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# In Cottingham and District

# **Cottingham Methodist Photography Group**

We meet in Cottingham Methodist Church Hall

Tuesday 3rd November - at 7.30 pm.

Tuesday 17th November - at 7.3 pm.

Tuesday 1st December - at 6.30 pm. - Outside visit (7.30 pm if wet).

Want to learn more about using your digital camera now? Why not give our friendly group a try? New members welcome. Contact for further details - John Tel No: 842169 or john@jcmhome.karoo.co.uk

# The Cottingham History Society

Wednesday 4th November - 'By strangers honor'd and by strangers mourned', the life and death of "Count" Adolph de Werdinsky - Alan Deighton, in the Red Hall, Hallgate Primary School, Cottingham starting at 7.30 pm. Meeting fee, Members £1.00; non-members £2.00. Contact Peter McClure 01482 845734.

Front cover: Cottingham Lights Collage

Photo by: Paul Lakin

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#### **Hull Choral Union and Lincoln Choral Society**

Saturday 7th November - Hull Choral Union and Lincoln Choral Society are linking to sing this dramatic work in Hull City Hall at 7.30pm. The performance will be conducted by LCS conductor, Neville TURNER, and accompanied by HCU Orchestra. Tickets are now on sale at Hull City Hall Box Office 01482 300300 - Adults £17.50 (2 for £30), £5 Jobseekers and Higher Education Students, £1 Accompanied children under 14 and 14 - 18 Students.

#### Cottingham Catholic Women's League

Monday 9th November - Open Meeting, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 p.m.

## **Cottingham Women's Institute**

Tuesday 10th November - Annual Meeting (Review of Year and appointment of President and Committee). Christmas Bring and Buy Sales Table. Competition: Guess the cost of the hamper, 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

# **Cottingham Ladies Circle**

Wednesday 11th November - Mr. C. Blackburn - a talk entitled 'Mercy Ships', to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 p.m.

# Cottingham Men's de Luda Society

Wednesday 11th November - Hull in the 1960's by Alan Richards, in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.





#### **East Riding Cricket Society**

Wednesday 11th November - Richard Pyrah. Meeting in the Brewery Bar, King William IV, at 7.30 p.m. for 7.45 p.m. All welcome! £5 on the door. More information contact <a href="mailto:ercsoc@gmail.com">ercsoc@gmail.com</a> or phone Maggie Sumner 01482 861848.

## **Cottingham Green Women's Institute Evenings**

Thursday 12th November - Clive and Kath Richardson - More about the Woman who Didn't Exist. Competition: Unusual Buttons. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

#### U3A

Thursday 12th November - Kath and Clive Richardson - Lest We Forget, at 2.00 p.m. in the hall at the Darby and Joan Hall, Finkle Street.

# Skidby and Little Weighton Methodist Church

Friday 13th November - Soup Lunch. Come and enjoy delicious home made soup and rolls served from 11-30 a.m. onwards and make a donation for charity. All welcome.

#### **Beverley Film Society**

Friday 13th November - Finding Vivian Maier (USA) 2013 Cert 12A Documentary/Biography/Mystery Oscar-nominated documentary uncovering the story about a nanny with a posthumous reputation as one of the most accomplished street photographers and her bizarre and secret life. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley. Members: £30 for whole season. Guests (of members): £4.50 per screening.

## **East Yorkshire Embroidery Society**

Saturday 14th November - Mary Sleigh "Inspiration from Africa', Ideas for creative people, to be held at 2.30 p.m. in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits. <a href="https://www.eyes-embroidery.co.uk">www.eyes-embroidery.co.uk</a>.

#### **Wold Lace Makers**

Saturday 14th November - Workshop, Hairpin Crochet with Maureen Bromley, at the Marist Hall, Church and Parish House, 119 Cottingham Road, Hull HU5 2DH. 10.00 a.m. until 4.00 p.m. Speaker Alexandra Stilwell "My Journey Through Bucks Point Lace". Come and have a go at Lacemaking on our practice pillow.

# Little Weighton Village Hall

Saturday 14th November - A Christmas Fair, from 1-4pm in Little Weighton Village Hall. It will include cards, cakes, jewellery and many more gift ideas. Tea and Coffee served.

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

Tuesday 17th November - Christmas Dabble. Meetings are held at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or <a href="https://www.hullandeastridingnewstitchers.weebly.com">www.hullandeastridingnewstitchers.weebly.com</a>.

# Hull and East Riding Antiques and Fine Arts Society

Tuesday 17th November - Gillian Hovell "Pompeii: A Fresh Look at the Frescos". At 10.30 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members welcome. Guest tickets £5.00. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 57574.

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# **Beverley Decorative and Fine Arts Society**

Wednesday 18th November - Robert McManners - Francisco Da Zurbaran and the Prince Bishops of Durham. A practising artist who regularly holds exhibitions of his work and a lecturer on art. We meet at the Willerby Manor Hotel (just beyond the Waitrose roundabout), on the third Wednesday morning of each month at 10.30 am. Coffee available from 10.00 a.m.

# Cottingham Evening Townswomen's Guild

Wednesday 18th November - Pat Elliott - Beverley Westwood, at 7.30 pm in the Darby & Joan Hall, Finkle Street.

## **Diabetes UK**

Thursday 19th November - Mike Turner. Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

# **East Yorkshire Association of the National Trust**

Thursday 19th November - Cottingham Civic Hall, 7.30 p.m. Ros Lilley - The Yorkshire Wildlife Trust. Non-members welcome.

# **Inland Waterways Association**

Friday 20th November - Shared Ownership Boating - The Pro's and Con's of this popular way of boating presented by Howard Anguish. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate.

## **Swanland Screen**

Saturday 21st November - At 7.30 p.m. we shall be screening the film of Vera Brittain's story "Testament of Youth". This powerful coming-of-age story which tackles love, war, loss and remembrance is based on her WW1 memoir which was a bestseller on publication, heralded as the voice of a generation and has become the classic testimony of that war, from a woman's point of view. Tickets available at the door cost £4 adults and £2 schoolchildren. <a href="www.swanlandvillagehall.info/future-events.htm">www.swanlandvillagehall.info/future-events.htm</a> for further details.

# Little Weighton Village Hall

Saturday 21st November - The Bus Pass Buskers, all the way from Sheffield and fresh from Southport and Harrogate Flower shows, at Little Weighton Village Hall at 7.30pm. They play golden oldies from blues, skiffle, rock and roll, plus some Christmas favourites with lots of humour thrown in. Tickets £8. There will be a bar and a raffle

# Wednesday Social Club

Wednesday 25th November - Quiz or Surprise!, in the Darby & Joan Hall, at 2.00 p.m.

# **Hull Savoyards**

Friday 27th November - An evening of Gilbert and Sullivan music with favourites from Iolanthe, The Sorcerer, Ruddigore, Princess Ida, The Pirates of Penzance, The Gondoliers and featuring Sullivan's The Zoo. Cottingham Civic Hall commencing at 7.30 pm. Tickets £7.00 available at the door or contact 01482 876918.

# **Cottingham Methodist Church**

Friday 27th November - Free Film Night, 6.40 pm for 7.00 pm. Popcorn, ices and chocolate on sale.



# **Hull and District Cats Protection**

Saturday 28th November - Cat Rehoming Show in the Darby & Joan Hall, Finkle Street, from 11.30 a.m. to 1.30 p.m. Large cake and preservatives stall, cards, calendars, wrapping paper, and diaries, gifts, cat accessories and tombola. Refreshments available. For further information please call 01482 790284.

# **East Riding Flower Club**

Monday 30th November - Flowers for the Festive Season, Johnathan Moseley, in the Civic Hall at 2.00 pm. Doors open at 12 noon. Visitors Tickets £10.00 at the door. Visitors and new members always welcome. Contact 876279 Judith Robinson.

## The Cottingham History Society

Wednesday 2nd December - The Headscarf Revolutionaries - Brian Lavery, in the Red Hall, Hallgate Primary School, Cottingham starting at 7.30 pm. Meeting fee, Members £1.00; non-members £2.00. Contact Peter McClure 01482 845734.

# Canine Partners - Amazing Dogs . . . Transforming Lives

Saturday 5th December - Christmas Fair in the Darby & Joan Hall, Finkle Street, 11.00 a.m. to 3.00 p.m. Stalls for Tombola, Books, DVD's, Jigsaws, Games, Prizes. Something for adults and children. Refreshments available. Admission FREE.

## **Cottingham Methodist Church**

Saturday 5th December - Craft Fair and Coffee, at 10.00 a.m. to 3.00 p.m.

#### The Cottingham Bowling Club

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

## St. Mary's Church, Cottingham

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

# **AgeUK East Riding**

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

# **Cottingham Rangers AFC**

Are one of the biggest football clubs in the area. We have a minisoccer 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 Dean Banyard, Club Secretary, telephone 01482 840924, or visit our website <a href="https://www.cottinghamrangers.co.uk">www.cottinghamrangers.co.uk</a>.

## Zion United Reformed Church, Hallgate

Every Thursday morning, term time. From 9.30 a.m. to 11.30 a.m. 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.

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# Cottingham Parish Council WELCOME TO THE VILLAGE OF COTTINGHAM ROUNTY OF RAST RIBING OF YORKSHIRE

#### **Grant Applications**

Any community groups or charitable organisations wishing to apply for grant funding from the Parish Council should contact the Parish Council office for a form. Application forms received are decided upon at the next scheduled Finance & Asset Management Committee Meeting.

We are pleased to report that the Parish Council recently awarded Cottingham Bowling Club with £500 to assist with repairs to their roof.



Pictured above at cheque presentation from Left to Right: Cllr Kevin Casson, Cllr Lyne Peterson, Cllr Ann Abel, Mr. Mike Marsh (Treasurer), Mr. Eric Gibbons (Chair) and Mrs Shirley Gibbons (President)

# **Parish Council Elections 2015**

We currently have a vacancy for a Parish Councillor. If you are interested in becoming a Parish Councillor and have an input into what is happening in your village then please contact the Parish Council Offices for more details. **You** have the opportunity to make a difference!

#### **New Parish Clerk**

Unfortunately Judith Macklin has moved to pastures new at Hedon Town Council and we would like to thank her for all her hard work and wish her well for the future. We are pleased to inform you that we have appointed Jo Sims as our Clerk and Responsible Finance Officer to the Parish Council from October 2015 and to welcome her to the Parish Council.

# Cottingham Neighbourhood Plan

A big thank you to all residents who took part in the Cottingham Neighbourhood Plan public consultation which ran from 29 June to 10 August 2015; your comments will be taken into consideration.

# **Christmas Opening Hours**

The festive season is rapidly approaching. For your information, our Offices will close at 12.00pm on Thursday 24<sup>th</sup> December 2015 and re-open on Tuesday 5<sup>th</sup> January 2016.

We hope that all our residents have a lovely Christmas and Best Wishes for 2016!

# Salt Bins

Most of the salt bins in the village are owned by the East Riding of Yorkshire Council and during October they are filled with salt in preparation for winter. If you have a salt bin near your home, please

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could you check that it has been filled and if not, contact the Parish Offices and we will chase it up for you. Please note that salt bins are intended for self-help use by the public.

Members of the public who feel that a salt bin would be useful near their homes can make a request through ERYC for provision of a bin.

## What is the Process?

#### To start the process the customer should:-

- Determine where they wish the salt bin to be located To qualify this will need to meet approved criteria. When determining a location please consider whether it would present a hazard to road users and bear in mind that a salt bin should not be sited within 2 metres of a manhole or utility inspection cover (eg telecommunications, water, gas etc).
- Private land and Conservation Areas Please note that salt bins will not normally be located on private land however if there is no alternative or the site is in a Conservation Area the Parish Council should be contacted, as they will be required to support the application and obtain the necessary consents.
- Carry out local consultation Salt bins can provide a focal
  point for young people and consultation should be undertaken
  with local property owner(s) who may be affected, this should
  include house owners in the immediate area, particularly if
  they overlook the proposed location.
- Complete the Request Form Complete the form (which
  can be obtained from the Parish Council offices) along with
  a sketch plan/map showing the location, send it to Liam
  Jackson, Winter Services, East Riding of Yorkshire Council,
  Beverley Depot, Annie Reed Road, Beverley HU1 0LF.

# On receipt of a completed Request Form East Riding of Yorkshire Council will:

- Carry out a full assessment of the proposed location.
- Determine whether a salt bin would represent a hazard.
- Notify the Customer of the outcome of the assessment.
- If approval is given, a salt bin should be sited within 10 working days (subject to resources). The exception to this is where the salt bin's location is on private land or within a conservation area in which case the Parish Council will be contacted and asked for their views; should they agree to the proposed location they will be asked to obtain the necessary consents.

#### Cost:

 Should the salt bin location meet the approved criteria it will be sited for free and maintained by the East Riding of Yorkshire Council.

# **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. Our Offices are open on Tuesday, Wednesday and Thursday from 11.00am to 3.00pm.

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

## **Graffiti and Criminal Damage**

If you see anyone defacing property or causing damage please report it to Humberside Police on 101 (this is the new non emergency number, which replaces 0845 60 60 222) or by e-mail (with a photograph if possible) to <a href="mailto:safe.communities@eastriding.gov.uk">safe.communities@eastriding.gov.uk</a>. You can also use the form at 'contact us' on <a href="www.humberside.police.uk">www.humberside.police.uk</a>. Many thanks to those unpaid volunteers who carry out unofficial cleanups around the village!



# Cutting the ties that bind - Iain Boyle, Head of Family Law at Graham & Rosen solicitors <a href="(www.graham-rosen.co.uk">(www.graham-rosen.co.uk</a>) discusses the importance of finalising financial matters when getting divorced.



Divorce can be a traumatic process and one would hope that at the end there would be a degree of closure. Unfortunately, unless you have a clean break order finalising financial claims these can always come back to haunt you in the future.

If there is no such order an ex spouse can always come back in the future and try to make claims against any assets or property that you might have then.

This was certainly the case for lottery winner Nigel Page. Mr Page was lucky enough to have won £56 million in the Euro millions lottery. He had been divorced from his ex-wife 10 years previously but unfortunately when he got divorced he decided not to get a clean break order. She promptly made an application to court for a share of the winning and he ended up settling for a great deal of money.

Millionaire Dale Vince was equally aggrieved when his ex-wife tried to make a financial claim against him. They had been divorced for 23 years at a time when he had no money at all. No clean break order was put in place and he subsequently went on to build up a multimillion pound business which made him very rich indeed. The indignant Mr Vince applied to strike out his ex-wife's application, but the Supreme Court refused. Because there was no clean break order the court had the power to entertain her claim.

Both Mr Vince and Mr Page could have avoided all of this by having an order drawn up at the point of divorce for the cost of a few hundred pounds.

The lesson is that if you are going through divorce, even if you have no money now, it is always worth tying up the loose ends of the marriage. Get a clean break.

For more advice on Family Law issues, or to arrange an appointment at either our Cottingham or Hull Office, please contact lain Boyle at our Cottingham Office on (01482) 840201 or Hull Office on (01482) 323123.



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# Windows 10 News updates and KC Lightstream

indows 10 news. Well it's been three months now since launch. The new Windows version is a big improvement on Windows 8 and easy to use, particularly on a new computer, but upgrading an older one I'm afraid still carries some risk. Some people have managed it with no problems, but others have been calling for assistance after problems occurred, which is fine but it just the means the 'free upgrade' ends up costing money! The best advice is that if you have Windows 7 and you are happy with it and chose it for its ease of use, then you are probably best to stay as you are. If you use Windows 8 and are not a happy user, then 10 would probably be an improvement for you, but if you have lots of old software installed that you use regularly, or a very old scanner or printer, I wouldn't advise the upgrade unless you can find new versions of your software, and plan to replace your printer/scanner etc. with new models. Another point to consider is Microsoft Office, if you use a licenced version of 2007, 2010 or 2013 that's ok, but not the 2010 free 'Starter Edition', that always gets uninstalled during the upgrade process, and you cannot re-install it.

Don't forget that Microsoft has allowed users of Windows 7 and 8 until July 2016 to make up their minds whether to go for the free upgrade. You can register for it any time by clicking on the Windows icon in the corner of your screen, but you don't have to install until a time of your choosing, and you can't just upgrade by accident!

**Microsoft Office 2016 has now launched**. Those who subscribe to Office 365 can get an automatic upgrade, but if you purchased 2013 outright don't worry about having to buy a new one as to be honest it's not very different to the 2013 version.

KC Lightstream – Last month I mentioned about the super-fast fibre optic broadband that is being rolled out across the village; you will probably have seen all the vans parked, and engineers climbing telegraph poles! Well I can now attest to the speed first-hand having has it installed recently. On a laptop connected by cable to our new router I recorded a speed of 85Mbs download, (with wireless connections just a bit slower) which is nearly 10x faster than our old standard connection. If you download movies or stream TV catch up services, or play online games, then this is the service for you. Call KC to check availability and prices.



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**ESET has launched version 9 of its Nod32 and Smart Security products.** Both offer an enhanced level of security to your computer and are compatible too

with Windows 10. Both have a fresh new look, and the Smart Security version includes a useful anti-theft module, but also now sports an online payment protection feature. This appears as a browser shortcut on your desktop and is used purely for banking and other online payments. ESET products have proved extremely popular for many years now and the many customers who have purchased always renew with us at the end of the licence period. Durations are available for one, two or three years and prices start for £30 for one year. Contact us for pricing or more information, or for a free trial just go to: <a href="https://www.eset.co.uk">www.eset.co.uk</a>

Microsoft sign in – If you use a Microsoft account to sign into your computer, then whatever you do, don't forget your password. There is a recovery process you can attempt if you have access to another computer, but if that doesn't work you'll be locked out of your own computer!

Black Friday 2015 – Friday 27<sup>th</sup> November – get ready to go online and shop for those bargains!

'Selfie' as you might expect has slipped into modern English usage as 'A photograph that one has taken of oneself, typically one taken with a smartphone'. However a report on the website *Mashable* claims this common practice statistically can be more deadly than shark attacks, as at least 12 people have sadly died around the world this year while taking pictures of themselves. The moral is when taking a 'selfie' try not to stand on the edge of cliffs, cranes or tall buildings, or in front of trains or sharks!

If you are thinking about a new PC, we can supply a new tower that will suit all your needs, with a choice of Windows version, either 7, 8.1 or 10. All our computers come with the latest Intel processors, branded components and genuine software and include delivery to your own home (in the local area of course). The latest versions of Office can be supplied and installed at the same time. And importantly we can arrange to back up all your data and emails etc. and transfer it all to the new computer. If you decide to buy a laptop or tablet, we also offer a set up service. Please call us for advice.

# Questions and answers:

# Q: Why am I being asked to sign in to my computer with an email address and password?

A: Since Windows 8 appeared on the scene some years ago now, Microsoft seemed to think it would be a good idea to make everyone sign up for a free Microsoft Account. This normally happens at the stage of setting up your new computer, but it can be skipped. Other times are when you go to the Windows Store to download an app., or if you start using the Mail or Skype tile. The system normally then asks if you would like to 'convert your computer to use a Microsoft sign in'. If you agree, from then on you will have to use your password to log in every time. If you use Hotmail all the time, this is an advantage, but for anyone else it can be an annovance.

# Q: Can I change back from a Microsoft Account to a Local Account?

A: Yes you can. Go into Settings and click on Your Account.

## Q: What does 'Account' mean in computer parlance anyway?

A: There is no money involved. It just means a computer user's details. i.e. If four people share a computer, each one would have an account in their own name. When you sign up for an email address, it is called an email account.

# Q: Can I create a PDF document in Word?

A: Yes you can, just type the document and save as normal, then click File and Save As, and choose PDF from the list of many document types in the drop down box

As always, for information, PC quotes or to book an appointment for a home visit for service or repairs, just call or email. Thanks for reading, more news next month.

# Richard Mills

RDM Computers, Cottingham 01482 875666 or 07850 105424 Follow us on Twitter rdmcomputers1 Web: www.rdmcomputers.co.uk

Email: richard@rdmcomputers.co.uk

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# **ON YOUR MARKS, GET SET, NOW SÉLLING!**

Bellway opens Merchant's Gate, Cottingham The Yorkshire division of national homebuilder, Bellway has released the first phase of homes on its Merchant's Gate development in Cottingham.

Located on the town's Castle Road, the eagerly awaited development will comprise 151 three and four bedroom, traditional two-storey detached and semi-detached homes. and the first phase features some of the largest four bedroom homes planned for the site.

Melanie Smith, Bellway Yorkshire's sales manager, said: "Interest in Merchant's Gate has been growing rapidly since the day we first put up the coming soon signs, so much so that even before we opened well over 400 people had registered an interest in buying on the development.

The first phase launch comprised Knaresborough. Hambleton, Sandringham and Grassington house-types, with prices ranging from £309,995 to £394,995. All four combine high level specification with quality finishes, and are very much aimed at family living.

"These are four terrific house-types, which have sold particularly well in developments across Yorkshire and I'm sure will prove equally popular here in Cottingham," continued Melanie. "Each of them is competitively priced, and delivers spacious and stylish accommodation for the modern family - they really are a must see for those considering moving home within the area."

Merchant's Gate is just one mile away from the village centre and within walking distance of Castle Hill Hospital. And for those travelling out of town for work or pleasure, the A164 is half a mile away and Cottingham train station iust one and a half.

"Cottingham lavs claim to being the largest village in England and it really is something we're delighted to shout about," said Melanie. "So many house buyers love the idea of village life, but are put off it by the lack of local amenities - but here at Merchant's Gate we're offering the very best of both worlds. Village living in a location that has absolutely everything you could possibly need on your doorstep.

Amongst the local amenities in Cottingham are two outstanding rated Ofsted primary schools, a tennis club, golf and leisure club, shopping centre, and an array of local shops, restaurants, bars and cafés on a picture postcard perfect Victorian High Street - all of which is just 6.5-miles away from the





centre of the UK's City of Culture 2017.

"We've enjoyed a great run of success in this part of Yorkshire," concluded Melanie. "Princess Royal Park on Saltshouse Road in Hull has been our quickest-selling site since its launch in 2013, and was only just knocked off the top of the table when we opened Centurion Fields in Elloughton during July."

"We're fully expecting Merchant's Gate to follow



suit and become another runaway sales success story."

Initial sales at Merchant's Gate are being handled from a sales office on the housebuilder's Elloughton development, Centurion Fields

For additional information and to register your details ahead of the opening weekend of sales visit

www.bellway.co.uk or call 07855 337 192.



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**(** 



12 November - www.cottinghamtimes.co.uk

# Wordsearch - Palindromic Words

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

K A Y A K H C R N J H V U H P H Q D C A T P K P F B X O B P G A N C V O Y F P V TKTTXY FTMKHREFERPXBS KOSSSB YAGAYI F G LVDZMADAMONBOH E O X O M Y BAWSXLCCTMIRDH NVDDMN OSFSZCNTPGEDPADLIXQK OERFXTARIVSIK OIYOIX B NNKVKO REEEOEUESDAOR Ν Т FPVRLKSDVQGBE H S - 1 XMIN TODR F HWRFCS N N Z V B K C F V Y E S B D MKOSDB ESWEWONPIXZUOE THWQHTSQRRUZKDQMVIR MBRSSWBWOESVKWERUOPR F M H T D E IKPLPTYDRGBNIT UJACEWBAPSORADARZJPF TTEGEEPKEEISMRIDXMMB STVIDEHEMLEVELWOYBUA AKRGRJS QKUFYEYEMUGBM

# Find the words in the letters above:

Bib, Bob, Civic, Dad, Deed, Did, Ewe, Eye, Gig, Kayak,
Level, Madam, Minim, Mum, Noon, Peep, Pip, Pop, Radar,
Redder, Redivider, Refer, Repaper, Reviver, Rotator,
Rotavator, Rotor, Sagas, Sees, Sexes, Solos, Stats, Tenet, Wow.
Wordsearch courtesy of www.wordsearch-puzzles.co.uk

# Sudoku No. 106

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

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



# MARIONOWENTRAVEL

**Christmas is almost upon us** were does time go? I have been very busy setting up our specials for next year.

Jersey, we have over the years sent many guests by air and this September operated a tour by sea. Our coach was full, many of our guests like to travel along with me knowing they will be looked after throughout their holiday. Low and behold on arrival at the hotel I met Elaine who is the hotel's ambassador ensuring everything runs smoothly - I have to say I felt a little redundant. So now we know you are in excellent hands we have 3 special departures in 2016 flying by air for 7 nights half board with a pick up from your door.

# 28 May £699 : 27 August £725 : 17 September £689

We have 2 single rooms on each departure + £20

Italian Gastronomic Cookery tour - 14 July 2016 £1410. This is a very inclusive holiday the only thing to pay for is your wine! As I write I am flying out to sample cooking & truffle hunting so will be able tell you more. We just have 5 places left on the departure which will be accompanied by Lynne. Solo travellers very welcome only £50 extra.

Iceland we have a weekend 2 day tour, great if you work Monday to Friday. Flying from Humberside includes a city tour on Saturday. Sunday includes a full day tour taking in Gullfoss Falls, Geysers and includes lunch. Arriving home Sunday evening. You only need budget for you Dinner Saturday night. 05 March 16, £399 twin/double share £50 single supplement.

Rhone River Cruise 7 nights all inclusive, full board, drinks, tips, excursions, flying from Humberside. This is a beautiful river includes the Papal City of Avignon, Arles, Lyon and more. Departs 01 July from £1614 per person twin share including travel from your door if booked before 18 December. Canals of France, following our first cruise aboard the Madelaine it exceeded every ones expectations. In fact 7 guests immediately rebooked for next year when we sail along the Lateral Canal (Loiret). We have a fabulous itinerary lined up and only 7 cabins available. I was delighted to see that a comment in the guest book was "Best holiday ever".

Departs 03 August from Hull to Zeebrugge £2130 per person twin share for 9 days.

Lynne & I spent a lovely weekend in Athens - a great city for a short break, even in October the weather was hot and sunny, a real tonic before the on set of our cold weather.

We had time to see the sights but were there to look at sailing vessels from 4 to 49 guests all crewed, do ask for details.

**Canada & USA** we have a selection of new tours landed on our desks—9 days from just £999 and only £50 deposit!

Remember we are a full travel agency. We book all tour operators and do not charge any extra, this service is free. You also know exactly who you are handing your money over to, we are honest, upfront and

unbiased. We look forward to booking your next escape wherever in the world it may be, do remember...

We can book ANY holiday for you

# Marion

# Our very own exclusive holidays by coach, experience the difference

s d s	10 Nov	Yorkshire Sculpture & Poppy Wave day out inc. lunch	£	29				
	12 Nov	Thoresby Hall day out lunch & pantomime						
	18 Nov	Thursford Christmas Spectacular 2 nights HB & top seats						
	13 Dec	Dutch Christmas Markets Dordrecht & Keukenhoff 4 nights						
t	21 Dec	Andre Rieu in concert Sheffield subject to availability from						
7	23 Dec	Warner's Alvaston Hall 4 night Christmas Break—full board						
	2016	07 Jan—Boundary Mills, January Sales just for a day						
	08 Jan	Warner's Nidd Hall 3 night 50's weekend Half board						
	13 Jan	Millstones super day out inc. food, dancing, singing & fun						
r	17 Jan	Harrogate, shopping & afternoon tea Majestic Hotel 1 night HB						
	20 Jan	"The Girls" musical overnight B&B Manchester—2 days						
S	22 Jan	Alvaston Hall 3 night Big band Jazz weekend - half board	£	209				
-	27 Jan	World of Rhubarb - day outing inc. tour & 3 course lunch						
(	28 Jan	World of Rhubarb—day outing inc. tour and 3 course lunch	£	49				
r	24 Feb	Matthew Bourne's Sleeping Beauty - Bradford, matinee						
S y	14 Mar	Torquay 4 star hotel half board & excursions						
	01 Apr	Taster Cruise on m/v Megallen overnight from	£	139				
	24 Apr	<b>Keukenhof</b> via P&O North Sea Ferries 2 nights from	£	139				
,	30 Apr	Hertford Garden Show & gardens 2 days DBB						
a 1	09 May	Bodelwyddan Castle 4 night midweek break - half board						
•	20 May	Guernsey, Sark & Herm 5 nights Half board						
	29 May	Efteling Theme Park 3 nights via P&O NSF family of 4	£	850				
9	22 Jun	Luxembourg & 4 countries - 7 day super tour						
7	01 Jul	<b>Thoresby Hall</b> 01 July 3 night 70's tribute weekend half board						
e b	05 Jul	Luxury at Dumfries House . a very special treat 2 days	£	335				
3	10 Jul	Pontefract Liquorice Festival - Just for the day	£	20				
1	03 Aug	Lateral Canal all inclusive luxury barge - 8 nts via P&O NSF An amazing experience just 7 cabins available						
	09 Sep	Thoresby Hall 3 night Big Band Live Weekend half board						
а	15 Sep	Isle of Man island sights, 5 nights - half board						
,	09 Oct	Harrogate, Shopping & afternoon tea 1 night at the Majestic HB	£	99				
,	Thu	reford Christmas Spectacular 2016 - book no	۸/					

Thursford Christmas Spectacular 2016 - book now, 2 days ~ 18, 23 November, & 1, 3, 5 December.

See our website or call for a full list of all departures. We always try to keep single supplements to a minimum



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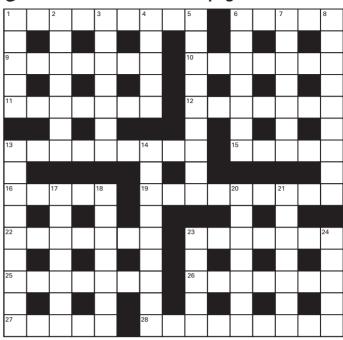








# **Crossword** - Solution on page 46



**Across:** 1 Gorgeous (9); 6 The air above us (5); 9 Perfect or symmetrical (7);

- 10 Make rough (7); 11 Peeled (7); 12 Uncultured (7);
- 13 Assortment (9); 15 Cowboy sport (5); 16 Permeate (5);
- 19 Steep cliff (9); 22 A very large cactus (7); 23 Boldly resistant (7);
- 25 Strange or rare objects (7); 26 Hens (7);
- 27 Pale yellowish hair color (5); 28 Egg-shaped vegetables (9)

**Down**: 1 Foundation (5); 2 One who does not believe in God (7); 3 A city in Ontario Canada (7); 4 Placed in folders (5); 5 Profitable (9);

- 6 Splash or sprinkle (7); 7 Alternatively (7) ; 8 A sedimentary rock (9);
- 13 A woman priest (9); 14 Perverse (9); 17 Mountainous wild sheep (7);
- 18 Extreme gluttony (7); 20 Heathen (7); 21 From Italy (7);
- 23 Locate and correct programming errors (5); Examinations (5)

Crossword courtesy of www.crosswordpalace.com







# Does the idea of going to the gym scare or intimidate you?

- > Are you unsure about what to do or how to get started to achieve your fitness goals?
- > Have you tried in the past, but failed?
- > Are you sick of always 'starting again on Monday'?!

It's ok, we get it, we understand, and at Cottingham Parks we want to help you.

We understand that the stereotypical gym environment doesn't suit everyone, we understand that the world of health and fitness can leave you feeling confused, and we understand that you need to be treated as an individual.

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E: enquiries@cottinghamparks.co.uk

Cottingham Parks, Woodhill Way, Cottingham, East Yorkshire, HU16 5SW





# **Garlic Thyme Chicken**

# Ingredients

- 4 Boneless Chicken Breasts, halved
- 2-3 tbsp Olive Oil
- 2 -3 Garlic Cloves, finely chopped
- 2 tbsp Fresh Thyme Leaves
- 2 tbsp Freshly Chopped Oregano
- Salt and Black Pepper
- 4 tbsp Water
- 1 teasp Worcestershire Sauce

#### Instructions

- 1. Place the oil, garlic, thyme, oregano, salt and pepper in a shallow dish and mix well.
- 2. Add the chicken and coat with the oil and herb mixture, rubbing it into the chicken on all sides with your fingers.
- 3. Heat a large frying pan until very hot then add the prepared chicken together with the oil and herbs and cook for a few minutes on both sides until well browned.
- 4. In a small cup, mix the water with the Worcestershire sauce then add to the chicken, reduce the heat, cover and cook over low heat for 10 to 15 minutes, turning once, or until the chicken is cooked through.

# **Chicken Kiev**

## **Ingredients**

- 125g/5oz Butter, softened
- 2 Garlic cloves, crushed
- 1 tbsp Parsley
- Salt and pepper
- 2 tbsp Lemon juice
- 4 Boneless chicken breasts, skinned
- Oil for deep frying
- Plain flour to coat
- 1 Egg, beaten
- 4 tbsp Fresh white breadcrumbs

# Instructions

1. Place the butter, lemon juice, garlic, parsley, salt and pepper in a bowl and mix well. Form into a cylinder, wrap in foil and place in the freezer for 1 hour.



16 November - www.cottinghamtimes.co.uk



- 2. Place each chicken breast between dampened greaseproof paper and beat with a rolling pin or mallet to flatten them out. Refrigerate for at least 30 minutes.
- 3. Preheat the deep fryer to 170C, 350F. Remove the butter from the freezer and cut into four. Place one piece of butter on each flattened chicken breast then roll up and secure with a cocktail stick.
- 4. Coat each piece of chicken in flour then dip in the beaten egg and finally roll in the breadcrumbs to thoroughly coat, pressing well.
- 5. Deep fry for 15 minutes until golden brown or until chicken is cooked. Drain on kitchen paper and serve immediately.

# Frangipane Apple Tart

# Ingredients

- 225g/8oz Shortcrust pastry
- 100g/4oz very Soft butter
- 100g/4oz Caster Sugar
- 2 Large eggs, beaten
- 100g/4oz Ground almonds
- 1 tbsp finely grated lemon zest
- 3 Dessert apples, peeled, cored and halved
- A knob of butter plus extra caster sugar

#### **Instructions**

- 1. Preheat the oven to 180C, 350F, Gas Mark 4. Roll out the pastry and use to line a 20cm/8-inch flan dish. Trim the edges and prick the base several times with a fork then line with greaseproof paper, fill with dried beans and bake for 10 minutes. Remove the foil, and bake for a further 5 minutes.
- 2. Meanwhile, in a large mixing bowl, beat together the butter and sugar until pale and fluffy.
- 3. Beat in the eggs a little at a time until well incorporated then stir in the almonds and lemon zest and mix well.
- 4. Transfer the mixture to the baked pastry case then press the apple halves into the mixture, flat sides down.
- 5. Melt the knob of butter and use to glaze the tops of the apples. Sprinkle with the extra caster sugar and bake for 40-45 minutes, until golden brown and risen.

Serve warm or cold. Excellent served with Vanilla ice cream







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# **FOOD & DRINK**

# **FOOD & DRINK**

# ON THE GRAPEVINE

# WITH ROY WOODCOCK

# Talking of Morrison's

Morrison's struggles to maintain market share in recent years have been well documented; as have their strategies to compete against the other big players. In microcosm, their wine aisles are a perfect example of what's been going on.

The Yorkshire-based supermarket remains a good source of our favourite tipple (there's always a good selection of lower price wines, for example) but the choice, I venture to suggest, has been a trifle confusing, leading to lower sales.

Five years ago Morrison's decided to go against established practice by reorganising their displays of wine based on taste rather than country of origin. The so-called "taste test" was developed by drinks supplier Bibendum and was used by Morrison's to divide and merchandise its wine by style on the shop floor.

Now, as part of its new look, it has reverted to a system whereby the wines are grouped by country. As part of the new look and feel, it has introduced a colour-coded system with written style descriptions, which it says will have "greater meaning" for its consumers and make it easier to pick the wine they really want.

Shelf labels has been entirely rewritten in a language that customers will understand, with words that will have meaning to them, according to senior wine sourcing manager Mark Jarman.

The change follows feedback from customers and started in July. It is expected to be fully complete across all stores by the beginning of this month, Mr Jarman said.

As part of the changes Morrison's has also lowered the price of some of its own-label wines - with more available at the  $\pounds 4$  mark.

\*Talking of Morrison's, they were the first UK supermarket to list the popular Buckingham Estate Reserve Shiraz from Australia - the brand was launched ten years ago in a bid to combine the best elements of "Old" and "New World" wines.

The Shiraz is a perfect red to drink now that autumn has set in - warm, cosy, evenings cry out for a full-bodied wine and this one is just the ticket with very attractive aromas of ripe berries and cedar-like oak.

Bursting with deep rich dark berry and liquorice flavours, it is smooth and complex with a lingering fruit and spice finish. Normal price is £9.99 but watch out for offers - I got some recently from Morrison's for just £6.66.

 $East Yorkshire \ wine \ merchants \ Roberts \ \& \ Speight, of \ Norwood \ in \ Beverley, holds \ its \ annual \ wine \ and food \ tastings \ this \ month.$ 

They're much-anticipated events and give you the chance to try more than 100 wines as well as sampling food and beers as a way of planning ahead for Christmas.

This year's tastings are being held at Longcroft Lower School in Beverley on Thursday November 12th and again on Wednesday November 18th, from 6.30pm to 9.30pm each evening. Tickets cost £5 and booklets are available at the door to help you navigate your way around the tastings.

You can book online at <a href="https://www.robertsandspeight.co.uk">www.robertsandspeight.co.uk</a> or by ringing (01482) 870717.

I mentioned the famous New Zealand Cloudy Bay Sauvignon Blanc in last month's column and although I stick by my assertion that the wine is overpriced compared with other equally good examples from that country, I thought you might like to know Cloudy Bay has released a celebratory 2015 vintage to mark the winery's 30th anniversary.

Compared to its first vintage in 1985, which was produced in a very damp year, the 2015 harvest was produced following the driest summer on record. The resulting wine is described as having "vibrant citrus aromatics of grapefruit and kaffir lime", opening out to reveal "ripe, juicy stone fruit and lemongrass".

Cloudy Bay Sauvignon Blanc 2015 is available from Ocado, Majestic and Sainsbury's with a recommended retail price of £23.

*Next month:* One lucky winner will be receiving their prize from the Cottingham Times' recent competition to win six bottles of Villa Maria Private Bin Sauvignon Blanc.

# BEST BUYS

# PELORUS

#### **Cloudy Bay Pelorus**

Where: Morrison's
When: Now, until November 22
Why: By Cloudy Bay standards
this is a bargain. Pelorus is their
non-vintage sparkling wine;
dominated by Chardonnay but
blended with Pinot Noir. The
deliciously crisp palate displays
toasty, creamy, complexity, with
a nutty finish.

# £16 (was £20)



# Baron De Ley Rioja Gran Reserva

Where: Morrison's
When: Now, until November 22
Why: This mature Rioja delivers
a remarkable aromatic intensity
on the nose with notes of ripe
fruit and a smoky complexity.
The palate is silky soft with wild
herbs, spice and toasted tones.
Lovely with lamb.

# £7 (Was £13)



# Turning Leaf Pinot

Where: Waitrose
When: From November 11
to December 8
Why: A very nice, soft Pinot
Noir from sunny California.
We usually serve pinot noir
with lighter cuts of meat and
Italian dishes that are not
overly spicy.

# £5.99 (Was £7.99)



# First Cape Special Cuvee Bush Vine Chenin Blanc

Where: Waitrose When: From November 11 to December 8

Why: Fresh and juicy, this special South African cute from mature bush vines is perfect on its own or with seafood and creamy pasta dishes.

£4.99 (Was £7.79)

18 November - www.cottinghamtimes.co.uk









# SANTA'S LIVE REINDEER

ARRIVING 14th NOVEMBER
AT 10AM

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01482 845 825





Don't Pass Me By

The leaves on the nearby trees are turning into a golden amber, glistening in the early morning sun. In the far distance, I can just about make out the sound of the early morning commuters driving to work. Dogs in the building next door are howling after being woken by the sound of the opening of the gate. Will it be walk or feed first I wonder? Some of the newly admitted dogs are too frightened to eat....so scared of the human hand, the hand that once went crashing down with a striking blow. Why? Who knows how some human minds work! Others have had a happier start in life but now finding themselves in the shelter because their owners have moved home or lost their job.

The howling grows to such a pitch, I realise the volunteers are on the breakfast round. Their calls for "me first" are carried to where I am sleeping. It is so hard to close my ears from their desperate pleas, even more so at this time of day. Gates clang followed by heavy footsteps and array of hesitant paws on the nearby gravel. One by one they pass my window, each peering in to see if I'm there. All shapes and sizes, young and old all with the same eager look in their eyes...will this be THE DAY? The volunteers head back and forth along the lane towing behind them a very tired resident. The hustle and bustle progresses, dogs and humans alike passing by my





window each giving a wag of the tail or wave of the hand.

As opening time arrives, cars flow into the car park. Potential owners file through the reception doors eagerly checking in and waiting to meet the 'pet of their dreams'. Seeing the look of some of the faces as they drive away, today was not the day ...but... hey...is that George? Yes, it was the collie cross who had been overlooked by so many but not today...on the end of a new shiny lead was Martha. She had been coming to the kennels over the past few weeks, eagerly seeking a 'soul' mate, someone who would help fill the lonely gap that had formed since her husband sadly passed away. Today was THAT day! How she had overlooked George I don't know, but who cares...they have found each other.

As the sun sets and the afternoon creeps into dusk, the volunteers begin to disperse, each one mulling the day over in their minds. Why wasn't Comet lucky today? They had been so sure that the handsome greyhound, who stood willingly at his kennel door, would be chosen and be with a new family tonight. After spending the last 3 years within the centre, surely someone out there would look into his gorgeous brown eyes and melt but they were overjoyed that George had finally gone 'home'. As the clanking of the gate and the final key in the lock is closed, the crying begins, seeping through the still of the night. I hear it night after night as I lay by the fire watching the flames dance around the hot coals. The howls and cries of the 'souls' left behind sing out to face another lonely night of dejection and despair. I do wish I could help. I wish I could take each one and let them know that one day it will be their turn just like George, but I can't. All I can do is hope they will dream....dream of the day when they will meet their 'soul' mate. As I lift my head from the side of my basket and look into the eyes of Alice, I know that one day their dream will come true just like mine.

It is not only the time and patience of the volunteers who run these marvellous rehoming centres but also funds are much needed to heat the buildings and food to feed the many homeless animals. With all this in mind, we at KINGSTON are once again supporting the HULL ANIMAL WELFARE TRUST CHRISTMAS APPEAL. Each of our six surgeries will provide a collection bin at the beginning of November and we are appealing for any kind hearted members of the public to donate items of pet food. It can be as small as one tin or as big as a large bag, to feed not just cats or dogs but also the many rabbits, guinea pigs and ferrets the rescue centre care for. They also use many towels and blankets, especially through the winter season, so anything will be gratefully appreciated.

Please donate to this worthy cause and let's make this Christmas the best ever for all the four legged residents and help to make their dreams come true.





# Test star Ashley Giles launches East Riding Cricket Society's Golden Jubilee programme

est star Ashley Giles launched East Riding Cricket Society's Golden Jubilee programme on Wednesday 14 October with a wonderful evening of cricket chat at the King William IV. Quizzed by journalist Brian Halford, the ex-England spinner led a packed house from his idyllic Surrey childhood to the heart of England's nailbiting 2005 Ashes triumph - from defeat at Lords, via a view from the middle of Kevin Pietersen's crucial 158\* in the final Oval Test, to celebrations on the steps of 10 Downing Street.

Beyond the first-class game, Ashley was a proud team captain in the highest-ever cricket match, a 10-over affair played at 5,752m on Mount Kilimanjaro in September 2014. Battling altitude sickness and biting cold, with temperatures down to -20C, thirty climbers raised over £200,000 for charities including Cancer Research UK. Ashley and his wife Stine have also recently founded their own charity, the <a href="Giles">Giles</a> Trust</a>, helping to fund brain tumour research at Queen Elizabeth Hospital, Birmingham. Ashley enjoyed himself, too. 'Thanks, really enjoyable night,' he tweeted. 'Best of luck with your 50th Anniversary celebrations!'

Next meeting: Brewery Bar, King William IV, Wednesday 11 November 2015, 7.45pm. Only £15 a year/£5 on door. Don't miss Yorkshire all-rounder Richard Pyrah in one of the final events of his 2015 Benefit Season. The AGM will be held before this meeting at 7.15pm.

To follow: Yorkshire CCC Champions' Evening with CEO Mark Arthur and 1st XI players, Yorkshire Film Archive, Dickie Bird, Grahame Lloyd. For more information: contact <a href="mailto:ercsoc@gmail.com">ercsoc@gmail.com</a> or call Maggie Sumner (01482 861848).

**(** 





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# "The Tooth and Nothing but The Tooth"

by

Chris ' Dr. Smile Maker' Branfield

# It's been a whole five years of Dental Mavericks

ello again, I hope you are well. It's been another busy month. I went out to Morocco with Dental Mavericks for our 8<sup>th</sup> mission to get kids out of pain. It doesn't get any easier but by heck it is worth it.

# Naïve Beginnings

In 2010 a team of 7 including 4 dentists who had never met before went to the Village of El Jabah, at the foot of the Rif Mountains in North East Morocco, with the intention of improving oral health of the children there. Well, what a shock!! The kids' teeth were terrible and many of them were in pain. That first year we had to follow the lead of a small contingent from a Moroccan dental school. It was heart breaking, especially in the morning. By the afternoon we got to work ourselves and there was more fun and it felt like a lot more love in the room. It was just a classroom with small wooden chairs (backache city).







Looking a bit younger in 2010

#### **Building On Foundations**

We went a further three times to El Jabah. **There were always challenges.** Getting the licence every year was one challenge. Getting our equipment through customs was another. Even with all the proper documentation from the ministry of health it was a problem. On the 3<sup>rd</sup> trip the trailer was impounded for 3 days. We eventually got it and off to work we went. We were still just fire fighting and getting children out of pain but gaining more and more trust. The group got larger and we had some regulars so we could get set up quickly and run a really efficient clinic. We now had collapsible chairs to use (no more backache).

## **More Challenges**

We love seeing the kids and making a difference by getting them out of pain. However, our goal was to improve oral health through education and support with toothbrushes and toothpaste. We needed to buy in from the school we were working with and the community. Unfortunately, we did not get it. Now we are all self funded and it really did grate a bit when the teachers in the school wanted money off us. Oh dear, it does make me sad. Even the guy at the "Hotel" tried it on with the money side.





A proper little clinic

# **Not Giving Up**

In June 2014 we went to the Atlas Mountains for the first time. We went to the village of Asni were we worked with The Eve Branson Foundation (Richard Branson's mum). This was very much more organised as they helped a lot and we saw loads and loads of children. We had sourced and ordered some portable dental units and had them sent by international courier. They didn't arrive. They got stuck at customs for 11 months with a substantial ransom to pay for their release. We paid it but couldn't unpack them until 18 months after buying them. Oh, it is frustrating at times.

#### **Making Alliances**

Back in Rif in September 2014 we teamed up with Rif com, a charity that does community projects for communities in the Rif Mountains. They had just built a school in Khizana. And that's where we went. This felt so right as we immediately had buy in from the headmaster and we gained a lot of trust very quickly. We were still just getting children out of pain but our educational message was taken on board. At last our "Teeth For Life Initiative" seemed to get some local support! My son Edward came on this trip when he was 18. He did well and he's been on the two after that as well.

# Up In The Atlas Again

Earlier this year in May we went back to Asni to work with Eve Branson Foundation. Again we broke records in the number of children we saw and treated. There was some confusion here, as we had a licence, then we didn't then we did! It's never straight forward and simple here. We ended up working in the Eve Branson craft place which was a bit weird.

Continued on page 43





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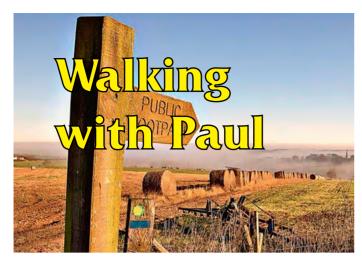
Mon - Fri 9.00am - 5.30pm Sat 9.00am - 5.00pm

\*If you do not qualify for VAT-free prices, 20% discount with the voucher will be applied to VAT-inclusive price.

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23/10/2015 10:25





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

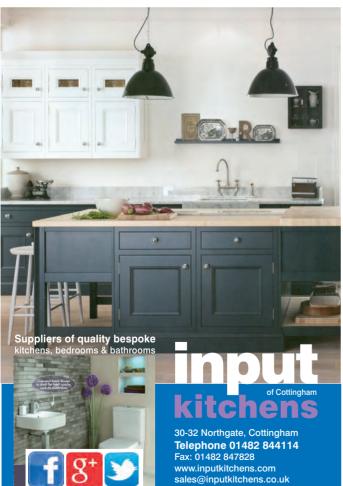
# This month his destination is Hedon

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

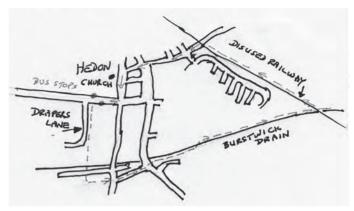
Maps:- EXPLORER 292 & 293 - Hedon Circular

Start at GR. TA187285 Bus Stop on New Road near Drapers Lane, Hedon. Distance 3.0 Miles.

n alighting from the bus, cross the road and then walk back towards Hull for a few yards then turn left and walk down Drapers Lane, when the lane turns sharp right



24 November - www.cottinghamtimes.co.uk



continue ahead along the grassed area, cross a footbridge over Burstwick Drain and then turn left in front of the The Haven Arms and continue along this lane passing farm buildings to the right. On reaching a minor road (Sheriff Highway), cross straight over and continue along an enclosed path/lane with allotments to the left. Ignore a foot bridge on the left but continue to reach a grassed area. Continue walking in the same direction to emerge on a road, cross the road and continue along a path keeping Burstwick Drain on the left. Pass through some metal barriers and then cross a foot bridge and then walk with the drain on the right.

Eventually pass a fenced off sluice gate and continue walking with the drain on the right and paddocks on the left to finally emerge on the old Withernsea railway track after passing through two hand gates.

Turn left on reaching the railway track and follow this to the first road (B1362 Magdalen Lane). On reaching the Baxter Gate cross roads continue straight ahead (Magdalen Gate) to turn left at the next junction into Market Place and continue down St. Augustines Gate. At the next cross roads turn right and cross the road to the bus stop.

# HOW I DID IT.

Depart Hull Interchange at 10.15 am on Bus No. 76.

Alighted at Drapers Lane 10.45 am

Completed walk at 12.00 pm and boarded Bus No. 77 at 12.09 pm arriving at the Hull Interchange at 12.30pm.

# **Hull CHA Rambling Club**

# Sunday rambles once a fortnight by coach

Coach fare £10. Pick up Beverley Road and Beverley Walks on the North Yorkshire Moors and the Wolds

The party splits into two groups each with an organised leader A party 12 - 14 miles B party 8 -10 miles

# **Sunday 8 November**

- A. Winteringham circular
- B. Winteringham circular

# Sunday 22 November

- A. Sherburn to North Grimston
- B. West Heslerton to North Grimston

# Phoenix Walkers -

A very friendly local walking group with walks on a Sunday. Coach picks up from Ferensway through to Cottingham Green leaving Cottingham at 9.20 a.m. Coach fare £10. Three levels of walks:

- A Group 8-10 miles,
- B Group 5-7 miles and
- C Group The Strollers Very leisurely 3 miles or so.

November 8th: Sittington-North Yorkshire.

Then a break for the festive period.

January 31st 2016: AGM 2pm at the Tigers Lair 64-68 Anlaby Road

For further details please contact Dulcie Hartley 01482 509000









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- •15 Programmes
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That will winter bring this year? The weather has been remarkably different over the last few winters with one of the warmest Christmas's for a long time last year and the year before the worst snow we had seen for over 30 years. What we do know is that November is sure to have a few sunny days were we can get out into the garden and tidy everything up ready for the spring. Plus when the days are dark and dreary we can cheer our gardens up with bursts of colour. There's something especially valuable about shrubs which flower in winter. Seeing these delightful and resilient flowers putting on a show through short, dark days and taking frost, rain and snow in their stride lifts our spirits and encourages us to get outside. Many can also be cut for indoor winter posies, and many are fragrant.



#### Houseplants

At this time of year it is nice to add colour to your garden and your home with flowers and foliage. There's nothing better for brightening up an indoor environment than a well-grown houseplant and they are available in a vast range of forms from tiny gems suitable for the smallest windowsill to rampant growers for the largest hallway. They offer lush foliage, beautiful blooms and interesting forms. Some thrive in damp bathrooms, others need a sunny spot, so make sure you choose a houseplant that will tolerate the conditions in which it is to grow. Ask our staff for advice on the best choice.

Once you've made your purchase, take care when transporting houseplants to protect them from cold, drafts, wind or excessive heat. Failure to do so can lead to plant deterioration or even death, and the effects may not fully show themselves until some time after you've bought it.

Once your new houseplant is safely home, you need to care for it correctly to ensure that it remains in pristine condition – and this largely depends on how well it is watered. Too little or too much watering can cause problems.

Overwatering: Giving too much water can be as dangerous

26 November - www.cottinghamtimes.co.uk

as under watering. The roots not only require moisture but also air, so overwatering leads to the forcible removal of air from the potting compost so the houseplant's roots are killed by suffocation.

Best Practice: Watering little and often is the best advice, taking into account the growing environment and the seasons. Watering from below is the best approach as some plants can suffer from rotting or sun scorch if water is directed onto their stems, root systems or foliage.

## Drainage:

The best method is to stand the pot (which must have drainage holes in the bottom) on a suitable sized saucer into which a small amount of gravel has been placed.

Fill the saucer to about 1/3 of its depth with water and leave the plant standing for 30 minutes.

If all the water has been taken up you can repeat the operation until uptake stops, then any surplus water should be tipped away but of course retaining the gravel.

## **Pests & Diseases**

Healthy Habit: Plants that are well-fed and watered are less likely to suffer from pests and diseases, so prevention is always better than cure. However, keep a look-out for common houseplant pests. Pick off any visible pests from the stems, leaves or soil, clean leaves with water and use a chemical spray available from our garden centre, or try an organic or biological control.



# 10 Jobs for this month

- 1. There is still time to plant Spring blooming bulbs for the early part of November
- 2. Transplant trees and shrubs
- 3. Prune evergreens to shape
- 4. Cover strawberries two inches deep with straw or hav
- 5. Increase feed and provide plenty of fresh water for the birds
- 6. If you haven't already feed your lawn with a fall or winter feed
- 7. Rake leaves from the lawn and compost them
- 8. Drain your hoses and put away over winter
- 9. Finish weeding and tidying up beds
- 10. Clean up and cover you garden furniture to protect over the Winter



## Plant of the month

# November's plant of the month is the beautiful Hellebores.

Hellebores (sometimes known as the Christmas or Lenten rose) are perennial garden plants with elegant flowers, perfect for brightening up shady areas during late winter and early spring. Some species are grown for their striking evergreen architectural foliage. Hellebores prefer to grow in rich, well-drained soil in dappled shade. Avoid planting in very dry or waterlogged soil. Provide shelter from strong, cold winds.

Water during dry spells and mulch annually with leaf mould, chipped bark or other organic matter in autumn and winter.



#### **Events at Coletta's**

**7th-8th November** - Humberside Chrysanthemum society late show- We are proud once again to host this annual late show. The societies Chrysanthemum's really are a delight to see with beautiful textures and colours. They really are worth coming to have a look at. Plus the members are always happy to answer any questions or offer their expert knowledge.

From Thursday the 26th of November we will be opening late until 8pm every Thursday right through until Christmas. From 4pm-8pm Come and view our Christmas displays, animations and great Christmas range all at great prices. You can always find something special for Christmas from our garden centre with our unique ranging and great value prices. Plus our Oasis Café will be open serving delicious treats – including two curries for £10.

Thursday 26th Loyalty member's night Get 500 points when you spend £25

# **Thursday 3rd December**

## Tea with Santa 4-5pm and 6-7pm bookings being taken now

Yankee candle evening- spend £30 on Yankee candle between 5-8pm and get a free medium jar. For all you Yankee candle lovers this is an event not to be missed. Our lovely Yankee rep will be here to demonstrate and show you how to get the best out of your candles, how to mix fragrances, how they make them and also there will be special discounts available. Come and share your Yankee passion and be sure for an enjoyable evening.

Plus we have our very special grotto launch weekend with KCFM here on the Saturday 28th and Anna and Elsa here from frozen on Sunday 29th it's going to be a fantastic weekend. Remember that at Coletta & Tyson garden centre our Christmas Displays are now open. We have some new and exciting themes including the Christmas circus, a large range of decorations, trees, glassware, candleware, lighting, garlands, wreaths and so much more. You are bound to love our Christmas as much as we do. All at great prices, why go anywhere else?

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# 28 November - www.cottinghamtimes.co.uk

# **Your Stars for November 2015**

By Kay Gower

# Aries (Mar. 21- April 20)

Venus moves into your relationship house and takes you into the holiday season removing complications that have stood in your path. The planets are lining up and giving you the green light. Happy days are here again.

#### Taurus (Apr. 21- May 21)

Sometimes envy is not such a bad emotion to feel. For example, if you've lost your motivation then a source of envy may be just the thing you need to renew your energy reserves. If it works, use it!

## Gemini (May 22-June 21)

Mid month you could make some suggestions - then step back and see what happens. Just know that whatever it is that you say will be carried out. So be careful what you say, especially around

# Cancer (June 22-July 22)

As someone famous once wrote "Rich gifts wax poor when givers prove unkind.'

Beware of a gift with strings attached!

## Leo (July 23-Aug 22)

Your heart holds some memories in a locked chamber. Perhaps you'll only remember if it's absolutely necessary. Explore gently, and trust that if you really need to remember, you will.

## Virgo (Aug 22 - Sept. 23)

On the 23 the sun moves into the area of your chart devoted to property matters, home and family. There may be some tensions in these areas; it could be that others simply don't understand what you're expecting from them. Someone will have to see sense. It might as well be you.

## Libra (Sept. 24 -Oct. 23)

This month the planets give you a toolbox for solving problems. Amongst your most used instruments will be your smile, your charm and your ability to read between the lines of what people say - and how in fact they really feel.

# Scorpio (Oct. 24 - Nov. 22)

November has the potential to be a good month. The new moon will be rapidly moving towards your own sign on the 11th and this supports an optimistic approach in which you can begin to look on the bright side of life.

# Sagittarius (Nov. 23 -Dec. 21)

As the end of the year arrives it looks as though the world could be your oyster, and why not! If you're looking for excitement, the chances of finding it are around every new corner, of which there will be many.

# Capricorn (Dec 22.- Jan. 20)

Sometimes the mind is a time-travelling machine. Turn it off this month if you find yourself staying too long in the past, or trying to visit the future. If you're not careful you could miss an opportunity that is staring you right in the face.

# Aquarius (Jan 21 - Feb 19)

The deeper side of your nature will be on display this month. You will have the opportunity to show others how wise and easy-going you can be.

# Pisces (Feb. 20-Mar. 20)

You have the ability to create a pleasing impression, no matter the company you keep. This helps to secure the loyalty of others, and enables you to offer advice where necessary. It's easy for you to put yourself into someone else's shoes – after all empathy is the hallmark of Pisces.



# 'Everybody's Darling: The First World War Nurse - a new exhibition coming to the Treasure House, Beverley

new touring exhibition called 'Everybody's Darling' will open at the Treasure House, Beverley, on Saturday 17th October.

During the First World War, thousands of women served at home and overseas as nurses. This exhibition reveals the essential role that they fulfilled - a role which has often gone unrecognised.

Many women worked in the hundreds of military hospitals at home caring for the injured servicemen. Others worked on the Western and Eastern fronts, in casualty clearing stations, and in field hospitals close to the battle lines. They were closer to the front-line than in any previous conflict, working up to twenty hours a day, often during heavy periods of fighting. Conditions were hazardous and gruelling, and some nurses died on active service

In contrast to the realities of nursing near the battlefield, an idealised, romanticised image of the nurse was frequently used for propaganda purposes during the war. The nurse tending an injured serviceman became an iconic image of the time and these images feature in the exhibition. Also included are many original artefacts including prints, postcards and medical equipment.

The council's Museum Service has added items from its own collection, such as an artificial arm belonging to one John Ackney who was born in Bielby near York and injured on active service in 1918. Also included are medals and an autograph book belonging to East Riding First World War nurses.

Admission is free and the exhibition continues until the 5th December.

# Holiday Home in Tenerife!!!!



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A great choice for that family holiday! From £300 per week

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# Soduku Answer from page 12

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

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# The Hidden Cost of Limescale...

"Official government figures state just 2mm of scale on appliances reduces efficiency by up to 12%"

Limescale is an obvious result of the hard water we experience in the Cottingham Times area. Crusty taps, clogged shower heads and water marked tiles are all tell tale signs of the effects, but there are also the unseen deposits being made daily inside the pipework and appliances in homes which only become evident when costly repairs are needed.

So what is the difference between hard and soft water? Hard water contains a number of minerals the hardest of these being Calcium and Magnesium, these are being deposited daily around your plumbing system and appliances.

A water softener removes these hardness minerals, leaving soft water which doesn't leave limescale

and water marks and actually dissolves away existing limescale in the pipes and appliances, leaving the whole system in better health and then keeping it that way.

## The Luxury of Softened Water...

There are many other benefits of softened water which come along with the removal of limescale; scratchy faded towels are no more; with soft water, soft fluffy towels are a daily luxury!

Even more luxurious is washing, bathing or showering in beautiful soft water; soaps and shampoos lather easily with less used and they rinse away easily leaving skin and hair naturally, clean, soft and healthy.

# If you have a friend or a neighbour who has a water softener, ask them if they would ever do without one!

We know what the answer would be; we have thousands of happy customers and many of them enthusiastically recommend their friends to share in the savings and soft water luxury that a quality softener can bring.

For friendly unbiased advice and information please contact David Parry at :-



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23/10/2015 10:29





Beekeeping with Neil Gower -Neil continues his quarterly review of the calendar of a beekeeper

he Rose-hips, Hawthorne and Holly berries glow in abundance for the birds to feed on this year. The plants and trees have ceased flowering and fruiting their cycle almost over for another season, except for the late flowering Himalayan balsam, ivy and Russian vine which provide some foraging for the bees in the early autumn.

The honeybee colonies are now tucked away inside their hives and the queens will soon stop laying eggs. We beekeepers will have made sure that they have enough stores of honey to last them through until the Spring, and have treated them against the Varroa destructor mite that threatens their very existence.

I lost almost two colonies to pesticide spray earlier in the year and since my last article I have received many enquiries about the health and well-being of my bees. Initially, the queen who survived the trauma stopped laying eggs so I moved her to a smaller hive and she eventually recovered. By splitting one of my remaining colonies and by breeding some new queens I was able to create several smaller colonies which I have nursed through the summer. Time is not always on your side in these situations as I needed to make sure that not only did I breed the new queens but that they would have time to mate and start laying the eggs needed to create a viable



30 November - www.cottinghamtimes.co.uk

colony. At the end of August I was able to assess the situation and joined a number of small colonies into two hives with the strongest of the queens. Strong colonies have the best chance of surviving the long winter months, so I have been feeding them on a sugar syrup to complement the honey that they have been making from the nectar they have collected. A viable colony needs around 35 lbs of honey stores to make it through the winter. If they don't have this amount, I will need to feed them with fondant later in the winter months. I will be extra vigilant with these two colonies, I have invested much time and effort in them and I really want to see them flourish.

I am now in a situation where I have the same number of colonies at the end of the year as I did at the beginning. Having spent the season rebuilding my stocks of bees, everything else I had planned for this year has been put on hold.

I was able to leave one colony pretty much alone through the summer and did manage to harvest some honey, albeit much less than expected or normal. Reports from across the country recognise that 2015 was a bad year for bees in general, and in particular for honey yield, with some areas reporting little or no honey harvest at all. The cold spring meant that colonies did not build up fast enough and some regions had constant rain throughout the whole of July, which is normally the main honey flow. Many beekeepers have had to feed their bees over the summer which is extremely unusual, this has resulted in a general shortage of 2015 honey.

As we move towards Christmas our thoughts naturally turn to our preferences for food and drink over the festive season. I previously promised to share with you some recipes which include honey, I have chosen the one below which I hope you will enjoy. It is for a honey fruit cake which can be decorated in the same way as a Christmas Cake, it's the one found on many British Beekeepers Association branch websites. It's been well tried and tested, and if you choose to try it – enjoy!

## **Honey Fruit Cake**

Ingredients
-------------

225g	Self raising flour
115g	Butter
225g	Honey
2	Medium eggs
115g	Sultanas
60g	Mixed peel
115g	Currants
1	Pinch of salt
	Milk (if required)

# Method

Cream together the butter and the honey. Stir in the beaten eggs. Add the salt and blend with sieved flour. Coat the fruit with flour for even distribution then add the fruit to the mixture and blend in thoroughly. Add a little milk if necessary.

Place in a greased baking tin. Pre-heat oven to 180c/ gas 4. Baking times will vary.

I have some catching up to do as a result of this years challenges. I have equipment to repair and make weatherproof, I have old frames to dismantle and wax to recover. Any hives that I have used during this years manipulations will need cleaning and sterilising. The insides of the wooden hives will be scorched with a blowtorch and the insides of the polystyrene hives will be carefully steam cleaned. All the equipment must then be carefully stacked in a dry place until it is needed again.

I will be planning for next year and making sure I have enough equipment for my needs and those of the bees under my stewardship.

After what happened this summer I would like to think that next year could not be as bad, but perhaps to say that would be tempting fate

My next article is due in the February 2016 edition when I will bring you up to date with progress. Until then I wish you all a very Merry Christmas and a happy and healthy New Year.



# Continued from page eight

#### **Play Badminton**

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

## Fitmums & Friends Run, Walk

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

## Cottingham Bridge Club

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

## The Alzheimers Society

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

# **English Country Dancing**

Every Tuesday at the Darby & Joan Hall, Finkle St.. Cottingham. 8.00 pm until 10.00 pm. Beginners welcome. For further information please ring Fred Smith on 01964 550297.

## **Cottingham Cricket Club**

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

# Calligraphy, Quilling and Folk Art classes

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

# The Cottingham Whist Club

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

#### **Cottingham Methodist Church Hall**

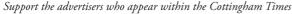
Card making Class meets every Monday afternoon (excluding Bank Holidays) 1.30 pm to 3.30 pm at Cottingham Methodist Church, Hallgate, Cottingham. All Levels. Contact: Ann on 079328 33578.

## The Green Ginger Garland Dancers

Lady folk dancers established over 30 years ago. Thursday practices in the hall behind the Zion Church, Hallgate, Cottingham, between 8.00 pm to 10.00 pm. Every Thursday apart from August. For further information contact: www. greengingergarland.com or team leader Jenny Pittock on 01482 657778.

Continued on page 32









## **Hull and East Yorkshire Happiness Group**

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

## Cottingham Food Bank

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

# **Cottingham Tennis Club**

Wowed by Wawrinka? Dazzled by Djokovich? Amazed by Murray? - Watching Wimbledon? - Come to the Club off Hull Road and give tennis a go! - New members at discounted rates. Contact John Stones on 847080.

# **Scottish Country Dancing Club**

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

The deadline for entries in the December "What's On" section, is the 19th November.



32 November - www.cottinghamtimes.co.uk

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# Cheque for £150 presented to KGV Trust Pavilion by the **Cottingham Enterprise Guild**

cheque for £150.00 was presented to Jamie Hardie General Manager of KGV Trust Pavilion, by the Cottingham Enterprise Guild, for transport costs to take the children, who attend the Summer Kids Club, on a day out to the Deep. Jamie said 'it was a great day, thoroughly enjoyed by all the youngsters and he and the staff greatly appreciated this gesture from the Guild.

Since its first year of operating, the Guild has always supported Cottingham events or charities and will continue to do so as long as funds are available.

Picture: Lena Slater (Secretary) Philip Noons (Chairman) -Cottingham Enterprise Guild Jamie Hardy (General Manager







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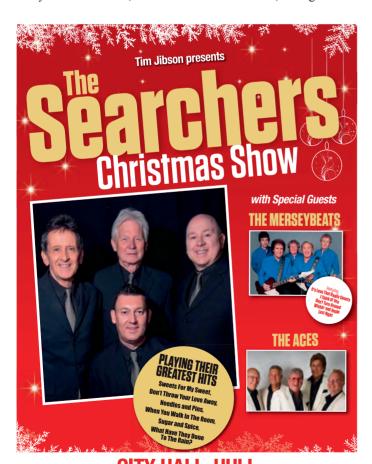
Melanie Watson of Skidby Livery Stables with the latest of her monthly articles

www.instinctivehorsetraining.co.uk

# From the wild Yorkshire Moors to Skidby!

Trecently had the pleasure of training a five year-old Fell pony called Bluebell to be ridden and to cope with traffic.... and oh boy that was some task! Bless her.....she was hugely out of her comfort zone coming to our world of constant traffic and village business. I picked her up from stunning Westerdale, as far away from life's hustle and bustle as it is possible, unless you are a sheep!

We slowly introduced her to village life by keeping her far away from the road, below her fear threshold, and gave her



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34 November - www.cottinghamtimes.co.uk



free access to a really yummy liquorice lick. This lick gave her positive reinforcement attached to traffic movements and noises. Each and every day we moved it all a little tiny bit closer, only when she was ready mind you. We eventually opened the gate to give her full view of the main street but still kept Bluebell as far back as she needed to be to feel completely safe.

By training systematically like this, it counter-conditioned her fear fuelled escape behaviours into accepting it all calmly and eventually she became curious.....this was brilliant and was absolutely what I was waiting for. Bringing her seeking system out in this way, all attached to positives, meant that she was ready to move forwards into doing more and being nearer.

I also spent time training Bluebell in my school with a tractor...its engine silent at first. By rewarding her targeting and exploring the vehicle with her muzzle, she went on to cope with it running and even had the confidence to stay with it while it was moving. I fed her from the cab when she was close so she now thinks all tractor drivers are the best thing since sliced bread (or carrots at least!) There are videos on my You tube site if anyone is interested. (Melanie Watson)

By the time she went home Bluebell was being ridden out through the village...an absolutely amazing transformation in a very short space of time....4 weeks all in all.

Patience and repetitions....and very small steps (approximations) will always win the day. It matters not what your horse or your dog or yourself fear. Never being forced above emotional threshold and changing associations through systematic de-sensitising and counter-conditioning with positive reward will slowly break down those fear barriers. Being given choice and freedom to move away at any time is really reinforcing too...that way the chances are the animal will choose to stay....especially if rewarded with food for its choice to stay.

This is not rocket science but it certainly is the science of animal learning and behaviour!

It's life changing!



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# Crackers and more Crackers

ith such a mild October the clocks going back, creating the dark evenings, has heralded the first sign of winter for me, since when my phone weather app. has been working overtime with daily checks on the predictions for the last outside occasion of year, November 5th. So far so good.

Thursday November 5th will see the busiest few hours of the year at the Half Moon so patience, good humour and consideration for others are key ingredients for an enjoyable and safe night, a request to both staff and customers on this hectic but most enjoyable occasion.

As mentioned last month, the firework display will be set off in the field behind the Pub this year, to avoid any changes in wind direction blowing falling debris into the spectator area. We will have a bonfire, however the wind direction on the night will be the overriding

consideration whether it is lit or not. Car parking spaces will be reduced in the spectator area, again providing a safer environment for both cars and people.

I've been very good this year and following scary threats from my accountant and my wife, I have kept to my firework budget, the same as last year!!!!!! An extra Barbecue should improve output of Burgers and Hot Dogs and the Mulled Wine and Soup urns are ready to go, so we're just about ready, let's hope for a dry, crisp autumn evening, enjoy a Cracking time

So on to the second of the Crackers, Christmas Festivities. December is filling up nicely with Festive Party bookings so if you are planning a family or work get together then please book as soon as you can, we only have a small dining area and "Sorry we're fully booked" although good for business is a phrase I hate saying, I just feel so helpless.

Hot off the press. Some of you may have noticed my pesky leg ulcer has returned over the last couple of months, and an appointment today has notified me I'm off for surgery on my veins on November 5<sup>th</sup> AHHHHHH. However, I am assured that I'll be absolutely fine for running around setting off the Fireworks in the evening, so all is good.

Thanks as always to the Half Moon customers and staff, let's look forward to a fantastic and safe firework night.

#### Cheers

Mike (your limping, but soon to be better landlord)

The Half Moon, "Skidby's Village Pub, tel. 01482 843403.







# **Cottingham Calendars with** photographs by John Dewing now on sale at Barkers

ohn Dewing who has taken many of the excellent photographs featured on the cover of the Cottingham Times over the past nine years, has produced an A4 full colour calendar for 2016 with a marvellous selection of Cottingham Views.

The calendar is now on sale for £5.99 at Barkers, Hallgate, Cottingham.

# The Bus Pass Buskers to play Little Weighton Village Hall, on Saturday 21st November at 7.30 pm

The Bus Pass Buskers, all the way from Sheffield and fresh from Southport and Harrogate Flower shows, at Little Weighton Village Hall on Saturday 21st November at 7.30pm.

They play golden oldies from blues, skiffle, rock and roll, plus some Christmas favourites with lots of humour thrown in.

Tickets £8. There will be a bar and a raffle.

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#### Christmas is coming and so are the Haltemprice Lions!

The members of the Haltemprice Lions continue their busy autumn period. Following the Young Persons' Music Competition and the 'Lions Dinner' at the beginning of this month we are now looking towards Christmas.

On Saturday, 21st November it is the Haltemprice Lions' Christmas Fair at the Civic Hall, Cottingham, doors open at 10.00 a.m. for the opportunity of purchasing the Christmas presents from local craft stalls, not forgetting the pots of bulbs, hyacinths, tulips etc. Refreshments are available all day and we look forward to welcoming you.

On Saturday, 12th December, at 7.00 p.m., the East Riding of Yorkshire Band will present a Christmas Concert at the St. Mary's Church, Cottingham.

Promises to be another enjoyable evening in an ideal setting. Tickets are priced at £8.50 each (£7.50 concessions) and available from David Whincup, Tel 01482 847367 (email: dwhincup@dwhincup.karoo. co.uk)

All proceeds from our fund raising events are in support of worthwhile local and national charities.



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# Prestigious award for Cottingham High School dancer

ewis Tutty (11) from Cottingham and his partner Olivia King (9) from Sheffield (who were last featured in Cottingham Times last December) have spent 2015 training and competing hard in the dancing world and are ranked as one of the top juvenile couples in the 2015 National Dancing League in both the Ballroom and the Latin American sections.

In April they became the 2015 winners of the Royal Trophy followed in May by winning the 2015 Allied Trophy in both Ballroom and Latin. They were also semi-finalists in Stars of the Future 2015. More success came in July when they won the 2015 Lancashire and Cheshire Trophy - again in both sections.

As well as competing the dancing duo were invited to showcase their dancing at a social evening in July in Chesterfield and have been booked for a further demonstration in December in Derbyshire. They also attended a workshop recently in Macclesfield given by the current World Wide Latin Showcase Champions – Neil and Katya Jones – who gave them useful tips on technique.

Lewis and Olivia train every Wednesday night at Drapers Dance School in Sheffield and every Friday night at Rhythm and Dreams Dancing Centre in Hull as well as training individually for their IDTA medal test examinations on Saturdays. Lewis is also currently rehearsing every Tuesday night for the Christmas Cabaret Night at Rhythm & Dreams to be held in December. The full story of the couples success can be seen by "liking" their face book page - "Lewis Tutty and Olivia King".

By far their proudest achievement was winning the 2015 All England Challenge Cup in both Ballroom and Latin (shown in the photograph) beating determined couples from all over England in September. They are now training extra hard with their teachers to take place in the British National Dance Championships 2015 to be held in Blackpool in November.





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Sun 3rd July, 5 Days; Sun 25th September, 5 Days; Sun 13th November, 5 Days Torquay Riviera £239 (July); £235 (September); £231 (November) D/B/B

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#### **Yorkshire Building Society Agency** celebrate their 5th anniversary with **Dove House Hospice Charity Day**

To celebrate the 5th anniversary of our Yorkshire Building Society Agency we have asked Dove House Hospice to join us for a Charity Day on Friday the 23rd October, anytime after 12 Noon. We are long term supporters of Dove House Hospice and I know most people living in Hull have friends or relatives who has benefited from their care in the past.

During the afternoon there will be Prosecco and nibbles available for those who like a liquid lunch and coffee/tea for the more sober.

Dove House representatives will also be here to talk to you and they will be pleased to accept any donations, Corporate or Personal, Large or Small.

Please help us support this great, local Charity.

#### Council seeking views on the future of its library service

ast Riding of Yorkshire Council is reminding residents that they have the chance from today (Tuesday 29 September) to give their views on the future of its library service.

The council is proud of its library service, has worked hard to improve facilities, and remains committed to providing an excellent service in the future.

However, the world is changing and councils need to adapt. In common with local authorities across the country, the council is facing huge pressures on its budget as a result of continuing reductions in funding from central government. The council needs to consider whether savings can be made to the libraries budget while providing a library service which is flexible, modern and relevant to today's and future customers.

The council has launched a consultation process today to give anyone who has an interest in the East Riding Library Service an opportunity to say how they think the library service should be delivered in future years.

Councillor Stephen Parnaby, OBE, leader of the council, said: "This council has an excellent track record of investing in services like libraries and our recent investment in superb new facilities at Haltemprice and the ongoing work on the new community facility at Driffield demonstrate that commitment. However, the reality is that, in a time of ongoing financial cutbacks, we have to find savings and we need to re-examine how we spend the money we

"We need to consider whether savings can be made to the libraries budget and we are launching a consultation process to allow people to give us their ideas as to whether this can be done and how we can best achieve a vibrant and sustainable library service which can best meet the needs of our customers.

"I would encourage as many people as possible to take part in the consultation, to give us as wide a range of views as possible and to help us develop a plan for future delivery of this popular and important service.'

The survey is available online at www.eastriding.gov.uk. Hard copies of the survey are also available at libraries, customer service centres, leisure centres and children's centres. The closing date for the return of the surveys will be 21st December 2015.

Results from the survey will be used to consider whether changes will be made to the service. Any proposals will be the subject of a second phase of public consultation in 2016.

During the consultation, residents will also be able to keep in touch with progress via social media at www.facebook.com/ eastridingcouncil and Twitter @East\_Riding



#### continued from page 22

A few of us climbed Mount Toubkal as a fund raiser (4167m up and down in 2 days, ouch)





Edward getting stuck in

Happy to get teeth out

#### A Big Breakthrough

A couple of weeks ago I got back from Khizana on the 8th trip. There was a football tournament that was massive for kids. We had, along with other dental practices sponsored a team. We had Khizana Oranges. I think they came last. The funny thing was it was supposed to be a 12 and under competition. One of our team members had a beard!! There was a bit of a going on that led to him leaving the pitch. Quite right though. This was such a good relationship building exercise.





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Spot the beard Learning how to brush

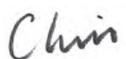
Then next morning I went with Cally, a fellow trustee who organises mavericks, to see the minister for health in Chef Chaouen. We were so close to not getting the licence but a great fellow called Mohammed who is a

bit of an activist really helped us out and we got it. The Minister came to see us work and we are now looking at a rolling on licence to stop all the messing about all the time. Good stuff, eh? This is the first time that we have seen an **overall improvement** in oral health from the year before. We are on the up!

#### He Spotted Us

Last year there was a young lad who had large infection in his upper and lower jaws with buried decayed tooth roots. His face was swollen and could get really ill. I managed to get all the offending roots out and he was so chuffed. He spotted Edward and myself at the football tournament. A great moment. He was Goalkeeper on the winning team!

Until next time. Take care and be good.



Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 22 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's charity work go here now <a href="https://www.castleparkdental.co.uk">www.castleparkdental.co.uk</a>







# The Traditional Chinese method of Acupuncture treats the whole person, body and mind, and not just the symptoms

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

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

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

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

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

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

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

#### Problems and Diseases commonly treated by TCM Dermatological:

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#### **Internal:**

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

#### 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.

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





I'm writing this in October when we're half-way through rehearsals for "Seasons Greetings" and the actors are at that tricky stage where they've just "put their books down" – i.e. they're not allowed to read their script any more but actually have to remember their words. I can tell you from experience that it's a HORRIBLE time: lines you knew perfectly well at home disappear completely from your memory when you get to the rehearsal!

It's at this stage in a production that my long-suffering husband hears me muttering grumpily that "I'm too old for this sort of thing, I'll never learn these wretched lines, and I'm never going to be in a play again". Fortunately he is far too sensible to take any of these comments seriously! Within a fortnight the actors become more comfortable with their lines, the scripts disappear and the production really starts to come together as everyone is able to concentrate on the acting. That's when I love it most, because from then on the play gets better and better with each run-through. "Season's Greetings" will be at that stage by the time you read this article at the beginning of November and I can promise you that it's going to be very, VERY funny, so make sure you don't miss it!

Performances are at 7.30pm on Thursday 26th, Friday 27th and Saturday 28th November at the Darby & Joan Hall, Finkle Street. Cottingham. Tickets are on sale from Barkers Newsagents, Beverley Tourist Information Centre or our ticket line on 841300. They cost £7 each, £6 for concessions.

#### February 2016 - A Murder Mystery Evening - "Who Killed the Soap Star"

Our Murder Mystery Evening earlier this year was such a success that we have decided to repeat it. "Who Killed the Soap Star?" will follow the same format as before – you join up in teams of 6 to watch our well rehearsed team of actors perform two acts of the Murder Mystery, during which you have to work out 'Whodunnit'. After a break for supper, our hapless detectives will reveal the culprit(s)! Feel free to bring your own drinks to help lubricate your 'little grey cells'. There are prizes for the team(s) which get the right answers and a buffet supper is included - all for only £7.50! Where else can you get a Valentine's Weekend bargain like that? "Who Killed the Vicar" was a great evening for audience and cast alike - don't miss out this time!

"Who Killed the Soap Star?" is on Saturday 13th & Sunday 14th February 2016 at 7.30pm in the Darby & Joan Hall. Tickets are on sale during performances of "Season's Greetings" and from Monday 30 November on 849655.





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#### **In Memory of David Kay**

Come and have a wiggle and a giggle for charity!

#### Sunday 15th November 2015 Cottingham High School, Harland Way

2-4 p.m.

INSTRUCTORS:

Katrina Catton • Tracy Hammond • Lisa Godman • Liesel Cobby

Tickets: £6.00

(Available from CC Coffee, 76 & 80 King Street, Cottingham)

Tel: 07563 775552



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All proceeds go to: Teenage Cancer Trust - Registered Charity 1062559



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 9.30 am

For Membership details Ring Theresa on 823032

#### **Crossword solution from page 14**



46 November - www.cottinghamtimes.co.uk



#### **Far Infra-Red Therapy**

There are many different types of far-infrared products entering the markets, everything from saunas to FIR light emitting lamps to garments, hairdyers and even water treatment systems.

Far infrared Therapy is widely used as a natural alternative and complimentary treatment for many ailments.

Toxins in our body are suspended in water molecules and gather in stagnant clumps or globules. Far Infrared clothing emits the safe FIR waves into your body. The rays are easily absorbed by the cells and help to break up the toxic clumps releasing them back into the bloodstream where they can then be flushed out of the body.

Far infrared therapeutic clothing emits and reflects safe, natural light energy, deep into the muscles and joints. These gentle rays relieve pain and inflammation, while providing improved blood flow and promoting the healing process....

- \* Far Infrared Therapy is a natural, drug-free healing method used to relieve pain, restore energy, and boost the immune system.
- \* Far Infrared Therapy has been available for hundreds of years.
- \* As our population ages and the cost of traditional western health care spirals upward, Far Infrared Therapy is becoming an increasingly affordable, safe solution.
- \* Far Infrared Therapy is important for reasons of its simplicity, effectiveness and economy.
- \* Far Infrared Therapy is the alternative and complimentary medicine for pain relief.
- \* Far Infrared Therapy enables the body to regain its self-healing abilities

NASA certainly understood some of these effects when it developed FIR materials for radiant heat during space travel. Hospitals have also taken advantage of some of these properties to keep newborn babies warm using FIR materials around incubators.

For many, the biggest news in FIR technology is its application of the far-infrared sauna in the evolving science of detoxification. At home and in clinics, these saunas are said to yield many benefits - including relief from different kinds of pain; stimulation of immune response; improvement in skin tone and conditions such as burns, eczema, acne; and the accelerated burning of calories.

Benefit of FIR 'Sweatless' Sauna in Comparison to Conventional Saunas "Traditional wisdom has suggested that saunas work largely by promoting detoxification through the sweat," says John C. Cline, M.D., B.Sc., C.C.F.P., A.B.C.T., Medical Director of the Cfine Medical Centre and Oceanside Functional Medicine Research Institute, Canada. "Saunas also stimulate cells to release toxins which can then be eliminated by the liver and bowel.

Several published studies have now shown that this hypothermic therapy can bring about the rapid removal of a wide range of toxic substances from the human body." The FIR energy emitted in these saunas may induce two or three times the sweat volume of conventional saunas, yet they operate at a much cooler air temperature range: about 110-130 deg F, compared with 180-235 deg F in a conventional sauna.

Many individuals who cannot tolerate a conventional sauna, steam room or sweat lodge will find FIR saunas pleasant. The lower heat range is also safer for those with cardiovascular risk factors or fragile health because lower temperatures don't dramatically elevate heart rate and blood pressure.



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