

Cottingham Times



and District

Issue 133 - December 2012

Merry  *Christmas*

STEPHEN RICHARDSON



PLUMBING, HEATING & GAS SERVICES

Approved Worcester-Bosch Installer

All Worcester-Bosch Boilers installed, come with a 5-year Parts and Labour Warranty - Get Peace of Mind until 2017

Some boilers with a 7-year Parts & Labour Warranty available until the end of December 2012



218388



Call for your FREE, No Obligation Quotation Today

Tel: 01482 876145 - Mobile 07779 887769

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

HALLGATE LANDSCAPE CENTRE

Co-op Car Park Main Entrance off King Street, Cottingham
For all your landscaping requirements

CHRISTMAS TREES NOW IN STOCK



Nordmann Fir
Norway Spruce
Frazier Fir, Noble Fir

All now available

4ft to 5ft, 5ft to 6ft,

6ft to 7ft, 7ft to 8ft.

Larger trees available
on request up to 15ft

Prices from
as low as £25

*All our trees have been
hand-picked by myself.*

*All our trees are rooted
but these can be removed*

We also have Potted Trees
available. Free Delivery
within a 3 mile radius.

FREE Tree Netting



Log
Reindeer
£15 each

**WREATHS
& POMANDERS
ALSO AVAILABLE
ORDERS TAKEN**

Aggregates

Sand, Ballast, Gravel, Slate
Golden Gravel, Cotswold
Chippings, Limestone, Soil,
Compost, Tree Mulch, Logs
Carved Mushrooms
Slate Features Log Stepping
Stones. Garden Benches,
Bird Tables, Patio Sets

Fencing

Close Board, Lap Fencing,
Trellis (Also made to size),
Rails, Boards, Posts, Rose Arches
Pergolas (made to order)
Railway Sleepers

Paving

Natural Stone :: Yorkstone
Stone Circles :: Industrial Flags
12 inch x 12 inch £2.00
18 inch x 18inch £2.50
2ft x 18 inch £3.00
2ft x 1ft £2.50



Solid Oak barrels
From £55.00
to £88.00

Half barrels £25.00
60 gallon barrels . . £55.00
110 gallon barrels . . £88.00

***ALL LANDSCAPING
WORK UNDERTAKEN***

GET READY FOR WINTER
Rock Salt £4.00 per bag - Snow Shovels £6.00 each

Tel. 01482 846069 or
Mobile 07817 214792

THE COTTINGHAM TIMES

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

Editor: Keith Teale

Published Monthly by: The Cottingham Times

Enquiries: Advertising

Tel: 01482 840035 - Fax: 01482 840035

Editorial and Contributions

Tel: 01482 840035 - Fax: 01482 840035

Accounts: Tel: 01482 840035 - Fax: 01482 840035

Website: www.cottinghamtimes.co.uk

E-mail: media@cottinghamtimes.co.uk

Cottingham Times is a totally independent publication.

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

Disclaimer

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

Notice to Advertisers

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

11,000 Copies Printed Monthly

Looking for Window Blinds?

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



Conservatory Specialists

5YR Guarantee
ON ALL PRODUCTS

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

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

Bridget FREER 07541 009321
bridget@bridgetfreer.co.uk



clinical hypnotherapist

Lose weight with a
Virtual Gastric Band

Smoking: Stress: Phobias

www.bridgetfreer.co.uk

D. WILLIAMS

Established over 27 years

Plumbing and Heating (Cottingham)

Plumbing - Heating - Bathrooms - Tiling

Full Bathroom Installations

- Tiling • Electrics • Building Alterations • Joinery

Central Heating

- Full Systems • Boiler Changes

Plumbing and Gas

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




176180 176180

Tel. 882552 Mobile 07721 366343



In Cottingham and District

St. Mary's Church, Cottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 50p (including biscuits). A warm welcome ensured.

We also have S.A.L.T. Lunch (Share a Lunch Together) every Tuesday in the Mark Kirby Hall, 12.00 noon to 1.30 pm. *For a limited period Wednesdays only "2 for the price of 1". All welcome.*

Mary's Village Pop In - The small hall at the Village Hall, Skidby
Tuesdays and Fridays 10.00 to 4.30 pm. Adults, Children and Young People Welcome. Call in at any time for a drink and a chat. Tea, Coffee, Hot Chocolate, Biscuits, Crisps and Sweets.

AgeUK East Riding

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

Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Simon Wilson, Club Secretary, telephone 07904 803739, or visit our website www.cottinghamrangers.co.uk.

Zion United Reformed Church, Hallgate

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

Viewfinder Photographic Society

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

Scottish Country Dancing Club

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

Fitmums & Friends Run, Walk & Buggy Burn Club

The club meets at Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45am (term time only) and at KGV Pavillion, Cottingham: Wednesdays 7pm; Fridays 6.15pm & Buggy Burn Thursday 10am. Suitable for men & women of all abilities. www.fitmums.org.uk

Play Badminton

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

Front Cover Picture: A view of West End Road. Photo by John Dewing, 6a Queens Close, Cottingham. Tel. 847140.

STEPHEN RICHARDSON



PLUMBING, HEATING AND GAS SERVICES

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



218388

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



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

All Plumbing Work Undertaken

Tel: 01482 876145

Mobile: 07779 887769

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



218388

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.

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. From 2013 the club will be running 4 Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at Under 9, 11, 13, 15 and 17 as well as an all girl team. Training starts in January with Indoor Nets at the new Thomas Ferens Academy for all age groups on a Tuesday evening and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

Haltemprice Art Group

Tuesday 4th December - Christmas Festivities. Food, games, art books/DVD sale.

Cottingham Ladies Circle

Wednesday 5th December - Christmas Lunch, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

Cottingham Men's De Luda

Wednesday 5th December - Christmas Lunch (with Ladies), in the St., Mary's Church Hall, Cottingham, at 2.00 pm.

Cottingham Local History Society

Wednesday 5th December - Recent Archaeological Recording in the East Riding - Elaine Moll. The Society meets every first Wednesday in the month, in the Red Hall of Hallgate Primary School, Hallgate, Cottingham, commencing at 7.30 pm. *Entrance is via the King Street entrance to the school. Please arrive before 7.30 pm as the doors cannot be manned once the meeting has started.* Meeting Fee: Members £1.00; Non-Members £2.00.

Windmill Walking Club

Wednesday 5th December - Annual Carol Service at the Zion United Reformed Church at 7.30 pm. Members of the club will be reading Nativity Lessons and Seasonal Poems. This popular traditional early Carol service is open to everyone and hot mince pies with tea, coffee or hot chocolate will be on sale after the service.

Cottingham Civic Society

Monday 6th December - The Emerging East Riding Local Plan with a focus on Cottingham - A talk by Stephen Hunt, Planning Policy Manager ERYC, in the Darby and Joan Hall, Finkle Street, at 7.30 pm. Members are requested to contribute £1.00 for each for every meeting attended. Non-members are welcome to attend at a charge of £2.00 each. Refreshments are served at a nominal charge.

Holderness Alpha Probus Club

Thursday 6th December - Christmas Lunch 12 noon

Thursday 20th November - Coffee Morning at 10.15 am.

All events take place at The Railway Inn, Thwaite Street, Cottingham. The Club meets fortnightly for alternate lunches from midday onwards and coffee mornings from 10.15 a.m. onwards. The three course lunches are followed by a talk from a local speaker. If you are retired and would like to meet new friends contact the Club Secretary on 01964 624238 for information as to the dates of the Club's events.

Continued on page 39

Support the advertisers who appear within the Cottingham Times

Four Generations giving 100 years Family Service

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

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

H. KEMP & SON LTD

Funeral Directors

(Established 1893)

259-261 HALLGATE, COTTINGHAM

YORKS HU16 4BG

Telephone (01482) 844695



❖ Golden Charter Pre-Paid
Funeral Plans Available ❖



PAINTER & DECORATOR

25 YEARS EXPERIENCE

QUALITY WORK

TEL: 01482 876743 (COTTINGHAM)

DAISY DECOR

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

*Exciting Things
happening at*
Cheval Café
Christmas Bookings

Now being taken :: Parties Catered for
Prices and Menu available in Café and online

Why not order your Hamper for Christmas
Choose your own selection from £10.00

*Why not order your Vegetables,
Cakes and Pastries from us
to avoid the Christmas rush*
*We can deliver upto 3.00 pm
on Christmas Eve!*

Tel: 01482 654968

Green Lane, Beverley Road, Willerby HU10 6NT
Opposite Total Fitness

or visit www.chevalcatering.co.uk



Five Cottingham girls celebrate after being crowned this year's Humberside Police Lifestyle Champions

The Daisy Chains, sisters Bridget (13) Chloe (14) and Maisie Allenby (10) and Aimee Hatton (12) and Shannon Bell (14) were so excited when they heard their group name announced as the winners of Lifestyle 2012. They had worked hard and had so much fun over the summer raising awareness of Safety in the Sun and creating a Sensory Room at Cottingham Pre-School. They never imagined they would be crowned overall winners at the ceremony at City Hall on 14 November and win the top prize of a trip to Florida.

Bridget said – It was a fantastic moment. Fireworks were going off and confetti and balloons were falling down on us.

Chloe said – I couldn't stop jumping and hugging everyone, it was great.

Maisie said – It was the best moment of my life, holding the golden envelope, I can't wait to go to Florida, it will be fantastic.

Aimee said – I loved doing this project with my friends we had so much fun and now we can have even more fun at Florida.

Alison Allenby (Adult Advisor) – I was so proud seeing the girls win Lifestyle, I had tears in my eyes. They have all grown together as a group and were so passionate about their project it was great to be their adult advisor. The awards ceremony was fantastic and I would like to say a big thank you to all the Lifestyle team for their hard work organising a fantastic night enjoyed by all, especially The Daisy Chains. I just hope Florida is ready for five very excited girls.



www.premierroofing.co.uk

24 HOUR CALL OUT

Fast, Friendly Service




Premier Roofing Ltd.

Domestic & Commercial • Felt Roofing • Fibre Glass

• Fascias • Soffits • Rainwater Systems • Tiling • Cladding

TELEPHONE: 01482 571870/07813 118129





Exclusively Available

at Euronics, with a Free 3 Year Warranty as Standard



**HOOVER ARISTOCRAT AHD1410D
1400 Spin 10kg Washing Machine**

- A+++AB Rated
- 12 Programmes
- Digital Countdown Display
- Start Delay

Now Only
£399.99

Save
£30



The new Hoover Aristocrat range is a collection of premium products exclusive to Euronics. Every Aristocrat product benefits from outstanding Hoover innovation, quality and design and in addition is covered by our fantastic 3 year warranty for your complete peace of mind.



**HOOVER ARISTOCRAT DYC169A
9kg Condenser Tumble Dryer**

- C Rated
- 10 Programmes
- LED Display
- Extra Dry Programmes

Only **£349.99**



**HOOVER ARISTOCRAT HCF1745WA
55cm Frost Free Fridge Freezer**

- A+ Rated
- 160 / 96 Ltrs
- 3 Glass Shelves & 1 Salad Bin
- Dimensions: H173cm x W55cm x D60cm

Only **£399.99**



**HOOVER ARISTOCRAT VHW458A
1400 Spin Washer Dryer**

- AAA Rated
- 8kg Wash + 5kg Dry
- Dimensions: H85cm x W60cm x D54cm

Now Only **£469.99**

Save
£30



**HOOVER ARISTOCRAT DDY065TA
15 Place Settings Dishwasher**

- AA Rated
- 12 Programmes
- Dimensions: H82cm x W60cm x D60cm

Now Only **£319.99**

Save
£30

Available From Your Local Independent Electrical Retailer



ARISTOCRAT

BONUS

ELECTRICAL SUPERSTORE

Grange Park Lane (behind Waitrose Supermarket), Willerby
Opening hours: Monday to Saturday 9.00am till 5.30pm and Sunday 10.00am till 4.00pm

Tel: 01482 659888
www.bonuselectrical.co.uk



Venue announced for tourism Oscars

by Roy Woodcock

Plans for the most exciting event in the region's tourism calendar, honouring the best East Yorkshire has to offer, is already gathering pace with the news that the Mercure Hull Grange Park Hotel at Willerby has been chosen to stage the glittering awards ceremony for the Remarkable East Yorkshire Tourism Awards (REYTAs) next March.

Organised by Visit Hull and East Yorkshire (VHEY), it will be the fourth time the tourism "Oscars" have been held and already, they are shaping up to be the biggest and best ever.

The finals, on March 14, 2013, will see hundreds of Hull and East Yorkshire's tourism finest gather to celebrate the achievements of this significant industry, which is worth £615 million a year to the local economy.

And the Grange Park sees it very much as a showcase for what the recently revamped hotel has to offer.

"The REYTAs will show off the hotel at its best and show what fantastic facilities we have," said manager Glyn Jones.

"Our event room is second to none in this area in terms of its setting and size and the facilities we offer. We are thrilled to be hosting the REYTAs and are committed to delivering a real night to remember."

The hotel was taken over by the Jupiter Hotels Group in September last year, when they bought 24 hotels, previously branded as Jarvis, out of administration. Since then "significant" investment has been made in restoring the property to former glories, including reinstating the Grange Park identity so well known in East Yorkshire.

"People have always known this hotel as the Grange Park so that's what we wanted to be," said Glyn Jones. "Before we came in, the hotel was struggling and perhaps a lot of its traditional business had drifted away. When people visit now we think they will be pleasantly surprised."



A five-year capital plan will deliver constant improvements; already £100,000 has been spent in reopening the Sebastian Coe fitness centre and swimming pool. Elsewhere, all the hotel's rooms have had new beds and front of house there is welcoming feel to public spaces, including the lounge and brasserie.

Local businesses are being encouraged to enter for the high-profile awards which honour the very best in Hull and East Yorkshire's tourism industry. Nominations are open now with forms available online at www.visithullandeastyorkshire.com/reyta or by contacting VHEY at Wykeland House, 47 Queen Street, Hull HU1 1UU (email reyta@vhey.co.uk). The deadline for nominations is January 14th, 2013. Tickets for the final will go on sale early next year.

Andy Gray, tourism manager of Visit Hull and East Yorkshire, said: "I urge all our businesses to nominate for a REYTA today. These awards recognise the significant achievements of those that make our industry so outstanding and give much deserved recognition to the very best and brightest tourism businesses and individuals in our area. Don't miss your chance to win one of these prestigious awards."

There are 13 categories, honouring the best food and drink, hotels and accommodation and tourism attractions. In addition, the VHEY board will present an additional REYTA to the individual who, in their view, has made the greatest contribution to tourism in our region in the past year.

The 2013 REYTA categories are:

- * Remarkable Hotel Accommodation
- * Remarkable Bed and Breakfast
- * Remarkable Self Catering Provider
- * Remarkable Fayre
- * Remarkable Cuppa
- * Remarkable Restaurant of the Year
- * Remarkable Pub
- * Remarkable Business Tourism Award
- * Remarkable Visitor Attraction
- * Remarkable Tourism Experience/Event
- * Remarkable Caravan Holiday Park/Holiday Village of the Year
- * Remarkable Access for all Award
- * Remarkable Sustainable Award

For the first time ever the REYTAs have been aligned to the national Visit England awards and winners will have the opportunity to progress to the national finals in 2014.

For further enquiries, please contact Roy Woodcock on 077300 52727 or email roywoodcock.co.uk or Andy Gray, VHEY Tourism Manager on 01482 486604 or andy.gray@vhey.co.uk.



LET GOOD THINGS HAPPEN **Mercure**

Celebrate in style at Mercure Grange Park Hotel

From the stunning Black, White & Diamonds themed party nights to Christmas Day, there's something for everyone whether you're with colleagues, friends or family.

Black, White & Diamonds Themed Party Night

With a delicious meal, party novelties and fabulous music from the DJ, you'll have a glistening night to remember.

Friday 7th, Saturday 8th, Friday 14th, Saturday 15th December
£30.00 per person or £37.00 to include 1/2 bottle of wine per person

Thursday 13th, Wednesday 19th December,

£20.00 per person or £27.00 to include 1/2 bottle of wine per person

Thursday 20th, Friday 21st, Saturday 22nd December

£25.00 per person or £32.00 to include 1/2 a bottle of wine per person

Mercure Hull Grange Park Hotel
Grange Park Lane, Willerby, Hull, HU10 6EA
csales.mercurehull@jupiterhotels.co.uk

Festive Lunches and Dinners

Bring your colleagues and friends to enjoy a delicious 3 course festive lunch in our restaurant.

Monday to Saturday in December

Lunch

£12.95 per person or £19.95 to include 1/2 a bottle of wine per person

Dinner

£19.95 per person or £26.95 to include 1/2 a bottle of wine per person

Sunday Lunch with Santa

Bring the whole family to enjoy a tasty lunch; there's even a visit from Santa with a gift for each child

Sunday 2nd, 9th & 16th December

£13.95 per adult
£7.95 per child under 12 yrs

Over 700 Hotels worldwide
For bookings please call 01482 672809

Christmas

at Beverley Garden Centre

• Fabulous decorations • Artificial Christmas trees & twinkling lights •

• Gorgeous gifts and toys • Santa's Grotto • Christmas Lunch Menu •



• Quality real Christmas trees • Swags and garland • Kitchen and tableware •

• Late night shopping • Large free car parking •

The Craft Shop * The Clothing Shop * Beverley Foodhall and Butchers * Maidenhead Aquatics

Christmas Shopping made easy at Beverley Garden Centre

Beverley Garden Centre

Hull Road, Woodmansey, Beverley tel: 01482 880002





Property News from Martin English of Homelink



A winter checklist for landlords

It is well and truly winter. The days are getting shorter, the cold is setting in, and the Christmas decorations are going up. Every year we see many weather related property incidents at this time of year, and there is a lot that can be done to safeguard against this.

As a landlord, winter poses some unique problems. Your property is at its most vulnerable during the coldest months, and you need to take steps to protect it. As well as helping you fulfil your obligation to provide reasonable accommodation to your tenants, these simple steps will help to ensure that you avoid major problems further down the line.

Check the pipes

Frozen pipes can cause major damage to your property. Pipes are more likely to burst when they are frozen, and this can cause flooding and water damage. This is an expensive prospect.

You can minimise the potential for damage of this kind by making sure that all outside pipes are properly clad. You can clad pipes yourself, and the material to do so is cheap and readily available from DIY shops.

If you notice cracks or fissures in pipes, make sure they are dealt with as a matter of urgency. These will only get worse, particularly in cold weather.

Service the boiler

You have a range of legal responsibilities when it comes to the boiler in your property, including a requirement to secure an up-to-date Gas Safe certificate. In addition, though, you must make sure that this piece of equipment is fully functional – and this never more important than during the winter months.

You should consider having the boiler serviced before the winter. As well as keeping your tenants warm, a properly working boiler will help to ensure that your pipes do not freeze.

Instruct your tenants

Properly informed tenants are your most useful tool in the battle against winter. By making sure that your tenants have the information they need you can significantly reduce the potential for damage.

Consider preparing an information pack that outlines things like how the boiler works, and the location of the stopcock. You should also suggest that they leave the heating on at a low setting if they intend to leave the property empty for a few days, for example over Christmas. This will help to ensure that the pipes do not freeze.

Consider void periods

An empty property can begin to degrade remarkably quickly over the winter. If you are currently suffering from a void period, make sure that you visit the property regularly to do some simple maintenance.

Windows should be opened to air the property, and the heating system should be turned on regularly. Some systems feature automation that will perform this task for you. You should also make sure that the pipes have not frozen, and that the taps work correctly.

Clear the gutters

Blocked gutters can cause water to accumulate, and ice to form. This in turn can increase the chances of overflows or frozen pipes. You should therefore make sure that the gutters around your property are clear of leaves and other detritus, particularly if you anticipate heavy rain or very cold conditions.

Winter property maintenance might seem like a hassle, but it is very much part of the landlord's job. By taking a few simple steps before the cold weather sets in, you can help to minimise the potential for bigger problems later on.

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

HomeLink

now you're home



"The professional family business, that really cares"

Sales :: Lettings :: Buying :: Renting

Cottingham

Three Bedroom Terraced House

- Newly Built Property
- Three Bedrooms
- Built-in Appliances
- Master En-suite
- Available Soon
- Generous Garden
- Off-Road Parking
- GCH and Double Glazing



£695 pcm

Beverly

Two Bedroom Town House

- Modern End Terrace
- Two Double Bedrooms
- Modern Kitchen
- White Goods Included
- Modern Bathroom
- Low Maintenance Courtyard
- Off-Road Parking
- GCH and Double Glazing



£565 pcm

Willerby

Two Bedroom Terraced House

- Secluded Location
- New Modern Kitchen
- Modern Bathroom
- Large Gardens
- Feature Fireplace
- Through Lounge Diner
- Double Glazing
- Private Parking Area



£550 pcm

Hull

Two Bedroom Semi-Detached House

- Two Bedrooms
- Fitted Kitchen
- Garage
- Garden
- Double Glazing
- Gas Central Heating
- Shower Room



£550 pcm

Cottingham

Two Bedroom Apartment/Flat

- Two Bedrooms
- Large Living Space
- Built-in Appliances
- Superb Location
- Furnished
- Communal Gardens
- Parking
- Double Glazing



£450 pcm

Cottingham

One Bedroom Apartment/Flat

- First Floor
- Furnished or Unfurnished
- Fitted Kitchen
- Off-Road Parking
- Communal Gardens
- Quiet Location
- Gas Central Heating
- Double Glazing



£375 pcm

For more information on our properties contact Homelink at 01482 875248

www.home-link.co.uk



Fantastic savings on beds and delivered for Christmas!*

Leightons have an impressive range of beds from the most well-known bed manufacturers. For a limited time they have some superb offers on selected beds and mattresses, with delivery available on many beds before Christmas*. It's an opportunity that is too good to miss, call in at either of their stores whilst stocks last!

1/2 Price

Majestic Ivory Traditional Style Bedstead 4'6"

Was £625.00

Now £299.99

Fire Pocket

Sprung

Mattress 4'6"

Was £699.99

Now £299.99



1/2 Price

Pocket Luxury 1000 4'6" Divan Set

Was £699.99

Now £349.99

(Drawers Optional)



1/2 Price

Luxury 20cm Memory Foam & 1000 Pocket Spring Mattresses

3'0" Was £399.99 **Now £199.99**

4'6" Was £499.99 **Now £249.99**

5'0" Was £599.99 **Now £299.99**



Ask the specialist

Our staff will be happy to talk to you about all aspects of buying a bed. We deal closely with the top manufacturers and are familiar with the latest developments in mattress technology. An investment in a really comfortable mattress and bed will pay dividends year after year.

*Delivery before Christmas is on selected beds only and whilst stocks last.

117 Hallgate, Cottingham HU16 4DA Tel: 01482 842134

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

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

EVERFLOW
Plumbing Services
 GENUINE 24-HOUR CALL OUT
 REGISTERED UNVENTED INSTALLER & REPAIRS
 BATHROOM SUITES, ETC.
 CENTRAL HEATING SYSTEMS POWERFLUSHED
 AT VERY COMPETITIVE PRICES
 NO JOB TOO SMALL :: ALL AREAS COVERED
 Call Phil **01482 841304**
 Mobile: **07970 359706** Cottingham

R.C. Florist
 HNC Qualified
 Cottingham's Longest Serving Florist
 We are here for all your
 Christmas floral requirements
 Fresh & Silk arrangements,
 Bouquets, Plants,
 Christmas Wreaths and Pomanders
 Open Sunday 23rd December
 10.00 am to 2.00 pm
01482 841255
 219 Hallgate, Cottingham

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



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

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

Wordsearch - Around and About

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

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

Find the words in the letters above:

Asteroid, Astronaut, Astronomy, Astrophysics, Atmosphere, Black Hole, Capsule, Cosmos, Countdown, Crew, Exploration, Flight, Galaxy, Gravity, Launch, Light Year, Meteor, Mission, Module, Moon, Nebula, Orbit, Planet, Pulsar, Rocket, Satellite, Solar System, Spacecraft, Space Station, Star, Supernova, Takeoff, Trajectory, Universe, Velocity, Voyage.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 72 -

This is an easy challenge this month - Answer page 29

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

MARIONOWENTRAVEL

As another year draws to the end, it's time to look forward to a new year, with new experiences ahead; to quote:

"The world is a book and those who do not travel read only one page."

At the moment, we are enjoying great success with our own tours. Everyone is in awe with their Thursford experience. I would like to share a wonderful quote with you that sums up exactly what our tours are about.....

Hi Marion

Just a short email to say that the Thursford this last weekend wasn't very good..... it was excellent!

We really enjoyed the break and whilst we visited Norwich and Kings Lynn the highlight of course was the Thursford show and Christmas 'wonderland'. You're planning, organisation, en-route information and hospitality was 1st class - Dave's driving superb, perfect hotel/accommodation.

Sincere thanks and best wishes for the future.

Mr & Mrs H

Dave & myself operate all of our own tours in order to guarantee consistency in our quality & service - we look forward to you joining us.

USA city breaks - New York is up and running with everyone coming home having had a super time. Sights, shopping & entertainment can be had in so many cities in the states; for example: including 5 nights hotel, flights & tax :

New York & Boston from £699, Washington from £779, Los Angeles from £879 or Chicago from £899 - prices per person with 2 sharing.

Bookings can be made up to 11 months in advance.

Contemplating new baggage for yourself or as a gift? You may find the following tips useful: - I always travel with a holdall on wheels; I find clothes do not crease as much and you also have good firm handles for carrying.

The worst cases you can buy have only one handle on the top! Beware, these are not good for your back - look out for a handle down the side.....a must for when you do have to pick it up.

Do not buy baggage that holds more than your weight allowance as clothing will crease if your case is loosely packed.

Myself, Lynne, Kayleigh & Sarah thank all of you who have booked holidays with us over the past year and look forward to being of service in 2013 - the year we celebrate our 20th Anniversary of business! Please call for more information and to book your next escape..... wherever it may be in the world!

We can book all tour operators.

Last but not least Season's Greetings to everyone
& every good wish for a happy healthy New Year.

Marion.



Festive Season Office Hours

Saturdays in December Closed

Happy Christmas & Happy New Year

Office closed Sat 22 Dec to Tues 02 Jan

TELESALES open for NEW bookings over the throughout
except Christmas day, Boxing day & New Years day.

Stuck for gift ideas?

Our gift vouchers are ideal for any occasion.



Our Exclusive Coach Tours

All Continental tours are via North Sea Ferries
No interchanges & only local pick ups!

2013 departures are growing

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

15 Jan	Potters World Bowls 3 days full board	£ 189
21 Jan	Warner's Nidd Hall 4 nights half board	£ 275
14 Mar	Bruges Spring Flea Market plus 6 days	£ 335
11 Apr	Settle to Carlisle just for the day	£ 55
15 Apr	Torquay 5 days full board + drinks inc*	£ 295
23 Apr	Isle of Man 6 days half board great hotel	£ 445
03 May	Bank Holiday 4 days half board singles no extra, scenery, wildlife & history	£ 235
15 May	Jacobite Railway 3 days half board	£ 285
19 May	Isle of Wight 6 days half board	£ 425
04 Jun	Danube River Cruise 5 star 12 days	£1599
04 Jun	Austrian Lakes & Germany 12 days	£ 995
13 Jun	BBC Gardeners World for the day	£ 49
19 Jun	Litchfield & National Arboretum 2days	£ 115
23 Jun	Ireland Explorer 12 days - great itinerary	£ 995
07 Jul	Waddington Air Show just for the day	£ 39
22 Jul	Alvaston Hall - 5 days half board special	£ 259
26 Jul	Orient Express day to Edinburgh & Zoo	£ 365
29 Jul	Warner's Nidd Hall 4 nights half board	£ 285
10 Aug	Hamburg & Lubeck 6 days half board Optional International Garden Show	£ 459
19 Aug	Edinburgh Tattoo & Zoo 3days half board	£ 285
26 Aug	Rhine & Moselle River Cruise 10 days	£1559
26 Aug	Rhine & Moselle land tour half board	£ 759
16 Sep	Meuse River Cruise 8 days	£ 895
16 Sep	Belguim Delights tour 8 days	£ 595
03 Oct	WW1 & Amiens Roderie Market 6 days	£ 399
04 Oct	St Albans & Winsor weekend half board	£ 129
22 Nov	Thursford Xmas Spectacular 3 day	£ 229
26 Nov	Thursford Xmas Spectacular 2 days	£ 149
28 Nov	Thursford Xmas Spectacular 2 days	£ 149
30 Nov	Thursford Xmas Spectacular 2 days	£ 149
05 Dec	Putting on the Ritz - 2 days half board	£ 85
13 Dec	Antwerp & Christmas Market weekend	£ 179

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



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

AERIALS
COTTINGHAM

CALL TODAY FOR A
 FREE QUOTE ON:

01482 946016

Call Gary on: **07850636902**

FAMILY RUN BUSINESS

ADI
 COMMUNICATIONS LTD



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



**At Home TV
 and DIY Services**

(Pete Hall, formerly of Spectrum (Cottingham))

- TV, DVD Recorder Set Up • Tuning/Tuition • Wall Mounting • Low Rates
- **FREE** Advice • **FREE** Quotes • Friendly/Reliable • Small DIY Jobs
- Furniture Assembled • Blinds, Poles Fitted • Shelves/Pictures
- All Work Guaranteed • Call Anytime • 25 Years Experience

SMALL JOBS? NO PROBS!
 8 Kent Road, Cottingham, East Yorkshire

Tel: 01482 848477 or 07812 813804

★ **Please keep this safe** ★

 **THE HEALING HUT**

**FOUR TREATMENTS OF
 FULL BODY MASSAGE
 IN FOUR WEEKS!
 FOR ONLY £80.00**
 (NORMAL PRICE WOULD BE £160)

**For more details contact the Healing Hut
 221 HALLGATE, COTTINGHAM
 Telephone: 01482 842078**

*We would like to wish all our clients old and new
 A Very Merry Christmas and a Prosperous New Year*

C. R. Noble

JOINERY • GLAZING

MISTED & BROKEN GLASS REPLACEMENT

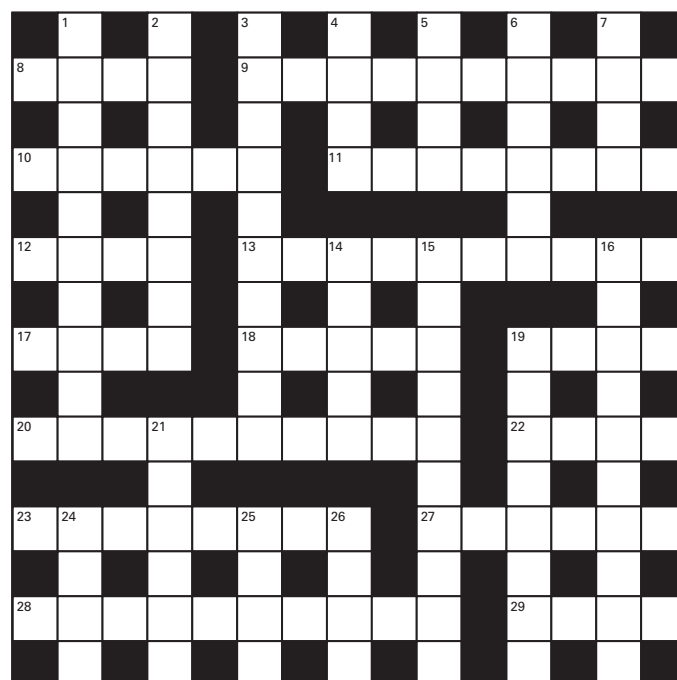
**24 Hour Emergency
 Boarding up Service**

**Telephone 01482 845172
 Mobile 07768 837789**

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

**Established
 1980**

Crossword - Solution on page 46



Across

8. Fat (4)
9. Naming a candidate (10)
10. Stationary part of a motor (6)
11. Memorial (8)
12. A flightless New Zealand bird (4)
13. Inability (10)
17. Used to hold up pants (4)
18. Court case (5)
19. Listen (4)
20. A shield (10)
22. Misplaced (4)
23. Penalized (8)
27. Come back (6)
28. With the current (10)
29. Marks on a playing card (4)

Down

1. Sycophants (10)
2. Existing only in the mind (8)
3. Lacking aesthetic sensibility (10)
4. Islamic prayer leader (4)
5. In a little while (archaic) (4)
6. Nuclear (6)
7. Knowing a secret (4)
14. Bell (5)
15. Word that is the same back-to-front (10)
16. Copy (10)
19. Peaks (8)
21. Labor organizations (6)
24. "Once ____ a time" (4)
25. Despise (4)
26. Profound (4)

Crossword courtesy of www.crosswordpalace.com

Support the advertisers who appear within the Cottingham Times

Christmas is Coming!

Come and enjoy a magical experience with
Santa's live reindeers
From the North Pole

Feeding times: 10.30 am and 4.30 pm

The area's largest Christmas display
for both young and old - something for everyone



The grotto is open every weekend
 Sat 10 am - 5 pm
 and Sunday 10 am - 4 pm

Also opening weekday
afternoons from:
 3rd - 21st Dec 1 pm - 5.45 pm
 19th - 23rd Dec 10 am - 5 pm
 Christmas Eve 9.30 am - 1 pm

Late Night Opening:
 3rd - 21st December
 Open until 6.15 pm



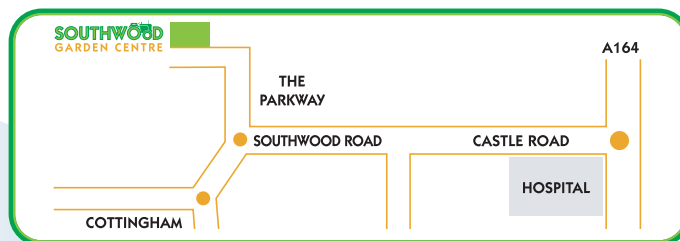
Bookings now
 being taken for
 our Special Supper
 Evenings and
 Breakfast
 with Santa



Top Quality
 Real Christmas
 Trees Now in Stock
 3ft to 15ft including
 non-drop Nordmanns,
 living potted Norway
 Spruce and Nordman
 trees, wreaths &
 Pomanders

SOUTHWOOD
GARDEN CENTRE

Tel: 01482 845825 Off the Parkway, Cottingham
www.southwoodgardencentre.co.uk



In the Kitchen



Ingredient of the month - Mincemeat

Mince Pies have become a firm tradition at Christmas for many of us, and with vegetarian varieties of mincemeat now available, they can be enjoyed by everyone, as can the numerous other recipes using this old ingredient.

History

Traditionally mince pies contained meat. In the 11th Century, Crusaders returning from the Holy Land brought with them various spices including cinnamon, cloves and nutmeg. These were added to minced meat and other ingredients to symbolise the three gifts given to Jesus by the three kings (the magi). To further celebrate the birth of Christ, the pies were originally made in large oblong shapes which represented his cradle.

Over the years, the pies grew smaller, the shape of the pie was gradually changed from oblong to round possibly to disguise their significance due to the edicts of Oliver Cromwell (Lord Protector of England from 1649 until 1658). Being a puritan, he disapproved of the Christmas celebrations of the time seeing them as a pagan holiday which encouraged drunkenness and gluttony. He actually banned Christmas celebrations and the cooking of Christmas foods including mince pies. Thankfully for us, King Charles II restored Christmas celebrations to their former glory when he ascended the throne in 1660.

Over the years the meat content became smaller and smaller until the pies were eventually made with a filling of dried fruit, nuts, spices and suet.

Traditional mince pies

Ingredients:

225g/8oz Shortcrust Pastry
225g/8oz Mincemeat
3 tbsp Brandy
6 tbsp Milk
2 tbsp Caster Sugar



Instructions

1. Preheat the oven to 200C, 400F, Gas mark 6 and very lightly grease 2-3 bun trays.
2. On a floured surface, roll out 3/4 of the pastry to approximately 6mm/1/4 inch thickness then cut 12 rounds out with a 6cm/2 1/2 inch cutter.
3. Use these rounds to line the bun trays.
4. In a bowl, mix together the mincemeat and brandy until well blended.
5. Divide the mincemeat between the pastry shells, pressing down lightly.
6. Roll out the remaining pastry and using a 5cm/2-inch pastry cutter or wine glass, cut out 12 circles for the tops of the pies.
7. Place the milk in a shallow bowl and dip the smaller pastry circles in the milk and cover each of the filled pies with a top. Use a fork to press the edges of each pie firmly together to seal then sprinkle with a little caster sugar.
8. Bake in the oven for 20 minutes until golden.

Serving Suggestions

Serve hot or cold as a dessert with cream, custard or Brandy Butter.

Honey Glazed Gammon

Ingredients:

1kg/ 2 lb Bacon Joint, Collar or Gammon
2 Bay Leaves
Whole Peppercorns
Whole Cloves
3 tbsp Soft Brown Sugar
2 tbsp Clear Honey
2 Large Apples
50g/2oz Butter

Instructions

1. Place the bacon in a large saucepan or bowl, cover with water and leave to soak for 12 hours.
2. Put the bacon into a large saucepan, cover with fresh water, add the bay leaves and whole peppercorns and bring to the boil. Remove any scum then reduce heat and simmer very gently for 1 hour.
3. Preheat the oven to 180C, 350F, Gas mark 4.
4. Remove the bacon from the pan and allow to cool slightly. Remove the rind and score the fat with a knife creating a diamond pattern. Place a clove in the centre of each diamond.
5. Very gently heat the honey and sugar until melted and brush over the surface of the bacon. Place the bacon in a roasting tin and bake in the oven for 20 minutes, basting frequently. Be careful not to allow the glaze to burn.
6. 5 minutes before the end of the cooking time, peel, core and cut the apples into 6mm/1/2 inch slices. Melt the butter in a frying pan and fry the apple rings on both sides until golden.
7. Serve the bacon on a large platter surrounded by the apple rings.

Brussels Sprouts with Chestnuts

This is a traditional British Christmas recipe using fresh Brussels Sprouts and seasonal chestnuts. This vegetarian version uses vegetable stock however extra flavour can be added by using chicken stock. If using frozen Brussels sprouts reduce the cooking time.

Ingredients

275g/10oz Fresh Chestnuts
 390ml/13fl.oz. Hot Fresh Vegetable Stock or Chicken Stock
 450g/1 lb Brussels Sprouts
 Salt
 Grated Nutmeg
 50g/2oz Butter

Instructions

1. Using a sharp knife, carefully make a cut in each chestnut. Place them in a saucepan, cover with cold water, then bring to the boil and cook for 10 minutes.
2. Drain the chestnuts and remove the shells and thin inner skins. Return to the empty saucepan, add the stock, bring to the boil then simmer gently for 20 minutes until tender.
3. Meanwhile, bring a pan of lightly salted water to the boil.



Support the advertisers who appear within the Cottingham Times



Remove any loose or damaged outer leaves from the Brussels sprouts and make a cross in the base of each with a sharp knife.

4. Add the sprouts to the pan of boiling water and cook for 10 minutes, or until tender. Drain and season with nutmeg. Drain the chestnuts.
5. Melt the butter in a saucepan then add the Brussels Sprouts and chestnuts, shaking the pan gently to thoroughly coat the vegetables. Serve immediately.

Christmas Tree Biscuits - Makes about 20*Ingredients*

125g/5oz Plain Flour
 125g/5oz Plain Wholemeal Flour
 1 teasp Ground Cinnamon
 1 teasp Mixed Spice
 50g/2oz Caster Sugar
 125g/5oz Butter
 1 Egg, beaten
 A little milk

Instructions

1. Place the flours, cinnamon and mixed spice into a large mixing bowl and mix well.
2. Rub the butter into the flour mixture with your fingertips until it looks like fine breadcrumbs then stir in the sugar.
3. Add the beaten egg and knead into a dough, adding a little milk if necessary.
4. Preheat the oven to 190C, 375F, Gas Mark 5.
5. Turn the biscuit dough onto a lightly floured surface and roll out very thinly.
6. Cut out into stars or trees using biscuit cutters or, if you're feeling artistic, freehand into snowmen or other festive shapes.
7. Place onto baking sheets, prick lightly with a fork and bake in for 10-12 minutes, until lightly browned.
8. Remove from the oven. Cool on wire racks.

www.cottinghamtimes.co.uk - December 2012 17

Through the wonders of technology

Through the wonders of technology, I am completing this month's article aboard Hull Trains to London, on my way to the Brigantia Annual Conference. This year's event is being hosted by Microsoft at their HQ Campus in Reading. An impressive collection of high-tech buildings that I have been looking forward to visiting, so I will report back on that.

Windows 8 has landed, and like all new operating systems has been causing a mix of fascination, consternation and frustration! Works great if you have a touch screen PC, but of questionable value on a traditional PC or Laptop. Although the 'tile interface' (called Metro Desktop) is quite attractive and is smooth enough in use, the thing that confuses most people is that there is no Start button, a feature we have come to expect in all versions of Windows, and indeed use all the time.

So whilst going online is simple enough, and even opening an application is just a case of clicking its tile, there is no programs list, and the only way to access your files is through a more traditional desktop, provided as alternative. No doubt things will improve as time goes on; but for anyone nervous of jumping into the unknown, it might be best to go for Windows 7 on any new computer, and take advantage of the £14.99 download available for Windows 8 at <http://www.windowsup-gradeoffer.com/en-GB>

Malware is a constant threat to any internet connected device nowadays, and although most will have (or certainly should have) an antivirus program, this will not protect against malware. Just to clarify what malware is, it is any unauthorised program that tries to take over your computer, hijack your web browser and usually make demands for payment to free up your computer again. The recommended line of defence for this is called Malwarebytes Pro and this has been a very popular program, particularly as it only costs £20. Prevention is always cheaper than cure! You can even download a free 15 day trial via www.malwarebytes.org and we can supply the licence after the trial. For those who have already purchased, you will be used to it updating daily, but may have seen recently there is a program update that requires you to agree before it installs, just click to go ahead.

What's your email? There is often confusion over email services available in our area. Because we have one main broadband provider, everyone gets a free Karoo address. However if you want an alternative, you can sign up with any other online email service, like Gmail from Google, Hotmail from Microsoft, and Yahoo Mail. These are all free to use and are available from any computer anywhere in the world.

If you use Karoo via an email program like Outlook Express or Live Mail, all your messages get downloaded to your computer each time you open it. But just a tip, did you know you can check your new messages whilst you are away from home? All you have to do is get online on any computer and go to www.karoo.co.uk and click on the Email button. Log in with your email address and password and it will show your inbox, i.e. any new messages. When you go back home all those messages, except any that you deleted, will download onto your home computer as normal.

Thinking about buying a new computer? We can supply one of course, but here's a bit of free advice as there's a confusing array of models and specifications out there. Three main things to consider: processor, memory (RAM), and hard drive. The processor of the moment is the INTEL i5 (the i3 is still good too). Memory, go for 4 GB or more the better, and hard drive normally 500GB.

The big sellers this festive season are going to be tablet computers. There's a whole raft of them with different size screens, mainly 7 or 10". Quality of the touch screen varies with the price. They are easy to use, and remember you will need a wireless router to connect to at home.

For advice and quotes on new equipment and set up services, just give us a call. Happy shopping! And best wishes to you all for Christmas and New Year!

Richard Mills
RDM COMPUTERS
Cottingham
Tel: 01482 875666



Fashions change—so do computers!
Beige Boxes Are So Yesterday!!

Is Your Computer Slow? Short Of Memory? Need a service?
CALL NOW FOR FREE NO OBLIGATION ADVICE
(01482) 875666

Is Your PC Secure? Do You Need Anti-Virus Software?
.....SPECIAL OFFER.....
Protect 3 Computers For Only £37.50
AMAZING DEAL !!!!!

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

CALL US NOW !
T: (01482) 875666 M: 07850 105424

rdm computers technology simplified
Email: richard@rdmcomputers.co.uk



Lesson's Learnt, Christmas Cheer and a New Year Party

Guy Fawkes

What a great month; many thanks to all who came to our **Bonfire Night festivities** but I must apologise for the queues that built up at the Bar and Food areas. I have learnt **many lessons** and promise next year that service will be a **lot faster**. However, on a good note I have received many **kind comments** about the **Firework Display** which seemed to have balanced out the service issues and I believe a good time was had by all. **Joint winners** of the Guy Fawkes competition were **Adam Coleiro** and **Zak Oliver** of Cottingham who waited patiently till the end of the display before they incinerated their Guys on the Bonfire, many thanks and congratulations to Adam and Zak.

Christmas

All concentration now is, of course, on the **Christmas Festivities**, our new **Head Chef**, who after only a short time, has made a considerable impact with the appearance of some **superb dishes** on our specials board, has put together a **sumptuous Christmas Menu** for pre-bookings throughout December where we can cater for parties from two to twenty six. So call in for a **Menu** or download it from our **Facebook** page www.facebook.com/halfmoonpub and book your Festive Party early.

In Preparation

That's enough of the hard sell, the Christmas **decorations** have begun with a few cries of "**But it's still only November**" from a few regulars but thanks to the artistic talents of my wife Judy the Half Moon is looking very festive and ready to provide a **warm welcome** to all. We are open **normal hours** throughout the Christmas period but with the exception of specific pre-bookings we will not be offering a food service on the 26th and 27th December to give our **Kitchen staff** the opportunity to enjoy a short break. Seeing the bookings we already have for Christmas Day they will **deserve it**. At the Bar our festive guest cask Beer is "**Five Wold Rings**" from Wold Top Brewery.

New Year

On New Year's Eve we will have **live music entertainment** and a short but hopefully spectacular **Firework display** to welcome in 2013, a party atmosphere to enjoy at the Half Moon.

All that's left is to wish you all a Happy Christmas and an amazing New Year from all at the Half Moon, cheers.

Support the advertisers who appear within the Cottingham Times

ADULT EDUCATION SERVICE

**Courses in the
Cottingham, Hessle and
South Hunsley Area**

ENROL NOW FOR JANUARY 2013

FREE English and Maths plus Level 2 testing

Teaching assistants and school support staff -
FREE introduction to Certificates Level 2
and 3 in Supporting Teaching and Learning
in Schools

Teacher Training - Certificate in Teaching in
the Lifelong Learning Sector

ECDL, Computers for Beginners, Computer
Workshop, Web Page Design, Digital Image
Editing for Beginners, Photoshop Techniques,
Digital Photography and FREE Drop-in IT

Counselling Skills, Criminal Psychology,
Criminal Profiling, Evolutionary Psychology,
Psychology of Food, Psychology of Illusion
and Experience

ESOL, Italian, Spanish and Family Spanish

Creative Writing, Art, Guitar, Pottery,
Textiles and Home Interiors

Aromatherapy and Indian Head Massage
Introductions

Food Safety in Catering

**For more information, about
Cottingham and Hessle courses
please contact 01482 842329/841260**
or e-mail cottingham.adult.ed@eastriding.gov.uk

**For more information, about
South Hunsley courses
please contact 01482 392844**
or e-mail goole.adult.ed@eastriding.gov.uk



EAST RIDING
OF YORKSHIRE COUNCIL



On the first day of Christmas, my Labrador brought to me an empty Thornton's chocolate box! Yes, that is what Teal proudly presented to me one early December morning. No problem, you may be thinking but I was horrified because the box had been full and was ready to be wrapped. Human chocolate is highly toxic in dogs, especially dark chocolate, because the cocoa beans contain a substance called theobromine.

In general, the amount of theobromine found in chocolate is small enough such that chocolate can be safely consumed by humans. In domestic animals, the amount metabolizes more slowly so they can easily consume enough to cause chocolate poisoning. The most common victims are dogs for which can be fatal. The toxic dose for cats is even lower and also they are less prone to eating chocolate since they are unable to taste sweetness. So, as I was saying ... Teal! My lovely 'day off' began and ended in our Park Street waiting room.

She was admitted into the hospital for the day to induce vomiting and also to be monitored. Upon my return I was told that not only did the remains of the chocolates appear but 6 foil cartons which had belonged to the mince pies I had bought the previous day. This leads me into another potential type of poisoning, raisins, currants or grapes. The Christmas cake in the tin laced with alcohol is a temptation to any human but to a dog it can be potentially lethal. You may think it is the alcohol content but surprising it is the fruit which can be highly toxic to a dog's kidneys. Not surprisingly, you've guessed it, Teal stole one of these too and yet another visit was made! Any of the above must be reported to the vet immediately even if it is just for re-assurance.

These are hazards one and two...10 more to go.

So far it has been our canine friend but our felines do not get off that lightly.



Tinsel can be so decorative around the tree and also a playful attraction in a cat's eyes. After all it's shiny, dangles and is something new in their environment so few cats can pass this up. Playing with the tinsel is not the problem, it is when it gets wrapped round their tongue or is swallowed when the nightmare begins. Objects that are swallowed can cause an obstruction in their digestive tract which may then involve major surgery to be removed. With the tree still in mind, cats may also be attracted to the baubles which then may shatter, splinter and cut their paws. In the case of real Christmas trees, beware of the sharp pine needles. Lights surrounding the tree may be a big attraction to any cat or young puppy.....lights have electrical wires which are a major hazard when chewed not only for them but a potential fire risk too. Please bear all these in mind when decking out your halls.

We are now half way there and the next one may not be so obvious.

How many of us have holly, ivy or poinsettia in the house? Me for one, but how many realize they are toxic to our furry friends? Also on the list are mistletoe and amazingly, lilies! They are all my favorites but are now kept well out of reach of inquisitive paws. Turkey bones (although tempting to give as a treat) can cause choking, constipation as well as seriously damaging internal organs. I know the next one may seem silly but alcohol should never be given to a pet. I'm not saying you will be offering a 'tipple' on Christmas day morning but if a glass is within easy reach to our four-legged friends then they could be just that bit too inquisitive. If drunk it could lead to coma and eventually death.

New pets.....we do not recommend getting a new pet for Christmas. It is better to leave it until after the festive season when things in the household are just that bit more calm but if you happen to have a new addition, please make sure they are identichipped. With all the hustle and bustle, coming and goings in the house, an escaped pet may go unnoticed for a few hours which may be then too late. It may only cost the price of a couple of bottles of wine but is for life so what better way of giving you that extra peace of mind. Some of the nicest things at this time of year are the smells...logs on the fire, baking in the oven or potpourri pots which give off the amazing smell of Christmas.

I used to like them around the house during the festive time but since two little dogs were admitted to our Park Street surgery with poisoning after eating one of these pots, they are now kept well out of reach. They contain two substances namely essential oils and cationic detergents and it is the latter that is the most concerning. It can cause severe ulceration and chemical burns to your pet's skin and their digestive tract.

Finally, ANTI FREEZE.... the sweet taste of this substance will entice any cat but is deadly!

So there we have it ... THE TWELVE HAZARDS OF CHRISTMAS...but please remember, they are only hazards when they are within the reach of inquisitive paws and mouths.

If you have any problems or queries at all, we at KINGSTON are open 24 hours, 365 days a year and only a phone call away. Please don't leave it until it's too late.

Finally, can I just say a proud well done to my mum. As I mentioned in the November article, she asked for donations of food for THE HULL ANIMAL WELFARE TRUST instead of gifts and cards on her 85th birthday (see photo). Mum raised so much it took a van to get it all there. One small gesture can make such a great difference. Also a big thank you to all who have put food in our collection bins. Please keep it coming!

We wish you all a VERY SAFE MERRY CHRISTMAS and a HAPPY NEW YEAR. See you in 2013, Margaret

A LOCAL VETERINARY SERVICE BUT SO MUCH MORE!

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

Other branches
Park Street
Tel: 01482 223688

Beverley Road Surgery
Tel: 01482 854422

www.kingstonvet.co.uk



Meditation and Relaxation

**A 6 week course introducing you
to the wonderful experience of
Meditation.**

My intention with these classes is to encourage and empower you to take more control of your life through learning to relax your conscious mind, showing you ways to take yourself naturally into a relaxed state by entering the alpha brain wave frequency. Our brain waves generally function between the levels of beta (highly active) alpha, theta and delta (sleep). Throughout the day the majority of people naturally shift between these brain wave patterns, however, the more stressed, anxious, fearful, worried, or in pain you are the higher the beta brain activity is. Increasingly people get stuck in a high beta frequency this is not a healthy state to be in for prolonged periods of time. With meditation your body calms down, your mind relaxes and your brain wave frequency slows down into the alpha level, this has long been considered the healthiest brain wave frequency and is most conducive for the body's natural healing process to function.

Meditation produces calmness, relaxation and a feeling of power that is difficult to achieve any other way. It helps you to gain control over negative thoughts which, when experienced over a period of time, are detrimental to your health. There is a growing awareness of the link between our state of mind and our health, inner turmoil often manifests itself in physical ailments. Research shows meditation helps to relieve the pain associated with certain conditions. At a deeper level meditation teaches you to focus your mind on whatever you choose, this can improve your health, positivity, creativity, problem solving and physical performance.

Each week you will experience a guided meditation, you will learn how to develop solo meditation and breathing techniques. We will cover the powerful effects of using visualisation and affirmations during meditation. You will also gain an understanding of positive and negative thought processes and how they affect, not just your health but the successes and failures in your life and we will look at the science behind this. Along with a healthy mind you need a nurtured body so we will also look at overall wellbeing, using meditation to strengthen your commitment to eat consciously and establish a healthy, desired weight.

I hope this introduction into learning to go inwards through meditation will have a profound effect on your health, happiness and your life in general and in turn, you will have a positive effect on all those around you. Meditation shows us that happiness is not dependant on the outside world but on our inner attitude and it is a place for your own personal discoveries and understanding.

Many people do not realise the power of their own mind and that they have control over it. This power is yours, it is within and you can release it.

If you would like to talk to me further or book a place please call 01482 847007

The Meditation classes are held at The Back Room, 175a Hallgate, Cottingham, East Yorkshire. HU16 4BB and cost £75.00 for the 6 week course. Gift vouchers available.

I look forward to meeting you Gill Cruickshank-Sutton DipH, DipNLP, DipHC, HPD

Here are some of the many benefits of meditation physically, psychologically and spiritually.

1. Increases blood flow and slows heart rate
2. Good for people with high blood pressure
3. Reduces anxiety attacks by lowering levels of blood lactate
4. Enhances the immune system
5. Decreases muscle tension
6. Enhances energy
7. Increases serotonin levels, enhancing mood
8. Helps control thoughts
9. Increased emotional stability
10. Mind ages at a slower rate
11. Develops intuition
12. Develops willpower
13. Helps enhance self esteem
14. Require less time to fall asleep, helps cure insomnia
15. Reduces anger ie road rage
16. Deeper understanding of yourself and others
17. Helps keep things in perspective
18. Helps you discover your purpose
19. Increased compassion
20. Increased acceptance of yourself
21. Changes attitudes towards life
22. Helps living in the present moment
23. Experience an inner sense of knowing

Cottingham Alliance Cars

*Well Established • Local Office • Local Drivers
Local, Distance and Airport Runs*

Fares on these dates from:-

6 pm Mon Dec. 24th until 5am Thurs 27th,
6pm Monday Dec. 31st until 5am Wed 2nd Jan
will be charged at "Fare and a Half"

*Wish all Customers
Old & New
A Very Merry
Christmas
and a Happy &
Prosperous New Year*

Put this number in your mobile

**8 Seater
6 Seaters**

806-100

2/4 George Street, Cottingham HU16 5QU



“The Tooth and Nothing but The Tooth”

by

Chris ‘Dr. Smile Maker’
Branfield



Third Time Lucky In Morocco?

Hello, I hope that you are well. Wow, December again. That was quick! I don’t suppose that it will slow down a bit.

20 Years And Still Going Strong

Just last week I went to Leeds to take a trip down memory lane. Leeds Dental Alumni had a reunion. There was a study day first with a dinner to follow in the evening.



It all came flooding back



End Dental Suffering

Do You Have a Dental Wish List?

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

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

 **Call now for a free initial consultation minimum value £63**

Fantastic Results—Over the Moon!

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

I will never be afraid of the dentist again!

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

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

WHY WAIT?

CALL US NOW ON
01482 772550

Change Your Life!

Treat Yourself to the Castle Park Experience!



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



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

There were quite a few out of my year because we are the class of 1992 so it was a 20 years reunion. I tell you what, it was fantastic. Sitting back in the lecture theatre surrounded by people that I was sitting with 20 years ago was really good fun. It felt like only yesterday that we were there. The banter was immediate.

Aiming For The Stars In A Virtual World

Leeds is a great University and they have a very high ambition to be in the top 5 Universities in the world. The Oral Biology department lead the world in some areas of dental research. Very impressive!

They have taken a discovery to be licenced as a commercial product that will help grow and heal bone. The dental school is one of only 2 places in the world to have MOOG virtual dental devices. This was weird stuff, to me anyway. I must be getting old. A Dentist learning to sort out teeth in a similar way to a pilot learning on a flight simulator.

Overcoming Challenges In Morocco

At the end of September I went to Morocco again with the Dental Mavericks Charity. This was the biggest group that we have taken. There were 7 dentists and a dental therapist among the group. Gillian Fisher, my practice manager, had her first adventure with the Mavericks this year as well. It was an eye opener for her I can tell you!

This year was a bit more challenging from the off. We had gained our licence from the Minister for Health just a week or two before we got there. This took a couple of phone calls every week for almost a year. When we got to customs at Tangier we had our trailer impounded for two and a half days. We had the documentation but no “rubber stamp”! I don’t think that it mattered what rubber stamp to be honest. I think that we will put our own on next time.

One day Cally (who is the pulse of Dental Mavericks) and Domien, our guide and “Mr Fix It”, had to go to 12 different offices with no luck. The left hand didn’t know what the right hand was doing. Is that a saying? Answers on a post card.

Reunited At Last

After a five hour round trip on day three and a visit to the King’s Palace in Chef Chaouen we finally had permission to have the trailer with all our kit and equipment. We still didn’t have a physical rubber stamp. We were just glad to get on and not waste any more time. Time to get some of these kids out of pain.



Back In El Jabah. Bless ‘Em

There are still some more challenges to overcome in El Jabah.

Look, I hope that you all have a fantastic Christmas and a wonderful New Year!!

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 772550. He has been in dental practice for 20 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. www.castleparkdental.co.uk



More strings to their bow

Cottingham insurance broker, Hedon Insurance, has responded to local demand by extending the range of financial services it is able to offer to villagers. From the beginning of December customers will be able to both arrange mortgages and obtain independent financial advice (by appointment) at the firm's office on Hallgate.

The independent mortgage brokerage service will be provided by East Yorkshire Home Loans who will be able to offer advice and sources of finance for new homes, re-mortgages and buy to let properties. Given that outlets for this type of advice in Cottingham are currently very limited, Hedon Insurance predicts that this will be a very timely move.

In a separate arrangement, the firm has secured the services of Andrew Walters, of Beverley based Chartered Financial Planners, Gaunt Hall Ltd, to provide independent financial advice for residents of Cottingham and the surrounding villages from its offices at 195 Hallgate. Gaunt Hall Ltd is a well established firm in Beverley that is suitably authorised and regulated by the Financial Services Authority.

'We are very pleased that we have been able to 'team up' with Hedon Insurance to provide, for the first time in many years, an outlet for independent financial advice in the village.' Explained Andrew Walters 'After several years of low interest rates and poor returns on other investments – coinciding with an all time 'low' in the availability of advice – there are almost certainly many people whose finances could do with reviving.'

In recent times a great number of once great insurance and investment brands have either: merged, ceased trading or quietly disappeared. According to Andrew, this is not generally a good thing for customers, as the companies who take over the responsibility for the insurers' policies do not always seem to have the best interests of the policyholders and investors at heart – particularly when it comes to managing their investments. Combine this with often high charges and it can definitely make sense for people to review their arrangements periodically to make sure that better options are not available.

Andrew rues the departure from the marketplace of the traditional life assurance salesperson, such as the Man from the 'Pru', as this has led to people badly neglecting their family protection and savings arrangements - the population's willingness and ability to save seems to have all but disappeared along with the traditional home service insurance salesman. As Andrew observes 'People don't seem to have learned that you have to go out and get the advice yourself now – it won't find you, like it used to!'

Against this background, Andrew is expecting his independent brand of advice on pensions, investment and life assurance to be in great demand, hoping that by providing access to his services in Cottingham, people may start addressing what is known as the 'protection gap'. As Andrew explains 'Few people have enough life cover to even cover their debts – let alone to provide for their families – and if this is allowed to continue I believe that there will be a large numbers of families being financially devastated, needlessly, because they never got around to talking to someone about their basic protection needs.'

Further information regarding East Yorkshire Home Loans and Appointments with Andrew Walters can be made via the Hedon Insurances office on Hallgate or by calling 01482 707800.

Support the advertisers who appear within the Cottingham Times

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

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

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

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

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

Hedon Insurance is authorised and regulated by the Financial Services Authority



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

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



**BEAUTIFUL HAND-FINISHED
ENERGY EFFICIENT WINDOWS**

up to **55% off** Windows
& Doors
Call: **01482 879077**
www.colfax.co.uk



FREE QUOTATIONS

COLFAX
WINDOW SYSTEMS LTD

Over 30 Years of Excellence

Manufacturers and Installers of

**WINDOWS ■ DOORS ■
CONSERVATORIES ■ ORANGERIES
■ CONSERVATORY UPGRADES**

Trade Enquiries Welcome

Ample Free Parking :: Open 7 Days

TEL: 879077
LEADS ROAD, HULL



Total Peace of Mind...

...with the Classical Gas Care Plan



For fast boiler repair, whatever the weather, **choose a local company** with real people answering the phone (no call centres!)

Thousands of local households trust us to make sure they have heating and hot water 7 days a week, 365 days a year.

We keep our promise – to attend emergencies within 24 hours whatever the weather.

One low cost monthly payment* gives you:

- Priority call out for emergencies
- Choice of cover – boiler only or full system cover available
- Unlimited call outs – repair of your boiler and central heating system including all parts and labour*
- Includes annual boiler service and safety inspection

*Subject to contract chosen, Terms & Conditions Apply

Call 01482 875897
to learn more

Classical Gas Ltd
60 New Village Road
Cottingham HU16 4NE
www.classicalgas.co.uk

From only £2.08 per week

 375



Walking with Paul

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

This month his destination is South Cave.

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

Map :- EXPLORER 293

Start at GR. 923311 Small free car park on left down Church Street or road side near Clock Tower.
Distance 6.5 Miles.

Leave the cross roads near the clock tower and follow the A1034 towards North Newbald. Pass the entrance to Cave Castle on the left and then just before the cemetery pass through a kissing gate on the left and follow a distinct path onto the Golf Course.

After passing an area of rough ground on the right, bear right and walk with a hedge on the left. At the next corner of the field, turn left and cross over a plank bridge and stile. Then walk across the field heading for a short length of hedge row an keep this on the right. At the end of this short hedge row, continue straight across the next field on a well defined path.

Pass through a kissing gate and turn right with the hedge on your left. After a short distance turn left and pass through a kissing gate and walk with a fence on the left and a hedge on the right. After a short distance pass through a kissing gate on the right and emerge onto the Everthorpe road and turn left. At the fork, bear left and then take the first surfaced lane on the right to once again bring you onto the main Everthorpe/North Cave road.

Just before entering North Cave, turn right and head across a field towards the football grounds and then leave the ground by way of a childrens play area and car park to emerge on the road in North Cave. Turn right and follow the road.

At the left hand bend, cross a stile on the right (near a large farm gate) and follow the path with the hedge on the right. Pass through a gate and continue in the same direction and then cross over a plank bridge after passing through a small copse of trees and then continue with a small narrow plantation on the left.

At the end of this field, turn right on a farm track which leads to Drewton Farm. At the farm follow the track as it bears first left and then right to become a farm access road and follow this road to meet the A1034. On reaching the road, turn right and follow this to the Everthorpe junction.

At this point you can continue along the road to South Cave or turn right and follow the Everthorpe road for about ? mile and then turn left onto the track walked on earlier and then retrace your track back to South Cave across first fields and then the Golf Course.





Input Kitchens would like to wish all their customers old and new A Very Merry Christmas and a Prosperous New Year

Suppliers of quality bespoke kitchens, bedrooms & bathrooms

input
of Cottingham
kitchens

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

NETA LAUNDRY

*Is Coming to
Cottingham*

Opening 3rd Dec. 2012

**COMMERCIAL – DOMESTIC
INDUSTRIAL**

**Unit 11 Station Road,
Cottingham HU16 4LL**

01482 840077

E: Lesley@netalaundry.karoo.co.uk

W: www.netalaundry.karoo.net

Suit Dry Cleaned

£6.75

Ironing

from 70p per shirt

Duvets from

£9.50



Christmas Time

For centuries, Christmas has been celebrated by bringing nature into the home. Plants offer natural beauty and wonderful fragrances. As well as the real Christmas trees and exotically coloured houseplants on sale at our garden centre, you can decorate your home with bowls of pine cones or colourful leaves, twisted stems or teasels in a vase, garlands of ivy, holly and mistletoe, and natural tree decorations such as cinnamon sticks tied with ribbon and studded oranges. So for a greener Christmas, why not add a little natural country charm to your decorations – and get the kids to help!

Selecting and decorating the Christmas tree is one of the key festive



traditions, and nothing compares to the wonderful fresh pine scent, appearance and texture of a real Christmas tree.

The traditional Christmas tree is the Norway spruce which we have available 4ft-12ft, but as an alternative we also have the beautiful Nodmann and Frasier Fir available in 4ft-8ft. Just remember to give your tree plenty of water and follow our simple steps to ensure that your beautiful natural tree takes pride of place in your home this Christmas.

Before you buy your Christmas tree, make sure you know how much room you've got to house it. Measure the ceiling height and width of the space and take a tape measure with you.

- Look for a green tree with no sign of brown needles. Check that the trunk is sturdy and straight and the tree has a good, even shape with well-spaced branches and no obvious gaps. Needles should stay fast if you gently run your fingers down one of the lower branches.

- Once home, place your tree in a cool, dry place out of the wind in a bucket of water until you're ready to decorate.

- Before you bring it into the home, saw 2.5cm (1in) off the end of the trunk.

- Place the tree in as cool a position as possible – ideally well away from radiators and open fires.

- Christmas trees keep best in plain water rather than soil or sand, which block the pores in the bark, so use a specially designed Christmas tree stand.

- Top up with water with a little sugar added – you may find your tree needs as much as 2 litres (3 pints) a day.

Festive Plants

Flowering and colourful plants are always a joy to give and receive at Christmas. Their bright, cheerful appearance, especially those with red flowers, bracts and stems, lifts the spirits and epitomises the season. Follow these simple guidelines to help your festive plants perform superbly right through the Christmas season and well into the new year.

Cyclamen

Cyclamen are one of the most charming winter-flowering plants with exotic-looking swept-back flowers in intense shades of red, purple, pink and white with heartshaped, silver-veined foliage.

They are easy and rewarding houseplants, provided you meet their requirements – a cool spot (12-15°C) that's brightly-lit, but out of direct sunlight. Overwatering is one of the chief causes of their demise. When the compost surface feels dry immerse the pot in a bowl of rain water for 20 minutes then pour the excess away.

Christmas Rose

Said to have sprung from the tears of a young girl who had nothing to offer the Christ child, the Christmas rose (*Helleborus niger*) blooms in the darkest months of the year, making them a valuable asset to any garden. Native to Europe, the Christmas rose grows 38cm (15in) high and bears single white flowers about 8cm (3in) in diameter from December to March. Grow in a sheltered position, in soil with plenty of added organic matter

Amaryllis

Hippeastrum or *amaryllis* is an indoor plant producing large, colourful showy flowers on tall stems in winter. Give plants plenty of light so the stems don't become too leggy. Support stems with a short stake to keep them upright under the weight of the flowers. After the blooms have faded keep the bulbs in a warm place and resume watering the next autumn.

Poinsettias

Poinsettias have become part of Christmas symbolism and decoration. Their association with Christmas dates back to 16th Century Mexico as legend tells of a poor girl who had nothing to give to celebrate Jesus' birthday. An angel told

Top Ten Tips

1. Check greenhouse heaters
2. Protect any tender plants with horticultural fleece
3. Prune acers, birches & vines before Christmas to avoid bleeding
4. Reduce water for houseplants
5. Increase feed and provide plenty of fresh water for the birds
6. Continue to deadhead pansies and violas to encourage flowering through the mild weather
7. Plant Winter flowering shrubs to add colour to your garden
8. Harvest leeks, parsnips, winter cabbage, sprouts and remaining crops
9. Check that your Winter protection structures are set up and in place
10. Clean up and cover you garden furniture to protect over the Winter



her to gather weeds from the roadside and place them by the altar. Red 'blossoms' sprouted from the weeds and turned into poinsettias. Their name comes from Joel Robert Poinsett, who introduced them to the USA about 1828. And even though poinsettias now come in different colours, the red and green classic is the most popular. Poinsettias are easy to care for.

To enjoy them as long as possible put them in a bright, warm spot, around 20°C without draughts. Do not overwater by leaving water in the saucer – water only when the potting mixture is almost dry.

Forced Hyacinths

Bowls of forced hyacinths that have been grown in the dark to encourage them into early flower add a delightful scent to the home. To prolong flowering, place in a sunny spot away from draughts and radiators. Stand the pots on shallow trays of moist gravel. Cut off the flowers when they die and give the bulbs some liquid feed until the leaves begin to fade. Gradually dry off the bulbs and plant them out in the garden to enjoy in years to come.

Cornus Stems

Magnificent on sunny days in the winter garden, the fiery stems of Cornus alba (dogwoods) are ideal for Christmas flower arrangements. For the best display of colourful winter stem colour, plant your cornus in a moist site in full sun. Allow to grow unpruned for the first year after planting and then prune right back to 5cm (2in) from the ground in early March.

Events at Coletta's

We are open every Thursday until 9pm every night right through until Christmas from 6pm-9pm we will have festive delights, special offers, Christmas cheer and some very exciting events and demonstrations. Come and view our Christmas displays, animations and great Christmas range all at great prices. You can always find something special for Christmas from our garden centre with our unique range and great value prices. Plus our Oasis Café will be open serving delicious hot dishes, festive dishes and sumptuous cakes, why not come for your tea?

6th December 6-9pm Humberside police crime prevention team

Humberside police will be here with ideas, hints and tips to keep your garden and home secure this Christmas. Plus there will be FREE mulled wine, festive cheer and exclusive special offers.

13th December 1.30-8.30pm Orchid Demonstration

Chris Channon (RHS Gold Medallist) will be joining us again for an orchid event. He will be setting up at 1pm and will give a talk at 2pm. He will also give a talk at 7pm for the evening session, a demonstration and of course hold his brilliant orchid MOT clinic. You can bring your orchid in and receive a FREE orchid MOT. Chris can advise you on what's best for your orchid and let you know all the tips of the trade.

1st-2nd, 8th-9th, 15th-16th and the 22nd of December are the dates for our Christmas Grotto's. Each weekend a different charity is designated and all proceeds go to that charity. The charities we are supporting this year are H.E.R Breat friend, Tweenykes special school, British Heart Foundation and Harp homeless charity. It is £4 per child and this includes a gift and chat with Santa.

Coletta & Tyson garden centre is a horticultural family company established for over 70 years. They offer quality, value and service with many of their plants grown here in east Yorkshire. Support your local garden centre.

Support the advertisers who appear within the Cottingham Times

NEWSTAR SECTIONAL BUILDINGS

Established Over 30 Years

Open Sundays 11.00am - 3.00pm

CONCRETE GARAGES & SHEDS . GREENHOUSES
SUMMERHOUSES . LOG CABINS . PLAYHOUSES &
DOG KENNELS . FULL DELIVERY & ERECTION SERVICE
BASE LAYING & REMOVAL OF OLD GARAGES & SHEDS
RE-FELTING OF EXISTING SHEDS . FREE LOCAL SITE SURVEYS

Tel: 01482 444256

Ash Grove, Beverley Road, Hull HU5 1LT
(Opposite The Blind Institute)
www.newstargardenbuildings.co.uk
sales@newstarbuildings.karoo.co.uk



WILLERBY FENCING

Proprietor: Mike Featherstone

We undertake all fencing jobs - At Competitive Prices

Decking Installation and Repairs

Ask for a Quotation

Tel: 01482 651962

www.spinney10.karoo.net



BRAVO LANDSCAPES



Garden design and build to the highest standard

Paving - Decking - Water features - Fencing -

Drives - Pergolas - Artificial Lawns

Imaginative low maintenance areas and much more!

Tel (01482) 844152 Mob 07985 416 665

www.bravolandscapes.co.uk

kitchensolutions

Replacement kitchen door and worktop specialists

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



Transform your kitchen at affordable prices

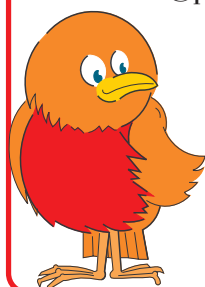
Free, no obligation Quote call today 01482 841551

Frank Pullan Butchers

143 Hallgate, Cottingham HU16 4BB

Tel: 01482 844763 :: Fax: 848213

email: noons@pullanbutchers.karoo.co.uk



*We would like to thank
all our Customers Old and New
for your custom during
the past year and look forward
to serving you in 2013*

Finkles Boutique

Xmas Stock Now In!

**Occasionwear,
Casual and Separates**

**Fashion at
Affordable
Prices**

**To Suit
All Tastes
For something
different
shop local!!**



Cotta Court, Cottingham

Your Stars for December 2012 - By Kay Gower

Aries - (Mar. 21- April 20)

If you feel something just isn't right, then more than likely it isn't. Think about it. Are you picking up an early warning sign? Listen carefully and read between the lines - but wait to act! Information comes around the 13/14th.

Taurus - (Apr. 21- may 21)

Your train of thought has definitely left Cottingham station. Now that you're on your way with this new project, your mind is buzzing with what to do next. It's all out there, you've just got to go and get it! You are on the brink of an amazing 2013

Gemini - (May 22-June 21)

When you count down the final minutes of this month, you'll be sure to say goodbye to old pain and hello to new adventures. The security you crave is internal.

Cancer - (June 22-July 22)

Refuse to take this month seriously. Try not to become sucked into a family drama. The best way to fight it is not to step into the ring. Nope, not even one tiny step.

LEO - (July 23-Aug 22)

The changes that you've been trying to make for months now can finally be implemented, and the next rung of the success ladder is finally in reach. Stick out your hand, and you'll feel it.

Virgo - (Aug 22 - Sept. 23)

You may find yourself in the role of caretaker this month or perhaps it is you who needs some extra rest and rejuvenation. Make some extra time around the days of the 21st to engage in some "me" time.

Libra - (Sept. 24 -Oct. 23)

This month, life will not be moving at the pace you'd like it to move. If you can accept this with a smile, you are truly mature. If not, at least accept it with a blank face. Getting mad only worsens the wrinkles! Things improve by 21st.

Scorpio - (Oct. 24 - Nov. 22)

Venus leaves your sign on the 11th and moves into the area of finance. Expect a profitable month through December. When you enjoy what you do abundance follows and your work doesn't "feel" like work. A good month for making important connections that will help you in 2013.

Sagittarius - (Nov. 23 -Dec. 21)

Travel may be troublesome so take your time, get your car serviced and plan for delays and the unexpected. Venus "should" be infusing you with a feeling of well-being, attractiveness and attraction, and people will be more willing to help you out.

Capricorn - (Dec 22.- Jan. 20)

The clichés at this time of the year may sound worn and boring, but don't let yourself get cynical. This is the time of year when miracles can, and do happen, and right now, they are very likely to happen to you. Enjoy.

Aquarius - (Jan. 21.- Feb. 19)

Things are beginning to straighten themselves out in the work area, and some acknowledgment may at long last come your way from important 'others' in your work circles. Venus moves through your friendship house from the 16th and well into the second week of January - sweet!

Pisces - (Feb. 20-Mar. 20)

Communications with friends and perhaps people from the past will make re-appearances in mid-December. Legal projects and house moves are positively favoured. December or early January will be the time period to sign on the dotted line.

Don't let food poisoning ruin your festive celebrations

About of food poisoning is a guaranteed way of running a Christmas meal out with friends, family or colleagues.

If you're eating out, how do you know if the restaurant owner takes food hygiene seriously?

The Food Hygiene Rating Scheme rates eateries and other places that sell food on their hygiene standards, based on inspections carried out by the East Riding of Yorkshire Council's Food Services Team. What's more, these ratings are available for everyone to see.

This national scheme developed by the Food Standards Agency (FSA) in partnership with local authorities, rates food outlets on a scale ranging from zero, which means urgent improvement necessary, to a top rating of five, which means very good.

Ratings can be checked online at www.food.gov.uk/ratings, via a free phone app, or look for the distinctive green and black rating sticker that businesses are encouraged to display.

If you're organising a Christmas gathering with family, friends or work colleagues at a local restaurant, pub or hotel don't just examine the menu, also check what their hygiene rating is.

The food services team has rated around 2000 food business since the launch of the scheme in December 2010.

Councillor Jackie Cracknell, cabinet portfolio holder for community partnerships, said: "When dining out, you're likely to choose a place where you know the food is good or it has been recommended. It makes sense to look before you book and check out the food hygiene rating as well."

"Our app makes it even easier for people to check hygiene ratings before deciding which place to visit."

Barkers

**For a superb range of
Christmas Greetings Cards, Calendars
Chocolates, and a marvellous
selection of Christmas Gifts
for all the family**

159 HALLGATE, COTTINGHAM
Telephone 846271

Sudoku Answer from page 12

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

Support the advertisers who appear within the Cottingham Times

**EX DISPLAY
UP TO 50%
OFF!**

Sale

SIEMENS EFF Baumatic BOSCH
gorenje Miele Panasonic LIEBHERR
IMMER BETTER ideas for life

Ian Black
Domestic Appliances

189-191 Hallgate, Cottingham, HU16 4BB
Tel. 01482 847279 ianblack.co.uk

**Holiday
Accommodation**

For more information
on how to advertise
your holiday home in
our next edition
please telephone
Cottingham Times on
01482 840035.

Country Cottage Holidays

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

For brochure please ring
Telephone: 01969 667654
www.countrycottageholidays.co.uk



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

Hello once again fellow anglers and welcome to this month's fishing news. I hope you are all still catching plenty, the date is 19th November.

Who would have thought that we would have a Roach revival like we are experiencing. Personally I think it is brilliant. Here are a few places that we have been too lately where the Roach are coming on leaps and bounds. Firstly our beloved River Hull, it appears to be absolutely stuffed with Roach from Figham to Tickton. At the moment bags weighing in excess of 50lb and specimens weighing to over 2lb, that is a red letter day! At Shipyard one method that is producing nearly every drop in is long pole with either a maggot or bread punch. The floats that you should use to do this properly are lollipop's ranging from 8g – 12g, depending on the speed of the current at the time. Plus do not be afraid to feed either.

Another venue to check out is Carp Pond at Risby. I know I said Carp Pond, but since the unfortunate loss of most of the carp the Roach have come on tremendously. Nearly all methods work here as long as you get your feed and you're feeding techniques correct. Again maggot, bread and small pieces of worm are producing the better bags of quality Roach.

The other place that it has been reported to myself on quite a few occasions lately, although I have not been there myself this season is

Beverly Beck. This water is absolutely packed with roach. You might not get a specimen Roach every time, but every report that I have had about the Beck is that you can expect to catch up to 50 plus fish every visit, as long as you fish correctly of course. On that point I have been told a pole fished at about 8mtrs with very fine line and 20 – 22 hooks with bread punch is working the best at the moment.

Baits: at this time of the year as you know that I have said it often enough, whatever you choose don't over feed. Little but often or sometimes nothing but your hook bait will be the order of the day. Casters and worm can be deadly at this time of year, plus pinkies, squats and hemp for both feed and hook can also produce some good specimens.

Ground baits, on this one I personally prefer dark, if not black ground baits. I don't mix up too much at a time, but I do riddle it at least twice at this time of year. Get some air in your mix and make sure there are no lumps in at all. Whatever you prefer i.e. pole, waggler or feeder scale right down your terminal tackle and target silvers. It is like going back to your childhood sometimes, and if you are like me your first fish was a Roach, it will bring back great memories.

Sea scene: well what I can say about the sea scene at the moment, if I had only one word to describe what is going on right now it would be WOW!! The fishing forums for the Holderness coast are full of reports. My customers are coming to me daily with great reports, photos and some fish as well, thank you. I am hearing that the match scene is also doing very well. In some clubs nearly all members are going to the scales which mean that everyone has caught decent fish. By the time you read this article the Daiwa Open will be over for another year. I will let you know next month what won and where from. For this month the best result so far that I know of is an eleven pound Cod from Dimlington. Paull down the river Humber has been producing Cod to eight pounds on a regular basis. I cannot name one place down our coast or river that has not produced good fish. I must admit so far this season it appears to be the best season I have heard of in 10 yrs. So if you have got some sea gear collecting dust in your shed or attic get it out and go and have a good time.

We at Catchmoore have a plentiful supply of fresh and frozen baits. We do try to have spare live baits but it is not a guarantee so please book in advance to avoid disappointment.

Till next time tight lines and may we wish you all a very merry Christmas and New Year from me Chris and the Catchmoore Crew.



CATCHMOORE FISHING TACKLE

Everything for your fishing needs

259 Greenwood Avenue

Hull HU6 9QA

Tel: 01482 803260





Summer Reading Challenge presentation held at Cottingham Library

A special presentation of certificates took place at Cottingham library on 27 September for children who had taken part and completed the annual Summer Reading Challenge.

The theme for this year was 'Story Lab' and the challenge for the children was to read six books over the summer holidays and attend weekly sessions in the library and talk about the books they had read.

All the children taking part looked forward to the sessions and had a chance to join in with games and activities based around the challenge theme. Every week each child received stickers and colouring/activity sheets and on the final week a medal.

The children who had taken part in the challenge attended the presentation along with members of their families.

The evening continued with a family quiz, treasure hunt and games with prizes for the winners and was enjoyed by both visitors and staff.

manna coffee

Fantastic Coffee
Bacon Stotties
GingerLove Tea
Paninis
Soups

Home-made
 bakes & scones
 & take-out available

all served with a **warm welcome**
 in our newly refurbished coffee shop!

SPECIAL OFFER! Regular drink and slice of home-made cake, just **£2.50** with this voucher!

FAIRTRADE Guarantees a better deal for Third World Producers

www.mannacoffee.org.uk
 76-80 King Street, Cottingham, HU16 5QE Tel: 07563 775552

CAVE CASTLE HOTEL & COUNTRY CLUB

Christmas at Cave Castle Hotel & Country Club

Have you booked your Christmas event yet?

'The Big Christmas Quiz'
 Wednesday 19th December
 1st, 2nd & 3rd place prizes!
 With 3 course dinner & disco
£19.50 per person

'Request Fest Fridays'
 Friday 30th November,
 7th 14th & 21st December
It's your party, tell us what you want to hear!
 With 3 course dinner & disco
£29.50 per person

'Christmas Casino Nights'
 Thursday 13th & 20th December
 Come play our gaming tables!
 With 3 course dinner & disco
£19.50 per person

'Saturday Glitz & Glam'
 Saturday 22nd December
 Dress up & add a little extra sparkle to your night!
 With 3 course dinner & disco
£29.50 per person

Telephone: 0844 686 2242 (local rates apply)
Cave Castle Hotel & Country Club,
 Church Hill, South Cave HU15 2EU
 Email: info@cavecastlehotel.co.uk



Quality Cakes at Affordable Prices
Christmas Offers back again
by popular demand
Hand Decorated
Christmas Cakes only £25

also taking orders now for:-
Gingerbread Houses
Yule Logs
Christmas Cup Cakes

We would like to wish all our customers
Old and New a Very Merry Christmas

Sugar n' Spice Cakes Ltd.
175 Hallgate, Cottingham
Tel: 01482 669277 :: Mob: 07764 951592
www.sugarnspicecakes.karoo.co.uk

ALTERFRAME LTD
 146 Hallgate, Cottingham
 Tel: 876473



Clothing alterations and repairs
 Curtain alterations and haberdashery
 For all your Horse Rug repairs

Would like to wish all customers
old and new - A Very Merry Christmas
and a Prosperous New Year!

A hug for Father Christmas

by Peter Railton.

Christmas magic usually starts at a very young age, and I was no exception - the darker nights, the bright lights in the shops, the paper decorations being prepared at home, the resurrection of an old artificial Christmas tree that had seen service in my mother's younger days, the small candles in their clips attached to the branches and lit occasionally (a definite no-no today) and the annual hope that the string of 12 fairy lights would yet again shed their glow from around the top of the sideboard cupboard.

Then, that all important visit to the great man himself. One particular time I remember very well, we went in to Hull from Cottingham station one Saturday afternoon - the weather was gloomy but this seemed to enhance the excitement as the carriages clanked into Paragon station and the engine let off its customary steam, as it slowed down at the buffers: the brightly lit shops came into view as we came out of the station - the War had not yet plunged the City into darkness.

We made our way through the crowds of shoppers and I kept a firm hold of my parents' hands as everyone seemed to tower above me, all trying to hurry along, often with children in tow like me - I remember a fleeting sense of panic that Father Christmas would have gone before I could see him, but no - he was there in Thornton-Varley's, sat outside his colourful igloo.

Hauled onto Santa's knee

He hauled me onto his knee and asked what he should bring me on Christmas Eve - I cannot remember my request - I was more fascinated with his large brown boots peering out from under his red trousers. Equipped with the usual small tin of paints and a colouring book, we went into Hammonds - he was there too. The process was repeated - the tin of paints, the colouring book - but there was something odd here? Father Christmas had changed his boots somewhere between Thornton-Varley's and Hammond's - they were black ones now. My parents could not answer my questions about this strange anomaly and how had he got from one shop to the other before us and what about the other boys and girls waiting to see him? Clearly, a questioning mind was developing!

Santa in the 1970's

Fast-forward to the 1970's. I was teaching at a primary school off Bricknell Avenue in Hull. A nursery or pre-school had been added just across the teachers' car park catering for those children who would be going into the reception class in the main school later. Even though there were lingering doubts about Father Christmas in the minds of the lower primary children, no such doubts existed in the minds of the four year olds and his visit for their school was a must.

The caretaker sometimes donned the Santa outfit but his voice and his glasses would be too familiar to some of that particular intake. The husband of the headmistress was sometimes volunteered to fill the bill but he was ill this time, so I was persuaded to do the job, very willingly.

Changing in the Staff Room

It was the Thursday before we broke up for the holidays next day. A magician was booked to entertain the primary children in the hall from 1.30 pm to 2.30 pm, then it was the class parties in each room and the teachers were responsible for getting everything ready whilst their classes were in the hall, but before then I had an appointment. At 10.00 am. I partly changed into the Father Christmas outfit in the deserted staff-room and complete with the school hand bell and escorted by the headmistress, I made my grand entrance into the nursery building - a "look who's here" and a few loud jangles on the bell announced the arrival of the man in red.

Some 16 or 18 children were seated on the floor as I was escorted to my seat near the Christmas tree by one of the teachers and faced

Support the advertisers who appear within the Cottingham Times

the semi-circle of upturned faces - some showed excitement, some were a bit nervous but wonderment could be seen in their eyes - they had the great man himself sat there amidst the garlands and sticky-backed paper chains that they had made: buns, crisps and lemonades were set out on holly-patterned table cloths ready for their party in the afternoon and a delightful atmosphere filled the room.

"Hello girls and boys - I have come to ask you what presents you would like me to bring you at Christmas."

Hands went up and the proceedings were made easier by the children having their names printed on cards attached to their clothes.

"Yes Lisa, and what would you like me to bring you?"

The requests from most of the girls were for dolls or dolls prams, houses or furniture etc.

"Yes Jason, what do you want?"

Most of the boys wanted 'Action Man' type of toys, or guns or footballs; requests were called out as confidence grew and a general shuffle began towards me. One small boy, Paul, got to his feet and held his arms up to be taken on to my knee: I glanced at the teacher who nodded approval - the age of innocence had not yet received its death-knell, but already there was this air of caution regarding any physical contact with children.

Paul was more interested in my bushy white beard which just concealed my own black one, and ran his fingers through it as I asked him what he would like for Christmas. He did not reply - he put an arm round my neck and gave me a slow, gentle kiss on the cheek just above the beard. Then, with shining eyes he slid off my knee and resumed his place on the floor.

For a moment I could not speak - this implicit trust and affection was very moving and reinforced my satisfaction and happiness in the job I was doing. A quick change of clothes in the staff room and back to my classroom where the children were lining up at the door with the headmistress who had gone back to supervise them. It was nearly dinner time and they were curious -

"Where have you been sir?" several asked.

"I've been with Father Christmas," I replied. Some tittered, some looked a bit worried, as I had said (in fun) that I would write to Father Christmas about anyone mis-behaving - this usually had the desired effect especially with the girls.

The class Christmas Party

Off they went, some home to dinner, others into the hall for school dinners, and after a quick sandwich and cup of tea I set to work to transform desks into tables covered with clean white sheets of paper, then serviettes, cardboard plates and cups then set out the mountain of crisps, jam tarts, buns, chocolate teacakes that came with almost every child - the parents had sent enough food to feed an army but my particular army always made short work of its Crates of flavoured drinks were delivered and distributed among the classes, the bottle tops removed and straws inserted, then at 2.30 pm the excited youngsters burst into the classroom and took their seats, eyes popping at the feast before them.

Two boys gave out the drinks, then when nearly everything had been eaten and drank, a further treat - a tub of ice cream, and little spoon paid for, along with the bottles of pop, out of school funds. "Now, be careful of the ice cream - it has got a bit runny with being in the warm classroom, don't drop it on to your party clothes" I warned.

There was an ice cream for the teacher too and I was enjoying it until some girls started to chuckle and point to me.

"Look in the mirror near the blackboard sir." I turned - a thick rim of ice-cream adorned, my moustache and the top of my beard and had dropped on to my tie. Gales of laughter followed and I had a good laugh too - what a mess.

A superb day - lots of happy children and a massive clearing up at 3.30 pm. *But the puzzle remains from all those years ago - which was the real Father Christmas, the one in the brown boots or the one in the black ones?*

Support the advertisers who appear within the Cottingham Times

SENSATIONS

Nails :: Beauty :: Chiropody

A warm, friendly relaxing atmosphere awaits you

Party Season Offers

UV gel soak-off polish High gloss finish, this

season's colours £18.00

Fully body fake bake tan £20.00

Gift vouchers available now for Xmas

Christine Wanless

B.Sc. (Hons.) Mchs

HPC Registered Chiropodist/Podiatrist

All aspects of footcare

Discounts available for people over 65 years old

Sunday/Late Nights :: Appointments available

181 HALLGATE, COTTINGHAM

Tel: 849068



GOLD CREST Holidays **ANDREW EARLE'S**

Disneyland PARIS

Magical Disney Breakaway

Departing from Hull & Brough on 26th May 2013-Bank Holiday Weekend!

Just look what's included...

- Return channel crossings by ferry/Eurotunnel®
- 2 nights accommodation at Disney's Hotel Santa Fe®
- Return executive coach travel
- Two Day Hopper Ticket allowing unlimited access to both Disney® Parks

Exclusive Price!
Family of 4 from only **£767**

Exclusive Price!
Family of 3 from only **£618**

Call into Andrew Earle's, World of Travel or call 01482 334545 for more details...

Disneyland 20th Anniversary



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

www.instinctivehorsetraining.co.uk

From the horses perspective

I have had really good feedback from my articles about the world according to Sid! Thank you all for being so interested in the first place! Apparently those two articles made a lot of people think or re-think their perspective of how they perceive a horse in the first place.

Many did not realise just how emotional horses are, how sensitive they are to the pressures of our world and it helped them to understand why horses appear so overly reactive at certain stimuli e.g. traffic, windy conditions or sudden movements.....

Just for fun I was once given a poem from my livery horses that had apparently all got together with their owners and in the words of the horses themselves they came up with this little gem!!!!.....

The Ode to Melanie

She really is quite fabulous; we all agree it's true
So we agree it's time that she was given praise that's due.
She takes us in and sorts us out, no matter who we are,
The stressed, the scared, the traumatised, with her we all go far.

We start at first not sure of what our lives will now entail,
But find that soon her every word is like the Holy Grail!
Not only does she sort out all the upset in our heads,
She also knows the ultimate in feeds and hay and beds.

We know we're quite a handful and we give her lots to do,
We fight and scrap and hurt ourselves and sometimes escape too!
But she never shouts (well almost) if we're naughty or in trouble,
She's always there to sort it out quick time, and on the double.

Our fields are clean, our rugs are dry and beds are clean and warm,

We get to play outside each day; we know we're free from harm.

But more than this we have to say a miracle she does,
She also sorts our owners out, with minimum of fuss!

We all really love our lessons 'cos it's fabulous to hear
Our owners being sorted out, it's true there's lots to fear!
If we are kicked or hurt or pulled in a way that is unfair,
She'll jump and scream and shout and even start to pull her hair!

We know that if we do our job she'll make our owners work,
They have to ride correctly; they are not allowed to shirk!

"Sit up straight, legs back I said, WHY ARE YOU DOING THAT?"

Don't move your hands, look up look up, oh god look how you're sat!"

We really think its funny, to see her try to show
Just what she means and to explain just how to get us go!
Her legs contort, her arms twist round as she leaps around the floor,

And then when our poor owners try, they mess it up some more!

But we don't laugh too loudly as there is a danger there.....
that on our backs she'll jump and then it's our turn to care.
We get away with nothing; we perform for all our might,
Our owners get the last laugh as we have to get it right.

We talk at night amongst ourselves to see who achieved just what,
the horses or the owners, who was in the tightest spot?
But each time we do to find out who came out on top that day,
It always seems to be our Mel, who's won we have to say.
But in the end we have to tell, she's fair in all she does,
And being cared for at her yard gives all of us a buzz!
So here's an ode to Melanie, a horse's real best friend
This is to say we love her so and our thanks to her we send!

*It makes me smile to read just how well they all know me,
my habits and my foibles!*





“Midnight in Paris” at the Swanland Village Hall on Saturday 15th December

As Christmas is just around the corner we are screening this Woody Allen comedy, fantasy, romantic film about a nostalgic screenwriter who, whilst on a trip to Paris with his fiancé's family, finds himself mysteriously going back to the 1920s every day at midnight. “The film opened to critical acclaim in 2011 and has commonly been cited as one of Allen's best films in recent years.

In 2012, the film won both the Academy Award for Best Original Screenplay and the Golden Globe Awards for Best Screenplay; and was nominated for three other Academy Awards”.

Tickets (on sale at the door) cost £4 adults, £2 schoolchildren.

The filming begins at 7.30 pm on Saturday 15th December in the Swanland Village Hall.

For further details please contact Yvonne Dumsday on 01482 634863.



THE RAILWAY

11 Thwaite Street, Cottingham, Hull, HU16 4QT • Tel: 01482 622980

Xmas at The Railway

Come and join us
to celebrate our
1st Anniversary
at The Railway
on Sunday 9th December

Maggie, Brian and their staff welcome you
to come and enjoy
Special Drink and Food Promotions
Carvery for 2 plus FREE Drink

Open Christmas Lunchtime 12.00 to 4.00 pm
Christmas Fayre available
(Book for food only)

Maggie and all her staff wish all their customers
Old and New a Merry Christmas
and a Prosperous New Year

Cottingham Mobility

100's of everyday items A Local Family-run Business for all
Mobility and Age Related Products



**Rise
Recline
Chairs
From £599**



**New Mobility
Scooters
From £499**



**New Stair Lifts
From £1,250**



Cheryl Roberts



Steve Roberts



Matthew Roberts

Free Delivery
and Home Visits

**Large Selection of
daily living aids always in stock**

**Scooter Repairs Servicing
Wheelchairs,
Rollators and Walking Aids
Used Scooters Bought and Sold**

220 Hallgate, Cottingham (Next door to the Purple Cow)

Tel: (01482) 876444

Is this you, or anyone you know?

Susan, who didn't like her Dad

Susan's parents divorced when she was 14. Nobody liked her Dad, especially Susan. She never married. Her mother died when Susan was 42. Then Susan died unexpectedly aged 45, and she had never bothered to make a will. Under the rules where there is no will, her Dad inherited everything, even though he had never seen her for nearly 30 years and it was the last thing she would have wanted. He was delighted with the money.

If you have not made a will, you must find out who will inherit if the bus runs over you tomorrow. It may not be what you want.

Roger, who married again

After Roger's first wife died, he made a will leaving everything to his two boys. A few years later he met a young divorcee and they got married. She already had her own money and a child of her own. Roger then died and his new wife, not the sons, inherited nearly everything of his. Roger was not aware that by simply getting married his will leaving everything to his boys had become invalid. Roger's two boys hardly got anything, and when the wife eventually dies, she will almost certainly leave everything she got from Roger to her daughter.

If you get married, any will already made is automatically made invalid the moment you say "I do". Few people know this. You may need to make a new will, especially if this is your second marriage. If you have friends who have remarried, mention it to them.

PROBATE

done in your home
that means it's done very quickly

NO VAT

NO expensive solicitors offices to pay for

Fixed fee - £350 straightforward

£500 more complicated

20 years' experience

Ask for a quote - Tel: 653339

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

My solicitor friend and sprats and mackerels.

Several years ago I was talking to a solicitor in Hull. He is now retired. He told me that his firm did wills very cheaply if his firm were made an executor of the will. He called it using a sprat to catch a mackerel, because when the client died his firm made a lot of money from doing the probate. The banks do the same.

If you have appointed a solicitor or a bank as an executor, you have no choice but to pay their fees. The fees charged by the banks are especially expensive. However, if you only appoint members of your family as your executors, when you die they can ring round all the solicitors to get cheaper quotes. This could save a lot of money. Check your will to see who your executors are, and change them if necessary.

Malcolm whose wife is disabled.

Malcolm is 67. His wife is disabled. He expects to die before her, because men usually do, and also he smokes and doesn't look after his health. Their house is owned in joint names, so that when he dies his wife will automatically inherit his half share. However, he has just changed the deeds so his half share passes according to his will, and his new will now leaves his half share of the house to his kids. I asked him why he had done this. He said when he dies his wife is sure to have to go into care and the house will have to be sold to pay for residential home fees. This way his children will receive at least half the proceeds.

It is best to consider this only in the rare circumstances where there is disability in the family.

The couple who lived together with a 10 year old child.

I went to do the accounts of a likable couple who live in East Hull. They have a 10 year old son. I asked the wife about the husband and she mentioned that they weren't married. I asked who owned the house and she said her husband did. He has not made a will. I told her that, if her husband died unexpectedly, everything including the house would go to the 10 year old. She would get absolutely nothing. She was shocked. "But we have been living together for 13 years and have a child", she said. I said that made no difference. In law she was just a girlfriend. She got her husband to make a will straight away.

If you are not married but living together, you must take advice about who gets what if either of you dies.

Riser Chairs, Acorn Stairlifts, Wheelchairs & Scooters

- Walking Aids • Incontinence Products
- Commodes • Hundreds of Daily Living Aids

Rapid

CARE SHOP

A trading name of North Eastern Care

Call: 01482 565626

752 Spring Bank West, Hull

**"Peter's a man you can trust.
He always gives a really good deal."**

Quality • Integrity • Service • Strength

**Home
visits and free
delivery**

**Any
colour
& size**

**FSB
MEMBER**





PIZZAS :: BURGERS KEBABS AMERICAN FRIED CHICKEN

Gino's Pizza and American Fried Chicken Takeaway is situated on Hallgate, Cottingham, near the junction with George Street and opposite the United Reform Church.

He has been established for the past six years and has built a reputation for providing excellent quality food and excellent, friendly service.

He has won the coveted Fast Food Guide Quality Award for Excellence in 2010 and now 2011. He also has the Outstanding Achievement Award for Distinction for Excellence in maintaining High Standards of Quality and Customer Service, by The Good Food Guide 2005.



There is ample parking on Hallgate and in the nearby side streets.

Gino's is a bright, clean and friendly premises, and there is a small well-lit waiting area. There is an excellent choice of Pizzas, Burgers, Kebabs and Fried Chicken, and the meals are of ample proportion, even for the biggest appetites. There is also a Gino's Kids Club menu.

The meals are of excellent size and quality and the Mega Meal at £11.99 is superb value for money.

Gino's is now open from 4pm till midnight every day, and is open till 1.00am Fridays, Saturdays and Bank Holidays to provide his customers with good food for longer.

There is a local delivery charge of £1.00 (subject to change). Visit Gino's soon.

You can now download Gino's Menu from the Cottingham Times website www.cottinghamtimes.co.uk under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.





OUTSTANDING ACHIEVEMENT AWARD OF DISTINCTION
FOR EXCELLENCE IN MAINTAINING HIGH STANDARDS OF
QUALITY & CUSTOMER SERVICE
By The Good Food Guide 2005

GINO'S

COTTINGHAM

Voted No 1 Pizza

OPENING HOURS
FRIDAY - SATURDAY 5PM - 1AM
SUNDAY - THURSDAY 5PM - MIDNIGHT






Pizzas

Burgers

Kebabs

Fried Chicken

212 Hallgate, Cottingham

849222

For cheesy stuffed crust add £1

FREE Garlic Bread with Spicy Tomato or
one item of the extras on orders over £15

GINO'S
Drumsticks, Chicken
Chicken Wings, Scampi,
Chips, Breaded

Moving Abroad?

A monthly column by Nick Russell

New Guest Bathroom

One of the rooms that badly needed renovating was the downstairs guest bathroom, so when our visitors left at the end of August, we made a start. We had 10 days before our next visitors arrived so Tom ripped out all the old fittings and the walk in shower ready for tiling. To save time and to be less messy, we decided to tile over the old tiles, which was much quicker and easier. Charlie the builder came and prepared the plumbing and Tom started the tiling.

We had bought the bathroom suite and tiles in the village about a month before but didn't realise that baths in Spain don't come with legs or side panels. You have to build brick walls for the bath to sit on and then bed it down on sand which is very time consuming and awkward but it is much more stable. You then tile the brick side of the bath to finish. After all that Tom got the room finished in time for our guests, and dressed with towels, shelves and decoration from one of our many trips to Ikea in Malaga it looks really good, certainly much better than the old room.

Iceland

Someone mentioned that the next time we went to Ikea, we should pop down to Iceland in Fuengirola, as you can buy a lot of the food you might miss from the UK. Its only an extra 10 mins from Malaga so on our last trip we decided to call in. Now, we can get most things we need at the local Mercadona supermarket but it was good to be able to buy fruit cordial, gravy mixes, and oxo cubes, English bacon and chocolate. We did however think it was pricey compared to the UK and we only go there if we are going somewhere else as well.

Planning Permission

One of our plans when we bought the house a year ago was to convert the the 2 storey out building into a self contained 2 bed casitas which we would then rent out. It needs totally gutting inside with new walls, windows, doors as well as a kitchen and bathroom and a new roof. To do any of these jobs, we have to apply to the Town Hall in Illora for planning permission and a licence, for which of course there is a charge. Our builder Charlie put the plans in and hopefully we will hear by the time you are reading this article. Hopefully we will have the project finished by the end of March 2013, ready to rent out for the summer season.

Fruit Harvest

Around the garden of the house we have 4 fig trees, 3 almond trees, 2 Quince trees, a pear tree, a pomegranate tree and a grape vine but unfortunately because the irrigation system doesn't work, some trees didn't fruit this year. However the fig trees did and we got enough figs to make jars of fig jam and chutney. We also had about 25kg of grapes which I have made into wine (ready for Xmas) and a few kilos of almonds which will be roasted ready for Christmas. Next year will be better once I get the water to the trees as well as having the fruit from our new trees in the orchard.

More Guests

Our daughter and her family came out for a couple of weeks in September and, during the first week of their stay 2 of their friends, Elaine and Josie from Sails Coffee Shop in Skidby, came for a visit. They were staying on the coast, so decided to come up to see us and stay overnight. It was nice to see them and I think they had good time. We also had our friends Dawn and Steve visit for a week as well, so for most of September it was a full house and very hectic. Thankfully the weather was fantastic every day so most of the time was spent laying around the pool and a couple of days at the beach. By the end of September however the weather had started to change.



Fires and Floods

I know it may seem strange but we were not aware of the horrific fires around Marbella until I started to receive e mails and texts asking if we were ok. We then checked the news and saw the devastation the fires had caused. Fortunately they were about 85 miles away from here and didn't really affect us at all. Shortly after the fires came the rains and floods. We hadn't seen a drop of rain since April but it certainly came down with a vengeance, lasting 4 days and nights without stopping and, at times, was torrential. Again we didn't suffer any any damage or flooding as in some places nearby but the ground got a good soaking and my pond and pool filled up by about 6 inches. When it stopped though, the sun came out and a couple of days later you wouldn't have known we had had rain as the ground was once again dry and rock hard.

October Weather

After the rains, there has been a noticeable change in the weather. Although it still get into the high 70s and sunny, the mornings and nights are a lot cooler, but not dropping much lower than 50. Its really pleasant weather to be working outside, doing the gardening and just pottering around.

Olive Harvest

The olive harvest starts December and runs through till March so I have had to organise for a team of pickers to harvest my 125 trees and agree a price. We have had to do some preparation work on the trees, cutting off new growth, removing weeds etc. which took about 5 days, but they are now ready for harvesting. Hopefully we will have a big enough crop to at least break even this year. I have also had to register as an Agricultural Employer as I will have to pay the workers "stamp". Thankfully the weather wasn't too hot when we were working but it was very hard work !!!

My Birthday

It was my birthday earlier in September so we all went into the village for a few drinks. We got our drinks and all the family wished me "Happy Birthday". When the bar owner heard that she brought me over a cup cake with a candle in it and all the customers in the bar sang "Happy Birthday" to me in Spanish (Feliz Cumpleanos), which was very nice.

*Continued from page 5***Beverley Film Society**

Friday 7th December – Le Havre (2011) Director – Aki Kaurismäki (Finnish), Cert (PG), French, Comedy/Drama. When an African boy arrives by cargo ship in the port city of Le Havre, an aging shoe shiner takes pity on the child and welcomes him into his home. All films start at 7.30pm. Screenings are in the Masonic Hall, Trinity Lane, Beverley

East Yorkshire Embroidery Society

Saturday 8th December - EYES Residential weekend work over the years. In the Darby & Joan at 2.30 pm. Memberships Fees £8 per annum. Meeting fees: Members £1.50; Visitors £2.50.

Maureen Hunter Singers

Saturday 8th December - 'Christmas Voices & Brass' concert at the Hull City Hall, with the Hammonds Saltaire brass band as guests. (7.30 p.m.) Tickets priced from £7.50 from the City Hall box office: 01482-300300.

Cottingham Catholic Women's League

Monday 10th December, Christmas Social, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 11th December - Christmas Celebrations, occasional folk group. Competition: A Christmas Poem, at 10.00 am upstairs at the Civic Hall, Cottingham. *Lift available.*

Cottingham Evening Townswomen's Guild

Wednesday 12th December - Social Evening, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Men's De Luda

Wednesday 12th December - "Men Only" Christmas Lunch, in the St., Mary's Church Hall, Cottingham, at 2.00 pm.

Cottingham Singers

Wednesday 12th December - Traditional Christmas Carols with some audience participation. Bricknell Avenue Methodist Church. Tickets £3.50 which includes light refreshment, tickets may be purchased at the door. There will be a plate collection for the Neo-Natal Intensive Care Unit at the Hull Women's and Children's Hospital at the door on the way out.

Cottingham Green Women's Institute Evenings

Thursday 13th December, Members Christmas Party, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 13th December - Janet Jowett - An Entertaining Interlude, at 2.00 pm in the hall at the Darby Joan Hall, Finkle Street, Cottingham.

Welsh Society of Hull and East Riding

Friday 16th December - Beverley Arms Hotel 7.00 pm for 7.30 pm. 'Christmas Dinner'. Details and tickets 01482 869800.

Cottingham Ladies Circle

Wednesday 19th December - Social Evening, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

Cottingham Men's De Luda

Wednesday 19th December - Gordon Acaster - Walking a Beat, in the St., Mary's Church Hall, Cottingham, at 2.00 pm.

"Thank you" from the Skidby P.F.A.

Thank You. The Skidby Playing Field Association would like to thank all the children and parents who took part in the Starlight Sponsored Walk around the field on the last night in October. Everyone loved the free hot-dogs and hot drinks and enjoyed raising £70 towards new Play-Park equipment.



We are pleased to announce we are accepting new NHS patients
in our dedicated state-of-the-art practice.

Our caring team deliver the highest quality of care possible in relaxing surroundings

YOU DO NOT NEED TO PAY FOR YOUR TREATMENT IF YOU ARE IN RECEIPT OF:-

- Income Support
- Income related employment support allowance
- Income based job seekers allowance
- NHS Tax Credits
- Are pregnant or have given birth within the past 12 months



We have free parking available and are accessible to everyone
www.easthulldentalcentre.co.uk

Pierce & Geddes Ltd., The East Hull Dental Centre
822 Holderness Road, Hull HU9 3LP
01482 783611 **01482 374361**



Community Clean-Up Day 3rd November 2012

Another very successful morning, the months seem to have flown by since June but the litter just keeps coming. This time of year sees more obvious litter as the strong winds have the effect of winking out those pieces of litter that have been hidden by the overgrowth during the summer.

The Cubs and supporters, from Cottingham Mowgli Cub Troop, joined us this time, all seventeen of them along with some of the clergy from around the village and individual residents. We had so many volunteers that if this continues I'll have to borrow more equipment. Fly tipping was identified in the area of the station but Geraldine and I did a recce and it's on private land, so unless we remove it ourselves we are at the mercy of the good will of the land owners.

As this area is in the middle of a planning application we'll leave things be until the outcome is known. Various snickets have been cleaned up and I'm pleased to report the feed-back from some of the teams indicated that the amount of litter has decreased in certain areas. Cigarette butts and empty drinks cans seem to be top of the chart although Geraldine did find a very tired Halloween balloon and a ten pence piece.

Thanks must go to everyone who turned out on what was a very chilly, but thankfully, rain free morning. We'll be mustering again in June or July next year and look forward to seeing some familiar and perhaps new faces. If any reader requires any information about our community work please phone Ros on 842272 or Geraldine on 847276.

PS – I hope Dave Coote's brand new jacket cleaned up and he's not in his wife's bad books. *Ros Jump.*

Pictured opposite: Some of 'The Team' and one very shy dog.



Steam excursion train passes through Cottingham

The former steam LMS loco 44932 speeding through Cottingham on its excursion during September.

The diesel hauled train started at St Neots, Cambridgeshire, pausing at York, where this former LMS loco 44932 took over its 13 coaches for a 4 hour stop at Scarborough.

The return journey along the Wolds Coast line bypassed Hull's Paragon station on its way back south.

(Photo: Courtesy of Ian Booth)

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

Making sure everything goes to plan



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

(01482) 844695

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

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

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

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

Golden Charter
Funeral Plans

The UK's largest independent funeral plan provider

www.yourfuneraldirectors.co.uk

GC-LIFT 2222



Magnolia House



"Magnolia House is a wonderful 5-star residential care home for the elderly, situated on Hull Road, Cottingham in the East Riding of Yorkshire.

As part of its ongoing efforts to improve day to day life for its residents, the home is currently undergoing an extensive £300,000+ refurbishment and renovation programme. The intention is to bolster what is already an excellent home for those who live and are supported there. Most of the renovation work is taking place on the part of the building which looks after those with varying forms of dementia-related illness by opening out communal spaces, creating bigger bedrooms with additional luxury, providing enhanced sensory stimulation, all whilst continuing to provide the very best levels of care and support for residents.

The rest of the home will not be forgotten, however. All communal and public spaces within the home are being given additional TLC, with repainting throughout as well as an rethink on the largest dining room and lounge: new homely laminate flooring has been laid, as well as redecoration throughout the remaining space.

Further work has also taken place to enhance the home's kitchen facilities through the purchasing of additional equipment, which takes advantage of its highly skilled senior kitchen staff. Menus are decided upon through prior consultation with residents and their relatives and/or friends,



with menus rotated four times a year to allow for seasonal variations. Of course, if residents decide they want something 'off-menu', then they are welcome to do so.

The home has superb, landscaped gardens to its rear which teems with wild birds, deer and rabbits to know but a few of its inhabitants. There are winding, level footpaths throughout the gardens which residents and their relatives enjoy in abundance in warmer weather. They can also stop along the way and admire the various garden features, or sit and admire views of the surrounding area.

Activities are a vital part of life in any care home, and Magnolia House is expanding its schedule to cater for further trips out to local attractions. The home's recent success in a regional bowls tournament has given residents an increased appetite for excursions out and so trips to pantomimes and other areas in the local community are being actively encouraged. The home welcomes families and friends to join in with the fun where possible. Relatives and friends are already participating further in this area, with yet more involvement planned over the next few months.

There will be an open day for relatives and guests to come and see the results of the hard work, once the refurbishment is complete. We think you will be impressed!"



T: 01482 845038 **M:** magnolia@parklanehealthcare.co.uk

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

www.parklanehealthcare.co.uk



Save £££££'s and use the Scout Post within Cottingham

Cottingham Scout Group Scout will once again be delivering cards to Cottingham addresses only through the Scout Post this Christmas. Special purple posting boxes will be in the shops from Saturday 24th November with the last collection at 12pm on Tuesday 18th December.

Stamps are available at 5 for £1 from the following shops: Barkers, Beck Bank News, Castle Park News, Salon 36, New Village News, J & J News, Mark Kirby Tearooms, Cottingham Sports and Parkway News. These shops also have post boxes, with the addition of the Methodist Church Hall.

Please also remember to put the address on your envelope - we find it hard to deliver to Fred and Wilma if there is no address on the envelope!!!

For further information please contact 07504 234483 or 07963 803789, e mail info@cottinghamscouts.co.uk or check out our website www.cottinghamscouts.co.uk on Monday.

Free Christmas parking for the East Riding

East Riding of Yorkshire Council will again be running its popular scheme which gives shoppers free parking in the run up to Christmas.

For the past three years, those preparing for Christmas by shopping in the East Riding have benefited as the council suspended parking charges at its car parks during the three weekends leading up to Christmas.

Once again, pay and display machines in the council's car-parks and on-street parking locations will be clearly marked to let shoppers know there is no charge for these weekends leading up to Christmas.

Councillor Stephen Parnaby OBE, leader of East Riding of Yorkshire Council, said: "For the past three years this initiative has helped to bring shoppers to the East Riding in the run up to Christmas.

"The council is still happy to promote schemes like this which have a real and tangible benefit to local businesses."

The free parking will apply on Saturday 8, 15 and 22 and Sunday 9, 16 and 23 December.

All council car parks will be free from 8am on Saturday until 8am on Monday.

Parkway News, opens again

It's been over a decade since the Parkway had its own convenience store. We're happy to announce that Parkway News is open again. If you live near the Parkway and the surrounding area you'll know just how much this area needed a local shop for those times when going all the way into the village is just too much bother. We sell tobacco, newspapers, magazines, cereal, milk, eggs, tea, sugar, bread, potatoes, and much more.

We have a fridge full of drinks, plenty of sweets and snacks to keep you going on a cold day – we stock cough-medicine for when the cold days really get you. We also stock household goods – no need to go far if you need some laundry powder. If there's something missing ask us and we can take care of it. Our prices are sensible - we're trying to keep them as competitive as we can. Parking is easy if you don't fancy a walk.

We're also expecting to have top-up and utility payment services soon. So come and support your new local shop, we're sure you'll be happy with it. Last but not least don't forget you can pick up your copy of the Cottingham Times here.

We hope you all have a very merry Christmas and a happy new year.

Festival of Christmas creative fun for all the family

Beverley Guildhall, The Treasure House and Beverley Art Gallery will be open to the public on Sunday, 9 December, 10am-4pm, to celebrate Beverley's Festival of Christmas.

There's free creative Christmas activities going on from 10am-3pm. Everyone is welcome to drop in and have a go.

At Beverley Guildhall the theme is a Victorian Christmas and at the Treasure House you can make festive decorations for family and friends.

Visit both places to complete your Christmas cornucopia by filling it with a handful of sweets.

The activities are suitable for families and children of all ages. Children must be accompanied by an adult.

Refreshments will be available in the elegant parlour at the Guildhall and the Treasure House Coffee Lounge will be open until 3pm.

For more information on these museum events, email museums.th@eastriding.gov.uk or call the Treasure House on (01482) 392780 or the Guildhall on (01482) 392783 or visit www.eastriding.gov.uk/museums

York Waits performing Green Grows the Holly at Toll Gavel United Church, Beverley

York Waits will be performing Green Grows the Holly at the Toll Gavel United Church, Beverley on Thursday 6th December 2012 at 7.30pm.

The York Waits return to Beverley - the city that was an important musical centre in medieval times - for a colourful concert of Christmas and winter season music from the Middle Ages and Tudor times. Joined by singer Deborah Catterall, the Waits perform on a huge array of ancient musical instruments, such as sackbut, shawm, rebec, lute, gittern, bagpipes and hurdy gurdy, many of which can be seen carved in stone in Beverley Minster. Some of the music has remained familiar for hundreds of years, but many of the pieces are fascinating rediscoveries...

Tickets cost Adults £12, Concessions £10 and are available from Beverley Tourist Information Office (01482) 391672.

Support the advertisers who appear within the Cottingham Times

Live @ The Blue Bell
Live Jazz
every Sunday
from 5

Hosted by RevRay
with guest performers,
and monthly open mic when aspiring musicians can join in
Frank also hosts the weekly

"Face The Music" night

at the Blue Bell from 9 every Wednesday
with guest performers

and any aspiring musicians are also invited to join in.

The Bluebell Bell
West Green, Cottingham
Tel. 847113

East Riding open art exhibition application forms

Application forms are now available for the annual East Riding Open Art Exhibition at Beverley Art Gallery, where selected works will be on display from Friday, 7 December to Saturday, 2 February 2013.

Pick up a form from the first floor reception at the Treasure House building on Champney Road, Beverley.

The highly popular exhibition, open to all artists residing in the East Riding of Yorkshire and Hull, is in its 17th year.

The handing in dates for entries are towards the end of November and all the details that entrants will need can be found on the application form.

Those interested in exhibiting, but who may have difficulty getting to the gallery to pick up a form, can call reception on (01482) 392780.

Forms can also be downloaded by visiting www.eastriding.gov.uk/museums or by sending an email to the Beverley Art Gallery curator, Sally Hayes, at sally.hayes@eastriding.gov.uk

The Friends of Beverley Art Gallery are kindly sponsoring two prizes this year; the 'Selectors' Choice' and the 'People's Choice'.

For more information call Sally Hayes on (01482) 392772.

Come and sing the Hallelujah Chorus 'in the round'

On Wednesday 5 December 2012, Hull Choral Union and HCU Orchestra are presenting Handel's Messiah in Hull City Hall at 7.30pm. The Soloists are Zoe Bonner, Helena Daffern, Peter Davoren and Tom Appleton. There will be a pre-concert talk by the Conductor, Sam Gardner at 6.45pm.

For many, it wouldn't be Christmas without hearing this well known work live. It tells the Christmas story with a mixture of arias and choruses. You'll hear the flapping of angels wings, sheep straying,

raging nations, trumpets and sing the famous Hallelujah Chorus.

The Messiah will be staged "in the round" on the Main Hall floor. The choir will be seated, as usual, behind the orchestra with the soloists at either side of the conductor. The audience will be seated at the side of, and in front of, the orchestra.

Come and join HCU in creating an inclusive ambience for an enjoyable and rewarding experience for everyone.

Tickets are now on sale at the HCC Booking Office, Wilson Centre, Alfred Gelder Street, Hull, Tel: 01482 300300. Adults £15 (side and front seating) and £11 (back 5 rows), Students £5, Accompanied school children £1 and other concessions. www.hullchoralunion.org.

St. Andrews Primary School in Kirk Ella send Christmas cheer to Rumania children

It is going to be a much happier Christmas for 350 youngsters in Eastern Europe – thanks to the generosity of children at the St Andrews Primary School in Kirk Ella.

The Rotary Club of Humberside provided shoe boxes for them to be fill with toys which are now on their way to Rumania and neighbouring countries.

The boxes have been taken to a central point where they will be loaded, along with others, into a container and shipped to Rumania in time to arrive for Christmas.

Ian Conyers, chairman of the Rotary Club's International Committee said "We asked if the children at St Andrews could help and the head teacher readily gave her consent.

"It means that many children who would otherwise have no gifts at Christmas morning will at least have some toys.

"Many of the boxes were colourfully decorated and had seasonal message put onto them by the children."

Any further information from: Ian Conyers, 01482-666129.

SKIDBY LAKES GOLF CLUB

Karl Worby, PGA Golf Professional

MOTORCADDY BAGS

Pro Series ~~£159~~ £99

Club Series ~~£119~~ £79

Mens and Ladies

Hybrid Series ~~£119~~

Oval Pursebag £79

PING CLUBS

G15 Drivers ~~£249~~ £129

i15 Drivers ~~£279~~ £129

G15 Fairway ~~£149~~ £99

G15 Hybrid ~~£129~~ £79

Best Prices on all Ping Irons

Call for details

Ping K15 Umbrella

~~£24.99~~ £24 with this advert

WATERPROOF SUITS

Nike Storm Fit Suit

~~£119~~ £99

Guaranteed Waterproof

Proquip Ultimate Suit

~~£169~~ £129

with a 3 year guarantee

CHRISTMAS GIFT

VOUCHERS AVAILABLE

XMAS LESSON VOUCHERS

Most Popular Package

Six Individual Lessons for £75.00

Packages to tailored to suit from £15

GROUP GOLF CLASSES

£59 for a 10 week course, all standards welcome

Courses Start:-

Monday 21st January 2013 - 10.00 am - 11.30 am

Saturday 26th January 2013 - 10.00 am - 11.30 am

Sunday 27th January 2013 - 9.30 am - 11.00 am

**VOUCHERS
AVAILABLE**

MERRY CHRISTMAS TO ALL OUR CUSTOMERS

WOODHILL WAY, COTTINGHAM HU16 5SW

01482 844003

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

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

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

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

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

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

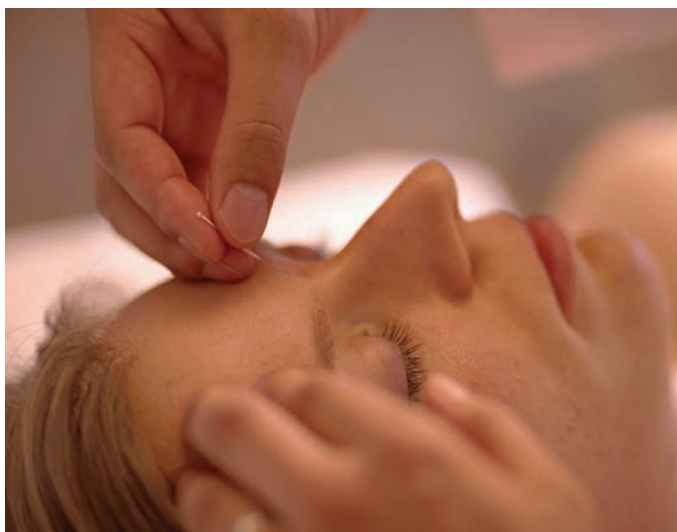
The channels are related to the internal organs, which if out of balance is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

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

Problems and Diseases commonly treated by TCM

Dermatological:

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



Muscular, Neurological, Skeletal and Vascular:

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

Internal:

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

Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

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

Cancer and Tumour:

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

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

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

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

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



HERBGARDEN
CHINESE MEDICAL CENTRE

*Acupuncture and
Chinese Herbal Remedies*

Free Consultation

15% OFF

First Treatment

New Clients Only

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

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

**28 BUTCHER ROW
BEVERLEY HU17 0AB**

TELEPHONE 01482 888152

East Riding Flower Club demonstration at the Civic Hall, Cottingham

Our charity floral demonstration on December 14th is for the 'Love You 2 Appeal' to complete the new extension at Dove House Hospice.

Andrew Grisewood is due to make floral displays to celebrate Christmas. It is bound to be a glittering and entertaining evening

Many people will have had previous connections with Dove House over the years, but a lot of people do not realise that it provides 'Respite Care' for people with life threatening illnesses. At the moment the Hospice only provides Respite Care for two patients at a time. When the appeal reaches 2.5 million it is hoped to provide accommodation for 12 patients with related facilities.

This will bring a welcome addition to the people of East Yorkshire. Respite Care is a much needed facility for both patients and carers. This will provide care for people with serious illnesses. This is where 'Dove House excels.

We hope many people will turn out and support the charity on 14th December and bring friends along.

Tickets which include light refreshments beforehand are £10. Enquiries and tickets from Judith Robinson 01482 876279 or Thelma Horner 01482 847307. The event takes place at the Civic Hall Cottingham at 7.30 pm.

Station Road Supermarket development passed by ERYC Planning Committee

At a meeting of the East Riding of Yorkshire Planning Committee in Beverley, on Thursday 22nd November, the proposed supermarket on Station Road, Cottingham was passed for approval.

The meeting was very well attended by residents, traders and council members at Parish and Ward levels. Extra seating had to be brought in for the large number of interested spectators.

Speakers spoke for and against the development with the final decision resting with the Planning Committee.

The planning committee passed the application, contrary to the Officers recommendations, but deferred and delegated approval subject to a Section 106 Notice for Network Rail with regard to the bridge over the railway tracks, and that shoppers have three hours free parking on the supermarket site when shopping.

Stoneledge who are currently on the Station Road site now have permission to move to their new premises in North Newbald, and should vacate Station Road in approximately two months.



Music Lovers Took Note . . .

SUNDAY 18 November was a highlight for Cottingham Music Festival at the Hallgate Methodist Church. Israeli Violinist Virtuoso OFER FALK played his heart out in an emotional two hours of an action filled concert of excerpts from the world's most famous violin concertos including the Mendelssohn, Max Bruch No 1, Beethoven and Tchaikowsky.

Working with equal tenacity at the piano was International pianist Elizabeth Altman, who had brilliantly re-arranged the orchestral parts for her accompaniment. Not to be outdone, Elizabeth played her party piece solo with great feeling and gusto in the shape of Beethoven's Appassionata in F minor.

Such excellence is rarely seen in a village community- more often in the concert halls of Europe, at some cost!

NEXT CONCERT, SAME VENUE 'OPERA AT THE MET' with Michael De Costa and Friends. SUNDAY 17th MARCH 2013.

Support the advertisers who appear within the Cottingham Times

Everyone involved with the
Cottingham Times
 would like to thank
 all our Advertisers
 and Readers old and new
 for their support during the past year
 and would like to wish everyone
*A Very Merry Christmas
 and a Peaceful
 and Prosperous New Year*



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

Crossword Solution from page 14

1	F		2	A		3	I		4	I		5	A		6	A		7	I
8	F	L	A	B		9	N	O	M	I	N	A	T	I	N	G			
	A		S				A		A		O		O		O				
10	S	T	A	T	O	R		11	M	O	N	U	M	E	N	T			
	T		R			T													
12	W	E	K	A		13	I	N	C	A	P	A	C	I	T	Y			
	E		C				S	H		A					R				
17	D	E	B	T		18	T	R	I	A	L		19	H	E	A	R		
	R						I	M		I				I	N				
20	E	S	C	U	T	C	H	E	O	N		22	L	O	S	T			
				N						D				L		C			
23	P	U	N	I	S	H	E	D		27	R	E	T	U	R	N			
	P		O		A		E			O				O		I			
28	D	O	W	N	S	T	R	E	A	M		29	P	I	P	S			
	N		S		E		P		E					S		T			



Beware those winter bugs!

You have heard people talk about “catching a cold.” What exactly does it mean to catch a cold? It sounds like a funny way of talking about coming down with a head cold, but it is a common expression, especially during the cold and flu season (predominantly autumn and winter months).

Germs are everywhere and so are the many viruses that can herald the start of illness. They get passed around public places and families easily, depending how strong your immune system is dominates how long a cold or virus will last.

Germs create disease when the conditions are right for it to occur in the human body. When the environment is already bordering on unhealthy, this is when germs can wreck havoc and strike. If the immune system is well fortified and going strong, the germs will have a lesser effect.

The immune system is an integral part of the functioning of your body. It plays a vital role in how healthy you are (or how healthy you are not!). Your body’s immune system function never takes a day-or-night- off. The immune system is successful at fending off germs and other pathogens 24 hours a day, seven days a week.

When the circumstances of your immune system are not ideal, symptoms of illness will appear. If you know that you are stressed out, overtired, and not taking proper care of yourself, your chances of getting sick are much greater. Hello cold virus!

When it comes to a compromised immune system, we need to ask ourselves what we are doing or thinking to cause the problem. It is not just a question of what is happening with our physical health. Our emotional and mental health is often common culprits of illness and disease as well.

Instead of focusing on germs or viruses (which can often cause you needless worry), focus on living a healthy and disease-free life. Make that a priority. Do everything you can to promote the health and wellness of your hardworking (and often under appreciated!) immune system. By boosting the effectiveness of your immunity, you will strengthen your body’s ability to fight off unwanted visitors in the form of unhealthy germs, bacteria and viruses.

A good place to start is to look at what you eat. Eat a nutritious diet that consists of as many organic foods as you can find (and afford). If you can grow your own fruits and vegetables, plant a garden and enjoy your own pesticide free produce.

Exercise regularly, get enough sleep and find effective ways to cope with stress. Regular massages are beneficial, as is periodic chiropractic care. Meditation and yoga are both good ways to relax every part of your being.

Taking care of yourself properly enables your immune system to do the job that nature intended it to do. It can do a super duper job the better you nurture it!

HALLGATE LANDSCAPES LTD ENDYKE LANE, COTTINGHAM

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

BLOCK PAVING SPECIALISTS

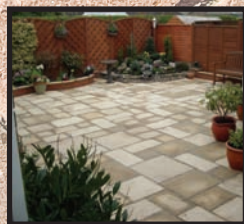
DRIVES PATIOS PATHS

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

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

Established 1985

Tree Logs
£3.00
per bag
Minimum
Delivery
10 Bags



**GET READY
FOR WINTER**
Rock Salt
£4.00 per bag
Snow Shovels
£6.00 each

ALL WORK FULLY GUARANTEED

**FREE
QUOTES**

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

**FREE
QUOTES**

google.hallgatelandscapes

(Formerly BJD Landscapes)



Every Thursday night there
are special offers on
hot dishes in the Oasis Cafe
Why not come for your tea?



Bigger & Better than ever before our Christmas displays are worth a visit

We



Christmas

*Bring the children to see Santa
every weekend through December...only £4
per child...all proceeds go to charity*

*We are supporting the
British Heart Foundation*



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

Opening Times Mon-Sun (8.30am-6.00pm)
Thursdays (Until 9pm)

www.colettagardencentre.co.uk



COLETTA & TYSON

NURSERIES AND GARDEN CENTRE

324 Hull Road, Woodmansey
Beverley, HU17 0RU
Tel: 01482 865410