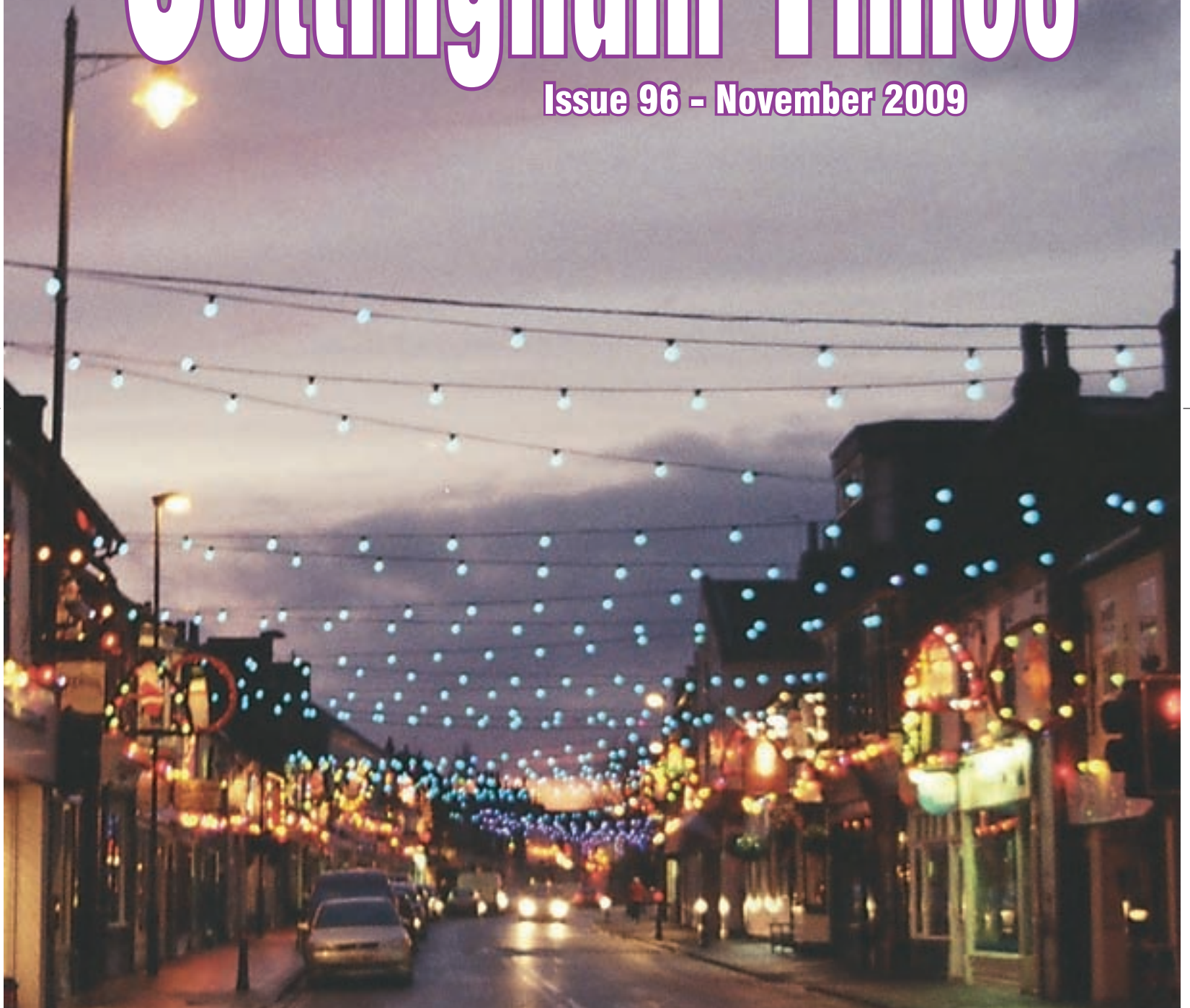



Cottingham Times

Issue 96 - November 2009






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The Cottingham Wild Spaces Group

Sunday 1st November, The Dene, 10.00 am.

Cottingham Ladies Circle

Wednesday 4th November, Talk on the Beverley Barge Preservation Society by Mr. Ken Holdgate, 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

British Sugarcraft Guild

Monday 7th November, "Models on Muffins" - a demonstration by Lesley Davy, 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

The Daisy Appeal

Sunday 8th November, A Christmas Fayre/Table Top Sale. Cottingham Civic Hall.

Cottingham Catholic Women's League

Monday 9th November, Trinity House II - Mr. John Coggin, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 10th November - Annual Meeting, at 10.00 am upstairs at the Civic Hall, Cottingham

Haltemprice Art Group

Tuesday 10th November - One Picture Suits All - Gerry Wilks

Tuesday 17th November - Sketching - Pat Ellis/Barbara Buckham

Tuesday 24th November - Sketching - Ann (via Gladys)/Herta Jurevics

Tuesday 1st December - Food Night

Cottingham Men's deLuda Society

Wednesday 11th November - The Yorkshire Three Peaks - Robin Russell, in St. Mary's Church Hall, Cottingham, at 2.00 pm

Cottingham Green Women's Institute

Thursday 12th November, Ms Sally Hawkes "White Rabbit Chocolate Company", in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 12th November, Barry Cundall - Hidden Dickens, in the Darby & Joan Small Hall, Finkle Street at 2.00 pm.

East Yorkshire Association of the National Trust

Thursday 12th November, Dr. Robb Robinson - Blades House and Far Horizons, in the Civic Hall at 7.30 pm. Non-members welcome.

Front Cover Picture: A view down Hallgate on last years Cottingham Lights Switch-on. The photograph was taken and supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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Skidby and Little Weighton Methodist Church
Saturday 13th November - Soup Lunch, 11.30 onwards. Homemade soup and rolls. In aid of Christian Aid.

East Yorkshire Embroidery Society

Saturday 14th November, Hannah Lamb (Bingley) - New from Old, 2.15 pm in the Darby & Joan Hall, Finkle Street, Cottingham. Members £1.00; Visitors £2.00 (includes cup of tea and biscuits). (Membership £6.00 per year).

Cottingham Combined Charities

Saturday 14th November - Craft Fayre, Civic Hall, Cottingham, 10.00 am to 4.00 pm. Admission 20p; Cafe open all day. Twenty-three charities selling cards, gifts, books, cakes, jams, preserves, etc. Father Christmas 11.00 am to 12 noon approx.

North Ferriby Gardening Club

Monday 16th November, Dahlias - David Matthewman (Pontefract). As David revealed last year he not only grows Chelsea Gold Medal Winning Sweet Peas, he is also a champion grower of Dahlias. He reveals tonight how he does it. Meetings are held in the village hall starting at 7.30 pm

Cottingham Civic Society

Monday 16th November - "East Yorkshire Dialect and Stories" - a presentation by Chris Whitfield (East Riding Dialect Society). **Please note the change from the usual date.** In the Darby & Joan Hall, Cottingham, at 7.30 pm.

Cottingham Ladies Circle

Wednesday 18th November, A Quiz on Antiques and Unusual Objects by Mr. C. Clark, 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

Cottingham Evening Townswomen's Guild

Wednesday 18th November, Trek to Nepal, Alison Parkes, at 7.30 in the Darby & Joan, Finkle Street.

Diabetes UK

Thursday 19th November, Dr. C. Walton, Consultant Diabetologist and Network Lead, 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.

Inland Waterways Association

Friday 20th November, Keels and Sloops of the Humber, a presentation by Brian Peeps, in Cottingham Methodist Church Hall, 8.00 pm to 10.00 pm.

Rotary Club of Holderness

Saturday 21st November - Craft Fair 10.00 am to 4.00 pm. There will be twenty-five quality craft stalls, cakes, books, tombola and refreshments. Admission 30p. Profits to support local and international Rotary charities.

Dagger Lane Operatic

Saturday 21st November. Presents "A Night at The Opera" at St. Mary's Church, Hallgate, 7.30 pm. Includes popular choruses from La Trovatore, Aida, Die Fledermaus, Carmen, Cavalleria Rusticana, Faust, Orpheus in the Underworld and Nabucco, to name but a few. Tickets £5.00 from 01482 352691 or on the door.

Craft Fair Civic Hall, Cottingham

Monday 23rd November - Same evening the Christmas Lights are switched on in the village. 6.00 pm to 9.00 pm. Wide variety of stalls, admission 50p per adult, Children free but must be accompanied by an adult.

Wednesday Social Club

Wednesday 25th November - Mrs. M. Marson - Embroidery, in the small hall in the Darby & Joan, Finkle Street, at 2.00 pm.

Cottingham Men's deLuda Society

Wednesday 25th November - To Turkey by the Orient Express - John Scotney, in St. Mary's Church Hall, Cottingham, at 2.00 pm.

Continued on page Seven

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Property News from Martin English of Homelink



What are the Landlord's rights of access for repairs?

I have a problem with tenants renting a house as they will not allow anyone into the property to carry out maintenance works. I would like to rectify mould all through the house and replace a cooker that is not working. What is the Landlords legal position in regards to accessing the property?

Legally, the answer to your question is quite straightforward. The Landlord and his letting agent have a legal right to enter a property to carry out repairs.

Section 16 of the Housing Act 1988 deals with access for repairs and states:-

"It shall be an implied term of every assured tenancy that the tenant shall afford to the landlord access to the dwelling – house let on the tenancy and all reasonable facilities for executing therein any repairs which the landlord is entitled to execute."

Failure to provide access would be a breach of the tenancy agreement and a landlord could use ground 12 to obtain possession for that breach.

You would need to give at least 24 hours notice for entry at a reasonable time of the day to avoid getting caught by the tenant's implied right to quiet enjoyment.

A similar situation can arise when access for gas safety

checks arise, which are a legal obligation for a Landlord to carry out at least on an annual basis. A landlord has to show that they took all reasonable steps to comply with the law. HSE recommends the following best practice in these circumstances and strongly advises that a record be kept of all correspondence with the tenants:

Leave the tenant a notice stating that an attempt was made to complete the gas safety check and provide your contact details;

Write to the tenant explaining that a safety check is a legal requirement and that it is for the tenants own safety. Give the tenant the opportunity to arrange their own appointment;

HSE inspectors will look for at least three attempts to complete the gas safety check, including the above suggestions; however the approach will need to be appropriate to each circumstance. It would ultimately be for a court to decide if the action taken was reasonable depending upon the individual circumstances.

It is a good idea to include arrangements for access in the tenancy agreement.

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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Homelink are pleased to welcome and announce the appointment of Jonathan Ramsey to its dedicated property management team. Despite the economic recession Homelink has enjoyed a successful year, which has seen the company grow and expand, creating the full-time appointment of Jonathan as a property advisor.



Continued from Page Five

Cottingham Wildlife Watch

Saturday 28th November, 11.00 am to 2.00 pm. Donna Nook Grey Seal Reserve, North Lincolnshire (GR TA 430 990). Charge for parking in the overspill carpark was a £1.00 last year. See sheet for directions or Google map link on our website.

East Riding Flower Club

Monday 30th November. Present "Christmas Comes" - a Flower demonstration by Ian Buxton (National Demonstrator) in the Civic Hall, Cottingham at 2.00 pm. Doors open at noon. Refreshments served 12.30 to 1.30 pm. Visitor admission by ticket £8.00 each. Available from Judith Robinson, tel. 01482 876279.

Cottingham Men's deLuda Society

Wednesday 2nd December - Christmas Lunch with Ladies, in St. Mary's Church Hall, Cottingham, at 2.00 pm

The Cottingham Wild Space Group

Wednesday 2nd December at 7.00 pm, Cottingham Parish Council Office. The meeting is to discuss events for next year and how to put the project described in the Natural Environment Chapter of Cottingham Parish Plan into action. All welcome.

The Cottingham Wild Spaces Group

Sunday 6th December, Millbeck Wildlife Area and King George V woodland, 10.00 am.

Haltemprice Lions

Saturday 6th December - Christmas Craft Fair, Cottingham Civic Hall, from 10.00 am. A variety of stalls and refreshments available all day.


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Cottingham in Bloom

The Yorkshire in Bloom Judges visited us twice this year, on the 8th April and 16th July. We achieved the Silver Rose Award.

The judges were impressed by the public house displays and mentioned King William IV, Duke of Cumberland and Cross Keys which were on the route.

As they were walking down Hallgate they paused to admire the floral displays at the Purple Cow café, and Pullan the butcher.

The Cottingham in Bloom group thanks all those who had floral displays and welcome The Tiger and Pascos Restaurant who joined in for the first time this year.

"Hallgate Primary School was a real gem thanks to the productive staff and the recycled bottle greenhouse was inspirational" stated the Judges.

Our residential gardens and allotments were declared "neat and tidy", and they were impressed with Millbeck Wildlife Area and Thwaite Gardens.

The judges were pleased to see lots of well maintained seating in the centre and no litter.

We have been urged to publicise Cottingham in Bloom and persuade more businesses, particularly in Hallgate, to participate.

Cottingham in Bloom can always use volunteers, so if you have any spare time and the inclination, please come and join us. You can contact me (Cllr Win Knight) at the Parish Council Offices on 847623 for more information.

(Article provided by Cllr Win Knight)

Problems in the Snickets

The problem of moped riders using the snickets has been reported to the police; particularly the snicket between New Village Road and the railway station. Moped riders are speeding along this snicket during the hours of darkness which is dangerous as well as prohibited. If you see anyone in the snickets on a moped please ring the police on the non-emergency number (0845 60 60 222). We have asked East Riding of Yorkshire Council to have a look at the possibility of installing anti-cycle barriers to try and curb this problem.

Seats owned by the Parish Council

The twelve seats owned by the Parish Council (the green metal slatted seats) have been repainted – all except the one in the Millbeck Wildlife Area which appears to have been swallowed up by brambles! The other seats in the village which are the responsibility of the ERYC will be refurbished in a two part programme.

8 November 2009 - www.cottinghamtimes.co.uk

The Proposed Order to Stop Up North Moor Lane

The Planning Inspector's report and decision on the proposed stopping up of North Moor Lane has been received and the Inspector has upheld the Secretary of State's decision that the order should be made.

Parish Council Projects

Councillors are always looking for projects to improve the village and the quality of life of those who live here – some small and some large. For the next financial year (2010-2011) Council intends to investigate the possibility of repairing the Memorial Garden gates and updating the Roll of Honour on the gates with the names of those who have fallen since WWII. Another suggestion for a project is to clean the War Memorial in St Mary's churchyard and repair the lettering. Whilst we need to look into how much these projects will cost we also need to obtain the permission of the organisations that own these items so it may well be a long process.

Community Facilities

The Council has been concerned at the lack of community facilities in the village for some time – the lack of a home for the Scouts & Guides; the burning down of the Pavilion at KGV and the sale of Hallgate School have highlighted this issue. We understand that the ERYC have agreed to undertake a survey of the community facilities within the village and we hope that this will go ahead in the near future. The Parish Council has written to the Chief Executive and the Leader of the ERYC to try and open negotiations into how the Civic Hall could be better used within the village.



Councillors Ann Abel and Angela DeVine present a cheque to Mr. H. Kirby for the Cottingham Christmas Lights Organisation (both Hallgate and King Street sections)

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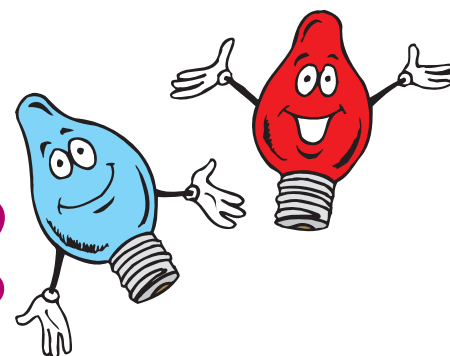
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Switch on Night 2009

November 23rd

Don't Miss It!



The Cottingham Christmas Lights now in its 28th year will be switched on by three children from within the village. One will be a member of the Cottingham Brownies who are celebrating the 100th Anniversary of the Brownie movement, and two children who are relatives of the Cottingham Lights members. The big switch-on of the illuminations for the much-vaunted festive-season spectacular takes place on Monday, November 23rd, 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 28 years.

A large percentage of the cash injection has been on refurbishment and "unseen" maintenance work including cabling and re-wiring, welding repairs carried out by Les Fisher free of charge. A total of £2,500 has been spent on new lamps and festoons. £3,000 has been spent on refurbishing the Father Christmas festoon above Crafty Creations and Curtain Creations. 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.

There will be a new feature on the roofs of the Chinese and Indian take-away restaurants in Hallgate, but no one has been let in on the secret of what this will be.

Carols and other festive-season music, commencing at 6.30pm, will be provided by ex-members 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 has appealed for the public to buy items only from the official hawkers displaying their officla badge.

Also making a return this year will be the KCFM Radio's promotional vehicle - and stage - which took part in Cottingham Day 2009 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.

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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Help Dove House Hospice Light up a Life

Dove House Hospice is inviting the public to make a donation to support their vital work within the community with their annual Light up a Life appeal. The appeal, which allows people to dedicate a light on a Christmas tree in memory of a loved one, was launched earlier this month.

Light up a Life is a special and moving way of remembering loved ones at what can sometimes be a very difficult time of year for bereaved families. It is also an opportunity to remember loved ones who are facing illness or those you can't be near at Christmas. Everyone is invited to take part by dedicating a light whether they have used the hospice services or not and all proceeds will go to the hospice in Hull which cares for adults with life limiting illnesses.

Maya Liversidge, fundraising coordinator, said:

"The light up a life event is a lovely way of celebrating the lives of loved ones lost or remembering those close to you whilst also helping a great local cause.

"Last year the appeal raised over £35,000 for the hospice and we hope we can raise even more this year."

Those supporting the appeal will be invited to see the lighting of the Christmas tree lights on Sunday 6th December at Hull Interchange. The names of those remembered with lights will also be on display in the Dove House Hospice shop on Prospect Street from late December.

To make a donation, please pick up a form from any of the Dove House shops, Hull Interchange, The Prospect Centre or download one from www.dovehouse.org.uk where you can find out further information about the appeal.



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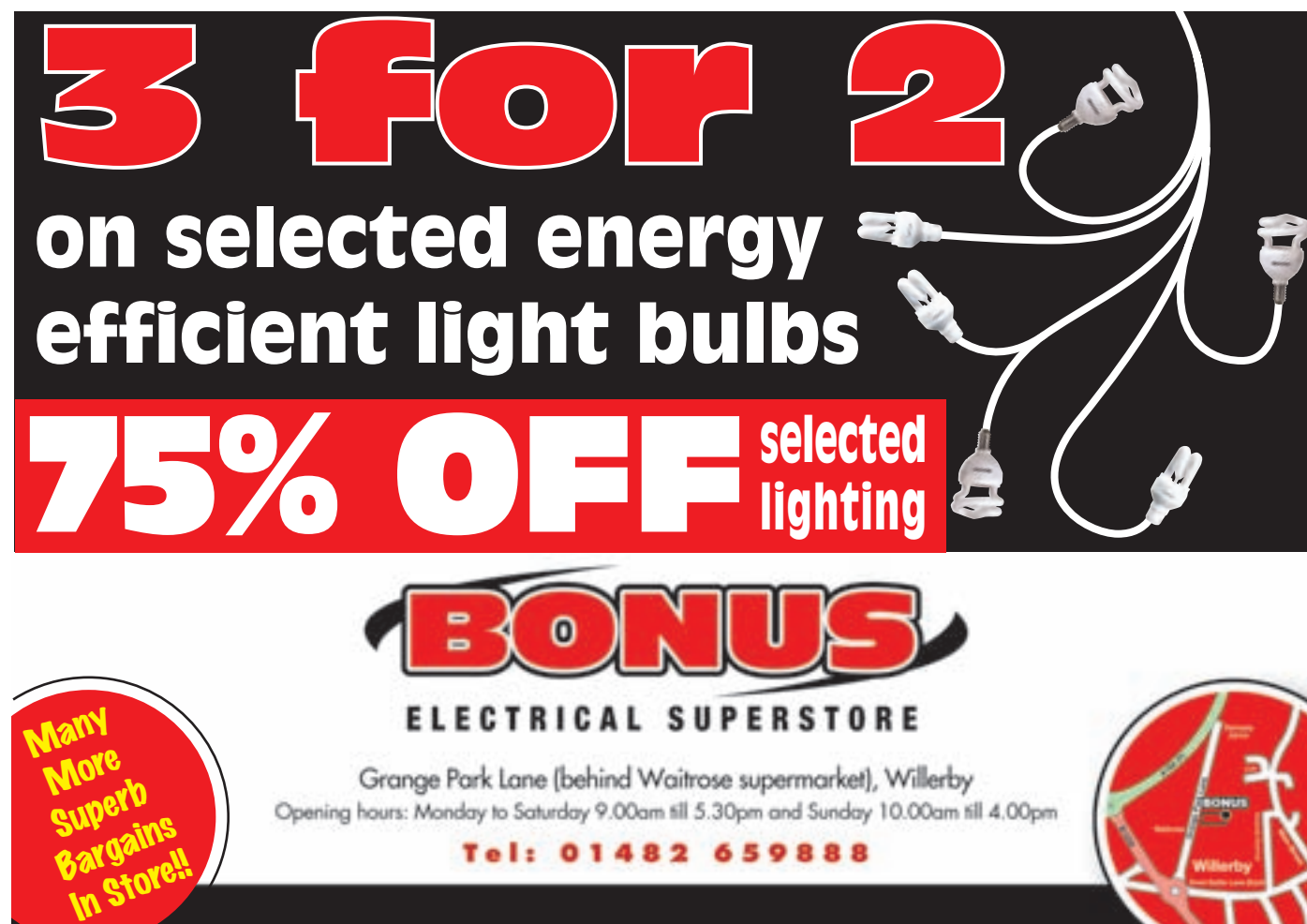
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Wordsearch - Strut Your Stuff

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

N	I	U	Q	E	N	N	A	M	R	E	N	I	L	L	I	M	R	C
N	O	T	I	F	T	U	O	E	H	C	A	N	A	P	G	V	Y	U
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
G	Y	R	E	N	I	F	I	F	P	G	T	K	K	W	N	E	T	A
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.puzzlechoice.com

Sudoku No. 35 -

This is an easy challenge this month

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

Try Before You Buy Scheme Launched at Holderness Grange Lifestyle Village

People wanting to sample life at Holderness Grange Lifestyle Village at Hedon can now move in under a new Try Before You Buy scheme, which enables anyone interested in purchasing a property the chance to enjoy a short stay in an apartment in the village's Country Club complex.

HICA Group Sales and Marketing Director Irene Heffernan said: "If purchasers want to stay on at Holderness Grange after taking part in the Try Before You Buy scheme we can help them sell their property through our Assisted Move scheme while they continue to enjoy all the facilities and benefits that come with living in the village."

"After the Try Before You Buy taster, they have the option of reserving a property and then staying at Holderness Grange by paying rent at a 50 per cent discounted rate for a further three months," she added.

"In some cases, the rent can be deferred until their own property has been sold. This is ideal for people who have money tied up in their existing property and cannot access it until a sale has gone through. It also gives people the opportunity to move into Holderness Grange before Xmas."

There are currently 31 two-bedroom properties available at Holderness Grange – bungalows start from £149,950, town houses are from £149,000 and apartments from £135,000.

People can also purchase selected apartments for as little as £110,000 under a Guaranteed Buyback scheme. When the purchaser decides to sell the apartment at a later date, HICA guarantees to buy the property and give the purchaser their £110,000 investment back.

"The 100% Buyback scheme and our new Try Before You Buy initiative will enable people to move forward with their purchase and have the retirement they deserve," said Irene.

There are currently 70 people living at Holderness Grange and a further 20 are due in the coming months.

A focal point of village life at Holderness Grange is the Holderness Grange Country Club, which features a restaurant and bar, hair and beauty salon, gymnasium, library, bowling green, dance studio, and arts and crafts. Residents can take part in a wide range of activities, such as fitness and exercise classes, line dancing, quiz nights and art classes.

All of the properties have an emergency call system, so if an emergency arises residents can be confident of a response. There is also CCTV within the grounds, and a Village Team is on hand during the day to deal with the day to day running of the development.

Find out more about the Holderness Grange Lifestyle Village for the over 55s. Telephone 01482 896980 or visit the show homes, which are open Thursday to Monday 10 am to 4 pm or log onto www.hicalife.co.uk

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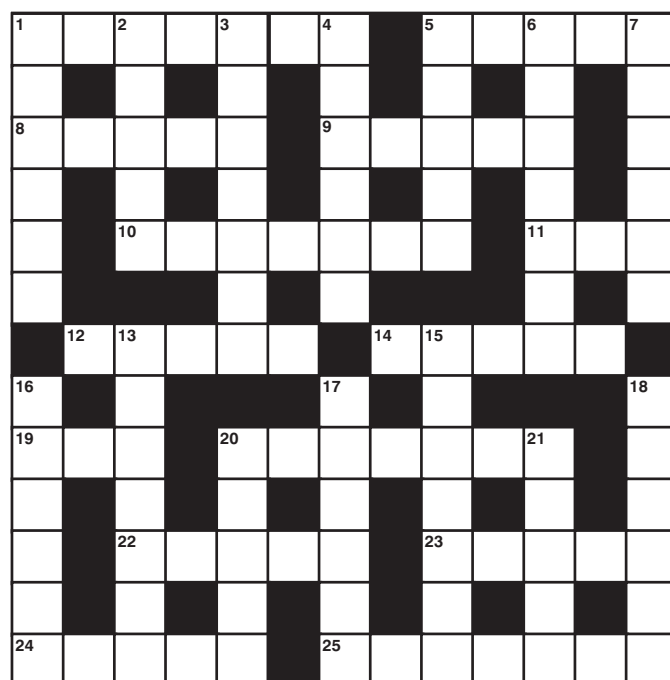
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Crossword - Solution on page 62



Across

1. Restricted (7)
5. Perils (5)
8. Detection device (5)
9. Villain (5)
10. The Sheltered Side (7)
11. Flightless bird of Australia (3)
12. Chasm (5)
14. Complies (5)
19. Prohibit (3)
20. Diplomatic (7)
22. Nimble (5)
23. Light beam (5)
24. Reside (5)
25. Boring (7)

Down

1. Food Store (6)
2. Decoration (5)
3. Goals (7)
4. Fin (6)
5. Stiff (5)
6. Stage Set (7)
7. Repress (6)
13. Dressing (7)
15. Perplexed (7)
16. Overseas (6)
17. Dialect (6)
18. Tusked marine mammal (6)
20. Test (5)
21. Lariat (5)



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In the Kitchen



Christmas or Plum Puddings

Christmas or Plum Puddings have a firm tradition at Christmas in the UK, despite taking hours to cook and, ideally, having to be cooked at least a month before Christmas so the flavours mature. On Christmas Day, the pudding is re-steamed for between 2 to 4 hours, depending on its size and is served hot for dessert.

Christmas Pudding and Plum Pudding History

Christmas Pudding or rather Plum Pudding dates back to the middle ages but was originally a Christmas porridge called Frumenty which contained wheat or corn which was boiled in milk. Over the years other ingredients were added such as dried plums or prunes, eggs, and meat and it became known as Plum Pudding. Then during 11th Century, when spices including cinnamon, cloves and nutmeg were introduced to Europe from the Middle East, these were also added to the puddings, probably originally as a sign of wealth.

Although the recipe evolved further over hundreds of years, with ingredients being added and taken away, it was only established as an essential Christmas food in the 1800s when Queen Victoria's husband, Prince Albert's love of it made it fashionable throughout the country.

Christmas Pudding Traditions

There are many traditions associated with Christmas or Plum pudding, including:

It should be made with 13 ingredients to represent Jesus and His Disciples

Coins are added to the pudding mix and then very member of the family should take a turn to stir the pudding with a wooden spoon, making a wish as they stir then whoever gets a coin in their portion on Christmas Day will have their wish come true

A sprig of holly is often used to decorate the top of the pudding to represent the crown of thorns worn by Jesus on the cross

Traditional Christmas Pudding

Ingredients

175g/6oz Sultanas
175g/6oz Seedless Raisins
50g/2oz Ready to Eat Dried Prunes, chopped
50g/2oz Glacé Cherries, halved
75g/3oz Dried Figs, chopped
50g/2oz Candied Peel, chopped
90ml/3fl.oz. Brandy
1 Apple, grated
The grated zest and juice of 1 Orange
3 Eggs, lightly beaten
125g/5oz Shredded Suet
175g/6oz Soft Dark Brown Sugar
1 tbsp Black treacle
125g/5oz Fresh Breadcrumbs
125g/5oz Self Raising Flour
1/2 teasp Mixed spice

16 November 2009 - www.cottinghamtimes.co.uk



Instructions

1. Place the sultanas, raisins, prunes, cherries, figs and candied peel and in a large mixing bowl, mix well and leave to soak for 6-8 hours, turning once or twice. Don't be tempted to add any more brandy as the whole lot will be going into the pudding.
 2. After the soaking period, add the remaining ingredients to the soaked fruit mixture and mix very well.
 3. Well grease a 1.5L/21/2 pt heatproof pudding basin with butter, then turn the pudding mixture into the bowl.
 4. Cover with a large piece of greaseproof paper and a double layer of foil, both with a centre pleat to allow for expansion and secure with string.
 5. Place the pudding in a saucepan with sufficient boiling water to come just below the rim of the basin and steam for about 3½ hours until firm to the touch, topping up the pan with extra boiling water as necessary.
- Allow the pudding to cool a little before turning out.
Once cooked, they can be stored for 1 – 2 months in an airtight tin.
When you're ready to serve the pudding simply re-steam for about 3 hours.

Mincemeat Makes 2.2kg/5lb

Ingredients:

1.3kg/3lb Dried Mixed Fruit
225g/8oz Cooking Apples, peeled, cored and grated
100g/4oz Blanched Almonds, chopped
175g/6oz Shredded Beef Suet (or Vegetable)
450g/1lb Soft Dark Brown Sugar
1 teasp Grated Nutmeg
1 teasp Ground Cinnamon
The grated rind of 1 Orange
The grated rind of 1 Lemon
300ml/10fl.oz. Brandy or Sherry

Instructions

1. Place all the ingredients in a large mixing bowl and mix until thoroughly blended.
 2. Cover and leave to stand for 2 days.
 3. Stir well to re-mix, then transfer to jars and cover with a waxed disc and lid and allow at least 2 weeks before using.
- Used in various desserts and pastries, especially at Christmas time.

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Christmas Cake Recipe

This is a recipe for a traditional British Christmas Cake. If you want to ice it, be sure to make the cake at least 1 week before Christmas Day.

Makes 1 x 20cm / 8-inch cake

Ingredients:

100g/4oz Glace Cherries, quartered
 250g/9oz Currants
 250g/9oz Sultanas
 100g/4oz Mixed Candied Peel, chopped
 125g/5oz Plain Flour
 225g/8oz Butter or Margarine
 The finely grated rind of 1 Lemon
 The finely grated rind of 1 Orange
 225g/8oz Soft Brown Sugar
 50g/2oz Ground Almonds
 4 Eggs, beaten
 100g/4oz Self Raising Flour
 2 tbsp Lemon Juice
 4 tbsp Brandy
 To Decorate
 450g/1lb Almond Paste
 Icing Sugar
 200g/7oz Apricot Jam
 750g/1 1/2lb Royal Icing

Instructions

1. Preheat the oven to 170C, 325F, Gas Mark 3 and line a 20cm/8 inch deep cake tin.
2. Place all the fruit in a plastic bag and sprinkle in 4 table-spoons of the plain flour. Shake well to thoroughly coat the fruit. Set aside.
3. In a large mixing bowl, cream together the fat with the lemon and orange rinds and the sugar until light and fluffy.
4. Stir in the almonds and mix well.
5. Add the beaten eggs, a little at a time then fold in the remaining plain flour, self raising flour, fruit, lemon juice and brandy. Mix well.
6. Turn into the prepared cake tin and bake in the oven for 2 1/2 - 3 hours. Check after 2 hours and cover with a double piece of greaseproof paper if necessary.
7. Remove from the oven and allow to cool in the tin before turning out.
This cake is traditionally covered with Almond Paste (marzipan).
8. Wait until the cake is completely cold then turn upside down, onto a plate. The bottom of the cake has now become the top. If necessary level what used to be the top so the cake will stand solidly.
9. Measure around the cake with a piece of string or tape measure.
10. Divide the almond paste into two and set one half aside.
11. Dredge a work surface very well with icing sugar. Divide the remaining half into two and roll each piece into an oblong as wide as the cake is deep and as long as half the circumference of the cake. It should be just OVER 7mm/1/4 inch in thickness.



12. Melt the apricot jam in a small saucepan and use to brush the sides of the cake. Make sure you reserve some for the top of the cake.
 13. Press the two strips of almond paste to the sides of the cake, smoothing the joins with a round bladed knife. Make sure the top of the almond paste sides are level with the top of the cake. Transfer to a cake board and set aside.
 14. Well dredge the work surface once again with icing sugar then roll out the remaining almond paste to a circle large enough to fit the top of the cake.
 15. Brush the top of the cake with the remaining apricot jam then cover with the circle of almond paste, pressing down firmly and smoothing the join.
- You should now wait at least 36 hours but preferably 5-7 days before icing the cake. Store in an airtight tin.
16. Spoon the Royal icing on the top of the cake then using a palette knife, smooth it over the top using a "to and fro" motion, until all the bubbles have broken.
 17. Spread the icing down the sides of the cake, once again, smoothing with a palette knife.

Tip - getting a really smooth icing requires a little practice and patience, especially down the sides. Why not just "rough ice" the sides using a round bladed knife by simply patting the knife firmly onto the icing then pulling it back up thereby creating little peaks. Dampen the knife with water when necessary.

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As we head towards Christmas and the New Year, we are still busy with clients wishing to get away for the festive season. For skiers the snow is looking good too!

The office is very busy for this time of the year, we are having a bumper cruise booking season. Prices sailing from Hull are rising as cabin availability of the lower grades disappears. We have more cruises with transport from your door than ever. Cunard, P&O, Princess, Royal Caribbean, Holland America, Page & Moy, Scenic River Cruises & Phoenix to name a few.

Our special departure to Bermuda is now well up and running. Departing on 29th August sailing from New York for 7 nights what a bargain, a week in the Caribbean on B&B costs more. If you cannot stretch to a Veranda Suite there is also a new concept cabins with a direct door onto the Promenade deck for just a small supplement on top of the ocean view window cabins. You could add a pre or post cruise in New York or for something more relaxing out on the beach but yet within easy reach of the bright lights to make it up to a 2 week holiday. Flights from Humberside are reasonable and there is a good daily service. Please give me a call for more information.

Susan & Kayleigh are keeping busy on the leisure side of the business, with Weddings which we are now booking into 2011. Australia & New Zealand tailor made itineraries are as popular as is Canada and the USA which are still good value for money when you are there.

Nearer to home Turkey is popular for next summer along with Egypt and Croatia these are places avoiding the Eurozone, otherwise All inclusive options allow for easier budgeting with your spending money.

Do not forget to book your holiday extras, airport hotels and parking are cheaper the earlier you book. Remember that you are not covered against cancellation charges until you have taken out your holiday insurance it is wise to do this when you make your booking. We can offer insurance cover up to the age of 99 with exceptional rates for under 80 years travelling to Europe please don't hesitate to ask for a quote.

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04 Sep	Moselle & Saar Valley	10	£929	£ 1244
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13 May Norway	Liverpool	8 nights
18 May Adriatic	So'ton	21 nights
22 May Eastern Mediterranean	Dover	22 nights
08 Jun Baltic's	So'ton	14 nights
20 Jun Baltic's	So'ton	12 nights
22 Jun Norway	So'ton	8 nights
30 Jun Baltic & Lapland	So'ton	16 nights
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27 Jul Baltic—Dance Cruise	Leith	12 nights
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06 Sep Italy	Dover	16 nights
07 Sep Baltics	Newcastle	12 nights
17 Sep Black Sea	So'ton	26 nights
22 Sep Baltic	Dover	13 nights
26 Sep Around Britain	Dover	9 nights
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Hello, I am Police Community Support Officer Alison Pearson. I joined Humberside Police in 2006, and am based at Brough Police Station. I am part of the Dale Ward Neighbourhood team, and am the dedicated officer, for the Little Weighton, Skidby, and South Cave.

As a police community support officer, my main role is to provide High visibility patrol on the streets, tackle low level crime and anti social behaviour.

I attend Parish council meetings and neighbour hood watch meetings on a regular basis to enable me to find out local concerns and effectively address these issues. I am currently running police surgeries in Skidby and Little Weighton, these surgeries give you the chance to share any problems you may have, or just to come and meet me.

Little Weighton, Post office

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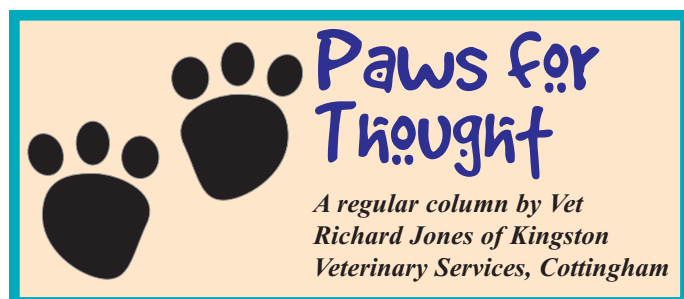
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Dogs Put Footballers to Shame

It seems that the only news in the city over the last few weeks, has been that Hull City's saviour Jimmy Bullard has finally recovered from his knee injury, in time to save Hull City from the relegation trapdoor.

Mr. Bullard had ruptured his anterior cruciate ligament, but he is not alone as this is one of the most common injuries we see in dogs. The cruciate ligaments are inside the knee joint and keep the femur (thigh bone) and tibia (shin bone) stable. Unlike in people who usually have some kind of sporting injury to damage their cruciate, dogs have degenerate cruciate disease in which the ligament gradually wears out, although some dogs will damage their knees usually by getting their legs caught in rabbit holes when running at speed. Certain breed are pre-disposed to cruciate disease, these include Rottweilers, Labradors and other large breeds.

How will I know if my dog has damaged its cruciate ligament?

Your dog will become very lame on his hind leg, not willing to put weight on it at all and may even have a swollen stifle (knee joint). Your veterinary surgeon will do a thorough examination of the affected leg looking for joint swelling especially on the median

(inner) side, pain on flexion of the joint and what we call an anterior draw, when holding the thigh and shin bone movement and instability can be produced. We would also advise x rays to rule out other causes of stifle lameness.

What can be done for my dog?

Very much like athletes, surgery is the best way to help dogs with cruciate disease. For dogs smaller than 20kg we can use fishing line believe it or not to stabilise the stifle. The surgery involves opening into the stifle to remove the torn ligament and tidy up any tears to the cartilage in the knee joint, suturing the joint back together and then using the fishing line as an external ligament, which is outside the joint. Even in small dogs such as Westies there is still a lot of strength required from the nylon, up to 120lb pressure!

For larger dogs however no false ligament has the strength to stabilise the joint. We used to use a piece of the dogs own connective tissue as a ligament and in people I believe they even use the ligaments from dead people! Over the last few years a new technique has evolved known as a TIBIAL PLATEAU LEVELLING OSTECTOMY (TPLO), which involves cutting a wedge of bone out of the shin bone (tibia) to alter the angle of the joint and restore stifle stability. In reality we are breaking the shin bone and using metal plates to repair the break. This is a very complicated procedure carried out usually at referral centres, but we are very proud of the fact that one of our veterinary surgeons at the Park Street Hospital, Mr David Robinson, is offering this surgery to clients with very good success rates. David has now done over thirty of these procedures saving our clients long journeys to referral centres.



Post operation x rays of a TPLO, showing the plated tibia after the wedge of bone has been removed, a 3 hour operation.

How will my dog be after cruciate surgery?

Dogs are much tougher than us humans, although sore for a few days after surgery they will with a week start to use their leg and recovery to full use takes three to four months, not nearly 10 months as in Jimmy Bullard's case. Dogs are usually on pain relief for a month or so but long term pain relief is not necessary. As cruciate disease is more of a degenerative than traumatic disease in dogs often when one cruciate snaps it is often followed a few months later by the ligament in the other leg. Most dogs return to full fitness after surgery, my own lurcher had her cruciate repair done at 8 weeks old and I certainly cannot catch her! As with any damaged joint arthritis may set in but this is usually many years down the line.

So when Jimmy Bullard finally plays again for Hull City, remember if he had been a dog, he would have been back on the pitch months earlier and could have been operated on in Hull rather than America!

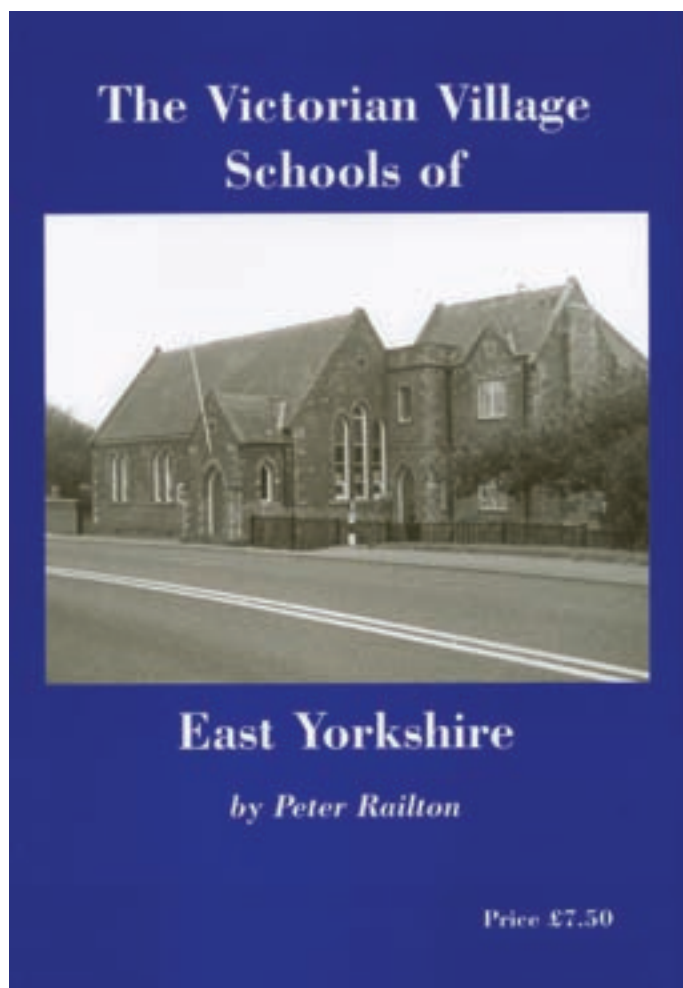
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Local author and historian Peter Railton publishes his latest book "The Victorian Village Schools of East Yorkshire"

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

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

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

Stroke Association Support Group meets in the Holy Cross Church, Carrington Avenue

The first meeting of the Stroke Association communication support group was held last month (October) at the Holy Cross Church.

Local volunteers are still needed to help with the running of the session, which aims to reach out to stroke survivors living in the community who have communication difficulties.

Anybody is welcome to attend and for more information about the group or volunteering contact Sally on (01430) 871728 Catherine on (0113) 2044855.

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The Hobgoblin dropped in for Halloween and as the fire warmed his (well you had to be there to see it) he decided to stay a while, so this month you can enjoy his ruby ale with hints of chocolate, coffee and sweet toffee, and he'll be joined by Brakspears "Oxford Gold", a golden ruby ale with hints of honey and orange with the "Dogs Bollocks" winning through once again, a pale golden ale with well rounded flavours adding that perfect excuse to "go see a man about a dog..." ~ Andy.



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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile Maker'
Branfield

Life Changing Dentistry - Overcoming Dental Anxiety Part 3

Hello again. Welcome to another insight into the weird and wonderful world of Dr Smile Maker. Only joking, but it sounds better than 'more stuff about your teeth'.

Off to Hug A Tree

Last time I was going on about hypnosis or hypnotherapy to help overcome dental anxiety. I really like this as it can really help to actually overcome rather than be a temporary fix. I also joked that I was off to hug a tree and in doing so forgot to mention another little technique that can help that I have experience of.

Not More Mumbo Jumbo?

"More mumbo jumbo", I here you ask. No it's not. It's acupuncture. There are some really great acupuncture points for relaxation or

anxiety control and I have used some really successfully in the past. The great thing is that it is quick and easy and you do not get any lasting effects like drowsiness so you do not need to be accompanied. How cool is that?

Back On To The Drugs Then

I'm supposed to be talking about drugs this time. There was a time not too long ago when you could go to the dentist, get knocked out and have your teeth done. Sometimes this was done by a dentist on his own with nobody else with special training in anaesthesia or sedation. Those days are gone. General anaesthetics have now to be done in a hospital setting with emergency care available only a stone throw away. General anaesthesia has its place for advanced surgical work or with young children and is still available for that. It is also available for special medical cases e.g. being allergic to local anaesthetic. I don't think that general anaesthesia has a place in more routine dentistry and it certainly does not help anyone overcome their dental anxiety and give them tools to deal with emotions successfully themselves.

So What Else Is There Then?

Conscious sedation is the next step down if you like. This is when you are still awake but you can feel from a little less anxious all the way to feeling really out of it. With any of the techniques you really need to have a responsible person with you to make sure you are OK, a close friend or relative, and with some techniques you should not be at work or operate machinery afterwards. Already there is a draw back in that there is an increased hassle factor. It has to be planned, you have more people involved and you have more rearranging of your life. It will also cost more.

Another thing is that you can begin to rely in it fuelling your anxiety, especially if you have it for more 'routine' things. The advantage with some conscious sedation is the amnesic effect that it has, i.e. you can forget what went on. I think that this can be very useful for some advanced work. In children a very good technique is relative analgesia (laughing gas). This was really popular and common in many practices but as the regulations and requirement for more monitoring equipment increased it is not as popular today.

Pills And Other Stuff

Oral anti-anxiety tablets may be prescribed. Often you take one before bedtime the night before to help you sleep and then one or two the next day depending on when your appointment is. The beauty of this is obviously the convenience. The draw back is that it is difficult to predict the effectiveness. From one person to the next but a good night sleep and taking the edge off may be all that is needed to help you through. After this you may want to go solo next time without the medication. Last but not least there is I.V. sedation. This is the injection of a medicine into a vein to make you feel very relaxed.

The beauty of this is the amount of control of the effective dose and therefore how profound an effect the medication has i.e. it is much easier to control the amount of relaxation. It is quick acting and as mentioned earlier there is the amnesic effect. Again the draw backs are that it is not easily available there and then on demand and usually has to be planned for, the hassle factor and having to involve more people. As I mentioned earlier I think that this technique has its place for more advanced treatments.

So There You Have It

In the last three articles we have had a quick blast through several methods to overcome dental anxiety. In my experience over the last 17 years or so very few people that I have seen have needed to resort to drugs for their dentistry and I think that this is great. Communication is the key, this and understanding builds trust and a great working relationship.

I think I'll give the tree a miss this time and have a beer instead.

Thanks for reading.

Take care

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 848428. He has been in dental practice for over 16 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry. www.castleparkdental.co.uk

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Cottingham resident Glenn Johnson publishes his first novel "Green Goddess" about the Firemans Strike of 1977

Cottingham resident, Glenn Johnson of Exeter Street, has published his first novel, "Green Goddess" about the Firemans Strike of 1977, when the RAF's moth-balled fire engines nicknamed "Green Goddess's" stood in during the ensuing strike. Glenn has financed, edited and published the book, under the label Heart Books, which is his own independent publishing establishment.

Glenn has been writing all his life and at the age 50, and eight unpublished novels later, he thought it would be a good idea to see one of his novels in print and available for the public to buy, so with a great deal of determination, commitment and desire he has produced this short novel.

It is about the 1977 national fireman strike where the old and creaking Green Goddess fire engines came out of moth balls and helped to put out the fires across the country. This particular story is about a crew of 6 who are given half a days training at RAF Catterick before being deployed in Burnley, Blackburn and Preston, on front-line fire fighting duties.

Its story follows the crew both on and off-duty and tells of how the ordinary RAF airmen, who were not properly trained firemen but fitters, storemen, drivers and technicians were suddenly plunged into the deep end to stop Britain from burning down. The hardest part of the emergency was that it was spread over Christmas and New Year but the RAF lads got on with it and carried out a totally professional job.

The book is available at Barkers, John Turnbull, Nik Nax, Blondes, Castle Park News in Cottingham, Browns, Chapel Street News in Hull and Panache on Chanterlands Avenue, priced at £6.00.

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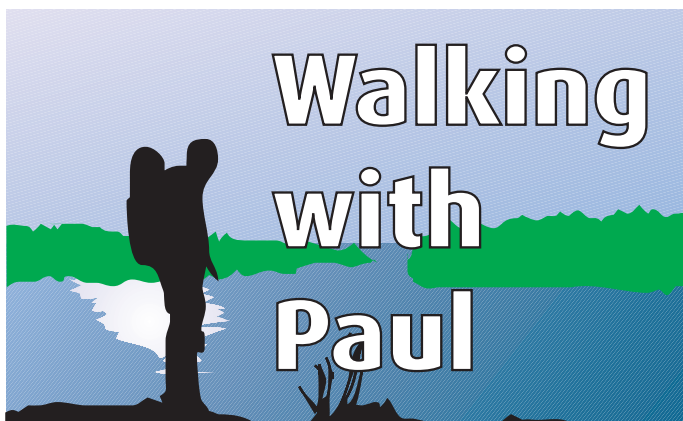
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Here is Paul's latest walk in his series of monthly rambles. This month his destination is Fridaythorpe

Map: EXPLORER 294 :: Start near the village pond.
GR. 875592. Distance 6.5 Miles.

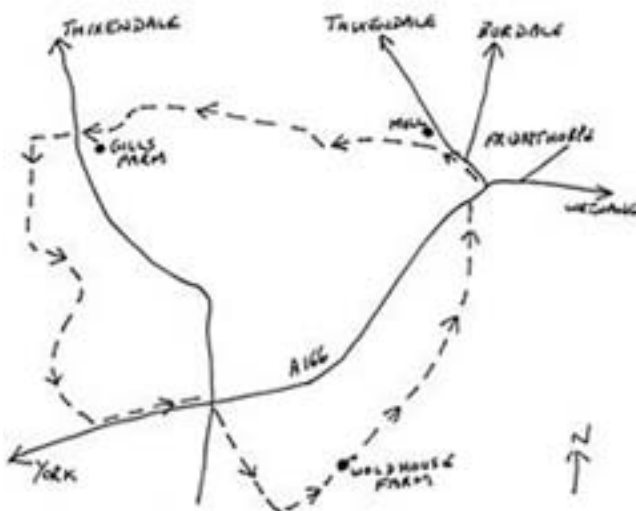
Walk by the village pond on the Thixendale road. Immediately before the Mill, turn left and follow a grassy track, cross over the Mill access road and continue along the grassy track. At the end of the field, pass through a metal kissing gate and descend down the dale on a clear diagonal track.

At the bottom of the dale bear right and pass through a metal kissing gate and then follow the dale up to the left. Climb moderately to reach a stile at the top of the dale head, cross this stile and then continue ahead in the same direction along a farm track. When the track swings left to the farm, continue ahead on the grassy track and cross a stile to emerge onto a metalled road. Cross the road and continue in the same direction along a farm track. Pass through a gate and continue along the track as it swings left to descend Thixen Dale.

On reaching the bottom of the dale, continue straight ahead follow-

ing the dale bottom to the left. On reaching the next gate, do not pass through but turn left to meet a stile, cross the stile and follow the dale bottom for about 200 metres then bear right to meet a plantation. Follow the path round the plantation keeping it on your right. Eventually cross a stile into Pluckham plantation and follow the path to reach the A166 road. On reaching the road, turn left and follow this to a cross roads and turn right (signed Huggate) and then after about 30 metres locate a path on the left and follow this keeping the hedge on the left.

On reaching the farm access road, turn left and follow the road into the farm, turn left and then right through the farm grounds and then follow a distinct track to eventually reach a stile. Cross this stile into Holme Dale and keep the hedge on the left. On reaching two magnificent Horse Chestnut trees, pass through a gate and then continue up the lane and back into Fridaythorpe.



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Residents of Victorias Way, Hallgate show their community spirit

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Residents recently celebrated their 3rd Anniversary after the floods of 2007. Approximately 20 people attended the barbecue celebrations there was music and entertainment and plenty of food. A very good time was had by everyone.

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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.

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

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

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.

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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.

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 wall-flowers, 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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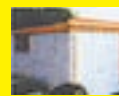
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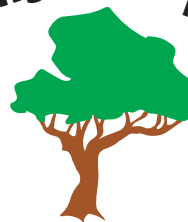


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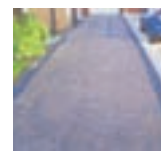
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Your Stars for November 2009 -

By Kay Gower

Aries - (Mar. 21- April 20)

Some people just won't leave you alone this month. Others may be nosy (especially those on the work front) they'll poke around to find your weak spot. Your best defense is to have nothing to defend.

Taurus - (Apr. 21- may 21)

You are no longer ruled by what you "should" be doing, instead you make decisions that are perfect for you and your future. Over the coming months you build something you'll be enjoying for years to come.

Gemini - (May 22-June 21)

Circumstances in November may seem to limit you, but this is only an illusion. You are the one who will decide what to do this month. Push against any walls that seem to block your progress - they'll fall away like fake scenery from the set of a play.

Cancer - (June 22-July 22)

Don't worry if you haven't a clue what to do next. Take comfort in the fact that no one else knows, either. There could be a financial bonus or small windfall this month, the 17th November is a good day.

LEO - (July 23-Aug 22)

Is it possible to fit so much energy into this month without collapsing in exhaustion? If anyone can do it, you can. Don't forget to take your vitamins, Leo.

Virgo - (Aug 22 - Sept. 23)

You easily empathize with a person who is going through problems, but you may find yourself tangled up in their mess if you're not careful. Set boundaries and stick to them.

Libra - (Sept. 24 -Oct. 23)

You can do it. This is all you need to know this month. Charge forward and don't be tempted to listen to those in the peanut gallery. They always say the same old thing anyway - well, let them say it to someone else. A great month is forecast as long as you don't become distracted.

Scorpio - (Oct. 24 - Nov. 22)

A month where you should be single minded and put yourself first. Be firm with people who may be jealous or try to hold you back. Communications will be tricky mid month, so take care to put your words across in a way that can't be misunderstood.

Sagittarius - (Nov. 23 -Dec. 21)

An interesting month that will find you at the edge, the jumping-off place for new kinds of experience, ones that are sure to bring you not only lots of fun but extremes of emotion. Following your dreams can be quite scary. If it weren't, everyone would be doing it.

Capricorn - (Dec 22.- Jan. 20)

Life doesn't get better by chance. Remember that you're the one steering this ship, and it's the little adjustments that you make this month (and there will be at least three of them) that will keep you on course.

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

You expect yourself to be brilliant and everyone else does, too. At work, all eyes are on you: your challenge this month is to stay attentive to wonderful changes unfolding mid November onwards.

Pisces - (Feb. 20-Mar. 20)

When you're tired, you revert to old thought patterns so it's crucial that you get enough rest over the next few weeks. You need to be strong enough to conquer whatever it was that plagued you last month.



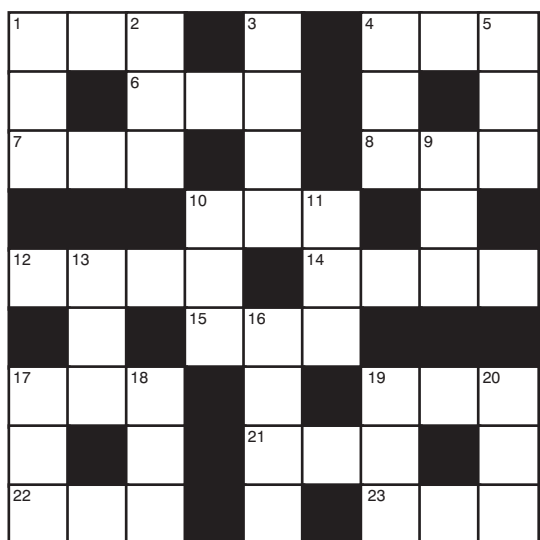
Come and see the live Reindeer at Southwood Farm Shop from November 7th to Christmas Eve

As part of Southwood Farm Shop's Christmas Extravaganza, there will be two live Reindeer visiting from the North Pole from November 7th until Christmas Eve, when they will be busy elsewhere, with you-know-who.

The Grotto is open every weekend until the end of November, Saturday 10.00 am to 5.00 pm; Sunday 10.00 am to 4.00 pm. It is also opening weekday afternoons from December 1st.

For further information telephone Southwood Farm Shop on 01482 845825.

Number Cruncher



Across

1. 20 down doubled
4. Eight times ninety-four
6. Twenty-five squared
7. 17 across plus thirty-five
8. Five times 7 across
10. 9 down times five
12. 1 down times seven
14. 12 across plus 2320
15. Years in eleven decades
17. Dozen in nine gross
19. 6 across minus fourteen
21. Seconds in four minutes
22. Degrees in semi-circle
23. Hours in seven days

Down

1. 5 down plus ninety-six
2. 4 across minus eighty-nine
3. Four times 1 across
4. 8 across minus eight
5. Five times forty-three
9. 22 across minus fifty-one
10. 10 across plus twenty-six
11. Minutes in nine hours
13. Months in ten years
16. Twelve gross
17. 15 across plus seventy-one
18. Months in seven decades
19. 19 across minus ten
20. 23 across plus twenty

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WE ARE ALL UNIQUE

Hi
I hope you've all got your party hair appointments booked as the festive season is getting ever closer, and I know at Unique we don't have a lot of appointments left.

We've been very busy this last month at Unique. We held a very successful hair show in conjunction with our chosen charity The Echoes Foundation. There was some amazing hairwork which is typical of what we're seeing on the runways at the moment and we raised a fabulous £8,000 for the charity, which I'm sure you'll agree is fantastic.

We also closed the salon for the ninth day this year to provide training for the teams in both salons. It's not often both salons get together and we always find it benefits the whole company when we can do something as one complete team. The training session was hosted by Sassoon trained Wesley. Now all our stylists are full of new ideas and are passionate to produce creative work on their clients.

Christmas isn't far off now and Wella have introduced some great gift packs which are great for stocking fillers or just to stock up. We will also have some Sebastian gift packs in salon from next month.

Wella will be re-launching their System Professional range in the New Year so keep your eyes peeled for the new look SP and for some new products too. The whole team is looking forward to working with the new range.

There has been some in-salon success - Paula, Rachel and Sharon from Cottingham and Kirsty from Hessle won an in-salon competition. The prize for them all, was a trip to London to watch long hair specialist Patrick Cameron at the Wella Studio, they also went to the famous La Caprice for dinner. Then after a night in luxury hotel they did what girls do best - an afternoon shopping!

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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A Glimpse into the Digital Future . . .

Recently I glimpsed the future, the digital future that is, and I only had to go as far as the KC Stadium. It was a first for this area, the first conference dedicated to the world of technology and how we interact with it; or put simply 'life in the digital space'. Entitled Hull Digital Live (www.hdlive09.co.uk) it was a coming together of all things digital – the Internet, communication, social networking, advertising & marketing, and how it affects all of us.

The keynote speech was from the BBC's own technology correspondent, **Rory Cellan-Jones**. Joining the Beeb back in the 1980's just as Richard Baker was reading his last news bulletin and hi-tech was a typewriter; he is a man who has indeed seen the rise of technology. His theme was Broadband; where the UK ranks in the world standings (about half way), right down to how our own local provider Karoo compares. 'Does anybody know where HU16 is?' he asked, as he pointed to a speed of 7Mbps on his big screen presentation. That was one of the best reported speeds in our local area as it turned out. But of course there are areas, particularly out towards the coast, where speeds drop considerably, or the service disappears completely; places now known as 'Notspots'. The UK average is apparently 3.8Mbps (depending whose figures you believe), though some areas enjoy breakneck speeds of up to 50Mbps thanks to hugely expensive fibre-optic cabling. The trick here is the much quoted and much-abused term 'up to'. Where you are determines what you get!

Looking even further afield, **Rory C-J had just undertaken a tour of East Africa** for a BBC programme looking at how those emerging nations are coping, and how they see Broadband as a priority, and are piping it in from a new cable running beneath the Indian Ocean from the Gulf. In some countries this is complimented by the 'one laptop per child' initiative that I have mentioned before in this column. See: <http://laptop.org/en/>

Such is the momentum behind the digital future that even these nations are racing to put in broadband over their more basic fundamental needs. Everyone is worried about being left behind in the relentless march into the future. Our own Government has published its own version, in the form of the Digital Britain Report. Many say this does not go far enough in its outlook, but it is pointing inevitably towards the Internet becoming a utility the same as water, gas and electricity.

Charles Arthur, Technology Editor of the Guardian, spoke of how journalism has changed over the years. News gathering now relies not on press releases, but by monitoring what is happening online. All human life is there; and I will explain a few terms now in common English usage. People are 'blogging' - writing up their thoughts online. 'Tweeting' - using the website called 'Twitter' which lets anyone post short messages saying what they are doing, or more importantly what they think, or what they have just heard/seen, and remember we are talking global here. Everything is instant. Journalists now gather all their info, write it up and post it to the online version of their own newspaper. So by the time the paper hits the streets next day, it is already old news. A thought struck me listening to this presentation that if we (the average person on the end of a computer), are all involved in putting our thoughts online and other people are reading/commenting and then posting their own version, then do we need journalists to package it up and sell it back to us to read?

The calibre of speakers you will have gathered by now was first class, and the techno-onslaught continued unabated (apart from the excellent refreshments). We were regaled with the science behind websites, and the psychology involved in online selling and some of the stunning new ways designed to entice us to buy, and of course make the process as simple as possible. The two memorable examples were a code on the corner of a magazine advert, that when a camera phone is pointed at it takes you straight to the website where that item is for sale. The other was a sheet with a code printed on it, which when held in front of a webcam projected a 3D image of a new TV onto the screen, so you could see for yourself how it would look in your own living room!

And lastly a new term to me – 'augmented reality', and not a dubious substance in sight! Imagine standing outside somewhere, and you needed to know the way to the station. You simply point your iPhone (or similarly enabled camera phone) at the scenery in front of you, it takes a gps fix and then overlays the scene with directions of how to get there – fantastic!

But here's the thing. During the day we looked at the myriad ways there are of communicating without actually speaking to anyone. But in fact there were present around 200 people who took the time to get away from their computer, travel to the KC, from London, San Francisco, and Cottingham(!), and spend some quality time talking to each other face to face, discussing, and discovering new ideas. Congratulations to local organizer Jon Moss for a superb conference, and roll on next year's event.

Now some gritty matters from the computing frontline. Over 40 million internet users have been scammed in the last twelve months by instances of 'scareware' scams over the last year. It has been reported by a major security company that there are over 250 variants of the scam, thought to generate over £750,000 per annum for criminals according to data gathered between July 2008 and June 2009. The scam, which we have seen many instances of, takes the form of warning the user that their security is flawed or needs upgrading. They are then directed to a website where they are duped into paying around £40-£60 (normally quoted in US\$), basically for nothing. This fraudulent activity seems to be getting past all the major anti virus products (as it is not actually a virus), but does a very good job of masquerading as such, or even by using Microsoft colours and logos. Don't be tricked into this, if in doubt take advice.

By the time you read this Windows 7 will be on the shelves and starting to ship with new computers. As mentioned previously this is taking over from Vista, and is a more refined and less 'memory-hogging' version of Windows, more later....

And finally, we have now launched our email newsletter and if you would like to be included just drop an email to info@rdmcomputers.co.uk with the subject line: newsletter. In it you will read details of our new innovation, a monthly informative 'how to' feature written in Plain English, available by email or post.

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

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

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

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

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

“Wills, plain and simple”

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

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

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

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

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

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

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

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

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

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

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

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

No surprises - **Wills, plain and simple**.

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

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Solicitors

Wills
plain
and
simple



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Wednesday 20 January 2010

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

Never Too Late to Learn

The one thing that has, over the years, remained to impress me is the fact that no matter how old the horse, it never loses the ability to learn or re-learn (both good and bad). When you consider a thoroughbred in a racing career till the age of 11, as can often be the case.... they can be retrained to do another job in life. Amazingly, the longer the horse is in training the better.

The very fact that an individual horse can survive and flourish in the racing game for a long and consistent career, is a credible testament to its good temperament and trainable nature as an individual.

The "2nd hand" horse market is constantly flooded by very cheap, young thoroughbred horses. They are all racing failures and have been chucked onto the horse scrapheap for several reasons.

- They were simply too young mentally to cope with the stress and trauma of their training regime, leading to very real and dangerous behavioural issues.
- They were simply too immature physically to cope, leading to leg injuries at an incredibly young age.
- They were unfortunate enough to end up with one of the many awful or harsh trainers. Like the puppy breeding trade, there are too many unscrupulous and cruel so called trainers out there.
- Few and far between are the horses that simply don't have what it takes to run fast enough. They can be really genuine young horses, simply too slow.

The Racehorses that remain consistent and come out of training from 8 or 9 onwards are usually really calm and sweet individuals. Because they have stayed in so long then the chances are they have been both well trained and well cared for. These are the horses which are usually a delight to retrain into being general riding horses.

Their ability to learn a whole new way of going and a whole new lifestyle is profound. They appreciate time out in the paddocks and will make real bonds within their new herd, (sometimes too much so, which can lead to separation anxiety). But as a rule these older horses learn and learn well. They can very often end up competing in dressage, show jumping, showing or eventing.

If anyone out there is considering taking on an ex racehorse as their future pet then be well advised to learn about its history. It

should always hold a Weatherby's passport, not some basic identity. That way you can trace its history and career.

Dealers buy up these horses cheap, lose their identity papers and name, invent a past and sell to the unwary at a huge profit. These horses are usually untrained out of racing and will arrive with major issues.....so be warned.

The photo below is one of older horses, Lord Tom who retrained into new a career.

Why, the older we get, do we humans lose the ability to learn new ideas or accept retraining? We tend to close-mindedness at times and can lose sight of new ways of both learning and training...

As a rule, the younger any human or animal is, then the greater is their ability to be taught in general. A race horse has been so totally institutionalised from such a young age, into a life style so intense in its way of being. It truly is a testament to the equine brain, that such enormous and profound changes can be made in a very short space in time, at such a late age as well.

This month, I throw the doors to this page open to any questions any of you may have. Please feel free to contact the Cottingham Times office and pose a relevant query. I will endeavour to publish the question and answer, as best I can. That way every one can benefit by being able to feel free to access this page on a personal level.

Zander is doing just fine. He and other horses have had their stories touched on for a TV series being planned on Horse and Country TV. (A sort of EQUINE SUPPERNANNY!) The promo is on my Facebook site....Melanie.S.Watson. Please feel free to watch and leave comments too. "She saves horses" and a fun promo called "At the races". I hope you enjoy them.





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



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

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

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

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

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

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Age Concern East Riding of Yorkshire has recently relocated all its services to their new premises at 16 North Bar Within, Beverley.

This will provide an easier access point for the over 50's to drop in for information, meaning Age Concern East Riding is on hand from Monday – Friday 9.30am through to 4pm, to guide you on a wide range of issues.

The wide range of services for the over 50's offered in the East Riding include; telephone and drop in information service, befriending, internet grocery shopping, welfare benefits, library IT training and the ever growing home maintenance team, which recently celebrated its 10,000th customer. The home maintenance team will cover all your maintenance jobs, gardening, decorating and minor repairs, to name but a few. Please call the office on 01482 867383, as all jobs are considered.

Through Age Concern Enterprises Ltd, Age Concern East Riding's trading company offers a range of products and services designed with the needs of the over 50's in mind. These include Home, Car and Travel Insurance, Motor Breakdown services, Gas and Electricity and Funeral Plans.

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Hallgate Schools - continued

December 1918 to 1st January 1919

by Peter Railton (Author and Local Historian)

Schools resumed on Monday December the 30th 1918 then closed on Wednesday for New Year's Day 1919.

The attendance was fairly good despite the buildings being 'excessively cold' but there were the usual absences due to colds and sore throats etc. in all departments. Maud Ashton was granted an exemption certificate along with several other girls and a new subject was introduced in 'housewifery' alongside the established lessons in cookery and laundry for the girls. School continued to be cold and a shortage of fuel for the boilers resulted in the schools closing on Thursday 27th of February "for a long weekend" to conserve stocks of coal and coke - no doubt an agreeable surprise for the scholars!

Courses introduced to help with Influenza Outbreaks

A further new course of instructions was introduced in the girls' school - sick nursing, probably stimulated by the influenza outbreaks plus the seasonal illnesses; it was felt that this topic would both help the older girls to care for siblings at home and perhaps point the way to a career after leaving school.

An H.M.I., Mr Frith, paid a day's visit to the school on Tuesday 11th of March; he was evidently interested in singing as he "gave some very interesting suggestions on the teaching of singing, from 3 to 4pm to the head teachers of all three departments and to several assistant teachers in the girls' department."

Exams were held in March in both the girls' and boys' schools, Mr Moorby was away ill all February but returned in time for the quarterly exams and found a lot of colds among the boys and the staff resulting in poor attendance of all. Mr Moorby began to experience more frequent bouts of illness because he recorded in the log book that a Mr Blenkinsop from Norton school was to take charge when he "was not well enough to come".

Teachers received pay increase

In May 1919 a document was received from County Hall detailing increases in some teachers salaries - Mr Moorby's up £35 to £270 a year; Miss Youngson's up £45 to £175 and two other teachers were to receive £145 and £135 per year respectively. The same document directed that boys who attained the age and conditions for leaving school were to remain to the end of a term - not to leave on a birthday. Conversely, children could be admitted anytime and need not wait for the beginning of term, resulting in many children actually starting school on their birthday - horror of horrors! Further, "Section 8 (1) of the Education Act of 1918 is not yet in operation so that exemption under present Bye-Laws is in operation"; so the new school leaving age of 14 had not yet come into force - this applied to both girls' and boys' schools.

Cricket Match played on "Devon Street pitch"

An interesting item appeared in the boys' log book at the end of May - "On 30th May Sts. VI and VI had a cricket game on the Devon 'Street pitch'."

Devon Street, off New Village Road, was not built up until the late 1920's and into the 30's - only the Edwardian houses on the right were there with a footpath to the bottom to meet the snicket, there were no houses on the left nor were there any on the right hand side of Cornwall Street, only the older ones on the left with a footpath down to the snicket; there were no houses on New Village front between these two streets - imagine a grass field there with a fence round it and a gate at the front. This field is where Richard Cox grazed his cows after milking at his dairy at 66 New Village Road, just passed the Classical Gas Showrooms. Mr Cox must have lent the boys the field or a part of it for their cricket games.

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An infant class at Hallgate School, 1919.

On the 5th June a lantern lecture was given to the boys and girls of Sts. IV and above in the boys' hall by an officer of the Canadian Emigration Board. There was quite an upsurge of interest in the prospects of emigration to the Dominions as they were then known, after the Great War and presumably this event was to give children a visual view of that country which was appealing for new settlers at the time, plus of course as a useful aid in geography.

On 25th of June a days holiday was given, "on account of the United Sunday Schools trip to Hornsea all on the same day thus avoiding trips on 4 or 5 different dates."

Classes and teachers in the boys' department in July 1919 were St. I, 41 boys Miss Lathem; St II, 41 Miss Webster; St III, 42 Miss Norton; St. IV, 37 Miss Steel; St. V 46, Mrs Wellstead; St. VI, 37 Miss Youngson; St VII and ex VII, 21 Mr Blenkinsop. Mr cook was demobilised in August "returning with his unit from Salonica" and resumed teaching at the school replacing Miss Norton who left to go elsewhere.

Many Changes of Staff

Three teachers appeared in quick succession in the girls' department - Miss Pomfrett who left to get married and was replaced by Miss Barnes from April to June when she too left and was replaced by Miss E.P. Wright. A lot of illness was reported among the staff, but the girls seemed to be enjoying a few healthy weeks for a change; 35 girls were transferred from the infants to the 'big school' in July and summer holidays were from 18th of July to 25th August 1919.

Mrs Tether did not return to school for several weeks due to illness and by mid September whooping cough, measles and diphtheria had made their usual appearances, especially among the younger girls. Two days holiday was given for Hull Fair and attendance was 'irregular' for the rest of the week as the Fair exercised its usual pull over the children, many of whom thought nothing to walking there and back to save their precious coppers.


Mrs Tether went off ill again in November and did not return until June of the next year and a Mrs Peak was engaged as a supply teacher.

In September Mr Moorby complained in the log book that "Members attending a Dance Class will interfere with school property, defacing maps drawn on black boards etc."

The Rev L Moore went to see the 'defacing' for himself and assured Mr Moorby that he would 'have a word with the dance organisers.

Apples and pears were gathered from trees in the school gardens and heavy crops were reported; potatoes were dug up and they also gave good results and the soil was then dug over for the winter. The headmaster had a further bout of illness in November but returned for the first anniversary of Armistice Day. This was a solemn occasion in both boys' and girls' department; at 10.58am all classes assembled in their respective halls and a two minute silence was observed, then a letter from the King to all schools was read out followed for the rest of the day by lessons on peace and war and the new League of Nations in all classes.

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News from Cottingham Little Theatre

PULL THE OTHER ONE

The Autumn 2009 Production by Cottingham Little Theatre will be "Pull The Other One" a comedy by Norman Robbins.

"Albert Perkins is blessed with a loving wife and cursed with a fear-some mother-in-law. A series of innocent misunderstandings involving a glamorous artiste, an offer of almost nude modelling and a bell-ringing escapade causes mayhem in the household and provides endless amusement to the audiences."

Performances will be held at the Darby & Joan Hall, Finkle Street, Cottingham on Thursday 26th November, Friday 27th November and Saturday 28th November commencing at 7.30pm. Doors will open at 7.00pm.

Tickets priced at £5.00 (Concessions £4.50) are available from Bakers, Newsagents, Hallgate, Cottingham and from our Ticket Secretary, Kaye, on tel. no. 01482 842270.

The Director will be Brian Hossack, our most experienced Director, who says, "rehearsals have gone very well and the cast have blended together splendidly. Hold on to your hats, it is fast and furious, and very funny".

and we are pleased to be welcoming two new members in their first acting roles for us.

Firstly, Peter Jubb, who joined us last year following a move from Flamborough and who has previously given sterling assistance both backstage and front of house. Peter had some previous experience after helping backstage at Dinnington School where his wife was then teaching. Following the move to Flamborough he joined the RNLI Pantomime group to help backstage but finished up acting which he found he really enjoyed. In 2006 he moved to Skidby and saw our articles in the Cottingham Times, decided to join us and the rest, as they say, is history.

Rachel Miller, on the other hand, moved to Cottingham in May of this year when her husband found employment in this area. Rachel was involved with The Little Theatre in Sheringham when she was a child. Then six or seven years ago she joined a theatre group in London, where she was then working, and realised how much she enjoyed being part of a show. Whilst there, she gained experience of acting, backstage and even some directing. Following a move to Northern Ireland in 2004 she joined the Bangor Drama Club and became involved with some really exciting productions, including touring with "The Patrick Pearse Motel" around various festivals all over Ireland. She came to see our last play "Dangerous Corner", again after seeing our articles in the Cottingham Times, and here she is in her first acting part.

PLAY READINGS

Our next Play Reading will take place at 7.30pm on Monday 2 November in the Old Brewery Bar at the King Billy Inn in Hallgate, Cottingham. We are always pleased to welcome new guests to these Open Sessions. For more information give Sue a ring on 01482 842250.

There will be no Play Reading in December, but we will re-convene on Monday 4 January, 2010.

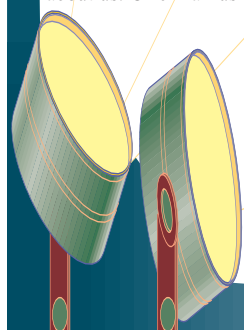
SOCIAL EVENTS

Our Cheese and Wine Evening was a resounding success with over 20 Members enjoying a convivial evening of poetry, wine and cheese.

Next event is the Christmas Party Night at the Ferguson Fawcett Arms in Walkington on Friday 4 December.

NEW MEMBERS AND FRIENDS

We have already welcomed half a dozen or so new Members and Friends during the last year, since we started writing these Articles, and, as you will see above, two of them are taking part in the next Play. If you fancy joining us, either as a Friend or a Member, have a look at our web-site www.cottinghamlittletheatre.co.uk where you can find out a lot more about us. Or e-mail us at clt1920@hotmail.co.uk



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

Below: Answer to Sudoku problem No. 34 from the October issue.

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

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Neighbourhood Action Teams (NATS) working with the Community

Over the last few years residents will have seen a group of fluorescent jacketed people, of all ages, cleaning up various parts of Cottingham on a Saturday morning. This band of volunteer litter pickers and graffiti removers are part of the Cottingham NATS team. NATS (Neighbour Action Teams) were the result of the "Building Communities Beating Crime" initiative. The East Riding of Yorkshire Council Safe Communities introduced 15 NATS teams which work in partnership with Humberside Police to identify concerns and agree local priorities.

The aim of the group is to work in partnership with Safe Communities to reduce crime, disorder and the misuse of drugs. Your local NATS team meets every two months and consist of representatives from local communities and includes local Police Officers, Police Community Support Officers, crime prevention panel, youth organisations, schools, drug treatment services, Fire and Rescue services, Neighbourhood Watch Groups, Safe Communities support officer, community and voluntary groups, local religious groups including "Cottingham Churches Together" and Parish and County Councillors, and anyone else who wants to join us.

Recent projects carried out by the Cottingham NATs include leafletting car owners to reduce vehicle crime, clearing graffiti and litter in the Cottingham area and very successful cycle coding days.

The NATS team work closely with the schools and recently the group are carried out 'Theft of Cycle Awareness' days targeting adults and local school children with crime prevention advice and held another cycle coding. If you care about your community and like to get your hands dirty please come and join us. You can find out details from members of the Parish Council, the Police (at The Lawns) or your County Councillors.

Martin Branton, ERYC Safer Communities



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Professor David Bellamy gives Croft Park at Little Weighton the eco-friendly thumbs up!!



Professor David Bellamy, the TV presenter and environmentalist recently visited Croft Park Caravan Park at Little Weighton to offer eco-friendly advice to park owners Steve and Denise Yorke-Fairburn.

Local children from the Little Weighton Rowley C of E Primary School had a competition at their school, having to write an essay on why they would like to meet David Bellamy. Five winners were chosen and invited to be present when Professor Bellamy visited the Park. The children helped him to plant a cherry tree and were given lots of information regarding environmental subjects.

Professor Bellamy was very impressed with the work that has already been undertaken by Steve and Denise, such as recycling and composting measures, they leave hedgerows in their natural state to provide a habitat for birds, animals and plant life.

With David Bellamy's help they hope to offer customers green options with their holiday homes, such as urban drainage systems, solar heating and solar energy.

When Professor Bellamy began examining the conservation work being carried out by holiday parks almost ten years ago, he made some very exciting discoveries. For it wasn't just human guests which were enjoying the natural surroundings: birds, animals and plant life were also flourishing as a result of the good environmental practices being put to work.

Professor Bellamy's study prompted him to initiate an annual award scheme to highlight the many remarkable

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achievements of these parks - and to encourage others to follow suit.

David Bellamy Conservation Awards are made each year to parks which can demonstrate policies showing active concern for the environment. Assisted by local nature groups and holidaymakers themselves, David Bellamy looks at virtually every aspect of park management - from the protection of plant and animal habitats to the efficient use of energy and recycling. Helping visitors to understand conservation is also considered an important qualifying feature. Three levels of excellence can be achieved: Gold, Silver and Bronze.

The adult-only site already holds a five-star rating from the Yorkshire Tourist Board. There is a tea room (currently closed for the winter season) and a museum featuring Steve's collection of vintage motorcycles open to the general public.

In 2007, planning permission was granted to build 18 luxury lodges and earlier this year, the first show lodge was built. The bespoke lodges on this superb tranquil park will be available in Spring 2010.





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Calling all Crafts men and women

HERIB have some stalls available for their Christmas Craft Fayre to be held on Saturday 12th December at the Cottingham Civic Hall.

Anyone wishing to book a table should contact Lisa on 01482 342297 for further details.

East Riding Open Art Exhibition application forms available now

Application forms are now available for Beverley Art Gallery's ever-popular Open Art Exhibition.

The exhibition runs from 11 December to 6 February 2010 and people can pick up their form from the first floor reception at the East Riding Treasure House in Champney Road.

Alternatively, those who would have difficulty getting to the Gallery to pick up a form can send an A5 or one-third A4 stamped addressed envelope to: Beverley Art Gallery, Champney Road, Beverley, HU17 8HE.

Beverley Art Gallery is open Mondays, Wednesdays and Fridays, from 9.30am- 5pm; Tuesdays and Thursdays, from 9.30am- 8pm; and Saturdays, from 9am- 4pm.

For more information, call (01482) 392780.

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The Cottingham Singers require new members

The Cottingham Singers, an Adult four part mixed voice choir, under the direction of their new conductor Paul Anderson, are looking to recruit new members, especially altos, tenors and basses.

If you enjoy singing please come and join us for rehearsals at 7.30p.m. every Wednesday evening at Bricknell Avenue Methodist Church, where you will be made very welcome.

There is no need to live in Cottingham to join us. We perform several concerts a year for charity, singing a varied selection of songs. Please contact (01482) 654535 or 506643 for more details.

Other Lives Productions present Doodlebugs and Decorations at Skidby Village Hall

Other Lives Productions presents Doodlebugs & Decorations at the Skidby Village Hall on Thursday 10th December at 8.00 pm. Doodlebugs & Decorations, a Winter In Wartime: A seasonal medley of readings and semi-dramatisations across the ages.

This is followed by the World Premier of "Epiphany" by Richard Avery. In which an ex-mineworker, who has served time in prison, and a blacksmith, who fought in the First World War and was one of the 'Lions led by Donkeys', come together as ARP fireguards in the Christmas of 1941. Their respective faiths, Christianity and Socialism, are tested in a comic and moving clash of views which ends in an epiphany for both men

The show will last about 90 minutes, and refreshments will be served in the interval. Entrance is £7.00 Pay at the Door or for Advanced Seat Reservation Ring 01482 862752 or 07780 734330 or email otherlivesproductions@yahoo.co.uk

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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.

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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.

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Hat Making Opportunity Workshop at Skidby Windmill on Saturday November 14th

As part of a series of art and craft workshops, organised by the council's museums service, Vivienne Morpeth will lead a workshop called "Crowning Glories" which is all about making hats.

Hats make a statement about their wearers. Vivienne will guide participants in this event through the simple processes in designing and creating headgear that is uniquely you.

No Experience Necessary

No previous experience is necessary and no sewing nor special equipment are required. The workshop, which is suitable for adults aged 16+, takes place at Skidby Windmill on Saturday, 14 November (10am - 4pm) and costs £30 to include wool and any other materials.

Details about this and other workshops can be found in a booklet available from East Riding museums, libraries, customer service centres and tourist information centres. Booking can be made using the booking form in the booklet or via the council website www.eastriding.gov.uk

For further information, please ring Jane Bielby, museums outreach officer, on (01482) 392773 or by ringing Skidby Windmill on 01482 848405.

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This month our Mystery Diners visited The King William IV (King Billy) on Hallgate, Cottingham

If you are looking for somewhere to eat in Cottingham which offers home-made cooking and portion sizes that even the biggest appetite would struggle with, then you need to visit the King William IV Public House in Hallgate.

Now one of the most popular pubs in the village, landlady Maggie Clarke and her team have certainly turned the fortunes of this hostelry around over the last few years. It now boasts a comfortable lounge which doubles as the restaurant, a traditional bar, a back room Brewery Bar, which is available for hire and an outside seating area for when the English weather allows for outside drinking.

The pub offers a full range of beers, ciders, spirits along with a changing selection of guest ales and over a dozen wines, some available by the glass. A popular talking point about this pub is the food.

Having heard so much about it and never visited for more than a drink, my wife and I decided to give it a try. We visited one Friday for an early dinner, arriving at about 6pm. Food is served from 5.30pm to 7.45pm most evenings and when we arrived the place was packed with early evening diners and every table was in use. However this gave us time to get a drink and to look at the Menu and Specials board. The main menu offers a varied selection of sandwiches in both large and small portions, Hot Baguettes and Jacket potatoes with most of the prices under £4.

There is also a selection of Light Bites such as Soup and a roll (£1.95) and Garlic Bread (£1.95) as well as the King Billy Combo (£4.50). The main meals read like fairly typical Pub Fare - Fish and Chips, (Available every day) Smoky Chicken, Scampi, Lasagna, Chilli, Gammon Steak - all at £5.95. There is also a range of Burgers, Steaks and a massive Mixed Grill if you are really hungry. On the Specials



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Board on the night we visited was Home Made Steak Pie, Liver & Onions, Pasta Bake and a choice of desserts. Once you have made your choice and found a table you order your food at the bar, sit back and wait.

From the Main Menu I chose Deep fried Fresh Fish & Chips and Mushy Peas and my wife had Home Made Steak Pie from the Specials Board. When we ordered, we were asked if we wanted small or large portions. We both picked the larger option!!!

As we waited for our food, only about 15 minutes, we watched a constant stream of plates coming out of the kitchen loaded with food and an equal number being returned empty. From where we were sitting it all looked very encouraging.

We had also ordered a bottle of Pinot Grigio wine to accompany our meal, which was one of nine different wines on the Wine Board at under a tenner. If I have any adverse comment to make it would be that the wine could do to be much colder.

When the food arrived, I have to say it was well worth the wait. The fish was huge and coated in a fantastic light homemade batter and cooked to perfection.

My wife's Home Made Steak Pie was enough for two, made with home-made pastry and filled with very tender pieces of beef. (All meat and Vegetables are bought locally)

The problem with such large portions is that it doesn't leave any room for a pudding, which looked really nice. The table next to ours had home-made Cheese Cake and Apple Pie with custard which were both huge and, according to the diners very tasty.

Our meal, with wine, cost a little over £21 which I feel is great value, especially when you look at the portion size. If you don't have a big appetite, then go for the smaller portion and maybe having a pudding as well.

As I say, if I am being 'picky' my only criticism was the the wine could be cooler, but maybe I should have asked for an ice bucket.

By the time we left at around 7pm the Lounge Bar was still busy with diners and I have a feeling it probably is most nights. We really enjoyed the food and all I can say is 'Maggie keep up the good work' This village needs a pub like this and if you have not tried the food, don't wait like we did, visit soon.



News Updates from the Cottingham Post Office

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Gary (Sub Postmaster)

The Half Moon Public House at Skidby has re-opened

The Half Moon Public House at Skidby has recently re-opened for business. Steve and Christine has come out of semi-retirement to takeover the running of the Half Moon after its brief closure.

Previously at the Black Prince, The Parkway, Cottingham for eight years Steve and Christine are once again serving food at lunchtime and evenings. Back on the menu are the famous breadloaf-sized Yorkshire Puddings made from the original recipe.

Steve has plenty of knowledge of the catering trade as he served as a chef on Cunard's Queen Elizabeth during the 1970's.

Music is also on the menu with music nights Tuesdays and Fridays.

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Cottingham Cricket Club Presentation Evening held at the Hilltop Club

The chairman of Cottingham Cricket Club, Mike Gibson, welcomed everyone to the Presentation evening for the Under 15, Under 17 and Senior teams which was held at Hilltop on 16th October. He also introduced Reece Bird, the Yorkshire Cricket Clubs Club Development Manager for East Yorkshire who was to present the awards.

The evenings awards started with the Under 15 B Division team - the bowling award was shared between Rich Moy and Brendan Ward with the batting award being given to Josh Dickinson. The Player of the Year for the Team was Captain Peter Greenman.

Rob Rhodes, the Under 15 Manager, then asked the cup winning team to be re-presented with their winners trophies with skipper Liam James picking up the Cup. Mementos were also given to the lads who had played in earlier rounds of the competition and those present on the night came forward to collect their trophy.

The A Division team awards were then announced. The bowling award was shared between Liam James and Matthew Hagyard with Byron Parker picking up the batting award. Player of the Year was Will Rhodes.

The Under 17 team were then re-presented with their Cup winners trophies and those who had played in earlier rounds received their trophies for being part of the winning squad. Graham Furlong, the U17 Manager then announced that the batting award was won by Mike Bell, and Jamie Richards had won the bowling award. The Player of the Year was Danny Furlong.

As members of the Yorkshire Schools Cricket Association squads, Byron Parker and Will Rhodes were each given a silver salver by the Club in recognition of their selection for their respective age groups, under 15 and under 14.

The awards for the 3 senior teams then followed with Rob Rhodes announcing the winners. Starting with the Academy team, Matthew Hagyard picked up the bowling award with Steve Richards the batting award. Jamie Richards was nominated as Player of the Year by Pete Pearson, the Academy captain.

The First and Second XI awards are done on the best averages and the Player of the Year awards are voted on by the players of those teams. The Second XI batting trophy was won by Dave Goodwin with the bowling award going to Rich Easter. Liam James was voted as the Player of the Year for the second team. The First team awards went to Stu Hilton for his bowling and to Will Rhodes for his batting. The Club then presented to Danny Moss an engraved trophy in recognition of him scoring the clubs highest ever individual score, 164 not out. The last award of the evening the First Team Player of the Year was then presented by Reece to Stu Hilton.

The Clubs winter training starts on Thursday January 7th 2010 with Indoor nets at St Marys Academy, Cranbrook Avenue for all age groups and coaching sessions for Under 13 and younger at Cottingham High School starting January 9th 2010. Further details from Rob Rhodes (Youth Development Manager) on 842215.

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Hull Playgoers' Society perform "Habeas Corpus" at Spring Street Theatre, Hull during November

Hull Playgoers' Society is a thriving local amateur group which was established in 1901 and has grown steadily over the years. Now the Society has a large and lively membership, many of whom come from the East Riding, including the Cottingham and Skidby areas. The Society has fortnightly meetings, when the members gather to read plays, and two annual productions, in the spring and autumn.

In November the Society is looking forward to its first production at the new Hull Truck Theatre studio, with Alan Bennett's comic favourite 'Habeas Corpus.'

The show features a glorious cast of characters including the lecherous Dr Wicksteed, his hypochondriac son Dennis, the object of both their affections the Honourable (and buxom) Felicity Rumpers and her over-protective mother Lady Rumpers. Also in the line up are Dr Wicksteed's flat-chested sister Connie, her suitor Canon Throbbing, a frustrated vicar, and the hapless 'appliances' salesman Mr Shanks, whose efforts to provide Connie with the bust of her dreams lead to more than he had bargained for.

The action is overseen by the all-knowing charlady Mrs Swabb, who hooovers her way across the stage, commenting hilariously on the goings-on centred round the home and surgery of Dr Wicksteed and his family, in the seaside town of Hove.

Habeas Corpus, written in the 70s, is considered a classic, combining the best elements of farce – mistaken identity, visual humour and a good sprinkling of sexual innuendo - with Bennett's trademark wit and pathos.

The show is on at the Hull Truck Studio Theatre, Ferensway, from Tuesday November 17 to Saturday November 21 at 8pm. Tickets, priced at £9 full, £7 concessions, are available from Playgoers' ticket secretary on Hull 701570 or the theatre box office on Hull 323638.

Reduced Rate Swimming in the East Riding

Leisure centres throughout the East Riding will offer reduced rate swimming for the rest of the year.

Between Monday, 2 November, and Thursday, 31 December, customers of all ages will be able to swim during afternoons for just £1.50 per session between 2pm and 4pm on weekdays.

Councillor Jane Evison, portfolio holder for cultural services, housing and public protection at East Riding of Yorkshire Council, said: "Swimming is a great activity for people of any age to have fun, improve their health and to meet socially.

"At this price it is possible for more people than ever to enjoy all the benefits swimming offers.

"We hope that customers will take advantage of this offer and take time out to enjoy a relaxing swim."

Participating swimming pools include Beverley Leisure Centre, Driffield Leisure Centre, Francis Scaife Sports Centre, Goole Leisure Centre, Haltemprice Leisure Centre, Hornsea Leisure Centre, Bridlington Leisure World and Pavilion Leisure Centre in Withernsea.

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What About You?

As we approach the end of the year, we start thinking of our New Year resolutions, health and well being a mainstay of our new found goals. Come February or March our sense of purpose wanes into steady free fall that is very much governed by high levels of stress, mental and physical fatigue, and an array of aches and pains we accept as the day to day living on life!

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These are the good things in our lives.

So What About You?

Sometimes our true selves are neglected. Conflict at home or work creates a high percentage of physical and mental stress. When we are angry with others we have an enemy within ourselves!

Concentration and energy levels suffer as our over opinionated stressed out minds go into a rollercoaster overdrive! Our New Year flame a dull light, we soon forgo our new found motivations as a passing phase.

What we really do need to invest in is our true selves by being positive and purposeful in all that we do. Give respect to all, even if your opinions differ, be mindful of each and every moment. Inner strengths needs no motivation. ***So What About You?***

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Over £500 raised for MacMillan Cancer Support Charity at Cottingham Memorial Club

A Coffee morning was recently held at the Cottingham Memorial Club. The event was in aid of the MacMillan Cancer Support Charity and raised over £500. Club Secretary, Graham Stroud said, "It was a great success with over 80 people attending. We would like to thank all those who attended, donated prizes for the raffle and those who bought tickets. We hope we may organise something similar next year".

The Coffee Morning and raffle raised over £500 which will be donated to MacMillan Cancer Support.

Pictured top left to right: "Pouring Coffee" - Graham Stroud, David Cross & Bryan Peaks and below some of the 35 prizes donated.



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East Yorkshire Motor Services becomes UK "Large Bus Operator of the Year"

The 800 employees at the East Yorkshire bus company are celebrating after their firm won the coveted "Large Bus Operator of the Year" Award at a presentation dinner attended by over 600 people from the bus and coach industry. This particular award is for bus operators running over 100 buses, of which there are over 100 in the UK.

The RouteOne Operator Excellence Awards are run by one of the industry's main national trade magazines and are judged by a panel with a wealth of experience in and beyond the coach and bus industry.

East Yorkshire Motor Services, which trades as Scarborough & District in the Scarborough area, is the largest subsidiary of Hull-based EYMS Group Limited, and runs 320 buses and coaches throughout Hull, East Yorkshire and in parts of North Yorkshire.

East Yorkshire was also shortlisted amongst the top five for the Operator Training Excellence Award, and the company's chief engineer, Dave Heptinstall, was one of the three finalists for the Bus Engineer of the Year Award.

Nine members of the EYMS management and training teams, and Nick Bardsley from the company's training partner Springfield Training Limited, were at the dinner to see chairman Peter Shipp and finance director Peter Harrison receive the trophy and certificate.

The prestigious award was made at the end of the presentation ceremony which included several other awards to individuals and smaller bus and coach companies in the bus and coach industry. The dinner, at the National Motorcycle Museum in the Midlands, was hosted by RouteOne editor Mike Morgan and BBC sports commentator John Inverdale, and comedian Roy Walker provided the after-dinner entertainment.

The judges said "this is one category that certainly did not disappoint us! Each of the five shortlisted companies was able to stake a worthy and very valid claim to being among the best in the business. However, one company stood out from the rest by virtue of the evidence it presented which showed that far from resting on its laurels it is constantly seeking and exploiting new initiatives that maintain an already impressive record of growth".

"There can be nothing but respect for a company that maintains its investment levels and constantly evolves as a modern bus operator whilst still maintaining its traditions. What's more it has strengthened its position. This is a large bus operator that has more than held its own".

The judges were looking at all aspects of the business, including consistently high vehicle maintenance standards over the last few years, significant innovations and training developments over the last 12 months, a record of constant investment in the fleet, service reliability, and anything else which made the business stand out in terms of operating excellence.

EYMS chairman Peter Shipp said he was absolutely over the moon at the award and paid tribute to all the staff at the company who had helped to achieve this success. It is very gratifying to know that our efforts to provide a consistently high quality bus service have been recognised by other people in the industry who know about these things but we shall certainly not be resting on our laurels, and this award will make us want to do even better in future."

Picture shows Peter Shipp holding the certificate and finance director Peter Harrison with the trophy and a small group of EY staff representing various departments of the company.

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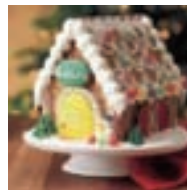
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Cottingham Music Lovers - November concert details well 'noted'!

Following a mention in last month's edition of *The Cottingham Times*, excitement is building in the village, of news that the lead violinist from the famous Allegri string quartet is to visit Cottingham and is being joined by International pianist Elizabeth Altman as accompanist.

Ofer Falk, an outstanding Israeli violinist and Elizabeth will be playing a programme consisting of sonatas and a scherzo by Brahms, which are the centrepiece of their joint CD recording to be made shortly



They will also play some popular items by Mozart and Beethoven together with a few 'lollipops' for violin and piano.

The date of this special event is Sunday 15th November, 2.30 pm in the Hallgate Methodist Church. Tickets are only £10, including programme and refreshments (£5 for Students in full-time education). Available 12th October onwards from Gilly's Balloons 'Back Room', Hallgate, also The Photo Shop, King Street, or telephone 01482 847122/842347.

Due to the high cost of such a prestigious event, the organisers are hoping for a record turnout and hope that both old and new supporters will be in attendance.

Further information can be obtained from the phone numbers above.

Pictured top: Elizabeth Altman and above Ofer Falk.

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Cottingham Lights Night

We shall be open on
Cottingham Lights Switch On

There will be Free Home-made Mince Pies
and Mulled Wine (for the grown ups only)
BUT ANY DONATIONS RECEIVED WILL GO TO THE
RUGBY TACKLING TEENAGE CANCER CHARITY



Put your best foot forward

Your feet each have 26 bones. Your big toe has two bones and each of your other toes has three. These bones are called phalanges (fal-an-jeez) The middle part of your foot has 5 bones called metatarsals (met-a-tar-sals).

The two biggest bones in your feet are the strongest because they carry most of your weight. The heel bone (cal-ca-ne-ous) and the talus (that's the bone above your heel and below your shin bone) are two of the seven tarsal bones that spread out from your ankle to the middle of your foot.

Our feet do a lot of hard work for us, in winter they are hidden away for hours on end and in summer constantly exposed. They deserve a little pampering

Washing your feet daily is an essential aspect of foot care. Cleaning away the everyday film of dirt and sweat prevents the risk of infection and also helps keep them smelling fresh. Don't forget between the toes where dirt and bacteria love to gather.



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Cottingham
Monday 5.30 pm and 7.30 pm
and all Bank Holidays
Also at: Sutton Park, Hull
Tuesday at 9.45 am
For Membership details Ring Theresa on 823032

Crossword Solution from page 14

1	L	I	M	I	T	E	D		5	R	I	S	K	7	S	
	A		E		A		O			I		C			U	
8	R	A	D	A	R			9	R	O	G	U	E		B	
	D		A		G		S		I			N			D	
	E		10	L	E	E	W	A	R	D		11	E	M	U	
	R				T		L					R			E	
		12	A	B	Y	S	S		14	O	B	E	Y	S		
16	A		A					17	A		A				18	W
19	B	A	N			20	T	A	C	T	F	U	L			A
	R		D		R		C			F		A				L
	O		22	A	G	I	L	E		23	L	A	S	E	R	
	A		G		A			N		E		S				U
24	D	W	E	L	L			25	T	E	D	I	O	U	S	

A long hot soak after hours on your feet sounds great and often feels even better. When your feet and legs are feeling hot, tired and heavy, start out with a soothing foot bath to cleanse and revive your feet. Always be cautious of steaming tubs in cold weather. A freezing foot hitting hot water can sometimes result in chilblains forming as the constricted blood vessels expand too fast. A few drops of Essential oils are wonderfully relaxing. Tea tree oil, helps with foot odour and fungal nasties. Lavender, relaxing and ylang ylang refreshing. Use a pumice stone which will remove hard skin. Afterwards lashings of moisturising cream needs to be applied. Presents of creams and lotions can be used up or better still use vaseline or any of the professional foot care products readily available.

After being kind to your feet at home, it is now the time to think about some professional care. Have you corns, calluses, hard skin, difficult nails, diabetes, Ingrowing toenails or any foot ailments that need professional care, or just want a foot detox reflexology or a massage?

Cottingham provides probably some of the best footcare specialists at very reasonable prices. Why not try Beauty at your Fingertips, Carole Headley, Donna Parry, Happy Feet, Sensations, to name but a few. All are professionally qualified and provide a friendly service.

Why not ask your relatives for an early Christmas Present and have your feet pampered.

Now with the dinner and dance season on the horizon instead of being a wall flower with aching feet. You now have the chance to be an Audrey Hepburn as Eliza Dolittle in "My Fair Lady" and maybe you could 'dance all night.'

VILLAGE BATHROOMS & KITCHENS

Don't Move IMPROVE!!!

We now stock ancillaries for your D.I.Y. bathroom fitments. From clear and white silicones and caulking to solder joints and fittings.

We stock toilet pan connectors, bath and sink wastes. Radiator valves in chrome, radiator valves in white. Standard kitchen, basin and bath taps, waste pipe in white along with choices of elbows and joints. Halogen gu10 bulbs, chrome spot lights, 12 volt transformers and 12 volt halogen bulbs. A range of electrical sockets and switches. Electric showers. Bar shower valves and riser kits. Solder 15 and 22mm joints, solder, flux, and some ancillaries. Toilet extractor fans and low voltage bathroom extractor fans. Bathroom suites, basins and toilets. Chrome towel radiators. Standard radiators can be ordered and delivered next day. D.I.Y. outside tap conversion kits, tap washers, toilet siphons and many parts are available next day.

We can get any part for any plumbing situation next day if we don't stock it.

So don't travel to Hull, save some money and walk around the corner to Village Bathrooms & Kitchens.

Bathrooms and Kitchen design
Suppliers of quality bathrooms
and kitchens



VILLAGE BATHROOMS & KITCHENS

58 NEW VILLAGE ROAD

Cottingham

(01482) 842550

A question posed by one of our customers. "Do halogen lights use a lot of electricity?"

Well, the answer depends on the wattage of the halogen light. Halogen down lights, as fitted in most kitchens and bathrooms are usually 50w each. You do the maths. We now stock low wattage replacements, 11w.

Are they as bright? Well they take time to warm up and cast a very white light, but once warm, they are nearly as bright and at 11w, the saving in a kitchen could be many tens of pounds over the year. I have fitted 36 in my home and will make the saving over the year. And don't forget they can last up to three times longer than a standard bulb. Quite a saving you must agree.

Our opening times are 8:30 to 4:30, Monday to Friday and Saturday 9:00 to 12:30.

We still corner the Market in Service :: Give us a ring and let us remind you.

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