this happening, you can feed a specially designed kibble that instead of breaking up, sweeps the teeth. Dental chews and tooth brushing with specific pet tooth paste (please do not use human) can also help.

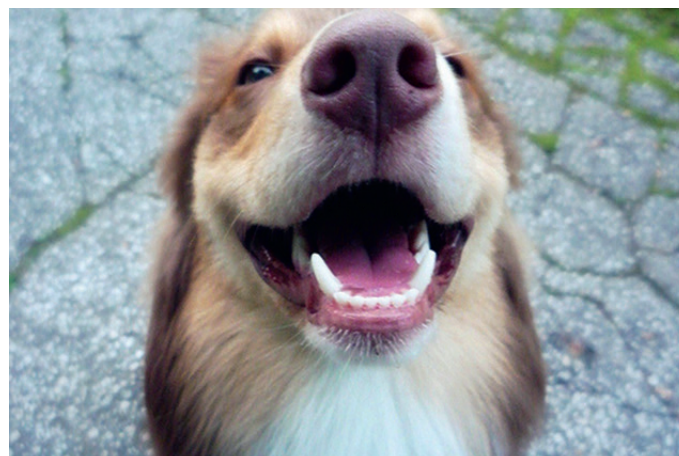
Remember, early detection and treatment are critical to be able to maintain your pets mouth and health."

We at KINGSTON are encouraging clients, old and new, to look after their pets teeth. They do get a health check which includes examination of the mouth and teeth, when they have their annual vaccination but why wait a year? We don't.

From July through to September we are delighted to be taking part in raising awareness of the importance of DENTAL HYGIENE.

Please feel free to contact any one of our 6 KINGSTON surgeries where the receptionist/nurse will be happy to make you an appointment for your pet to see a vet. They will, in turn, examine your pets mouth/teeth then discuss with you any forthcoming treatment needed and the promotion we have through until September.

**AND FINALLY....thought for the month....Have you ever seen a pet wearing dentures?**





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[www.kingstonvets.com](http://www.kingstonvets.com)

## Who are the Haltemprice Lions?

We are a local organisation of volunteers working to support local, national and international causes. This is fulfilled by our own fundraising and service activities within the community.

We meet at a monthly business meeting where our strategies and planning ideas are developed but also get together on a regular basis in a relaxed social capacity.

We predominantly care for the Haltemprice area and western suburbs of East Yorkshire but when it comes to helping others, there are no boundaries.

Our fundraising covers many activities, we have a charity shop in Hessle, but also organise Sportsmen's Dinners, Band Concerts, Craft Fairs, Golf Matches and many more – activities which we are able to fulfil with a return to our fundraising funds.

We also commit ourselves to service activities to ensure those less able will possibly have a better life with a little help.

The members of the Haltemprice Lions ensure their own enjoyment and satisfaction by arranging social activities. Being a Lion supports the community but also develops lasting friendships.

### Have you heard of our Message in a Bottle initiative?

We always hope that emergencies affect other people, not us! Well hopefully you are not directly involved in any sudden illness, home disaster or even fire, but there again you may – and what if that emergency did happen? You will no doubt be involved with the police/fire or ambulance service, possibly visiting your home.

How do they contact your relatives? How do they know of any medical history, allergies or medication, which is special to you? When the emergency services see medical information and personal details of a patient they can render safer and speedier First Aid by short cutting time-consuming fact finding enquiries about you, the patient. But how can they access such information.

The Haltemprice Lions promote the "Lions' Message in a Bottle". A simple arrangement whereby you write all your relevant information on a form which is then placed in a container no more than 4 7/100 cms. tall. This is then placed in a secure place within your home – did you know that in the event of fire usually the contents of your refrigerator survive? Not a bad place to retain your **Message in a Bottle**? A sticker (provided) placed in an obvious position within the home (usually the inside of your front door) alerts the Emergency Services to the fact the information is stored safely. There is no charge for this service provided by the Haltemprice Lions.

If you are interested in joining the Haltemprice Lions (or any other matter) please contact David Whincup, Tel. No. 01482847367 or email: [dwhincup@dwhincup.karoo.co.uk](mailto:dwhincup@dwhincup.karoo.co.uk).

## New exhibition at Skidby Mill : 'Gone but not forgotten'

A new exhibition by the Skidby Mill volunteer team has just opened at the windmill.

"Gone but not forgotten", focuses on country houses in the East Riding that have wholly or partly disappeared over the years. They include Winestead Hall, Warter Priory, Londesborough Hall and Cottingham Castle. The display also examines the families who built or lived in these houses and the reasons for their eventual disappearance. "Gone but not forgotten" runs until December 2016.

The Mill is open 10.00am to 5.00pm (closed for lunch 12.30-1.00pm, last admissions 4.15pm); Fridays last admission 3.45pm, closing at 4.30pm. Modest admission charges apply. For further information please call the mill reception on 01482 848405.

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## "The Tooth and Nothing but The Tooth"

by  
Chris 'Dr. Smile Maker' Branfield

### A New "Min" on the Block

Hello again, I hope you are well. As I write we are in the middle of a mini heat wave. My word, hotter than Athens, Hawaii, and California. Phew, we needed the air conditioning on at work. Apparently the London underground was really hot. In fact it would be illegal to transport livestock at those temperatures, which I found interesting.

**New M in'On The Block**  
Oh dear, has Branfield gone mad and lost the plot? What is a "min" for goodness sake?

Well I've got back to my geeky self, a proper dental anorak!

A while ago I banged on about a bio-glass called Novamin. This is the main

These before and after BiominF



active ingredient of Sensodyne repair and protect tooth paste and I reckoned that this was the best sensitive toothpaste out there. Another separate active ingredient is fluoride.

Well there has been another bioglass developed at Queen Mary University in London. This new bioglass has fluoride incorporated into it. The new bioglass is called BioMinF, hence, the new MIN on the block.

#### So, What's So Good About This Then?

I think that the first good thing is that it is a British invention. If you are a sensitive soul this could be a winner.

The sensodyne Novamin coats the surface of the tooth but not inside the little open tubules in the dentine of teeth. The BioMin F particles are smaller so can get into the tubes/tubules. Closing the tubules stops sensitivity. Theoretically this can increase the effectiveness in reducing sensitivity.



The BioMinF contains Calcium, Phosphate and Fluoride. It binds to the tooth and then dissolves slowly over about 10 hours. The fluoride that is added as a separate ingredient in most tooth pastes is released and washed away within about 2 hours. The slow release of calcium, phosphate and fluoride over a prolonged time can give greater protection against decay and acid erosion. It makes the surface of the tooth stronger as it repairs it.

#### How Clever Is That?

It is already in a tooth paste and is about to take the US by storm from what I've read in an article by The American Ceramic Society (I kid you not). It will not stop there. There are plans to make smart filling materials that can help prevent decay by repairing the tooth from it as well powders to blast onto teeth to remove stain, reduce sensitivity and repair the surface. So watch this space to see how this develops.

#### Caravan Adventure

I'm off to Devon this year for a change towing my caravan. It's always an adventure with the caravan in tow. Hoping for good weather. When we get back Hull City have Leicester at home for a good challenge early on in the season. Come on you Hull!

Until next time. Take care and be good

Chris



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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*

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## East Yorkshire group working together to grant wishes

**F**our locals have formed a group to represent Make-A Wish in the East Yorkshire community, to help the charity grant more magical wishes.

Dave and Thel Horner from Cottingham, Sandy Bilton from Beverley and Annette McMillan from Hessle have been volunteering for the wish granting charity for years. They are all Wish Visitors who visit poorly children and their families to find out what wish they would like. They also do various fundraising activities such as managing collection tins, selling home made cards, talks in the community and collections. And now they have come together as a group officially.

If you would be interested in joining the group, helping them with any fundraising or would like their help with an event you are organising then please get in touch with Regional Fundraising Manager Lucy Leeming on 07775 677434 or email [lucy.leeming@makeawish.org.uk](mailto:lucy.leeming@makeawish.org.uk)

There are currently 20,000 children and young people in the UK fighting a life-threatening condition. In 2016 we want to grant more than 1000 wishes and need to raise £11.5 million in order to achieve this. Make-A-Wish receives no government funding, so every donation really does count.

To find out about our wishes or to make a donation to Make-A-Wish, please visit our website here: [www.make-a-wish.org.uk](http://www.make-a-wish.org.uk) or telephone 01276 405070.



## Dr. Pradeep Ghosh of Kirkella to be President of Haltemprice Lions for the year 2016/17

Pictured above is the newly inducted President, Dr. Pradeep Ghosh of Kirkella. He will be President of Haltemprice Lions for the year 2016/7.

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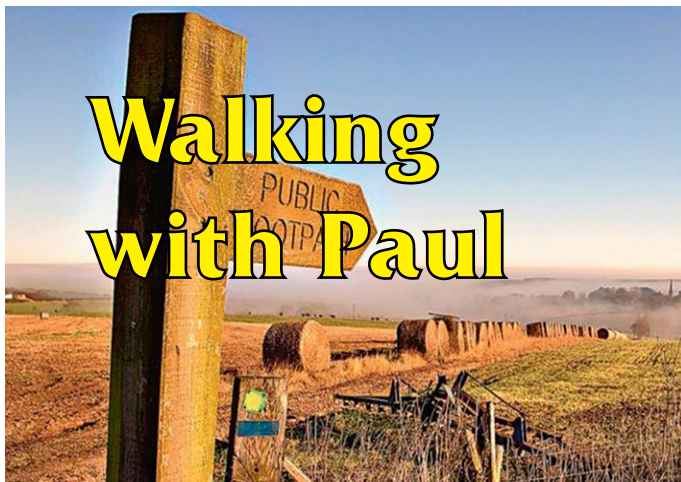
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Here is Paul's latest walk in his series of monthly rambles.

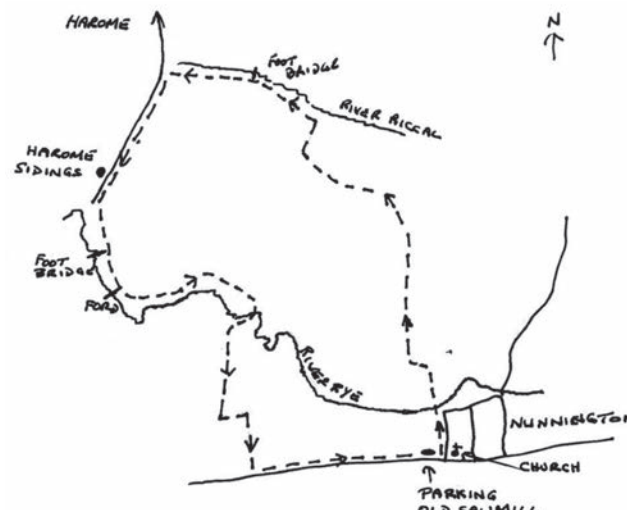
## This month his destination is Nunnington

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

Maps:- EXPLORER OL26

Start at GR.SE 665791 Lay-By at Old Saw Mill.  
Distance 6.0 Miles.

Leave the lay-by and walk east for a short distance then turn left and walk down hill through the village passing the Church on the right and the Pub on the left. At the



bottom of the village and when the road turns sharp right, continue ahead and cross a bridge over the river Rye and follow a distinct farm track. About 100 metres after a sharp left bend, turn right and enter a field and head for farm buildings, continue ahead in the next field keeping the hedge to the left.

At the end of the field pass through a Kissing Gate on the left and then walk with the hedge to the left and again at the end of the field pass through a Kissing Gate then walk diagonally to the right across the field to reach a gate.

Pass through the gate and cross a timber bridge then walk with the hedge on the right and follow round as it swings to the right and then again to the left. Continue ahead with the river Riccal to the right. Ignore a foot bridge to the right but continue ahead to cross three stiles and emerge on a road (Hall Lane).

Turn left and follow the road to pass the old Harome Sidings and at the end of the road pass through a gate and walk along a grass track ignoring first a foot bridge and then a ford over the river Rye. Pass under the old railway bridge still keeping the river to the right.

Cross a stile and bear left to the top of an embankment and walk along this, pass through a gate and then cross a very rickety wobbly foot bridge then walk diagonally to the right with the river to the left to pass through a gate and walk with the wood to the right.

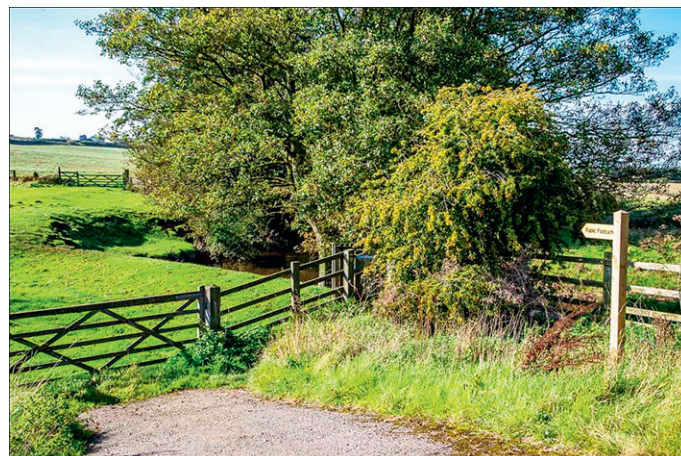
On entering the next field, turn right. On reaching the end of the wood turn left at the way mark post and follow a farm track. Follow this round as it first turns left and then right and climb gently to meet the road. Turn left at the road and walk back to the car park at the Old Saw Mill.

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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.



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## Lawncare

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

## PREPARING FOR A NEW LAWN

- The best time to create a new lawn is in spring or early autumn. Measure the area before buying seeds or turf and remember to subtract borders and paths.

- Correct soil preparation is important for long-term success. Prepare a few weeks in advance of sowing or turfing by eliminating any weeds, rubbish and large stones. Dig or rotovate and level the top 15–25cm, trying not to bring the subsoil to the top. If the soil is wet, clay or liable to water logging, drainage may be needed.

- Decide precisely the area you want and mark it out. It is better to prepare an area 15–25cm larger than required to enable the grass or turf to be cut to a firm edge when fully established.

- Dig the area over. Remove all weeds, including any with deep roots, and all large stones.

- Kill off any old grass and weeds using a general weedkiller.

- Sprinkle a balanced fertiliser over the area such as bonemeal.

- If possible, dig in compost or well-rotted manure and leave the ground to settle for a fortnight.

- Rake over the ground to make it as level as possible.

- Tread the ground flat by moving across the area in a waddling motion keeping your heels together. Get everyone to join in and the job's done in no time. Alternatively use a roller on large areas if the ground is dry.

## Turfed lawns TURF

- If you want an immediate lawn, buy good quality 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.

## 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



- 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

#### Looking after you lawn

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

Lawn irrigation will cost more if your water is metered.

• It's better to water thoroughly from time to time rather than little and often.

• Avoid watering in the heat of the day or during a drought.

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

• Do not mow when grass is wet or during a drought.

• For electric mowers, use a circuit breaker for your own safety should you mow over the lead.

• Use a half moon tool for cutting the edges of newly laid turf and existing lawns. Hold it vertically against the side of a flat board or against a garden line. Mark curves with a hosepipe. Long-handled edging shears can also be used to neaten borders.

• Raise the blades when mowing in very hot weather.

• Stop mowing once frosts start.

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

• Use a liquid lawn fertiliser to minimise grass scorching in very dry weather.

• In autumn, use a garden fork to create a series of holes to aerate the lawn. Then sprinkle in sand to create lasting drainage channels.

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

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

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

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

#### TIME-SAVING TIPS:

• To distribute grass seeds evenly, fill a plastic flowerpot with seed and shake seeds out of the holes in the base.

• Use a mask when sowing to avoid breathing in the dust that comes out of the seed.

• Don't collect your clippings during dry spells to help conserve moisture.

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## Your Stars for August 2016

By Kay Gower

### Aries (Mar.2- April 9)

There could be a drop of magic in the decisions that you make this month. You'll manage to handle what's right in front of you astutely, mostly because you ignore what's behind you.

### Taurus (Apr.2- May 2)

The road to success may have jiggled your bones and rattled your teeth, but it hasn't stopped you. The last week of August may see you celebrating - a bit road weary, but victorious.

### Gemini (May 2 - June 2)

Planetary changes taking place this month show that there is much to be gained from being at home and loving the people who are in it. Venus, planet of love and harmony is in your solar 4th house and will be assisting you to get closer to those who mean the most.

### Cancer (June 2 - July 2)

This month, especially after the 15th, there is the likelihood of some strange happenings. Unusual people or unusual experiences come from out of the blue. Strangely, you might find yourself enjoying the shakeup.

### Leo (July 2 - Aug 2)

You are someone's hero, and the responsibility isn't one you take lightly. But even heroes need some time off, and this month will provide you with one, eventually - although not before 15th.

### Virgo (Aug 28 - Sept. 3)

There is a skill involved in being able to listen - really listen. When done well, it allows someone to stand out in a sea of self-involved individuals. This month, you will stand out.

### Libra (Sept.2 - Oct.3)

There will be a need for balance and this may compel you to make gestures of diplomacy. It is possible though to take too much responsibility, you can at times be too agreeable. Just remember, lopsided wheels don't roll.

### Scorpio (Oct.2 - Nov.2)

You're deeply perceptive this month, but don't go looking for hidden meanings where there are none or suspicions will take over your life, especially where love and money are concerned.

### Sagittarius (Nov.2 - Dec.2)

Good opportunities will be so plentiful in the next three weeks that it's a great time to make your move. Waves? You'll make them, just like anyone who jumps into the water does.

### Capricorn (Dec 2 - Jan 9)

Be willing to try new things in August, whether or not you'll like them isn't the point. The point is that you'll know more for trying. You'll be in the right mood to say "yes," and if you make a mistake, you'll soon recover.

### Aquarius (Jan 2 - Feb 19)

Wait until the full moon in your sign on the 18th, then you'll find the concerns that you had earlier on in the month will seem very far away as you sail along on this ethereal river that floats us all.

### Pisces (Feb.9 - Mar.9)

You still have the magic. In fact, you have more of it than you did last year. This attracts all kinds of interesting scenarios. Could this be the return of someone from the past?

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### Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 pm. and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on [philme79@gmail.com](mailto:philme79@gmail.com) for further information.

### East Yorkshire Climbing and Mountaineering Club

To all climbers, mountaineers and hillwalkers in the Hull and East Yorks area - We are a friendly club based in Hull and East Yorks area. The climbers meet at Rock City in Hull every Tuesday evening in the winter and outdoors in the summer. We have monthly weekend meets to the Dales, Lake District and Scotland. All abilities are welcome to come and try us out. We have just launched our new website and are currently recruiting new members. Check us out at [www.eycmc.org](http://www.eycmc.org) and our meet up site is [www.meetup.com/East-Yorkshire-Climbing-Mountaineering-Club/](http://www.meetup.com/East-Yorkshire-Climbing-Mountaineering-Club/)

### Haltemprice Squash Club

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### Beverley and East Riding Croquet Club

Free taster sessions available anytime. A warm welcome is guaranteed on the lawns at Rowley Manor, Little Weighton. Try croquet in the summer holidays at this small, friendly club. Contact us at [info@beverleycroquet.org](mailto:info@beverleycroquet.org), by phone to Debbie on 0777 277 8232 or take a look at our website, [www.beverleycroquet.org.uk](http://www.beverleycroquet.org.uk).

### Cottingham Methodist Church

We are a welcoming church. Activities include: Fridays, term time: Parents and Toddlers Group 1.30-3pm, Kids Club 7-11yrs 5-6pm, Youth Club 11+ 6.30-8pm. Summer Holidays: 5-10yr olds activity days and a Holiday Club 15-19th August 10am-noon. Musical Memories and Butterflies for people with memory loss and their carers. Further details from Minister Margaret Asiedu, Church noticeboards or Website [www.cottingham-methodist.org.uk](http://www.cottingham-methodist.org.uk)

**The deadline for entries in the September 2016 "What's On" section, is the 18th August.**

## Royal British Legion 40's Night Cancellation

The Willerby, Kirk Ella & Anlaby Branch of The Royal British Legion regret that they have had to cancel the 1940's night, which was to be held at Hessle Town Hall on Saturday, 16th July.

If you have purchased a ticket for this event, you can arrange a refund by contacting the place or person you bought it from. The Branch apologises for any inconvenience caused.

If you have any queries, please contact Branch Secretary, Liz Spivey via email at [lizspivey58@gmail.com](mailto:lizspivey58@gmail.com) or phone 07792 265600.

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### Sudoku Answer from page 12

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





## Beekeeping with Neil Gower - Neil continues his quarterly review of the calendar of a beekeeper

From the feedback you give me it is quite clear that we all care about bees and their survival, and many of you are converting that concern into real action.

I read a recent Daily Telegraph article which picked up on this issue and was trying to encourage everyone to grow more nectar rich flowers and shrubs in our gardens and to provide suitable habitats for pollinating insects.

“Despite concerns about the plight of bees in the UK with many species in decline, more than half the people in a YouGov poll said they had not done anything to provide pollinating insects with food or homes in the last year”. The article quoted the Department for Environmental, Farming and Rural Affairs (DEFRA) sources and reported that bees contribute around £700 million a year to the economy through pollinating services and increased crop yields, and that over the last 10 years beekeepers in the UK, Europe and North America have lost a third of their managed colonies.

In the UK, bees are classed as livestock and should be registered with DEFRA. In return DEFRA provide help and support to beekeepers and have a research establishment at Sand Hutton on the outskirts of York in which is housed the National Bee Unit. From here they issue advice and warnings, and as an aside one such warning caught my eye shortly after Midsummers day towards the end of June. It stated that due to poor weather in the month bees in many parts of the country had been unable to leave their hives to forage and as a result they were issuing a “starvation alert”, and Beekeepers were being encouraged to feed

their bees. So much for the great British Summer.

Returning to the Daily Telegraph article DEFRA ran a “Bees needs” week in July and identified 5 things that can be done to help.

*Grow more pollen rich flowers, shrubs and trees*  
*Leave patches of garden to grow wild*  
*Cut the grass less often*  
*Avoid disturbing nesting or hibernating insects*  
*Think carefully whether to use pesticides.*

The habitat issue is of particular relevance to me as since my last article I received notification from the landowners where I have kept my bees for the last few years that due to building and development projects they needed me to move my hives. They were not sure where the hives could be re-sited so agreed to meet with me to explore options. Each location seemed to have it’s potential problems but they did manage to identify one possibility which would require some fencing for public safety and they agreed to look into it further and contact me when they had done so.

A few days later I was told that weedkilling spray was going to be applied to the area around my hives. I needed to close the hives down, which is something that can only be carried out in the evening when the bees have stopped flying. I was anxious as many of you will remember that last year nearly two hives of my bees were destroyed by weedkiller. I arrived in my beesuit carrying a tray of tools and a box of equipment to be confronted with increased security fencing and a locked gate. Returning early the following morning when the gates were open I managed to close the hives down, and it was apparent that everything at this site was being made too difficult and I realised I would have to find a new home for my bees.

It wasn’t just me being denied access to my bees in such a beautiful and peaceful environment. Whilst I was there a young family turned up with their leftover bread to feed the ducks on what looked like a regular outing. Push chairs can’t go through locked gates and trying to appease young children when their hearts have been set on something is not easy as the parents discovered that evening.

I had a difficult task ahead of me. How do you go about finding a new site at short notice? What is it that makes a 5 star bee environment? Of course it’s location, location, location with the ideal site offering a south facing aspect, it should be secure yet easily accessible, have access to good foraging, and have a good water source to name just a few of the requirements.

I am now in search mode and have started my task in earnest, but how will I find a suitable location and how much time do I have? I certainly don’t think anyone can accuse the craft of beekeeping as being boring as I always seem to have a crisis situation to deal with.

I will update you on my quest in my next article due in the November issue and in the meantime I hope you enjoy the rest of the summer.

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## Report from the North Ferriby Flower Club

On Thursday 14th July North Ferriby Flower Club welcomed John Thexton from Cumbria who is a North West Area demonstrator, for our monthly demonstration John is not only a flower arranger but an avid gardener and plant collector.

He has created a garden at Hazel Cottage in Armenthwaite in the Lake District with David Ryland, another well known flower arranger. John also told us in a very amusing and entertaining demonstration that he has six horses and a collection of sheep. He not only does his own large garden of over 5 acres but does gardens for other people too.

John did five very varied arrangements using a lot of beautiful plant material from his own garden, hence his title was "Working with Nature". Each arrangement was in a totally different container from large glass jar, metal stand to pedestal. The first arrangement was a mixture of mauve, green and white, the second white and green, the third purple pink and white, the fourth green browns and pinks and the final one blue, green, pink and white and they all used a wonderful variety of flowers including many varied roses, peony, foxgloves, trailing grasses, gerbera, delphiniums etc all combined with fabulous leaves and greenery. Whilst producing five spectacular arrangements John kept us entertained with many amusing stories – he can certainly add story teller to his list of talents.

Next month our meeting is on Thursday 11th August when we welcome Janine Gray from Huddersfield with her demonstration entitled "Shop Full of Summer". Janine is a NAFAS demonstrator. Whilst demonstrating she entertains her audience with her talent for accents and dialects, it is surprising how many different ways she can say the word "daffodil". It should be a very good evening. Visitors are always welcome and can pay £4 at the door. We have further information on our website [www.northferribyflowerclub.co.uk](http://www.northferribyflowerclub.co.uk).

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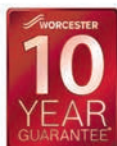
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# Property News from Martin English of Homelink

## Brexit for Landlords

There's naturally a lot of doom and gloom around Brexit. We are in uncharted waters for both the economy and the property market, and that understandably causes uncertainty. It seems for many, the uncertainty and not knowing how Brexit will affect our everyday lives. The rental property sector is no stranger to this uncertainty with industry seemingly divided on the impact it will have on the discerning Landlord.

For Landlords, there are potential reasons to be optimistic on how Brexit could be a good thing and I have compiled 10 reasons that have been discussed in property circles that may point to a bright future for Landlords.

### Here are 10 reasons why Brexit might be good for landlords:

1. If prices drop because of Brexit uncertainty, then there may be property bargains to be had. It would certainly be worth negotiating hard and using Brexit as a bargaining point. Many sales may also fall out of bed, so make sure you keep in touch with estate agents and let them know that you can step in.
2. It is likely that the Bank of England will reduce the base rate in the near future, potentially meaning improved cash flow for landlords on SVR's.
3. As Buy to Let lending activity has dropped significantly since the stamp duty surcharge kicked in and there will likely be a further drop through Brexit, lenders will be enticing landlords with attractive rates. As we untangle our self from EU legislation, we may also find our mortgage market is freed of EU interference.

4. As the pound is weak, more people will wish to holiday in the U.K., which is good news for U.K. holiday let owners, and those offering Serviced Accommodation and short term lets.
5. If cheaper mortgage products appear, there may be opportunity for landlords to refinance and improve their bottom line.
6. There may be an increased demand for lettings as people who are uncertain about the market decide to let rather than buy until the dust settles. This may also mean that tenants want to stay for a number of years while they decide if they are going to buy their own property.
7. If those landlords who are fearful exit the market, it may mean that rents rise on the back of the increased demand combined with decreasing supply.
8. Increased demand and reduced supply may mean that landlords who remain in the game have a greater choice of quality tenants.
9. The resignation of David Cameron may mean that we get a new Chancellor or a Prime Minister who understands the implications of Section 24 and who may at least remove making it retrospective to landlords already invested in Buy to Let.
10. The U.K. property market is under-pinned by strong fundamentals that are not largely affected by Brexit and these will continue to ensure that it remains robust when taking a long term view.

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](mailto:menglish@home-link.co.uk) 01482 875248 or contact through the *Cottingham Times* directly.

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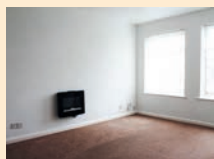
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## Macmillan Cancer Support Longest Day Golf Challenge

**J**o Tennison, Bev Killen, Nicky Pattison and Elaine Ducker, members of Cottingham Parks Golf and Country Club, participated in the Macmillan Cancer Support Longest Day Golf Challenge on Sunday 26th June, raising over £1200 for the charity.

The competition they chose to play was a Stableford, and they played 4 rounds of golf in just 10.25 hours with the following magnificent scores: Round 1 – 81; Round 2 – 97; Round 3 – 86; Round 4 – 88.



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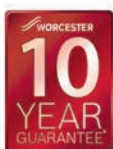


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## Melanie Watson of Skidby Livery Stables with the latest of her monthly articles

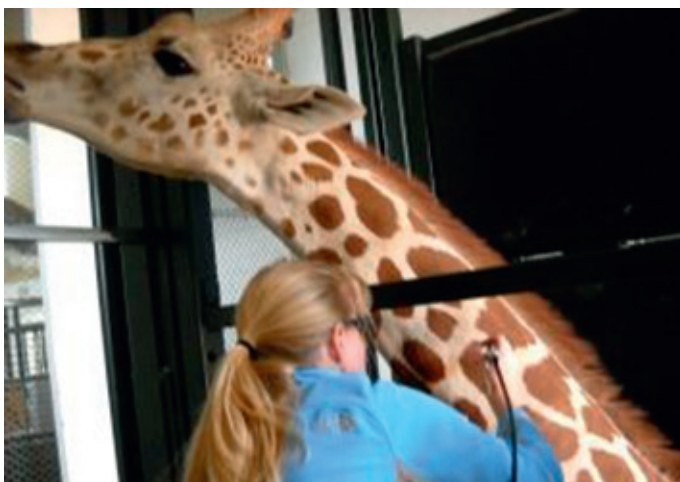
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## The 3<sup>rd</sup> International Animal Trainers Conference at Twycross zoo

I was so lucky to get to attend this brilliant conference again this year. It is totally inspiring to meet and listen to amazing animal trainers from across the world. Every single Zoo, animal collection, conservation, protection and training facility use force free training methods, all built in with positive reward.

I am fascinated how these techniques are taken out and used in the wild. Training wild animals to move somewhere else when they have dangerous interactions with people because changing climate or human development is influencing and changing their feeding habits. In Alaska they have trained Polar bears not to enter towns in search of food by making sure no human resident leaves any waste food anywhere. This food is collected and shipped out to various places way out of town where the hungry bears can find what they need. The receding Sea Ice is impacting very badly on these animals and as such they are hungry because they can no longer hunt seals and as such are becoming dangerous to human settlements. There is no longer reinforcement in their searching through towns. Human behaviour is shaped in the training process.

Trainers are called out to extreme locations where such problems are happening in order to save the wild animals. One project in the Amazon Rain forest has been to train troops of rare wild monkeys to scream when they see humans approaching. By setting trigger traps where a life sized Human cut out springs up alongside a recording of their alarm call, trainers have taught the monkeys to jointly scream and hit the tree canopy at sight of a human. This saves these endangered monkeys from the poachers (Chinese medicine pays highly for some body part)



and the screaming alerts the Rangers of the whereabouts of the poachers. Win, win!

In 2010 a team of military and police dogs were trained in real emergency timing ( in a matter of days not weeks) to sniff out 5 different types of highly endangered sea turtle eggs, about to hatch onto oil polluted beaches in the Gulf of Mexico. Amazing training considering they only had a month from start of training to finding the buried nests. Volunteers then carefully dug them out, packed them individually and flew them to a specially modified, temperature controlled hanger at NASA . Once hatched they were released elsewhere. 29,000 eggs were found in 3 days of sniffing compared with 6000 found by over 200 volunteers on foot over the 3 weeks prior. The power of the canine olfactory system is amazing. Ken Ramirez is to thank for this amazing feat.

Dogs trained in Manchester are now out in the bush in Africa sniffing out carcasses of endangered animals poached from the forests for body parts for the well-paid and illegal Chinese medicine demand. Road blocks are set up and the dogs work round vehicles exactly the same way as drug/explosive seeking. The carcasses of the highly endangered species are hidden deep inside heaps of other legal bush meat carcasses. Dogs really are amazing!

Zoo's themselves provide test centres for tracking equipment to be used in the wild in conservation projects and provide invaluable information in understanding blood health and normal hormone levels in various species so that comparisons can be made in the wild. Researchers are monitoring how wild species are coping with pollution levels in their various habitats so the information gained from Zoos internationally is critically important. All the Zoo species are trained for voluntary participation in veterinary procedures like blood draws, temperature taking, scanning and measurements made. They are always free to leave. They choose to stay because they are given, and have, ultimate control. This training is amazing and all built incrementally on clicker training and systematic desensitisation... shaping and rewarding behaviour with high reinforcement. It is brilliant to watch an Elephant, Gorilla, Sea lion, Crocodile or Hippo for instance, move into a stationing point on recall and allow veterinary procedures like injections, blood draws, dental examinations, skin scrapes, clipping and scanning to name but a few, to take place while remaining calm, motionless and wholly participating. Absolutely no force used at all with the animal receiving high food rewards at the end... wages!

The keepers, trainers, vets and staff internationally are to be congratulated. This same training for participation is exactly the same as I use with my horses. Any animal can be and should be trained with patience, kindness, knowledge and understanding with the power of choice and high reward as the key elements.

*Support the advertisers who appear within the Cottingham Times*



## My Crystal Ball needs a good polish, and balancing on a tightrope

Perhaps clairvoyancy is not the best of my abilities!! - Of the two sunny, hot days predicted in my last article for Skidby Scarecrow weekend, I achieved a success rate of about 25% with a glorious Sunday afternoon, with the Bouncy Castles, Slides and Gladiator mats in full use. As was the barbeque with Rob and Laura doing a sterling job on the hastily created Barbeque area, after my pessimistic decision in the morning that the Sun was not going to appear and started reducing staff, yet another example of poor clairvoyancy so I shouldn't, even claim the 25%.

However, on the good side I was delighted to see so many intrepid Scarecrow spotting families on Saturday

and Sunday morning, donning coats and brollies and walking the village of Skidby, I hope you had a good day and my congratulations go out to the creators of the scarecrows for their ingenuity. Let's hope next year is kinder for you all.

I have just left the bar to finish off this article to hit the print deadline and tonight I'm a happy man.

I've often quoted that my objective is to maintain "Skidby's Village Pub", walking a tightrope, balancing the needs of a village pub bar and the needs of our dining customers, and tonight is a glorious example. The annual Driffeld Show has brought in a group of regular customers who have had a "Day Out" (need I say more) at the show, I'm enjoying the well behaved banter. On the far side of the bar area twelve lovely ladies from the Cottingham Bowls Club are enjoying a meal, again regular customers, and when I offered my apologies for the somewhat rowdiness of the bar tonight, I was met with a comment, "it's normally us who are the rowdy ones, we're enjoying the competition" ---Thank you ladies.

A number of customers are popping in buying drinks and going outside to enjoy the evening warmth, with smiles on their faces. An unknown individual is sitting in the corner, perhaps a visitor to the area, obviously enjoying the atmosphere, while many tables are occupied in the dining area, all of whom are still able to enjoy a quiet meal.

To me, this what being a Landlord is all about, "vive la difference" thank you all for making my job great.

Cheers, Mike

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Walks with leaders.

A. 11 - 14 miles B. 8 - 9 miles

### Sunday 14 August

Goathland circular taking in Mallyan Spout and Grosmont

Contact Jan 07538 951112 [jan\\_c\\_558@outlook.com](mailto:jan_c_558@outlook.com)

Check out our website <http://hullcharambling.wix.com/hull-cha-rambling>

You will be very welcome.

## Phoenix Walkers

If you like walking in the countryside/a social day out then why not join Phoenix Walkers, a very friendly walking group with walks on Sundays. The coach picks up on Ferensway Hull then through to Cottingham leaving Cottingham Green at 08-50 am coach fare £10.

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A Group 8-10 miles

B Group 5-7 miles

C Group 'The Strollers' Very leisurely 3 miles or so.

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Sunday 28 August Chopgate North Yorkshire

For further information please ring Dulcie Hartley 01482 509000.

## Wykehykers Walking Club

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We visit many scenic areas of Yorkshire, Derbyshire and Lincolnshire each season, starting at 8.30am and usually home around 6pm. Each trip provides optional guided 8/10 mile or 4/5 mile walks.

### Forthcoming walks:

7 August - North York Moors

14 August - Bakewell.

Coach fare is £10 and we pick up from Ferensway to Beverley via Beverley Road when Northbound or Beverley High Road, Ferensway, Anlaby and Boothferry Roads when Westbound.

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## Make a Wish Foundation collector says 'Thank You' to the people of Cottingham and visitors of Cottingham Day

Elaine Cornforth who was collecting for the Make A Wish Foundation, on Cottingham Day, would like to thank the people of Cottingham and visitors who donated to this wonderful cause. A total of £117.48 was collected on the day.

## Doug McLaren elected President of Humberside Rotary Club for second time

A Cottingham Parish Councillor has been elected as President of the Humberside Rotary Club for the second time. Doug McLaren was President in 2006-7 and has just taken over for a second spell. Since then he has been involved in numerous fund raising events for charity and the now established Hull Schools Music Bursary Scheme run in conjunction with Hull Music Service.

A Scotsman, Doug has lived in East Yorkshire for the past 40 years and became a member of the Rotary Club in 1998.

He joined Cottingham Parish Council in 2010, a year after he retired from business, and is still actively involved with the Council. From 2008 to 2013 he was on the Advisory Committee of the Hull Magistrates Court.

Doug said: "The year ahead presents many challenges but with an excellent team within the Rotary Club we are assured of another successful year".

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## *“Taking the soft option . . . .*

**I** am often asked if it really is true that having a water softener installed will cause the existing limescale in plumbing to be removed.

I can always reply confidently that, Yes It Will! along with bringing beautifully soft water for comfort and not to mention savings on energy, harsh cleaning chemicals, soaps and shampoos!

To understand the scale-removing process, we must understand the process whereby the water becomes hard in the first place. Water falling as rain is soft, then in our area particularly, it soaks through various layers of rock, slowly dissolving hardness forming minerals, mainly calcium and magnesium, which eventually make the water hard. The water then is pumped into the public supply and then into your home, where, over time the hardness minerals are gradually deposited.

It may seem strange that the compact softener in the kitchen cupboard can remove limescale in the shower upstairs, or from the coil in the hot water cylinder, but it does, efficiently and gradually.

Don't worry, great lumps of limescale don't drop off and float around the pipework, rather, the soft water created by the softener gently dissolves the calcium and magnesium hardness minerals that make up the scale, leaving the pipework free from scale after a few months.

Most importantly the softener keeps on protecting the pipes, tanks, shower heads, taps, cylinders and expensive appliances 24 hours a day, for years to come.

The advantages of softened water don't end there however, with softened water there are no more crusty taps or blocked shower heads to deal with, not to mention the water marks on shower screens, sinks, taps and surfaces..cleaning is much easier.

Heat exchangers and appliances such as washing machines are more efficient, cost less to run and last longer, with fewer repairs and failures.

But the greatest benefit, as anyone who has a softener will enthusiastically tell you, is the sheer luxury of bathing or showering in beautifully softened water, even the towels are softer!

For friendly unbiased advice and information please contact David Parry at :



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## **Cottingham Day Dog Show Results 2016**

### **Prettiest Puppy**

1st - IZZY - ShiChi

2nd - ERNEST - Shmoodle

3rd - MAX - Springer Spaniel

### **Waggiest Tail**

1st - TOMMY - Crossbreed

2nd - GUY - Labrador

3rd - ROXY - Boxer

### **Prettiest Bitch**

1st - HOLLY - Cavapoo

2ND - BELLA - ToyPoodle

3rd - SCARLET - Terrier Cross

### **Most Handsome Male**

1st - RILEY - German Shepherd

2nd - GUSTO - Cockapoo

3rd - LINCOLN - Hungarian Vizsla

### **Best Cross Breed**

1st - ARTHUR - King Charles Spaniel-Schnauser

2nd - PEGGY - Lurcher X

3rd - NED - Cockapoo

### **Best Rescue Dog**

1st - STAVROS - Poodle X Tibetan Terrier

2nd - PEGGY - Lurcher

3rd - ZELDA - German Shepherd

**BEST IN SHOW** - ARTHUR - King Charles Spaniel-Schnauser (pictured above).







# CAVE CASTLE HOTEL & COUNTRY CLUB

## What's on this Autumn

Dolly Parton by Kennedy Caitlin - Friday 2nd September

Rob Leigh as Neil Diamond - Friday 30th September

Casino Night - Friday 4th November

\* All Tribute Events: Tickets cost £21.50 per person & include Disco  
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**Cottingham Open Gardens raises  
£11,401.66p for Dove House Hospice**

The sun shone on, or at least it didn't rain on COGs 2016 open gardens event, enabling over twenty gardeners to raise over £11401.66 for our local Hospice Dove House.

New gardens, new plants, new attractions, teas coffees cakes, choirs, morris dancers, plant judges and specialist flower breeders and lots of enthusiastic helpers made the two days a memorable and enjoyable event attracting visitors from all over the county.

COG members can't wait for 2017 when they promise to make COG2017 even more special. Watch this space!



**East Riding Junior Swim Cards  
now available for the summer**

East Riding of Yorkshire Council is reminding younger residents to get set for the summer with an East Riding Leisure Junior Swim Card.

The Card offers six weeks unlimited swimming for just £22. It is available for 3 – 16 year olds and can be bought any time from Friday 1 July until Friday 9 September, 2016.

Councillor Richard Burton, portfolio holder for civic wellbeing and culture, said: "This is an excellent offer, and especially useful for the school summer holidays. I hope lots of young people will be able to get their cards, and enjoy all the health benefits that regular swimming will bring."

Contact your nearest East Riding Leisure Centre for more details, or visit [www.eastridingleisure.co.uk](http://www.eastridingleisure.co.uk) or call (01482) 395230.

The Junior Swim Card will be available at nine East Riding Leisure Centres, excluding East Riding Leisure Bridlington and East Riding Leisure South Cave.





## Just Keep Moving with Tom Daley, Becky Adlington and *Finding Dory*

Disney, Change4Life and the Amateur Swimming Association launch a summer of activity to get families moving. British sporting champions [Tom Daley](#) and [Becky Adlington](#) are encouraging children to 'just keep moving' this summer, as they launch nationwide interactive family swim sessions and a brand new 10 Minute Shake Up campaign – all inspired by the new Disney Pixar blockbuster, *Finding Dory*.

The joint Disney, Change4Life and the Amateur Swimming Association (ASA) campaign launches family swim sessions at hundreds of pools across the UK as well as new 10 Minute Shake Up activities, in a bid to make exercise fun and help children get the 60 minutes of moderate to vigorous physical activity they need each day.

*Continued on page 2*

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Continued from page 41

The Finding Dory inspired swim sessions, which are co-created with the ASA and run from 22 July until 4 September, will provide an hour of in-water storytelling for the whole family, teaching children key swimming skills as they are taken on a journey with Dory and friends, led by trained instructors.

These interactive family swim sessions will be taking place at 28 pools across Yorkshire, including East Riding Leisure Beverley in the East Riding. Booking for the swimming sessions is now available at the venue and sessions cost £10.20 for a family, which includes two adults and up to three children.

For 2016, there are even more interactive Shake Ups than last year, which can be found online, including those inspired by the new Disney Pixar film, *Finding Dory*.

A recent survey, commissioned by Disney, Change4Life and the ASA revealed that three quarters of children aged 5 to 11 (73%) want to do more physical activity, and 56% of children miss taking part in school PE lessons over the summer. Finding ways for their children to be active is a challenge faced by families, with 61% of parents saying they struggle for ideas during the school holidays.

The research showed that more than half of children (55%) said that swimming is one of their favourite ways to keep physically active during the summer holidays. 39% of 5 to 11 year olds also said that they would want to go swimming more often if they could go with family members.

Physical activity helps children build social skills, boost self-confidence, improve bone and heart health and maintain a healthy weight, yet just 21% of boys and 16% of girls currently meet the national recommended level of activity of 60 minutes each day.

**Campaign ambassador Becky Adlington, who stars in a series of films sharing her top tips for inspiring children to get active, said:**

*"Since I stopped competitive swimming a few years ago, I understand how tricky it can be to fit exercise into a busy routine –*

*and also make it fun. As a mum, it's even harder. But I'm passionate about inspiring the future generation to get active and that's why I'm sharing this summer's campaign from Disney, Change4Life and the ASA. The summer holidays can seem really long but there are loads of great ideas to get kids playing and active with new 10 Minute Shake Ups, and what better way to spend time together than enjoying a family swim session where you're learning key skills."*

More information for the Beverley sessions can be found by visiting [www.eastridingleisure.co.uk/beverley](http://www.eastridingleisure.co.uk/beverley).

Search Change4Life online for Disney and Finding Dory inspired 10 Minute Shake Ups and don't forget to book your swim session today at [www.disney.co.uk/justkeepmoving](http://www.disney.co.uk/justkeepmoving).

## The HSBC Bank in Cottingham is to close on Friday 7th October 2016

HSBC has announced the closure of their branch at 112 King Street, Cottingham, on Friday 7th October 2016.

A spokesperson for HSBC said:

*"We never take the decision to close a branch lightly, and we understand it's upsetting for the local community. Unfortunately, with an increase in the use of online and telephone banking over the past few years use of the Cottingham branch has fallen significantly, and we've taken the difficult decision to close it. We notified customers of the closure and will be working with those who use the branch to help them understand their options, which include being able to use local post offices for their day-to-day banking."*

HSBC branches can be found at 550 Beverley Road, Hull; 3-4 Jameson Street, Hull; 55 Whitefriargate, Hull and 63 Market Place, Beverley. There are also many ATM's available to use around the village.

# Hull and East Yorkshire Hospitals

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**The Macmillan Survivorship Programme is a service for cancer patients and their families. It is a programme designed to meet the individual needs of the patient and their carer and to focus on recovery, health and wellbeing after cancer treatment.**

**The service offers appointments at a variety of clinics across Hull, East Yorkshire, North Lincolnshire and North East Lincolnshire.**

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**To access the service please contact The Survivorship Team, Hull and East Yorkshire Hospitals NHS Trust, The Queens Centre for Oncology and Haematology, Castle Hill Hospital. Telephone 01482 461091. Email: [sarah.guest@hey.nhs.uk](mailto:sarah.guest@hey.nhs.uk) or ask one of the Health Professionals involved in your care.**

**The service offers one-to-one, group, telephone or email support. The service undertakes clinics in a variety of community areas.**

## Law firms offers legal advice clinics to help people understand 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. .

Associate Deborah Gilpin, who specialises in this area of law, explains: "Family arrangements are becoming increasingly complicated, particularly when a person dies without making a will. -

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 in confidence on 01482 325242 or email [legalclinics@andrewjackson.co.uk](mailto:legalclinics@andrewjackson.co.uk)**

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

**T**raditional 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.

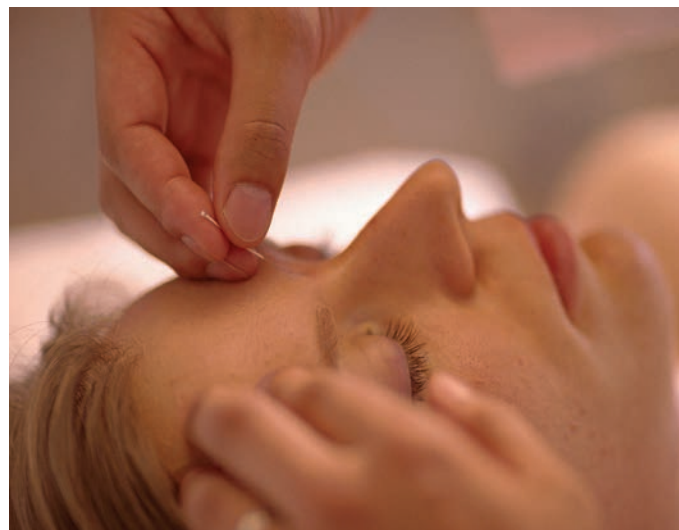
The channels are related to the internal organs, which if out of balance is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

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:

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- |   |  |
|---|--|
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| <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             |
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## HALLGATE TREE CARE

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## Parents urged to apply early to buy school bus passes

Parents in the East Riding are being urged to apply for school transport passes as soon as possible – to increase their chances of securing a seat for their child.

For school pupils and sixth form students not entitled to free school transport, parents can fill in an application form to buy a travel pass from East Riding of Yorkshire Council, which will then put their child on a waiting list.

Once all seats have been filled by students eligible for free transport, the remaining seats will then be allocated to those who have applied to buy a travel pass, on a priority basis.

Applications received after Sunday 31 July will be allocated on a first come, first served basis.

Parents can apply now for a travel pass by visiting the website [www.eastriding.gov.uk/schoolstransport](http://www.eastriding.gov.uk/schoolstransport) and completing an online form.

Travel passes will be allocated from 1 August and most will be posted out by the start of the autumn term in September.

Students who may be planning to go on to sixth form for the first time, but are waiting for their exam results, are being urged to apply for travel passes now to get on the waiting list, as applications can be easily cancelled if they are not eventually needed.

The council's school transport team handles thousands of applications every summer for both free and paid-for bus passes.

Councillor Andy Burton, the council's portfolio holder for planning, highways and transportation, said: "The start of the summer holidays can be a busy time for families, but organising school transport for their children is one of the most important jobs they need to do early.

"So we would encourage parents to get their bus pass applications in now to avoid disappointment in September."

The website [www.eastriding.gov.uk/schoolstransport](http://www.eastriding.gov.uk/schoolstransport) also carries useful information such as school bus routes and times and allows people to ask questions and report problems.



## Natural methods for 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 mosquito 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 neutralize the itch of the bite because it is stronger and is able to override the signal for itch!

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 mosquitoes. 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 chemist 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!

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*Slimming*

WORLD

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### Crossword solution from page 14

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