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Issue 175 - June 2016

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Telephone: 01482 840035 :: Mobile 07563 885388

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Published Monthly by: The Cottingham Times

Enquiries: Advertising

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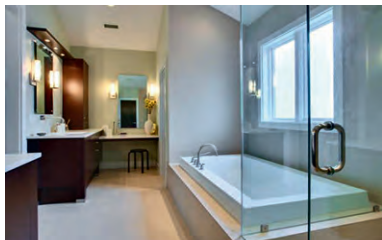
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In Cottingham and District

Hull Alpha Probus Club

Thursday 2nd June - Ladies and Gentlemen meet in the King William IV, Hallgate, Cottingham for a coffee morning at 10.00 am with a short talk by member Jill Stansfield and for lunch at 12 noon on Thursday 16th June, with a talk by Mr. P. Walker entitled You Can't Make It Up. New members are most welcome. For further information contact John Myers (chairman) on 861102 or Lesley Fearnhead (secretary) on 843282.

Yorkshire Countrywomen's Association (Skidby Branch)

Thursday 2nd June - 7.30pm in the Skidby Village Hall, Speaker will be Paul Schofield and his topic is Beverley Ghosts. Meetings are held on the first Thursday evening each month. Guests are very welcome.

Skidby 43rd Annual Art Exhibition and Sale

Saturday 4th and Sunday 5th June - The 43rd Annual Art Exhibition and Sale will be held in Skidby Village Hall, Main Street, Skidby on Saturday 4th and Sunday 5th June 2016, from

Front cover: Poppies in fields down Eppeleworth Road towards the village of Eppeleworth.
Photo: Paul Lakin.

10.00 a.m. to 5.00 pm on both days. A considerable number of talented local artists will display their pictures, with the opportunity to buy at reasonable prices. Admission £1 includes a catalogue of pictures. Refreshments available. Further details: 07814777002.

Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 7th June - 7.30 pm

Tuesday 21st June - 6.30 pm - outside visit

Tuesday 5th July - 6.30 pm - Outside visit

Interested in photography? Why not give our friendly group a visit? New members welcome. All levels. Contact for further details - John Tel No. 842169 or john@jcmhome.karoo.co.uk

Cottingham Ladies Circle

Wednesday 8th June - Mr. & Mrs. Ellsworthy are to give a talk and show a travel film entitled 'Through the Eyes of Ben and Margaret, to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 p.m..

Hull and East Riding Glaucoma Group

Wednesday 8th June from 2pm till 4pm. - This meeting features our Patron, Mr Craig Burnett, Consultant Ophthalmic Surgeon and Glaucoma Specialist, Hull Royal Infirmary, and the focus will be on cataracts and their treatment. One of Mr Burnett's special clinical interests is micro - incision refractive cataract surgery, especially in glaucoma patients, but this talk should be of interest to anyone who wishes to find out more about this very common eye condition and its treatment. All are welcome to attend. To find out more, join us at HERIB on Wednesday 8th June at 2pm. For more information and to book your place please call HERIB on 01482 342 297.



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Cottingham Green Women's Institute Evenings

Thursday 9th June - Rob Miles - Computers. Competition: My Favourite Brownie recipe. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

U3A

Thursday 9th June - Simon Thompson - Medieval Gardens, at 2.00 p.m. in the hall at the Darby and Joan Hall, Finkle Street.

Beverley Film Society

Friday 10th June - Phoenix (Germany) 2014 PG Drama/History Psychological thriller about a disfigured concentration camp survivor, unrecognisable after reconstructive surgery, who searches Berlin for the husband who may have betrayed her. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley. Members: £30 for whole season. Guests (of members): £4.50 per screening.

Cottingham Branch of the British Legion

Saturday 11th June - 90th Birthday Party Sequence Dance, at the Darby & Joan Hall, Finkle Street, at 6.30 pm to 10.30 pm. Raffle, Tombola, Spot Prizes, Party Supper. Dress Optional, Red, White and Blue. Tickets £7.00 each. From Allan on 01482 841604. Come and help us celebrate this great occasion.

East Yorkshire Embroidery Society

Saturday 11th June - Jane Smith, Traditional Japanese Embroidery, to be held in the The Darby and Joan Hall, Finkle Street at 2.30 pm. Doors open to Non-members 2.15 pm; Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits.
www.eyes-embroidery.co.uk.

KGV Friends group presents:

Saturday 11th June - Party in the Park, KGV Playing Fields, Northgate, Cottingham. 3.00 pm to 10.00 pm. Admission by Programme on the gate. A showcase of local talent. Volunteers needed for this event, even if you can spare an hour, please email kgvfriendsgroup@gmail.com

Hull Bach Choir

Saturday 11th June - Concert at 7.30 pm, in the Trinity Methodist Church, Cottingham Road, Hull HU5 2EJ. Haydn: Missa Sancta Nicolai & Mozart: Requiem. The concert commemorates the two world wars of the twentieth century. Further details on www.hullbachchoir.org.uk. Wheelchair access from church car park on Newland Avenue. Tickets - at the door. Adult - £15 (2 for £25). Students & Jobseekers - £5; Accompanied children - £1.

Cottingham Revive Church Expression

Sunday 12th June - Come and join us at 6pm for tea or coffee followed by lively praise and worship with a great band, word and moving of God's Spirit. All are welcome to these monthly events. Meet us at Darby and Joan Hall, Finkle Street, Cottingham, HU16 4AZ - parking available on site. Any queries to James Seager, Campus Leader, mail: james.seager3@googlemail.com or tel: 01482 420620.

Cottingham Catholic Women's League

Monday 13th June - Lee Karen Stow, photo journalist on her current project "Women, War and Peace", in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 p.m.

Continued on page six

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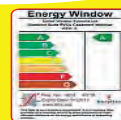
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Cottingham Women's Institute

Tuesday 14th June - Yorkshire Air Ambulance. Competition: A Yorkshire Recipe, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Evening Townswomen's Guild

Wednesday 15th June - Brooklands Photographic Society, Audio Visual Sequences, at 7.30 pm in the Darby & Joan Hall, Finkle Street.

Diabetes UK

Thursday 16th June - Diabetes Spec. Nurse, Angie Norman. Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

North Ferriby Gardeners' Club

Monday 20th June - Shrubs in Small Gardens - Michael Myers, in the Village Hall, starting at 7.30 pm.

East Yorkshire Woodturners.

Tuesday 21st June, 6.45pm: - Demonstration by Chris & Rita Worton. Meetings are held every third Tuesday each month at Skidby Village Hall. Visitors are welcome, £3.50 on the door. For more information please contact David Taylor, Secretary, 876702. cotters@cotters.karoo.co.uk

Hull and East Riding New Stitchers (H.E.N.S.)

Tuesday 21st June - Montmellick Work - Brenda Tennyson, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com.

Hull and East Riding Antiques and Fine Arts Society

Tuesday 21st June - Ann Clements - "William Orpen Still an Outsider. At 10.45 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members are welcome to come and experience one or two talks as guests (admission £5.00), before deciding whether to join us. Our Society meets on the third Tuesday morning of every month (except August and December) for illustrated talks by experts on a wide range of antiques, design and fine arts topics. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 57574.

Cottingham Ladies Circle

Wednesday 22nd June - AGM and refreshments, to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 p.m..

The Friends of Thwaite Gardens

Wednesday 22nd June - Are having an Open Evening at Thwaite Gardens, Thwaite Street, Cottingham, from 6.30 pm to 9.00 pm. There will be a plant stall and a 'Tree Trail' led by John Killingbeck starting at 7pm. Admission £1. Under 16's FREE (accompanied by an adult).

Wednesday Social Club

Wednesday 22nd June - Grandma's Tales - Maryline Walker, in the small Darby & Joan Hall, at 2.00 p.m.

Cottingham Methodist Church, Hallgate

Friday 24th June - Free Film Night - 6.40pm for 7pm. Popcorn, ices and chocolate on sale.



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The Beverley Singers

Saturday 25th June: - Charity concert, "Around the World" in aid of "Help for Heroes". Concert is at 2.00pm, in the Toll Gavel Church, Beverley. Tickets priced £4.00 are available from The Beverley Music Centre, Norwood, Beverley, or ring 866065 for further details.

Skidby Village Hall - 6th Scarecrow Festival

Saturday 9th and Sunday 10th July - Skidby Village will be holding its 6th Scarecrow Festival on the weekend of 9th and 10th July 2016. Visitors are welcome in the village from 10.00 am to 5.00 pm both days and programmes will be on sale at various locations. The post popular scarecrow in the festival will be chosen by public vote. Various entertainments and displays will take place on the Village Greens, and refreshments will be available at the Village Hall on both days. Further details on: 07814777002."

Cottingham Tennis Club

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

Arterian Singers

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

Alcoholics Anonymous Meeting

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

Men in Sheds - Hull

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

ALANON Meetings

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

Continued on page 21

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Cottingham Parish Council



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

• Cottingham Day – 2 July 2016

Plans are well underway for our annual Cottingham Day which will take place on Saturday 2 July 2016. This event will start at 11.00 am with a parade which commences outside St Mary's Church, around the village and finishing in Market Green. The theme for this year is "The Olympics in Rio" and promises to be a very colourful event. This will then be followed by the official opening of the day by the Chairman of East Riding of Yorkshire Council at 11.30 am. We have a variety of stalls, shows, competition and activities to entertain all ages, including live bands playing in Market Green. The local shops, restaurants, cafes and bars will be open as usual to welcome customers old and new. As we have utilized the majority of the areas in the centre of Cottingham, road closures will be in place from early Saturday morning but these will be clearly signposted. There will also be changes to some of the bus routes and details of these can be found below:-

Service 60/60a Normal route to New Village Road, then Northgate, West End Road, Baynard Avenue, Southwood Road & The Parkway. Return via outward route reversed.

Service 64 Normal route to Newgate Street, then South Street, Baynard Avenue, West End Road, and normal route to Castle Hill. Return via outward route reversed.

Service 103/105 Normal route to Newgate Street, then South Street, Baynard Avenue, West End Road, to the Lawns. Return via outward route reversed.

Service X80/180 Normal route to New Village Road, then Northgate, West End Road, Baynard Avenue, Southwood Road & the Parkway. Return via outward route reversed.

Service 61 Normal route to Priory Road then Newgate Street, South Street, Baynard Avenue, West End Road, and normal route to Beverley. Return via outward route reversed.

Route 9 (Stagecoach Service) Normal route to Newgate Street, then South Street, and continue on normal route. Return via outward route reversed.

Please note that these details were correct at the time of going into print.

We are operating a Free Park and Ride facility operating from The Lawns as they have kindly given us permission for visitors to park on their land. We will sign post visitors to this area and encourage everyone to kindly use this facility to ensure smooth running on the day and limit the number of parking issues we have to deal with.

As we are sure you can appreciate, the organising of this event takes an enormous amount of time, particularly with diminishing numbers of volunteers. The Parish Council would like to thank the present volunteers for their support, but to appeal for more residents to assist with this large scale community event. If you are able to offer any assistance, no matter how large or small, either before, during or after this event, your help would be very much appreciated. Please call in to the Parish Council Office or call us on 847623.

All we need now is the sun to shine and for lots of visitors – so come along and enjoy the activities and support your village!!!

8 June - www.cottinghamtimes.co.uk

• Grant Applications

We are pleased to announce that Cottingham Parish Council have awarded three grants recently:-

This year marks the 100 years of Scouting in Hull and to commemorate this occasion, the Scouts will have a special Christmas feature designed, made and erected for the Cottingham Christmas lights in 2016.



(Cllr Abel and Cllr Harness presenting a cheque to Mrs K. Moverley of Cottingham Scouts)

The Friends of Hallgate Primary School are trying to raise money to erect new outdoor play equipment in their grounds. The Parish Council have donated £2,000 towards this very worthwhile project and wish them good luck in their future fund raising.



(Cllr Abel and Cllr Harness presenting a cheque to the children of Hallgate Primary School)

The Parish Council have also supported the annual Cottingham Springboard event which takes place every year at the end of May. A grant was awarded of £1925.02 to provide promotional and advertising materials to support this very popular event.

• Contact Details

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

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Richard Palmer, Commercial Director at Graham & Rosen Solicitors
...Thinking of Leasing a Commercial Property?



Commercial property is a highly developed market, which can be harsh on unsuspecting tenants. Here are a few points to keep in mind to help you redress the balance.

- Try to get a *rent free period* if you are expecting to renovate or fit out the property
- Leases of more than three years should contain a *break option*; an 'escape clause' if your business does not succeed
- Agree a *schedule of condition* containing photos of the property showing its condition. Once attached to your Lease it can limit expensive repair bills at the end of the Lease
- Your lease should say that the property should not be left in a better state of repair than that which you found it
- Make sure that the *Landlord & Tenant Act 1954 protection* is included; it allows you to renew your lease
- Where the rent increases during the term try to have the *rent review* linked to inflation or agree a stepped fixed price increase over the full term
- Be careful when agreeing to pay the other side's legal or agency costs; these can exceed £1000
- Ask if VAT is payable on the rent. Some commercial properties are subject to VAT. If you are not VAT registered then you will pay 20% more rent.
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It's been a busy few weeks for trade conferences and training seminars. I write this as I return from the PC Retail event at the Emirates Stadium in London (where incidentally no time had been wasted in digging up the pitch ready for re-laying). Lots of products and services were on display, and some of the upcoming trends highlighted were 'smart home' and virtual reality products, and the fact that more people are now shopping on their smart phone or tablet.

With that in mind, I will also mention the DVLA plan to introduce a digital driving licence which will essentially be a photo card on your smart phone. This will be stored in the same place as tickets and other official documents, i.e. the Wallet app on your iPhone or Android device.

What an essential item the smart phone has become. As I travelled to London with Hull trains, my M-ticket was on there, which I just showed to the ticket inspector on-board and at the exit at Kings Cross. I used the Underground app to check my onward connection, and then Google Maps to guide me on foot to my final destination. Oh and there's even WiFi on large parts of the Underground system now courtesy of Virgin Media.

➤ *Staff on the Underground have apparently nicknamed the automated voice on their trains 'Sonya'. Because after a while it gets on ya nerves.*

For those of you that subscribe to voucher deals online (and why not it's free), like vouchercloud for instance. You may have noticed that if you allowed notifications, and the fact that your smart phone is 'location aware' you will receive offers tailored to where you are at the time. In other words if you go past a pub or restaurant that has an offer on meals, you will immediately get an alert on your screen. Could be handy!



Now the serious subject of computer security. Recently I attended the annual Eset conference where we were brought up to date on all the latest and emerging threats. The nastiest of these is a new version of ransomware called 'Jigsaw' – hence the unpleasant character pictured here. This is where your computer is infected and all your files are encrypted and a lock screen appears with a countdown

and the threat that you have 72 hours to pay a ransom in order to get a code to release all your files. The really twisted bit of this strain is that for every hour that passes 100 of your files will be deleted, and if you try and escape by turning it off 1,000 of your files will be deleted.

As harsh as it may seem, the best advice however is not to pay the ransom, because your money will most likely disappear and no code will be forthcoming. Or even worse your credit card will be scammed or sold on. The moral of this sorry tale is twofold – have a good recent back up of all your data and ensure you have a good security product installed. Free anti virus products cannot really be relied upon now. The old adage holds true 'you get what you pay for'. Now here comes the sales pitch; is your security worth around 75p per week? Well that's what a year of Eset Smart Security will cost you, and why we have so many safe and happy customers who rely on, and always renew their cover.

In the IT business we're always talking about data. Security of data, preventing data loss, backing up important data. But often when I talk to home users they say 'ah well I don't keep much stuff on my computer'. Let's hold that thought for a moment. Data really means files and folders, or in other words **anything saved on your device that's important to you.** Most people have photos, it may be a few, or it may be thousands, either way they may be irreplaceable. Music - you may have built up a library, and maybe you don't have the CDs anymore. And what about family history, that could be the most valuable of all, think of all the hours of work you put in, and old documents and photos you collected. If you use an email program like Live Mail or Outlook, you may have hundreds of emails stored, not to mention your address book. Then there all the letters you've ever written or saved from attachments. All of a sudden I'm sure you'll agree, that adds up to quite a lot of stuff, and losing it may not cost you financially, but it could be, well - very stressful!

We glibly use terms like saved and stored but what do we mean and where is it exactly. The answer is that it's stored electro-magnetically onto the hard drive inside your computer, which is a mechanical device that spins at a dazzling 7200 rpm on a PC. So you see with that volatile mix, things can go wrong.

Everyone likes a bit of free advice, so this month as well as this article which I hope you will find helpful, I am putting together a free guide in plain English on my website expanding on some of the subjects mentioned above. Plus, some answers to often asked questions like: 'Why does my computer start and then stop at a black screen?' 'Why does my Windows10 start button not work and I can't get emails?' And not least 'Why isn't my internet working?'

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

Also will be updating the blog on my website regularly with any news items worthy of mention....and if you don't know what a blog is, I'll explain that in the above mentioned free guide. And for those on Twitter you can find me @rdmcomputers1

Wondering when I'd get to Windows 10? Well here it is folks. The latest news is that there's going to be an anniversary update, and remember the free upgrade offer ends on July 29. They will be bringing in some new tweaks and features. One of the minor tweaks is 'chaseable news items'. This is to fix an annoyance I think should have been addressed at the outset. Have you ever seen a story on the start menu News App, clicked on it only to find you have trawl through about three pages of news to find that one item? Well that should be a thing of the past. Other new features are being added, so for an up to date run down go to: <https://www.microsoft.com/en-us/windows/upcoming-features>

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

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Wordsearch - Strut your Stuff

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

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

Find the words in the letters above:

Accessory, Appearance, Artistic, Attire, Attitude, Catwalk, Clothes, Costume, Couture, Demonstration, Design, Display, Elan, Elegance, Exhibition, Expression, Fashion, Finery, Flair, Form, Garb, Look, Mannequin, Manner, Milliner, Mode, Model, Outfit, Panache, Parade, Pattern, Pose, Raiment, Show, Statement, Style, Supermodel, Trend, Vogue, Walk.

Wordsearch courtesy of www.wordsearch-puzzles.co.uk

Sudoku No. 113

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

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

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MARIONOWENTRAVEL

Japan ~ WOW, twenty happy travellers & I enjoyed a fantastic tour in this fascinating country.

It is ideal for anyone wishing to spread their wings further afield for the first time. Japan is very safe (not having to worry about your handbag is a wonderful feeling!) it is very clean plus the people are welcoming and helpful. We enjoyed fabulous scenery, wonderful culture and a great variety of food allowing any diet to be catered for.



Japan always comes across as an expensive destination, well for 10 days you can eat, drink plus pick up a few souvenirs and you can manage on £300 per person which I feel offers pretty good value for money.

Our tour started in the capital city of Tokyo then we visited Mount Fuji before boarding the Bullet Train to Hiroshima. I have to say I found the

memorials to events of the past brought tears to my eyes.

Our final stop was the old capital of Kyoto where most of our group opted for a night in a traditional Inn which was a real experience and great fun. Finally we returned to Tokyo on the Bullet train for our flight home.

We have dates available from October this year through to May 2017 13 days starting from £2999 per person sharing a twin room. All guided sightseeing and entrance fees are included, plus 4 star hotels, B&B and 2 lunches & 1 dinner.

This is a destination that will not disappoint you. Anyone wishing to know more just book an appointment with me for your personal presentation. Tel: 01482 212525.

Our next exclusive to depart is Luxembourg, if you are quick we might be able to squeeze you on, we have just 5 seats.

Cruising: remember many of the early booking offers for 2017/18 are due to expire at the end of the month, don't miss out on great savings! Cruise & Maritime sailing from Hull still have there offer of 2nd guest goes FREE, don't delay snap up a cabin at a snip of a price. Fancy a taster cruise 1 night from £89 & 3 nights from £209, call for details.

Cruise the Rhine to Switzerland 2017 we have a special departure via P&O North Sea Ferries, 4 star ship full board including and excursions, 11 days departing 26 May 2017.

If you have done many of the Rivers why not try our luxury canal barge, different itineraries & a different pace!

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16 Nov	Mary Poppins the Musical Bradford Alhambra matinee	£ 75
17 Nov	Chatsworth House & Christmas Market	£ 45
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09 Dec	Ladies that lunch shopping + 3 course Lunch	£ 35
15 Dec	Continental Christmas Markets Brussels, Aachen & Bruges	£ 235
11 Jan	Boundary Mills for the January sales	£ 15
17 Jan	Alvaston Hall, Rock tributes ELO, Quo & The Eagles	£ 239
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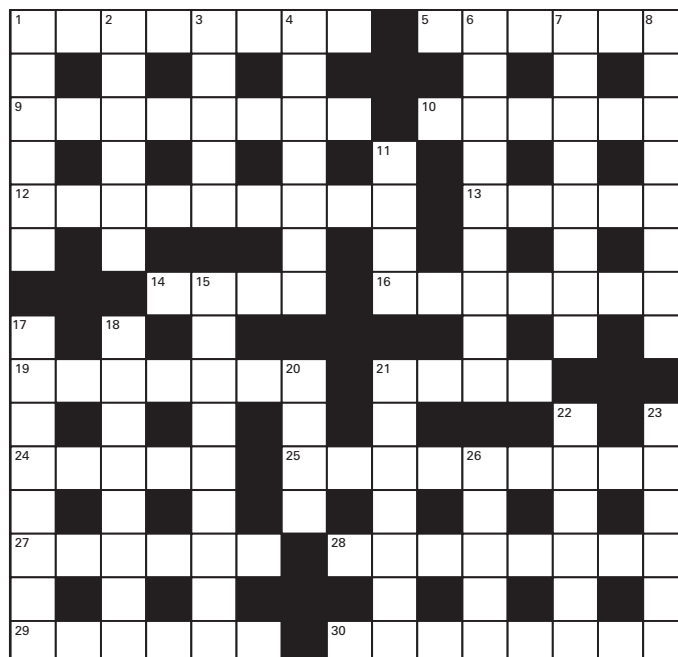
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Crossword - Solution on page 46



Across

- Orders (8)
- On a ship or train (6)
- Solitary (8)
- Requiring immediate attention (6)
- Bow down (9)
- Rodent (5)
- Murmurs (4)
- Ennoble (7)
- Moocher (7)
- Goes astray (4)
- Frequently (5)
- Heat, water and electricity (9)
- You do this when you have a cold (6)
- Appears with the full moon (8)
- Citizen of Denmark (6)
- A wastewater cistern (8)

Down

- An Islamic religious leader (6)
- A small fish (6)
- A valuable thing or property (5)
- Degrades (7)
- Measures atmospheric pressure (9)
- Sufficient (8)
- Acted in an undecided manner (8)
- Yield (4)
- Coordinates (9)
- Adopted (a cause) (8)
- From Dixie (8)
- Utterly defeat (4)
- Effeminate (7)
- Japanese robe (6)
- Practical (6)
- Parts (5)

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In the Kitchen



Pork, chicken & apricot pie

By Martha Collison

- Preparation time: 30 minutes + overnight chilling
- Cooking time: 1 hour 30 minutes
- Total time: 2 hours + overnight chilling. Serves: 10

Ingredients

454g pack essential Waitrose British Pork Sausage
6 rashers back bacon, chopped
1 tsp ground mace
100g lard
10g salt
250g strong plain flour
200g plain flour
350g pack essential Waitrose British Chicken Mini Breast

Fillets

200g ready-to-eat dried apricots
1 medium Waitrose British Blacktail Free Range Egg, beaten
3 leaves gelatine
1 chicken stock cube

Method

1. Preheat the oven to 180°C, gas mark 4 and line a 900g loaf tin with a long strip of baking parchment so the pie is easier to remove later.

2. In a large bowl, combine the sausage, bacon and ground mace, then season well with salt and pepper.

3. Place the lard and salt into a small pan with 250ml water and heat on medium until the water is boiling and the fat has melted. Meanwhile, weigh the flours into a large bowl. Pour the boiling mixture into the flour and stir until a dough comes together. Turn out onto a floured surface and knead for a few minutes until the dough is smooth. You will need to move quickly here, because as the dough cools it becomes more difficult to work with.

4. Take two-thirds of the dough and roll it out on a floured

surface to a large rectangle. If you place the tin in the centre, there should be enough pastry to come all the way up the tin's sides. Use your fingers to mould the pastry into the tin, pressing it right into the corners. If any gaps form, or the pastry looks too thin, take a small ball of excess dough to patch it up. Allow the pastry at the top to overhang at this point.

5. Press half of the sausage mixture into the bottom of the pastry case. Arrange the mini chicken fillets in an even layer over the top, pressing them down firmly to make sure there are no air gaps. Top with the dried apricots in an even layer, followed by the remaining sausage mixture. The loaf tin should be filled to the top.

6. Roll out the remaining pastry into a rectangle roughly the same size as the tin, and lay it on the top. Use your fingers to crimp the lid onto the pie, making sure you get a really good seal. Use a sharp knife to trim any excess pastry from the edges and use the handle of a wooden spoon to make a hole right in the middle of the lid to allow steam to escape.

7. Brush the top of the pie with beaten egg and bake in the centre of the oven for 1½ hours, or until the pie is golden brown and crisp. If the pastry starts to colour too much, cover it with tin foil and continue to bake so the inside is properly cooked.

8. Allow the pie to cool in the tin for around 10 minutes, then carefully lift it out using the strip of baking parchment to help. Move the pie onto a wire rack to cool completely.

9. To make the jelly, soak the gelatine leaves in cold water for 5 minutes. Dissolve the stock cube in 200ml boiling water in a small jug, and then stir in the softened gelatine leaves. When they have fully dissolved, slowly and carefully pour the jelly into the hole in the top of the pie. When it is full to the top, refrigerate the pie for a couple of hours (preferably overnight) until completely chilled and set.

Pork loin with apple, sage & pine nut stuffing

- Preparation time: 20 minutes
- Cooking time: 1 hour 45 minutes
- Total time: 2 hours 5 minutes. Serves: 4 with leftovers

Ingredients

FOR THE PORK

1.5kg pork loin joint

FOR THE STUFFING

2 free range pork sausages

70g breadcrumbs

1 large dessert apple, unpeeled, coarsely grated

6 sage leaves, finely chopped plus extra for the roasting tin

25g pine nuts, toasted and roughly chopped

4 onions, sliced into thick rounds

500ml dry cider

2 tbsp plain flour

400ml chicken stock

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Method

1. Preheat the oven to 180°C, gas mark 4. Untie the pork and lay it upside down on a board. Using a sharp knife cut down the length of the meat to open it to create a fairly flat surface.

2. To make the stuffing, remove the skin from the sausages and place the meat in a bowl and add the breadcrumbs, grated apple, sage, pine nuts and season. Mix together and then shape to fit down the centre of the opened-up pork loin. Fold the meat and skin back over the stuffing and press together to resemble the original shape. Lay seam side down and tie with string at intervals to hold it together.

3. Arrange the rounds of onion in the bottom of a roasting tin. Scatter over the remaining sage leaves and sit the pork loin on top, seam side down.

4. Rub the joint all over with salt and pepper and pour about 300ml of the cider into the bottom of the tin. Place in the oven and roast for 20 minutes per 450g plus an extra 20 minutes, about 1½ hours in all. Make sure the liquid in the bottom of the tin doesn't dry out – top up with more cider and water when needed.

5. When cooked through with no pink meat, remove the pork from the roasting tin and transfer to a carving board. Cover with foil and leave to rest while you prepare the gravy.

6. Place the roasting tin (including the onions) on the hob and bring to a simmer. Sprinkle over the plain flour and beat in with a wooden spoon then gradually pour in the stock and any remaining cider and simmer until you have a thickened gravy. Strain through a sieve into a jug making sure you press through all the juices from the onions. Serve with the slices of pork and stuffing and a Swiss chard gratin.

Crunchy almond & raspberry cake with dark chocolate

- Vegetarian
- Preparation time: 10 minutes
- Cooking time: 60-65 minutes
- Total time: 70-75 minutes. Serves: 8

Ingredients

175g butter, at room temperature
175g golden caster sugar
3 medium Waitrose British Blacktail Free Range Eggs
150g self-raising flour
75g ground almonds
150g Doria Amaretti Biscuits, crumbled
50g dark chocolate, roughly chopped
200g raspberries
Mascarpone or cream, to serve

Method

1. Grease and base line a 20cm, loose-bottomed cake tin. Preheat the oven to 160°C, gas mark 3.

2. Using electric beaters, whisk together the butter, sugar, eggs, flour and almonds until smooth and creamy. Carefully fold in two-

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thirds each of the biscuits, chocolate and raspberries, and spoon into the prepared tin. Scatter the remaining biscuits, raspberries and chocolate on top.

3. Bake for 60-65 minutes or until risen, golden brown and set. Leave to sit in the tin for 5 minutes then lift out and leave to cool completely. Slice and serve with a spoonful of mascarpone or cream.

Cook's tip - Any leftovers should be kept in the fridge for up to two days and are delicious served chilled.

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ON THE GRAPEVINE

WITH ROY WOODCOCK



A wine app called Vivino and some mistakes made by wine drinkers

I was in a wine bar in London recently - great place; shelves and shelves of wine with an automated system where you could buy by the glass. Why am I telling you this? Well my son, who'd taken us there, also introduced me to a new wine app, called Vivino, which can be downloaded to your smartphone (Apple or android).

Basically, you can use your phone to take a photo of the wine label, which the app then uses to tell you all about the wine . . . reviews, ratings, average price etc. Brilliant stuff and I find I'm using it all the time to check new wines that I come across on the supermarket shelves.

Even better news, the app is free. It also has lots more, including wine news and advice.

Here, for instance, is their list of the worst mistakes wine drinkers make:

1. Filling your wine glass up to the brim: Wine isn't beer. Just because some wine glasses can fit an entire bottle of wine in them, doesn't mean you'll want to fill your entire glass. It makes for a heavy glass, looks silly and makes the wine difficult to drink and enjoy.

Rather, you'll want to stick to about a 5 ounce pour. This will allow you to swirl and sniff your wine and drink and enjoy your wine with ease.

2. Holding your wine glass by the bowl: Hold your glass by the stem, not the bowl. Your wine glass has a stem for a reason. When you hold your wine glass by the bowl, the body heat from your hand warms the wine up.

Unless you want your wine warmer, stick to the temperature the wine was poured at and hold your glass by the stem. In a room full of wine drinkers, you can always tell who are the experienced wine drinkers by the way they hold their glass.

3. Buying wine because of the label: Simple rules: Don't judge a book by its cover. Don't buy wine because of the label. You won't be so amused with that interesting label if, once opened, you find the wine isn't very good.

4. Drinking the same old stuff: Think you only care for white wines? Think you only care for specific varieties? Think you only care for specific regions? Nonsense. There are over 6 million wines out there, stemming from thousands of different regions and grape varieties. What makes wine fun is the infinite possibilities. You can always find something new and interesting to sip on to explore and enjoy. Don't get trapped into thinking you only like a handful of grapes and regions.

5. Sticking to classic wine pairing rules: There are some traditional rules to pairing wine with food, like pairing red wine with red meat and white wine with seafood. These are guidelines, not absolute rules to live by. Don't always stick to these rules. What makes wine fun is trying new wines, trying new occasions to enjoy wine, and finding new pairings on your own. They're your taste buds; if you like drinking bold reds with light meats, then so be it.

6. Drinking too fast: We're all guilty here. Wine can be so good, sometimes we forget to slow down and learn about the wine. Who makes it? Where is it from? What's going on with this grape variety? What do I like and dislike about this wine? What am I tasting? These are the kinds of questions that help us learn about wine, enjoy it more in the long run, and help us become knowledgeable in wine. Slow down and learn about wine, don't drink it too fast!

7. Dissecting wine on the initial pour: On the other hand, when your server pours you a little splash of wine to make sure it tastes okay before serving the rest of the table, this is supposed to be somewhat quick. Many people think they're supposed to slow down and dissect the wine, talk about it, and tell the waiter whether or not they like it. This is not the point of the initial pour, however. The server simply wants to know if the wine is corked or not, or some other flaw. A quick sip or sniff will do. Taste vinegar or some other flaw? If no, give the server approval to pour the rest of the table. Then you can dissect the wine with the rest of your party.

BEST BUYS

**Fonseca Guimaraens 1998 Vintage Port**

Where: Waitrose

When: Offer available from June 8 to 28

Why: Looking for ideas for Father's Day (and yes, that is a hint!), then look no further. An extra special port that's mellow and medium bodied with a lovely lingering finish. If you have a decanter, use it for this one - taking care to avoid any sediment.

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**The Cubist Garnacha**

Where: Waitrose

When: Offer available from June 8 to 28

Why: Picked this up from the Willerby store and will be going back for more. Named "best red wine from Spain" in 2013; weighty without being overbearing, it delivers a punch of juiciness that will leave your palate stunned!

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**The Co-operative Truly Irresistible Fiano, 2014**

Where: Co-op

When: Now

Why: Gold medal winner at the latest International Wine Challenge (IWC) awards. Created by dynamic young winemaker Marco Giulioli under the guidance of renowned consultant Riccardo Cotarella, this Italian fresh white is full of floral and aromatic herb notes.

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When: Now

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or our advertisement on page four





Marlo's Journey . . .

We all have had, at sometime in our lives, a hectic life style, worked long hours or had family commitments which, when all combined, can lead to tiredness. I, for one, can be extremely shattered when getting in from work around 7.30 pm following a 10 hour day (nearly all enjoyable I hasten to add) and all I want to do is eat then bed! I can justify the tiredness but if this feeling extended to day time and included an increase in thirst with possible weight loss and a change in appetite, then maybe a trip to the doctors would be on the cards.

How many of us would notice this in our pets? I would like to think that most pet owners would but its quite reasonable for one or two to think its maybe the change in weather or just an 'off' day their pet is having. This may not be so if the change in character is on going. If its ourselves then a visit to the doctor is made so why any different for our four legged friend? Yes it maybe a false call and your mind will be put at rest but what if???

In humans, the symptoms named above combined with others such as sweet/fruity smelling breath, vomiting and frequent visits to the toilet will be more often then not followed by blood tests taken by the doctor, to be analysed. Diabetes may be one of



the key factors shown. Everyone knows about diabetes but how many of us know what to look out for in our pets?

Diabetes can be classed as either type 1 (lack of insulin production) or type 2 (impaired insulin production along with an inadequate response to the hormone). The most common form of the disease in dogs is type 1, which occurs when the pancreas is incapable in producing or secreting adequate levels of insulin. Type 2 is more centred around the lifestyle of your pet, ie increased fat, poor diet and lack of exercise.

It is thought that female dogs may run a greater risk of developing diabetes later in life, so spaying your dog is recommended as female sex hormones can have an effect on blood sugar levels and stop the insulin from working.

If diabetes is not noticed, it can prove fatal by developing a ketosis state which may lead to coma and death.

Marlo's journey.....

Marlo, a little Yorkshire terrier was brought in one day in 2011 by his worried owner, Sheila who noticed he was urinating more and drinking obsessively. After a urine sample and extensive bloods were taken, it showed Marlo was very ill so had to be admitted to the hospital at our KINGSTON, Park Street surgery. He was immediately put on a drip and a regime of insulin injections.

The nurses and duty vet monitored Marlo through the night, looking for any signs of deterioration. Much to the amazement of the day staff, Marlo had made it into the next morning. More bloods were taken and after 4 days of tests and careful monitoring, to the delight of Sheila, Marlo was allowed home. On his discharge appointment, there was one more surprise. Marlo had to be given daily insulin injections for the rest of his life. So pleased that her beloved companion was still here, Sheila was not to be daunted by this and was given lessons on how to inject him. That was 5 years ago, this year!

At the ripe young age of 13, Marlo is enjoying his twilight years of caravan holidays and walks, along side Sheila.

If you have any worries at all, please do not hesitate to ring any of our KINGSTON surgeries, where our receptionists will be happy to make an appointment to see the vet.



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www.kingstonvets.com

Continued from page seven

Alternative Aquatics

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

The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held outdoors in the summer months and indoors in the winter months. Club competitions and social gatherings form an important part of the Club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email revtrev2@revtrev2.karoo.co.uk

St. Mary's Church, Cottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 60p (including biscuits). Please come and help us with our jigsaw puzzle. A warm welcome ensured.

AgeUK East Riding

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

Cottingham Rangers AFC

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

Zion United Reformed Church, Hallgate

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

Play Badminton

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

Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.30 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm; Fridays 6.15 pm. Suitable for men & women of all abilities. www.fitmums.org.uk

Cottingham Bridge Club

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

Continued on page 23

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www.cottinghamtimes.co.uk - June 21



“The Tooth and Nothing but The Tooth” by Chris ‘Dr. Smile Maker’ Branfield

Brighten up your life

Hello again, I hope you are well. So Hull City are off to Wembley in the play off final for the most expensive prize in club football. I went last night to the second leg against Derby. My word it was tense. They lost 2-0 but won on aggregate 3-2. Come On You Hull!

Do You Need Cheering Up?

You’re probably thinking, “How the heck can a dentist possibly cheer me up?”

Well, there are a few ways to simply improve your smile and this can cheer you up no end. Probably the simplest way to perk up your teeth and subsequently your mood and confidence is tooth whitening. It can brighten up your life.

Now Listen To A Cautious Word Of Warning!

Tooth whitening needs to be prescribed by dental professional to significantly reduce the chance of complications and unwanted side effects. Be wary of self-prescription and Internet home kits. Some of these kits have high concentrations of gel that can cause gum irritations or chemical burns especially when the trays have a poor fit. Some gels have a chlorine-releasing component and some can cause enamel

erosion. Not everyone is suitable for tooth whitening so my advice is not to waste your money on people who know nothing about dentistry or oral health. Rant over, deep breathes. Only kidding, but be careful.



So Will It Work For You?

Tooth whitening works superbly well for so many people and in most situations I see the answer is yes to the above question. It is particularly effective for natural yellowing of teeth and teeth that have darkened through the rigours of daily life including tea and coffee. Whitening will only work on natural tooth and not on crowns, veneers or fillings. It is also very good for mild tetracycline staining (tetracycline is an antibiotic) and mild mottling/staining from fluorosis (excess fluoride intake during tooth development). Some more intense staining and mottling may not be amenable to straight forward tooth whitening alone. Obviously your teeth need to be in good nick. Trying to do tooth whitening on bad, decayed teeth is a non-starter and may well cause pain and discomfort so is really not a good idea at all. If you have some discoloured fillings and want your natural teeth whiter it might make the filling stand out more. A simple solution is tooth whitening and replacement of the filling or even just to resurface the filling if it is otherwise sound. Simple, yet extremely effective, both visually and in your pocket.

Do You Fancy Some Tooth Blackening?

Has Branfield gone mad? Just keep with me a moment. There is an old custom in Japan for the blackening of teeth by married women and courtesans as an enhancement of their beauty. The custom, rooted in antiquity, had gradually become proof of the married status of women. Before a new bride entered her husband’s home she would visit seven relatives to receive dye and then underwent “the first blackening”. The dye was primarily derived from ferric tannate and was applied by a brush made from a crushed twig. The dye would be reapplied as it wore. It was seen that blackened teeth showed evidence that a wife had sworn eternal fidelity to her spouse. My wife was having nothing of it.

Mind you it’s not really a good look is it?

A Bit Upset

I’m off to Morocco with my Dental Mavericks Charity to get children out of daily pain and help with a “teeth for life” programme that we set up. These poor kids have nothing. So, I’ll be missing the Wembley game. Well that’s life. I just hope that Hull do themselves and the fans proud.

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 23 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris’s charity work go here now www.castleparkdental.co.uk

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says Elizabeth

Chris “Dr Smilemaker” Branfield GDC 68346

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Continued from page 21

The Alzheimers Society

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

English Country Dancing.

Every Tuesday at Darby & Joan Hall, Finkle St. Cottingham 8pm to 10pm. Enjoy keeping fit in a friendly atmosphere. Beginners welcome. For further information please telephone Fred Smith on 01964 550297 or come along to the hall on a Tuesday evening.

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. In 2016 we will be running four Saturday sides, an U18 side on Sundays, an U19, T20 side and team at U9, 11, 13, 15 and 17 and all Girl teams at U11 and U13 and possibly U15. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Wednesday evening 6.00 pm till 8.00 pm and at Cottingham High School on Saturday from 12 noon to 2.00 pm. Summer training for Juniors is on a Friday evening and Seniors is on a Wednesday. For more information please contact Rob Rhodes on 842215.

Calligraphy, Quilling and Folk Art classes

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

The Cottingham Whist Club

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

Cottingham Methodist Church Hall

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

Hull and East Yorkshire Happiness Group

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

Cottingham Food Bank

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

Cottingham Tennis Club

Plenty going on at the Club in the winter months, including a new in-club competition for all skill levels. New members welcome at discounted rates. Find us off Hull Rd. next to Overland Rd. John Stones 847080 or Paul Holtby 07785543258 for coaching.

Continued on page 29

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www.cottinghamtimes.co.uk - June 23



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

This month his destination is North Frodingham

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

Map:- EXPLORER 295

Start at GR.TA100530 Near the village hall.

Distance 6.0 Miles.

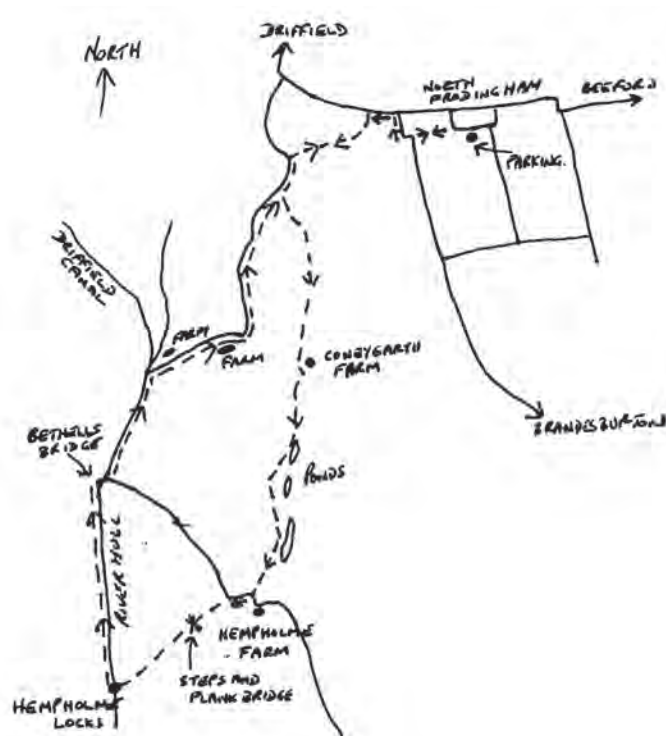
Leave the village hall and walk in a westerly direction to the sharp right hand bend, continue straight ahead down an enclosed grass path. On emerging on the road, follow

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this road as it swings to the right. At the junction with the main road, turn left passing the Star Inn. Continue along this road until the motor garage on the right and then turn left after passing the last building on the left. Follow this farm track bending slightly to the right until you reach a surfaced lane, turn left on reaching this lane and follow it to a right hand bend. Leave the lane at this point by continuing straight ahead passing a large silver coloured barn on the right.

Follow this path as it zig zags slightly eventually heading for Coneygarth Hill Farm. Cross one stile and pass through three metal gates eventually passing the farm to the left. Continue to a fourth metal gate and then turn right after passing through the gate. Pass a pond on the right and then pass through a wooden kissing gate and walk ahead with a dyke on the left. Pass ponds on the left and pass through two metal gates.

After a short while, walk diagonally to the right climbing gently. At the corner of the field, turn right keeping the hedge on the left and pass through a metal gate on the left. Head diagonally across the next field and pass through a further metal gate and head towards a telegraph pole. This area is very boggy but the aim is to reach a small hand gate on the left to emerge on a surfaced lane leading to Hempholme Farm. On emerging on this lane, turn right and follow this as it turns sharp right, then immediately turn left and pass through a farm yard. After passing through the farm yard, continue walking in the same direction and after a short while descend a short flight of wooden steps to cross a wood plank bridge and then walk diagonally to the left across this field to a post. On reaching a farm track turn left and then after about 50 metres turn right and head towards some distant trees, cross a footbridge and head towards a gantry rig over the river Hull, cross over the locks and turn right and walk along the river bank with the river on the right.

Continue along the river side path to reach Bethells Swing bridge, cross over the bridge and then turn left to continue walking along the river bank with the river now on the left. After a short while cross a stile and continue along the river bank. Just before a fork in the river (junction of the river Hull and Driffield canal) Pass through a metal gate and pass Low Emottland and High Emottland farms to reach a tarmac road. Turn left at the point and follow the road for about $\frac{3}{4}$ of a mile. After passing the large silver barn on the right which was passed on the outward leg of the walk, retrace the route back to the cars at North Frodingham

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June is a great time to be out in the garden. Many plants are in full bloom at this time of year and the weather (should be) warm and sunny. Keep watering your garden to avoid your plants from wilting. A great way of recycling water and saving money is by using a water butt system that will collect rainwater from summer showers. It's only £39.99 for a 210 litre water butt at the Coletta & Tyson Garden Centre and will save you money on your water bill over the hot summer months.

The mild winter has done wonders for crops this year with strawberries benefiting the most. They have thrived over the last few months and with the sun quickly ripening them it's a great time to have grown your own. It's not too late to benefit from this crop.



During the month of June roses begin to open up in fantastic blooms lighting up the garden. It's no wonder we chose them to be our Plant of the Month at the Coletta & Tyson Garden Centre.

Roses are one of the country's favourite plants and can be a great benefit to any garden whether the rose is a fragrant variety, climber or miniature. Roses come in a rainbow of colours and double blooms meaning they'd suit many gardens with a colour scheme. Some say they are moderately difficult to tend but with our tips on growing and caring for roses it can be an easy and rewarding part of gardening.

At the Coletta & Tyson Garden Centre we have a large selection of roses to suit, with assorted roses from £3.99 and David Austin speciality roses starting from £14.99. Plus protect those roses from blackspot and rust as well as most common insect infestations with Rose Rescue, just £4.99 at Coletta & Tyson.

26 June - www.cottinghamtimes.co.uk

Planting New Roses

For first time rose growers you can choose to grow your rose in a container or plant it straight into the ground. If you choose to plant your rose in a container the plant will benefit from well draining compost and rose fertilisers throughout the year.

When planting your rose you will need to prepare the soil. The best way to do this is by adding farmyard manure like horse or chicken manure.

Dig a hole roughly twice the size of the roots and the depth of a spade's blade to allow room for the rose. Add a general fertiliser to the hole to help the roots establish and grow further once planted. To aid the rose over the summer and to avoid drought in summer gently tease out the roots so they can grow out once planted.

Place the rose in the hole and fill with compost making sure that the compost covers the roots completely to avoid future dieback. Water thoroughly.



Aftercare

Over the next two summers you will need to keep the new rose well watered to keep the roots healthy especially over dry spells. Your rose will also benefit from an extra feeding with a general rose fertiliser every spring followed by mulching with bark chips or well rotted manure. Be careful to leave a space around the stem of the rose when you are mulching.

10 Jobs for this month

1. Keep weeds at bay by hoeing your borders and beddings regularly.
2. Maintain the lawn by mowing it once a week.
3. Plant summer bedding.
4. Shade your greenhouse to prevent it getting too hot over the summer.
5. Be careful not to waste water over the dry months. Conserve water by investing in a water butt or using bath and kitchen water that isn't too dirty.
6. Harvest early potatoes, radishes and salad leaves like lettuce.
7. Once the sun has ripened them, strawberries should be perfect for harvesting.
8. Remove rose flowers as they fade to encourage new flowers.
9. Plants like tomatoes, courgettes and celery can be planted outdoors.
10. Tie stems of tall growing plants to supports.

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Pruning

It is a good idea to prune back your rose in the first winter after planting, and then in late winter to early spring thereafter. With all roses you will need to remove dead, damaged and weak growths. Pruning then depends on the variety in your garden.

Climbing or rambling roses need to be pruned back to around 30-40 cm away from the base.

Large flowered varieties are best pruned back to 10-15cm away from the base of the plant.

For cluster flowered varieties prune back long stems to about 15cm away from the base.

Avoid pruning the remaining long stems on shrub roses.



Plant of the Month: Roses

The rose is our plant of the month. They are grown for their spectacular and iconic flowers. They are favourite around the world and often used as a token for love. Roses also make excellent gifts for special occasions with variety names like 'Ruby Wedding' and 'Special Anniversary'.

"All the roses will grow well in this area as we have water retentive soil," says John Meikle, the Coletta & Tyson horticultural manager. "If you dig in organic manure and plant the rose with bone meal and rose tree and shrub planting compost, keep well watered and spray regularly for pest and diseases your roses should do very well."

Roses like to be positioned in full sun where they are not competing for root space larger shrubs and trees. Keep them well watered but avoid drenching the leaves to avoid burning in the summer. If they are allowed to dry out the rose becomes more susceptible to disease and pests.

Feed your roses regularly in the growing season from spring to summer with organic fertilisers to help flower production.

If you are still unsure it is always best to ask. The Plant staff at Coletta & Tyson Garden Centre have many years of growing experience combined and are happy to help and give advice. Throughout June we have 10% off all roses. Grab a bargain while you can.

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Your Stars for June 2016

By Kay Gower

Aries (Mar. 21- April 20)

This is it, your perfect month. There's some loving some learning a dollop of adventure a dash of glamour and, of course, the possibility of a little money coming down the pipe.

Taurus (Apr. 21- May 21)

Let go of any thought that doesn't support a relaxed easygoing attitude this month. As for people who don't seem to be able to enjoy you, let them go, too.

Gemini (May 22-June 21)

New opportunities bring out the best in you, but they can also make you feel vulnerable. The full moon on the 20th will help you to find the strength to let go of a veil of fear that has shielded you from your dream.

Cancer (June 22-July 22)

It's not often that you sit back and think, "Where did it all go right?" but do it now. A repeat performance of your best moves is how you'll make June a very happy month.

Leo (July 23-Aug 22)

There's nothing wrong with running around in circles so long as you're enjoying yourself. You can always come to a stop, get your bearings and start again. Perhaps in a straighter line next month?

Virgo (Aug 22 – Sept. 23)

Looking good Virgo! Cover your mirror in kisses – it's your time to shine. Jupiter the planet which represents wealth, success and good fortune has turned direct. Expect to be successful at whatever you do.

Libra (Sept. 24 -Oct. 23)

You may be called upon by someone who needs your care and support around the last week. A generous soul gives without remembering and takes without forgetting. Know that you represent this to many around you.

Scorpio (Oct. 24 - Nov. 22)

Sometimes the question is: Is it me or is it them? The answer is usually: It's a bit of both. But not this month. This time, it's definitely them.

Sagittarius (Nov. 23 -Dec. 21)

Energetic, decisive and assertive can all be descriptors of how you have been over the past few weeks. Now the stars signal the need for some rest and 'me' time.

Capricorn (Dec 22.- Jan. 20)

Listen, and people will reveal their character to you - you just have to know what to listen for. Something you hear won't feel right. You may not know why, but follow your gut instinct.

Aquarius (Jan 21 - Feb 19)

Make sure you know where your cash is and keep your valuables safe. Whether you believe in astrology or not, the planets advise that during this month you don't take any risks with your treasures.

Pisces (Feb. 20-Mar. 20)

Something that has been hidden from you comes to light and helps you put some pieces of a puzzle together. Tie up as many loose ends as possible mid month, so you can finally move on this summer.

Scottish Country Dancing Club

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

Loudhailer Acoustic

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

Hull Zingari

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

Humberside Steppers Square Dance Club

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

East Yorkshire Climbing and Mountaineering Club

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

A 'Thank You' from the Cottingham Branch of the Royal British Legion

The Cottingham Branch of the Royal British Legion would like to thank sincerely, the shops, businesses, pubs and individuals, etc. for their generous donations given to celebrate the Queen's 90th Birthday coffee morning.

We would also like to extend our grateful thanks to speaker Pat Clark (Humber Pilot) and Julian Savory (organist) who both entertained us, making a very enjoyable morning.

Supporters went home carrying prizes won, and singing the 'old songs', having had a very satisfying time. The attendance of Frank (D.J.) and dancers from Tuesday afternoon's D&J Dance was very much appreciated. Sincere thanks to Les Fisher for all his help, the Memorial Club for their venue, and *Cottingham Times* for their continued support.

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Sudoku Answer from page 12

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



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Walks on the North Yorkshire Moors and the Wolds

The party splits into two groups each with an organised leader

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

Sunday 5 June

A. Bramhope to Ilkley

B. Danefield House to Ilkley

Sunday 19 June

A. Byland Abbey to Hawnby

B. Hag Wood to Hawnby

For more information ring Jan 07538 951112 or email jan_c_558@outlook.com. <http://hullcharambling.wix.com/hull-cha-rambling>

Phoenix Walkers

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

Three levels of walks:

A Group 8-10 miles

B Group 5-7 miles

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

Sunday 5 June Ilkley-Otley

Sunday 19 June Castleton Derbyshire

For further information please ring Dulcie Hartley 01482 509000

Wykehykers Walking Club

We are a friendly long established local group who enjoy Sunday outings by coach once a fortnight.

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

Our 2016 season started on 21 February and fortnightly thereafter until 27 November. Coach fare is £10 and we pick up from Ferensway to Beverley via Beverley Road when Northbound or Beverley High Road, Ferensway, Anlaby and Boothferry Roads when Westbound.

Take your first step by calling Keith or Alan on (01482) 782917 or 850997 for further details.



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Report from the North Ferriby Flower Club

On Thursday 12th May North Ferriby Flower Club welcomed National Demonstrator Craig Bullock from Burnley for their evening demonstration. Craig is also a judge and examiner and travels the world. A large number of members and guests attended and were thoroughly entertained by Craig.

He did six spectacular large arrangements all in varying colours and flowers entitled "Something of this Nature". The first was a classical design in an urn using lots of different greenery some of which had tints of white including Solomon Seal and Cotton and all white lillies. The second was arranged in a large white tall flat container using a mixture of hosta, viburnum and rhododendron leaves and pink cherry blossom, lillies and roses all loosely arranged to give the arrangement in Craig's words a "frivolous" feel.

The third was in a gorgeous blue large urn using blue dyed palm husks to form a modern version of a Hogarth curve. Craig said his inspiration was the blousiness of the Peony. After putting in foliage the arrangement was filled with peonies, roses and orchids in all shades of pink and peach and was stunning.

The fourth was quite tropical and bold using a dried palm tree husk flowing down and green palm leaves across the top so it looked like a palm tree blowing in the wind on a beach. This was filled with various shades of pink anthuriums, gloriosa etc and was bold and densely filled. The fifth was totally different and saw bleached tall white mitsumata branches in an ark shapes container. This was filled lower down with blue iris on mass and around the bottom ice blue hydrangea heads to striking effect.

Craig told us all about the Wode plant and dyeing material to Wode blue, telling us he has dyed his shirt very successfully and the drape used with the arrangement.

The final arrangement was on a disc with a shallow basket on one side and filled on the other with all shades of yellow flowers including lillies, euphorbia, small sunflowers, roses and gerbera – showing tints, tones and shades in 1 colour.

We all had a wonderful evening with a demonstration by a fabulous flower arranger, and watching and listening to him you can understand how he is in demand around the world – we were so lucky to see him at our Club. We have an evening out in June around 4 gardens in Little Weighton followed by a meal, so the next demonstration at North Ferriby Village Hall is on Thursday 14th July when we welcome John Thexton from Cumbria with his title being "Shop Full of Summer". If you are interested in coming to our Flower Club you will be sure of a warm welcome.

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- Superb duplex apartment
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- Allocated car parking
- Double glazing and gas central heating

Cottingham

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- Good sized living accommodation
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- Gardens and garage
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Haltemprice Lions celebrate their 42nd Annual Dinner and are entertained by "The Magic Medic"

The members of Haltemprice Lions held their 42nd Annual Dinner at the 1904 Lounge KCOM Stadium when members and their guests enjoyed the occasion.

After dinner they were entertained by Dr. Ajay Vora "The Magic Medic" who certainly enthralled Shiva Kasaranemi, the grandson of member Dr. Neel Kamal, with his impressively baffling tricks.



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Cottingham continues successful Open Gardens Event on June 19th and 26th

This year once again our members are opening their gardens to the public for two Sundays, the 19th and 26th of June from 10.30 am to 4 pm. to raise much needed finance for Dove House Hospice.

Last year we raised over £9,000 and weather permitting we hope to top that figure this year.

This year there are new gardens, new flowers and plants, new attraction's, loads of plants to buy, cakes and buns to eat, craft stalls and art displays to see and some gardens are even laying on entertainment.

There will be more lottery prizes this year, again the top one being the North Sea Crossing for two on the luxury P&O Ferry followed by numerous other prizes of meals for two, fruit baskets, hair do's, hanging baskets, golf lessons, riding lessons, beauty treatments, cakes, chocolates, wines, etc., etc., etc.

The Duke of Cumberland Pub on the green, the Railway Hotel on Newgate and Barkers on Hallgate will all be selling "Passports" for Open Gardens Event during the period leading up to the event.

The passport will allow visitors or groups to visit all the gardens on the payment of £3.00 per adult. Accompanied children will be free.

Dove House are again organising a mini bus to help people get round the gardens (details available later).

Like last year you will find our gardeners welcoming, helpful and informative and they are looking forward to helping you have pleasant and convivial day.

Hallgate Primary School Summer Fair, Saturday 2nd July between 12 noon to 3.00 pm

If you're visiting the village on Cottingham Day this year on Saturday 2nd July, why not come along and join us between 12 noon and 3.00 pm which is also our annual Summer Fair. We have lots of exciting attractions and events all held outside on the school fields, with something for everyone.

One of our main attractions is live music hosted by 'Cottingham Springboard' which is also located right next to our Pimms and Beer tent and BBQ, so you can enjoy the music with some cold refreshments and food.

There will be donkey rides for children, bouncy castles, traditional fairground rides, ice-creams by the local 'Truly Scrumptious', craft stalls, zumba, dance and gymnastic demonstrations to name but a few attractions.

Free entry for all. We look forward to seeing you there.

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Hard Water Horrors?

Fitting a new kitchen or bathroom is often an occasion that gets people thinking about protecting their planned investment from the ravages of hard water; limescale, soap scum, streaks and spotting ... the list goes on.

After all the effort and cost of selecting and fitting your new units and appliances its only natural to want to keep them sparkling and pristine and the one guaranteed way in our hard water county is to find the correct water softener for the property and get it installed as soon as possible.

Immediately it is installed a professionally specified and installed unit will protect plumbing, showers and appliances and keep everything at peak efficiency and performance year after year.

Amazingly the softener doesn't stop there, it will also undo the previous years of scale build up in existing plumbing and appliances and over a period of 6 months or so will gently dissolve away the limescale.

Cleaning and care for kitchen and bathroom is transformed with a softener; no need for harsh chemicals or scrubbing and elbow grease; a rinse and wipe down is all that is needed.

How will I find room for a water softener, they are huge aren't they? Well, yes they used to be and indeed some of the older styles and more basic "builder grade" softeners still available are on the bulky side, however the good news is that there are now compact, non electric "consumer range" softeners that are the size of a tower computer, superbly efficient and and stylishly designed to blend in.

Will we need plug sockets and a degree in computers to operate it? In a word, no. The modern softeners no longer need electric power, they are kinetically powered by water flow and are pre set by our skilled installer to give perfectly soft water all of the time, no dials to set or flashing lights to look out for, its all perfectly simple, perfectly soft.

I don't want to be moving big heavy bags of salt around, has this been improved? Yes indeed it has, I'm pleased to say, compressed 4kg Salt blocks are now available for certain units, which makes storing and replenishing salt much easier and salt can be delivered direct to your door or picked up from our Hull store as required. All the above benefits of a softener will not be at the top of most long term softener owners list of reasons they would not be without theirs, they almost all say it is the luxury of bathing, showering and washing in the superbly soft water, not to mention the super soft fluffy towels that are the product of softened water laundry.

For more friendly, unbiased advice and information, just call Dave Parry at:



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

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Give them time to work at their speed. Reward each try. Create good memories because there will always be another journey another day.



Allow them to leave for a little while if they feel the need to. They will be computing what has just gone before. Reward them heavily for coming back into attention to you and the task ahead.



Never try to close the horse in until it reaches the point where it will stand at the front open door and not feel the need to leave. Never stop them if they need to go back out. Just repeat the ask again with reward. Provide great enrichment and give them time to compute the process used.....nothing but good things.

Train it all regularly until your horse feels safe, calm and that the whole experience is rewarding. The end game would be a horse who loads himself into a closed trailer or wagon with confidence and great expectation. It is all done one step at a time!



Travel in - but make sure it's safe

People booking luxury private hire cars to get them to and from events in style this summer still need to make sure they are licensed correctly.

There is a growing trend for booking luxury cars such as Mercedes, Porsches and Rolls Royces for race days, proms, special events and airport runs but operators still have to adhere to the same licensing rules and standards as those who offer private hire, stretch limousines and novelty vehicles for hire.

Operating any private hire vehicle without the correct license is a criminal offence with rogue operators facing a maximum fine of £1,000 while operating or driving without the required license may also invalidate any insurance.

Councillor Shaun Horton, portfolio holder for community involvement and local partnerships at East Riding of Yorkshire Council, said: "Our message is don't swap style for safety.

"We have seen an increase in the number of people booking luxury cars to take them to events but people need to check these vehicles are licensed and the driver is safe and fully vetted.

"Many people carry out their own checks on stretch limousines and novelty vehicles but these luxury cars are no different.

"There are a number of different licenses available for different types of vehicles but the key question to ask when making bookings is 'what type of license do you hold and can I see a copy?'

"Remember, an unlicensed vehicle could very easily be an unsafe vehicle or be uninsured."

For more information go to www.eastriding.gov.uk or email licensing@eastriding.gov.uk to check if a vehicle, driver or operator holds a licence with the authority.

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Amateur Photography Competition for Cottingham parents and adult residents of HU16

A new Amateur Photography Competition for Cottingham Parents and other Adult Residents (HU16) - Excluding Part-time and Professional Photographers who have received payment for their previous work.

Cottingham Methodist Church Photography Group are pleased to announce a new Amateur Photography Competition for Cottingham Parents and other Adult Residents (HU16) - Excluding Part-time and Professional Photographers who have received payment for their previous work. To run along side the Group's established Annual Young People's Photography Competition (6 years to 18 years - Three Age Groups) living in HU16.

The theme for the Parents and Adults is:- COTTINGHAM.

The theme for the Young People is:- NATURE

The closing date for the Parents and Adults is:- 11th JUNE 2016 - 11am.

The closing date for the Young People is:- 18th JUNE 2016 - 11am.

Each entrant is allowed up to three prints each - unmounted up to A4.

Competition fees £1.00 per print submitted.

All entry forms (including rules and regulations) available from The Photo Shop, King Street, Cottingham.

Prizes:- T B C

The Photography Group would like to acknowledge the help and sponsorship of each competition by The Photo Shop, King Street, Cottingham.

The Competition entries and winners will be exhibited at Cottingham Methodist Church on Saturday 2nd JULY 2016 (10am to 4pm).

Contact Details:- John 842169 or john@jcmhome.karoo.co.uk.

Friday 1st July - Tickets £5.00 or £7.00 on the door - Doors open 7.30

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Otago - Strength and balance exercise for falls prevention

The Facts about falls

As we get older the facts are that we are more prone to falls. Falls can have a catastrophic affect on individuals.

After a fall, an older person has a 50% probability of having their mobility seriously impaired.

Falls destroy confidence, increase isolation and reduce independence, with around 1 in 10 older people who fall becoming afraid to leave their homes in case they fall again.

Tips for preventing falls in the home

Most people may not believe they are at risk of falls in their own home. Rugs around the home can be the highest risk and the most difficult items to persuade someone to move or part with!

However, there are some practical things that can be done to help avoid falls:

- using non slip mats or rugs. Better still remove mats/rugs altogether!
- cleaning up spillages immediately
- think about de-cluttering to make moving around the home easier. This may include furniture that isn't used any longer. Call it 'downsizing'!
- ensure there are no trailing wires
- adequate lighting. Insufficient lighting and poor eyesight increases the risk of falls
- wearing well-fitting footwear that are in good condition, especially slippers. Not walking around the house in socks or tights.
- keeping feet in good condition. Nail trimming. Seeing a foot health practitioner if required.

Exercise

This is the best way to maintain mobility. Extensive research by Otago University, New Zealand has identified specific strength and balance exercises to help keep older people on their feet.

Jennie Falconer is a qualified Otago Exercise Programme Leader and runs sessions each Tuesday at 2PM at the Darby and Joan club on Finkle Street.

For further details, call Jennie on 01482 868166 or 07834 491242 or take a look at the website on www.fallspreventioneastyorkshire.com

Beverley Male Voice Choir and the Abertillery Orpheus Male Choir together in concert

A joint concert by the Beverley Male Voice Choir and the well renowned Abertillery Orpheus Choir, to be held at the Toll Gavel Church, Beverley on Friday 24th June at 7.30 pm., will bring a strong contingent of Welsh singers, has been arranged to bring a superb evening of song to suit everyone's taste.

This concert is will include renditions of many favourites such as Rhythm of Life, and the Morte Christe, When I Survey the Wondrous Cross, and will bring a very special and new sound to Beverley from the Welsh Valley.

The Abertillery Orpheus Choir, which is one of the top male voice choir's in South Wales, travels extensively throughout Europe and also the USA and Canada. They have been on tour to Germany, Holland, Spain and France and have also sung at the Royal Albert Hall, The Usher Hall in Edinburgh and the National Stadium in Cardiff etc.

Tickets for this very special concert are now available from the Beverley Tourist Information Office, Butcher Row, Beverley are £7 each or on the door

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All abilities welcome, girls-only sessions, PGA Teaching Professional, no dress code, all equipment provided. Bring your friends & come and get involved for FREE! [#ThisGirlGolf](#)



Do you recognise any of the Cottingham "Jacks" in this photo taken in 1945

During the last war, young boys & girls were encouraged to join an appropriate cadet force for training, prior to joining their chosen Service: ie Army Cadets, Air Training Corps etc.

Girls wishing to join the RAF would become a WAAF & join the Women's Junior Air Cadets Service (WJACS) known as "Jacks."

One of the original Cottingham "Jacks" members (Barbara Wright - nee Andrews, now nearly 90 years old and living in Essex) has provided a photo of some 28 "Jacks." Taken in 1945 (71 years ago) on the Cottingham Market Green, following a Victory Celebration concert in the King Street Rooms (now the Post Office & Blossoms). This concert was (unknown to me as I was overseas) produced by my father, Harold Barton.

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We have identified some 15 of the girls who are now in their late 80's, a few of whom have been contacted and they would love to be reminded of the names of the remainder.

If any readers can identify any of the girls (perhaps their children will know) please ring Richard Barton on 01482 847122 with contact details if possible, so that this memorable picture may bring back some old memories for all the families concerned.

Cottingham Darby & Joan Club celebrates the Queen's 90th birthday

The Cottingham Darby & Joan Club celebrated the Queen's 90th birthday with a party on 22nd April.

The members and volunteers had a wonderful time with the hall decked in Union Jack bunting and members singing and waving Union Jack flags, in a traditional party atmosphere.



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Council warning over illegal dog breeders

People looking for a new puppy or dog are being urged to do their homework and make sure they buy from a reputable and licensed breeder.

East Riding of Yorkshire Council's licensing team is currently investigating five allegations of illegal breeding and is warning people to be aware of the dangers of buying a puppy or a dog from someone who is not licensed or may be from a puppy farm.

Anyone breeding dogs as a business – selling two or more litters in a year is considered to be a business – and the council enforces dog breeding legislation to protect the welfare of dogs used for breeding by setting standards relating to issues such as accommodation, food, water, bedding disease control as well as limiting the number of litters a female can have.

Unlicensed breeders may illegally import puppies into the UK and they are often sold online or via newspaper adverts or in car parks.

They can often be accompanied by incomplete or forged documents that lead the buyer to think the dog has been imported legally.

Before buying a puppy the council advises people to:

- check the puppy has been vaccinated but to also be aware that vaccination cards are easy to fake – if the vet's contact details are not visible or has a non-UK address the card may be false
- ask to see a pet passport – imported puppies must have a pet passport or a vet's certificate confirming it is microchipped, vaccinated against rabies, treated for worms and was over three months and 21 days when it was imported
- ask to see the puppy with its mother
- ask to see the father too, or at least a photo of the father – be suspicious if the breeder cannot show you the mother or father pedigree certificates are not a guarantee for the condition of the dog and may not even mean the puppy is pedigree – people should contact The Kennel Club for details of accredited breeder schemes.

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Councillor Shaun Horton, portfolio holder for community involvement and local partnerships at East Riding of Yorkshire Council, said: "Anyone thinking of buying a puppy or a dog should check the legitimacy of the breeder.

"Dog breeding can be a lucrative business and those unlicensed breeders who aim to make money will often cut corners and sacrifice animal welfare.

"The law on dog breeding is very clear and is in place for two key reasons – to ensure a high standard of welfare for animals and to give peace of mind to members of the public that they are buying from a reputable breeder.

"Any breeders found operating without a license are committing a criminal offence and could face prosecution or a fine."

Details of The Kennel Club's accredited breeder scheme can be found at www.thekennelclub.org.uk

If you are aware of any unlicensed dog breeders in the East Riding email East Riding of Yorkshire Council's licensing team at licensing@eastriding.gov.uk



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Cottingham Rifle, Pistol and Air Gun Club celebrates its 100th birthday

It is now 100 years since Cottingham Rifle Club was formed at their range in Northgate, Cottingham. Over the years the club has produced many successful Rifle and Pistol Competitors who have represented England and Great Britain, including at least 5 of their current members.

The highest achievement was by the late Councillor Claude Sonley who represented Great Britain at the 1936 Munich Olympics, was still shooting Internationally for the next 20 years and like many members still shooting competitions until his 80s.

The club also has many young members shooting various disciplines including .22 target rifle in the prone, bench rest or sport rifle competitions shot at either 25 or 20 yards or Air Rifle and Pistol at shorter ranges.

The club also benefits by having the current Yorkshire & Lincolnshire Regional Coach as a member as well as several club instructors to ensure that any new member receives instruction and advice. The club has its own rifles, jackets and gloves for members to use and as their skills develop advice on where and when to buy their own.

Competitions involve the East Yorkshire, Leeds and Yorkshire Association League and Cup competitions as well as National Leagues. Many members also progress to shooting outdoors at 50/100 yards at Kirmington or Leeds as well as the National Competitions in Scotland and at Bisley.

New members are welcome to attend whenever the club is open, shooting .22 prone rifle on Tuesday and Friday evenings and other disciplines on Thursday evenings, all sessions starting by 7.30pm.

Club Contacts are Secretary Harry Ayres 01482 449145 and Regional Coach Jill Norman 01482 666014.

Cottingham Singers Summer Concert on Wednesday 13th July at 7.30 pm

The Cottingham Singers Summer Concert takes place on Wednesday 13th July at 7.30pm at Bricknell Methodist Church. A mixture of music will be performed including songs from the Musicals, Bohemian Rhapsody and a selection from Disney music.

If you would like to hear the Cottingham Singers before that date, they will be performing on Gardens Open day on 26th June in the garden at 270 Northgate, at 2pm. This is in aid of Dove House Hospice.

Further information is available from the secretary- Janet Burton on 01482 442894.

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

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

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

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

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

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

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

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We have five full-sized snooker tables, regular in-house snooker competitions and an active Golf Society playing at various local courses.

We serve excellent lunch-time and early evening meals. The Club is open seven days a week from late morning until evening closing time for members and guests from 18 years of age.



For Membership,
contact the Membership Secretary or via
e-mail ASEC@CottinghamMemorialClub.co.uk
For more information visit our website
www.cottinghammemorialclub.co.uk

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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:

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Mental and Emotional:

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

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



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Alan Titchmarsh returns to our screens and our area!!

The garden makeover programme Love Your Garden, with Alan Titchmarsh, will return to our screens on 28th June for a new series on ITV.

Alan and his crew have been busy filming in our area again recently, whilst they created a new garden for a local lady who was a land girl during World War II.

Alan takes inspiration from the most unique and beautiful gardens in the country to transform the gardens of some truly deserving people. The 'Inspirational Garden' chosen for this episode was designed and constructed by local company, Bravo Landscapes, and its designer Jim Lorne is shown meeting Alan during filming, but you'll have to wait until 5th July to see Alan's creation on ITV!

Other gardens designed and constructed by Bravo Landscapes can be viewed on their website www.bravolandscapes.co.uk or they can be contacted on 01482 844152.

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Adjusting to life after cancer treatment, or living with cancer, can provoke strong emotions and possible fears for the future. Cancer survivors have a wide range of physical, psychological and social needs.

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

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

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

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

Skidby Open Gardens to be held on Saturday 25th June

St Michael's church, Skidby is holding an Open Gardens in the village on Saturday 25th June, from 12noon to 5pm. Approximately 20 gardens will be open. All proceeds will go towards the upkeep of the church building.

There will be home-made refreshments, cakes and produce for sale and a tombola in the village hall and floral displays in church, with an organist playing from 2 – 3 pm. There will also be a bouncy castle on the village green.

Children's Challenge! – a garden gnome will be hidden in one of the gardens and there will be prizes for any children who spot him.

Entry to all gardens £3.50 per adult, £6 per couple or £10 per family. Tickets will be on sale in the village hall. Car parking at Skidby school.

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Crossword solution from page 14

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Eyes Hurt at the Computer? Eye Strain at the Computer? - Five Keys To Saving Your Eyesight

If you spend any length of time in front of a computer, you've probably experienced some form of eye strain, vision headaches or other stress in your visual system.

And you're not alone, upwards of 8 out of 10 computer users report some type of eye strain at the computer. The problem is so prevalent it's been given a name: Computer Vision Syndrome (CVS).

The symptoms of Computer Vision Syndrome include:

- eyes hurting or over-tired
- eyes burning or itching
- dry, or watery, eyes
- double vision
- blurry eyesight (either at the computer or in the distance)
- the need for glasses for the first time
- the need for stronger prescriptions
- headaches, neck, shoulder and back tension
- increased sensitivity to light

Using a computer does place a unique set of demands on your eyes. But it's not inevitable for your eyes to hurt at the computer, or for you to experience eye strain at the computer, once you know how to use your eyes correctly for the task, and what to do at the first sign of tension or fatigue.

Saving your eyesight at the computer can be as simple as being aware of your vision in a new way. Knowing visual ergonomics and the simple keys to healthy computing should go a long way to alleviating the symptoms of Computer Vision Syndrome.

Here are five keys to taking care of your eyes at the computer.

1. Fit your set up to you:

- Set up your computer so that you can look beyond the screen. If at all possible, don't be in the corner, or face a wall.
- Sit directly in front of computer, not off to one side or the other.
- Sit 18-24 inches away from the screen
- Sit high enough so that your line of sight is level with or higher than the top of the screen
- Keep your wrists level with or below your elbows. Never bend your wrists up when typing
- Your knees should be below the level of your hips
- Place your feet on the floor. Use a footrest if your feet don't reach the floor.

2. Look away from the screen regularly.

Focusing on an object far away, such as the water cooler down the hall or a tree outdoors, is a simple stretching exercise for eye muscles. Quickly shift your focus from near to far 3-4 times.

A brief look into the distance every 2 to 3 minutes prevents the build-up of visual stress and discomfort and keeps your eyes healthy and active.

These frequent micro-breaks offer much more relief to your eyes than an hourly break. A break every hour - however long it might be - does not provide all the relief and rest that your eyes need. Micro-breaks are more effective and beneficial.

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