

Cottingham Times

and District

Issue 120 - November 2011



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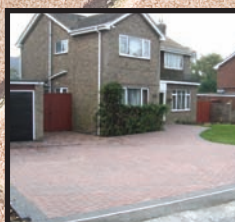
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Telephone: 01482 840035

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Published Monthly by: The Cottingham Times

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We also have S.A.L.T. Lunch (Share a Lunch Together) every Tuesday in the Mark Kirby Hall, 12.00 noon to 1.30 pm.

Mary's Village Pop In - The small hall at the Village Hall, Skidby
Tuesdays and Fridays 10.00 to 4.30 pm. Adults, Children and Young People Welcome. Call in at any time for a drink and a chat. Tea, Coffee, Hot Chocolate, Biscuits, Crisps and Sweets. We have an exclusive range of quality Christmas Cards designed by local artist Stuart Stoppard. The cards feature various views of Skidby, and the local area. They are available at the Pop In.

Age Concern East Riding of Yorkshire

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

Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Simon Ecclesley, Club Chairman on 01482 840367 or visit our website www.cottinghamrangers.co.uk.

Zion United Church, Hallgate

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

Scottish Country Dancing Club

Every Monday - Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. Further further information just turn up, or telephone Philip on 658247 or Joyce 871790. 7.30 pm to 10.00 in the Zion United Reformed Church Hall, Hallgate, Cottingham.

Cottingham Local History Society

Wednesday 2nd November - The Progress of Henry VIII Through (North) Humberside (The Annual Lecture), Richard Clarke. The Society meets every first Wednesday in the month, in the Red Hall of Hallgate Primary School, Hallgate, Cottingham, commencing at 7.30 pm. Entrance is via the King Street entrance to the school.

Cottingham Men's De Luda Association

Wednesday 2nd November - Marine Heritage, Bill Wrigby, in St. Mary's Church Hall, 2.00 pm.

Yorkshire Countrywomens Association (Skidby Branch)

Thursday 3rd November - Minster to Minster - A Vicars Journey to York and Beverley, in the Skidby Village Hall at 7.30 pm.

The British Sugarcraft Guild (Hull and Holderness Branch)

Saturday 5th November - A workshop making marzipan fruits and vegetables. Meetings are held once a month at the Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham, between 2.00 pm and 4.00 pm. New members and visitors welcome.

Front Cover Picture: Cottingham Lights. Photograph by John Dewing, 6A Queens Close, Cottingham. Tel. 84710.

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The Rotary Club

Saturday 5th November - Charity Craft Fair, at the Civic Hall, Cottingham. The fair is open from 10.00 am to 4.00 pm. There will be over 20 quality craft stalls, cakes, books, tombola and refreshments. Admission 30p and all profits go to Rotary local and international charities.

The Darby & Joan Hall

Saturday 5th November - Various stalls, tombola, raffle, and tea and coffee and scones, 10.00 am to 12.30 pm. Admission 20p.

Cottingham Women's Institute

Tuesday 8th November - General Meeting, Financial Statement, Annual Report, Election of President, at 10.00 am upstairs at the Civic Hall, Cottingham. *Lift available.*

Haltemprice Art Group

Tuesday 8th November - Sketching - Gill Stansfield/Barbara Bauckham

Tuesday 15th November - Stripes and a shiny object

Tuesday 22nd November - Sketching - Mary Spink/Jackie Churchman

Tuesday 29th November - Illustration of a favourite carol.

East Riding Cricket Society

Wednesday 9th November - Jim Love, English and Yorkshire Batsman, in the Humberside Police Sports Club, Inglemire Lane, 7.30 pm for 7.45 pm.

Cottingham Green Women's Institute Evenings

Thursday 10th November, Speaker Deidre Alcock "Forever Crackers" demonstration and practical meeting. Competition: Christmas Decoration, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 10th November - Nial Adams, History of the Landscape of the East Riding. In the hall at the Darby Joan Hall, Finkle Street, Cottingham.

Cottingham Combined Charities

Saturday 12th November - Annual Christmas Fayre, in the Civic Hall, Cottingham, 10.00 am to 4.00 pm. Admission 20p; Refreshments served all day. A wide variety of stalls, with cards, gifts, games, books and homemade produce. Entertainment during the day.

Skidby Playing Fields Association

Saturday 12th November - Fundraising Event 10.00 am to 3.00 pm at the Skidby Village Hall. Admission is free, and refreshments will be available all day. For booking details please contact either Lynn 07772 394773 or Diane 01482 849128.

East Yorkshire Embroidery Society

Saturday 12th November, History Wardrobe - Titanic, in the Darby and Joan, Finkle Street, 2.15 pm. Members £1.00; Visitors £2.00 including refreshments. Yearly membership £6.00.

Little Weighton Events

Sunday 13th November - Christmas Shopping Event, 1.00 pm to 4.00 pm, Gift ideas on a variety of stalls. Refreshments and free admission.

Cottingham Catholic Women's League

Monday 14th November, Rosaria Penna - The History of the Carnival of Venice, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Evening Townswomen's Guild

Wednesday 16th November, David Leeson - Canyon Country, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Ladies Circle

Wednesday 16th November - Mrs Alison Parkes, a talk about Hindu Holy Places, in the Zion Church, Hallgate, at 7.30 pm.

Continued on page six

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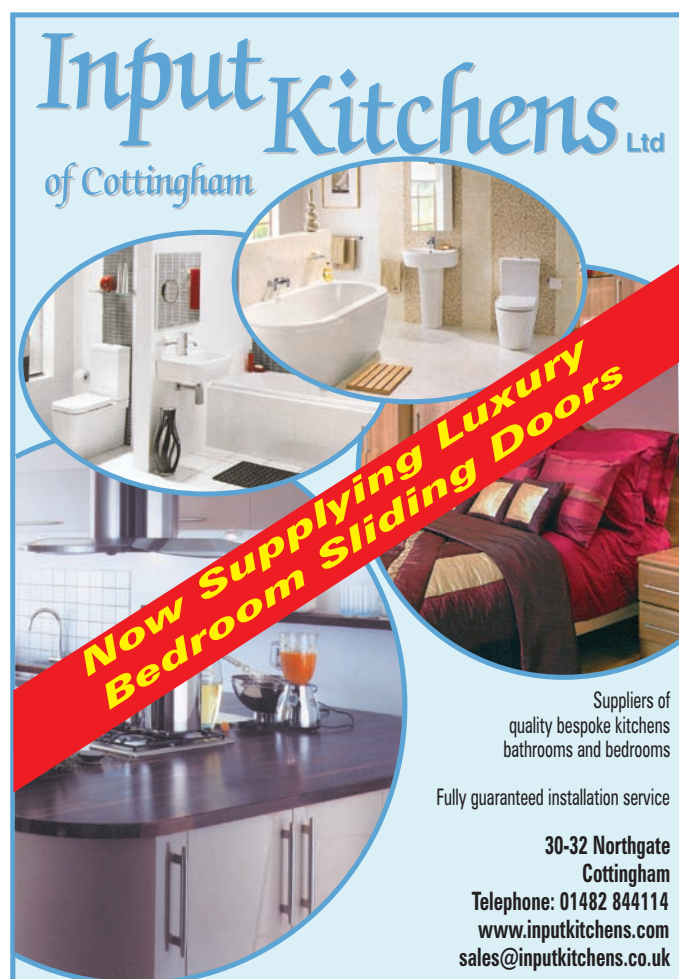
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Cottingham Men's De Luda Association

Wednesday 16th November - Mrs. Linda Whitton, Amazing Amazon, in St. Mary's Church Hall, 2.00 pm.

Diabetes UK

Thursday 17th November, Heather Wright, Diabetes Specialist Nurse, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.30. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 844284 if transport is needed.

East Yorkshire Association of the National Trust

Thursday 17th November - Mr. Ken Walker 'Antiques Bluff' What on earth is it? Come and guess the truth!, in the Civic Hall, Cottingham at 7.30 pm. Non members welcome.

Inland Waterways

Friday 18th November - Awe and Wonder of the Waterways from members photographs and slides. From 8.00 pm to 10.00 pm at the Cottingham Methodist Church. Admission £2.00 including refreshments.

North Ferriby Gardening Club

Monday 21st November - Chrysanthemums - Keith Able who is a judge and exhibitor of Chrysanthemums which are becoming ever more popular with gardeners. In the Village Hall, North Ferriby at 7.30 pm.

Cottingham Ladies Circle

Wednesday 23rd November - Mr. Jim Lyons - an introduction to Dowsing, in the Zion Church, Hallgate, at 7.30 pm.

Wednesday Social Club

Wednesday 23rd November - David Smith - Lost Villages of Paull, in the Darby and Joan Hall, at 2.00 pm.

Little Weighton Events

Friday 25th November - MPG Group - Sixties and Seventies Nostalgia, bring your own wine and nibbles. Admission £5.00. 7.30 pm in the village hall.

Cottingham Methodist Church

Saturday 26th November - Christmas Craft and Cash in Your Attic Fayre. 10.00 am to 3.00 pm. Book now tables £10, contact Keith Gibson 842597.

Cottingham High School PTA

Sunday 27th November - Car Boot Sale. Seller start time 9.00 am, buyers 10.00 am till 1.00 pm. Seller pitch fee £5.00 for a car. Free admission for buyers. Refreshments, tea/coffee, bacon sandwiches, toilets on site. (*No Traders Please*).

Cottingham Civic Society

Monday 28th November - "Renaissance Italian Gardens", a presentation by Mr. Steve Seed, landscape designer, in the Darby and Joan Hall, Finkle Street, 7.30 pm. Members are requested to contribute a £1.00 each for every meeting attended. Non-members are welcome to attend meetings at a charge of £2.00 each. Refreshments are served at a nominal charge.

Cottingham Men's De Luda Association

Wednesday 30th November - Mrs. M. Spence, New England in the Fall, in St. Mary's Church Hall, 2.00 pm.

Yorkshire Countrywomens Association (Skidby Branch)

Thursday 1st December - Beverley Town Hand Bell Ringers, in the Skidby Village Hall at 7.30 pm.

The British Sugarcraft Guild (Hull and Holderness Branch)

Saturday 3rd December - A "New Year Cake" - Demonstration by Barbara Stuart. Meetings are held once a month at the Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham, between 2.00 pm and 4.00 pm. New members and visitors welcome.

East Riding Flower Club

Monday 5th December - "A Christmas Card" a flower demonstration by Ian Lloyd (National Demonstrator), in the Civic Hall, Cottingham, 2.00 pm. Doors open 12 noon, refreshments 12.30 to 1.30 pm. Admission by ticket £8.00. Tickets from Judy Robinson 876279; Thelma Horner 847307.



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Now it's three months of free weekend parking

A popular scheme to waive weekend car parking charges in the run-up to Christmas, which the council has operated for the last three years, is set to be extended to cover weekend parking for the whole of the three months November 2011 to January 2012.

For every weekend from 5/6 November to 29/29 January 2012, parking will be free at all 38 council car parks where charges normally apply. The concession also includes charges for on-street parking.

Parking charges will be suspended from 8am on the Saturday to 8am the following Monday. Pay and display machines in the council's car parks and on-street parking locations will be clearly marked to let people know there are no charges for these weekends.

Councillor Stephen Parnaby OBE, leader of the council, said: "We know how well received the Christmas period free parking has been and now I am pleased to extend the scheme for the whole of the Christmas and New Year shopping period.

"The council is conscious of the financial pressures people are under at this time and free parking will help lighten their load and encourage everyone who wants to do their shopping in the East Riding.

"The scheme will also be of real and tangible benefit to local businesses which are facing extremely difficult trading conditions. Free weekend parking is a way the council can help fight the economic downturn."

The council cabinet is set to confirm the free parking proposal at its meeting on 18th October. An evaluation will later be carried out to see how successful the extended period of free parking has been.



Ladies of Cottingham Red Cross say "Thank You" to their sponsors

The ladies of Cottingham Red Cross would like to thank all their sponsors who donated raffle and tombola prizes for the ladies lunch held at Cottingham Parks Golf and Country Club on Wednesday 28th September.

The event was a great success and raised over £800 for local services. Thanks also go to Cottingham Parks Golf and Country Club for looking after us so well and providing a lovely meal.

Picture shows Sue Jamieson, Judy Watson and Barbara Burgess about to enjoy their meal!

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Cottingham Parish Council



Re-dedication Ceremony for the Memorial Gardens

The Council, together with all the Churches in the village, will hold a Re-dedication Ceremony for the refurbished Memorial Gardens and the updated Rolls of Honour at 2.30 pm on Friday 11 November 2011. The ceremony will be conducted at the Memorial Gardens and is open to the public – we look forward to seeing you there. Please come along and show your support.

Proposed Supermarket Development – Station Yard

Councillors hope you all attended the consultation event held on Friday 21 October in the Methodist Church Hall and had your say on the proposed plans for a supermarket development in Station Yard – we certainly did.

At the Parish Council Meeting Councillors felt it was important that they find out for themselves how residents feel about the proposals and plan to hold a public meeting in the near future where you will all be invited to air your views. Once plans are made we will publicise the date and venue in the noticeboards, the library, Customer Services and on our website.

Snow and Ice – Be Prepared!

It seems that we have only just said goodbye to summer and we are already being warned of snow and wintry conditions to come. The Parish Council has been having discussions with ERYC on how we can help our residents cope in the event of similar conditions to last year. Your local retailers are keen to help and the Parish Council is currently in the process of providing rock salt to retailers in the village to help them keep their shop frontages accessible in snowy and icy conditions. We are also investigating whether it would be practical and economical to hire a contractor to keep the pavements around the centre of the village clear to enable residents to access the shops for supplies during a prolonged spell of bad weather. Watch this space!

8 November 2011 - www.cottinghamtimes.co.uk

New Bus Shelter – The Parkway

Finally – after many years of trying by Ward Councillors and the Parish Council – we have a new bus shelter on The Parkway. Responsibility for the maintenance of this shelter has been passed to the Parish Council from ERYC but they have only allowed the Council very limited funds to carry out any repair work that might be needed in the future. Please be vigilant and report any vandalism immediately to the Parish Council Office so that we can keep this shelter in good condition.

Run a Mile for Comic Relief 2012

The Council was happy to offer their support to Cottingham Fitmums and Friends who have been invited to host one of the Sport Relief Miles on Sunday 25 March 2012. They plan to use Cottingham Pavilion as their base as it is an ideal venue for such an event. It won't only be fit mums or friends that will be doing the running I am sure there will be a place for anyone who wishes to support this worthwhile cause. We will let you know more details as we find them out.

Graffiti and Criminal Damage

On the same theme - if you see anyone defacing property or causing damage please report it to Humberside Police either by telephoning 0845 60 60 222 or by e-mail (with a photograph if possible) to safe.communities@eastriding.gov.uk. You can also use the form at 'contact us' on www.humberside.police.uk. Many thanks to those unpaid volunteers who carry out unofficial cleanups around the village!

Contact Details

Should you wish to speak to a Parish Councillor, contact details are displayed in the noticeboards around the village. Alternatively, you can ring the Parish Council office on 01482 847623.

Keep up to date with what is happening around the village by visiting www.cottinghamparishcouncil.org.uk

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Beverley Theatre Company to perform "Blithe Spirit" at the Beverley Memorial Hall

The Beverley Theatre Company will be staging their first production of the 2011/12 season when they perform the farce, 'Blithe Spirit', at the Memorial Hall, Lairgate, Beverley, from Wednesday, 9-12 November at 7.30pm.

The play, written by Noel Coward, was first performed in the 1940's and centres around the aftermath of a dinner party at which the host arranges a séance for entertainment and to provide research for his new book. However, he gets a bit more than he bargained for as the evening has a surprising and chaotic outcome.

First staged in 1941 at the Opera House in Manchester, this comedy is billed as 'an improbable farce' in which the central characters hold a séance that unleashes a plot full of laughs and surprises. The story centres on Charles Condomine, played by Anthony Musgrave in his first role with the Beverley Theatre Company. Charles is a writer who holds a dinner party for his friends Dr Bradman and his wife, as well as the eccentric local clairvoyant Madame Arcati, played by Kate Henderson, from whom he hopes to pick up a few tricks for his new book. Charles believes that Madame Arcati is a harmless fraud, but that he will get a few good stories along the way. However, to his shock, the medium is better at her work than he had bargained for and the Condomine's house soon has another visitor much to the annoyance of Charles' second wife Ruth, played by Pamela Day. Chris Dunnachie and Helen Wild play the Bradmans whilst Charles' first wife Elvira is played by Yvonne Parkinson.

Tickets cost adults £6, concessions £5, and family tickets (two adults and two children) £17.50.

For more information and to book tickets call (01482) 391672.



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Gamberetti Savoia Round Shaped Pastry filled with Prawns, Wild Mushrooms, Concas, Tomato, White Wine, Cream and Baked	Manzo Bordoiese Strip of Steak, Cooked with Onions, Mushrooms, Paprika, Mustard, Red Wine and Cream
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Christmas 2011

Finding your family tree and some useful websites

So what do you enjoy using your computer for? As mentioned last month, we'll take a look. Sandra has always had an interest in family history, so much so that she became a voluntary secretary of East Yorkshire Genealogical Services that quotes on its website as being a 'refreshingly different type of Family History organization'. So if you're interested in researching your local roots, then take a look.

There are masses of resources available to anyone online, and even if you don't have your own computer you can just pop into the local library and use one of theirs! The 1911 census is available (plus many earlier ones), there's Ancestry.co.uk, and libraries are always good places to find practical help and advice.

Now here are some Windows 7 hints and tips (many will work in Vista too)

Want to do a quick calculation on screen? Click the Start button (or hit the Windows key) and type calc and press enter. Et voila, Calculator will appear. The only keys that are different here are: * means multiply, and / means divide.

Want to find a folder or file quickly? Click the Start button (or hit the Windows key) and type the first few letters of the name and you will see a suggested list appear, just click on the one you want to open.

Have a few applications open and want to switch between them? Hold down the Windows key with your thumb and hit the Tab key with your finger, to scroll them around your screen, and let go when the one you want comes to the front.

Want to check the exact time? Go online and search GMT. This top result should be www.greenwichmeantime.com and that will give you the exact time. Synchronize watches!

Amazon Kindle has been a very popular eBook reader for some time now. Latest news is that there is to be a colour screen version called Kindle Fire that you may have seen on TV recently. It's launching in the USA this month with a price tag of just \$199. This is very much based on using online content, like magazines etc., rather than just books, and promises a lot, particularly speedy browsing! It will be interesting to see when it will be launched here and at what price.

ESET has now released version 5 of its popular anti virus product too. Those using version 4 can upgrade free by going to www.eset.co.uk and click on download, and choose the product you have your subscription for. You will also need your username and

password provided at the time of purchase, and usually stored in the My Documents folder. Users of other security products can download a free 30 day trial, but remember to uninstall the old one first.

Can train technology reinvent the wheel? An interesting article on the BBC Technology website shows some revolutionary ideas for transport, some of which are in use already.

Google Chrome and Mozilla Firefox I have mentioned before as alternative ways of browsing the internet. Another one to add to that list is Opera, which has been recently relaunched and includes a 'turbo' button to detect slow connections and download webpages in a much faster way. (This is a technology similar to that built into the Kindle Fire mentioned above). I have given this latest Opera a test run and it does seem to be quite speedy, Download it free from www.opera.com

Questions and answers section:

Q: My ESET anti virus is expiring soon, what can I do?

A: Just phone us for the discounted renewal figure, and we can action it for you. You have up to 30 days from the expiry date to renew, and it's the same price as online!

Q: How can I clear out my old deleted emails?

A: Just right click on the deleted items folder, and click empty (or permanently delete).

Q: When copying or deleting files or folders, how can I select (highlight) more than one?

A: Click on the first one, then hold down the Ctrl key and click on any others you require, in any order. If you want a batch that are all together, click the first one, then hold down the shift key, and click the last one. You need a steady hand for this so that you don't end up opening or duplicating by mistake!

Richard Mills
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Wordsearch - A Work of Art

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

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

Find the words in the letters above:

Abstract, Brush, Canvas, Ceramics, Drawing, Easel, Engraving, Etching, Gallery, Landscape, Light, Masterpiece, Mosaic, Oil Painting, Painting, Pastel, Perspective, Portrait, Pottery, Scale, Sculpture, Seascape, Shade, Sketch, Still Life.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 59 -

This is an easy challenge this month

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

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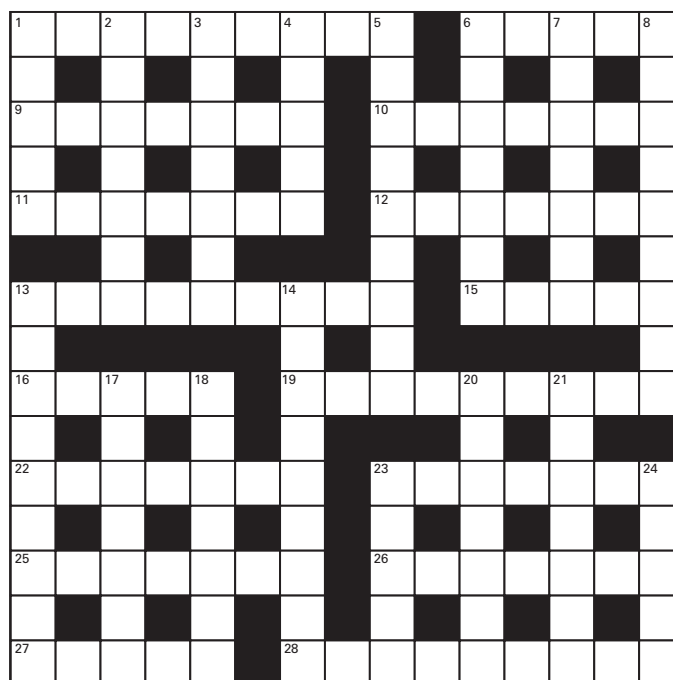
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Crossword - Solution on page 54



Across

1. Paces (9)
6. Not behind (5)
9. A hydrocarbon gas (7)
10. Leaves (7)
11. Pious (7)
12. Fitting inside one another (7)
13. In another manner (9)
15. Vista (5)
16. Vapors (5)
19. Buyers (9)
22. 8th planet of the solar system (7)
23. Ruffled (7)
25. Avid (7)
26. A standard example (7)
27. Athletic endeavor (5)
28. Surmised (9)

Down

1. Exhausts (5)
2. Flightless bird (7)
3. Disperse (7)
4. Each and all (5)
5. One more than 16 (9)
6. Charges (7)
7. Tie together (7)
8. Differs (9)
13. Coordinates (9)
14. Makes larger (9)
17. Female singing range (7)
18. Old Scottish for "Salmon" (7)
20. Use (7)
21. Burbot or guffer (7)
23. Worries (5)
24. Fearful anticipation (5)

Crossword courtesy of www.crosswordpalace.com

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In the Kitchen



British Sausage Week

31st October - 6th November 2011

Whilst the British can't take credit for having invented the sausage, they do hold a special place in the hearts of many Britons. There's even a British Sausage Appreciation Society which boasts over 7,000 members.

According to the Agriculture and Horticulture Development Board Meat Services, 90% of British households buy sausages, 50% at least every four weeks, every day, five million Britons will eat sausages but despite being known world-wide for their wonderful cooked breakfasts which often include sausages, 46% of the total amount of pork sausages consumed are eaten in the evening.

Favourite British Sausages

Although there is thought to be over 470 recipes and flavours for sausages in the UK, plain pork sausages are the ones people buy most often especially for use in recipes such as toad-in-the-hole. However, many of the regional speciality sausages have now become popular throughout the country. Some of the favourites which are readily available in many supermarkets include:-

Cumberland

A pork sausage seasoned with a variety of herbs and spices but predominantly pepper and made in a continuous spiral. It is traditionally sold by length rather than weight

Yorkshire

A pork sausage flavoured predominantly with pepper, mace, nutmeg and cayenne

Lincolnshire

A herby sausage traditionally made with pork, bread and sage

Pork & apple (West Country)

A pork sausage often cider or scrumpy and flavoured with sage.

Sausage and Stilton Mash

Ingredients

1kg/2.2lb Potatoes, peeled and cut into chunks
175ml/6fl.oz Milk
100g/4oz Stilton Cheese, grated or crumbled
Salt and Black Pepper
Freshly Grated Nutmeg
675g/1 1/2 lb Pork Sausages

Instructions

1. Preheat the grill to hot. Place the potatoes in a large pan of cold salted water. Bring to the boil and cook for 20-25 minutes until very soft. They should start to fall apart and break up.
2. Grill the sausages for 15 -20 minutes, turning from time to time to brown evenly.



3. Drain the potatoes in a colander and return to the pan, mash with a fork or potato masher until smooth then add the milk, Stilton, salt, pepper and nutmeg to taste. Beat with a wooden spoon until well blended.
4. Serve the sausages with the mashed potato and onion gravy.
For traditional Bangers 'n Mash, omit the stilton cheese.

Toad in the hole with Sage Batter and onion gravy

Thick sausages are baked in a light batter which has been flavoured with sage and served with a rich onion and beer gravy

Ingredients

125g plain flour
Salt and pepper
3 eggs
300ml milk
1-2 tbsp sage leaves, finely chopped
6 Thick sausages
For the onion gravy
30g/1oz unsalted butter
2 onions, peeled and sliced
1 sprig of thyme
1 tbsp wholegrain mustard
2tbsp onion gravy granules
150ml beer
300 ml Chicken stock
Salt and pepper

Instructions

1. Pre-heat the oven to 220C/425F/Gas 7.
2. To make the batter, place the flour into a large bowl and season generously with salt and pepper. Beat the eggs in a separate bowl with a splash of milk. Pour the eggs onto the flour and beat together until smooth. Gradually whisk in the remaining milk until you create a smooth batter. Stir in the chopped sage.
3. Sauté the sausages in a hot pan with a little oil for approximately 8-10 minutes, turning occasionally until they are evenly browned. Meanwhile, place a 1 litre ovenproof dish in the oven to heat through.
4. Remove the dish from the oven and arrange the sausages into the dish, along with the excess oil. Return to the oven for a few minutes until the dish is piping hot. Pour over the batter so it comes 1/2 of the way up the dish. Return to the oven and cook for 20-25 minutes until golden brown and well risen. Be careful not to overfill the dish as the batter will rise during cooking.
5. To make the gravy, heat the butter in a pan and sweat the onions and thyme for 5-6 minutes, until golden.
6. Add the wholegrain mustard, gravy granules and stir together. Pour in the beer and allow to reduce by half. then add the beef stock and bring to the boil, reduce the heat and simmer for 10-12 minutes until thickened. Season to taste.
7. Remove the toad in the hole from the oven, spoon onto serving plates and pour the onion gravy over to serve.

Arctic Rolls

If you're not familiar with (or do not remember) Arctic Rolls, these were a frozen dessert consisting of vanilla ice cream wrapped in a thin sponge which had been spread with jam. They first went on sale in 1958 and by the 1970s became a very popular dessert.

Did you know . . .

Arctic Roll was invented in the 1950s by Dr Ernest Velden, a Czechoslovakian lawyer. Dr Velden fled the Nazis in 1939 and set up an ice cream factory the following year in Eastbourne, Sussex. His invention apparently helped earn him the OBE in 1983!

Eventually sales fell and production was stopped in 1997, however the product was relaunched in December 2008, apparently due to cost-conscious shoppers turning to the frozen treat as a cheaper alternative to fresh or chilled varieties as well as Britons seeking comfort foods in troubled times.

For those of you who can't find Arctic Rolls in your local store, or who don't like buying ready made desserts, here's a recipe explaining how to make your own.

Arctic Roll Recipe

Ingredients

For the Vanilla Ice Cream
300ml/10fl.oz. Double Cream
210ml/7fl.oz. Full Fat Milk
75g/3oz Sugar
1 teasp Vanilla Extract
4 Egg Yolks

For the Sponge

100g/4oz Self Raising Flour
100g/4oz Butter (room temperature)
100g/4oz Sugar
2 Medium Eggs

Other ingredients

2-4 tbsp Raspberry Jam

Instructions

1. Place the cream, milk, half the sugar and vanilla extract in a saucepan and heat over a low heat until hot but not boiling.
2. In a large mixing bowl mix the egg yolks with the remainder of the sugar until well blended then slowly pour the cream mixture over the egg mixture, stirring constantly.
3. Return the mixture to the saucepan and heat gently, stirring constantly, for 5-8 minutes or until the mixture thickens enough to coat the back of a wooden spoon. Once again, do not allow to get too hot or the mixture will curdle.
4. Remove from the heat and allow to get completely cold then pour in to your Ice Cream Maker and churn as per the manufacturer's instructions - usually between 20-30 minutes.
5. Meanwhile, preheat the oven to 180C, 350F, Gas Mark 4 and line a baking sheet with non-stick parchment or baking paper
6. Place the butter, sugar, flour and eggs in a large mixing bowl and beat together with a wooden spoon or electric whisk until well mixed and creamy.



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7. Pour the mixture on to the lined baking sheet and using a palette knife, spread to a depth of no more than 1cm/1/2-inch then bake for 8-12 minutes until the sponge is risen and springy to the touch.
8. Meanwhile, once the ice cream has finished churning, turn out on to a tray lined with clingfilm and mould in to a cylinder about 20cm/8-inches long. Wrap well in clingfilm and place in the freezer until ready to serve.
9. Once cooked, turn the sponge onto a wire rack and allow to cool.

To assemble the Arctic Roll

10. When you are ready to serve, carefully remove the baking paper from the back of the sponge and trim to 20cm/8-inches long and wide enough to just fit around the ice cream cylinder. Spread the jam evenly over the back of the sponge.
11. Unwrap the ice cream on to the sponge then using the parchment paper carefully roll the sponge over the ice cream. Remove the paper, cut the roll into slices and serve immediately.

Special Equipment required to make this Arctic Roll Recipe

Ice Cream Maker (optional)
Non-stick parchment or baking paper
Swiss Roll tin
Palette knife

TIPS AND OPTIONS:

If the jam is very stiff/cold, try beating it in a small bowl or warming it up in the microwave for 10 seconds only
Use shop bought ice cream to save time

What's the difference between a cookie and a biscuit?

I suppose in truth there isn't a difference however, for some reason in my mind, the word cookie conjures up thoughts of a large, thick, sweet biscuit, with bits of things in them such as chocolate chips rather than dainty little thin biscuits.

Chocolate and Hazelnut Chip Cookies

Ingredients:

75g/3oz Butter
100g/4oz Brown Sugar
50g/2oz Sugar
1 Egg, beaten
150g/5oz Plain Flour
1/4 teasp Salt
1/2 teasp Bicarbonate of Soda
1/2 teasp Vanilla Essence
75g/3oz Chocolate Chips
75g/2oz Hazelnuts, chopped

Instructions

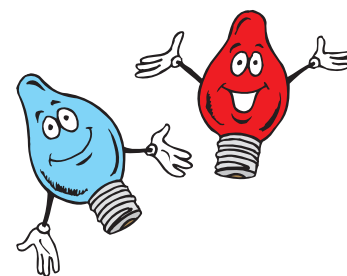
1. Preheat the oven to 190C, 375F, Gas mark 5. Do not bother to grease the baking sheets.
2. In a large mixing bowl, cream together the butter and sugars until smooth. Sift together the flour, salt and bicarbonate of soda, add to the creamed mixture together with the vanilla essence and eggs. Mix well. Add the chocolate chips and nuts and mix to thoroughly distribute.
3. Drop teaspoonfuls of the mixture onto the baking sheets, spacing well apart then bake for 10-12 minutes. Cool on wire racks.

www.cottinghamtimes.co.uk - November 2011 17

Switch on Night 2011

November 21st

Don't Miss It!



This year's switch-on is the 30th anniversary of the famous Cottingham Lights festival, and could very well be the last. Due to the present economical climate and the continuing increase in costs (last years switch-on ceremony cost over £1,000), it is becoming more difficult to raise funds to cover the event.

New features this year include a magnificent new display on the HSBC Bank on the corner of Hallgate and King Street, which has been paid for by donations from the Cottingham Brass Band. The Parish Council has continued it's superb support by providing a grant to enable the complete re-wiring of the Hallgate section of the lights. There will also be numerous new features in Hallgate and King Street along with various stalls, tombola etc.

The Switch On will be as usual compared by Steve Massam and the ceremony performed by the winners of the "Design a Christmas Light Competition" currently being held within the local schools, at 7.00 pm Monday 21st November 2011.

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. All scaffolding has been donated by Alan and Shirely Reid of B. A. Scaffolding.

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 30 years.

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.

Carols and other festive-season music, commencing at 6.30pm, will be

provided by Mr. Brown and students from the Cottingham High School on switch-on night when, in addition to a wide variety of side-shows and charity stalls throughout the village, there will be children's fairground rides in Hallgate and on the Market Green, where the trees will be festooned with festive-season lighting.

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

Also making a return this year will be the KCFM Radio's promotional vehicle - and stage - which took part in Cottingham Day 2011 celebrations.

Based outside the Duke of Cumberland Hotel on the Market Green, one of the station's presenters will compere 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.

Please help keep the Cottingham lights Switch-On night alive, please donate what you can afford and **KEEP THE COTTINGHAM LIGHTS THE BIGGEST AND THE BEST!!**

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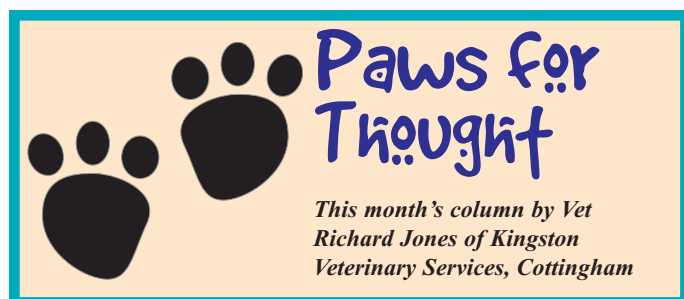
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Getting to the bottom of the problem!

What should no day be complete without doing? Well in my case it is squeezing a bottom, a cat's or dog's of course. One of the most common conditions we see is problems with dogs and occasionally cats anal glands. The presenting complaint from the client and dog is of an irritable bottom which causes the dog to shuffle or toboggan on the carpet and perhaps chews at their back end.

So what are anal glands?

Anal glands or sacs are two scent glands either side of the anus at 4 and 8 o'clock and have ducts that empty just inside the anus.

What is the function?

Anal glands produce a scented material which fill the gland and this scented material acts as a method of marking and

communication. When dogs, as dogs do, sniff each other's bottom it is the scent from the anal glands they are intrigued by and when dogs pass motions they will squeeze material from the anal glands onto the motions so other dogs will know who has passed by.

What problems can dogs have with their anal glands?

Impacted anal glands are the most common problem. This is when the glands are full and cannot empty causing the dog irritation which results in the dog trying to relieve the problem by rubbing its bottom on the floor. It is solved by the glands being emptied manually. This is a job I never get tired of though I never speak while doing it as I have often been covered in anal gland matter. If your dog has repeated anal gland problems I am sure your veterinary surgeon would be only too happy to teach you how to do it.

Wouldn't it be wonderful if there was some way of preventing the distress to dog, owner and veterinary surgeon? Diet changes have been suggested, some say increase the fibre by adding say bran, others say feed a low residue food but my experience is that neither alters the occurrence of impaction.

One permanent solution is removal of the glands. In experienced surgeons' hands this is a relative straightforward procedure. When the animal is anaesthetised the glands are packed with wax which helps the delicate dissection from the surrounding tissues. My rule of thumb for advising when to remove anal glands is if the glands need expressing more than every three months.

The anal glands can also get infections in them especially if the dog has loose motions. Anal gland infections show as abscesses which burst out from the tissues surrounding the anus. These are very painful and need antibiotic for several weeks to resolve and sometimes even flushing under general anaesthesia. Repeated anal gland infections are another reason to consider removal

Unfortunately anal glands will occasionally develop tumours. These are very frustrating and upsetting as by the time an anal gland tumour is diagnosed even in the earliest stages it has often spread to the local lymph nodes and started to metastasize (spread to other parts of the body). Removal of the gland with the tumour in, as soon as possible is the only option.

A very peculiar bottom disease, very common in German Shepherd Dogs, is anal furunculosis and this can often involve the anal glands as well. This disease is closely related to crohns disease in people and shows a deep tracts in the perianal tissue often connected to the anal glands and can be fatal if not treated promptly. Surgery can be indicated to remove the anal glands and this is followed by medication in the form of powerful immunosuppressive as the disease is thought to be caused by the body attacking its own perianal tissue. The medical treatment has been a recent development which has saved dogs from very invasive surgery.

Some breeds are more prone to anal gland problems than others as Cavalier King Charles Spaniel owners will testify.

So there we are a quick guide to my favourite job as a veterinary surgeon, emptying anal glands.

My South African colleague, Ryan used to call the anal glands anal sacs but his accent has left him embarrassed on more than one occasion so he now reverts to anal glands!

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After the flood - a survival guide to home insurance



With the fourth anniversary of the 2007 storm now passed, this disastrous incident is still causing an insurance nightmare for many residents of Hull and its outlying villages such as Cottingham. Refusal of cover, high excesses and, in some cases, refused claims have been the consequences for homeowners in our area. We set out to see how insurers are treating their East Riding customers with local insurance broker, Anne Walters.

Few Insurance firms are better placed to comment on the subject of the 2007 storm than East Riding Insurance broker, Hedon Insurance. With offices in : East Hull, Hedon and Hornsea they insured a sizeable number of the properties affected by the 2007 storm and subsequent floods.

Since 2007, they have been forced to change their approach to property insurance in order to keep their client's cover realistic and effective.

'It was a devastating time. People who we had insured for years saw their homes devastated. Claims systems were in meltdown. Frustration on a grand scale,' recalls Anne Walters.

It still seems amazing, but in a 24 hour period between 25th and 26th June 2007, 100mm (about 4") of rain fell on Hull and the surrounding district, causing devastation to almost 9 000 homes. It was likened at the time to 20 Olympic sized swimming pools falling on the town every second.

In all, as well as closing 90% of the city's schools and affecting the operations of 1300 businesses, some 3000 families were forced out of their homes. 1500 of these were still out of their homes twelve months later and, amazingly, some 300 were still out of their homes two years later!

The cost of property insurance claims locally was enormous, running into hundreds of millions of pounds. It was hardly surprising then that the Scientists' declarations that it was a 'one in a hundred year event' failed to convince the underwriters at most of the UK's insurers that it would be another 96 years before such conditions were seen again!

In the face of such massive claims, it was, perhaps, natural that insurers would view the risk posed by properties in the region differently and that they would need to reflect the recent local claims position in their premiums going forward - and so it was.

'What happened is very difficult for insurers to legislate for going forward' explains Anne Walters 'Floods tend to be caused by high sea levels or rivers and streams breaking their banks - this flooding was caused by a storm and the subsequent failure of the region's drainage system, on a scale never witnessed'

Buyers of insurance now have to be very careful when completing insurance application forms. Insurers often ask questions such as : 'Do you live near water?' or 'has your home ever flooded?' or 'is it free from flooding and in an area free from flooding?' The problem is that a lot of people in this area would have to answer 'yes' to one of those questions now.

And so the problems begin. Failure to disclose a known flood risk is likely to invalidate your property insurance in the event of a claim for flood damage.

'A lot of 'online' insurance quotations will either not ask about flood risk specifically, assuming it as being 'in the negative' in a long list of assumptions that you 'click' to accept, or if a risk of flood is declared they will decline to quote. People who believe that they would be considered to be at risk of flooding need to be very careful when they 'click the box' what they are agreeing to'

'I am usually comfortable with people exerting their freedom of choice to buy their cover from wherever they like - it's a market, after all. However, for people living around here, I would definitely suggest that they stay with local firms to ensure that the person arranging the cover will take into account 'local factors' - such as flooding risks'

The key to getting the best terms for cover that will stand up to the test of a claim is to be absolutely honest when answering all the questions on the insurance proposal form. Do not be tempted not to disclose significant facts (like your house has previously flooded) you'd be surprised what insurers databases can tell them! If you have made a claim previously - remember to mention it and include the important details.

Finally, even if you do go on to shop around, make sure that you speak to a local broker and get some advice relating to any local issues.

What comes through loud and clear from Hedon Insurance is that insurers *are* still open for business in Cottingham. 'Some insurers are now classing the 'flood' as a *storm*, this subtle distinction makes a massive difference to quotations and now, with few exceptions, we can get competitive cover for customers even in areas that were caught in the storm, such as Cottingham.'

Hedon Insurance has offices on Holderness Road, Hull and in Hedon and Hornsea. For further details call (01482) 707 800 or click on their website www.hedoninsurance.co.uk

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"The Tooth and Nothing but The Tooth"

by
**Chris 'Dr. Smile Maker'
Branfield**

The Return of the Dental Mavericks

Hello there. I hope that you are well and enjoying life as best you can. I am still buzzing from the return trip to Morocco to treat the children of El Jabah with dental pain. I did miss a few Hull City games but I am glad that they are doing well and look forward to seeing them at the weekend.

Just Imagine

Could you imagine having toothache everyday and having nowhere to go and nobody who could help. This is the problem that many people have in Morocco have and it seems worse that many of them are children. I forgot how poor they were from last year after the emotion of the trip but soon remembered when we arrived back. We were made so welcome, these are lovely people. The kids were great.

A Big Step Up

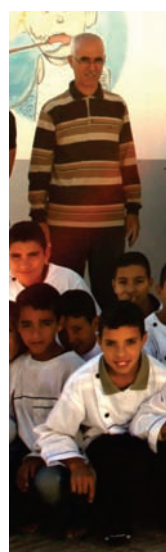
This year's effort was a big step up from last year. We have managed to raise money to buy three field chairs as you can see below This



made a huge difference in making things more comfortable for the kids (and my aging back!!). We worked in a clinic (but not as we know it) this year, again an improvement. One room had a sink but the tap was rusted on. This was hastily replaced but blew off after a time and soaked the place. It was a bit like faulty towers at this point. I'm glad that I was in the other room.

This year we had four English dentists but more support staff. We did not need to follow the lead of a Moroccan team but had our own licence. This gave us free reign and everyone involved who were there last year could see the difference. We had a very efficient clinic going on. It was a great team to be part of. We did get sent a Moroccan dentist through from Chef Chaouan from the Governor. She observed us and is supposed to go back every three months to continue the work. I do hope that this comes off. We did leave one of the chairs for the returning dentist but I feel that the midwife may commandeer this.

Mustafa Was Well Chuffed



Who is Mustafa? Mustafa is the headmaster of the school, and what a guy. He is there fifty-two weeks of the year looking after these kids. He is a very dedicated man who I hold in high regard. It was a proud moment when he expressed his gratitude and explained how much better it went this time because we could crack on and do it our way. That was with a lot of TLC and as pain free dentistry that we could muster. We had better kit this time as well.

A Solar Powered Prototype

We saw and treated 160 children and there was no one left waiting who had pain. What a result. We have already started to plan for next year. We recognise that we cannot do conventional fillings to restore teeth. We can only do very simple sealing or temporary fillings, other than that it is extraction. Dentaids who made the field chairs are in the process of making us a prototype solar powered dental chair so that we should be able to fill the void and restore teeth with fillings.

Now I'm No Public Speaker

I would like to thank Sue McLaren for inviting me to give a presentation about my Moroccan adventure to the ladies of the Inner Wheel. They made me feel very welcome and put me at ease. I would like to give a very big thank you to them for their very generous donation to the Dental Mavericks, it was very kind. Thank you to everyone who has donated.

Off To London Again

We have been nominated and short listed for another award. We were going to go in a Fez hat and traditional Moroccan attire to give us a bit of a higher profile to attract sponsorship. We will have to see as I think that we may bottle it. If it happens I'll show you the picture.

Take care and be good

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 772550. He has been in dental practice for 18 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry.

www.castleparkdental.co.uk

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

Map: EXPLORER 293

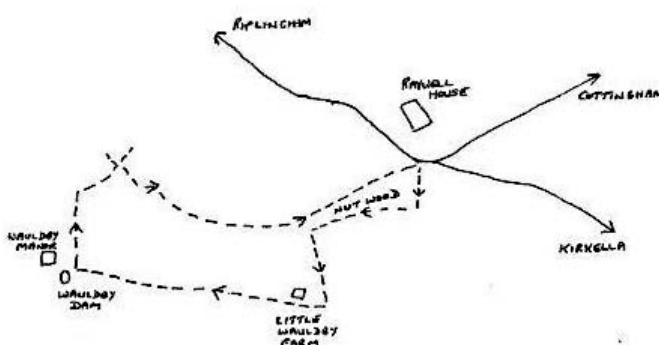
Park on the wide grass verge at GR 992306.
Distance 4.5 Miles.

Leave the cars and cross the road passing through a gate. Walk straight up the hill to Nut Wood. On reaching the end of Nut Wood, turn right and follow the path on the southern edge of the wood until reaching a path junction. At this junction, turn left and walk along a farm track. On reaching a tarmac road, turn right and pass Little Wauldby Farm on the right. Immediately after passing the farm, pass through a metal gate and continue



WAULDBY GREEN TWO

N
↑
NOT TO SCALE



walking in the same direction along a farm track.

On reaching Wauldby Dam on the left, pass through some wooden gates and immediately turn right passing houses on the left. Bear right as the path swings right and then, on reaching a cross roads of paths, turn right and follow this muddy track to pass Nut Wood on the right and eventually back to Wauldby Green.



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Pupils of Hallgate Primary School plant daffodils in their Fields of Hope Garden

The pupils of Hallgate Primary School recently planted daffodil bulbs in their Fields of Hope garden within the school grounds to help support the Marie Curie Cancer appeal.

A total of £248 has been raised by many events held by the school including their summer school fair. The daffodils were donated by B&Q and Sandhills Nursery for the children to plant.

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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.

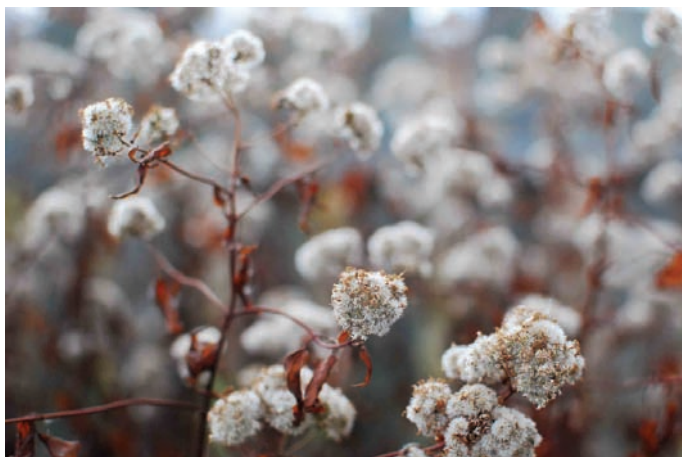
Mulch fruit trees and bushes.

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.

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

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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.





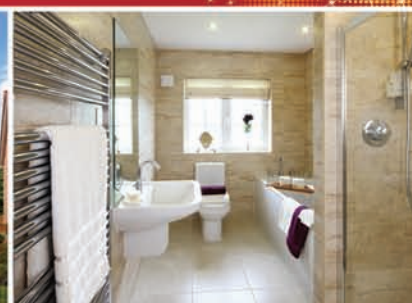
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Patsy Aicken, sales director for Redrow Homes (Yorkshire), commented: "The high quality offered as part of our standard specification means that it's easy to fall in love with the homes at Holtby Gardens, however potential purchasers may be reluctant to commit to buying a new home before they have sold their current property.

"With that in mind, as a gift to customers we're offering part-exchange on selected new homes at Holtby Gardens. With Redrow effectively acting as cash buyer for the client's old home, it's a quick and simple way of making a move from old to new with no agent's fees to pay and no complicated chain delays. Those who act now may even be able to move in before Christmas."



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"A new home is a gift the whole family can enjoy for years to come. The homes at Holtby Gardens feature a high specification that's hard to beat. Easy to manage and efficient to run, they're streets ahead of what's available on the second hand market," Patsy added.

"Buying a new home means you can customise it to your tastes from day one without wasting time and money on DIY. And because our homes are well insulated, with double glazing and central heating included as standard, householders won't have to worry about cranking up the heating to keep warm this winter and could find they save money on their fuel bills."

Located in Dunswell Road, Holtby Gardens enjoys a semi-rural setting on the edge of Cottingham with easy access to the cities of Hull and York, plus the historic market town of Beverley.

There's a good choice of schools locally and popular seaside resorts like Bridlington, Filey and Scarborough are just a short journey away.

To find out how Redrow could help you celebrate Christmas in a stylish new home, visit the show homes at Holtby Gardens, open daily from 10am to 5.30pm.

For details of the latest availability and pricing call Redrow on 01482 908 189 or log onto www.redrow.co.uk/holtby.



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

Hello and welcome once again fellow anglers to this month's fishing news. The date is 17th October 2011.

The first thing to report about this month has to be the River Hull Survey Match, which was held yesterday. For all those concerned it was a fantastic day, especially for the kids on Beverly Beck, and for the environment agency, which were able to collect the data they required regarding our River Hull. I want to take this opportunity to congratulate all the organisers and their partakers involved in this match.

I have fished in hundreds of large matches in my time, but this one was by far the best I have personally ever entered in too. Upon arrival at the leisure centre, the environment agency directed traffic (there was a lot!) to the nearest parking spot. The draw inside the centre was very well organised and quick. We were given a detailed map and directions to our pegs and parking. A big well done to all the catering staff, they produced an excellent breakfast with speed and efficiency.

The statistics and results are as follows:

There were 260 tickets sold, of which 210 people actually turned up, and 206 people went into the optional pools. The total overall pay out on the day was a staggering £4,600; 78 people in total all won a share, before I tell you who the winners where, I want to say well done to all the competitors for not only sticking it out all day, but just taking part shows you all care about our Rivers. Let us hope that with the information gathered from our rivers that something is done about our river fishing soon.

First place, congratulations to Mr Michael Anderson, he fished peg ten on the Shipyard stretch next to the bridge. He caught Roach and skimmers on maggot whilst trotting. He weighed in with 3kg 460gr, (7lb 7oz), which netted him a cash prize of £840 plus a Daiwa reel worth £150 and some other goodies.

Second place with a total weight of 3kg 300gr (7lb 3oz) was Gary Chadwick, who fished peg ten at Wiltholme, just below the pump. His catch mainly consisted of Roach and was again caught on maggot whilst trotting. Well done mate.

Third place was Nigel Beamson, who had a brilliant day at Hempholme. Nigel caught 72 Roach on the pole with bread punch. He weighed in with 2kg 930gr (6lb 5oz). Like the other two winners he was near a bridge with boats opposite. Brilliant result buddy.

It was good to see that the top three came from different areas of our river. It certainly goes to show that we need more bridges and boats and of course more fish! About 100 ton will do please. For any one that is interested, I drew Upper Tickton and caught an impressive: 2 small Roach and one small Perch on the feeder, to weigh in with a grand total of 100gr (3 1/2 oz). Don't laugh; at least I did not blank! Did you? Be honest now!

Sea scene: I am very pleased to announce that the Cod are back. I have had reports from many of our coastal marks, from Spurn in the weed to marine drive at Scarborough. Lots of Whiting are also inshore all over. I have even had reports of Cod to 4lb with photographic evidence from Bullnose. Lots of Flatty's and Whiting with the odd bonus Cod coming in from St Andrews right the way down to Makro. I think we are in for a great season this year.

Fresh bait is now available, blow lug, rag worm, yellowtails and slaps. Please try to order as spares are sold on a first come first served basis.

Till next month from everyone from Catchmoore "Tight Lines".

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"Last year, I successfully summited Everest to raise funds for Marie Curie Cancer Care. Marie Curie provides free nursing care to people with cancer and other illnesses in the comfort of their own homes. I have lost loved ones to cancer and I understand the huge difference having the choice where to spend your final days makes. For these reasons, I urge you to take on the challenge of reaching Base Camp and raise funds for Marie Curie. I can promise it will be an experience of a lifetime." Sir Ranulph Fiennes

Why not sign up today and raise valuable funds for Marie Curie Nurses, who provide free care to people with terminal cancer and other illnesses in their own homes. For more information about the challenge, visit www.mariecurie.org.uk/everest and search for Everest Base Camp, or call 08700 340 040.

To get help from the Marie Curie Nursing Service, talk to your GP, district nurse or discharge nurse. For more information, please visit: www.mariecurie.org.uk.

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News from Cottingham Post Office

Hello Again

Hopefully all the information you need this Christmas is printed below, All of the last recommended dates for Inland International mail. but remember, if there is any urgently, priority handling required or you are sending cash, jewellery or vouchers, the only way you will be compensated is by using our Priority Service.

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Thu 22nd December	Parcelforce express 24

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Thu 22nd December	Special Delivery™
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International Surface Mail

Fri 30th September	Non-European destinations except Middle East, South Africa, Far East, USA and Canada
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Tue 4th October	Middle and Far East (except Hong Kong and Singapore)
Tue 18th October	South Africa, Hong Kong, Singapore, the USA and Canada
Tue 8th November	Eastern Europe, Greece, Cyprus, Turkey, Malta and Iceland
Tue 22nd November	Western Europe

International Airmail

Mon 5th December	South & Central America, Caribbean, Africa, Middle East, Asia, Far East (including Japan), Australia and New Zealand
Fri 9th December	Eastern Europe, USA and Canada
Mon 12th December	Western Europe

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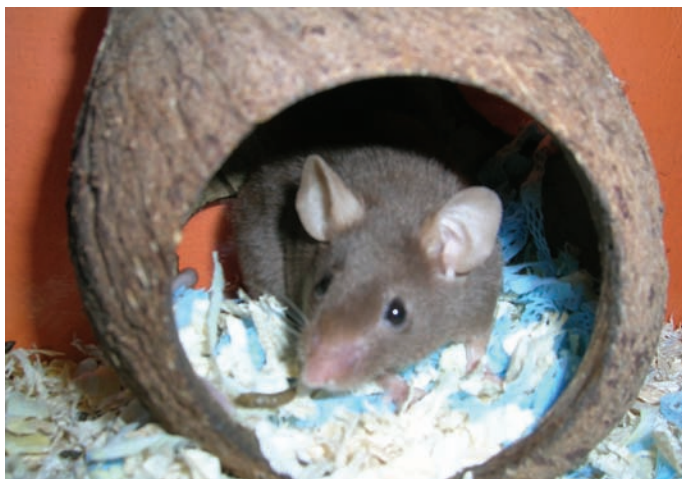
Could you help the RSPCA and find Kimberley, Whitney, Mable and Parker a home?

Mable and Parker are looking for a home together as when they have been living in the rehoming centre they have become very attached to each other. They will need to be housed on a single level hutch with an additional run to provide exercise, for the both of them. They are both neutered and vaccinated against myxomatosis.

Kimberley the mouse has been at the centre since May. She has had two homes and is now looking for a forever home. She loves to be handled, run through tubes and have all the attention.

Whitney the cat came to the centre in May when she was brought into the centre with her kittens when they were only two days old. The kittens have since been re-homed leaving Whitney here still looking for her forever home. She is a cat that loves all the attention and would prefer to live as an only cat.

It has been an extremely difficult year for all cat charities and we are still full of cats and kittens looking for new homes.



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An interesting debate

I was recently asked to talk on Humberside radio about the furore that the British Racing Industry finds itself in....to ban or keep the use of whip. It is a highly emotive issue.

Welfare groups want to ban its use altogether as they see it as a barbaric and punishing practise and ultimately mentally damaging to the horse.

The racing authority want to keep its use and protect its self-governing power while the jockey's themselves are up in arms about this interference...to the point of striking and resigning.

There are several trains of thought here so I will endeavour to put them all forward. Talks are ongoing as to how best find the middle line. At present the options are that during a flat race (which range from very

short sprints and use very young horses to increasing distances as the horses get slightly older) The proposal is that the jockey can use the whip twice before the last furlong and then a maximum of 5 times in the run for the finish. In National Hunt (jumping) where the length of the race is dramatically longer, uses much older horses and requires stamina) they can use the whip up to 7 times but only 3 times after the last obstacle has been jumped.

Why use a whip at all?

There are uses which need to be considered here. If a horse starts to veer off course then a strike on the outside (or falling out) shoulder will correct its line....thus keeping all the other horses and riders safe. Every pleasure rider in the country who choose to carry a whip will do exactly the same on the right shoulder of a horse shying away from the pavement into the path of traffic.

To a tiring horse a well timed strike will give it a wake-up call and bring it back into concentration or ditto before or after jumping a fence carelessly. There is a safety issue here and that is that the jockeys and horses need to stay safe as get bunched up, trapped and pushed. The whip is a form of control and used correctly asks for instant obedience/attention. Correct use of any type of whip on any type of horse should be to back up the rider's leg aids. Jockeys have short length of leg to help steer so the whip is essential.

Incorrect use of whip and the reason for all the debate is where the line is crossed and whip becomes cruel. Driving tired horses to the end post by means of a battering is totally unacceptable. Overuse destroys the mind of the horses and many can be seen refusing to enter starting stalls or give up running when the whip comes down on them. These horses are finished, done in and are no use to the racing industry anymore. Ultimately they end up in the sales rings countrywide and are sold at meat price to whomever....mostly horse- traders and dealers. Some dealers then sell them on to the unsuspecting general public; the majority feed our live meat trade to Europe. 100's and 100's each and every year befall this horrendous fate. We must congratulate ourselves for having such a thriving industry, with no public conscience and no laws to ban. There are no regulations in the foreign abattoirs for a calm, clean, stress free slaughter....In the greater scheme of things where are the issues that we should be really facing here?

I am of the opinion that the use of the new foam covered whip should still be allowed on British race courses, but only 3 strikes per race. This allows jockeys judgment on use and will highlight the weak, unskilled riders who rely on the whip in order to "ride out" at the end.

I think that the allowed usage is still dangerous and is enough punishment per race to ruin good animals physiologically.

I retrain racehorses to give them a chance of a life outside of the industry to which you regular readers will already know. This is a topic you have all heard me speak of before. I am delighted to see that the British Racing Authority is taking a long hard look at itself. No one has a god given right to damage animals for the sake of money.



MARION OWEN TRAVEL

Can you believe we are heading towards the end of the year? Our office is organised, we already have our festive window in place. Often we do not know what to buy as a gift, whatever the occasion may be. Hence we have ideas to whet your appetite plus gift vouchers that can be used towards the purchase of any holiday chosen.

Our collection of our own private tours by coach, offering quality and value are growing, last month we had a great weekend in Belgium. The weather was perfect, everyone enjoyed Ostend & Bruges plus the Diksmuide beer festival. We arrived back into Hull on the Monday just in time for work. Our next visit to Belgium is to the Christmas Markets, you can buy gifts - something a little different for those friends who have everything. Liege has over 200 wooden chalets in its market and when the day is done we retire to our hotel to enjoy dinner and a good nights sleep. The following day we visit Brussels, Belgium's capital city..... From only £159 pp for the 3 nights.

As I write I am enjoying my final bit of sunshine for the year and my first family break since February. Only having a few days it was not easy to find a holiday that was not too far to fly, needed very little effort to travel and offered a quality destination. Abu Dhabi was our answer! Flying from Humberside via Amsterdam - only a 6 hour onward flight, offering hot sunshine, top notch hotels, golf, shopping and more. It has fitted our bill in everyway, easy on the pocket no more expensive than had we gone to Tenerife and is more relaxing than the hustle and bustle of Dubai. If you are pushed for time yet need a break, just give us a call.

Paris is always a wonderful place to visit, there are so many interesting sights, anyone travelling in April with us is in for a real treat; On arrival Dave will be giving you a great orientation tour of Paris then you will have 2 full days to explore for yourself or perhaps you may want to visit Disneyland - we have limited first child places at £99 and additional children at £149. You can just squeeze it into the school holidays too.

2012 see's the 10 yearly Floriade Horticultural Expo in Venlo Holland. We have a very special departure on 16 September including a 2 day entrance ticket and our hotel is only 5 miles from the site. A regular traveller with Marion Owen Travel visited Floriade just for the day 10 years ago and said it was impossible to see everything in such a short time span. On our own tours we like to enhance your experience.

Perhaps in 2012 you might be considering a holiday in the UK? It does not always have to be travelling by coach, you could take the train to a city or the car to get away from it all. We have super rates for apartments in city locations as well as great lodges with hot tubs etc in more relaxing locations. Your stay can be as long or short as you wish.

Cruisers if you regularly sail with P&O, Cunard or Princess please do not ask what they are doing with there prices! They chop and change every few weeks. Sometime free coach or car parking other times huge on board spends or discounts on the cruise price. We can quote as it is that day but we cannot tell you what lies ahead from the crystal ball.

Last but not least - cruising from Hull on the Ocean or along the rivers. If you wish to travel in 2012, we have a new river itinerary of our own along the Garonne whilst on the ocean there are new destinations (Iceland, Poland, Germany, France) including departures in August too! Book before the end of November and enjoy early savings. December prices will definitely rise on the Ocean Majesty, we then hope for special prices again in January. Visit www.hullcruising.co.uk or just call for details.

Myself, Lynne, Kayleigh & Sarah look forward to being of service. Please call for more information and to book your next escape.....wherever it may be in the world!

Marion.

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16 June: BBC Gardeners World day out **£45**

28 June Normandy's D Day Beaches 7 days

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09 September World War 1 - 6 days - £359

16 September Floriade 4 days £295

includes a 2 day ticket & 1 night half board in Venlo!

12 October: Blackpool luxury weekend price £TBA

19 October: Ypres, Antwerp & Beer Festival

Weekend tour 3 nights **£169**

27 October Orient Express full day £345

Edinburgh Explorer brunch out dinner back.

29 October: Oban 5 days half board **£229**

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16 November Thursford 3 days £199

23 November Thursford 2 days £145

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Wills - why use a solicitor?

Currently, will writing is an unregulated industry in England. This means that you may be charged a fee for the preparation of a Will regardless of training, supervision, insurance and qualifications.

So, what are the advantages of instructing a firm of solicitors and what key things should you look out for?

All firms of solicitors are required to be registered and regulated by the Solicitors Regulatory Authority ("SRA"). Regulation means that solicitor firms must abide by a Code of Conduct which should ensure that they provide a high level of care to their clients. Solicitor's firms must provide advisors who are properly trained to offer the specific legal advice requested. They must also have appropriate insurance in place for the work that they are carrying out. Should any problems arise, you will have reassurance that the SRA will be able to help you.

Solicitors are required to be upfront and clear about costs. There should not be any hidden surprises along the way. When contacting a firm of solicitors, we recommend that you should always ask for details of cost in advance.

You would advise you to ensure your solicitor is a specialist in Private Client law – not all solicitors prepare Wills regularly. Look out for specialist qualifications such as membership with the Society of Trust and Estate Practitioners (STEP) and members of the Chartered Institute of Taxation (CTA). When arranging an appointment, don't be afraid to ask about the experience of the individual you will be seeing and for details of their supervisor, if appropriate.

Flaws in your Will may only come to light when you are not here to correct the problem. For peace of mind, we would advise you to always check:

- * the experience and qualifications of your advisor
- * whether they are regulated by a professional body
- * what insurance they hold
- * that you receive a clear estimate of charges in advance

Solicitors not only provide legal advice on individual, family and financial situations, but they are also equipped to provide advice on other issues such as powers of attorney, creation of trusts and care home fee assessments that may arise whilst discussing your Will.

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



Gino's have not increased their prices despite the increase in VAT in January, so come and enjoy a superb takeaway at really value for money prices.

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

Gino's is a bright, clean and friendly premises, and there is a small well-lit waiting area. There is an excellent choice of Pizzas, Burgers, Kebabs and Fried

Chicken, and the meals are of ample proportion, even for the biggest appetites. There is also a Gino's Kids Club menu.

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

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

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

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





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THE GREEN, COTTINGHAM

Hallgate Schools - continued

The Year is now 1931

"by Peter Railton (Author and Local Historian)"

When school reassembled on the 5th of January, Miss Hardy was worried about the health of one of her brothers. She was absent on the 8th as his illness grew worse and he died towards the end of the month. Both Miss Hardy and Mr. Wright, who was a cousin, attended the funeral on the afternoon of the 27th. Mr. Wright informed the Headmaster that he had been offered a place at Leeds Training College and that he would be leaving the department in the September.

A twelve week course of Garden Science was begun in February. This was for the benefit of heads of schools in the East Riding and was under the auspices of Leeds University Agricultural and Horticultural Department and was held in 'the new manual room for 1/2 day each week. This was a newly built detached building at the bottom left hand side of the boys' playground, erected due to the increased pressure on schools to provide more non-academic experience for pupils foreshadowed in various government reports.

The Woodwork Room

This became known as 'woodwork room' and was equipped with benches, cupboards, and a supply of saws, hammers, nails, screws and wood and lessons were given to the older boys by a male member of staff each week. Items produced ranged from egg holders, to boxes, shoe racks, cupboards etc., with various results! The finished items were proudly taken home at the end of term and a few pence was charged to offset the cost of the materials. This manual room was later used as an extra classroom in the 1960's and later still, used to store school furniture.

Lantern lectures were held in February and March - 'Climbing Mount Everest', 'The Story Of The Moon', and 'A Holiday In Holland' were all enjoyed by pupils and some parents. During March and April colds and laryngites claimed many victims with staff and pupils alike; Mr. Brookes, Miss Warwick, Miss Brown, Mr. Bramley and Mr. Wright all had to be away from school at various times. The symptoms often returned after the victim had got back to school seemingly recovered, resulting in several more days away.

Tributes paid to two deceased pupils

On April the 13th. Mr. Brookes entered in the log book - "I am exceedingly sorry to have to record here the deaths of two scholars which took place during the Easter vacation; Edwin John Coupland who died in the Hull Children's Hospital on the 5th. inst. as a result of an injury to his knee sustained during a school football match a week previous, and. Leslie Gardham who died following a fainting attack on Wednesday the 8th. inst. They were boys popular with their school fellows and their decease has come as a great shock to all concerned. Floral tributes from the Staff and Scholars were sent to the funeral in each case." On the 14th of May, Rev. Dakin the Congregational Church Minister and a school Manager visited the school and wrote in the log book:-

"I have visited the School this morning, have checked the- Registers and found all correct and in good order. The discipline is good and control by the teachers is both firm and kind. It has been a pleasure to see the behaviour of the Scholars."

Success on the Sports Field

The second Annual House Sports Festival of the boys' department was held on the cold, windy, evening of the 18th of May on the Ellerman's ground. The usual supporters were there and the cup was presented to the 'Purple House' by Councillor Arthur Dixon. Interestingly, the purple colour was dropped in favour of yellow, ie. in future red, blue, green and yellow team bands would be worn in sports, P.E. etc.; perhaps the purple clashed with the red too much and yellow would be more distinctive on the field.

Further success followed on the 4th of June when the combined Cottingham Schools won the Lambert White Trophy again at the sports event held at Hedon. On the 10th, school finished at 3pm so that pupils

attending the Wesleyan and Congregational Sunday Schools could get home, get washed and changed and go to the 'Feasts' served up in the respective church rooms as usual.

Two boys awarded scholarships

Two boys gained scholarships that year - Francis Edwin Hatfield to Beverley Grammar School and James Coupland to Trinity House: Hatfield and Coupland are old Cottingham names along with Gardham - James Coupland was probably related to Edwin John who had died in April.

Mr. Wright left the department to begin his spell at Leads Training College and Mr. W.S.Hall began duties with St. V. - he was an old scholar and student teacher at the school.

Coughs, Colds and other illnesses

The girls' school opened in January with coughs, colds and an outbreak of scabies - this was often present in schools, small irritating spots between the fingers and was highly contagious and easily passed between pupils and resulted in exclusion from school for several weeks. The weather grew increasingly bad during January and February with snow, rain, frost and the girls' Christmas parties were held later than ever - in mid-February.

In March the dentist examined all the girls and it was found necessary to recommend several extractions. The dentist, Mr. Harris, assisted by a nurse carried out the extractions under gas in the mobile surgery; mothers could wait in the school if they wished to take their daughters home afterwards. Attendance was down to 74% due to colds, flu and then mumps and several teachers were away too.

Success for the Netball Team

The department entered the Hull Netball League that year. The first match was with Northumberland Avenue School and resulted in a draw; netball teams were organised in the school in most classes - greens, reds, blues and yellows, and the most proficient in certain year groups represented the department in inter school matches.

Empire Day was celebrated as usual in May - songs were sung, poems recited, prayers said, and the girls were addressed by Rev. Dakin in the hall who spoke about the Empire and everyone's place in it. The weather towards the end of June 'was very stormy' at times and several girls won scholarships that month, Miss Brimelow was pleased and proud of their achievements.

In July Rev. French officiated at the presentation of a Cup awarded by Mrs. Holtby to the colour team who had gained the highest marks for achievements in the school year, including sports and games.

Four days holiday was given for Hull Pair in October and two H.M.I.'s spent one morning in the school and declared themselves very pleased with what they had seen. Attendance fell again, this time due to whooping cough and diphtheria mainly, but colds and 'flu took their toll as well. Dr. Daniels conducted 'medicals' for two days and Nurse Ward examined hair, finger nails, etc.

Miss Both visits from Natal in South Africa

In early December, Miss Both, a visiting teacher from Natal in South Africa, arrived to study classroom method and was immediately struck down with 'flu, as was Miss Brimelow and several teachers and more pupils and attendances were down to 75% Term exams began "but so many girls were away ill that they were abandoned until January. Miss Brimelow and Miss Both returned to school just before the Christmas holidays and spent two days visiting the Training College, the University, the Open Air School situated at the back of the College, Flinton Grove and Thoresby Street schools in Hull to see work in progress at each of these establishments. It was a, brief excursion into English education for the visitor, but a valuable one.

Everyone must have been thankful when school broke up for Christmas that year. The holidays usually ensure a break in the chain of illness in a school; pupils are no longer in crowds for hours at a time enabling germs to spread, and the opportunity taken for rest and care to speed recovery.

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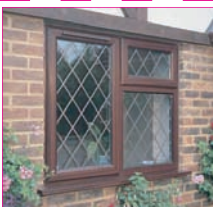
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VISTA FRAMES

Below: Answer to Sudoku problem No. 58 from the October issue.

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

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1920



UPDATE

COMIC POTENTIAL - NOVEMBER 2011

Tickets for "Comic Potential", by Alan Ayckbourn, are now on sale, either at Barkers, Newsagents in Hallgate, Cottingham or from our Ticket Secretary, Kaye, on tel. no. 01482 842270. Prices have again been held at £6.00 for adults and £5 for concessions.

Be prepared to laugh at yourselves as you may well see yourself as one of the comic portrayals. And with a cast of seventeen, including three new members, Steve Cooke, Emily Long and Ray Stow making their debut performances, rehearsals have been very long and intense. We wish them well and hope they will stay with us for many years to come. There may well be some different and surprising scene changes during these performances but it should be laughter all the way. Definitely not one to miss, so book early.

The performance dates are Thursday 24 November, Friday 25 November and Saturday 26 November, 2011, commencing at 7.30pm at our home, the Darby & Joan Hall in Finkle Street. Doors will open at 7pm and as usual, seats are unreserved, except for our invited guests and Friends. We will be welcoming another new Friend to this play and we are very grateful for the wonderful support that our Friends give us. If you haven't yet thought about becoming a Friend, maybe this is the time to give yourselves, or your loved ones, a treat by joining us and taking part in our social events as well. If you are interested, give Bob or Kaye a ring on the telephone number shown above.

SOCIAL EVENTS

We are really looking forward to our annual visit to the Pantomime at the Theatre Royal, York in January when 18 members and guests will be going to see Berwick Kaler starring in "The York Family Robinson" with, no doubt, his usual band of intrepid heroes (or villains)!! Weather permitting we will finish the event with a meal at the Garden Restaurant in Pocklington on our way home. Just so that you know how popular this Pantomime is, we had to book our tickets last March!!

PLAY READINGS

The date of our next play reading evening will be Monday 7 November in the UPSTAIRS ROOM AT THE DUKE OF CUMBERLAND on Market Green, Cottingham commencing at 7.30pm. Everyone is welcome to come to these Open Sessions and learn more about us. If you are interested and would like to know more then please give Margaret a ring on 01482 846796. Provisional dates for future Play Reading Evenings are Monday 9 January, Monday 6 February and Monday 5 March, 2012. Please note that these will be held in THE OLD BREWERY OF THE KING BILLY INN in Hallgate. Look out for our posters round the village and on our website for more information.

NEW MEMBERS AND FRIENDS

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

SEASONS GREETINGS TO YOU ALL

Finally, although this may seem a little on the early side, we would like to take this opportunity to thank everyone who has supported us this year and wish you all a very Happy Christmas and we hope to see you all again next year.

A guaranteed way to meet funeral costs at today's prices &

SAVE UP TO £185 BEFORE THE END OF NOVEMBER

Everyone knows that planning for the future makes sense, from putting money aside for a special occasion to building up a personal pension. With the necessary funds available, you're able to take care of things as and when they happen. The Age UK Guaranteed Funeral Plan is no different. It allows you to pre-pay your funeral expenses at today's prices, ensuring that your loved ones won't have to meet the key costs when the time comes. The cost of the services included in the plan is guaranteed to be covered

Why it's important to act sooner rather than later

Like most things these days, the cost of funerals is rising – and rising fast. In fact, while the average cost of a funeral in 2010 was £2,857* it's projected to rise to £4,050† by 2015.

Those increases are not only outstripping inflation, but also the return many people are receiving on their savings and investments. So if you thought that you had set aside sufficient funds to pay for your funeral, you may wish to think again.

Freeze funeral costs at today's prices

The good news is that unlike any other way of funding your funeral – a savings account, investment or life assurance plan, for instance – the Age UK Guaranteed Funeral Plan allows you to freeze funeral costs at today's prices. So you can take out a plan today, safe in the knowledge that you're protected against any further price rises. Your cremation funeral costs are guaranteed to be met in full, no matter how long you live.

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As well as ticking all the right boxes when it comes to paying for your funeral, the Age UK Guaranteed Funeral Plan is flexible enough to allow you to make your own personal arrangements. Besides offering a choice of three plans to suit a range of needs and budgets you can add your own special in your own time.

Your acceptance is guaranteed

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Ways to request your FREE no obligation pack

Pop into Age UK East Riding, 16 North Bar within Beverley, East Riding HU17 8AX
Tel 01482 861065

Opening Hours 9.30 Am-4.00 Pm Mon-Fri and Sat 9.00 Am-12 Noon

Visit our website: www.ageuk.org.uk/funeralplan

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Summer Reading Challenge Presentation held at Cottingham Library

A special presentation evening took place at Cottingham library on 22nd September for children who had taken part in the annual Summer Reading Challenge, at the library, to receive their certificates.

The theme for this year was 'Circus Stars' and the challenge for the children was to read six books over the summer holidays and attend weekly sessions in the library to talk about the books they had read and join in with games and activities based around a circus theme.

All the children taking part looked forward to the sessions and received stickers and colouring/ activity sheets each week and on the final week a medal.

Councillor Jane Evison, cabinet portfolio holder for rural issues and cultural services, said: "East Riding of Yorkshire Council is always enthusiastic about running this important scheme in our libraries as it

is important to encourage young people to read and realise the pleasure and enjoyment from sitting down with a good book.

"Whilst it is primarily to get young people reading and appreciating the written word who knows how many budding writers or poets we might have encouraged."

Over 30 children attended the presentation along with members of their family.

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

Swanland Screen to show "Coco before Chanel"

Swanland Screen invites you to the showing of "Coco before Chanel" which is the story of Gabrielle Chanel from her days in the orphanage, where she was left by her Father, through her time working in a provincial bar as seamstress for the performers and as a singer. It was here that she earned the nickname Coco from the song she sang nightly with her sister. A liaison with Baron Balsan gave her an entrée into French society and a chance to develop her gift for designing increasingly popular hats. When she fell in love with Englishman Arthur Capel further opportunities open up, though life became ever more complicated.

The film is shown at Swanland Village Hall at 7.30pm on Saturday 26th November and is rated "13". (Please note that this is not our regular third Saturday) There will be a stall at the interval of small goods for sale from our local shop "Coco Noir". Tickets cost £3.50 and £1.50 for accompanied schoolchildren.

For further details please contact Yvonne on 01482 634863 or Ian on 632800.

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Dinner and Dancing until 1.00 am

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Tuesday 20th - £17.95pp

Wednesday 21st - £17.95pp

Thursday 22nd - £17.95pp

Friday 23rd - £29.50pp

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Elizabeth Altman recital at Hallgate Methodist Church on Sunday 13th November

ELIZABETH ALTMAN, International Concert Pianist and a great favourite in the East Riding, is making a return visit to Hallgate Methodist Church on Remembrance Sunday, 13th November for a recital commencing at 2.30 pm.

A great deal of thought has gone into the repertoire and based upon her earlier experiences in Cottingham, Elizabeth is performing a wide range of extremely popular classical pieces, so much enjoyed by local music lovers.

The concert highlights will almost certainly be excerpts from famous piano concertos including the Beethoven 'Emperor' slow movement and the emotional Elvira Madigan theme from Mozart's No 21. Also included is the Beethoven Romance in A which doubled as the slow movement for his Violin Concerto.

More conventional pieces which Elizabeth has promised are by Schubert, Chopin, Bach (Jesu, Joy), Mendelssohn and Liszt . . . so, please come and be enthralled by the superb interpretation which she can render to these great works..

TICKETS ARE AVAILABLE FOR £11 (£5 FOR STUDENTS IN FULL TIME EDUCATION). They are available from Gilly's Balloons at The Back Room, Hallgate and The Photo shop, King Street, Cottingham. Also by phone 01482 847122 or 01482 842347.

STA Certificate in teaching swimming to beginners at Haltemprice Leisure Centre

Haltemprice Leisure Centre will be holding an STA Certificate in Teaching Swimmers (Beginners) course on Saturday 19th November, 26th November and 3rd December, from 8am-4.30pm.

Open to all members of the public, the course costs £200 and qualifies those who pass to teach swimming lessons for to up to 10 beginners and assist in larger classes or advanced skills under supervision.

Candidates must be over the age of 16 years old and should possess NPLQ qualification, NARS pool helper or RLSS rescue test for swimming teachers.

A rescue test for swimming teacher's course will be arranged if needed for an extra £62.

For more information contact Helen Hathway, on (01482) 652525, press option 2, or visit www.haltempriceleisurecentre.co.uk.

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

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



Muscular, Neurological, Skeletal and Vascular:

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

Internal:

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

Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

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

Cancer and Tumour:

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

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

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

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

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Saul Phillipson receives his gold award from Michaela Strachan at Spurn Point

Saul Phillipson joined the Cottingham Wildlife Watch Group at the beginning of 2002 aged nearly 4 years old.

Within the first two years Saul had gained three of his passport badges. He always showed great interest in the activities and enjoyed the "hands on approach" when litter picking, reserve management, lantern making and beach art.

Saul's Expert badge was a real treat for all the Watch Group!. Foraging was his topic and after collecting fruits, berries and nettles, Saul cooked his wild collection and invited us to his home for

a special lunch. We feasted on home made nettle soup and cream, bread, scones, cakes and Elderflower cordial and plum ice lollies.

Saul has been one of our most active members and we hope he will continue his interest in Conservation and the Environment.

"Congratulations to Saul on behalf of the Cottingham Watch Group."

The Cottingham Wildlife Watch Group encourages children's interests in the environment, learning about wildlife and managing nature reserves. Each child has the opportunity to gain Starlets Awards from a young age and then move onto a Gold Award scheme which is made up of eight badges.

Each badge is gained by either team work, researching local environmental issues, making areas better for wildlife and getting to know about wildlife on your door step. This can take between six and eight years to complete.

A Festival of Christmas Music and Carols

Seafarers UK (East Yorkshire Committee) have organised their final fundraising activity of 2011, a **Festival of Christmas Music and Carols**. This will be held between 4.00pm and 6.30 pm on Sunday 11th December at the Darby and Joan Hall, Finkle Street, Cottingham.

To start the afternoon the "**Priory Park Singers**" will entertain the audience with a performance of their choice of festive music until the refreshment break. During the break the audience will be offered a glass of wine, or a soft drink, and a mince pie to fortify them for the second half of the show, which will consist of the Priory Park Singers leading the audience in the singing of a host of favourite traditional Christmas Carols.

Tickets £5.00 per person including refreshments. For further details, or to order your tickets contact Peter Clark on 01482 876267.

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Your Stars for November 2011 - By Kay Gower

Aries - (Mar. 21- April 20)

Your sense of security meter may be going from one extreme to another now. This stands to change soon, but not quite yet. Roll up your sleeves and be willing to work with new people and situations. Good ideas coupled with charm will ensure that other people are on your side.

Taurus - (Apr. 21- may 21)

The more new and exciting people you meet now the better. Interesting friends will open up your mind to new ways of thinking that you may not have considered before. You may well uncover a more daring individual inside yourself thanks to these new acquaintances.

Gemini - (May 22-June 21)

You won't find your success the way you have in the past, nor will you find it the way others do. November ushers in a fresh originality in your approach and you'll be lucky implementing unconventional ideas.

Cancer - (June 22-July 22)

Your energy improves when you spend time with certain people — and don't spend time with those who are draining to be around. Money luck comes mid November and you could also receive an unexpected gift or bargain.

LEO - (July 23-Aug 22)

You've dealt with the stresses of life in a highly responsible manner. Everyone deserves a free pass once in a while, and this month is your turn to opt out and let others handle things on their own.

Virgo - (Aug 22 - Sept. 23)

Get active around the house this month for positive results at home. Maybe a bit of DIY or redecorating is on the cards. Financial concerns will be a dominate theme during the early to mid part of November, but hopefully by early December you will begin to see a slight reprieve.

Libra - (Sept. 24 -Oct. 23)

In the past, you have taken on too much – you've always managed to get through it, but there was a cost. You're wiser now. Be as deliberate as possible about the work and responsibility you accept and you will see your energy level improve.

Scorpio - (Oct. 24 - Nov. 22)

No, you are not imagining things. Someone struts like a peacock whenever you're near. This person wants you to believe in his or her magnificence. All of this effort on your behalf — it's so flattering.

Sagittarius - (Nov. 23 -Dec. 21)

You'll make excellent financial decisions. A combination of keen instinct and savvy planning improves the picture for you and your loved ones. A group of creative people welcomes your input, and this month inspires better health and fitness.

Capricorn - (Dec 22.- Jan. 20)

Isn't it weird how trying to impress someone always has the opposite effect? That's why it's sometimes best to play it cool, relax and keep a low profile. It works in your favour now, as others find your quiet confidence irresistible.

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

You haven't been doing anything different lately, but for some reason you have more energy for your work, plus some left over for those you care about. Vitality sometimes comes in waves, and this month you will definitely have it.

Pisces - (Feb. 20-Mar. 20)

There is much to be said for seeking a little romance this month, and the signs are very good when it comes to affairs of the heart. Don't hold back when speaking those all important words that mean so much to others. This will be a very happy month for many pisceans.

Betty and Ivy say a big

“Thank you”

Betty and Ivy of Heath Royal Court, Cottingham would like to thank everyone once again for supporting their coffee mornings for MacMillan Nurses.

A total of £185 has been raised for this excellent organisation.

‘Recycle for the Dove House Hospice Love you 2 Appeal!’

The Dove House ‘Love You 2’ appeal is looking to raise £2.5 million to enable them to extend and re develop their facilities on Chamberlain Road, Hull.

The hospice currently provides an extensive range of services completely free of charge to anyone over the age of 18 who has been diagnosed with a life limiting illness and they also give tremendous support to family members, friends and carers.

There are many ways in which we can all help to raise these vital funds but one of the easiest by far is by way of recycling what most of us consider useless rubbish.

The recycling of used inkjet and printer cartridges and old mobile phones can potentially generate a substantial and regular income stream as well as help preserve our planet for generations to come. Every year in the UK over 200 million printer cartridges and 15 million mobile phones are either dumped or discarded.

Please help us raise the much needed funds by supporting our recycling program and actively become a Toner Donor or a Phone ‘r’ Donor

Contact us by e mail at recycle@loveyou2.co.uk to arrange a collection of your used printer cartridges and mobile phones or for more information on how you or your place of work can support the appeal.



Skidby Village Hall & Institute

Christmas Craft & Gift Fair

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A local vintage motorcycle club, hold rally in aid of Castle Hill Cancer Wards

A local vintage motorcycle club, recently held a rally in aid of the Cancer wards at Castle Hill Hospital. The hospital were presented with a variety of sweets for patients to eat whilst undergoing chemotherapy, with the money raised.

The winner of this trophy was Ivor Nicholson of Cottingham (pictured below right) with his 1961 200cc Velocette Valiant. The award was for the smallest capacity machine.

Pictured top right: Members of the local vintage motorcyle clbu before the rally which started and finished at the Half Moon Public House, Skidby.

Pictured below: Left to right, Debbie Simpson, Mrs. Barbara Hoyle and Wendy Page at the presentation of the sweets.



PUBLIC NOTICE: Licensing Act 2003. Application for a premises licence (under sections 17 of the Act), Zing Lounge, 119 Hallgate, Cottingham HU16 4DA. Statement of Relevant Licensable Activities or Relevant Qualifying Club Activities, which is it proposed, will be carried on, on or from the premises. Sale of alcohol Monday to Saturday 5.30pm to midnight. Sunday 12.00 noon to midnight. Late night refreshment Monday to Sunday 11.00 pm to midnight. The Licensing Register may be inspected at the Licensing Authority, East Riding of Yorkshire Council, Public Protection Department, County Hall, Beverley, East Riding of Yorkshire, HU17 9BA between 9.00 am and 5.00 pm. Monday to Thursday (4.30pm on Friday) except public holidays. Any representations by a Responsible Authority or Interested Party must be made in writing within 28 days of the date of this notice to:- Licensing Section, East Riding of Yorkshire Council, Cross Street, Beverley HU17 9BA. It is offence knowingly or recklessly to make a false statement in connection with an application punishable on summary conviction by a maximum fine of £5,000.



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Cottingham Karate Instructor wins silver medal at prestigious event

Hull Zanshin Karate instructor Barry Meanwell recently won a silver medal at the prestigious British International Karate Championships in Glasgow. 17 nations were in attendance at the competition and it was a very long weekend as a result. Barry entered the senior male under 84kg weight group, for which he is an England International Competitor.

Barry who teaches at the Cottingham Pavilion based Karate Club lined himself up into the medal positions by beating all of his early round opponents. Determined to secure something better than a bronze medal, Barry set to on his semi-final opponent in much the same way as his previous matches, with his usual vigour and determination. Winning this round also meant Barry was now in the final and line for either the silver or the gold. His opponent in the final was fellow England International Aaron Swales from Sunderland. Unfortunately for Barry Aaron was to prove just one step too far on this occasion, leaving Barry a very respectable silver medal winner.

Anyone who would like to join the Cottingham based Hull Zanshin Karate Club should contact Tony Dent for details on, 07752 897886, or visit their website at www.hullzanshin.com.

Cottingham 50 Plus Information Day

East Riding of Yorkshire Council's Benefit and Money Advice Service has arranged for an information day to be held at The Darby and Joan Hall, Finkle Street, Cottingham, on Thursday, 17 November between 10am and 2pm.

Come along and get information and advice for over 50s on areas such as benefits and money, safe communities, carer support, library services, housing, East Riding voluntary services and much more.

Free refreshments will be made available and you can come along and enjoy a card making demonstration at 11.15am.

For further information call 0800 915 0381.

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Could you help a toddler who was choking?

Staying calm and knowing how to deal with this type of emergency is one of the important elements that a trained nanny can offer to the children in their care.

Angelic Angels is a professional nanny recruitment agency based in Cottingham that helps families across Yorkshire and North Lincolnshire find the ideal nanny.

Their next Paediatric First Aid training course will be held on Saturday 3 and Sunday 4 December at Cottingham Parks Golf & Leisure Club.

The course is aimed at professionals working in a childcare setting but is open to anyone who may be interested in gaining a life saving skill.

The course runs each day from 9am till 4pm and is priced at £90. The course is accredited by OFSTED with each person awarded a certificate upon completion which is valid for three years.

For further information or to reserve your place, please contact Angelic Angels on 01482 845 387/0791 498 6272 or email info@angelicangels.co.uk.

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News from the Cottingham Bowling Club

Another good year for our members who have enjoyed friendly & [many] League matches. A lot of welcome compliments from visitors about our greens. By the time you are reading this the outdoor season has ended and we are into our autumn programme. The carpets are laid for the start of the indoor season.

October sees the Club hold the annual Lunch & Prize Presentation when the winners & runners-up receive their trophies. The Annual General Meeting will be in early November.

TROPHY WINNER[S]

The JEAN RUSSELL CUP

Marlene Atkinson

The HOPPER CUP

Marlene Atkinson

The BEATTIE-WOOLSEY CUP

Shirley Gibbons &

Amanda Harrison

The JOHN WINFIELD CUP

**Gerry Holmes [see below]

The ROWBERRY CUP

Denys Abba

The JOHN MOORE CUP

Peter Axiotes &

Mark Wilmore

MARRIED COUPLES CUP

Barbara & Ron Bell

OPEN SINGLES CHAMPION

Tim Winter

RUNNER[S] -UP

Amanda Harrison.

Margaret Abba.

Clarice Scott &

Sue Woodeson.

Ralph Shallcross

Steve Lambert.

Denys Abba &

Steve Lambert

Shirley & Eric Gibbons

Marlene Atkinson

**Gerry Holmes also won the Area 4-woods Champion of Champions

held at Kingston Bowling Club

PRESIDENTS vs CAPTAINS

Winners Mike Moore, Roger Dyson

& Alan Woodeson

HARRY WRIGHT CUP

John Osgerby & Mike Todd

DON BULMER TROPHY

Cedric Graburn, Marjorie Lyon

& Alan Woodeson

WELCOME HATFIELD

Peter Axiotes & Marjorie Lyon

Iris Kemp, Jeff Lewis

& Clive Hunter

Betty Briggs & Nick Norton

Amanda Harrison, Jeff Lewis

& Sue Woodeson

Mollie Walker and

Alan Woodeson

M. & T. WATSON TROPHY

Cedric Graburn, Malcolm Green

and Eric Gibbons

The ASHTON TROPHY

John Osgerby

LADIES vs GENTS

Dorothy Jefferson, Faith Sharp

& Clarice Scott

Dorothy Jefferson,

John Merrikin & Peter Ward

Arthur Howbridge

Philip Jordan, Fred Flynn

& Alec Walker

INDOOR WINNERS

LADIES SINGLES

Sue Woodeson

Margaret Macer

LADIES PAIRS

Sheila Allbones & Sue Woodeson

Jean Major & Pam Palmer

GENTS SINGLES

Don Macer

Steve Lambert

GENTS PAIRS

Peter Axiotes & Don Macer

Ken Allbones and

Les Wilkinson

MARRIED COUPLES

Chris & Steve Lambert

Mollie & Alec Walker

OPEN CHAMPION

Margaret Macer

Steve Lambert

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Council takes over parking enforcement

East Riding of Yorkshire Council's civil enforcement officers will be issuing dummy tickets for illegally parked vehicles across the East Riding from Wednesday, 26 October until 7 November. The dummy tickets will inform motorists what they have done wrong and will include a letter informing them about civil parking enforcement (CPE), which is due to start in November.

No further action will be taken on offences committed during that period, but enforcement action will be taken after 7 November.

From 7 November the council will become legally responsible for parking enforcement - keeping the highways free moving, safe and available to all users - taking over the duties previously carried out by Humberside Police traffic wardens.

John Skidmore, head of the council's streetscene services, said: "The aim of issuing dummy tickets for a limited period is to raise awareness among motorists that the council will be responsible for keeping the highways clear of illegally parked vehicles, causing obstruction and congestion.

"This benefits us all, not least because it helps with road safety and reduces the adverse effects of illegal parking on the commercial viability of town centres.

"This exercise will also allow new staff to become familiar with the areas they will be working and to put into practice what they have learned." Mr Skidmore said: "The only major change the public will notice is that instead of police traffic wardens enforcing parking restrictions, they will be council wardens.

"CPE will be self-funded through the income generated from on-street parking and from enforcement action so there will be no cost to council taxpayers."

The council has already stated that it will not be implementing new parking restrictions as it believes those currently in place are adequate. The council has taken over responsibility for enforcing parking restrictions after the decision by Humberside Police to withdraw its traffic warden service.

For further information about CPE, visit www.east-riding.gov.uk/roads-streets-transport/parking/civil-parking-enforcement.

"Father Christmas comes to Cottingham!"

Yes, Father Christmas will be in Cottingham on Saturday, 3rd December at the Haltemprice Lions' Christmas Fair - not the real one of course as he is too busy and cannot fly over from Lapland. But this is our own 'Father Christmas' who will have his little grotto area at the Lions' Christmas Fair in the Cottingham Civic Hall and will meet any children - and adults - and for a small charge they will receive a present from him. But that is not all, there are about 30 stalls of Christmas Gifts, cakes, bulbs and plants, Christmas cards etc. The Fair will start at 10.00 a.m. and carry on to the afternoon, refreshments are available throughout the day. Please remember the date and come along to support the Haltemprice Lions. Do you know what the Lions really do? We are a voluntary worldwide organisation - probably the largest - but our work is locally based supporting any worthy cause be it individuals or other groups and organisations. The money we spend in support of worthy causes, we raise ourselves. Earlier this year we were pleased to hand over

£15,000.00 to local groups and persons in need, groups like the Hull, Beverley and Holderness Branch of Multiple Sclerosis, Marie Curie Fund, Hessle Sporting Spitfires FC, someone who wanted help to buy a specially adapted wheelchair, Mires Beck Nursery at South Cave, a Fun and Sports Day for the Disabled and many, many more groups and individuals. We enjoy our service to the community and enjoy the fundraising activities. This is why we ask you to support us. The Haltemprice Lions meet each month for a 'business meeting' and once a month we join our 'Friends' for Social evenings. You could join us as either as a member or a 'Friend of Haltemprice Lions' and help us to make a difference. Make new friends and have fun.

If you require any information on our activities or further involvement with Haltemprice Lions please call David Whincup (Tel. 01482 847367 or email dwhincup@dwhincup.karoo.co.uk) Look forward to seeing you at the Lions' Christmas Fair on Saturday, 3rd December at the Cottingham Civic Hall.

Support the advertisers who appear within the Cottingham Times



Fit (and they know it)

Cottingham Fitmums and Friends, the village's own friendly, inclusive running (and walking) club, recently signed up its 200th member. As the club has been going for less than two years and started with a few friends meeting on someone's drive, this is a remarkable achievement.

Founder Sam Barlow is thrilled to bits with the success of Fitmums. "I never imagined that Fitmums would grow like this but as it has, it has become my dream to bring the joy of running to a wider community, and Fitmums shows that there really is a group of people out there who just need a bit of encouragement and support to lace up their trainers and get going," she says.

Asked about why she thinks Fitmums is so successful, she's quick to find a host of reasons. "Well, for a start there's the fact that it only costs £25 to join, and you get the much loved trademark Fitmums vest (pink for women, blue for men). But I think it's the inclusive, supportive ethos of Fitmums that makes people come along once and then stay to join. And it's not just about running; we've got an enthusiastic group of walkers and buggy burners too.

"We're also keen to make it possible for those people who might struggle to find time to run, like parents of young children, to come to the club. We hold a session on Monday mornings in partnership with Blue Kangaroo nursery; parents can leave their kids to play while they go out for a health-boosting, stress-relieving run.

"One of our members, Clare Lyon, leads a 'buggy burn' session once a week. This is free for members and is a way for mums, dads, grandparents with small children to enjoy exercise without having to leave their little ones behind."

One of the aspects of Fitmums that members like best is the way runs are carefully measured so that distances of one, two, three, four, five or six plus miles are on offer each club night. Groups are led by trained volunteer run and walk leaders, who make sure that everyone gets from base at Cottingham Pavilion and back in one piece.

To ring the changes, Mike Barlow, the club's trained UK Athletics coach, also provides track, speed, circuit and hill sessions to help runners to improve. He is happy to devise personal training schedules for those attempting races; Fitmums have embraced challenges from the Jane Tomlinson 10K to the London Marathon as well as turning out 3 teams for the England Cross Country relays last year.

"I'm still pinching myself at how big the club has grown in such a short time with people coming from far and wide," says Sam. "I think it's a tribute to the hard work of the volunteers who run Fitmums, but more than that it shows that the people of Hull & East Yorkshire are not afraid to get out there, get running or walking and get fit!"

For more information about Fitmums, go to www.fitmums.org.uk or just go along to a session at the Pavilion on King George V playing fields. Club nights are Wednesday at 7.00 pm, Friday at 6.15 pm and Monday at 9.45am at Blue Kangaroo and Buggy Burn is Thursday's at 1.00 pm.

Pictured above: (Left to right) - Sam Barlow, Nikki Dunlop and Hayley Patterson.



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Excellent turnout for Proposed Station Road Supermarket Consultation Days

Ispace held a public exhibition to present their proposals for the Station Road site in Cottingham on Thursday and Friday of last week. A scheme for a new modern supermarket to provide a local and accessible facility for Cottingham was presented to local traders, stakeholders and residents.

The event was widely attended on both days and we received some very positive and helpful feedback on the scheme. We realise there is still further work for us to do, in particular in respect of highways, and in the coming weeks we intend to take on board the comments received and ensure we are proposing an appropriate solution.

We are also preparing a robust planning submission which will demonstrate the many benefits such a scheme would deliver for Cottingham, including increased employment and the widening of choice in main food shopping facilities for residents.

We thank those who took the time to attend our event and provided invaluable comments on what is our initial scheme. We very much look forward to presenting our revised proposals in the near future.

Simon Dixon of Ispace.

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Evening of Song to be held at St. Michael's Church, Skidby on Friday 25th November

St Michael's Church, Skidby is holding an evening of song and fun on Friday 25th November at 7pm - venue Skidby Primary School. Quizzes, raffle, variety of stalls, refreshments, 60s/70s songs lead by Close Harmony

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Hull Savoyards to perform concert at Cottingham Civic Hall to mark the centenary of the death of W. S. Gilbert

To mark the centenary of the death in 1911 of dramatist, librettist, poet and illustrator W.S. Gilbert Hull Savoyards will be presenting a concert consisting of music from his best known works, the fourteen Gilbert and Sullivan operas which will include music from Thespis to The Grand Duke.

These comic operas were produced in collaboration with Sir Arthur Sullivan, the most well known include H.M.S Pinafore, the Pirates of Penzance and one of the most frequently performed works in the history of musical theatre, The Mikado.

The concert is on the 19th November, at 7.30 pm. Admission for Adults £7.50; Concessions £6.50. Tickets available at the door or contact 01482 876918.

Come and enjoy a wonderful evening of G&S music and humour with a mixture of colourful costumes and props.

Successful Paws for Coffee morning in Cottingham at the Holy Cross Church

Hearing Dogs for the blind had a very successful event with a great turnout which included two Hearing Dogs with their owners. We should like to thank everyone who came or donated money, produce, tombola prizes and other saleable goods which helped us raise £227.80.

We also appreciate all the help we were given with preparing and running the event on the day. Sunny weather was a welcome bonus which enabled people to sit outside and enjoy the garden at Holy Cross Church in Cottingham.

Weekly Classes held at:
Darby & Joan Hall, Finkle Street, Cottingham
Monday 5.30 pm and 7.30 pm and all Bank Holidays
Also at: Sutton Park, Hull
Tuesday at 9.45 am

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Crossword Solution from page 14

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Remaining healthy during the Cold and Flu season

No one enjoys being sick with a cold or the flu but for many it is par for the course during the colder months of the year.

The cold and flu season gets its start sometime in mid to late October and ends some time in late March or April. There is no cure for these illnesses but there are ways to safe guard yourself against the viruses. Let's look at a few of the ways to prevent getting sick.

One of the simplest and most overlooked ways to keep germs at bay is to wash your hands as often as possible. Wash them before meals and wash them after touching contaminated surfaces such as telephones, remote controls, doorknobs, and faucets. Wash your hands with warm water and soap. Spend a few minutes washing and rinsing. Make sure you dry your hands thoroughly afterward. It would be helpful if you kept wipes in your purse or desk at work. You might also want to use a hand sanitizer when finding your way to a bathroom is impossible.

Rev Up the Immune System

Your immune system could use a boost during the flu season. In order to keep your immune system working at full capacity, make sure you eat a nutritious and well balanced diet every day and exercise on a regular basis. Studies have proven that moderate physical activity has a positive effect on the immune system and over time can help prevent the onset of colds and other respiratory problems. You also need to get as much rest as possible and to keep your stress level to a minimum. If you have an unhealthy habit such as eating too much or smoking or drinking too much alcohol then cutting back on these habits can reduce the workload on your immune system.

Preventing Sickness with Food

Certain foods are instrumental in preventing the development of colds and the flu. If you find yourself or a family member getting sick over and over again then maybe it is time you ate more preventative foods.

Many dairy products including cheese contain a natural substance called conjugated linoleic acid which can improve immune system function. Another dairy product, yogurt contains friendly bacteria called probiotics that can strengthen the immune system.

Garlic is excellent as a food source for preventing sickness during the cold season. Garlic increases a person's resistance to both stress and infections. The immune fighting power of garlic is most realized when the cloves are crushed before it is added to food. Once crushed, the garlic juice can be released and do its sickness fighting work. Onions have similar immune system properties. If you do not like garlic then consider taking a garlic supplement over the winter months.

The immune system also gets a boost when it gets plenty of vitamin C. Vitamin C can be found in citrus fruits such as oranges, grapefruits, tangerines, lemons and limes. You can also find it in fruit juices but to a lesser extent. Look for pure fruit juices that contain very little sugar.

Zinc is an essential mineral that is very beneficial to proper immune system function. Zinc can be found in chicken and meat as well as peanuts and peanut butter. It is also found in plentiful supply in oysters and in some types of seafood such as crab and lobster.

Take care of yourself throughout the cold and flu season and do everything you can to send the message to sickness that you don't want what it has to offer!

Beverley Business Fuels a Greener Future

Spiralling energy bills have prompted a Beverley businessman to launch a new service delivering recycled wood to use in wood and biomass burners and chimineas.

Tony Sturdy's new company, Yorkshire Heat Logs, offers a greener, more sustainable, solid fuel alternative, delivered to homes and businesses in East Yorkshire.

The environmentally-friendly heat logs, or briquettes, are made from 100 per cent recycled hardwood and softwood and contain no additives.

Mr Sturdy is well known in the Beverley area through his existing business, Beverley Pine, Oak & Interiors.

He said his new venture is the result of people having to contend with ever-increasing energy costs.

Mr Sturdy, managing director of Yorkshire Heat Logs, said: "We know that fuel poverty is high on the agenda – oil, gas and electricity bills are spiralling, often out of our control.

"Many people are turning to wood waste to heat their properties. However, traditional, firewood logs can be difficult to store and do not always burn for a long time. Unless they are well-seasoned, they also do not give out optimum heat.

"Our logs have a greater heat output, because they contain much less moisture, meaning they produce as much as three times the heat output of a traditional log or kindling."

Mr Sturdy said the heat logs allow people to opt for a more environmentally friendly way of heating their home or business.

He said: "We believe in and understand the need for alternative fuels to address the reduction in fossil fuels.

"Our product is made from locally-sourced clean wood waste with no additives, which has to be better for the environment."

The businessman said he came across heat logs when he was looking for a more cost-effective, cleaner, fuel to use in his own home and workplace.

"The main problem with traditional logs has always



Pictured above: Managing Director Tony Sturdy with a selection of his heat logs available from Yorkshire Heat Logs.

been storage, having to store them outside and the need to buy in bulk," he said.

"But our heat logs are far more convenient. They are individually wrapped in packs of 12, take up much less space and can easily be stored indoors, meaning an end to chopping up old logs and kindling."

Beverley Pine, Oak & Interiors is based at Tokenspire Business Park, Woodmansey, and has been running since 1998.

Mr Sturdy said he hopes Yorkshire Heat Logs will become equally well known for its convenient, local service.

He said: "We are offering free local delivery, to your door, and this is another major benefit of using our heat logs.

"You don't have to buy in bulk and you can order exactly what you need – so it's easier to budget."

Orders, for small or large quantities, can be made online or over the phone, allowing people to budget more easily.

And deliveries are made to the door, at a convenient time to suit the customer.

Telephone 01482 870001 or 07734 972381 to place an order, lines are open between 8am and 8pm.

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