

Cottingham Times

Issue 84 - November 2008



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THE COTTINGHAM TIMES

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British Red Cross

Eight Hour basic first aid course at the Methodist Church, Tuesday Evenings 11th, 25th November and 2nd December at 7.30 to 9.30 pm

Walkington Methodist Church

Saturday and Sunday 8th and 9th November. Art Sale in aid of their disabled access appeal. Opening for viewing 11.00 am to 6pm Saturday; 11.15 am to 6.00 Sunday. Entry fee £1.00. Refreshments will be served. If any artist would like to display their work, please contact Sheila Priestley on 01482 847525.

Cottingham Catholic Women's League

Monday 10th November, "Till the Wind Changes", Mrs. Francis Ramsden, Holy Cross RC Church, Carrington Avenue at 7.30 pm.

Cottingham Women's Institute

Tuesday 11th November, A.G.M., at 10.00 am upstairs at Cottingham Civic Hall.

Haltemprice Art Group

Tuesday 11th November, Sketching, Herta Jurevics/Barbara Bauckham
Tuesday 18th November, Short Poses
Tuesday 25th November, Illustrated Talk, Treasure House, Beverley, Mr. Ian Mason.
Tuesday 2nd December - Sketching, Rosie Baines/Gerry Wilks.
Tuesday 9th December - Christmas Festivities and Art Book Sale.
Meetings take place at the Cottingham High School, room T9, Harland Way, Cottingham at 7.00 pm to 9.00 pm

Cottingham Men's de Luda Society

Wednesday 12th November - Wild Life Slides, David Robinson, in St. Mary's Church Hall at 2.00 pm.

Cottingham Green Women's Institute

Thursday 13th November, Ms Liz Maher "My Life in Japan", in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 13th November, Childrens University, Dr. John Butterick, 2.00 pm Darby & Joan, Finkle Street.

Cottingham Wildlife Watch

Saturday 15th November, 10.30 hours to 2.00 pm, Donna Nook - North Lincolnshire (GR TA430 990). Grey Seal Watch. Please meet in car park at Donna Nook. Warm clothing recommended. Contact Erica 840336, Judy 845440 or Roy and Helen 845665 if you are interested.

Combined Charities

Saturday November 15th, 10.00 am to 4.00 pm. Christmas Fayre, at the Civic Hall, Cottingham. Admission 20p. Refreshments served all day. Father Christmas visiting 11.00 am approx.

Wyke Ladies Circle

Monday 17th November, Theatre Visit to see "Ladies Down Under" Hull Truck Theatre.

Cottingham Gardening Club

Tuesday 18th November, Geoff Gooding giving a talk about Chrysanthemums, in the Garden Room, Holy Cross RC Church, Carrington Avenue at 7.30 pm.

Cottingham Ladies Circle

Wednesday 19th November, at the Zion United Reformed Church, Hallgate, at 7.30 pm. Mr. Ray Wallis - Talk and Slides (various) combined slides with light-hearted general knowledge quiz.

Cottingham Evening Townswomen's Guild

Wednesday 19th November, "Letter in the Chest", Jill Crowther, at 7.30 in the Darby & Joan, Finkle Street. Social Evening.

Front Cover Picture: Cottingham Lights from 2007. The photograph was taken and supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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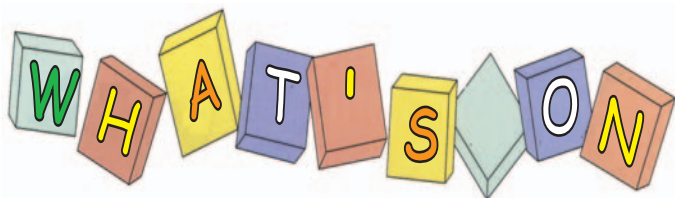
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In Cottingham and District

Cottingham Civic Society

Thursday 20th November, "The Hull and Barnsley Railway" an illustrated talk by Mr. Brian Crowther, dealing with the history of this railway, its route and construction. In the Darby & Joan Hall, Finkle Street, at 7.30 pm.

Diabetes UK

Thursday 20th November, Sister W. Magee (Ward Manager, Diabetes Ward, HRI), at the Board Room, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.30. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 844284 if transport is needed.

East Yorkshire Association of the National Trust

Thursday 20th November, Mr. John Scotney - Buildings outside Hull's Old Town, in the Civic Hall at 7.30 pm.

The Rotary Club

Saturday 22nd November, The Craft Fayre is open from 10.00 am to 4.00 pm, in Cottingham Civic Hall, there will be over 25 quality craft stalls, cakes, books, tombola and refreshments. Admission 30p, all profits go to the Rotary Charities.

East Riding Flower Club

Monday 24th November, Andrew Grisewood, The Season to Shimmer, Doors open at 12.00 noon at the Civic Hall, Cottingham. Refreshments served from 12.30 to 1.00 pm. Tickets £7 from Thelma 847307 or Judy 876279.

Cottingham Men's de Luda Society

Wednesday 26th November - Scottish Country Dancing, Mike George (M), in St. Mary's Church Hall at 2.00 pm.

Wednesday Social Club

Wednesday 26th November, at 2.00 pm in the small Darby & Joan Hall, Appreciation of Walking.

Cat Protection League

Saturday 29th November, Cat Homing Show, 12.00 noon to 2.30 pm in the Darby & Joan Hall.

An Evening With Elvis

Sunday November 30th, at 7.30 pm at the Back Room, Hallgate. Doors open 7.00 pm, programme starts at 7.30 pm. Tickets £8 from Gilly's Balloons.

Cottingham Men's de Luda Society

Wednesday 3rd December - Christmas Lunch (with Ladies), in St. Mary's Church Hall at 2.00 pm.

P.A.G.E.R.

Thursday 4th December, Christmas Lunch, Carols, Raffle, Six games of Bingo. Costs £2.00 pm.

Whist Drives - 1st Sunday in Month, in the Small Hall, at the Darby & Joan Hall, Finkle Street, Cottingham, at 2.00 pm. Total cost including refreshments and a raffle £2.00. All welcome.

Branch Meetings - 1st Thursday in each Month, in the Large Hall in the Darby & Joan Hall, Finkle Street, Cottingham.

Hull & Holderness British Sugarcraft Guild

Saturday 6th December, Beverley Beads, A demonstration with Cakes and Sugarcraft in mind, using wires and beads. The Terrace Suite, Cottingham Golf and Leisure Club.

Cottingham Catholic Women's League

Monday 8th December, Christmas Social, in the Garden Room, Holy Cross RC Church, Carrington Avenue at 7.30 pm.

West End Cottingham Lights

Tuesday 9th December, Christmas Bingo, at 7.30 pm in the Darby & Joan Hall.

Cottingham Women's Institute

Tuesday 9th December, Shared Memories, Sylvia Hookam, at 10.00 am upstairs at Cottingham Civic Hall.

Cottingham Men's de Luda Society

Wednesday 10th December - Christmas Nostalgia, Terry Richards, in St. Mary's Church Hall at 2.00 pm.

Please send us your Society or Pub's information for the What's On column, and let everyone know what's happening in and around the Cottingham area. If people don't know they won't go.

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Taxman to take second bite of offshore cherry

by Michael Dunn - of Accounting Solution (Hull) Ltd

Plans to offer British taxpayers a second chance to come clean about offshore bank accounts could help speed up a complex crackdown on evasion.

HM Revenue & Customs has already granted one amnesty to those hiding money in offshore accounts to pay outstanding tax, plus interest and a 10% penalty.

Last year HMRC raised £400m after UK taxpayers with money in offshore accounts run by high street banks were offered leniency in return for voluntary disclosure.

Tax experts said HMRC raised less money than it hoped under the offshore disclosure

facility, however, and have called for the second amnesty to be given more publicity.

A second amnesty on the income tax owed on interest earned in overseas accounts could help HMRC clear the backlog of cases in its offshore banking investigation, covering tens of thousands of investors with bank accounts in offshore centres ranging from Liechtenstein to Bermuda and Jersey.

Last month HMRC said it had opened enquiries into 12,000 accounts and would proceed with a further 79,000 over the next two years.

Plans for a second amnesty come as HMRC faces growing pressure to show a breakthrough in its investigations.

It is keen to announce a high-profile criminal prosecution of taxpayers to act as a deterrent and show progress, but none has been forthcoming.

Some experts have said HMRC does not have enough experienced staff to manage the investigation and much of the information it has obtained from banks is of poor quality.

At a meeting earlier this month with tax experts from the accountancy institutes and big firms, HMRC confirmed that it was considering a final offshore tax amnesty. It is expected to be based on information from a much wider range of financial institutions possibly more than a hundred.

HMRC has also told accountants that it is considering a series of offshore tax amnesties, although this is thought to be the less likely option. 'It's aimed at clearing the bulk of low risk and low value [unpaid tax] cases,' said one tax partner familiar with the HMRC offshore crackdown.

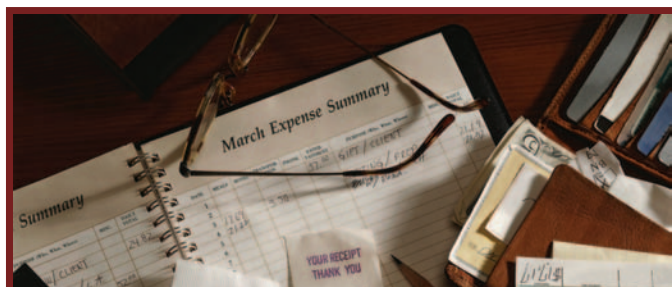
Tax experts expect the penalty for a second tax amnesty to be slightly higher than it was under the first one, probably at around 15%.

Our advice is If a client [with undeclared tax from an offshore account] phoned me tomorrow my advice would be to settle now rather than wait for a second offshore disclosure facility.

HMRC has always insisted that the investigation remains on track, adding it has enough staff working on the investigation.

In an effort to clear some of the smaller cases, HMRC has written to around 5,000 individuals who are suspected of failing to make disclosures under the first tax amnesty. The letters are a more low-key approach to formal enquiries that do not involve large sums of money but can be expensive and time consuming.

If you need help/advice about this topic or any accountancy matter, please feel free to contact us on 01482 656 148.



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Cottingham Parish Council



Report from the Local Police

They reported that reported crime over the preceding month had increased; however historically there had always been a seasonal increase in crime at this time of year with the dark nights drawing in. Inspector Thirkettle was arranging for the local teams to work together to target each problem area. Councillors pointed out to the police any areas of the village where they felt specific problems were being experienced and the police will monitor. Residents must be vigilant and maintain security of property at all times.

Removal of the Parrots in St. Mary's Church Grounds

A reply had been received from ERYC who had investigated who would be responsible for trapping the parrots. The Diocese office had informed ERYC that the Parochial Church Council would need to give permission for the work to be carried out and that they would pay for it as they are the landowners. Investigations are ongoing.

Planning Applications

Application no 2459 – erection of Nitrate Removal Process building and wastewater tank and construction of access road at Keldgate Pumping Station, Keldgate Road, Cottingham for Yorkshire Water Services Ltd. Councillors unanimously felt that if ERYC were minded to approve this application then stringent conditions should be attached to ensure that the surroundings are suitably landscaped; the building materials are similar to the original buildings and sympathetic to the surrounding and that if possible the building should be sunk into the ground to minimise the impact on the landscape.

Report from the Allotment Committee

There were continuing problems with vandalism and vermin but overall the plots were in a very good condition. There was still a waiting list for plots.

Capital Projects

Tree Planting – Only one site had been identified for tree planting following an article in the *Cottingham Times*. It was suggested that more trees could be planted at the top of Harland

Way. Any additional suggestions from Councillors and residents would be gratefully received. It was pointed out that Mr Wiles at Cottingham Golf & Leisure Club had embarked on a large tree planting operation and Members asked the Clerk to send a letter recognising this.

The Community Plan

The draft plan was discussed at the Steering Group meeting which took place on Thursday 9th October. Once the suggested changes have been incorporated it was agreed that the draft plan would be circulated to all interested parties, together with a covering letter supplied by D Hickling. A six week consultation period would be allowed with hard copies available from the Parish Council office and an electronic version loaded on a suitable website.

Proposed Zebra Crossing near Park Lane/Northgate Junction

Consultation documents had been received about a proposed zebra crossing; Cllr Cooper had received numerous complaints from residents that the site was dangerous and he had drafted a reply to ERYC. Mr Reed, ERYC Engineer, had e-mailed to report that prior to the public consultation process they had consulted the traffic police, EYMC and the ERYC Traffic and Highways section all of whom had no concerns with regards to road safety issues on the proposed location. Councillors had no objection to a crossing but did not feel that the proposed location was the safest place.

Proposed Zebra Crossing on Caukeel Lane/Northgate

Consultation documents had been received about a proposed zebra crossing. The Council supported this proposal.

The Parish Council Office Accommodation Situation

The White Cottages

Following the collapse into receivership of the previous owner and landlord, the Parish Council has taken the opportunity to secure the future of the white cottages on Market Green, being central to the heritage of our village. The Parish Council's offer to purchase both cottages has been accepted by the vendor.

Support the advertisers who appear within the Cottingham Times

'Bulgarian Aid' to hold Christmas Charity Craft Fair in the Cottingham Civic Hall on Saturday 29th November

'BULGARIAN AID' will be holding their annual Christmas Charity Craft Fair at the Cottingham Civic Hall on Saturday 29th November from 10am to 4pm. There will be approximately 30 stalls, many local crafts including handmade doll's house furniture, quilted cushions, hand and machine knits, glassware, jewellery, cards, cheeses, fudge and handbags. Volunteers will run stalls for the Charity - cakes, preserves, handicrafts, plants, hot mulled wine and mince pies (non-alcoholic but very heartening) and there will be a raffle and super tombola. Freshly made refreshments will be available all day. Entrance will be 40p with accompanied children free.

There are still one or two stalls left and volunteers who could help on the day will be very welcome. Donations of items for the Tombola or Raffle will also be very useful. Contact number is 01482 632745. A message may be left.

Financial contributions towards the cost of transportation will be very gratefully accepted and may be sent to Bulgarian Aid, c/o The Pearson Park Hotel, Pearson Park, Beverley Road, HULL - Cheques made payable to BULGARIAN AID.

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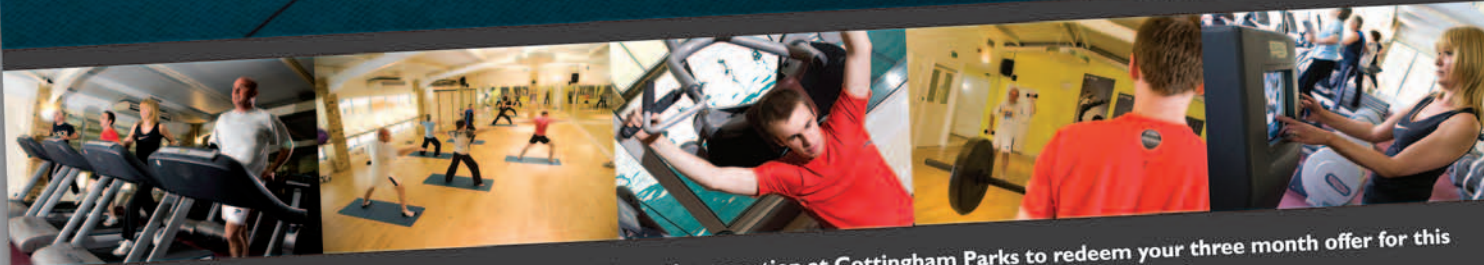
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Bowen Therapy Day in aid of Marie Curie Cancer

Mike Barlow, local Bowen Therapist is organising a charity event in aid of Marie Curie.

Mike, who organised a similar event 2 years ago in memory of his sister Margaret who died very suddenly of lung cancer has now himself experienced cancer. 48 year old Mike had a major operation last year to remove a rare large malignant tumour from his pelvis. Despite intensive surgery Mike is now making a good recovery.

The death of his sister from cancer, and now his own experience of fighting and surviving cancer means he wants to do as much as he can to help others. He understands the devastation of a cancer diagnosis and the difficulties for those supporting loved ones through treatment and recovery.

For this unique charity event Mike will be offering Bowen treatments for just £5. The Bowen Technique is a gentle but powerful hands on treatment, effective in the relief of injuries, aches, pains, stress and tension. A Bowen Therapist works using a gentle rolling move on specific points of the body, over muscles and soft tissues. It is a gentle therapy, no hard manipulation is used. Bowen can be helpful for a wide range of problems e.g. back, neck, shoulder, hip problems, asthma, hay fever, headaches, stress and much more (check out www.purebowen.co.uk).

This charity event will take place at Cottingham Methodist Church on Saturday 29th November 10am – 4pm. Bowen treatments will be available all day. If you have an injury, ache, pain or are suffering with the stresses of life please come and try a treatment and in doing so support this worthwhile cause. Alternatively if you just want a cup of tea and cake or to share some memories of a special person you've lost to cancer please join us. Your support is welcomed!

For more information please call Mike Barlow 01482 843923 or mike@purebowen.co.uk. For more information about Marie Curie www.mariecurie.org.uk

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Wordsearch - Time Off

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

Find the words in the letters above:
Absence, Amusement, Break, Caper, Carefree, Diversion,
Enjoyment, Entertainment, Escapade, Escapism, Excursion,
Festivity, Field Day, Free Time, Freewheeling, Frolic, Hobby,
Holiday, Honeymoon, Jaunt, Junket, Leave, Leisure, Pastime,
Picnic, Play, Pleasure Trip, Recreation, Relaxation, Respite, Rest,
Spare Time, Time Out, Unworried, Vacation

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 23 -

This is a medium challenge

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

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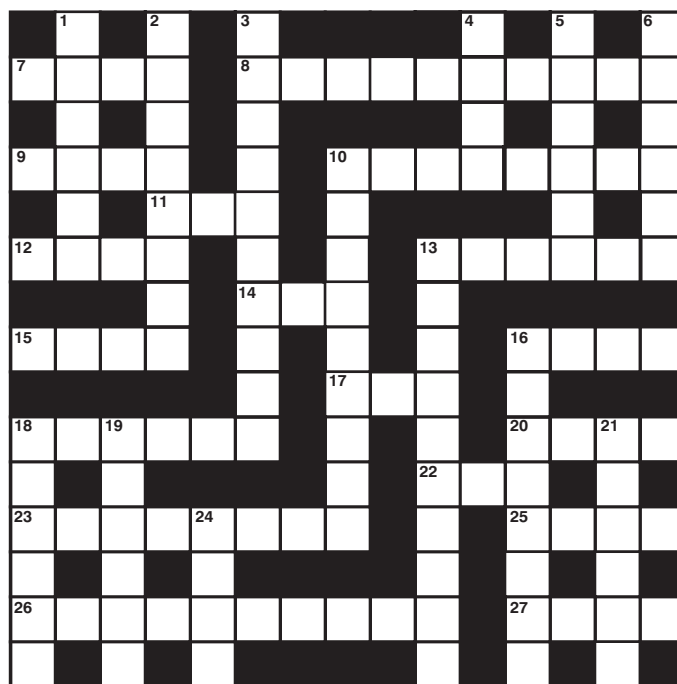
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Crossword - Solution on page 42



Across

5. Go in (5)
6. Religious leader (6)
7. Dodged: avoided (6)
9. A raquet sport (9)
11. Swedish pop foursome (4)
12. Overhead: higher (5)
14. English taxation system (abbr) (4)
15. Hit lightly (3)
16. Still (3)
17. Unauthorised military desertion (4)
19. Bird of prey (5)
21. Not pretty (4)
23. To go without, give up something (9)
26. Miniature tree (6)
27. Fuel oil (6)
- 28 Dolphins. American baseball team (5)

Down

1. Long thin bitter fruit (7)
2. Facial hair (5)
3. Upright (5)
4. American term for major road (7)
8. Type of floor covering (4)
9. The fab four (7)
10. Large planet (7)
12. A primate; mimic (3)
13. Visual organ (3)
18. To greet; receive someone (7)
20. Wide smile (4)
22. The alphabet (7)
24. Ascend; go up (5)
25. 9th letter of phonetic alphabet (5)

"Crossword provided by www.dowedo.co.uk. Used with permission"

We wish Kelvin Young our local distributor a speedy recovery after his recent hip replacement operation, and look forward to seeing him up and around again soon.



Len Beck of Endyke Lane celebrate their 75th Anniversary in style

This year sees the 75th anniversary of Len Beck Menswear in Endyke Lane, Hull. To celebrate the event Len Beck held an open day on Sunday October 19 with a buffet, drinks and a very large delicious birthday cake. There was a free draw worth £500.

Outside was parked a 1930's Humber Pullman which had once belonged to Mrs Simpson, wife of King Edward VIII, and the staff entered into the spirit of the day by dressing up in 1930's style.

There was a large turnout of visitors throughout the day, many of them customers who had shopped at Len Becks for many, many years with families of several generations who still shop there.

It was an excellent chance for customers to see the back room where all the work is done, which was much larger than you would have imagined.

Len Beck family and staff have become so well known for being the best. It was easy to see why, when you wandered around the shop and saw the high quality of workmanship, met the friendly staff and listened to customers speaking so highly of them.

Len Beck is one of the areas leading tailors and outfitters with a full made to measure service available for individual customers. If you require a suit for a special occasion then Len Beck is the place to go. Staff will help with the fit, style and choice of material and the result is a personal perfect fit from an amazing price of £249.

The wedding hire service at Len Beck Tailoring combines professional and valued advice to grooms and wedding parties in making the ideal selection of clothes for the big day. Following an initial consultation with the bride and groom and follow up appointments they make

Pictured above: Keith and Carol Beck, cutting their 75th Anniversary cake during the celebration open day.

Continued on page thirty-one

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In the Kitchen



Family favourites for under a fiver!

This month Theresa Foster of Slimming World (see ad on page 42) has given us some advice and recipes to help beat the credit squeeze.

As the credit crunch bites and food prices spiral, smart slimmers at Slimming World in Cottingham have found a way to save £££s, eat more healthily, and lose weight into the bargain.

1. Shop late in the day, most supermarkets slash the prices on fresh goods late in the day, up to 50% after 5pm and 75% after 7pm. Freeze anything that's near its sell by date till your ready to use it.
2. Plan your meals, make a shopping list and stick to it-shopping online can really help because you're not distracted as you push your trolley down the aisles.
3. Buy food in season, it usually means that supplies are plentiful and in larger supply which means that prices fall. Use local shops and markets, meat, fruit and veg cost less than in supermarkets.
4. Downshift your brand-supermarket own labels are great value.
5. Cook meals from "scratch", cooking meals from basic ingredients makes a big difference to your weekly spend, especially if your used to buying pre-packed ready meals. It gives you more control over your budget and you can opt for cheaper and healthier ingredients.



Beef Casserole

Serves 3

340g/12 oz lean stewing beef, diced.
2-3 Sticks celery chopped
2 carrots diced
227g/8oz swede, peeled & diced
340g/12oz cabbage shredded
426/3/4pt stock made with Bovril seasoning

1. Pre-heat the oven to 180°C/Gas 4 Place the beef in casserole dish with the celery, carrot, swede and cabbage. Pour the stock over, seasoning to taste.
2. Cover and cook for 2 1/2 hours until the meat is cooked and tender. Serve with a selection of vegetables.



Shepherd's Pie

Serves 4

Tip If you are not a fan of turnip, you could use mashed swede or carrot (or all three mixed - its delicious)

454g/1lb Turkey mince
1 large onion chopped
1 carrot finely chopped
113g/4oz mushrooms sliced
seasoning - including beef or chicken bovril from the jar
681g/1 1/2lbs turnips mashed
You can use lean beef, or lamb instead of turkey

1. Preheat oven to 200°C /Gas 6
2. Mix the turkey or beef/lamb, onion, carrot and mushrooms in a casserole dish, season, cover and bake for 35-40 minutes until the turkey is thoroughly cooked.
3. Meanwhile peel and cut the turnip into cubes, place in a large saucepan and cover with water. Add a pinch of salt, bring to the boil and cook until tender. Drain well.
4. Top the turkey mixture with the turnip and crisp under a pre-heated grill for 10 minutes or until the turnip browns. Serve with a generous helping of green vegetables.



Creamy Pasta Bake

255g/9oz dried penne pasta
4 Courgettes
1 Red and 1 yellow pepper
2 red onions
4 garlic cloves
Fry Light
2 x 400g cans of chopped tomatoes
2 tsp dried mixed herbs
Salt and pepper
300g pot very low fat natural fromage frais

1. Preheat oven to 200°C/Gas 6 Cook the penne pasta according to the packet instructions, drain and set aside.
2. Cut the courgettes into thick strips, deseed and cut the peppers into strips, peel and roughly chop the onions and peel and finely chop the garlic. Place the vegetables in a large roasting tin and sprinkle over the garlic. Spray lightly with Fry Light and bake in the oven for 15-20 minutes or until tender.
3. When cooked, transfer the vegetables to a bowl. Add the chopped tomatoes and dried herbs, season well and stir to combine. Place the mixture in an ovenproof dish.
4. Beat the fromage frais until smooth, season and toss with the drained pasta. Spoon over the vegetables and return to the oven to cook for a further 15-20 minutes. Remove from the oven, divide between four warmed serving dishes and serve immediately with some boiled green beans.

A Weekend in London

By Marion Owen

What a year, I really have not had time for any great long holidays. This month I have managed four days in Lanzarote at a conference, it was nice to have some warmth and it was worthwhile for the business content too!

Back home and a proper holiday awaited. A weekend break in London with the highlight being a night at the theatre watching Stomp (a musical brilliance). Well the show was excellent and really quite tuneful and skilfully done.

The hotel we picked was in Greenwich, easy parking and with the train just next door for easy access to the city. The One day travel card allowed us to travel back and forth on buses trains and underground for just £11 for the three of us. The hotel was one to the packages we offer including the Theatre tickets, it saves such a lot of money and we have such a wide choice of shows available too

We did think about the train from Hull but not such a good idea if you are intending to shop! Talking of the latter I did a stupid thing, the first shop we entered I purchased a ski suit (a bulky big bag to carry). Our route took us by foot from Leicester Square down Jermyn Street and along Oxford Street, by 2pm we all had some goodies and our arms were getting longer as the minutes went by. Back to the hotel to unload and then we returned to the city, this time to Covent Garden, more excellent shopping opportunities. Our aim now was a nice meal before the show. The Bistro offered excellent food, value and service London really is not so expensive these days.

After dinner strolling back through Covent Garden we had the opportunity to listen to an excellent orchestra playing – I could have stayed all night but our show was waiting.

The next day we spent exploring the local area of Greenwich, all of the museums were free, steeped in history and in the Maritime museum interactive exhibits ideal for younger visitors. The planetarium offers various shows throughout the day for these there is a charge but well worth the visit.

If Markets are more up your alley, on a Saturday you can catch three of them – on the High Road there is a Flee Market, then a little further along a weekend market with allsorts on temporary stalls but the real one is the Greenwich Market offering unique goods. We purchased flavoured coffee beans which we have yet to try. There were all types of foods plus so many different arts and crafts.

After a good lunch we travelled home listening to yet another fabulous game of football played by Hull City, well we could not have a week away because of the Chelsea game.

I am not hanging around for next years holidays they are already in the diary, a weekend is great but I need more than one! I thought we would do York this weekend but left it just too late to get a room for three.



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Paws for Thought

*A new regular column by Vet
Richard Jones of Kingston
Veterinary Services, Cottingham*

The Best 40th Birthday Present

It was a year ago now when the panic set in. My wife’s (Sally) fortieth birthday was looming and I’d still no idea for an original, long-lasting, memorable present. Another busy day at the surgery was coming to an end and I went into the kennels to see what interesting cases my other veterinary surgeons had been dealing with, still thinking fortieth birthday thoughts. Then I saw her, in one kennel, a strange looking puppy, all white, all legs, big floppy ears, Dobby looking for those of you who know Harry Potter. This was it, what more could any wife want for her birthday?

Why was this beautiful, if strange looking puppy here? Well apparently she was surplus to requirement, somehow at eight weeks old she had damaged her knee and the owners didn’t want a dog that might limp for the rest of her life, an all too familiar story.

That was it then, Sally’s present all sorted!! First job, my colleague David Robinson, who does all our orthopaedic work, reconstructed the little puppy’s knee, no small feat in an eight week old puppy.

A week later the puppy was ready for home, no problem having a



puppy I thought, after all I’ve been telling people how to look after dogs for twenty years, it will be easy!

First though I sought the advice of our head nurse Louise Norman. Louise runs the behavioural side of the practice, Scallywags, and is very keen on puppy behaviour and socialisation. Louise’s first words of wisdom were “get a pen for your puppy”.

So one Friday night I brought the little puppy home, the kids couldn’t believe their eyes as she ran around the garden with her long gangly legs, neither could my wife, who is afraid of dogs(the result of her grandparents’ dogs biting her when she was a child).

The easy part was bringing the puppy, now called Jazz, home. Now the hard part, looking after her!

Ground rules had to be laid down. At night she would sleep in her puppy pen, her bedroom if you like. Dogs will not mess where they sleep so this made house training easier, along with over the first weekend taking out into the garden every couple of hours and rewarding her if she “performed”. In two days we had managed the housetraining.

Socialising Jazz at a young age was the most important thing. Puppies cannot go for walks until they are 13 weeks old but need socialising before this, so walks consisted of being carried around the streets in our arms so she could get used to the traffic noises and people in the street. We encouraged lots of different ages of children to come and see her at home so she was not afraid of young children.

Jazz attended the practice’s “puppy parties” when she was 8 weeks old, where she would meet and socialise with other young pups while my wife and daughter were helped with behavioural advice by Ruth, our dog trainer.

Not everything went to plan though. Jazz is very possessive over food, so to avoid this Louise told us to feed her in the garden and spread the food around and this has worked well.

A year has passed now since we got Jazz and she has been the best 40th birthday present Sally says, hard work at times, but a joy to see her running on the beach enjoying herself.

If you would like Richard to answer any of your pet questions, he would be delighted to do so. Please write to him at Kingston Veterinary Services, 14-18 New Village Road, Cottingham HU16 4LT. Please mark your envelopes “Pet Questions”.

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Property News from Martin English of Homelink Estates



Home Improvements

Daren't move in the current market or struggling to move? Well why not consider improving your home to maximise its potential? That way you can enjoy it while you live there, and make the most of its future value.

Improving your home can be as cheap and as simple as giving the property a really good clean inside and out, and at the other end of the scale, an extension can bring about extra living space and serve to add value to your property. For most however redecorating or a new bathroom or kitchen suite can be an affordable and tangible improvement.

If you are going to be spending money on a property with a view to ultimately adding value to your property, then you should consider what you are doing and who is the property likely to appeal to if you decide to sell the property. Another important factor to consider when making improvements to the home, is do the improvements add value to my home? If you are going to spend thousands of pounds improving your home with a view to selling the property in the short term then are you likely to recover the money that you have spent?

It goes without saying that if you know you are not the handiest person when it comes to DIY in the home, then getting a professional to do the job usually pays dividends. For instance, when redecorating, its not the colour of the paint or the wallpaper that makes the difference its how the walls have been prepared first, the finish on the woodwork and the neatness of the 'cutting in' that make all of the difference. It is easy for the untrained eye to spot good workmanship.

Extensions can be quite costly, above all home improvements, an extension should be carefully planned and utilising all of the correct tradesman and professional advisors to do the job properly. Some

points to consider when planning an extension to your home:

Call in professionals to get the job done properly, as there are important planning restrictions and regulations which need to be followed.

Ask friends to recommend if they can recommend an architect and builders. It is really important that you locate the best people, as a botched extension can devalue a property.

The National Federation of Builders (NFB) can provide you with a list of registered builders in your area. A builder that belongs to a respected trade organisation will have to comply with membership standards.

The Royal Institute of British Architects (RIBA) provides a list of registered architects.

Although a modern extension can look good on an old house, when it comes to selling on it is important to appeal to the average buyer's taste. Therefore it is more advisable for an extension to match the architectural style of the existing house.

Be strategic: Extra bathrooms and large kitchens are usually good investments in family-sized homes, and a garage in a busy, urban area will also add value.

The room that usually benefits the most from enlarging is the kitchen. Adding a kitchen/diner creates the farmhouse kitchen most people want and provides extra space. The old dining room can become an office, playroom, or an extra sitting room. Kitchen extensions also provide the opportunity to extend upwards - an additional bedroom can be built on top at the same time.

Loft conversions are another good way of enlarging your house. Victorian or 1930s houses are ideal for these because of their high roof pitches. Prices will vary depending on how many bedrooms are added and whether an en-suite is built. A loft room will also require less planning and building requirements than a bedroom- do the research and speak to chartered surveyors and architects.

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

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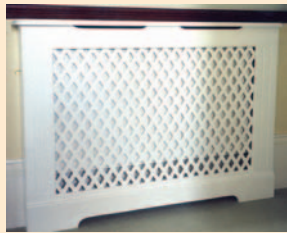
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Sparkling lights, carols and the scent of pine can only mean one thing - Christmas time at Southwood Farm Shop

The Cottingham business has established itself as a major centre for the festive season with a vast range of decorations, trees and gifts.

It boasts the largest selection of fibre-optic and artificial trees in the area, with around 150 dazzling lines to choose from.

The range is extensive and features all heights from 3ft to 9ft with different widths, such as slim and extra wide trees. This year, black trees are again selling very well as are cream and brown trees.

There is also a selection of 1,300 real trees including non-drop, Noble Fir, Nordman Firs, Fraser Fir and Norwegian Spruce in all sizes, from 3ft to 16ft. Everyone from homeowners to hotel managers can now find the tree to suit their building.

But it doesn't end there with Southwoods. The popular garden centre also stocks a huge selection of super bright LED lights, baubles and tinsel ready to decorate every room of your house.

And to make your Christmas shopping even easier the whole centre is now colour themed so you can choose the look and style that is perfect for your Christmas experience.

During the festive period, Southwood's is also a temporary home from home for Santa, who will be in his grotto throughout the Christmas period.

He will be greeting guests every weekend, and from December 1st also on weekdays too. The grotto opens Saturday 8th November 10.00 am till 5.00 pm. Sunday 9th November 10.00 am till 4.00 pm.

Larger groups can pre-book breakfast with Santa by calling Southwood's main telephone number (01482) 845825

But if you think Santa is the only visual attraction at the store think again.

Situated with the farm shop animals is a large, traditional Christmas Nativity Scene in a stable to round off that perfect festive feel.

But if you fancy a rest after all your shopping, why not call into Southwood's famous coffee shop called Lucy's - after the daughter of owners Jane and Bob Jones.

It serves not only drinks, but freshly prepared food and seasonal specials and is open 9.30 am everyday until 4.00 pm.

On December 4th and 5th and 11th and 12th until 6.10 pm Southwood is providing late night opening where children can see all its sparkling lights and Santa working late.

The man in red will be there till 5.45 pm while the coffee shop is serving delicious evening meals until 6.00 pm. The farm shop and garden centre is open until 6.30 pm.

The centre is also doing its bit for charity with a large animated display of children's characters including favourites such as Micky Mouse and Postman Pat, with a collection well to raise money for the Special Care Unit at Hull Royal Infirmary.

Last year staff and customers raised almost £2,500 and they are well on the way to achieve this again this year.

Southwood is located on Ganton Avenue, The Parkway, Cottingham. For more information call (014842) 845825.



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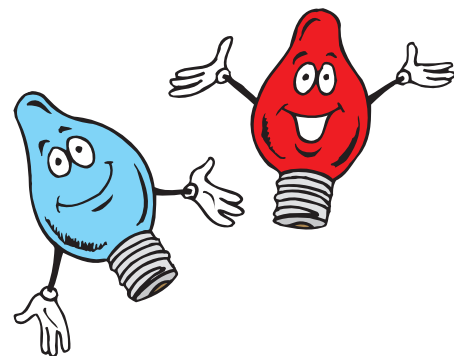
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Switch on Night 2008

November 24th

Don't Miss It!



The 27-year history of Cottingham's Christmas Lights will have a new first this year when two winners from raffles taking place within Cottingham, and Mabom Shearer, son of Chris Shearer - switch on the illuminations for the much-vaunted festive-season spectacular on Monday, November 24, at 7pm.

The youngsters will be accompanied on the switch-on rostrum, opposite the Memorial Gardens in Hallgate, by BBC Radio Humberside presenter Steve Massam, who lives in Cottingham, and who will be Master of Ceremonies - a duty he has undertaken for many years.

After switch-on night, the lights will be in daily operation from mid-afternoon until early January, but they will be switched on all day on Saturdays and on Christmas Eve.

After year-long planning, installation got underway in October, with Hull-based lifting services firm, Peter Hird and Sons Ltd., of English Street, assisting with hoists.

Although the displays this year have not changed significantly since 12 months ago, there has been further massive investment in the lights, which have become a crowd-pulling Christmas highlight and placed Cottingham under a bright and colourful spotlight in the much wider East Riding area in the last 27 years.

A large percentage of the cash injection has been on refurbishment and "unseen" maintenance work including welding repairs carried out by Les Fisher free of charge. To meet increasingly stringent health and safety requirements, renewal of power supply cables and wiring which carries the festoons - the straps of lamps which criss-cross the streets - has also been a major and costly project. All scaffolding has been donated by Alan and Shirely Reid of B. A. Scaffolding.

The hi-tech, energy-saving lamps offer a five-colour sequence change and produce a flowing wave-like effect from the traffic-lights junction to George Street.

As well as adding to the spirit of Christmas and the New Year, it is hoped that, as in past years, the illuminations, which are concentrated on the main village-centre shopping areas - and overlooked from the east by the floodlit towering St Mary's parish church - will again attract visitors and shoppers to Cottingham from throughout the Hull and the East Riding region and even further afield.

In addition to grants from the Cottingham Parish Council to each of the three sections - King Street and West End, as well as

Hallgate - additional money has been raised from a series of regular annual activities. They include a golf tournament, bingo sessions, a Christmas raffle, as well as a stall, operated by the West End Section, on the village's Thursday Market.

The resurgent children's favourite, Chitty-Chitty-Bang-Bang, the flying car - enhanced by four light-spangled Christmas trees - will this year feature on the roofs of the Chinese and Indian take-away restaurants in Hallgate.

Carols and other festive-season music, commencing at 6.30pm, will be provided by the award-winning Cottingham Band on switch-on night when, in addition to a wide variety of side-shows and charity stalls throughout the village, there will be children's fairground rides in Hallgate and on the Market Green, where the trees will be festooned with festive-season lighting.

Street sellers have again been asked to apply for a "Cottingham Lights Official Hawker" badge, and officials have appealed for the public to buy items only from the official hawkers displaying their official badge.

Also making a return this year will be the KCFM Radio's promotional vehicle - and stage - which took part in Cottingham Day 2008 celebrations.

Based outside the Duke of Cumberland Hotel on the Market Green, one of the station's presenters will comper the activities - including music and competitions for which there will be prizes - led by the promotion team, who will mingle with the crowds and also collect money to donate to the lights fund.

"We will interact with the people of Cottingham and our emphasis will be on enhancing what is always a brilliant event", said Sarah Harrison, Marketing and Events Manager for KCFM, which broadcasts to Hull and East Yorkshire.

Throughout the afternoon and evening, village-centre road closures and parking restrictions will be in operation. Parking will not be allowed on the Market Green after 3pm. Hallgate will be closed at 5.00 pm and other road closures, from 6pm until 9.30pm, or at the discretion of the police, will be: Hallgate (from Arlington Avenue to West Green); the George Street junction with Hallgate; King Street, from the junction with Finkle Street to Somerfield's car park, which will be open.

This year, Gary Mitchell the new owner of the Post Office in Finkle Street will be holding a super Tombola with prizes including, Spirits, Wine and chocolate and many other excellent prizes on the Lights Turn on night within the Post Office. Tickets for the tombola are £1 for five tickets. All proceeds to the Cottingham Lights Fund.

There will also be many Craft and other stalls in the Cottingham Civic Hall on the Market Green.

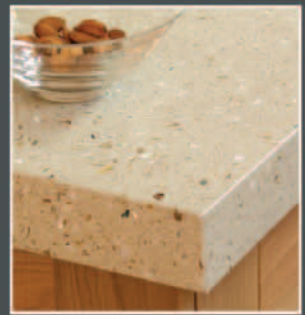
The Cottingham Neighbourhood Policing Team, said that, throughout the event, police officers and PCSOs, in high-visibility uniform, will patrol on foot to provide the public with reassurance and to prevent any public disorder or alcohol-related incidents. The principle intentions are to ensure the safety of persons attending the event and to control the traffic, minimising any inconvenience caused to the general public and other road users.

Officers will deal with any incident promptly and efficiently to minimise disruption to the event and reduce danger to the public, he stressed.

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Walking with Paul

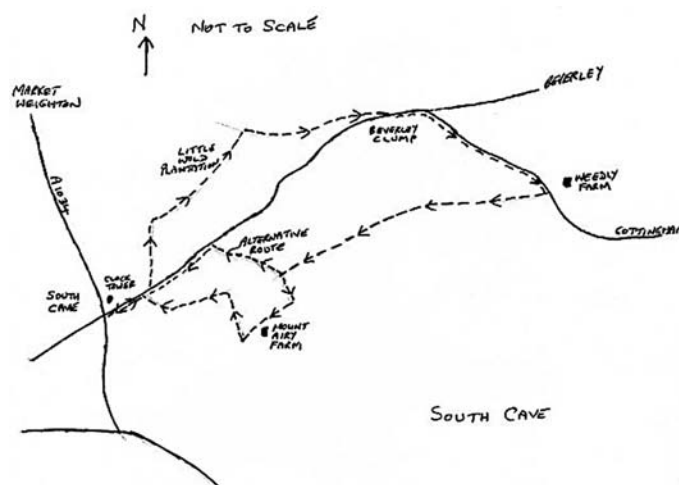


Here is Paul's ninth walk in his monthly column.
This month his destination is South Cave.

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Leave the cross roads near the clock tower and walk in a north easterly direction towards Beverley/Cottingham.

After about 400 metres turn left into a surfaced lane and follow this lane as it bears right and then becomes a track through Little Wold Plantation. On reaching the track at the top of the plantation, turn right and follow this track to meet the road at a point known as Beverley Clump. Turn left on reaching the road and follow the road as it swings to the right and pass the Radio Masts. On reaching the entrance to Weedly Farm on your left, locate a stile on your right and cross into the field and walk with the hedge on your right. Cross a second stile and walk along a grassy track with the hedge on your left and, on reaching a junction of paths, turn left towards Mount Airy Farm. Pass through the farm and leave on a surfaced road. This road swings sharply to the right and after a further 400 metres, locate a path on the left and follow this towards South Cave. On reaching the road turn left back to the cars.

An alternative route can be taken. On reaching the path junction prior to Mount Airy Farm, instead of turning left turn right and follow a clear path to meet the farm road and continue down this farm road to meet the main road. Turn left and walk back to the cars.

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In the Garden



Fruit and Vegetable garden

Plant any cane, bush and tree fruit ordered last month. Do not plant if the ground is frozen or waterlogged. If the planting site is not ready when plants arrive, then heel in the bare-root ones in a spare piece of ground, and leave containerised ones standing - but water them when needed.

Start winter pruning of established, open-grown, apple and pear trees (not cordons, espaliers, pyramids or fans).

Gooseberries, redcurrants and blackcurrants can be pruned from around now, but it might be better to wait until late winter/early spring, so that any winter damage can be removed at the same time. Grape vines can be pruned from now through the winter. Doing this early for those under glass will allow more light to reach other plants in the glasshouse or conservatory. Prunings can be used as hardwood cuttings.

Cut out the fruited canes of blackberries and hybrid berries, if not yet done.

Formative pruning of young, free standing, fruit trees and bushes (under three years old) can also be done from now. They should first be pruned to encourage branching and bushiness from the main stem. Subsequently, they should be encouraged to form an open centred 'goblet' shape of main branches, without any being misplaced or crossing.

Mulch fruit trees and bushes.

Lift and divide rhubarb plants to propagate them, or to rejuvenate old crowns.

Strawberry runners that have been potted up for forcing in February and March next year, should now be turned on their sides, or placed in a well-ventilated cold frame. Excess moisture or warmth could cause rots or precipitate premature growth.

Hardwood cuttings can be taken this month - this is a great way to propagate blackcurrants, redcurrants, white currants, gooseberries and grape vines - providing they are disease (especially virus) free.

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Grape vines can also be propagated using eye cuttings. These are shorter than standard hardwood cuttings (having only one bud, or 'eye'), and are used commercially to produce a large number of plants. Only attempt these if you are confident, as longer cuttings have more buds to rely on for rooting.

Clean and store bamboo canes in the shed (or other dry place) to ensure they're still in good condition for next year.

Vegetables

Harvest leeks. They can be heeled in horizontally into a shallow trench outside the back door, for easy access.

You may have other vegetables ready for harvest: Jerusalem artichokes, winter cabbage, spinach, Swiss chard, kohlrabi and radishes can all still be cropped.

Cauliflowers can be harvested, or left in situ with the leaves snapped and folded down over the curds to protect them.

Lift and store root crops such as carrots, beetroot, turnips and swedes.

Parsnips can be left in the ground until needed, or lifted and then buried in a shallow trench for easy access when needed. They taste better when frosted. Make sure to mark the trench.

If you have Brussels sprouts ready for harvesting, pick the largest sprouts from the bottom of the stalk first.

Stake any Brussels sprouts stalks that look leggy and vulnerable to wind rock.

Plant garlic cloves in modules inside a cold frame, or outdoors in mild areas in its final position (free-draining soils and low rainfall areas only).

Dig over, incorporating well-rotted organic matter if available and weed vacant areas of the vegetable plot. Once they are fully wetted by winter rain, cover them with thick black polythene or other opaque covering, and leave them until next season, when they will be easy to prepare for planting and sowing.

Top 10 jobs

1. Clear up fallen leaves - especially from lawns, ponds and beds
2. Raise containers onto pot feet to prevent waterlogging
3. Plant tulip bulbs for a spring display next year
4. Prune roses to prevent wind-rock
5. Plant out winter bedding
6. Cover brassicas with netting if pigeons are a problem
7. Insulate the greenhouse from frost - bubblewrap works well
8. Stop winter moth damage to fruit trees using grease bands around the trunks
9. Put out bird food to encourage winter birds into the garden
10. Use a seasonal bonfire - where this is allowed

After digging, you may want to mulch.

Now is a good time to get ahead and prepare new asparagus beds for planting up in the spring. Plenty of organic matter and grit will help to improve drainage to the level required by asparagus. A raised bed could be a good investment on heavy clay soil, to make it more asparagus friendly.

Flower garden

Plant tulip bulbs this month. Some tulips persist year to year, some perform less well and are treated as bedding, and replaced every year.

Lily bulbs can still be planted in pots this month (if available). They can either be brought inside next spring to 'force' them into an early display, or left outside to flower naturally in summer.

Last chance to plant out winter bedding. You could try wallflowers, forget-me-nots, Bellis, Primula, Viola (winter pansies) and other spring bedding plants, planting them into well-prepared ground, or pots of suitable compost. Water them if no rain is forecast, using stored rain or recycled water wherever possible.

Now is a good time to plant new herbaceous perennials, as the soil is still warm, but moister than it was during the summer.

Penstemons are best left as-is (except for deadheading) until the spring, when they can be cut back further. In mild areas they can carry on flowering well into the late autumn and early winter. The old faded stems will help to protect the crowns from cold. Mulching over the crowns in colder areas will also help.

It is still a good time to lift and divide overgrown clumps of herbaceous perennials. This can improve shape, vigour and flowering, as well as increasing your stocks of favourite plants.

Lift and store dahlias, cannas and tuberous bedding begonias that have been hit by the first frosts. Only in mild areas can dahlias and cannas be left to overwinter in the ground, covering the crowns with a protective layer of straw or bracken, but they may come into flower very late the following year as a consequence of cold weather. Begonias should always be brought in, dried out, and stored in a similar way as for dahlias.

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Your Stars for November 2008 - By Kay Gower

Aries - (Mar. 21- April 20)

Good time for the bold. From the moment you read this, make whatever efforts are necessary about what you must say, and what must be so. The stars steer you in the right direction, but only if you let them.

Taurus - (Apr. 21- May 21)

Break out of old routines and bring some renewal and fresh new energy into your life.

If single, you could meet someone who truly charms you, even long-term partnerships get a breath of change and energy if you actively seek to do something different.

Gemini - (May 22-June 21)

Friends may not be privy to the information that you are privy to, so rather than let them deflate your sense of hope and optimism, just thank them for their input and keep moving ahead. Only you can decide what dreams have meaning for you.

Cancer - (June 22-July 22)

Activity in the first week of November will get you back in the swing of things, maybe after a time of feeling as if you've fallen behind. The sky speaks of a quest or some kind of inner secret that you're getting closer to. The New Moon on the 27th opens doors that have previously been barred.

LEO - (July 23-Aug 22)

Take your time this month. You'll soon be inundated with phone calls, letters/invitations. Short journeys will take up much time. Be alert to someone in your close circle who may need your support.

Virgo - (Aug 22 - Sept. 23)

The good news this month is that your mind is on brilliant form, and you'll come up with some original ideas that could improve your working life considerably. You'll also become aware of your own well-being, trying out a new health regime will lead to a new and healthier you.

Libra - (Sept. 24 -Oct. 23)

Someone can empathize with your needs and understand and respect your truths, Libra, but they can never bring those things about for you. No one can ever know what you need as intimately or as clearly as you do.

Scorpio - (Oct. 24 - Nov. 22)

Your world will feel deeply emotional as the weeks roll on. Feelings turn to passions, and passions compel you to understand their purpose. Be comfortable for now with 'what is.'

Sagittarius - (Nov. 23 -Dec. 21)

Friends may not be privy to the information that you are privy to, so rather than let them deflate your sense of hope and optimism, just thank them for their input and keep moving ahead. Only you can decide what dreams have meaning for you.

Capricorn - (Dec 22.- Jan. 20)

Deep and compelling dreams fill your thoughts with what you want, what you need, and what you desire
If you don't have what you want, find ways to create it.

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

Don't feel compelled to highlight the problems that might come along with someone's ideas, be hesitant to clarify an issue if it pertains to their dreams.
Sometimes truth can wait for another day.

Pisces - (Feb. 20-Mar. 20)

You would be best served by keeping a low profile. Attend to matters that are strictly your own concern. Try to stay away from deep decision making, instead concentrate on the superficial in life. This isn't your usual style as a rule, but if it works, don't knock it.



Fashion show held in aid of Beverley War Memorial Hall and Beverley Lights fund

The Beverley & District Chamber of Trade Annual Fashion Show was once again held at the Beverley War Memorial Hall in aid of the Beverley War Memorial Hall and the Beverley Christmas Lights fund. This was the third annual fashion show to be held there.

Jean Pickles from The Village Pine Company, Milestone Business Park, Hull, the organiser of the show said that tickets were sold out up to three weeks before the event. She has had lots of calls asking about next year event!!!

Over £2000 was raised for the War Memorial Hall and the Beverley Christmas Lights.

Catwalkers taking part were

Viyella, Peruna @ M & S, Evans, Pink Dance Wear, Dorothy Perkins, Phase Eight, Burtons, The Earth Collection, Face, Edinburgh Woolen Mill and the Beverley Hat Company.

Champagne and canapes were given on arrival. The Canapes were donated by G. Jackson, Cerutti 2 and Seraglio. Flowers were donated by Glen Holme Florist, Photography by Steve Armishaw, and the show was compared by Sasha Phillips, The raffle was organised by Barclays Bank.

The show was very well attended and everyone there enjoyed themselves and were impressed by the quality of the fashions and the professional presentation of the event.

Jean would like to say many thanks to all who helped and supported the event. Everyone including Jean are looking forward to event next year.

Below: Answer to Sudoku problem No. 22 from the October Issue.

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

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WE ARE ALL
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I would first like to thank everyone who supported us at the launch of our winter collection in October. We held our event at Eschers Restaurant within The Owner Hotel and raised a fabulous £2,800 for the Echoes Foundation. All our hairwork was influenced by Milan and London Fashion Weeks. Our looks incorporated big statement curls, structured dressing and bohemian candy floss effects. The event was a huge success and I must say a special thank you to Paula who organised it.

Hair for the party season is all about statement dressing, whether your hair is long and dressed or short and structured we need to be thinking GLAM GLAM GLAM.

We at Unique are starting Christmas on 10th November. We'll be having the salon dressed ready for the festive season. We will be re-launching the Colour Touch range so pop in and ask one of our highly trained stylists about these fabulous new colours. We will also be launching travel size packs of some of your favourite System Professional products, but be warned these will fly off the shelves so make sure you get yours!

As most of our clients know Sharon has been on an ongoing course which is called a Master Colour Award and I am very proud to announce she passed with a fabulous mark of 91% and is one of the first stylists in this area to have this award. With such a great grade Sharon will be looking to do her Master Colour Expert Award, so on behalf of myself and the rest of the team at Unique we wish her every success.

We have lots of events to look forward to in 2009 and we are all looking forward to a very busy New Year. At the moment we are organising a hair event to be held in January at The Weir Bar in Hessle to launch our Spring collection. So keep an eye in the next edition for more details.

As always thank you to all our clients for your continuing support at Unique.

Ben



As a leading salon director and stylist Ben has been involved with major events such as the Wella Roadshow and has trained with the British Hairdressing Team. So make sure you don't miss next months edition of the Cottingham Times for the Unique Hair Guide.

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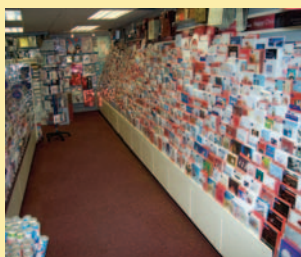
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Len Beck - continued from page 15

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Pictured below: Outside Len Beck's Endyke Lane shop with the 1930's Humber Pullman car; once owned by Mrs. Simpson, wife of King Edward VIII, which was part of the Anniversary event.



Endyke Lane Shops in the 1950s and 60's

By Christine Trimm

Endyke Lane, oh how you've changed
All your shops are re-arranged
Once we had a saving's bank
And sweets and toys - you could buy a tank.

There was Drewery's wonderful bakery
Where we queued for pies and their cakery
Hot cakes and baps and that fresh bread smell
Where did it all go? I beg you to tell.

Hodgson's the grocer - also sold sweets
Where pocket money bought us our Saturday treats
And what about Long's where we bought our cheese?
About ten ladies serving - most willing to please.

And Kress and Wagner's for high-class meats
and Dewhurst for a school tunic with pleats
And Seakin's who were open on Sundays
And Mallory's - for the cup you'd broken on Monday.
And just past Spink's Chemist, there was the Rex
The cinema with ice cream and smart usherettes
Saturday morning matinee - a riot no less!
Stampeding kids with pea-shooters - oh the mess.

Women with big prams and five or six kids
Having to queue for their fish and chips
'That's one-and-six please' (or eight pence today)
No men doing shopping - 'you what?' I hear you say.
But there's one little shop, and it's there now
'I bet you're fibbing' - No! It's perfectly true
I'll give you a clue - men's clothes, plain and check
I bet you've guessed - yes, its called Len Beck.

And do you remember the drain further down
Where water rats lived, all furry and brown
And yearly the frogs laid down their spawn
And small boys went tadpoling almost from dawn?

The small shops went and supermarkets came
Everything pre-packed, a whole new ball game
No chair by the counter, the counter has gone
No time now for chatting - the times have moved on.

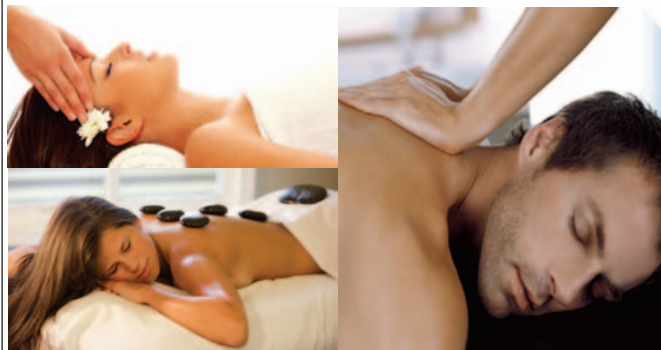
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Paul Duffen visits Hull City AFC OSC Cottingham Branch

The Cottingham Branch of Hull City AFC Official Supporters' Club is going from strength to strength. At its launch in the early summer there were about 30 members but now, after only three or four meetings, membership is touching 100.

The energy of the Committee ensures that meetings offer the opportunity for lively banter with friendly, like-minded Tigers' supporters. Members have been treated to visits by representatives of the club such as City's Welsh international goalkeeper Boaz Myhill. He fielded questions from local fans towards the end of last season and was asked if he thought City would gain automatic promotion to the Premier League. As part of his reply he suggested that the alternative of promotion via a play-off final win at Wembley would make for a good day out. We all know how prophetic that was.

More recently the Old Brewery Bar to the rear of the King Billy public house in Hallgate, where the branch hold meetings, was packed with supporters eager to participate in a 'question and answer' session with Hull City Chairman Paul Duffen. He warmed himself to the audience through his openness, honesty and humourous wit. His vision, professionalism and business-sense also shone through as he described how the club will move forward, and he was positively confident that the club will continue to progress.

Paul unveiled the Branch plaque, kindly donated by sponsor Grassrootz Lawn Treatment, which sits proudly to the left of the entrance to the King Billy. He also officially unveiled a splendid honours board inside the Old Brewery Bar which has been provided by Mitchell James Contractors Ltd.

The Branch have been grateful for sponsorship from other businesses including Woksoever Restaurant, Roses Kitchens of Beverley and Outdoor Living Ltd. The Committee are eager to acquire further sponsorship as they seek to establish themselves at the heart of the community. They are keen to work for the benefit of the Cottingham community.

Top: Left to right; Ian Garmston (Chairman of the Hull City Supporters Cottingham Branch) and Paul Duffen the Hull City Chairman.

Below: Left to right; Ian Garmston, Paul Duffen pictured in the Old Brewery within the King Billy with members and sponsors before the question and answer session which followed the official opening.



Cottingham Cricket Club Presentation Night at The New Hilltop Sports Club

The Clubs second Presentation night took place on 3rd October at The New Hilltop Sports Club and was for the seniors and the U17 and U15 teams. The awards were presented by Vice President of the Club, Derek Gregerson. The evening commenced with the U15 team awards and the winners were, Player of the Year – Liam James; Batter – Will Rhodes, and Bowler – Matthew Hagyard. The U17 awards followed and the recipients were Player of the Year – Dom Rhodes; Batter – Danny Furlong and the Bowler – Mike Bell.

The Academy side was the first of the Clubs Senior sides to be presented. The Academy is made up of 3 or 4 senior players and the rest juniors. This is to introduce them to the longer league games of 40 overs rather than the 20 they play at there age group. The Player of the Year was 13 year old Will Rhodes; Batter of the Year 18 year old Steve McNicol and the Bowling Award went to Joe Welbourn, who is 14.

The Second Team winners were Player of the Year – Rob Moy; Batter – John Ewens, and the Bowler – Pete Pearson. Finally the First team awards were given. Player of the Year was Danny Moss who also collected the Batting Award. The Bowling Award went to Rich Easter.

The last award to be presented was an engraved glass trophy which was given to Danny Moss by the Club in recognition of him scoring 3 centuries during the season. Danny was also awarded the East Yorkshire Alliance Div 1 Batting award for scoring 616 runs at an average of 68.44 at the Leagues Dinner on 25th October. On the same evening Will Rhodes was presented with a Special Achievement award for scoring 118 not out in a league game.

Full details of the Clubs games can be found on their website: cottingham.play-cricket.com

Further information about the Club can be found on the website or by contacting Rob Rhodes on 842215.

Carbon Monoxide Detector Alert

East Riding of Yorkshire Council's Private Sector Housing Team would like to make residents aware of the safety recall of non-compliant JO-EL domestic carbon monoxide alarms.

In tests commissioned by the council's trading standards service, the JO-EL COA-001 domestic CO alarm, which is stocked by John Lewis amongst other retailers, failed to respond to potentially harmful concentrations of carbon monoxide. This resulted in an immediate safety recall at the end of July.

The trading standards team has advised that retailers and consumers should only purchase alarms that have been proven to comply with the European standard- EN 50291.

Residents who believe that these alarms may be installed in their property are advised to alert landlords and tenants of the potential danger of these devices and urge them to ensure that all carbon monoxide detectors comply with EN 50291. For more information on the HSE alert, visit www.eastriding.gov.uk/housing or call (01482) 396288 for Bridlington or (01482) 396336 for Goole.

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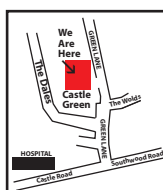
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News from Cottingham Little Theatre

'OUT OF FOCUS' by Peter Gordon.

Final preparations are now well advanced for our play on Thursday, Friday, and Saturday 27, 28 and 29 November. Full details were given in our October 'News' item. Tickets are now on sale at Barkers, Newsagents in Hallgate and from our Ticket Secretary, Kaye (Tel. No. 01482 842270), priced at £5.00 (Concessions £4.50) and are selling fast. Book early to make sure that you don't miss out. It promises to be a real pre-Christmas treat.

Posters are on display in shops and business in Cottingham, Skidby, Little Weighton and surrounding areas and we are very grateful to everyone who supports us in this way.

FRIENDS OF COTTINGHAM LITTLE THEATRE

By now all of our Friends (we are delighted to welcome four new Friends who have joined us in the last three months) will have received full details of Out Of Focus. To reserve your tickets and seats, if you haven't already done so, please ring Kaye.

If you would like to become a Friend, or would like to learn more about the Scheme, please ring Bob (Tel. No. 01482 842270). The Friends Scheme is designed to provide valuable financial and moral support to C.L.T., as distinct from being a Member. If you become a Friend, you don't actually have to DO anything, other than come along and enjoy our productions and our social events, if you wish. But you do get priority booking and reserved seats at our two main performances each year. Worth considering???

PLAY READINGS

Apologies to anyone who turned up for our planned Play Reading on Monday 3 November. Unfortunately, through circumstances beyond our control, we had to re-arrange the date at very short notice. It will now take place on Monday 17 November at 7.30pm in the Old Brewery at the King Billy Inn. So if you couldn't get to the 3rd November Reading, then perhaps the revised date will suit you better. More information from Sue (Tel. No. 01482 842250).

SOCIAL CALENDAR

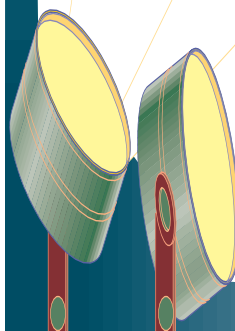
Our next Social Evening will be a Dinner/Dance at the Ferguson Fawcett Arms, in Walkington, on Friday 5 December.

NEW MEMBERS

Do you fancy yourself as a Thespian? We are short of male actors and would welcome any new members with open arms. So come along Ladies, if your man, or a man you know, has secret aspirations to perform in public (on stage of course), but is too shy or retiring to put himself forward, then give him a shove in our direction. If you would also like to come along, as a double whammy, then that would be even better. Our aim is to entertain the residents of Cottingham and district by putting on a variety of plays and revues. The more actors and actresses we can call on, the greater variety we can perform. Ring Val (Tel. No. 01482 440588) or Margaret (Tel. No. 01482 846796) for more information.

Or perhaps you would like to help to make our stage sets! Each one is individually designed and hand made. If you are a handyman (or woman) you could be a great help to our hardworking backstage crew. Our Stage Manager, Gerry, would love to hear from you. Ring him on 01482 845451.

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Relative newcomer to Cottingham discovers the delights of Thwaite Hall Gardens

My picture of Thwaite Gardens was the result of my first visit to this unexpected oasis, hidden away as it is, in this most charming village.

I am a self-taught artist I suppose, although since coming to the village I have benefited somewhat from my attendance at a local art class.

As a relative newcomer to Cottingham, the abundance and variety of trees that populate the streets and gardens of so many magnificent houses, constantly fascinates me.

There is much history in Cottingham, and plenty to occupy the time of any aspiring artist, enough to last a lifetime in fact.

At eighty-seven I just wish I were younger.

Mr E Fullerton

Quote of the Month:-

By the time a man realises that maybe his father was right, he usually has a son, who thinks he is wrong.

Charles Wadsworth

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Secure your PC & keep your data safe

BC Radio Humberside asked me to do a short 'security special' on the breakfast show recently, following a report by Humberside Police that more businesses in this area were being targeted by hackers and Internet fraudsters. Security is of paramount importance, and whether you are running a business or just using your computer for fun, and you're connected to the Internet, then the advice is the same.

A simple 4 step process: Updates / Anti-virus / Anti spyware / Firewall. Make sure you are getting the latest updates for your software, i.e. Windows Updates, go into Control Panel and ensure Automatic Updates are On. Check your anti virus & anti spyware programs are also updating themselves. If your subscription has expired (and we come across this all the time!) make sure you renew it, or get yourself a new one. This sort of protection is not an option – prevention is cheaper than cure! Check your Firewall is switched on, again in Control Panel. Or you may have a program like Zone Alarm, or an all in one security suite that includes a firewall.

Wireless networks are also a hot topic, so if you have one, ensure that is secure/encrypted. It is not a good idea to use your own name or address as the network name, as this information will be beamed to anyone else who has a wireless device in their home or office in your area. Keep it anonymous and secure. Then your computer is actually safer behind a router, because it also has an in-built firewall.

Lastly, do an inventory of your equipment; is it reasonably up to date? You shouldn't really be running a business from a 7 year old PC for instance. Why? – because modern components like the latest processors, have a more secure architecture to begin with, so you are building on a stronger foundation.

Which leads on to security of data. The mention of backing up data will have most people shuffling uncomfortably or finding an excuse like walking the dog in order to put off the job. But it need not be a daunting task and it certainly should be on the list of everyone's priorities. Most of us have much of our lives stored on our computer. Just think about it; important correspondence, emails & address book,

your family tree (how many hours did that take?). All those irreplaceable family photographs or even videos, and maybe a whole music collection. We have had computers brought into the office that have failed to start and their owners are understandably concerned about 'all the stuff stored on there'. When we enquire if they have a back up of their important data, the answer is normally a sad refrain that it was done a couple of months ago, or it was on the to-do list!

So how do you go about doing a back up? In the old days when things were in black and white and files were much smaller, you would just insert a floppy disk and save to that. But nowadays, files are huge so you need a better solution. The nearest thing now to the old floppy is a memory stick, or pen drive, call them what you will, but they will take thousands more items in one go! Just plug in and they are ready to use (provided you have Windows XP or later). Then there are CD, or now DVD writers (another reason for using a newer computer). A CD-R will hold around 650Mb and a DVD-R up to 4.7Gb (dual layer disks take over 8Gb). That's many thousands of pictures or even hours of video.

To back up to a disk in Windows, just find the folder/s, right click, and on the 'Send to' menu that appears, click the name of your CD or DVD writer drive. Windows will then make a copy ready to burn. If you want to create a DVD, use software like Nero or Roxio to choose the files you want to save. A good tip here is to do it as a 'data disc' not a 'back up' format, because then you will be able to view the contents and open or save onto any other PC. Lastly a very popular option now is the external hard drive, which has a huge capacity up to 1Terabyte (1,000Gb). Couple this with some very easy to use back up software and your worries are over!

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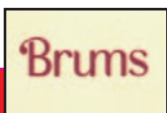
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Gino's is now open from 4pm till midnight every day, and is open till 1.00am Fridays, Saturdays and Bank Holidays to provide his customers with good food for longer.

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

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

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Crossword Solution from page 14



Alternative Health Matters

by Carole Headley

Do You Know about E-Smog?

This month I thought I would write about E-Smog. I wonder how many people know about E-smog in today's fast pace of life and tumultuous electrical "gadgets" is it any wonder that our bodies are becoming overloaded with positive ions (electrical impulses)

How many of us leave electrical items on 'standby'? by switching off all non-essential items at the mains will not only protect the body from overload but will also save you money on your utility bill - **that in itself must be a bonus.** The human body functions better on negative ions (electrical impulses) and as all electrical items emit positive ions the body can become overloaded and that is when the body can become 'sick'. Even the use of the microwave cannot only affect the body but the food you eat having used the microwave.

Some questions to ask yourself are: - How close do you live to radio transmitters, electricity pylons mobile phone masts, railway lines, airports, electricity sub-stations, power cables, military bases.

How long each day do you: drive your car, spend indoors, work, use a mobile phone, use a computer, watch TV/play game consoles. Use DIY electrical appliances. Does your work involve exposure to electrical or electromagnetic fields.

Do you wear: metal glasses, metal pieces, under-wired bras, metal jewellery (Esp across midline) telephone headset.

Around the home: how many TV's in the house, how many laptop/computers in the house, where is the fuse box, what appliances are plugged in near evening seating area. Do you have damp walls anywhere, do you sleep or sit close to the neighbours walls. What is on the other side of the adjoining wall. Is your landline cordless, Do light bulbs blow frequently. Do you have an electrical doorbell. Do you play electrical musical instruments. Do you leave TV etc on standby. Microwave, how often is it used., Mains adaptors by bed or seating area, Night storage heater. Do you have a working burglar alarm. Waste disposal unit, water filters with electrical transformers attached.

In the bedroom: Do you have a TV in the bedroom, lamp by the bed. Phone charged by bed, electric alarm clock, computer, extension lead under the bed. Do you use an electric blanket. Do you have a water bed. How close is water heater to bed, do you have a magnetic blanket on your bed.

Some symptoms/problems that you could possibly experience are:- tingling in the body, warmth in the face, eye irritation, concentration and memory problems, body aches and flu-like feelings, nausea, cardiac palpitations. As you can see there are numerous items in the home that cause electromagnetic disturbances. This is not meant to cause alarm in anyway and of course will not affect everyone, it is just to make you aware and providing you get plenty of exercise and fresh air, even a walk on a regular basis will help to re-balance the body. However, the Nutri-Energetics System can help identify any such problems and the infoceuticals can help restore the balance (NES has a web-site that you can read more about this subject - Nutri-Energetics System.com

Carole Headley at the Healing Hut, 221 Hallgate, Cottingham. Tel. 01482 842078.

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