

Cottingham Times

Issue 98 - January 2010

Happy New Year

BJD **LANDSCAPES** **ENDYKE LANE, COTTINGHAM** **BLOCK PAVING SPECIALISTS**

DRIVES **PATIOS** **PATHS**



Walls Built, Turfing, Trees Felled/Pruned
Demolition Work, Fencing Erected

Concrete Bases

Established 1985

**FREE
QUOTES**



ONE VEHICLE SPECIALS
12 sq metres BLOCK PAVED
PREPARED & LAID **£710**

ALL WORK FULLY GUARANTEED

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

www.bjdlandscapes.co.uk

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 with no financial help from any other source.

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.

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.

The Sale of Goods Act 1979 and the Supply of Goods and Services Act 1982.

The legislation requires that items offered for sale by private vendors must be "as described". Failure to observe this requirement may allow the purchaser to sue for damages.

Road Traffic Act

It is a criminal offence for anyone to sell a motor vehicle for use on the highway which is unroadworthy.

Looking for Window Blinds?
All Types of Blinds Supplied - Vertical / Roller / Venetian / Roman



Conservatory Specialists
5YR Guarantee on all materials

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

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

Ann at Elizabeth of Cottingham
52 Finkle Street
Cottingham, Te 01482 840246

SALE NOW ON!

Sizes 10 to 22
Our warm friendly staff are always welcoming and ready to assist you
I would like to welcome all our customers, past, present and future
Very Merry Christmas and a Prosperous New Year

OPEN MONDAY - SATURDAY 9.30 am - 4.30 pm



D. WILLIAMS
Plumbing & Heating
CITY & GUILDS ADVANCED PLUMBING
Plumbing • Heating • Bathrooms • Tiling





Full Bathroom installations

- Tiling
- Electrics
- Building Alterations
- Joinery

Central Heating

- Full Systems
- Boiler Changes
- Power Flushing
- Boiler Servicing

Plumbing & Gas

- All Plumbing Work
- Gas Cookers
- Gas Fires
- Servicing to all gas appliances

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.

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.

Age Concern East Riding of Yorkshire

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 make bookings with our Fix-It-Teams. Tea and Coffee available. Telephone 01482 869181 for further details.

Cottingham Men's deLuda Society

Wednesday 6th January - Bill Bromwich - Publicity Life at the Blunt End, in St. Mary's Church Hall, Cottingham, at 2.00 pm

The Yorkshire Countrywomen's Association (Skidby Branch)

Thursday 7th January - New Year Luncheon at Rowley Manor.

Meet the first Thursday of each month in Skidby Village Hall at 7.30 pm. As well as speakers, we have outings, luncheons, coffee mornings and join in regularly with inter-branch activities across Yorkshire.

East Yorkshire Embroidery Society

Saturday 9th January, Nicky Brown (Malton), Small but Perfectly Formed, 2.15 pm in the Darby & Joan Hall, Finkle Street, Cottingham. Members £1.00; Visitors £2.00 (includes cup of tea and biscuits). (Membership £6.00 per year).

British Sugarcraft Guild

Saturday 9th January, "Hands On" with Alstrom Eria (Colouring and Painting), 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

Cottingham Catholic Women's League

Monday 11th January, Oberammergau - Mr. Ray Parker, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 12th January - 'Victorian Costume Jewellery' by Patsy Harrison, at 10.00 am upstairs at the Civic Hall, Cottingham

Yoga/Pilates Classes

Tuesdays 12 January to 9th February. Beginners-Intermediate, 6.15 pm to 7.15 pm. Intermediate-Advanced 7.30 pm to 8.30 pm. At Hallgate Primary School. Telephone 07771 873457.

Front Cover Picture: A view of Castle Hill folly. The photograph was taken and supplied by Paul Lakin, 9 Dixon Court, Cottingham. Telephone 846804.

STEPHEN RICHARDSON



PLUMBING, HEATING AND GAS SERVICES

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

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

*Registered installer for the
Warm Front Heating Rebate Scheme*

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



218388



218388

All Plumbing Work Undertaken

**Tel: 01482 876145
Mobile: 07779 887769**

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

Haltemprice Art Group

Tuesday 12th January - "Background Information" Workshop Jill Carter

Tuesday 19th January - Sketching - Samantha Wong/Mavis McGowan.

Tuesday 26th January - Still Life Evening - Gerry Wilks

Tuesday 2nd February - Design and Colour

Cottingham Ladies Circle

Wednesday 13th January, Mr. Paul Schofield - Talk and Slides on Hull's Parks and Gardens, 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

Cottingham Green Women's Institute

Thursday 14th January, Annual Meeting, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Inland Waterways Association

Friday 15th January, Humber Rescue - A presentation by Dave Roberts, in Cottingham Methodist Church Hall, 8.00 pm to 10.00 pm. Non members welcome.

Cottingham Wildlife Watch

Sunday 17th January, 1.00 pm to 3.00 pm. Rifle Butts - Gr SE 898428. Reserve Management. Bonfire, Marshmallows and Candle Making. Extra activity, A Mystery Wildlife Spectacular in the Wolds!

North Ferriby Gardening Club

Monday 18th January, "Rhubarb, Rhubarb, Rhubarb" - John Smiles (Tong, Bradford). John is the manager of a Rhubarb Farm in the famous Rhubarb Triangle. John will bring samples of Rhubarb. Meetings are held in the village hall starting at 7.30 pm.

Cottingham Men's deLuda Society

Wednesday 20th January - Peter Smales - Nowt so Queer as Folk Musicians, in St. Mary's Church Hall, Cottingham, at 2.00 pm.

Cottingham Evening Townswomen's Guild

Wednesday 20th January, My Buiness and My Life - Alison Dowey, at 7.30 in the Darby & Joan, Finkle Street.

East Yorkshire National Trust

Thursday 21st January - Mrs. Susan Butler - 'The Growth of Goole, from 1820-1900, at 7.30 pm in the Civic Hall, Cottingham.

Cottingham Civic Society

Monday 25th January - "From Pigs to Pork" - A presentation by Richard Longthorp (LKL Farming, Kilpin), in the Darby & Joan Hall, Cottingham, at 7.30 pm.

East Riding Flower Club

Monday 25th January. Golden Anniversary Luncheon, Ramada Jarvis Hotel, Willerby, 12 noon for 12.30 pm, followed by John Smith, MBE (Some of the Ladies in My Life). Members only.

Friends of Thwaite Hall Gardens

Tuesday 26th January at 7.30 pm in the Methodist Church Hall, Hallgate. Talk by Ms. Ronnie Hower on the "Woodlands of East Yorkshire" followed by refreshments. Members of the Friends of Thwaite, Free. Visitors £2.00. All Welcome.

Wednesday Social Club

Wednesday 27th January - David Leeson - Tanyon Countries, in the Small Hall in the Darby & Joan, Finkle Street, at 2.00 pm.

Cottingham Ladies Circle

Wednesday 27th January, Mr. & Mrs. Trezise - Talk and Slides on Fun, Fact and Fantasy, 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

Cottingham Men's deLuda Society

Wednesday 3rd February - Mrs. Susan Harr - Living in the Middle East as a Single Woman, in St. Mary's Church Hall, Cottingham, at 2.00 pm.

Support your local retailers - Use Them, Or Lose Them

Four Generations giving 100 years Family Service

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

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

H. KEMP & SON LTD

Funeral Directors

(Established 1893)

259-261 HALLGATE, COTTINGHAM

YORKS HU16 4BG

Telephone (01482) 844695



❖ Golden Charter Pre-Paid
Funeral Plans Available ❖



PAINTER & DECORATOR

25 YEARS EXPERIENCE

QUALITY WORK

TEL: 01482 876743 (COTTINGHAM)

DAISY DECOR



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

Richies

Deli/Sandwich Bar

New Lines in Stock

**Homemade, Handraised Pork Pies
Homemade Scotch Eggs**

Meal Deal Chicken Burger, Chips & Can £1.99

Fresh Bean Coffee £1.00

OPEN FROM 7.30 am

Telephone Your orders on

Tel: 840409



Tim May

BUTCHERS AND DELICATESSEN
129-131 Hallgate, Cottingham

Tel: 01482 847648

3lb Rump Steak £10.99

3lb Pork Chops £4.99

5lb Best Mince £8.99

We would like to wish all our customers old and new
A Happy New Year and thank you for your custom during the past year.
A Local Business offering the Best in Quality and Value to the Local Community

Property News from Martin English of Homelink



Renewing a Tenancy

One of the most frequently asked question from our landlords is 'what to do at the end of a tenancy?'

A six month tenancy is coming to an end. You are happy with your tenant and they want to continue with the tenancy. What should you do now?

Well the simple answer is that you don't actually have to do anything. This is because once a fixed term tenancy comes to an end, it will automatically become what is known in the legal jargon as a: Statutory periodic tenancy

Statutory periodic tenancy

A statutory periodic tenancy runs on from one rent period to another on exactly the same terms as the proceeding fixed term tenancy.

Editing a tenancy

Another way of dealing with the extension of a tenancy is to alter the terms of the fixed terms tenancy to extend it. For instance you could extend the terms of a six month tenancy to 12 months. You will need to get the tenant to sign the alteration to acknowledge that they are happy with the amendment.

Creating a new fixed term tenancy

If you decide instead to end the existing tenancy and set up a new fixed term tenancy then you will have to end the existing tenancy and set up a new one. Landlords often do this so they and the tenant have the security of knowing that they have a minimum of a six month tenancy.

So what should I do?

Quite simply most landlords opt to let the tenancy become a periodic tenancy. This has a number of advantages. Firstly, for landlords that have served the section 213 notice and protected the deposit under the tenancy deposit scheme. They will not need to go through the rigmarole of having to contact the protecting organisation and getting them to change the deposit protection details.

In addition if a landlord has served a section 21 notice under the previous tenancy then it will no longer be valid under any new tenancy.

Their is no right or wrong answer to this question, it all comes down to a matter of personal preference, some Landlords prefer the added security of a further fixed term contract, however it is worth bearing in mind that continuing under a periodic tenancy not only gives the tenant flexibility, it also gives you as a landlord flexibility, should your circumstances change and you have to dispose of your asset quickly for any reason.

You could sign a tenant up on a 12 month plus agreement, thinking that you have security for this period, which to a large extent is true, however if the tenants circumstances change, for example with a new job, family or other reasons, it may be quite an emotive issue to hold the tenant to a longer fixed term and as a landlord you have an obligation to try and mitigate your losses in any event.

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.



"The professional family business, that really cares"

Sales :: Lettings :: Buying :: Renting

| | | |
|---|---|---|
| Hull 2 Bedroom Apartment/Flat <ul style="list-style-type: none"> ■ Marina Views ■ Newly Fitted Kitchen ■ Built-in Appliances ■ Two Double Bedrooms ■ En-Suite ■ Newly Built ■ Secure Parking ■ Furnished  <p>£695 pcm</p> | Cottingham 2 Bed Semi Detached House <ul style="list-style-type: none"> ■ Gas Central Heating ■ Three Double Bedrooms ■ Two Receptions ■ Garden ■ Two Toilets ■ Utility Area ■ Well Presented  <p>£575 pcm</p> | Hull 2 Bed Semi Detached House <ul style="list-style-type: none"> ■ Two Double Bedrooms ■ Garage ■ Garden ■ Furnished ■ Double Glazing ■ Gas Central Heating  <p>£550 pcm</p> |
| Cottingham 2 Bedroom Apartment/Flat <ul style="list-style-type: none"> ■ Two Bedrooms ■ Close to Village Centre ■ Well Presented ■ Modern Kitchen  <p>£485 pcm</p> | Hull 1 Bedroom Apartment/Flat <ul style="list-style-type: none"> ■ Parking ■ Shower ■ Double Bedroom ■ Fitted Kitchen ■ Feature Brickset Wall ■ Fully Furnished ■ City Centre ■ Reduced  <p>£450 pcm</p> | Cottingham 1 Bedroom Apartment/Flat <ul style="list-style-type: none"> ■ First Floor Flat ■ Double Bedroom ■ Close to Amenities ■ New Bathroom ■ Double Glazed  <p>£365 pcm</p> |

For more information on our properties contact Homelink at 01482 875248
www.home-link.co.uk



John Peters famous winter sale



is now on! - massive savings now available on the region's largest range of Natuzzi Italian leather, soft cover, dining, beds & bedroom furniture, **with up to 50% off** - you simply can't afford to miss it!



Oak Road, Clough Road (Next to Mecca Bingo)
Hull, HU6 7BJ. Tel: 0844 391 2223

John Peters

NATUZZI
It's how you live

171 York Road
(Next to Morrisons)
Doncaster, DN5 8XG

Ings Road
Wakefield
WF1 1RN

Stirling Road
Clifton Moor Centre
York, YO30 4XZ

Gulseley Retail Park
(Next to M&S)
Gulseley, LS20 8QH

to view or buy our new 2010 collection, visit: www.johnpeters.co.uk

MARION OWEN TRAVEL & CRUISE CLUB

Tel: 01482 212525

23 Portland Street, HULL, HU2 8JX

Happy New Year, we hope you have some exciting travels ahead for 2010 or even 2011, but if not I hope that we can inspire you. I have just returned from the fresh mountain air of the Alps, I love the ski season! Whether you are an ardent skier or looking to learn, we have a package that will suit your needs, closer to home or even in our summer - down in the Southern Hemisphere, New Zealand & Chile.

My hot tips tend to go down well so here are a few snippets:

Globespan: it was sad to see this company disappear along with many other failures over the past months. Book through the proper channels and make sure that your monies are protected, over 3/4 of Globespan's bookings were not. Agents can book most of the low cost airlines and protect your money for just a few pounds extra, but not Ryanair. Many of the low cost airlines are great for a cheap weekend away in Europe. To name a few: Venice, Barcelona, Paris, Rome, Berlin, Prague, Budapest and Vienna.

New York: visiting between June and August, did you know that Central Park offers a season of free entertainment on the Summerstage? Fun for all ages. Perhaps you do not want to stay in the City why not visit Long Beach on a 2 1/2 mile board walk offering a real escape yet only 15 minutes from JFK airport. I know of a really nice Spa Hotel!

Tired of Flying? Train travel is making a big comeback. There are now many operators offering pre organised holidays. If you do not wish to carry your luggage why not send it on ahead we have a company that will transport this for you.

Dancing: If this is your passion, why not getaway on a Strictly Come Dancing Weekend at one of the Warner Hotels? Join your favourite dancers and judges to improve your moves and enjoy demonstrations by the professionals too. Various dates to July 2010. Why not dance your way around the Baltic Sea? Join local dance instructor Julie Venton aboard Fred Olsen's Boudicca departing 27 July 2010.

Cruising from Hull: departures April & May aboard the Ocean Countess. Availability is now limited and only the higher grade of cabins are available. Next years sailings will be on sale later this year, if you want a cheaper cabin in 2011 register now and we can keep you informed plus you can book your cabin before the programme is released for general sale.

Free Travel from your door: our complimentary service is subject to availability, the earlier you book the more the possibility. Late bookings: sorry we cannot put on a new vehicle as the chances of filling seats are slim unless you have friends wanting to join you. Of course we can always organise a private hire vehicle for you at your own expense to ensure you have a smooth journey to & from home when our service is full.

Battlefield tours: join expert World War 1 author Paul Reed on various tours e.g. The Western Front and Gallipoli or a 5 day walking tour of the Somme. Call Kayleigh for more details.

Thursford Christmas Spectacular: always a sell out; we have just a few places left for our 2 night break departing 19 November 2011. Travelling by coach with local pickups in Cottingham, Hull, Witherby & Hessle. Meals are on a half board basis & including fabulous show tickets - the price is just £199 per person. £50 deposit secures your place.

Six Star Cruising: Regent 7 Seas, Silversea and Crystal have cracking offers available if you have always fancied giving them a try or thought you could not stretch to another, call myself or Lynne for up to date prices - you will get a pleasant surprise.

Lynne and I will both be in the office throughout our cruise week and are looking forward to guiding new and past cruisers through various lines and ships to ensure that you have just the right choice for your next booking. Why not call ahead and make an appointment and then we can be prepared for your visit? We have some extra special offers on too if you make a booking. Tel: 01482 211913

For all your travel needs by land, sea & Air Worldwide including the UK.

Cruise the Rivers & Oceans of the World.

Don't book until you have spoken to us!

We are honest & trust worthy & you know who you are handing your hard earned cash over to.

Book by telephone or call into our office in person.

We look forward to being of service

MARION



MARION OWEN TRAVEL & CRUISE CLUB

We book holidays for everyone, Specialists in bespoke Worldwide Travel & Cruising the Rivers & Oceans of the World

TEL : 01482 212525

Mon-Fri 9am -5pm : Sat by appointment 9.30am-1pm
retail agents for ATOL holders



CRUISE WEEK

18th January 2010

Presentations at 1.30pm

Mon 18 Jan

Fred Olsen Traditional British style of Cruising many cruises sailing directly from the UK.
Hassle free travel from your front door
Special departures - additional savings
On board Spending money

Tue 19 Jan

Rivers of Europe & the Mekong
Sail to Europe aboard North Sea Ferries or fly to join your ship some cruises this is possible from Humberside Airport

Wed 20 Jan

Cruising Bermuda, Alaska or Europe
Holland America, special departures aboard a premium American cruise line.

Thu 21 Jan

Silver Sea & Luxury cruising
All inclusive 6 Star cruising. Fabulous value and many departures are available with complimentary flights.

Fri 22 Jan

Voyages to Antiquity
Discover the Art, History & Cultures of the Ancient World.
Small Ship cruising, in a comfortable relaxed style includes
Shore Excursions, prestigious Guest Speakers, Gratuities, Wine with Dinner, Travel from your home to the airport, No single supplement on selected cabins

Come along to our office and find out more

Tickets not required but we would appreciate a telephone call if you wish to come along to give an indication of numbers attending.

TEL: 211913

P&O CRUISES

JANUARY SAIL

Save Up to £1000 per couple.

Save an extra 5% when you pay in full.

Exclusive FREE Transport to and from your home available on many departures.

Up to £100 on board spending money per cabin.

Double Discount on all Azura & Ventura's Superior Deluxe Balcony Staterooms

Marion Owen Travel in Partnership with P&O Cruises

TEL : 211913 now for bookings & full details

OBERAMMERGAU

Passion Play only every 10 years

Special departure by coach & sea

17th June 2010 - 9 nights

1a (top) tickets for the play, Half Board throughout, local coach pick ups, 2 nights Oberammergau 4 star hotel, 5 nights Austria with sight seeing programme based in the resort of Soli plus 2 nights en route in France

Excellent value twin share £1200 per person

Deposit £450 to secure your place

1 Single room available at £1350



Affiliated to NAFAS

The 'East Riding Flower Club' was founded fifty years ago, so it is with great pleasure, that we are celebrating this Golden Anniversary with a special luncheon in January with Guest Speaker Mr. George Smith M.B.E., who will give a talk on 'Some of the Ladies in my Life'

A special programme of events has been arranged including a demonstration by Andrew Grisewood entitled 'Lets Celebrate in Style' which includes a 'finger buffet'.

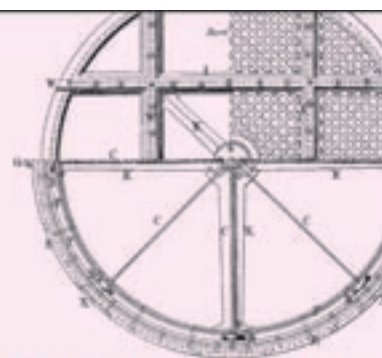
Other events are visits to famous gardens and a flower festival at St. Peters Church, Anlaby in the summer.

The club meets most months at the Civic Hall, Cottingham in the afternoon, as well as floral demonstrations, we organise competitions, workshops, visits, festivals and coffee mornings.

The Club's membership fluctuates between 100-140 members, but as the Civic Hall holds 250 we welcome visitors to most of our events, for a small cost depending on the occasion.

People, often mistakenly, think that you have to be an expert arranger to belong our club. Nothing is further from the truth - the only qualification is an appreciation of flowers!

Details of the club can be obtained from Judith Robinson
Tel: 876279



effective solutions

Access database programming

Graphic design

Web site design and maintenance

Independent Computer Database Consultant with 30 years business experience offers companies a personalised design service.

Database Creation, Modification, Updates and Regular Maintenance.

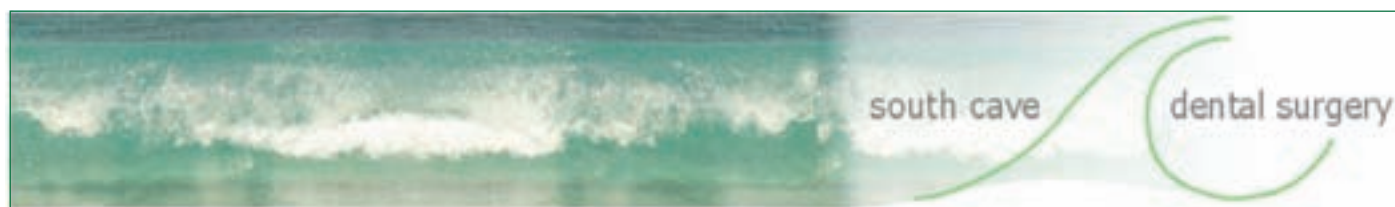
Individual Projects or Short Term Contracts.

t: 0114 201 4658

m: 07932 013861

e: sales@efsol.org.uk

w: efsol.org.uk



NHS Dental Places Available

Tel: 01430 423826

South Cave Dental Surgery first opened in 1984 and since then has expanded to become one of the largest in East Yorkshire. We have a team of 10 dedicated Dentists, four hygienists and two therapists, all of whom share our strong family values. We offer both NHS and private treatment options for the whole family; we believe that patients should have choices over their treatment.

Over the Summer we were lucky enough to recruit two new lady Dentists to our team, who along with other members of our team are accepting NEW NHS patients.

The NHS offers free treatment to children under 18 years of age and people in receipt of certain benefits.

If you are looking for quality and a caring environment where the whole team is patient focused, in state-of-the-art clinics then this is your opportunity to become 'a part of our family'.

Please see our website www.southcavedentalsurgery.co.uk, call us, or pop in and see us at our Church Street Surgery.

Tel: 01430 423826

40-42 Church Street, South Cave, East Yorkshire, HU15 2EP



MUSIC LOVERS make a note!

Following the great success (and an almost full house) of the November Violin and piano recital in the Methodist Church, plans are already in shape for the return visit on 14 March of Bulgarian International classical concert pianist VALENTINA SEFERINOV. Very popular with the Cottingham audience, Valentina can be assured of a warm welcome for what will be her third appearance in the village.

Although her programme has yet to be finalised, it is expected she will perform some of her favourites, which will be popular pieces from the 'Romantic' era, Rachmaninov, Chopin and Debussy.

In recent months, Valentina has been playing in many concert halls in Europe and the U.K., together with regular recording sessions in Sofia and London. She manages to combine all these activities with her 'day' job of a lectureship at the South Downs College in Hampshire.

Tickets for this concert will be available from mid February at the usual outlets and full details will be given in the February edition of *Cottingham Times*. Meanwhile, information can be obtained from Richard Barton, Tel: 847122.

The Victorian Village Schools of



East Yorkshire

by Peter Railton

Price £7.50

Local author and historian Peter Railton publishes his latest book "The Victorian Village Schools of East Yorkshire"

Local author and historian Peter Railton has just published his latest book "The Victorian Village Schools of East Yorkshire". The book takes a general background look at some of the individual village schools and their histories during the Victorian era.

The book is in an A to Z format, beginning with Anlaby and ending with Woodmansey.

The book priced at £7.50 is available from Barkers in Cottingham, W. H. Smiths, Browns Hull, The Book Shop in Toll Gavel, Beverley and Sokell in Driffeld.

NORTH EASTERN CARE SHOP



A COMPLETE RANGE OF HEALTHCARE AND MOBILITY
PRODUCTS FOR THE ELDERLY AND LESS ABLE
SPECIALISTS SUPPLIERS OF ALL INCONTINENCE NEEDS

Scooters, Stairlifts, Rise/Recline Chairs, Wheelchairs, Walking Aids,
Footwear, Household Aids, Comfort and Support, Bed Accessories,
Bathroom and Toileting Equipment, Personal Hygiene and much, much more
Commodes from £36 including delivery

TEL: 01482 565626 :: FAX: 01482 565626

752 SPRING BANK WEST, HULL HU5 5AA



**FREE
DELIVERY
FREE BROCHURE
HOME VISITS**

Age Concern East Riding of Yorkshire Launches an Exclusive Range of Coach Holidays!

In association with Grand UK holidays, we have a selection of exclusive UK coach holidays available for 2010. These will run with local pick up points in Beverley, Hessle, Hedon, Anlaby & Hull. Although, if there is a large enough group of people wishing to be picked up at any other destination in the East Riding, we can look to arrange a more local pick up.

There are various locations available, including North Wales, Blackpool and the South Coast of England. A friendly Tour Manager escorts all our tours and there is a complete luggage handling service.

Elizabeth Hillary, Trading Manager, Age Concern East Riding of Yorkshire said 'We have recently started offering escorted coach holidays in the UK, as it was something that our clients were always asking for. We recently ran a taster trip to Bridlington & Scarborough, where we received some very positive feedback and from that we were able to develop further holidays for 2010.'

Prices start at £189 for 5 days full board at our Spring Jamboree at the South Downs Holiday village, where a full programme of entertainment and excursions are included in the price.

With our exclusive holidays there are no single room supplements, so there is never a better time to take an Age Concern holiday! If you would like to discuss your requirements or require any further information, then please telephone Age Concern, East Riding of Yorkshire, on 01482 861065, call into our office at 16 North Bar Within, Beverley or call in to see us at our weekly information and advice sessions at Cottingham Methodist Church every Friday, 1000 to 1130.

Travel Insurance

where age is not an issue

No upper age limit

Cover for your medical conditions*

Annual Multi-trip or Single Trip cover

WIN A HOLIDAY or £1000 CASH in our FREE PRIZE DRAW!

Closing date 31st March 2010 (Ask for details)

Age Concern Travel Insurance is provided by Fortis Insurance Limited.

To discuss your travel insurance visit us at:

Age Concern East Riding of Yorkshire
16 North Bar Within, BEVERLEY
East Riding of Yorkshire, HU17 8DG

Or call us on: **01482 861065**
(open Mon-Fri 9.30-4.00 Sat 9.00-12 noon)

Fortis's UK call centre: **0845 602 9174**
(lines open 8am - 8pm Monday to Friday, 9am - 5pm Saturday)

or visit www.ageconcern.org.uk/travel

The Age Concern detailed above is a registered charity. Age UK is the new force combining Age Concern and Help the Aged. We will be known by our new name from Spring 2010. The Age UK family includes Age Scotland, Age Cymru and Age NI.
 * Subject to medical screening and acceptance by underwriters.

T1748V1NCV09-SL008630_09

Bruce Ryan Homes.com



Who will be selling your home in the New Year

?

Call for 10 reasons why it should be us

Here's 1 . . . Special Offer - Agency Fees £750*

Hull & West End Villages: 220 Hallgate, Cottingham HU16 4BQ - Tel: 01482 844211
 Open 9.30 am until 5.00 pm Monday to Friday :: Saturday 9.30 am until 12.00 pm

*New properties coming onto the market during January, February and March. Excludes advertising, VAT and previous promotions

www.bruceryanhomes.com

Tailormade Sofas & Chairs

TO YOUR OWN REQUIREMENTS



**Re-Upholstery
Work
Undertaken**

**Call in and
visit us at**

David Smales
UPHOLSTERY

2b Station Road, (off Northgate)
Cottingham. Tel: 01482 847580
or ring free 0800 074 7637




Chris Butters

No Job Too Small

- General Handyman • Decorating
- Tiling • Pressure Washing
- Kitchens • Bathrooms
- Domestic Electrical Installations
- Plumbing • Fully Insured


Why not give me a call on
01482 843860 or
07896 669243



Repair Your PC

office@repairyourpc.co.uk

- Have your PC repaired in your home at your convenience
- Fees from as little as £30
- No Fix No Fee
- No job too small
- Website creation and private tutoring also available



Ring Calum on 07535110104 or visit
www.repairyourpc.co.uk for further details.

Wordsearch - Keep Fit

Can you find the hidden words in the puzzle below, they maybe horizontal, vertical or diagonal, forwards or backwards.

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

Find the words in the letters above:

Aerobics, Athletics, Balance Beam, Barbell, Biceps, Bike, Body Building, Deltoid, Diet, Exercise, Fitness, Gymnasium, Health, Horse, Jogging, Medicine Ball, Muscles, Nutrition, Paralell Bars, Pectoral, Physique, Push Ups, Rings, Rowing Machine, Running, Sport, Swimming, Trainer, Trampoline, Treadmill, Triceps, Weights, Workout.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 37 -

This is an easy challenge this month

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

SENSATIONS

Nails :: Beauty :: Chiropody

A warm, friendly relaxing atmosphere awaits you

January Specials

Relaxing Indian Head Massage

Buy One and Get Second One

Half Price

Christine Wanless, B.Sc. (Hons.) Mchs

HPC Registered Chiropodist/Podiatrist

Discounts for over 65's :: £16 per treatment

Sunday/Late Nights

Appointments available

10% Off

**O.P.I All Nail Treatments
with Claire**

181 HALLGATE, COTTINGHAM

Tel: 849068



HANNAM Upholstery Company Ltd

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.

**With over 30 years experience
We Guarantee Great Results**

The Blue Bell

Now With Heated Beer Garden

Lunch Menu

Beer Battered Haddock **£8.95**

Haddock fillet fried in our home made beer batter and served with homemade chunky chips, garden peas and a fresh lemon wedge.

Whole Tail Scampi **£8.95**

Served with home made chunky chips and garden peas.

Grilled Chicken **£7.95**

Chicken roulade wrapped in bacon, then grilled with onions and served on a bed of sautéed potatoes & mediterranean vegetables.

Penne Carbonara **£7.95**

Smoked bacon, white wine, cream & parmesan served on a bed of penne pasta.

Ciabatta **£5.95**

Served with a choice of fillings including steak & onion, chicken & mozzarella or mediterranean vegetables & mozzarella, and served with sautéed potatoes.

Chicken Paprikash **£8.95**

Strips of chicken pan fried with paprika, shallots, mushrooms, peppers, a touch of tomato, and then served with rice.

Penne With Tigers **£8.95**

Tiger prawns pan fried in white wine, garlic, tomatoes and just a touch of fresh cream.

Large Mini Paella **£9.95**

Our Blue Bell paella starter, large enough for lunch.

Seafood Salad **£8.95**

A medley of seafood served on a bed of mixed leaf.

Blue Bell Pot **£7.95**

Pieces of chicken, vegetables, onions, mushrooms, then layered with sautéed potatoes & finally baked to perfection.

Omelettes **from £7.95**

Your choice of either mushroom & bacon, roast pepper & mozzarella or fillet steak with shallots & roast pepper then combined with a couple of eggs and baked in the oven.

(v) Stuffed Aubergine **£7.95**

Stuffed with any and all vegetables and baked in the oven with mozzarella and a touch of tomato.

The (v)vegetarian options are suitable for vegetarians, whilst we take every care to preserve the integrity of our vegetarian products we must advise that these products are handled in a multi-kitchen environment. We cannot guarantee that our products do not contain traces of nuts and/or seeds.

The Blue Bell

West Green, Cottingham

Telephone: 01482 847113

Geoff Lowe C.G.L.I.
Builder
 Extensions, Alterations, Repairs
 Nationwide and Worldwide
 Damp Proofing, Tiling & Insurance Work
 Surveying Service :: Free Quotes :: Established 35 Years
Telephone: 01482 846493
Mobile: 07715 329840
 6 Thirlby Walk, Bricknell Avenue, Cottingham HU5 4SD

SUITES • SOFAS
 up to
50% OFF
SALE



Plus Free Delivery in East Yorkshire
 Open
 Monday to Saturday 9.30-5.00pm
 Sunday 12.30 - 4.00 pm

Baileys
SOFAS & CHAIRS
 CORNER OF LAIRGATE/LANDRESS LANE
 TEL: BEVERLEY 01482 886444

A.D. COMS

Your Local Telephone Engineer

Additional telephone sockets
 Business telephone systems
 Broadband cabling (CAT 5)
 Fault Finding Service

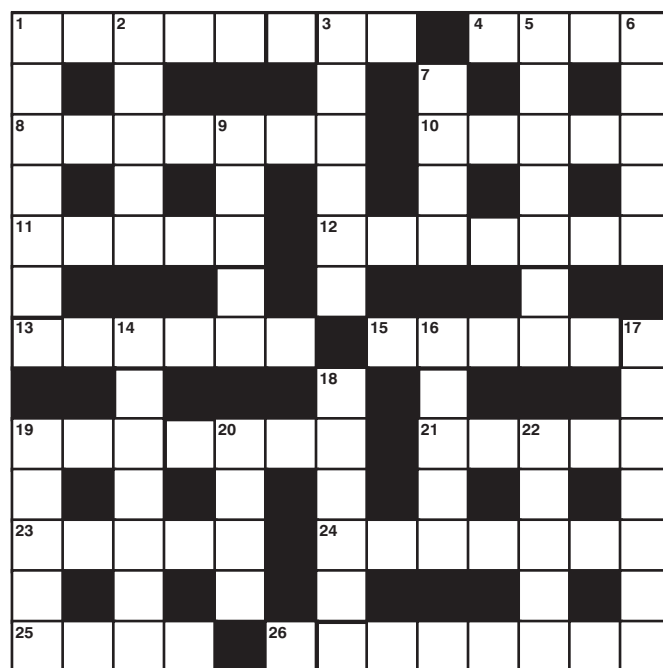
Unlike Kingston Communications who have increased their Telephone Extension Sockets to £108.64p

We Haven't!!!
 Our price remains unchanged
 Call for details

Tel: 01482 806000
Mobile: 07939 731655

Over 15 Years experience at KC :: All work guaranteed for 2 years
www.adcoms.co.uk

Crossword - Solution on page 46



Across

- 1 Anteater (8)
4. Parts of a play (4)
8. Unfathomable (7)
10. Declare invalid (5)
11. Permit (5)
12. Mariner (7)
13. Denunciation (6)
15. Polar region (6)
19. Amalgamated (7)
21. Publish (5)
23. Din (5)
24. Aromatic herb (7)
25. Hazard (4)
26. Edible snail (8)

Down

1. Intransigent (7)
2. Majestic (5)
3. Gusto (6)
5. Devise or invent (7)
6. Storage towers (5)
7. Cab (4)
9. Darned (5)
14. Dried grapes (7)
16. Salary increase (5)
17. Cigar (7)
18. Detestable (6)
19. Arm bone (5)
20. Notion (4)
22. Vernacular (5)

“Far Horizons - famous Hull ships and adventurers”

Dr Robb Robinson gave a fascinating talk on famous Hull personalities to the November meeting of the East Yorkshire Association of the National Trust, in Cottingham Civic Hall. He showed how much more could and should be made of the stories of the lives and achievements of the many pioneering men that have come from Hull and East Yorkshire, ranging from William de la Pole in early Middle Ages to Sir John Ellerman in the 20th century, the shipping magnate who was one of the richest men of his generation in England.

Among the many historic ships built in Hull were the Bounty and the Discovery, but how many of us know the subsequent role played by Llewellyn Longstaff of Hull, who recruited Captain Scott and Ernest Shackleton for the early National Antarctic Expedition of 1901 -04, and built the relief ship Morning which rescued them from the frozen ice of Murdo Sound. Similarly, it was Hull sailors who led the way in the search for the North-West passage, starting with Luke Fox in 1631 (commissioned by Charles I) and continuing to the record-breaking exploits of the Hecla in the early 19th century. Other notable Hull adventurers in North America included Henry Brayfield (1795-1885) who surveyed the Great Lakes, and had two towns named after him, and James Evans, who created the Cree Syllabic Language, whilst working for the Hudson Bay Company, and whose final resting place was as a shrine for the Cree nation.

There were also many local links with the New World 'down-under', from the building of the Alexander, which formed part of the First Fleet that transported convicts to Botany Bay in the 1770s, and the Tranby that carried settlers to Western Australia, where the Hardy family built their own 'Tranby House' farm. Sir John Hall, from Brooke Street in Hull, emigrated to New Zealand, where he became one of their earliest Prime Ministers, and on return to England as an MP led the campaign for votes for women, historically achieved in New Zealand as early as 1894. There were countless other stories retailed by Dr Robinson that really whetted the audience's appetite for his book on the 'Far Horizons' that is due to be published by Blaydes House in 2010 and will hopefully serve to redress our ignorance and undeserved neglect of so many famous sons and daughters of Hull.



**HOME GUARD
ALARM SYSTEMS**

Your Local Burglary Alarm Company

Specialists in Wired & Wire-Free Alarm Systems
Installation and repairs undertaken in all areas

01482 651962
for free quotation

Website: spinney10.karoo.net



Smile...

and the world smiles with you

COTTINGHAM
DENTAL PRACTICE



Caring for your dental health and wellbeing

Cottingham Dental Practice, Cottingham House,
190-192 King Street, Cottingham

Tel: 01482 848655
Practice Principal: Robert Nichols BDS

www.cottinghamdp.co.uk

KRISTOFF'S

HALLGATE, COTTINGHAM.

4 COURSE
VALENTINE

MEAL

Sunday
14th February

ONLY £49.95

per couple

TEL: 01482 876886

kristoffs.co.uk

In the Kitchen



The song, "Auld Lang Syne," is traditionally sung at the stroke of midnight in almost every English-speaking country in the world and is reputed to have been partially written by Robert Burns in the 1700's. "Auld Lang Syne" literally means "old long ago" ...in other words "the good old days."

16th January is National Pizza Day

Did you know . . .

Although food historians agree that some form of pizza has been eaten for centuries in the Mediterranean, the modern day version is believed to have been invented by an Italian baker called Raffaele Esposito, owner of a restaurant in Naples called Pizzeria di Pietro. In 1889 he is purported to have baked a dish which he called "pizza" for the visit of Italian King Umberto I and Queen Margherita.

Pizzas can be as simple or fancy as you like, although after all the rich food you may have consumed over the holiday period, you may be ready for something a little less elaborate.

10 Minute Homemade Pizza Crust (base)

Ingredients

200g/7oz Self Raising Flour
1/4 teaspt Salt
1 tbsp Olive Oil
Approx 90ml/3fl.oz. Warm Water

Instructions

1. Place the flour, salt, olive oil and water in a large mixing bowl. Mix well with a knife until a dough starts to form then pull together with your fingers, adding a very little more water if necessary to form a firm dough.
2. Knead the dough in the bowl for a couple of minutes then turn onto a floured surface and continue to knead for a further 3-4 minutes until you have a firm elastic dough.
3. Roll the dough out using a lightly floured rolling pin to a thickness of about 6mm/1/4-inch and place on a large baking tray. If you prefer, you can divide the dough into two pieces and roll each out as above. Top with a tomato sauce and your favourite toppings.

Pepperoni and Cheese Pizza

Ingredients:

2 tbsp Olive Oil
1 Onion, sliced
200g/7oz Tomato Pizza Sauce
2 Pizza Crusts, ready made or home made
100g/4oz Mozzarella or Cheddar Cheese, grated
100g/4oz Sliced Pepperoni

Instructions

1. Preheat the oven to 220C, 425F. Gas mark 7.
2. Heat the oil in a saucepan, add the onions and sauté over a medium heat for 2-3 minutes, or until softened. Remove from heat.
3. Spread the tomato sauce over pizza crust and top with the cooked onion then sprinkle the cheese evenly over the top.
4. Arrange the pepperoni over the cheese and bake for 10-12 minutes, until cheese is melted and the crust is golden. Serve immediately.



Ham and Pineapple Pizza

This pizza has become popular in many pizza restaurants and is often referred to as an Hawaiian pizza.

Ingredients

240ml/8fl.oz. Tomato Pizza Sauce
2 Pizza Crusts, ready made or home made
175g/6oz Cheese, Grated (a mix of mozzarella and Cheddar works well)
4 Slices of Ham, shredded or chopped
2 Pineapple Rings, diced

Instructions

1. Preheat the oven to 220C, 425F, Gas Mark 7.
2. Spread the pizza sauce evenly over the crusts and sprinkle the cheese over the sauce, distributing evenly.
3. Arrange the ham and pineapple evenly over the cheese then bake for 10-12 minutes until golden and bubbling. Serve hot.

January is National Soup Month

Chicken Noodle Soup

Ingredients

1.5L/2-1/2pts Chicken Stock
75g/3oz Fine Egg Noodles
2 tbsp Lemon Juice
Salt and Black Pepper
2 tbsp Fresh Parsley, chopped

To serve

Freshly grated Parmesan or Cheddar Cheese

Instructions

1. Bring the stock to the boil in a large saucepan, add the noodles and boil for 3-4 minutes until tender.
2. Add the lemon juice, salt and pepper to taste and sprinkle with chopped parsley. Serve with a side dish of grated mature Cheddar or Parmesan.



Tomato and Lentil Soup

Ingredients

200g/7oz Lentils
1.4L/48fl.oz. Fresh Vegetable Stock
1 x 5cm/2-inch Stick of Cinnamon
2 tbsp Olive Oil
2 Large Onions, chopped
3 Garlic Cloves, chopped
1 teasp Ground Turmeric
1 teasp Cumin Seeds, crushed
2 teasp Ground Coriander
2 Bay Leaves
2 x 400g/14oz tins Chopped Tomatoes
Salt and Black Pepper
100g/4oz Cooked Chickpeas
The juice of a Lemon
Freshly chopped Mint to serve

Instructions

1. Place the lentils, stock and cinnamon stick in a large saucepan, bring to the boil then reduce the heat and simmer for 30 minutes.
2. Meanwhile heat the oil in frying pan, add the onion, garlic, turmeric, cumin seeds and coriander and sauté gently for 5 minutes, stirring frequently. Set aside.
3. Remove the cinnamon stick from the lentil mixture then add the tomatoes, bay leaves and onion mixture to the lentils and continue to simmer for a further 15 minutes.
4. Remove the bay leaves from the pan then add the chickpeas, season with salt, pepper and lemon juice and cook for a further 5 minutes, stirring from time to time.
5. Garnish with freshly chopped mint when serving.

Vegetable and Bean Soup

Ingredients:

1 tbsp Olive Oil
1 Onion, chopped
2 Leeks, chopped
3 Sticks of Celery, chopped
2 Carrots, sliced
2 Garlic Cloves, crushed
720ml/1-1/4 pts Fresh Vegetable Stock
1 x 400g/14oz tin Haricot Beans
1 x 225g/8oz tin Chopped Tomatoes
1 tbsp Freshly Chopped Oregano
Salt and Pepper

Instructions

1. Heat the oil in a saucepan and fry the onion for 2 minutes. Add the leeks, celery, carrots and garlic and cook for a further 2 minutes.
2. Add the drained beans, stock, tinned tomatoes, oregano, salt and pepper. Bring to the boil then cover and simmer over a low heat for 30 minutes or until the vegetables are soft. Serve hot.

Amongst many die-hard meat eaters, the term Nut Roast often brings a titter to their lips. Well, this recipe is guaranteed to make them think twice. Not only is it suitable for vegetarians and vegans, but it's also gluten, wheat, dairy free and egg free so great for those suffering from allergies.

Support your local retailers - Use Them, Or Lose Them

This Macadamia Nut Roast is a hearty dish which can be served hot, warm or cold.

Cook's Tip....

If there's any left over, it can be kept in a fridge for a few days. Once chilled it can be sliced and served cold with a salad and is great for packed lunches.



Macadamia Nut Roast

Ingredients

800g mixed root vegetables (potatoes, parsnips, swede, sweet potato) peeled and roughly chopped
1 large onion, peeled and diced
2 sticks celery, finely chopped
1 garlic clove, peeled and crushed
1 tablespoon macadamia oil
200g carrots, peeled and grated
300g macadamia nuts, roughly chopped
3 tablespoons fresh chopped parsley
2 tablespoons lemon juice
Salt and freshly ground black pepper

Instructions

1. Cook the root vegetables in a large pan of boiling water until they are just tender.
2. Meanwhile fry the onion, celery and garlic in the oil, until softened.
3. Set the oven to 200°C or Gas 6. Drain the root vegetables, put them back in the pan and mash them roughly.
4. Mix in the grated carrots, most of the macadamia nuts, parsley, lemon juice, and seasoning.
5. Spoon the mixture into a large, lightly-oiled, ovenproof dish, or roasting tin lined with paper. Sprinkle with the rest of the nuts.
6. Cover with oiled foil and cook for 30 minutes then take off the foil and cook for a further 15-20 minutes until the top is browned and the vegetables are cooked through. Leave it to stand for 10 minutes before cutting into squares and serving with salad or green vegetables.

Did you know

Macadamia nuts are not only low in cholesterol and GI but high in plant based phytosterols and fibre, and provide a source of essential amino and fatty acids, important for those on a meat free diet.

Reproduced courtesy of www.Recipes4us.co.uk



The Mail Online news website recently reported that '100,000 words a day are changing our brains and ruining our concentration'. Talking on the phone, reading the newspaper, listening to TV and radio and surfing the internet means the average adult hears or reads around 105,000 words a day apparently, and that's just outside of working hours! Researchers concluded that this information overload could affect our ability for deep thought, or that our brains may grow in size to cope with it. This figure does seem a bit excessive, but it appears the research was carried out in the USA, where they are bombarded with a lot more advertising, and I know they certainly cram in more words per minute on their radio and TV shows!

Windows 7 has been selling extremely well and boosted computer sales into the critical Christmas shopping period. Feedback has been all good so far, but of course with so many more users out there by the time you read this it will be interesting to see if any issues have arisen. Last month I mentioned the omission of an email program, but there are various free ones available, like Live Mail, Thunderbird and Incredimail. If you use Hotmail, Google or Yahoo Mail it's not a problem as you won't need anything else.

E-readers (small hand-held devices that display pages) have been a surprise big seller. Certainly they are compact and can store in their memory around 150 books - but cheap they're not, at around £200+. Will they ever take over from real books? Techies may say so, but most people would probably disagree as they like a look and feel of a real book. For an example go to: www.amazon.co.uk and search: ereader

Google has been busy scanning millions of books, including many out of print titles, and making them available digitally online. This has caused quite a stir amongst authors and publishers who see this as a copyright issue and a threat to their livelihood. It is fascinating to be able to search and read many old original books, what about this for example - the 1866 edition of Pilgrims Progress. Just go to Google and type book search, and find a hidden gem.

This year could be the year of the mobile phone according to some technology writers. So what's new you might ask? Apple's

iPhone is now available on two more networks; plus Tesco joined the marketing fray just before Christmas, offering the handset at a greatly reduced price on just a 12 month contract. The iPhone is regarded as probably the best feature-packed handset available, owing to the thousands of apps available online, many for free. An 'app' is short for application, a small program that can make the phone do anything from getting the latest news, shopping prices, finding your way around, games and just about anything else; you've probably seen the ads on TV. But now more 'smart phones' are appearing, and the one to watch is going to be the Google phone when it launches. The search giant handed out trial handsets to its staff in December to get some real-time test results.

One enterprising professional photographer is running a course on getting best results from your mobile phone camera! The first venues are only in London, Birmingham and Bristol though.

The universal mobile phone charger should make its appearance this year. Most of us have a few different charges around the house and office, this is a move to make things easier, and cut down on wastage. I expect to see this rolled

The New Year is traditionally the time to review how things are going and get organised. In computer terms, this could mean getting all those photos organised, making sure your anti virus subscription is up to date. Getting all your data backed up. On that important subject, we do an excellent back up solution and now we can also offer synchronization software that is great if you use two computers and want the same documents on each. Call us for details.

The second edition of our new Computer Help Feature is going out at the moment, on the subject of getting the most from Internet and email. The first edition last month was an explanation of files and folders in Windows and how to arrange them on your own computer, and keep your documents and pictures etc well organised. Contact us if you want to sign up - please see details in the ad below.

Richard Mills, RDM Computers - T: 875666

**M: 07850 105424 :: e: info@rdmcomputers.co.uk
www.rdmcomputers.co.uk**

YES - we do

- ✓ Home Visits, Delivery and set up
- ✓ Supply PCs and Laptops to suit you
- ✓ Set up broadband - wired and wireless
- ✓ Supply back up and security solutions
- ✓ Set up your own purchased equipment
- ✓ Give honest and impartial advice

NEW: Like to get valuable hints & tips delivered to your inbox every month?

A monthly feature filled with 'how to' explanations in Plain English.

Subjects like making the most of the Internet, how to easily send photographs and other attachments by email, creating and arranging files & folders, and looking after your computer, to name but a few.

Yes you can go out and buy a magazine or a book, but sometimes they are not easy to follow and can be full of adverts.

To launch this new feature, everyone who signs up will get a free glossary of computer terminology (techno-speak!) and what it all means; and an explanation of what to look for in a computer, or even understanding your own. The launch price of this will be just £9 for three issues delivered by email, or add £3 if you would like it posted. Payment can be made by cheque.

To take advantage of this, or for a free sample feature to demonstrate how you could benefit, just email us with the subject line: computer feature; and we will email straight back.



RDM Computers

BRIGANTIA
COMPUTER EXPERTS

Your Local Specialist for Computer Sales & Service

Now Back in Cottingham - Please call: 01482 875666

email: info@rdmcomputers.co.uk web: www.rdmcomputers.co.uk

Cottingham Rangers AFC achieve ERCAS accreditation

Congratulations to the sports clubs who have achieved the East Riding Club Accreditation Scheme (ERCAS) award in the past month.

Burlington Jackdaws FC, Yapham Cricket Club, Body Wise Gym (Adults) and Humberside and Lincolnshire Orienteers (HALO) have all achieved Level 1 accreditation.

The scheme works as a partnership between the East Riding Council for Voluntary Youth Services (ERYCVS) who co-ordinate ERCAS Level 1 and East Riding of Yorkshire Council's sport and play development service who administer ERCAS Levels 2 and 3.

Congratulations also go to Cobra Archers, Snaith Junior FC, Long Riston AFC Juniors, Hutton Cranswick Bowls Club, Woodland Squash Club, Cottingham Rangers AFC, Goole Amateur Swimming Club who have renewed their Level 1 accreditation and Kingston Netball Club, Hessle Rangers FC and Wolds Gliding Club who have successfully renewed their Level 2 accreditation.

The aim of the scheme is to promote a quality club infrastructure focusing on key areas such as child protection and implementing health and safety measures. A further requirement for all junior clubs is to have qualified coaches and CRB police cleared volunteers.

For further information on the accredited clubs please visit www.eastridingsportandplay.org and click on club development then accreditation or for information on the ERCAS scheme please contact Adam Toes, community recreation officer, on (01482) 392524 or email adam.toes@eastriding.gov.uk

"Make a New Year Resolution that counts!"

£1,000 off your Solar Hot Water Installation

Reduce Hot Water costs by up to 70%

...That's up to 20% off your annual fuel bill!

Solarwall in conjunction with your local council is offering you the opportunity to have installed a Solar Hot Water System from only £2395



Clean, green energy for life

EAST RIDING
OF YORKSHIRE COUNCILS



Quote Ref (A202)

SOLARWALL LTD

Your local energy efficiency company

Call: 0500 127005

Email: renewables@solarwall.co.uk

SOLAR
TRADE
ASSOCIATION

Green Lane Trading Estate Clifton
York YO30 5PY

www.solarwall.co.uk

The Dental Studio & Implant Centre

92 Northgate, Cottingham, East Yorkshire HU16 4EH Tel: 01482 875445

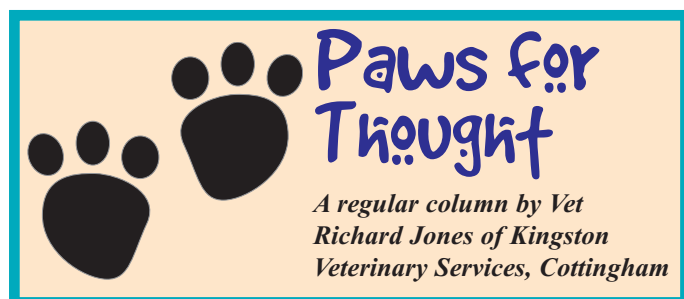


WELCOMING NEW PRIVATE PATIENTS UNDER NEW MANAGEMENT

Services include:

- Hygiene Therapy
- Dental Implants to replace teeth
- Tooth Whitening
- Tooth coloured fillings & onlays
- Crowns to restore & protect teeth
- Root canal therapy to save teeth

FREE CONSULTATION WHEN MENTIONING THIS ADVERT



Becky's Christmas Gift

As I write this just before Christmas, with Noddy Holder and Slade's Merry Christmas blaring out from the radio, everyone is getting excited about receiving and giving presents and this year that includes my two year old Labrador Becky, who gave one of the best gifts this week to a very poorly dog, a pint of her blood!

We had a very poorly dog brought in 5 days ago, normally a lively Springer spaniel this young dog was very lethargic and not eating. The first thing that hit us was that he was jaundiced and bloods showed he was anaemic, further investigation led us to believe he had autoimmune haemolytic anaemia, an uncommon but very serious condition where the dogs immune system starts to destroy the dogs own red blood cells. Why does this happen? There are lots of reasons such as lungworm, infectious diseases, but most commonly no identifiable reason. Treatment involves high doses of steroids to stop the animal's immune system doing more damage but it is a race against time as all the time the process of destroying the red blood cells goes on making the animal more anaemic. The normal percentage of red blood cells in dogs blood is 37-45%, this little dog when presented had a haematocrit of 20% and this soon dropped to a dangerous level of 10%, life threatening. It was at this point when Mr Robinson decided a blood transfusion was necessary, so Becky was sent for.

Blood transfusions in veterinary practice are not uncommon to help animals who have perhaps lost a lot of blood in a road accident or from surgical procedures, illnesses such as this spaniel, animals with bleeding disorders such as rat poisoning and haemophiliac dogs. In this case we needed whole blood because we needed to replace the red blood cells that had been destroyed.



What! A whole armful!

For Becky it was just exciting as she got lots of fuss from the nurses. As a donor she needs to be fit and well, up to date with her vaccinations, over 25kg in body weight (no problem for a Labrador) and never having travelled abroad as in Europe there are infectious diseases such as Babesia, Ehrlichia and Leishmaniasis that affect the blood and can remain dormant for months.

The procedure for getting the blood is painless and quick. In dogs we use the jugular vein in the neck which is very accessible (not an armful as Tony Hancock would say, am I showing my age?). Local anaesthetic is put in the skin and the vein cannulised and within 10 minutes we have 460ml of Labrador blood in a special anticoagulant bag ready for the recipient.

What about blood groups you say? Well dogs do have blood groups and Becky has been blood typed to see which blood group she has. However, in emergency situations such as this dogs can receive a blood transfusion from any blood group with minimal risk, however if further blood is needed then both donor and recipient will need typing for compatibility. As it happens both Becky and the dog have the same blood group.

Our pint of Labrador blood is then given very slowly to the dog through a vein in the forearm, while this is happening over about 2 hours, the dog is constantly monitored by one of our veterinary nurses, looking for any anaphylactic (allergic) reaction, with pulse and respiration monitored constantly.

As we write the dog has stabilised, Becky's blood doubled the dog's haematocrit from 10 to 20% and this has stayed stable for 3 days and despite being so poorly he is very bright, he has a long way to go yet, but so far so good.

As a practice we have several donor dogs who we can call on, as should this dog need more blood we will need to have the same blood group and Becky cannot give blood again for 3 months. If we cannot use any of our own donor dogs, there is now a national blood bank for dogs based at Loughborough. This can supply either full blood or just red blood cells for dogs that have haemorrhaged plasma and clotting products. By splitting the blood up it can be stored better frozen and last longer and each blood donation can help more than one dog.

Bloods transfusions in cats are not as common a procedure as in dogs. This is for several reasons, cats can have several serious viral diseases and unless the cats are tested prior to giving blood and stay indoors permanently, their disease status can change. Cats also have far greater risks when receiving blood transfusions and always needs compatible donor and recipient.

Did Becky get a cup of tea and a biscuit after giving blood? No, much better than that, a dish full of food and a new toy for Christmas so she's more than happy.

Becky the blood donor (black one) with her partner in crime, Jazz.



A LOCAL VETERINARY SERVICE BUT SO MUCH MORE!

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

Kingston
VETERINARY GROUP

Other branches
Park Street
Tel: 01482 223688
Beverley Road Surgery
Tel: 01482 854422

www.kingstonvet.co.uk

Preparing for the Chinese New Year 2010

Chinese New Year (according to the lunar calendar) starts on the 14th February 2010 and is the year of the Tiger, and is celebrated by the Chinese all over the world. It heralds new beginnings and a fresh start.

The weeks running up to New Year's Day are very important because we must be very well prepared for the New Year as it sets the example for the year's luck ahead.

Making sure that the house is thoroughly cleaned and dusted is important as this ensures that the old stagnant Qi is swept away so that new, fresh auspicious Qi can enter the home.

The whole house must be cleaned before New Year's Day. Any old and broken items should be thrown away, all cleaning equipment is put away out of sight. To do otherwise would be to threaten the new Qi that is arriving and this is something that everyone wishes to avoid.

In readiness for the New Year, the house must be decorated with live blooming plants as these symbolise rebirth and new growth.

Flowers such as pussy willow, azalea, peony, water lily or narcissus symbolise wealth and high position in one's career. It is considered very lucky for the household if a plant blooms on New Year's Day as they can expect the year ahead to be full of prosperity.

After you have placed the flowers, then comes the fruit. Oranges and tangerines are two very symbolic fruits in the celebration of Chinese New Year, they are symbols for abundant happiness. The colour of oranges and tangerines represents gold and, together with a 'hung bao' ang pow, (red packets containing money), they are offered to friends and family as gifts symbolising gold ingots.

We would like to wish you all a very happy, successful and lucky new year in 2010.

A. M. Hardy Electrical

Installation & Repairs
Periodic Inspections & Testing
Extra Lights and Sockets
Rewires and New Consumer Units
Fire and Security Alarms
Part P Registration
Domestic, Commercial & Industrial
No Job Too Small and Free Estimates

Tel: 01482 470130
Mobile: 07801 633250

Fax: (01482) 449496
 email: admin@amhardyelectrical.com
 214 Bricknell Avenue, Hull HU5 4QQ




 Registered through
 NAPIT



www.amhardyelectrical.com



Barbara Johnson Florist

Established 1983 • NDSF • FSE
 Official Interflora® agent

‘Oh, my love is like a red, red rose ...’
 Don't forget flowers for that special
 someone this Valentine's Day

01482 840 545



38 Finkle Street, Cottingham, Hull HU16 4AZ
www.barbarajohnsonflorist.co.uk
bjohnsonflorist@live.co.uk

WE WILL NOT BE BEATEN
 ON ANY GENUINE PRICE



TROPHY PET FOODS



Equine & Pet Supplies

Greenacres, Northlands, Walkington,
 HU17 8RU

Next to the Police Stables

Tel: 01482 870820
trophypetfood@yahoo.co.uk

OPEN 7 DAYS MON-SAT 8-7PM
 SUN 10-4PM

WE DELIVER FREE ACROSS
 EAST YORKSHIRE



"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile Maker'
Branfield

Life Changing Dentistry – Filling The Gaps – Part 2

Hi, how are you doing? I hope that you are well and had a great Christmas and New Year. I also hope that you do not feel any worse for any slight overindulgence over the festive season.

The Big 40

I turned 40 years of age since the December issue came out. Oh no, when I was in my teens 40 was really old. It doesn't seem so old any more, funny that. Perhaps I'm just delusional. I am wondering if it all down hill from here or life really does just get started. I'll just have to wait and see.

Imaginative, Creative and Ingenious

Last time I dived back in time a bit to see how the problem of missing teeth was tackled way back when. We mainly looked at replacing missing teeth with implantations of different sorts. Some were very imaginative, creative and ingenious and sometimes a bit mad.

A Bridge Too Far?

Dental bridges are not new, not by a long way. There have been bridges discovered dating back to the fourth or fifth century B.C. One such bridge was found in Sidon, chief city of ancient Phoenicia. The Phoenicians were a people contemporary with the ancient Egyptians and Hebrews and lived in what is now modern day Lebanon. The bridge had four natural human incisor teeth with two carved ivory teeth between them. These 'teeth' were bound together with gold wire.

The Etruscans also were very adept in the art of dental prosthesis. Here again there have been dental findings dating back to 500 B.C. Soft gold bands were fitted around natural teeth. The false teeth were fastened to the bands with rivets. The false teeth (pontics to use the dental jargon) were made up of human teeth with the roots cut off or more often oxen teeth. In some cases a groove would be made down the middle of a wide ox's tooth to make it look like two teeth. Absolutely ingenious. These guys must have had some time on their hands, not like the 100 miles an hour of 21st century living, eh?

Elephant, Hippopotamus Or Walrus, The Choice Is Yours

Over the years dentures have been made out of different materials including ivory, gold, stainless steel, cobalt-chromium, vulcanised rubber and acrylic. The teeth on the denture made from ivory, natural teeth, porcelain and acrylic. The ivory that was meticulously carved came from different sources. Namely elephant, hippopotamus or walrus. Each type of ivory had its own characteristics in terms of grain and texture. There is evidence of ivory being used for dentures as far back as Roman times.

Would You Like Springs With That Sir?

One famous denture wearer was the American President George Washington. He was plagued by toothache and abscesses for many years and only had one tooth left by the time of his inauguration. He had several dentures made by the best people of the time and had them made from the whole range of materials available. His last set was made by John Greenwood. The upper palate was swaged from a sheet of gold and had ivory teeth riveted to it. The lower denture was carved from a single block of ivory. The two dentures were fastened together by a steel spring! I bet that took some getting used to. I also bet that you can't get them on the NHS. How much do you think that would cost now?

So there you go, another little jaunt back in time to dental practice of bygone eras.

16-0 And Still Smiling

My daughter's football team suffered their worst defeat of 16-0 at home. However, she got the player of the game award and was completely made up with it. The whole team were still friends and still smiling. I love it!

Wishing you all the best for 2010, I hope it's a great year for you.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 848428. He has been in dental practice for 17 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry. www.castleparkdental.co.uk

End Denture Suffering

Do you suffer from ill fitting dentures, can't eat the foods you want to, or feel embarrassed because of your dentures? Need confidence?

We may well have the answer to transform your life by changing the way you feel and eat forever, improving your confidence and general well-being

Dental implants could be the solution. A revolutionary new technique called 'Same Day Teeth' means that implants and fixed bridge can placed the same day.

EASIER THAN EXPECTED

"I am really pleased with the finished result, not that I think about it anymore, and pleased I chose to have the implant . . . The treatment was easier than I expected and I have no hesitation in recommending dental implants." - Mrs Barbara Markham, Cottingham.

BETTER QUALITY OF LIFE

"The end results speak for themselves, this was the right choice for me and has given me a better quality of life . . . I have no hesitation in recommending Mr. Branfield . . ." - Mrs. Maxine McGorry, Hull.

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

For a **FREE Consultation** (Minimum value £53) and **FREE Dr. 'Smile Maker' Guide To Implants** call 01482 848428. Limited to only 17 this month so act fast. Discounts and 0% finance available for this cost effective, life changing treatment

Treat Yourself To the Castle Park Experience!

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

Change
your Life?

Call now on 01482 848428
8/9 Castle Green Cottingham
www.castleparkdental.co.uk
email: castleparkdental@aol.com

Free initial consultation for cosmetics and dental implants

“Wills, plain and simple”

Most people over 55 years old know they should have a Will.

They know that a Will ensures that when they die, the people they have chosen will take care of their estate and benefit from it.

Yet many still have not got around to making a Will, often because they are put off by the costs involved, and understandably so.

A Will is an important legal document. If the price is too low, people wonder whether the adviser has adequate knowledge or expertise; too high, and people wonder whether their Will requires the level of expertise the price implies.

The result for many is that they never get around to sorting out their Will.

That is why Andrew Jackson Solicitors have launched the Wills, *plain and simple* scheme for the over 55's.

Under this scheme, the price of Wills are fixed at £150 plus VAT for a couple. For a single person the price is just £100 plus VAT.

Additionally, if you attend our Wills clinic at Cottingham then we are offering a free initial consultation with no obligation if you decide you do not want to proceed at the end of the appointment.

The *plain and simple* label indicates that this scheme is aimed at clients whose requirements are straightforward.

You will still benefit from being advised directly by a solicitor, but provided your requirements are uncomplicated, the price will be in line with the *plain and simple* scheme.

If your requirements go beyond the limits of the scheme, for instance if you need tax advice, or your Will needs to include trusts or more complicated arrangements, we will tell you so and let you know what the cost will be for the Will before we start work.

This means that you will always know the maximum cost of your Will.

No surprises - *Wills, plain and simple*.

We also have a *Lasting Powers of Attorney plain and simple* scheme – contact Leanne Labrom on 01482 325242 for more details.

Andrew Jackson
Solicitors

Wills
plain
and simple



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

Wednesday 20 January 2010
Wednesday 24 February 2010

FREE INITIAL CONSULTATION

For further details or to book an appointment, please
contact Leanne Labrom or Caroline Hepworth on

01482 325242

Due to popular demand, we are also holding Wills Clinics
in Swanland - contact us for more information.

Essex House | Manor Street | Hull | HU1 1XH | www.andrewjackson.co.uk

Trust Sue Beautyman

We have the solution for all your
home care and support
services

We have cut the cost
of Home Care not
Quality!

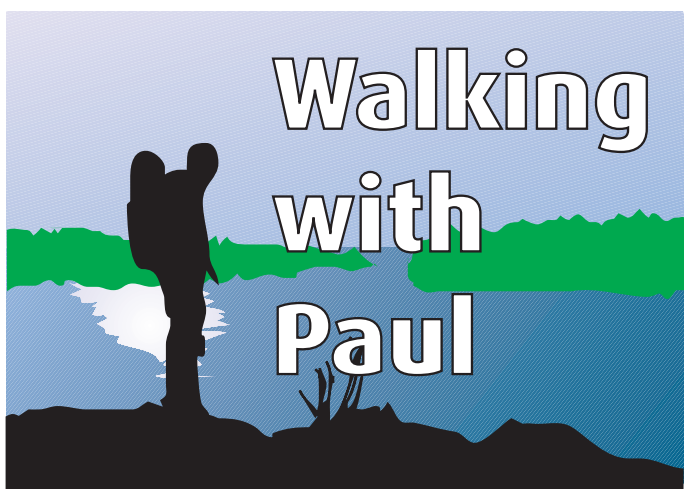


- Companions & Sitters (days & nights)
- Freshly Prepared Meals (cooked & served on site)
- Safety Checks
- Domestic Cleaning
- Shopping
- Pet Walking
- Washing & Ironing

All carried out by fully trained,
police checked staff

WHY NOT CALL
TODAY FREE OF
CHARGE ON

0800 138 0968



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

Map :- EXPLORER 293 and 291

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 and 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. Cross the road and pass the church and cemetery on the right.

Immediately before the bridge, turn left and pass through a kissing gate and walk down the path with the stream on the right. Cross over a foot bridge where the stream passes under a building and walk up a loose stone drive to emerge on a road. Turn left on reaching this road and after about 400 metres locate a way marked footpath on the left and take this path. When the path forks, take the right fork and then pass through a kissing gate to emerge on Blossoms Lane. Cross this lane and pass through a kissing gate and walk with the stream on the left. Pass through another kissing gate eventually to emerge on a road. Turn left and follow this road again with the stream on the left.

On reaching the main road, cross the road and continue walking in the same direction down a wide lane known as Low Mill Lane. Pass under the old railway bridge. This lane eventually becomes a tarmac lane and shortly after follow the road as it sweeps sharp left passing the Everthorpe Prison over to the right. On reaching the road from North Cave to South Cave, turn right and then after about 50 metres, turn left and follow this road into Everthorpe. Shortly after leaving the village locate the footpath earlier used and retrace the route back to South Cave.

Happy Feet
Foot Health Clinic
 Healthy Feet... Love Your Feet... By Happy Feet
 Louise Vines Leng, Sac, Dip, Mps Practitioner

Treatments include:-

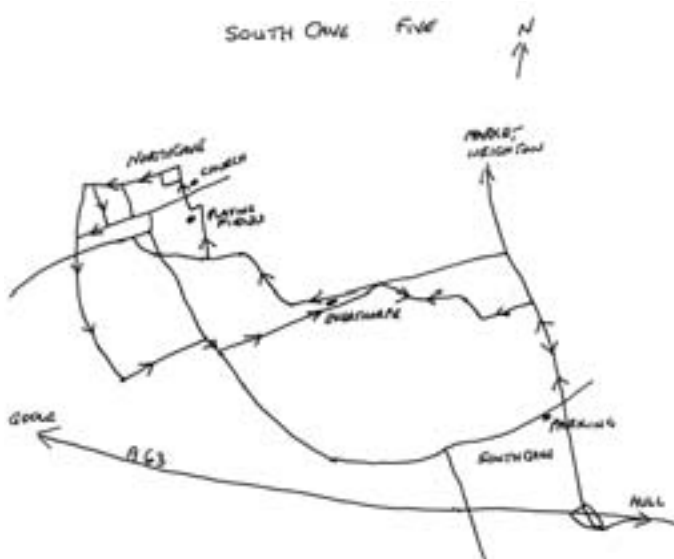
- Diabetic Foot Care & Advice • Ingrowing Toe Nails
- Corn & Callus Removal
- Hard Skin Removal • Toenail Care

15% OFF

*All Treatments - New clients only ::
 Bring this coupon with you to receive your discount*

Open: Monday - Friday 9.30 am - 3.00 pm
 Late Nights & Weekend appointments also available
 Appointments not always necessary :: OAP Concessions

Tel: 01482 841397
 22 King Street, Cottingham, HU16 5QE





News Updates from the Cottingham Post Office

We would like to thank all our customers old and new, for your custom throughout the past year and look forward to serving you in 2010, and wish you all a Happy and Prosperous New Year. From Gary, June and all the staff at the Cottingham Post Office.

Petals by Ella

Bespoke Floral Design

Fresh and Silk Flowers,
Hampers, Gifts and Ballons,
Wedding, Civil Ceremonies,
Family, Sympathy, Corporate,
Interior Living, Events and Exhibitions

Local and surrounding area,
same day delivery service

National & International
No. 1 Relay Service now available

54 Finkle Street
Cottingham
HU16 4AZ

**01482
843002**



SALE SALE SALE..LOTS MORE INSTORE!!
Winters4Shoes.com

**157 Hallgate
COTTINGHAM
E.Yorkshire
HU16 4BB
Tel: 01482 842410
Open Mon-Sat:
9.30-4.30 pm**

UP TO AN EXTRA 20% Markdown Now on!!!

| | | | |
|---|--|--|---|
| NATURA MENS & LADIES BOOTS RRP £65.00 TO: 37.99 SALE PRICE £34.99 | NATURA GASSERE BOOTS RRP £75.00 TO 52.99 SALE PRICE £44.99 | SAAYS MEN'S SAAYS SELECTION ALL LEATHER INCREDIBLE VALUE RRP £50.00 SALE PRICE £29.99 | ALSO RIEGER SALE GALORE! LEATHER WALKING BOOTS WATERPROOF ULTRA COMFY FANTASTIC VALUE MENS LADIES RRP £20 NOW £14.99 SLIPPERS NOW IN |
| NATURA NATURA RANGE SUPREME AIR FOOTBED EXTREME COMFORT ULTRA LIGHT ALL LEATHER NATURA LADIES SHOES RRP £60.00 TO: £34.99 SALE PRICE £27.99 | NATURA GASSERE SHOES RRP £60 TO £39.99 SALE PRICE £32.99 | GASSERE All Leather Super Stylish, Amazing Comfort Fits Wider Fit, SIMPLY STUNNING LION LION FOOTWEAR HAND FINISHED INCREDIBLE COMFORT BEAUTIFUL LEATHER RRP £60 TO £39.99 SALE PRICE £32.99 | BOOTS £22.99 SHOES £30.00 |

SHOP ONLINE...FREE P&P £32.99 FREE P&P ONLINE!



In the Garden



In January, your garden could need protecting from frosts, gale-force winds and heavy rain. Check stakes, ties, fleeces and other supports for damage and consider moving plants to sunnier positions to maximize light. Don't forget to keep feeding the birds, food is scarce for them over winter.

Prepare soil: Although you need to stay off your plot if it is soggy wet, when it dries out, get out and start digging it over, spreading organic matter and incorporating green manure. The more you can do now, the better off you'll be in spring.

Clear away old crops: It's a good time to pick over the plot and



remove any old, decaying crops. Throw the debris on the compost heap, or if it is diseased, burn it or dispose in some other way.

Planning ahead

Plans for later in the year's cropping can be drawn up and seeds and other planting material ordered in good time. It is also worth getting in sufficient canes, stakes, netting, fertiliser and pesticides to save time later. Mail order suppliers and gardening clubs and societies can offer significant savings over retail outlets.

When seeds arrive make a seed organiser and store the seed in cool, dark dry conditions. Potato tubers can be laid out to sprout or 'chit' in late winter. Clean out and wash seed trays, pots and other containers ready for seed sowing in the spring.

Soil preparation

Digging over vacant ground, spreading organic manures, incorporating green manures, checking the pH and adding lime if required and generally giving your soil some attention should get it in the best condition for an early start in spring.

Sandy soils are usually best left until the spring, otherwise they can have lots of nutrients washed out of them.

Once the soil is in good condition and sufficiently moist it can be covered with a polythene sheet or cloches to keep it ready for sowing. Clear sheeting and cloches will also warm up the soil, but you have to be prepared to do a little weeding. Black polythene doesn't warm up the soil as much, but does prevent weed growth.

If the compost in compost bins is ready the bins can be emptied and the compost spread over the soil or dug in. If it's not ready the contents can be mixed again and the bins refilled.

NEWSTAR SECTIONAL BUILDINGS

Established Over 30 Years

Open Sundays 11.00am - 3.00pm

CONCRETE GARAGES & SHEDS . GREENHOUSES
SUMMERHOUSES . CHALETs . PLAYHOUSES &
DOG KENNELS . FULL DELIVERY & ERECTION SERVICE
BASE LAYING & REMOVAL OF OLD GARAGES & SHEDS
RE-FELTING OF EXISTING SHEDS

Tel: 01482 444256

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



**BRAVO
LANDSCAPES**

RHS CHELSEA FLOWER SHOW MEDAL WINNERS

Garden design and build to the highest standard

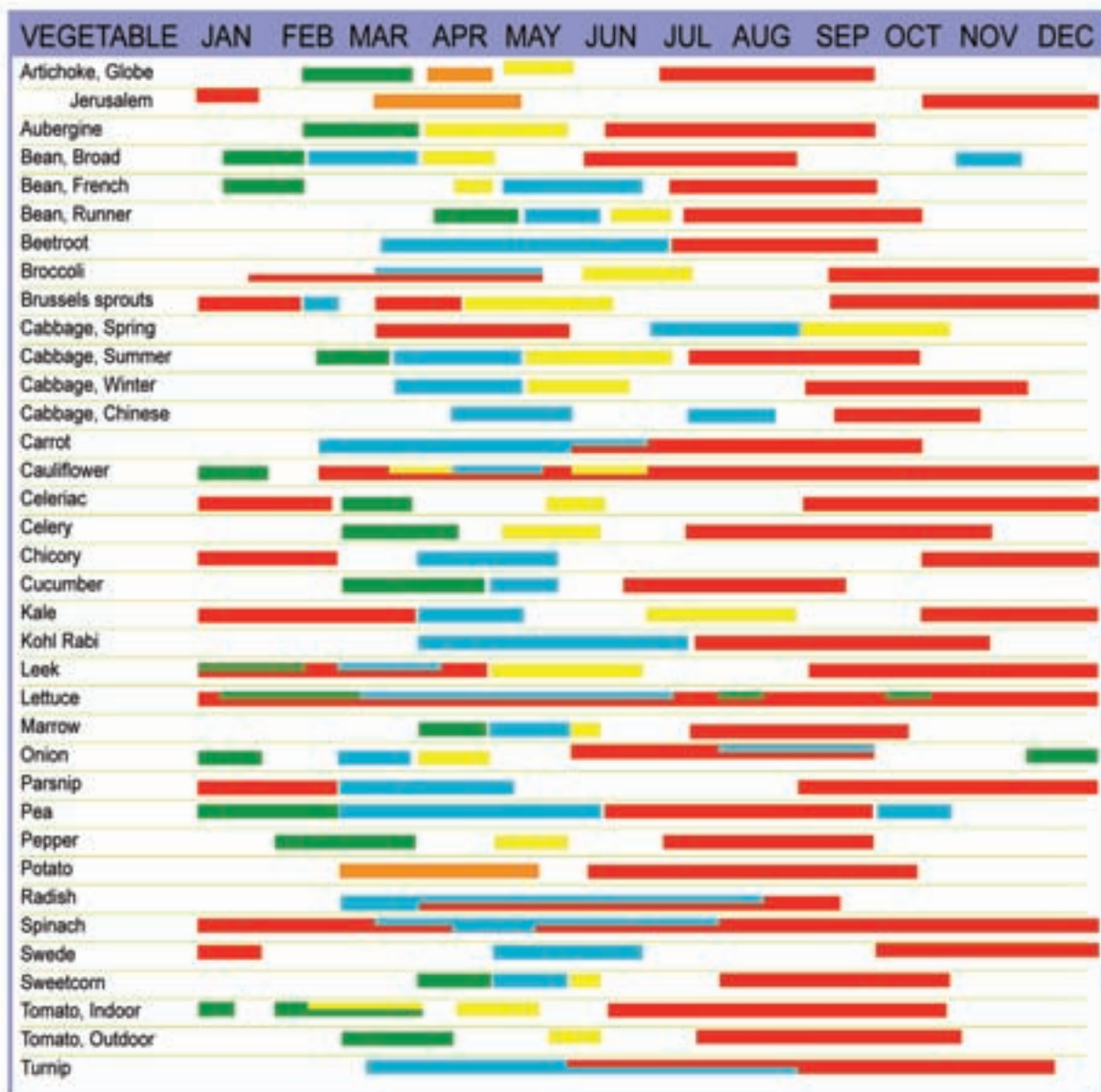
Paving ~ Decking ~ Water features ~ Fencing
Pergolas ~ Imaginative low maintenance areas
and much more !

Tel (01482) 844152 Mob 07985 416 665
www.bravolandscapes.co.uk

Top 10 jobs

1. Recycle your Christmas tree by shredding it for mulch
2. Ventilate the greenhouse on sunny days
3. Dig over any vacant plots that have not been dug already
4. Repair and re-shape lawn edges
5. Inspect stored tubers of Dahlia, Begonia and Canna for rots or drying out
6. Prune apple and pear trees
7. Start forcing rhubarb
8. Plan your vegetable crop rotations for the coming season
9. Keep putting out food and water for hungry birds
10. Prepare a polythene shelter for outdoor peaches and nectarines, to protect them from peach leaf curl.

VEG PLANNER



KEY

■ = Sowing indoors, under cover
■ = Sowing outdoors

■ = Planting tubers, sets or offsets
■ = Planting out seedlings
■ = Harvesting

Reproduced by kind permission of www.rhs.org.uk



The Fifth East Hull DOLLHOUSE & MINIATURES FAIR

Sunday 7th February 2010 - 10.30 am to 4.00 pm
at Bilton Village Hall, Bilton, Nr. Hull HU11 4AA

Many more top miniaturists (Trader listings on our website)

On the B1238, 30 mins from A63
100 yards from Asda and 56/57 Bus Terminus

All Adults £2.50 - Children 5-16 50p
FREE PARKING :: DRINKS AVAILABLE ALL DAY

Enquiries: Richard/Lesley 01482 898869
or visit www.harlandsofhedon.com

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



A New Beginning

COUNSELLING, MASSAGE & BEAUTY

1-1 Counselling
Couples/Relationship Therapy
Psychosexual Therapy
Anger Management
CBT & Life Coaching
Confidence Building & Assertiveness
Anxiety, Stress & Depression
Addictions (inc. Sexual, Alcohol & Eating Disorders)
Massage (Full Body, Neck, Back & Shoulders)
Manicure, Pedicure, Waxing & Tinting
Holistic & Beauty Facials & Makeovers
Pamper Packs (Princess Pink Pamper & Luxurious Ladies)



Mandi Weymes Dip.C., Dip.LC, MBACP, MGBT (Relate Trained)
Counsellor, Relationship/Psychosexual Therapist, Life Coach, Massage & Beauty Therapist

Tel: 01482 841666 :: 07717 210 969
www.anewbeginning.counselling.co.uk • email: counselling@anewbeginning.karoo.co.uk

Menswear Sale Now On!!!

See us at the Guildhall Bridal Fayre
Sunday January 17th 2010

Len Beck
75 Years of service

Tel: (01482) 852131
443 Endyke Lane, Hull HU6 8AG
200 Yards from the Cottingham Boundary
www.lenbeck.co.uk

Your Stars for January 2010 - By Kay Gower

Aries - (Mar. 21- April 20)

This year you will find that dreams can come true. You know exactly what to do in order to fulfill your hopes for the future and will enjoy not only the results but also the journey of development you will take to get there.

Taurus - (Apr. 21- may 21)

You're interested by a wide range of subject matter, so why not consider taking up a course of study to stimulate your mind? This year will provide you with a unique opportunity to do things the way they should be done and you'll notch up some major achievements.

Gemini - (May 22-June 21)

If you want to turn your dreams into reality in 2010, don't rely on anyone else but yourself. You will have the support of your partner for everything, but you must be able to stand on your own two feet. This way, when the time comes (late spring early summer) to show your mettle, you'll be ready.

Cancer - (June 22-July 22)

You'll enjoy many good moments in 2010 and experience long-forgotten sensations of vitality and wellbeing. Your extra energy will also mean your general mood improves. January and February will bring an improvement in your financial situation, but the late summer months will prove your best overall, for health, money and social life.

LEO - (July 23-Aug 22)

This could well prove to be your year, and you will use your energy more efficiently than anyone. Financial matters will be an area that demands a lot of attention, money will come to you - but so will spending sprees, but if you just keep calm, there won't be any problems you can't overcome in 2010.

Virgo - (Aug 22 - Sept. 23)

You should be able to find the best solutions for any problems that may crop up this year - just as long as you keep an open mind about your options. You will be in a position where you can help people to achieve their goals and, while you're doing it, achieve some of your own.

Libra - (Sept. 24 -Oct. 23)

Although you enjoy all the simple pleasures in life, you can spend far too much time worrying about trivial things. Come the spring, however, you will feel far less troubled. Early May will be the time to dip your toe into fresh waters. Don't worry, you'll enjoy the adventure.

Scorpio - (Oct. 24 - Nov. 22)

The spring months will be filled with activity; you will have plenty of energy and be in a happy mood. The summer months will be calmer, you will begin to feel a great contentment and enjoy a family holiday. The latter half of 2010 will fill your world with tranquility and much deserved peace.

Sagittarius - (Nov. 23 -Dec. 21)

If in the past you have misused your energy and creativity, 2010 bring you the opportunity to put things right. This year you will be able to make far-reaching changes to your world that will benefit you and your loved ones. The autumn months will see many previously-closed doors open, both in your social life and at work.

Capricorn - (Dec 22.- Jan. 20)

You will have no complaints about your good fortune this year, even if during the last months of 2009 you may have had to put up with some small doses of bad luck. That's over. 2010 will be a year of challenges but ultimate good fortune, your ability to communicate and relate to others will introduce you to new people and lucky situations. By the end of the year you will have enjoyed great victories and financial success.

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

You won't experience many financial problems because the stars are all on your side this year. You can expect great success at work; this will be because of your hard work and determination. You have a friendly and affectionate nature and know how to bring out the best in others. But there are those who may be jealous of your popularity, and you should be aware of them.

Pisces - (Feb. 20-Mar. 20)

The influence of Jupiter as it moves through your sign will be very positive and beneficial to your health. For the first half of the year, fill your life with new projects that you've been meaning to try - they will lighten your spirit and have a positive influence on your vitality and general wellbeing. The spring will see the return of your energy, and by the time summer arrives, you will have regained your vitality and will look and feel wonderful. 2010 is a lucky one - make a wish and try to make it come true.



The Old Manse
Self Catering Holiday Home
Short Breaks from £140
Weekly Breaks from £650
Accommodation Sleeps 8,
travel cot/high chair available
Family Friendly, Set in 1/2 an
acre of secluded gardens
www.theoldmanse-glenshiel.com
Bookings 01482 656148

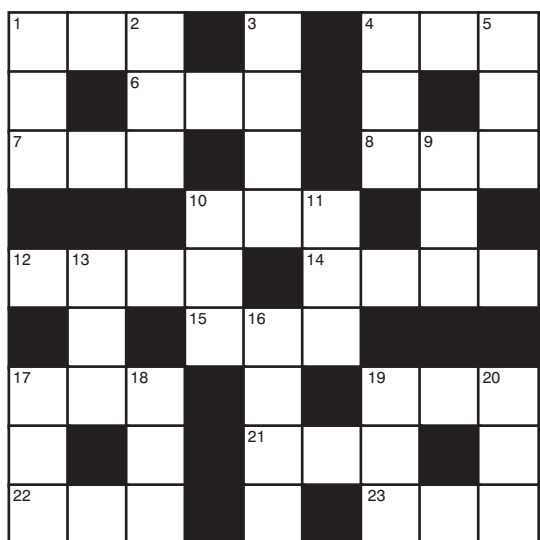
Country Cottage Holidays

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

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

Number Cruncher



Across

1. 17 down plus thirty-eight
4. 19 across doubled
6. 20 down minus 123
7. 8 across plus ninety-five
8. Minutes in nine hours
10. Months in nine years
12. 14 across minus 637
14. 5 down times nine
15. 18 down minus 183
17. 1 across minus sixty-seven
19. 13 down minus eighteen
21. Minutes in five hours
22. 4 across plus twenty-eight
23. 13 down times five

Down

1. 9 down doubled
2. 10 across plus seven
3. Five times 22 across
4. 2 down tripled
5. 4 down plus seventy-five
9. Four times 6 across
10. Dozen in eleven gross
11. 1 down minus ninety-seven
13. Seconds in three minutes
16. 14 across plus 955
17. 23 across plus thirty-three
18. Three gross
19. 15 across minus 140
20. Hours in ten days

Support your local retailers - Use Them, Or Lose Them

JANUARY STOCK CLEARANCE

Hoover Aristocrat

A&AA
Rated

Time
Saver

1400
Spin



16 Progs

Variable
Spin

Start
Delay

FREE 3 YEAR WARRRANTY

| | | SAVE | |
|----------|------|----------------|------|
| 6kg load | £360 | £60 | £300 |
| 7kg load | £390 | £70 | £320 |
| 8kg load | £430 | £90 | £340 |

Hotpoint



SAVE AN
EXTRA

£60

WML540P AQUARIUS WASHER
6kg Load, 1400 Spin, 16 Progs
Variable Spin & Temp, Eco Cycles
Was ~~£360~~

December Price ~~£320~~

**JANUARY
CLEARANCE
PRICE**

£260

SPECTRUM Video & Electrical

Visit our Website: www.spectrum-video.co.uk

email: spectrum16120@aol.com

197 Hallgate, Cottingham. Telephone 01482 848339



EURONICS CENTRES
PLUG INTO SERVICE & PRICE

**PHILIPS
PREMIER
PARTNER**



Association of Businesses in Cottingham and District 2010 Membership.

The following are all members of the above organisation trying to improve the business community for all in the village.

PLEASE USE THEM OR LOSE THEM!

| | | | |
|--|---------------|---|-----------------------|
| A. P. Duke Builders, 29 George Street | 844801 | Jo Branagan Business Services, 188 Danube Road | |
| AlterFrame, 146 Hallgate | 876473 | | 0797351 1026 / 568204 |
| Ann At Elizabeths, 52 Finkle Street | 841246 | Kemps, 259 Hallgate | 844695 |
| B. Brotherton, 7 Hariand Way | 841388 | King Billy, 152 Hallgate | 875996 |
| Bakers dozen, 169 Hallgate | 847557 | Kismet, 98 King Street | 876676 |
| Bauchamp Academy of Theatre Arts, 37 Hallgate | 847023 | Looking Glass, 78 King Street | 875005 |
| Best Wishes, 110 King Street | 876688 | M.Spivey - Remedial Masseuse & Joint Therapist | |
| Blondes, 106 King Street | 843367 | 5 Hornbeam Drive | 849560 |
| C. Wright, 217 Hallgate | 845212 | Miller Eyre, Omega House Dunswell Road Cottingham | |
| Classical Gas, 60 New Village Road | 875897 | | 849565 |
| Coates Opticians Ltd, 8 King Street | 840989 | Modus Interiors, 149 King Street | 875794 |
| Cottingham Dental Practice, 190 King Street | 848655 | Newholme, 47 Thwaite Street | 849879 |
| Cottingham Auto Care, 72 King Street | 840084 | NOC Property Services, 92 Hull Road Cottingham | 447357 |
| Cottingham Flooring, 2 Kings Parade, King St | 875255 | Northmoor Garage, Northmoor Lane | 847209 |
| Cottingham Lawn Tennis Club, Hull Road, Cottingham | | Old Rectory / Kristoffs, 140 Hallgate | 876886 |
| | 849292/891965 | P and D Carpets, 117 Hallgate | 842134 |
| Cottingham MOT, Station Road | 847200 | Petals by Ella, 54 Finkle Street | 843002 |
| Cottingham Parks Golf & Leisure Club, Woodhill Way | 846030 | Photo Shop, 104 King Street | 843695 |
| Cottingham Post Office, 3 Finkle Street | 843858 | Printworks, 76 Golf Links Road | 852102 |
| Cottingham Sports, 24 Finkle Street | 844826 | Purple Cow, 218 Hallgate | 876333 |
| Cottingham Tandoori, 214 Hallgate | 849033 | Rapid Gas, 16 Langdale Crescent | 842802 |
| Cottingham Times, 1 Forge Place Skidby | 840035 | Samuel David Hair Design, 214 Hallgate | 843629 |
| Daisy Decor, 7 Beechdale | 876743 | Scrivens, 160 Hallgate | 845056 |
| Evans Hair, 203 Hallgate | 845878 | Slimming World, Darby and Joan Hall, | |
| Events Lingerie, 158 Hallgate | 847252 | 4 Leadhill Way Hull HU74ZA | 823032 |
| Eyesite, 96 King Street | 845651 | Smales, Station Road | 847580 |
| Bruce Ryan Homes.com, 220 Hallgate | 844211 | Solutech Systems Ltd, 5 Castle Green | 846746 |
| F. Pullan Butchers, 143 Hallgate | 844763 | Specs of Cottingham, 142 Hallgate | 849511 |
| Finkles, Cotta Court | 820322 | Spectrum, 197 Hallgate | 848339 |
| French Language Services, 157 Finkle Street | 840606 | Strouds, 149 Hallgate | 845600 |
| G. Drury, 14-16 George Street | 840201 | Sugar N Spice, 175 Hallgate | 669277 |
| Ginos, 212 Hallgate | 849222 | Towergate Risk Solutions, 150-1 52 County Rd South.Hull | |
| Guest and Philips, 22 Finkle Street | 841279 | | 330324 |
| Hairaisers, Cotta Court. Hallgate | 849577 | Turnbull, Midway Dunswell Road Cottingham | 841270 |
| Hallgate Chinese Takeaway, 210a Hallgate | 847253 | Utilities Warehouse, 3 Stewart Garth | 08004585094 / 840977 |
| Hallgate Mens Hairdressing, 223 Hallgate | 843189 | Whiting, 201 Hallgate | 876666 |
| Healing Hut, 221 Hallgate | 842078 | Woodhill B & B, Woodhill Way Cottingham | 843512 |
| Hepworth Builders, 32 Dene Road | 848288 | | |
| Humberside Homelink, 26 King Street | 875248 | | |
| Ian Black, 189 Hallgate | 847279 | | |
| Input Kitchens, 30-32 Northgate | 844114 | | |
| J. Ford, 137 Hallgate | 844674 | | |
| JaCee Print, Station Yard | 842117 | | |
| JMJ Woodworking, Main Street. Skidby | 840103 | | |

**LOOK OUT FOR THE NEW BUSINESS DIRECTORY DROPPING
THROUGH YOUR DOOR IN THE VERY NEAR FUTURE**



Keeping your New Year's Resolution is easy when you know how!

Lose weight. Join a gym. Sort out the finances. Drink less alcohol. Get organised.

Sound familiar? A recent poll revealed that topping our lists of New Year's resolutions, with a score of 51%, is: Get fit/lose weight.

If you felt the dull ache of defeat and a twinge of guilt on reading it, you're not alone. Historians say we've been making resolutions to change our lives since 2000BC, thanks to the Babylonians' belief in starting the year with a clean slate. But how many of our very well-intentioned but fun-free resolutions have petered out by mid-February, leaving us feeling like a bit of a failure?

So, imagine your New Year's resolution was a challenge that was, well, challenging and a pleasure to keep. What if it looked something like this:

Climb Kilimanjaro, cycle across Vietnam, trek to Macchu Picchu, experience life in the Thai jungle, walk the Great Wall of China. If you fancy something closer to home, how about the Three-Peaks challenge, or the Dusk-til-Dawn bike ride? If swimming's your thing, there's a Dip-in-the-Dales – a one mile open swim in Semer Water, near Hawes. And, if the Great North Run is too daunting, consider the Great Yorkshire Run instead – a 10k route around Sheffield.

We've a load of inspiring ways to help you make those longed-for changes in your life – and they can be as big or small as you like. Not all of them are sporty and physical, either. To see the ingenious one-offs that people made out of second-hand goods in our Upcycle auction, visit www.folksy.com

So, this year, set yourself a really good challenge – and help the thousands of people who rely on Sue Ryder Care, the palliative and end-of-life care specialists.

Go on, we dare you. Make 2010 the year that you kept your New Year's resolution – and discovered something new about yourself.

To see what you could be doing in 2010, go to http://www.suerydercare.org/pages/overseas_challenges.html

Or, call your local Sue Ryder Care fundraising team on 01904 426920 or email york@suerydercare.org.

Support your local retailers - Use Them, Or Lose Them

Safeclean[®]

The furnishing care specialists from **GUARDSMAN**

THE BEST CLEAN AROUND GOT EVEN BETTER

- Carpets
- Upholstery
- Spot, Stain & Odour removal
- Leather
- Curtains



WHY SAFECLEAN?

- The most advanced deep cleaning system available
- Rapid Drying – most carpets are dry within 1 hour
- Unique Organic products only available to Safeclean
- 5 year protection programmes from Guardsman
- No Detergents, peroxides or solvents used

Allergy-Out
The Organic Allergen Treatment

Creating A CLEANER, SAFER and GREENER Environment

**Safe Organic
Cleaning**



**Your Local franchisees
DENNIS & JENNIE
WRIGHT
Tel. 01482 568637**

FREE NO OBLIGATION QUOTATIONS

Alishaan

Authentic ♦ Indian ♦ Cuisine

Voted Best Indian Restaurant 2005/06 By The Hull Daily Mail

For Superb Indian Cuisine ♦ Halal Dishes

Special Four Course Sunday Dinner £9.95

Discounts: 20% Discounted on Takeaway Meals

Student Discount on Sit Down Meals

Outside Catering available for that Special Occasion

Open 7 Days a week (including Bank Holidays)

Sun to Thurs 5.30 - 11.30 pm

Fri & Sat 5.30 - 12 am

10% OFF your meal
when you bring this advert with you!
Also Accepted at the Ve Raj

205 Hallgate, Cottingham HU16 4BB

Tel: 01482 847255 :: Fax: 01482 847032

www.alishaan-restaurant.co.uk

Now Open: Ve Raj

On A1079 York/Hull Road, Nr. Garden Centres

Shiptonthorpe, York YO43 3PL

Tel: 01430 873351 :: Fax: 01430 873924

www.veraj.co.uk :: also on www.locallife.co.uk/hull



Sale Starts
Monday 28th December

up to 50% off
 Suites from
 £299 to £1999

Justin CANE
 Quality Cane & Rattan Furniture

501 Hessle Road, Hull (just past Asda on the left)
 Open: Monday to Saturday 10.00am 'til 5.00pm

Tel 01482 581087
www.justincane.co.uk

HALLGATE TAKEAWAY
 For Quality
 Chinese Hot Meals to Take-Away

OPENING TIMES
 Tuesday to Sunday - 5.00 pm to 10.30 pm

DELIVERY SERVICE:
 From 5.00 pm to 10.30 pm
 Willerby £2.00 :: Anlaby £2.00
 Kirkella £2.00 :: Cottingham £1.50
 Minimum Order £15.00

FOR ORDERS
TELEPHONE: 847253
 210a Hallgate, Cottingham HU16 4BD

Justin Cane Quality Cane and Rattan Furniture

JUSTIN CANE is a quality cane and rattan furniture store situated in Hull. With over 40 different models and ranges in stock we are sure to have just the right items to suit your home and budget.

Our range extends from chairs and suites to dining furniture and occasional tables – all just in cane! We also stock a comprehensive range of accessories from lamps to coffee tables to compliment and complete your home.

Have a look around our website and then come and see for yourself. We are Hull's premier cane furniture specialists. In addition to our furniture range, replacement cushions are available across the full selection of styles and patterns.

We have ample free parking and are conveniently situated adjacent to the ASDA supermarket on Hessle Road. You can't miss us. Delivery of all our furniture is available throughout the UK.

The regions' specialist we deal exclusively in all things cane and rattan, from suites and dining sets to bookcases and tables. A new and extensive lighting range has been added to compliment both the traditional and contemporary furniture we stock. Come and look for yourself when furnishing your conservatory, sun room or summer house, for some friendly expert advice

Contemporary and traditional designs, manufactured to British standards are sourced from sustainable forests, and offer value, quality and durability, with styles and sizes to suit all requirements

With all these different and exciting options to choose from there is one thing that is always present in our suites-COMFORT. We understand that you want to relax and enjoy your furniture and it is these reasons all of our furniture comes with the highest level of comfort as standard. Don't take our word for it; try one of our suites for yourself!

Rattan is one of the oldest natural raw materials available for making durable furniture today. Commonly grown in the jungles of Indonesia, Philippines and Malaysia, rattan is preferred mostly for its ethnic visual appeal matched by maintenance free versatility. Rattan is a climbing palm that can grow to very great lengths, with over 600 different species all suitable for making casual furniture. Often mistaken with bamboo, rattan can be easily distinguished in terms of its solid vine.

The colour and diameter of rattan is taken into consideration by rattan gatherers before choosing for furniture making. Rattan differs from bamboo in that it is solid while bamboo is hollow. Cutting of trees to make rattan furniture doesn't cause depletion in any way as rattan unlike wood, replenishes much sooner after being cut.

Rattan furniture appears smooth and seamless. The furniture pieces are crafted through elegant fusion of many a rattan poles. Most rattan and wicker furniture is made by hand.

HERIB hosting an evening with Anita Gordon, the Spirit Medium

HERIB are hosting an Evening with Anita Gordon, one of the country's most accurate and sensitive spirit medium's

Don't miss this wonderful opportunity to receive messages from loved ones who have passed over in to the spirit world.

The event will be held on Wednesday 27th January 2010 in HERIB's main hall on Beverley Road.

Doors open at 7.30pm and tickets are just £8 each.

Contact 01482 342297 for tickets.

Make 2010 your year of action, and help Sue Ryder Care make a difference

Are you a whizz at bringing people together and getting things done? Perhaps you're a bit of a leader, or somebody with an entrepreneurial streak. If you're looking for a new challenge, we're looking for you. But first I want to tell you Jason's story.

When a car accident left active 28-year-old Cottingham man Jason Coolahan paralysed from the waist down, his family faced the Herculean task of caring for him at home. Despite immense challenges, they did a magnificent job. But, after eight years, the strain began to take its toll on the health of Jason's mother Jo.

Then they learned that only 19 miles from their Cottingham home was a place that looks after people with all kinds of specialised care needs – people with cancer, motor neurone disease, brain injury, stroke, multiple sclerosis, dementia, Huntington's and Parkinson's disease. That place – Holme Hall – is owned and run by Sue Ryder Care, and its 36 residents are cared for by Sue Ryder Care's highly trained nurses and care staff.

It wasn't an easy decision, letting Jason go. "I felt guilty" said Jo, reflecting on the day that staff at Holme Hall first took over as Jason's primary carers. "As a mother I felt I knew best. I was convinced that the best care for my son would be provided by his family, at home." After some time, however, Jo realised just how much Jason – and she – benefited from the new arrangements. "Jason says the care he receives is unbelievable. He has a better quality of life, his health has improved, I have peace of mind that he gets the care he needs 24 hours-a-day – and I've got my life back. We're all agreed: it's a win-win situation!"

Sue Ryder Care runs 14 care centres across the UK, but none of them would exist without the money raised by our supporters, and it takes a whopping £74 million each year to provide vital care to people like Jason.

So, we need dynamic people, people who like the idea of *making money* – then giving it away! People who could run a plant sale, or a marathon; hold a cheese and wine evening or fashion show or golf day or coffee morning; throw a party, organise a sponsored bike ride, even hike to Base Camp of Mount Everest. Do whatever you enjoy, and raise funds while you're at it. Doesn't that sound like another win-win?

Creative, crafty types can raise funds by buying an item from their local Sue Ryder Care shop, transforming it into something else, then putting it up for auction or sale. Gather friends together and make it a social event, or hold a workshop or summer fair. To see the fabulous ideas others have come up with, go to www.folksy.com and type in 'sue ryder care'.

If you'd like to put your co-ordinating skills to excellent use, get in touch. We need people to set up and run local fundraising support groups in your area. Our fundraisers will come out to talk to you and give you some ideas to get you off the ground; all you have to do is gather a bunch of friends together. Perhaps you belong to a group that's looking for speakers? If so, call us. Our fundraisers are available to address your members at daytime or evening events.

To find out about Sue Ryder Care and how to get involved in fundraising or volunteering, visit www.suerdyercare.org or call Lucy, Fiona or Deborah, your local fundraising team, on 01904 426920.

Support your local retailers - Use Them, Or Lose Them



Total Peace of Mind...

classical gas
For all your Gas Fitting and Plumbing

...with the Classical Gas Care Plan

All this for just one low cost monthly payment*:

- Unlimited Breakdown Cover for your Boiler, Central Heating Controls, Radiators and Hot Water
- Free Boiler Annual Service & Safety Inspection
- Repair of your Boiler and Central Heating System
- Replacement of your Boiler if it is impossible to repair
- Guaranteed attendance within 24 hours by a Registered Gas Safe Engineer

We are a local company giving the highest standards of service. We do not sub-contract installations - all our work is undertaken by our own, fully trained, Gas Safe registered engineers. We have been in business for over 25 years with over 5,000 satisfied customers in East Yorkshire. *Subject to Contract, 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 £2.70 per week

WARM FRONT
We are registered with the WarmFront Heating Rebate Scheme

safe



fabbricary
...affordable luxury interiors

SAVINGS

140 COUNTY ROAD SOUTH, HULL HU5 5NA T: 01482 568578



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

Winter Blues

The weather is always a good topic of conversation whoever you are and whatever you do. For those of us who choose to work outside it has an extra, hugely horrid impact when the weather is bad! In all the years I have been working with horses or on farms in general, I have simply never known the land to be so drenched and so damaged as it is this year. The gateways and access points are literally knee deep in mud. Trying to get the large Haylage bales out across land to horses that are wintering out, is like an army expedition each and every time! The tractors sink as soon as they enter the field and the ensuing mess is enough to break your heart!

As dismal as the conditions are now, the good lord usually allows us the opportunity to heal the land come spring and summer. What appears a vision of desolation in mud now will bounce back to life come late spring time. That thought is sometimes the only thing that makes me feel better when I am on my mobile phone beseeching someone to please pull me and my tractor out of the field as I am stuck fast (again!)

The horses themselves do surprisingly well as a rule. Providing they are supplied with supplementary fodder in the

form of adlib Hay, Haylage and, or, hard feed if needed as well, then they have no reason not to thrive. They however, just like us, hate the wind and the rain. They shelter themselves against a tall hedge, backsides to the weather and their heads down! In that position they will patiently wait for the rain to pass, though the sight of them always brings the words THOROUGHLY DEDJECTED to mind!!

For my part, I always have my horses wearing thick waterproof rugs.....sometimes 2 as is the case right now. These keep my animals warm and dry (as well as making me feel less guilty that they are not in nice warm, dry stables!)

There are some health issues associated with wintering horses out. Vigilance on the part of the carer is essential to keep the risks to a minimum. If a horse sustains a cut in a wet and muddy environment, then the chances are that it will get infected. Daily attention with first aid will hopefully be enough to allow a good heal to take place.....all dependant on the severity of the cut of cause. Sometimes the animal has to be given a course of antibiotics and, or brought back inside for the time it takes to heal.

Other ailments associated with these horrid conditions are "Mud Fever" and "Trush". The first affects the skin on the leg which breaks down as a result of being constantly covered in thick wet mud. The skin becomes open to a fungal infection which becomes very painful, the leg swells and the skin becomes encrusted with deep scabs. These scabs become the umbrella for the bugs to live under and hence have to be removed. The affected horse needs to come in for a few weeks to be nursed.

The second ailment "Trush" affects the underside of the foot. This is basically a foot rot as with sheep and cattle. A mixture of both these ailments was the torture which our soldiers suffered as "Trench Foot" during the First World War. Totally impossible to treat effectively in such conditions but hopefully one can keep under a measure of control (or again bring the horse in to a dry environment with daily treatment.)

Different breeds of horses cope better than others. Obviously the hardy Native type horse is better armed to thrive than say a Thoroughbred. However, if the carer provides adequate forage and is diligent in their observations then it merely needs a hand from a "Higher Power" to help improve the lot of the wintering out horse!

On that note I will leave you with a picture of my little herd doing what they do best.....eating! I hope that you all had a lovely Christmas and I wish every one a happy, successful and DRY New Year!!!!



Smiths

animal and pet supplies

**EVERYTHING
FOR YOUR PETS,
HORSES & PONIES
& GARDEN BIRDS**

CONCERNED ABOUT THE HIGH COST OF PREMIUM
DOG & CAT FOODS?
WE HAVE A RANGE OF SIMILAR HIGH QUALITY
PRODUCTS UNDER OUR OWN LABEL WHICH CAN
SHOW LARGE SAVINGS

CALL IN AND SEE US - CAR PARKING AT REAR

72 Castle Road, Cottingham HU16 5JG

Telephone (01482) 843631

Near to Gate 3 Castle Hill Hospital



East Riding Youth Dance are offering young people membership for projects starting in the Spring Term in January 2010

East Riding Youth Dance is offering more young people the chance to become members of the project for the spring term starting in January 2010.

Co-ordinated by East Riding of Yorkshire Council, the project includes weekly sessions with professional artists working towards performances each term. East Riding Youth Dance also gives young people the opportunity to learn from the country's leading professional dance companies in workshops and live performances.

The youth dance groups are based in six areas of the East Riding with sessions for 11 to 13-year-olds and 14 to 18-year-olds. At the end of every term, the 12 groups plus the exclusive county company come together to perform at the biggest Youth Dance Platform in the area.

East Riding Youth Dance is being funded by Arts Council, England and East Riding of Yorkshire Council. Weekly sessions will be taking place at:

| | |
|----------------------------------|------------|
| Minster Primary School, Beverley | Tuesdays |
| The Spa, Bridlington | Tuesdays |
| Town Hall, Hessle | Thursdays |
| Hornsea Leisure Centre | Fridays |
| Junction, Goole | Wednesdays |
| Burnby Hall, Pocklington | Mondays |

All groups start in the week beginning 11 January 2010. Membership is £30 for 10 weeks.

For more information or to book a place, please call Michelle McCoy on 01482 392653 or 07795 337492 or visit www.eryd.co.uk

Support your local retailers - Use Them, Or Lose Them

Reflexology
by Donna Parry
Mobile: 07543 062727

NOW AT
SAMUEL DAVID
HAIR SALON
214 HALLGATE
COTTINGHAM

BOOK NOW FOR A UNIQUE EXPERIENCE AND ENJOY TOTAL INNER PEACE.
Enjoy total relaxation, remove everyday stresses from your life. When stress is held in the body it can manifest itself in different ways resulting in many common health problems. Reflexology is a powerful holistic therapy which brings the body into its natural balanced state, promoting a strong and healthy immune system.

1 hour Adults £20.00
1 hour (mobile) Adult £23.00
1 hour Senior Citizen £17.00
1 hour (mobile) Senior Citizen £20.00
1 hour children up to 17 yrs £17.00
1 hour (mobile) children up to 17yrs £20.00

PROMOTIONAL VOUCHER
50% OFF reflexology treatments held at Samuel David Quote booking Ref CT100 (only one discount per client)

SUPPORTING YOUNG PEOPLE OFFER
 All pupils embarking on revision leading up to exams for 2010 will receive treatments half price held at Samuel David Hair (parental attendance compulsory) Offer ends June 2010

FESTIVE FEET REFLEXOLOGY VOUCHERS £20 £10 £5
 Let me wrap my hands around your feet and bring you comfort and joy
 The elderly - aiding restful sleep
 Young people embarking on revision for exams - clears the mind, helps them focus and most importantly keeps them stress free allowing that all important good nights sleep
 Busy Mums - promotes relaxation and calm (always good to have a pamper session)
 Working professional - removes the stresses of everyday life promoting restful sleep, keeping the immune system strong.
 Give the ultimate gift this year to that someone special in your life.
 The perfect solution to preventative healthcare.

Donna Parry
 Fully qualified ITEC Reflexologist, trained by the
 York School of Complementary Medicine.
MOBILE: 07543 062 727

CUT YOUR WINTER FUEL BILLS NOW!
WITH OUR A-RATED ENERGY WINDOWS
ONE OF THE BEST FRAMES MONEY CAN BUY

- We manufacture our own Rehau bi-folding doors
- All styles available
- On display in our Showroom

● Family business with over 30 years experience
 ● All styles and colours of windows, doors and conservatories
 ● Supply only/Supply and Fit ● Domestic and Trade

We are the only local company to be registered to manufacture our own energy windows
 (fully compliant with the proposed changes to Building Regulations Part 'L')

COTTINGHAM
 The Domestic Trading Division of Vista Frames (UK) Ltd
 200 S. Unity House, Robinson Road, Sutton Fields, Hull HU27 0SD
 ALL ENQUIRIES WELCOME TEL: 01482 307307/849999
 Email: info@vistaframes.co.uk www.vistaframes.co.uk

- Conserve Energy
- Reduce Carbon Emissions
- Improve your home energy ratings

OUR REPUTATION IS FOR QUALITY AND STYLE

GINO'S

**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 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.



NEW!!! A superb range of new pasta dishes are now available at Gino's. These dishes consist of variety of pastas including such fillings as King Prawns, minced beef, spinach, garlic, mushrooms, fresh cream. Call in Gino's NOW and enjoy these new superb pastas.

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.

Talk given to the East Yorkshire National Trust Association on “Treasurer’s House - York”

by Mr. Alwyn Tomlinson

Mr. Tomlinson has been a volunteer guide at Treasurer’s House for 16 years. He began with the history of the house. It was the House of the Treasurer of York Minster until the dissolution of the monasteries in 1547, and is close to the North East end of York Minster. Initially it consisted of three sides of which only one is left. It is based on Roman foundations and can claim the oldest ghosts in the Country.

In 1953 an apprentice plumber working in the cellar saw a troop of Roman legionaries, the leader on horseback coming through the wall at the level (unknown to him) of the original Roman road. From his description of what he saw, experts thought they were Auxiliary troops of about 390AD.

By 1897 the house was split into three properties, one was bought by Mr Frank Green, who quickly acquired the other two and with his architect Temple Moore began restoring the house and decided to return it to its seventeenth century shape.

Mr Green’s Grandfather was a Wakefield engineer who invented the “Green’s Economiser” which took the waste gases from boilers to pre-heat the incoming water, giving a saving of 20% in fuel cost. This made the family fortune.

The house as seen today is very much the creation of Frank Green, who left it to the Trust in 1930, and was the first house given to the Trust complete with contents. It has been kept very much as it was when he left it. We were given a tour on slide from room to room by Mr Tomlinson, showing points of interest as we went. From the studs, Frank Green put in the floors to mark where the furniture should be placed, to the Grand Hall he created from four other rooms. He treated the rest of the house in much the same way, a framework for his idea of a historic house. Each room would emphasise a different period, Tudor, Restoration, Queen Anne, Georgian, etc. and illustrate the history of the house, on which he did much research.

The house was used as a show piece for his continually growing collection of fine furniture, paintings, textiles, and porcelain. Family portraits, including three of himself, together with a copy of Van Dyck’s portrait of Charles I in the Louvre, and one of Prince Charles Louis (Prince Rupert’s brother) were some of the paintings shown.

The garden is having a make over this winter which will include tulip planting by visitors and volunteers, their planting will be recorded and they will be notified when their bulbs are coming into flower in the Spring. A quince tree, which was to have been pulled out a few years ago, suddenly began producing fruit abundantly, so it has been given a reprieve, and the fruit put to good use.

The speaker was thanked for an interesting and entertaining talk.

Support your local retailers - Use Them, Or Lose Them



RO Florists
 Now taking orders for Valentine's Day
 Open Sunday 14th February for Deliveries

Specialising in:
 Wedding and Funeral Flowers
 Local and International Delivery Service
 Silk Flowers also available

Tel/Fax: 01482 841255

HNC Qualified
 219 Hallgate, Cottingham

TELEFLORIST
 MasterCard
 Visa



Finkles Boutique
 Cotta Court, Cottingham

Sale now on

Thanking You Very Much for your custom throughout the Year



www.replacementsandcollectables.co.uk
Discontinued Tableware Replacement Service
 We buy and sell complete or part dinner services

Turn your unwanted china into cash

Wedgwood, Royal Doulton, Royal Albert, Denby, Paragon, Calclough, Hornsea and Shops own pottery and china

A wide selection of discontinued antique and contemporary tablewares available
 Visit our website to view our full range

Enquiries via website:
 www.replacementsandcollectables.co.uk
 or telephone Hull
(01482) 569870



SENSA Special Educational Needs Support And Advice Consultancy

Specialist TUTORING for:
DYSLEXIA CONCENTRATION SKILLS
ADHD DYSPRAXIA

Call us NOW to arrange an initial meeting to discuss your child's needs
FREE OF CHARGE

TEL: 01482 475181

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 six 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



FREE

HEALTH CLUB GUEST PASS

Kick start a better fitness regime with
Cottingham Parks Golf & Leisure Club

DOWNLOAD YOUR FREE ONE DAY HEALTH CLUB GUEST PASS TODAY

Simply visit the website, click on the free guest pass banner at the bottom of the page and fill in your details.



www.cottinghamparks.co.uk

Cottingham Kitchens
A Local Cottingham Company
Sherbrooke Avenue, Cottingham

New Kitchens Supplied & Fitted, Fit Only, Including Revamps From Design To Completion. Gas, Electrical, Tiling & Plumbing Carried Out By Qualified Tradesmen.

Call For Free Quotation

01482 840 951
07800 500 942

Nutrition Workshops with Karina

a fully qualified Naturopathic Nutritionist
Are you Bloated constipated and suffering with Low energy?

including information, food demo, and tasters,
learn how to change your health around!

21st January 2010 - 11.30-2pm in Beverley

Call Karina 01482 868094

karina@eatyourwaybacktohealth.co.uk :: www.eatyourwaybacktohealth.co.uk

Below: Answer to Sudoku problem No. 36 from the December issue.

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

News from Cottingham Little Theatre

Pull The Other One

Our last show, "Pull The Other One" was a great end to 2009 for us. We had full houses all three evenings, and on Friday and Saturday evenings, we unfortunately had to refuse entry to some prospective audience members, because we had sold all our tickets.

Indeed, by the Wednesday before the shows we had sold all the tickets for the Saturday performance. We are really sorry to have had to do this but we have to abide by the Fire Regulation limits, so we had no option and everyone was very understanding. However, we hope to see everyone again this year.

We also hope that our guests on Thursday evening, the Fr. Paul, Fr. Pat and Rev. Andy, were duly impressed with our very own Rev. Elijah Nooke of St. Humphrey's Church!! Lastly, we would like to thank the Bell Ringers of St. Mary's Church for allowing us to record a very special peal for our play.

Plans for this year 2010

As previously announced, 2010 is our 90th Anniversary and we are already making plans for a special production in November. The dates will be Thursday 25th, Friday 26th and Saturday 27th November. We are also looking at the possibility of putting on an extra performance on Wednesday 24th November, so keep an eye out for further details and make a note of the dates.

But our next play will be "Breath of Spring" a comedy by Peter Coke and performances will take place on Thursday 7th May, Friday 8th May and Saturday 9th May, 2010, so, again, make a note of the dates. The cast has already been chosen and rehearsals start soon. Watch out for more information a little nearer the time.

Play Readings

The next play reading will be on Monday 4th January 2010 at 7.30 pm on in the Old Brewery Bar at the King Billy Inn in Hallgate, Cottingham. Everyone is welcome to come to these Open Sessions and learn more about us. For more information give Sue a ring on 01482 842250.

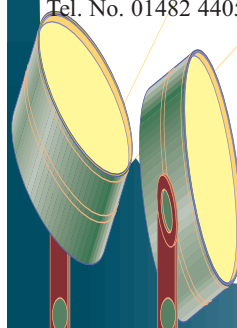
Social Events

The Ferguson Fawcett Arms in Walkington was the venue for our Christmas Party Night on Friday 4th December and it was a great success. 19 Members, guests and Friends thoroughly enjoyed a fabulous meal followed by dancing until the early hours.

Our New Year Dinner on Friday 15th January will be in The Back Room in Hallgate and on 20th February there will be a Quiz night, again in The Back Room in Hallgate.

New Members and Friends

If you fancy joining us, either as a Friend or a Member, have a look at our website www.cottinghamlittletheatre.co.uk where you can find out lots more about us. Or e-mail us at clt1920@hotmail.co.uk or you can contact our Secretary, Val, on Tel. No. 01482 440588.



**Act, Direct, Produce,
Stage Manage, Do Lighting,
Do Sound Effects, Prompt,
Do Props, Do Costumes,
Do Front of House, Make
Refreshments,
Be a Gofa**

Input Kitchens Ltd

of Cottingham

As well as quality kitchens and bedrooms, we are now pleased to be able to offer a wide range of bathrooms, from traditional to contemporary.

As with our kitchens and bedrooms we are able to offer a FREE design and quotation service.

Full installation service, including all plumbing, electrical work and tiling work.

Call in and see us or give us a ring and we'll come to you!!!



Suppliers of
quality bespoke kitchens
bathrooms and bedrooms

Fully guaranteed installation service

**30-32 Northgate
Cottingham**

Telephone: 01482 844114
www.inputkitchens.com
sales@inputkitchens.co.uk

Would you like to save money on all your household bills? Join the Club!

- Single bill for all your utilities
- Award-winning customer service
- Value that's unbeatable
- Easy to switch

Switch to the Utility Warehouse Discount Club and make great savings on all your household utilities - with the added convenience of having everything on the same monthly bill!

For full details:
Contact your local
distributor **James Harris**
0800 458 5094 or 01482 420677
Mobile: 07971 203 465
www.love-2-save.co.uk
www.love-2-make.co.uk



Save 5%
on all your petrol
and household
shopping!
ASK HOW!



Hallgate Schools - continued

January 1920 to December 1920

by Peter Railton (Author and Local Historian)

Schools reopened on the 5th January 1920 - a new decade and, as we have seen, affected the civilisation population through air raids and various shortages and sadly resulted in the loss and maiming of many ex-scholars of the boys' school. A letter was received at the end of 1919 from the government, thanking the head teachers and staff and particularly the pupils, for their 'magnificent contribution' to the war effort through the appeals of the Ministry of Propellents! Evidently that section of the war department had appealed for as many 'conkers' - horse chestnuts - as children could find, bag them up over the few weeks of the season and the local authority would come to the school and collect them.

It appears that the humble conker contains acetone which is a constituent of cordite used in the manufacture of artillery shells. The playing of conkers was strictly forbidden by the headteachers and despite the initial disappointment of the boys, a 'great number of sacks' went to munitions factories in 1917 and 18. A late but welcome recognition of local efforts which was emulated in many other schools.

Measles Epidemic

The infant department remained closed when school began in January due to an epidemic of measles which hit both of the other departments; 191 boys were present out of 238 on roll and there were similar comparisons in the girls' school. Miss Whitehead stepped into the breach again, taking classes in both girls' and boys' schools as teachers went down with the flu' this remarkable lady who taught at Hallgate for several decades was a tower of strength, well remembered and well liked by an older generation of ex-Hallgate scholars today.

Early spring of 1920 saw gales of wind. In the infant department-

"There is such a strong west wind blowing that the danger of doors banging is with us again. This noon one of the side doors clashed to and four panes of the glass were shattered."
"Work rather distracting today. Only one door available for assembly and dismissal. Mrs Stephenson still ill and unable to get to school, several new scholars who are homesick and require mothering, bank bigger than ever, and a general bustle!"

In the boys' school football was stopped in the school yard on account of damage to the crops in the garden. Mr. Lacy was appointed to the school and took St. III in place of Mrs Heaton. On the 16th February a meeting was held in the Head's room between Mr Moorby and messes Bickersteth, Whitehead and Sergeant, all County Council Inspectors, to discuss the provision for advanced education for boys and girls from 12 to 16 years.

The Need for Secondary Education

This was very significant and foreshadowed the coming into being of a report identifying the need for a secondary type of education in the then elementary schools. This was the first step on the long road to the secondary modern schools and will be referred to as appropriate later.

Mr Moorby was ill again in March when three tons of farm manure was delivered for the gardens and allotments, plus eight stone of seed potatoes, a gift from E Hatfield an old scholar.

**CHEERLEADING AND
HIGH SCHOOL DANCE
CLASSES**

**UKA
HIGH SCHOOL
DANCE
AWARD**

**DANCE ROUTINES
FROM THE FILMS**

MONDAY'S - SWANLAND VILLAGE HALL
7 - 12YRS 5.15PM (CHEER) 5.45PM (HSDC)

TUESDAY'S - COTTINGHAM METHODIST CHURCH HALL
7 - 12YRS 4.30PM (CHEER & HSDC)

WEDNESDAY'S - SWANLAND VILLAGE HALL
4 - 12YRS 4.00PM (CHEER) 7 - 12YRS 4.30PM (HSDC)

THURSDAY'S - SWANLAND VILLAGE HALL
12 - 16YRS 5.30PM (CHEER) 6.15PM (HSDC)

FOR FURTHER DETAILS CONTACT ANNEKE STEPHENSON L.U.K.A. NCSSE (01482) 566870



A girls' class 1920

Members of the dance class held in the school were in trouble again - one of them took the school hand bell from the corridor and some members of the group threw fish and chip papers around in the school yard!

Beverly Girls' High School notified Mrs Holmes of a forthcoming scholarship exam at the school and eight girls were entered for it but only three attended - Jennie Wright, Dorothy Crown and Murial Padgett. Conditional Exemption Certificate was granted to Annie Stabler and Elsie Johnson in March.

Forerunner to Teacher's Courses

Mrs Tether returned to school after a very long absence and Mrs Raper, the supply teacher was sent elsewhere. On the 30th June the girls' department all went on a day's excursion to Bridlington which was organised by the Wesleyan Sunday School. A tentative but important step forward is recorded on Friday the 1st October when the department closed again and the staff en-trained for Driffield to attend a lecture and display on physical education at the Council School there. This was a forerunner of teachers' courses and marked the transition of schooling into modern times - contacts established between teachers of different schools - exchanges of ideas - advances in teaching methods - new ideas gathering momentum after the Great War and a general moving forward, leaving many of the traditional methods behind - but not all!

In December Mrs Holmes records that,

"Standard VII is becoming quite small as girls are applying for the Conditional Exemption Certificate and are leaving school on attaining the age of fourteen years."

Crops of shallots, cabbage, lettuce, turnips, peas and potatoes were sown or planted by the older boys in April just before heavy rain made the ground too wet to cultivate. Dr Watson, for many years the schools M.O.H., died in April and Mr Moorby

Support your local retailers - Use Them, Or Lose Them

attended his funeral although he was "far from well". June was a hot month and had its effects on school work, but attendance were good, 95% for the whole month.

Three Standard VI boys, J Bursell, C Wray and E Leedham were awarded prizes for paintings at the Cottingham Flower Show. Forty eight boys were admitted from the infants department in July; Miss Youngson was away ill and Miss Hardy 'a student in training' took Standard V. - the Miss Hardy also well remembered and well liked by elder ex-scholars. Four new boys were admitted at the same time - F Bourne from Raywell and three brothers named Rookes from Wood House farm. The garden crops were harvested as the season advanced and either sold or stored in sand in wooden crates temporarily.

Mr Moorby taught two new songs to the older boys - "Oh, Oh, hear the wild wind blow." and "Lone, Lone, is he deep." The songs taught were still very old fashioned and were not much better in the 1940's - the choice of songs seems to have been limited, either by availability or preference.

On 20th September the older boys had a game of cricket on the Devon Street pitch under the supervision of Mr Cooke, who left the school in October to teach in London - 'a distinct loss to the school' recorded Mr Moorby, who was left to teach 80 boys on his own as,

"It appears impossible to get teachers to accept service in spite of the new scales of salary."

His voice failed completely and Mrs Moorby went to help out and took Standard IV., and Standards V, and VI. were amalgamated for the time being. Due to staff shortages it was impossible to conduct the usual quarterly exams that autumn - no doubt the boys would have been deeply grateful and the teachers in all departments glad when the schools closed on Christmas Eve after the usual Christmas songs and carols drew the year of 1920 to a close.

CUSTOMER ANNOUNCEMENT

Due to the current recession, poor trading conditions and a general increase in running costs, it is with great regret to announce that **SPECTRUM VIDEO & ELECTRICAL, 197 HALLGATE, COTTINGHAM HU16 4BB** will cease trading at the end of January 2010.

The Management and Staff would like to thank all our customers for their loyal support over the last 30 years of trading in Cottingham.

Unfortunately it is felt we are unable to continue to offer the high standard of service to our customers that they have come to expect so the decision has been made to close down. Owner Nick Russell says "It's a very sad time for staff and customers alike. We have been in the village for over 30 years, hopefully giving a good service but trading has been difficult in the current recession, as it has for a lot of businesses.

Although the shop will close at the end of January, I would like to assure all our customers that have bought goods from us that a help line will be set up to answer any queries on their purchases, as well as the manufacturers numbers for repairs and service. So there will be no reason for anybody not to grab a bargain in our January Sale. I

feel it is very important for our reputation not to leave any of our customers stranded.

Also anyone who has an extended warranty will be covered by their warranty provider, so please check your policy for details and telephone numbers. Also if anyone has a problem using their new equipment, they can contact Peter Hall on our help line for further information and technical advice.

Once again I would like to thank everyone for their support over the last 30 years and hope they will continue to support the other businesses in the village.

Remember - Use them or lose them - especially in this economic climate.

On a personal note, I will still be involved in Cottingham Day, Cottingham Lights and Chairman of the ABCD until April at least, so will still see many of you around the village.

January will be a great opportunity for everyone to grab a bargain so don't miss out."

Important Numbers For Customers Use

**Spectrum Video Customer Helpline (After 1/2/10) -
At Home TV & DIY Services (Pete Hall) 01482 848477/0781 2813804**

Service Dept. Numbers - White Goods Under Warranty

Hotpoint/Indesit/Cannon/Creda 08448 224224

Hoover/Candy 08444 995599

Bosch/Siemens 08705 678910

LEC/Belling/Stoves 08448153740

Beko 08707 741050

Leisure 0870 7741072

Electolux/Zanussi 08445 616616

Dyson 0800 2980298

LG 01753 500400

Samsung 08457 267864

Service Dept. Numbers - Brown Goods Under Warranty

Philips 0870 6010101

Toshiba 08448 560730

Panasonic 08705 357357

Samsung 08457 267864

JVC 0208 2087532

Pure 0845 1489001

Roberts 0208 5601994

White Goods Not Under Warranty

Paul Hill (Washers/Dryers/Dishwashers/Cookers 07889 646798

Jum Kennington (Refrigeration) 01482 352929

Other Numbers

Capital Aerials 01482 855428

Alan Hart (Gas Fitter) 01482 351036

Darren Williams (Plumber) 01482 840955

These numbers are on the Cottingham Times website and will be inserted in the Cottingham Times on a regular basis.

A common New Year resolution - "DIET", but do they work, if not, why not?

Everywhere we look, everywhere we go food adverts on the latest slimming programmes, gadgets, products and pills are out there enticing us to put our hand in our pockets to grab a piece of the action. But have they worked for you?

Messages about healthy eating start to get boring and confusing. One day this is the best food, another day the facts change about that food so no wonder we become blasé about all the information out there!

They say that diets don't work! But why? Do you ever wonder what it really takes to change habits of a lifetime and become that natural slim self you once were or crave to be.

As I have experienced changing anything is not easy. If it was, there would be no such thing as going on a diet. Personally the word DIET suggests for a short period of time or temporary.

When we purchase that packet of chocolate biscuits or open the fridge door for more food, what makes us take that action? Understanding our motives is the answer. If we are not aware of our motivations and our relationship with food then it is nearly impossible to achieve our health goals.

The majority of dieters cannot keep their weight off because their eating habits are linked to their emotions. The word emotion means "feelings in motion."

Sometimes life throws up problems and a great way to make us feel better is to halt that difficult emotion with an unhealthy food. You do feel better but not for long! Feel good hormones move into the blood stream where the fight or flight response is activated. Our underlying emotional cause is covered up but instead results in yo yo blood sugar disturbance and before you know it the vicious circle of cravings take us on a rollercoaster ride of highs and lows!

This kind of eating can be triggered by any form of doubt, anxiety, anger, guilt even things that we don't register as stress in our lives. We eat for many reasons, we eat when we are happy, we eat when we are sad, we eat when we are scared, we eat to celebrate, and when we want to cheer ourselves up, the list goes on. However, rarely do we eat through real hunger.

Many of us hold ourselves back because we don't want to become a burden but silence does not help anyone solve problems. To ask for help shows great strength and proof of the will to persist in spite of pain or difficulty.

One way to help resolve these obstacles is by talking to someone we trust. By releasing them from our mind creates a powerful way to let go of our need to suppress inner conflicts.

Start the year by being honest with ourselves letting go of hurts means you will no longer have the need to use food as an emotional crutch.

We all respect people that are open and I believe the true road to health is by knowing ourselves.

For further information and Nutrition Workshops contact Karina on 01482 868094, email karina@eatyourwaybacktohealth.co.uk, visit her website www.eatyourway-backtohealth.co.uk or see her advert on page forty.

Age Concern are holding a "Live Well - Stay Healthy" free event in the Darby and Joan Hall on the 21st January

Age Concern East Riding is holding a free event in Cottingham early in the New Year, offering information and advice to the other 50's on a wide range of issues.

The event, entitled Live Well - Stay Healthy, will be held in the Darby and Joan Hall in Finkle Street on Thursday January 21, from 11am to 2pm.

Nearly 20 organisations and groups are taking part in the session, which will include advice on issues including leisure facilities, health, legal issues and home safety.

There will be an opportunity to chat to the experts, learn more about the services they offer and perhaps try out some of the leisure activities on offer.

Please come along and find out how Age Concern East Riding and other agencies and organisations can help make life a little easier and more fun!

Everyone is welcome - for more information, ring Age Concern on 01482 869181, or just turn up on the day.

Support your local retailers - Use Them, Or Lose Them

JANUARY STOCK CLEARANCE

JVC TV



**LCD TV, Built-in Digital
HD Ready, Built-in 160GB HDD**

26" Was £660 NOW £495

32" Was £760 NOW £570

TOSHIBA TV



**LCD TV, Built-in Freeview,
HD Ready**

| | | SAVE | |
|-------------------------|-------------|-------------|-------------|
| 26" | £380 | £80 | £300 |
| 26" Built-in DVD | £490 | £100 | £390 |
| 32" | £460 | £100 | £360 |
| 37" Full HD | £650 | £130 | £520 |
| 42" Full HD | £750 | £150 | £600 |

SPECTRUM Video & Electrical

Visit our Website: www.spectrum-video.co.uk

email: spectrum16120@aol.com

197 Hallgate, Cottingham. Telephone 01482 848339



EURONICS CENTRES
PLUG INTO SERVICE & PRICE

**PHILIPS
PREMIER
PARTNER**



THE HEALING HUT SPECIAL OFFER!

Have you over-indulged during the festive season?

WHY NOT TRY REGULAR COLON MASSAGE

This will help eliminate all the extra food you have indulged in during the festive season (You could lose between 7 & 14 lbs in weight) (I lost 7 lb in 10 days)

To gain maximum benefit, book and pay in advance for 12 treatments

The cost will be **HALF PRICE = £120.00**

Book six treatments and pay in advance = **£90.00**

Normal price will be £20 for one 1/2 hr treatment.

(So if you have 12 sessions it would cost £240.00)

221 HALLGATE, COTTINGHAM

Telephone: 01482 842078



Quote of the Month:-

**Do not swallow your food
without chewing,
and do not speak without
thinking.**

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 | A | A | 2 | R | D | V | A | 3 | R | K | | 4 | A | 5 | C | T | 6 | S |
| | D | | O | | | | | E | | | 7 | T | | O | | | I | |
| 8 | A | B | Y | S | 9 | S | A | L | | | 10 | A | N | N | U | L | | |
| | M | | A | | E | | | I | | | X | | C | | | O | | |
| 11 | A | L | L | O | W | | | 12 | S | A | I | L | O | R | S | | | |
| | N | | | | E | | | H | | | | | C | | | | | |
| 13 | T | I | R | A | D | E | | | 15 | A | R | C | T | I | C | | 17 | |
| | | | A | | | | | 18 | O | | A | | | | | H | | |
| 19 | U | N | I | F | 20 | I | E | D | | | 21 | I | S | 22 | S | U | E | |
| | L | | S | | D | | | I | | | S | | L | | | R | | |
| 23 | N | O | I | S | E | | | 24 | O | R | E | G | A | N | O | | | |
| | A | | N | | A | | | U | | | | | N | | O | | | |
| 25 | R | I | S | K | | | | 26 | E | S | C | A | R | G | O | T | | |

Year after year we make resolutions to exercise regularly, eat well, and give up smoking and other bad habits. Following such basic rules can cut heart disease risk by 80 percent, diabetes risk by 90 percent and cancer risk by 50 percent, according to Health Studies. But most of us fail to keep our promises to ourselves.

Wear a pedometer. New research suggests that routinely wearing a pedometer encourages people to walk about an extra mile each day, lose weight, and lower their blood pressure. Aim for at least 30 minutes of brisk walking and a total of 10,000 steps per day.

Don't forget strength training: involving both the upper and lower body. Too many people neglect resistance exercise, particularly women for whom it's crucial for preventing muscle and bone loss with age.

Eat at least two fish meals per week: The evidence is strong that the oils in darker types of fish, such as salmon, tuna, mackerel and herring, are beneficial for the heart and brain and may even lower risk of cancer.

Drink water: No matter where you are, water should always be the first thing you reach for when you're thirsty. Water truly is essential.

Sleep Eight hours a night: A number of recent studies have confirmed that you really do need at least eight hours a night. Among the many benefits: Adequate sleep makes you feel better, decreases risk for cardiovascular disease and boosts memory.

Keep sugar and caffeine to a minimum: It's hard to believe, but decreasing sugar actually increases people's energy, by minimizing the highs and lows that sweet foods triggers. Different people react differently to caffeine, but most of us are probably overstimulated already.

Consider acupuncture and massage: as valid therapies for chronic problems, such as back pain or as a preventative measure.

Don't focus on dieting: Focus on eating healthy. If you're hungry, you're more likely to overeat, especially in the evening. Instead, of sacrificing all day and gorging later, it's better to eat enough during the day to avoid hunger pangs and uncontrolled eating at night. Eat every four hours or so.

Feel good factor: Do not forget to pamper yourself once in a while, with either a massage, having a facial or having your nails manicured (men as well). Acupuncture is also a beneficial method to stay healthy.

Why not Smile at everyone and start an epidemic!

Support the advertisers who appear within the Cottingham Times

VILLAGE BATHROOMS & KITCHENS

Don't Move IMPROVE!!!

Well, that's it for another year. We hope you had as good a Christmas and New Year as we had. We had ten relatives for Christmas lunch, a week of grand-children charging around and over the holiday period, 32 visitors. It was fantastic to see relatives that we hadn't seen for a few months...

So now, back to reality and work. We are now taking bookings for February and March, so come on down, the price will be right. **Village Bathrooms & Kitchens** have just finished a luxury bathroom for a customer here in Cottingham and it looks fantastic. There is nothing like a new bathroom or kitchen for making a house seem up-to-date. Remember, don't move, improve. House prices are on the move, but a new bathroom and kitchen will give you that extra edge when selling your house.

We can transform your kitchen at a reasonable cost, even up-date your bathroom 'for next to nowt'. Give Steve a ring and let him explain how.

Shower rooms are our speciality and a 900mm quadrant shower enclosure, with a good quality tray for **£299:00.....**

The age old chestnut of steel bath or 'plastic' bath has once again arisen. It's all down to choice. Baths come in all shapes and sizes, from 1200 x 600mm to a metre square. Most are acrylic and have a thin, (5 or 8mm) acrylic sheet formed over a fibreglass base. They are strong and keep the heat well. If fitted well, they **do not** move and or creak. Shower trays are mainly made from acrylic topped stone resin. Very heavy and very strong. Some manufacturers are fitting acrylic trays without a stone backing.

These creak and move allowing water to get out the edges.

Stone capped trays are available in most sizes and amazingly many different colours!
Should you wish to have a quote for your bathroom and kitchen, please ring me, any time.

WE STILL CORNER THE MARKET IN SERVICE.

GIVE STEVE A RING AND LET HIM REMIND YOU THAT GOOD SERVICE IS FREE.

58 NEW VILLAGE ROAD - OR RING FOR AN APPOINTMENT TO MEASURE

VILLAGE BATHROOMS & KITCHENS

Telephone (01482) 842550

Bathrooms and Kitchen design
Suppliers of quality bathrooms
and kitchens



VILLAGE BATHROOMS & KITCHENS

58 NEW VILLAGE ROAD

Cottingham

(01482) 842550

JANUARY STOCK CLEARANCE

!!Spectacular!!

**EVERY ITEM IN STORE
REDUCED TO CLEAR**

**SAVE
UP TO** **50%**

OFF MARKED PRICES

**CALL IN THIS MONTH AND
GRAB A GREAT DEAL . . .**

WHEN IT'S GONE, IT'S GONE!!

We are an independent retailer - with friendly local service and personal attention - but we're also a member of EURONICS - Europe's biggest independent electrical buying group, which means we can offer you the very best deals on the highest quality brand names.

SPECTRUM Video & Electrical

Visit our Website: www.spectrum-video.co.uk

email: spectrum16120@aol.com

197 Hallgate, Cottingham. Telephone 01482 848339



EURONICS CENTRES
PLUG INTO SERVICE & PRICE

**PHILIPS
PREMIER
PARTNER**