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and District

Issue 204 - November 2018



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Published Monthly by: The Cottingham Times

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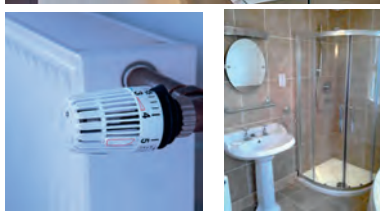
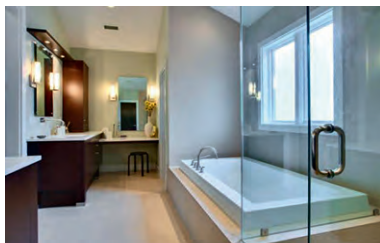
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In Cottingham and District

East Yorkshire Group of the Hardy Plant Society

Thursday 1st November - at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF, Helen Picton 'Daisy Days' (Michaelmas). Plants for sale.

The Skidby branch of the Yorkshire Countrywomen's Association

Thursday 1st November - Chaplain for Hull Fair, Mr. Allan Bagshawe, 7.30 pm, in the Village Hall. New Members and visitors welcome.

Wildspaces Group

Saturday 3rd November - KGV woodland, washing the wooden sculptures. Meet at 12 noon at the Pavilion.

Wildspaces Group

Sunday 4th November - Millbeck wildlife area and King George Vth woodland, including cutting back vegetation and oiling the wooden sculptures. Meet at 10.00am in the Allotment car park.

Sunday Afternoon Tea Dance

Sunday November 4th - Senior citizens and ALL we are holding a SUNDAY AFTER NOON TEA DANCE at Cottingham Civic Hall from 2-45 until 5-15 pm live music by HEP-TO-THE-JIVE don't keep it a secret tell you friends. Put on your glad rags and do a Quick step to the Civic hall see you all there. Tickets at the door £7.00.

Hull Back Care Group

Tuesday 6th November - Speaker Eddie from Gyroscope, Visit to St. Matthews Church, 1.15pm to 3.15 pm, in Centre 88, Saner Street.

Beverley Gardeners' Club

Tuesday 6th November - Alan Bloom - A Thinker and a Doer, Speaker: Jaimie Blake (Bressingham Gardens), at St Mary's Parish Hall, Beverley at 7.45pm. Refreshments will follow the talk. An annual fee of £15 to join the club provides free admission to all talks. Guests are welcome to all meetings at a cost of £4 per talk. For further information please contact the Chair on 01482 865432.

Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church hall.

Tuesday 6th November 2018 - 7.30pm

Tuesday 20th November 2018 - 7.30pm

Interested in photography (smartphone, dslr, bridge, compact, mirrorless) then why not join our friendly group. New members welcome. All levels. Contact for further details:- John on 842169 or john@jcmhome.karoo.co.uk.

Cottingham Local History Society

Wednesday 7th November - Madame Clapham and the Strange Death of Corsetry - Rob Bell, in the Red Hall, Hallgate Primary School, starting at 7.30pm. Meeting fee: Members £2.00; Non-Members £3.00. Contact Chairman Mr. Peter McClure 845734.

**Front cover: Cottingham Lights Collage.
Photo: Paul Lakin.**

Cottingham Green Women's Institute Evenings

Thursday 8th November - Tickton Tarts - A Taste of Nostalgia. Competition: Favourite Tea Towel, held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

Beverley Film Society

Thursday 9th November - Neruda (2016). Spain/France Bio/Crime/Drama 107 mins. Popular poet Pablo Neruda was a politician in 1948, when President Videla betrayed his leftist roots and allied himself with the war on communism. At the Parkway Cinema Beverley. Films start at 7.30pm on the 2nd THURSDAY* of the month (doors open 7.00pm). Membership fee: £15 for whole season of 10 films. PLUS: Tickets £3.00 per film (Members) £6.50 (Guests). For more information www.beverleyfilmsociety.org.uk

EYES (East Yorkshire Embroidery Society)

Saturday 10th November - Janet Browne - Stitch in the Landscape, in the Darby and Joan Hall Finkle Street, Cottingham. 2:30 to 4.30 pm. Doors open 2:15. Members £1:50 Visitors £2:50. Tea/Coffee biscuits included.

Rotary Club of Holderness

Saturday 10th November - Charity Craft Fair in Cottingham Civic Hall, 10am to 4pm. Lots of stalls with second hand books, tombola and refreshments available.

Little Weighton Village Hall

Sunday 11th November - Xmas Fair from 1.00 pm - 4pm. Xmas Fair in Little Weighton Village Hall, Lots of stalls with original gift ideas for the festive season, plus refreshments.

Beverley Flower club

Monday 12th November - Open meeting, Longcroft Upper School, Burton Road, Beverley. 7.00 for 7.30pm. Mark Entwistle - a celebrated Demonstrator "Snow is Glistening". Tickets, to include light refreshments, £12.00. Raffle - when it is possible to win fabulous flower arrangements. Sales Table. For tickets and further information ring 01482 865439 or 01430 828466

Hull and East Riding Astronomical Society

Monday 12th November - "The Cradle of the Sun: Did Our Solar System Form in a Star Cluster?" by Dr Richard Parker (University of Sheffield). We meet every second Monday in the month at the Civic Hall, Cottingham, starting at 7:30pm until about 9:00pm. We are a friendly group and you are assured of a warm welcome if you come along to the meetings. You do not need to be an "expert" just someone who "looks up at the night sky and wonders . . .".

YPI Camera Club

Monday 12th November- (Chairman Andrew Herson). Talk on my AVs by Keith Scott (FRPS). We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. For more details & examples of our work see <http://www.ypicc.uk/index.html>. Each meeting will normally consist of viewing and critiquing any set subject or open subject AVs that members might bring. New members always welcome - just turn up.

Cottingham Catholic Women's League.

Monday 12th November - This will be an open meeting. In the Garden Room, at the Holy Cross Church Carrington Avenue, 7.30pm.

Continued on page six

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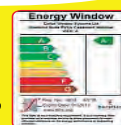
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Cottingham Women's Institute

Tuesday 13th November - Annual Meeting (Review of Year and appointment of President and Committee). Christmas Bring and Buy sales table, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

U3A

Thursday 13th November - Val Wiles - Fred Elwell, his life and times, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street, Cottingham.

Cottingham Men's de Luda Society

Wednesday 14th November - Collin Hill - Audio/Visual presentation, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

East Riding Cricket Society

Wednesday 14 November - meet in the Brewery Bar, King William IV,

Hallgate, Cottingham HU16 4BD, 7.15pm (AGM) / 7.45pm (meeting). Speaker - YCCC Evening with Club Captain Steve Patterson, Chief Executive Mark Arthur and Commercial Director Andy Dawson. Everyone welcome! No dress code, no formalities - just great cricket chat. £15 a year / £5 on door. Website: <http://ercsoc.blogspot.co.uk/>. Email: ercsoc@gmail.com. Phone: Maggie Sumner (Secretary) 01482 861848.

Cottingham Ladies Circle

Thursday 15th November - Mike Gray - Birds in your Garden, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

Inland Waterways Association

Friday 16th November - Adventures on the Manchester Ship Canal presented by Tony Porter. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate. All welcome.

The Hull Macular Society

Friday 16th November - Meet at Sight Support, Beverley Road at 10.30 am until 12.15 pm., Guest speaker from Humberside Police crime prevention. The group is for anyone living with central sight loss. For more information contact Bernard Messingham (chairman) 01482 860381.

Wolds Lacemakers

Saturday 17th November - Quarterly Meeting, Workshops, Christmas tree decoration. Learn how to make bobbin lace. Everyone welcome, come along and have a go at lacemaking on our practice pillow and see Lacemakers at work. 10.00 am - 4.00 pm at The Marist Hall, Church and Parish House 119 Cottingham Road, Kingston-upon-Hull. HU5 2DH. Members - £1.50; Non members - £4.00.

North Ferriby Gardeners' Club.

Monday 19th November - Tony Shalford will discuss and demonstrate 'Winter Salads'. The club meets on the third Monday of each Month (except December and August) at The Parish Hall, Church Road, North Ferriby HU14 3DA commencing at 7.30pm. Annual membership is £10 with guests fees of £2.50 per visit. Tea/coffees are served along with a raffle. For further information please ring Trevor on 633409.

East Yorkshire Woodturners

Tuesday 20th November - at Skidby Village Hall: Demonstration by professional woodturner Andrew Hall, from Durham. He specialises in wooden hats, and more recently, stringed instruments. Meetings are every third Tuesday each month at Skidby Village Hall at 6.45pm. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). For further information please contact David Taylor, Secretary, 01482 876702, cotters@cotters.karoo.co.uk or visit the Club's website: eastyorkshirewoodturners.org.uk



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

Tuesday 20th November - Scrap Quilt Challenge 2 - Sheila Scott, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com.

The Arts Society: Hull and East Riding

Tuesday, 20th November - Ms E. Eaton "The Bayeux Tapestry, The Worlds oldest comic strip". At 1030 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 657574.

Cottingham Evening Townswomen's Guild

Wednesday 21st November - Christine Watson - Agatha Christie, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street. New members and visitors are always welcome.

East Yorkshire Association of the National Trust

Thursday 22nd November - Alan Hunter (Woodland Trust Volunteer), "The Woodland Trust", in the Cottingham Civic Hall, 7.30 p.m. Non-Members welcome.

Cottingham Methodist Church, Hallgate

Friday 23rd November - Free Film Night - 6.40pm for 7pm. Refreshments on sale.

East Riding Flower Club

Monday 26th November - Craig Bullock a well-known national demonstrator from Burnley will entertain us with themed entitled 'Winter'. Doors will open 12 noon and this is our Christmas Meeting, refreshments will be served from 12.30 pm. in the Cottingham Civic Hall, This is an open meeting and all are welcome. Tickets can be purchased at the door.

National Vegetable Society, East Yorkshire District Association.

Monday 26th November - Paul Neve will demonstrate and talk about 'Floral Art, Festive Fun'. We meet on the last Monday of the month (except December and August) at The Conservative Club, Wylies Road, Beverley, HU17 7AP at 7.30pm. Light refreshments are served and a raffle. Admission is £2 per person. For further information about the club, please use our web site nvseyda.btck.co.uk or ring Trevor on 633409.

Cottingham Men's de Luda Society

Wednesday 28th November - Allan Bratton and Bernard Wells - Sailing to St. Hilda, its natural history and culture, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Script Yorkshire

Wednesday 28th November - An evening of the spoken word, performed by local playwrights, at the Duke of Cumberland at 7.30 pm. All proceeds to The Dementia Unit at Overton House, Cottingham.

Wednesday Social Club

Wednesday 28th November - Paul Schofield - Talk and Slides, in the small hall at the Darby & Joan Hall, at 2.00 p.m. Guests and New Members Welcome.

Little Weighton Village Hall

Saturday, 1st December - hosts the story and songs of Buddy Holly on at 7.30 for 8pm with Bootleg Buddy aka David Remblans who is a renowned local guitarist following in Buddy's footsteps for our pleasure. We were lucky to get him this year so come along and enjoy a superb evening with Buddy and his hits. Admission £10pp. Bring your own wine & Nibbles. Raffle. (SatNav HU20 3UU).

Skidby Village Hall

Saturday 1st December - Skidby Village Hall will be holding their Xmas Fair from 10.00 am to 3.00 pm. Entry is free and refreshments will be available.

Continued on page 11

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www.cottinghamtimes.co.uk - November 7

Cottingham Parish Council



Welcome to our section of the *Cottingham Times* that keeps our residents updated with some of the projects that Cottingham Parish Council is involved with.

- **Word from the Clerk**

It's been a few months since our last article. Summer has changed to Autumn (Winter is Coming) and as part of my modernisation drive the Parish Council has changed its email address to the much more professional clerk@cottinghamcouncil.org. You can also contact my Deputy Clerk, Nicola Pape, on deputyclerk@cottinghamcouncil.org

Our new five day opening hours are proving popular, just a reminder that they are; **Mon-Thu 10am-3pm and 10am-12pm on Friday**. On a Wednesday you can also collect food waste bags from us as the East Riding Customer Services Centre is closed.

Matthew Kay, Clerk to Cottingham Parish Council
clerk@cottinghamcouncil.org

- **Grants to Local Organisations**

Cottingham Parish Council may award grants to any community group or charitable organisation that is beneficial to the village. If you wish to apply for a grant then please contact the Parish Council Office for more information and an application form. All application forms received are decided upon at the next Full Parish & Finance Meeting. The next meeting is **Thursday 15th November 2018**

At our meetings in September and October grants were given to Cottingham Bowling Club and Cottingham Tigers U10s

Small Grants

The Parish Council have decided that small grants (up to £50) will be made available via a streamlined process without having to complete a full grant application form or waiting until the meeting for a decision. Any grant given must be for the benefit of the village.



"Mike Marsh receiving a grant cheque on behalf of Cottingham Bowling Club"

- **Cottingham Christmas Festival, Sunday 16th December 2018, 11am-5pm**

After its inaugural year in 2017 the Cottingham Christmas Festival returns in 2018 and promises to be quite an event. We have three times the market stalls of 2017 along with a synthetic ice rink, reindeer family, performances from the Churches Together nativity and Cottingham Little Theatre, musical entertainment (including Tre Amici (off the X Factor)), children's rides, steampunk characters, craft fair in the Civic Hall, treasure hunt, and even a visit from the big man himself (if you've been good)

- **Dates for your Diaries**

The Cottingham Parish Council Full Parish & Finance meeting takes place on the third Thursday of the month (apart from in August and December) and start at **7pm**. The next meeting will be **Thursday 15th November 2018**.

Meetings of our Planning Committee cannot be fixed, so will be advertised as they arise, as they are dependent on the planning applications that come in from East Riding of Yorkshire Council. We are now aiming to have the meetings on the first Tuesday of the month but this is subject to change.

We encourage and welcome members of the public to attend any of our meetings and find out more about what is happening in their village. Alternatively, If you would like to speak to a Parish Councillor, their contact details are displayed in the noticeboards around the village, by visiting our website on www.cottinghamparishcouncil.org.uk or by contacting the Parish Council Office on 01482 847623.

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WHAT IS PROBATE?

I often get asked this question by clients. I need Probate, what does this mean?

A Grant of Probate is a document that is issued by the Court which gives the Executors of a Will the legal authority to deal with the deceased's estate.

If you die without a Will, this is called Intestacy. You may still need a Grant but in an Intestate estate it is called a Grant of Letters of Administration from the Court.

Many of my clients say 'my mother's or father's Estate needs to go to Probate!' This just means that the institutions where their parent held assets will need the official document from the Court to be able to sell or transfer that particular asset.

A Grant of Probate is nearly always required for the sale or transfer of a property.

When someone passes away, it is usual to obtain the value of the deceased's estate and determine whether or not the Grant of Probate is required.

All property of the deceased would usually be valued and then an application for the Grant of Probate would be sought from the Court.

After the Grant of Probate (the official document) has been received, you can then proceed with the realisation of the Estate.

Executors do have to take care that they protect themselves from claims and also distribute the Estate in accordance with the Will, or if the deceased died without a Will, then under the Intestacy Rules, which were amended in 2014.

The process of dealing with someone's estate can be traumatic but some of my clients see it as the grieving process. That said however, it can still be a distressing experience and by asking a lawyer to deal with the matter this can greatly assist in dealing with all aspects of the Estate, including protection of any claims against the Executors by any creditors and dealing with any persons trying to make a claim.

Having drafted Wills for over 18 years, I have assisted clients all the way through the process, from making their Wills to dealing with Probate after sadly losing loved ones. A compassionate approach is needed to deal with this type of legal work to guide and help the clients through the legal process, as well as being there for clients whilst they are going through the grief process, which can greatly assist along the way.

If you would like any assistance in regard to Probate or Wills or Lasting Powers of Attorney then please do not hesitate to contact myself or one of our team.

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Windows 10 October update mentioned in last month's article has been stopped by Microsoft owing to some computer users suffering data loss and blue screens! No news at the moment on a new release date.

Microsoft Office 2019 has been launched. Conforming to the normal three-year cycle this will follow the last release back in 2016. If you purchased Office 2016 don't worry, it will carry on working as normal. If you're on an ongoing subscription to Office 365, you should see your software gradually updated with new features. Outlook has undergone a bit of a facelift already.

Did you know? The people who operated the first calculating machines were called 'computers'

Laptop hard drives I have mentioned before that some laptops now come installed with an SSD (solid state drive). These are a bit like a memory card found in a camera or smartphone, except that they the same physical size as a traditional mechanical hard

drive, and can be swapped out if necessary. However, recently I have come across one or two laptop models that use an 'eMMC' which is an embedded memory card, meaning that it is just like another chip on the printed circuit board that cannot be replaced. They are also even smaller in terms of storage capacity than an SSD. If you need further advice, then go to my website and read the article on purchasing a new laptop. www.rdmcomputers.co.uk/news

For honest, unbiased advice & pricing on a new PC call RDM on 875666

Google Translate is a brilliant tool for translating to/from virtually any language! Just type Translate into Google and you will get a page enabling you to type in, or easier still copy & paste whole sentences and choose the language you need.

Tip! A new bank 'Confirmation of payee' service will be introduced in 2019 meaning that when customers using internet banking want to transfer money to a new payee, the name of the account holder entered will have to be checked by the bank **to ensure it agrees** with the sort code and account number entered. Previously this was not the case, so that fraudsters could fool people into paying money into their own bank account even though their name was not the one the customer thought they were paying.

If you have an Apple ID, or a Microsoft account (Hotmail, Live etc), take time to check what personal contact information they have saved for you. Sign into your account and review security information, and make sure they have an alternative email address and a mobile or landline number. The reason for this is that if you ever forget your password and get locked out of your account, they will have a means of sending you an account recovery code.

Question & Answer section

Q: My computer screen has turned sideways (or upside down). What do I do?

A: Try pressing Ctrl + Alt + UP Arrow Key, or try Ctrl + Alt + and a different Arrow Key. If that does not work: Right-click on empty Desktop > Graphics Options > Rotation.

Q: I keep getting an annoying Eset firewall warning about webcam access, allow or block.

A: This is being fixed in a new release of Eset software (version 12), which should be rolling out by this month.

Security Central:

If you haven't already upgraded to ESET Internet Security, now is the time to do it. Go to the website <https://www.eset.com/uk/home/free-trial/> and download a **free one-month** trial! Just make sure you uninstall any existing anti virus you may have, even if it has expired. For prices, upgrades and licences – just give us a call.

Telephone scam – yes, I must mention this again. There has been another spate of unsolicited calls to computer users in this area purporting to be from Microsoft or Windows (who they are not) offering to fix problems with your computer (which they won't) and then fraudulently taking money for their non-existent services. If you get such calls, and they can be very persistent, tell them you are not interested, or that you have a local computer specialist, or that you don't have a computer!

Remember to look on my website for copies of the current and two previous articles where they can be read, downloaded or printed. And if you are considering investing a new computer you will also find on there my popular article on 'things to consider when buying a new computer.'

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Wild Spaces

Sunday 2nd December - Dene Wood, meet at 10.00am Dene Road entrance.

Beverley Gardeners' Club

Tuesday 4th December - Ponds for all Places, Mike Kinnes, at St Mary's Parish Hall, Beverley at 7.45pm. Refreshments will follow the talk. An annual fee of £15 to join the club provides free admission to all talks. Guests are welcome to all meetings at a cost of £4 per talk. For further information please contact the Chair on 01482 865432.

East Yorkshire Group of the Hardy Plant Society

Thursday 6th December - at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF, 'Home-grown. Christmas bring and share social.

The Skidby branch of the Yorkshire Countrywomen's Association

Thursday 6th December - Christmas Entertainment, 7.30 pm, in the Village Hall. New Members and visitors welcome.

Hull and East Riding Glaucoma Group

Friday 7th December - 11am-1pm. 'Flashes, floaters, eye tests, - "better with or without?" - ' what do numbers on my prescription mean?' . Just some of the areas covered on Friday 12th October when we are pleased to welcome Optometrist Philip Daniels as our guest speaker. Entry £1.50 per person. A two course lunch, cost £5, and bookable in advance will be available following this meeting. For more information and to book your place (and optional lunch) please call Sight Support on 01482 342 297.

Hull Folk Dance Club

Tuesdays 7pm for 7:30 to 9:30pm. - Darby & Joan Hall, Finkle St., Cottingham. Enjoy free tea/coffee and biscuits and get to know the members. Your first visit is free. Come on your own or bring a friend for light exercise in a friendly environment. No experience is necessary and everyone is welcome. All dances are walked through before being set to music. Beginners tuition is also offered. More information from Keith Alexander on 01482 509751; Jan Gray on 01482 840637 and www.folkdance.me

Musical Memories

Do you enjoy a good sing-a-long? If so come and join us on the 1st Thursday of the month, 1.45 pm until 3.15 pm. We have coffee/tea and cakes halfway through. No Charge FREE. And we meet in the Methodist Church, Hallgate.

Cottingham Tennis Club (off Hull Road)

Are you interested in getting fit and making new friends? We are a friendly club looking for new members at all levels of playing ability including absolute beginners. We have excellent facilities including three floodlit, all-weather artificial grass courts. We have lots of opportunities for both social and competitive tennis and we have a dedicated coaching team. Please contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

Butterflies

Is one those with memory loss and their carers. The group meets on the 3rd Friday of the month in the afternoon from 12 noon to 2.30 pm. The venue is the Methodist Church, Hallgate. A light lunch (optional) precedes a variety of activities, eg. Crafts, entertainment, games. A small charge is made to cover costs.

Continued on page 30

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Wordsearch - Trees

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

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

Find the words in the letters above:

Apple, Apricot, Ash, Aspen, Arborvitae, Bald Cypress, Beech, Birch, Boxwood, Buckeye, Butternut, Catalpa, Cedar, Cherry, Chestnut, Cottonwood, Elm, Fir, Ginkgo, Goldenrain, Hazelnut, Hemlock, Hickory, Larch, Linden, London Plane, Maple, Nectarine, Oak, Palm, Peach, Pear, Pecan, Plum, Pine, Poplar, Redbud, Rubber Tree, Sequoia, Spruce, Sycamore, Tuliptree, Walnut, Witchhazel, Willow, Yellowwood.

Wordsearch courtesy of <http://www.puzzles.ca/wordsearch.html>

Sudoku No. 141

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

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



MARION OWEN TRAVEL



As everyone starts to concentrate on the coming festive season the office is a little quieter and it is time for holidays. If you are calling into our office why not call ahead and make an appointment to quicken up your enquiry? Tailormade itineraries or special additions to cruising and tours always take a little extra time.

Joanna Lumley's recent journey along the Silk Road has sparked off great interest. We have a super selection of escorted tours ensuring you make the most of your chosen destination offering excellent value.

Iceland is very popular for a short winter break. There are four 3 night departures from Humberside Airport, 21st Dec, 18th Jan, 8th Feb & 27th Feb. taking you direct to the Northern city of Akureyri. If you have previously visited Reykjavik this break will give you a whole new experience. Prices are from £699 including a Northern Lights tour plus "Lake Myvatn Adventure" the land of Ice & Fire. Call for details & bookings Mention this advert & receive free parking at the airport too,

Jersey, age of travellers to this destination was a topic of conversation in the office today. Jersey is suited to all ages and popular to for hen & stag weekends. There is plenty of choice for shopping (duty free), restaurants and bars whilst for walkers and culture seekers you will not be disappointed with what the island has to offer. Steeped in history plus a wonderful coastal scenery it is great for a weekend break or a little longer. Our special departures are from your door with only an hours flight what could be better. I am flying out on our May departure over the bank holiday which means only needing to take Tuesday off work.

China, our special departure only has 8 seats remaining we also have other dates & durations available if you wish.

Stuck for a gift? Why not give the "Gift of Travel". If you do not want a simple Gift voucher it could be a day outing, a weekend away or a really lavish dream holiday.

Family ideas, Disney or a visit to see Santa in his home are firm favourites the latter has good child discounts as I write.

Keep an eye on our Facebook page for daily holiday ideas & cracking good deals.

Not on our mailing list? Ask & I will gladly add you.

Do remember we are a full travel agency, we book financially protected holidays and you never have to worry about the security of your money. Why book direct with an operator when it costs no more to book with us. You have our help in the event of unforeseen circumstances both before or when you are travelling with our 24 hour service.

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16 Jan	Boundary Mills January Sales - Just for the day	£ 20
25 Jan	Alvaston Hall Battle of Nantwich & Port Sunlight.	£ 295
17 Feb	Manchester & Liverpool Music Tour - 1 night Dinner B&B	£ 149
27 Feb	Matilda the Musical matinee at Bradfords Alhambra	£ 80
10 Apr	Lunch on the Rails, ELR luxury steam train, day outing	£ 75
18 May	National Trust in Derbyshire 3 nights HB, members of the NT £295 - limited single rooms + £15	£ 345
26 May	Disneyland Paris - 5 nights via P&O sailing from Hull, 3 nights Newport Bay Club Disney Hotel B&B plus a 3 day park pass. E.g. price, family of 4 £1859. Ask for other combs	£ per room max 4
16 Jun	Luxury Halls, 2 days includes Wynyard, Whitworth & Crook	£ 175
18 Jun	Wensleydale Vintage luxury afternoon tea train	£ 75
16 July	Isles of Scilly - 8 day tour, a wonderful holiday	£1185
14 Aug	Luxembourg, 6 nights via P&O North Sea Ferries. Super itinerary inc. Wine tasting, a River Cruise & Historic sites.	£ 659
04 Sep	Isle of Man - a 7 day island tour half board, guided by island resident John, enjoy history, scenery & wildlife.	£ 695

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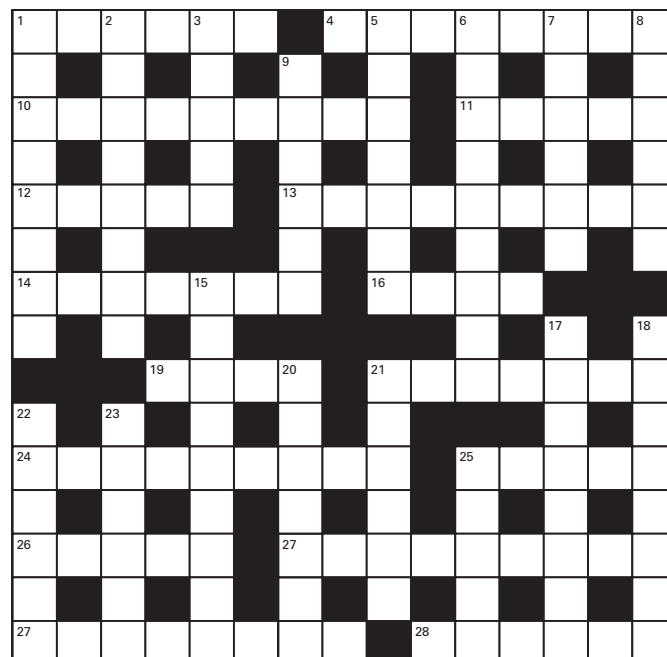
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Crossword – Solution on page 46



Across:

- Depressing (6)
- Snails (8)
- With valour (9)
- Oblivion (5)
- Vassal (5)
- Forking (9)
- Photograph (7)
- Friends (4)
- Marries (4)
- South African antelope (7)
- Taken from the mane or tail of a horse (9)
- Skewered cubes of meat (5)
- Overhang of a roof (5)
- A complicated situation (9)
- Making turbid (8)
- Shoulders, chests, _____ then hips (6)

Down:

- Evolves (8)
- Strikingness (8)
- Memorable saying (5)
- Frolic (7)
- Apportions (9)
- Ploy (6)
- However (6)
- Horse barn (6)
- In a futile manner (9)
- Freight receipts (8)
- Lines of hair on one's face (8)
- Bus, train, or television (7)
- Scrivener (6)
- Sputum (6)
- Established the validity (6)
- A North American native tribe (5)

Crossword courtesy of www.crosswordpalace.com
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Cottingham ladies hit the race track

Members of Cottingham's Contact the Elderly Group were treated to an afternoon at the races courtesy of Beverley Race Course, on Tuesday 25th September, along with several other East Riding groups.

After enjoying an endless supply of tea and cakes the ladies sat out in the autumn sunshine to enjoy the last race day of the season, assisted by Angela Kilvington the local organiser, and Ros Jump one of the volunteer drivers.

Having studied the race cards the ladies discussed the merits of each horse race by race and, fortunately, placed theoretical bets on their favourite steed. Yorkshire lasses are canny with their money so the bookmakers didn't get a look in.

When the favoured horses failed to win and the tipster's choice came well down the field there was much good natured laughter, but there were some successful results too.

Contact the Elderly is a national charity that has been running for many years. Elderly people, especially those living on their own or with family living away, are most welcome to join the group at no charge. Volunteers drive members to a different host's home every month to enjoy a delicious homemade tea.

If you would like to host a tea once a year, or volunteer to drive or indeed like to be one of those being spoilt, then please contact Angel Kilvington on tel. 01482 841451 for further information.

A musical journey with a mixture of songs related to conflicts leading up to and including the end of the Great War

Hull Savoyards will present an entertainment on two fronts to commemorate the hundred years since the end of World War One. The Society, who are well known to Cottingham audiences for the high standard of their singing and acting will deploy the full range of their skills to portray the comedy and tragedy of conflict up to the end of the 'Great War'.

'Always Remembered' - a musical journey starts with a history of conflict leading into a tribute to the heroic warriors of World War One and a celebration of the simple pleasures, noble values and the 'right to be daft' which they fought to save.

The first half draws on musicals to tell the history of the home fronts in England and France and the hopes and fears, as well as sense of humour of their citizens. The courage and nobility of songs such as 'Do You Hear the People Sing', 'I Dreamt

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Dwelt in Marble Halls' and 'The Yeomen of England' are contrasted with the madcap comedy of 'Spamalot', 'Flash Bang Wallop What a Picture!' and the slightly risqué 'Brush up your Shakespeare'.

The second half focuses on the heroism and gallows humour of the trenches during the Great War. There will be bawdy irony from 'Oh What a Lovely War' as well as such haunting and beautiful melodies as 'Roses of Picardy' and 'Keep the Home Fires Burning'.

Director John Lamb says: "The evening will demonstrate the multi-skills of The Hull Savoyards. Usually, we are identified as performers of Gilbert and Sullivan but in this concert, the cast will show they can bring their talents in music and drama to any genre."

For the Society's chairman, Harold Kay, the concert has historic significance. "When The Hull Savoyards were founded in 1934, all the members had fresh and terrible memories of the Great War," he says. "It's fitting that in 2018 - the centenary of the Armistice - we try to share their feelings and pay tribute to the fallen."

'Always Remembered' – a musical journey will be performed at the Cottingham Civic Hall on Friday 30th November and Saturday 1st December 2018 commencing at 7.30pm.

Tickets are £7.50 / £7.00 concessions and available at the door or from Barkers, Hallgate Cottingham.



East Yorkshire Federation of Women's Institutes supports the Hull Marathon 2018

Once again, for a second year, the East Yorkshire Federation of Women's Institutes was asked by the organisers of the 2018 Hull Marathon and Stage Marathon being held on Sunday 23 September to provide flapjacks for the runners.

The challenge to voluntarily provide and distribute nearly 2000 homemade flapjacks, covering all the staging points at East Park, Pickering Park, Humber Bridge Car Park, as well as the finish at the KC Stadium, could prove daunting to some, but not the Members of the WI!

WI helpers positioned themselves at each stage and after the runners had received their medals, each were offered a flapjack. These were very warmly welcomed with cries of "awesome" and "I'm really ready for that" bringing smiles to everyone present.

Once again, the Members of the WI provided incredible support to the Hull Marathon and Stage Marathon runners and organisers, proving they are indeed "Inspiring Women".

Pictured above: (left to right) - Cynthia Cray, South Cave WI/ June Chambers, Driffeld WI/Margaret Sutherland, North Cave WI/ Jill Ainsworth, Driffeld WI. They were also supported by Suzanne Millar, Ticketon WI later in the day.

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Our thoughts turn to our Christmas tippie

So, we're in November and a time when any serious wine drinker's thoughts turn to Christmas; not just what they'd like to give or receive but, even more importantly, what they'd like to be drinking. And thinking ahead now means you can take advantage of the bargains as and when they come along. As they surely will, more so now than at any other time of the year.

As a malt drinker I couldn't resist a bottle of that superbly peaty Laphroaig recently, on offer at Morrisons for £25, a full £10 below what I would often expect to pay. That said, I also tracked down my absolute favourite Islay single malt, Smokehead, and had to pay £43 - the difference is, it's a brand not stocked (as far as I know) by any supermarket and I had to go to a specialist wine outlet.

Notwithstanding that, the message has to be there are genuine bargains to be had and expect to see them on all styles of wines, including fizz, in all of the High Street stores as they chase sales in what is the most important trading period of the year.

When considering what wines to be drinking come Christmas day, one will most surely feature in my house - Chablis. It can fit the bill with all sorts of foods during the day, whether it be a light, fishy starter or your main course of turkey or goose - it suits both very well.

In this day and age when uniformity and homogeneity of style are accusations levelled at wine producers around the world, Chablis stands out as being different. It also bucks the anti-Chardonnay trend which disappointingly still seems to be prevalent, because Chablis is, of course, made from 100 per cent Chardonnay grapes and many of those who turn their noses up at Chardonnay will still profess a love of Chablis.

The difference, however, is that the impact of oak ageing will be limited or non-existent because traditionally the Chardonnay grapes were aged in stainless-steel casks. As wine writer Curtis Marsh commented: "A Chardonnay purist will relish the ethereal clarity of Chablis; a wine infused with flinty minerality and a saline quality that speaks so loudly of the soils it hails from it's unmistakable. Then there's the slippery, silky texture, largely unadulterated by oak, it's glassy, lubricious, tantalisingly tangy palate invigorated by exhilarating steely acidity, a wine bursting with energy and freshness."

Chablis is the northernmost region of Burgundy - a region, of course, famous for its red wines - and it is that colder climate that produces these gorgeous dry white wines with a steely mineral edge.

There are four different grades of Chablis: Petit Chablis, the most ordinary Chablis; plain Chablis, which is a wine that comes from grapes grown anywhere in the Chablis district; Chablis Premier Cru, which is a very good quality wine that comes from specific high-quality vineyards; and Chablis Grand Cru, the highest classification and the most expensive because of limited production.

There are only seven vineyards in Chablis entitled to be called grand cru.

A good Chablis is greenish-gold in colour. When fermented in vats, it is light and fresh. When fermented in casks, as some now are, it is richer and more full-bodied. Most Chablis have a floral bouquet, but sometimes they also offer aromas of apples, almonds, hazelnuts or hay. They are vigorous and have a characteristic bite to them.

Most Chablis is designed for immediate consumption. However, premier and grand cru Chablis age magnificently. Indeed grand crus, sustained by a core of acidity, will often outlast their richer, more illustrious (and expensive) neighbours from the Côte de Beaune. The wines do go through mid-life crisis when four or five years old, so drink them young or be prepared to hang in there for the long haul.

Next month, I'll be taking another look at some more of the wines we'll be drinking this Christmas - and pointing you in the direction of a few bargains as well!

* Jackie Fast, currently competing (at the time of writing) on BBC's "The Apprentice", has launched a Canadian Ice Wine. The Wine and Spirits Show, held in London during the middle of last month, was the first time anyone had had the chance to try Rebel Pi, an Ice wine made from Roussanne grapes from a single vineyard in the Okanagan Valley, British Columbia.

Jackie was reported as saying: "Following the sale of my last business, I wanted to take everything I learnt and apply it to a completely new industry. Wine has always been a passion and the fact that the drinks industry is incredibly competitive is what made my foray with this business that much more attractive.

"I am delighted to launch Rebel Pi with the aim to disrupt the wine industry, much like I did with the sponsorship industry." The price? A disrupting £139 a bottle!

Although the Apprentice was recorded earlier in the year, Jackie wasn't able to reveal who won. The question is, could her Ice Wine have been sweetened by a little Sugar investment?

* Beverley wine merchants and delicatessen Roberts & Speight holds its annual wine and food tasting at Longcroft Lower School in Church Road, Beverley, on Wednesday November 14 (6.30 - 9.30pm). There's a chance to try more than 150 wines as well as spirits, liqueurs and certain food stuffs. Tickets are £10 a head. Call 01482 870717 for more details or to book.



BEST BUYS


Cave des Vignerons de Chablis, Petit Chablis

Where: Waitrose

When: Now.

Why: Although not currently on offer it has been selling recently at £10.99 and if this comes up again then do try it. It's dry and crisp with lemon citrus fruit refreshing acidity and touches of minerality. Great paired with shellfish or even fish and chips.

£12.99


Château Souverain Chardonnay

Where: Waitrose

When: From November 7 - 27.

Why: Despite the branding, this is a Californian white wine. It's really elegant, full bodied and forward, packed with mango, pineapple and spiced pear. Complexity comes from part fermentation in oak.

£8.99 (was £10.99)


Dark Horse Pinot Noir

Where: Morrisons

When: November 7 - 27.

Why: A bold red wine with a big personality, this Californian Pinot Noir has luscious cherry notes balanced with light oak, while hints of rose and spice complement a rich, velvety finish. So easy-going, it gets along famously with more exotic fare like lamb curry and spicy stews.

£7 (was £8.50)


Monts & Vaux Malbec

Where: Morrison's

When: November 7 - 27.

Why: Though Malbec has been claimed by Argentina as its signature grape, it actually originally hails from France. And the South West of France is once again coming up with the goods as evidenced here, with a brighter, fresher more elegant example than the rich velvety Malbec's of Mendoza. Juicy purple damson and blackcurrant fruit, with a chocolate and spice richness to the mid palate.

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Watch out . . . There's a mouth about!

To write an article about Christmas in October may seem slightly strange and early to some but it was whilst thinking of what presents to buy my ever increasing circle of grandchildren, 'HAZARDS' sprung to mind.

My family of seven grandchildren ranging from the ages of two to seven years old, buying presents involve many toys that include small pieces ie: Lego, dolls house with furniture, small toy cars, etc., but it is the Christmas decorations such as tinsel, baubles and Christmas tree lights that will be amongst the many potential dangers for them. We, as parents/grandparents, often take care in buying the toys that are presumed safe for little fingers, watching out for parts that can easily be consumed if they fall into the wrong hands but how many of us pet owners go along the same line of thinking?

Like I have mentioned in previous articles, if we can all apply the 'parents' way of thinking and this time look around our homes for any potential 'hazards', then you maybe surprised.

Every child loves chocolate and to see the various array of sweet items dangling from the Christmas tree can be so tempting, but more so to our canine friends. Human chocolate is highly toxic in dogs, especially dark chocolate because the cocoa beans contain a substance called Theobromine. Found in chocolate, it is small enough that it can be safely consumed by humans. In domestic animals, the amount metabolises more slowly so they can easily consume enough to cause toxic poisoning. The most common victims are dogs for which it can be fatal. The toxic dose for cats is even lower but are less prone to eating chocolate since they are unable to taste

the sweetness. Everyone likes a Christmas cake even if its just for the icing and marzipan but please be very careful as two of the ingredients namely raisins and currants, can be potentially poisonous and is highly toxic to a dogs kidneys.

So far it has been our canine friend but our felines do not get off that lightly. Tinsel can be so decorative around the tree and also a playful attraction to small children but in a cats eyes its especially exciting. After all, it's shiny, dangles and is something new in their environment so few cats can pass this up. Playing with the tinsel is not the problem, it is when it gets wrapped round their tongue or is swallowed when the nightmare begins and can cause an obstruction in their digestive tract which may then involve major surgery. Cats may also be attracted to baubles which then may shatter, splinter and cut their paws. In the case of real Christmas trees, beware of the sharp pine needles.

Twinkling lights are a big attraction to any toddler and can be so mesmerising but obviously DANGEROUS to a cat or young puppy..... lights have electrical wires which are a major hazard when chewed not only for them but a potential fire risk too. Please bear all these in mind when decking out your halls.

Holly, Ivy or Poinsettia in the house? They are toxic to our furry friends PLUS mistletoe and amazingly, lilies! These are all my favourites but are now kept well out of reach of inquisitive paws. Turkey bones (although tempting to give as a treat) can cause choking, constipation as well as seriously damaging internal organs. I know the next one may seem silly but alcohol should never be given to a pet. I'm not saying you will be offering a 'tipple' on Christmas day morning but if a glass is within easy reach to our four legged friends then they could be just that bit too inquisitive. If drank it could lead to coma and eventually death.

We do not recommend getting a new pet for Christmas. It is better to leave it until after the festive season when things in the household are just that bit more calm but if you happen to have a new addition, please make sure they are idetichipped. With all the hustle and bustle in the house, an escaped pet may go unnoticed for a few hours which may then be too late. It may only cost the price of a couple of bottles of wine but is for life so what better way of giving you that extra peace of mind. Some of the nicest things at this time of year are the smells of potpourri pots which give off the amazing smell of Christmas. I used to like them around the house but since two little dogs were admitted to our Park Street surgery with poisoning after eating one of these pots, they are now kept well out of reach. They contain two substances namely essential oils and cat-ionic detergents which can cause severe ulceration and chemical burns to your pets skin and their digestive tract.

So there we have the HAZARDS of Christmas but please remember, they are only hazards when they are within the reach of inquisitive paws, mouths and not forgetting little fingers!

We at KINGSTON are open 24 hours, 365 days a year and are only a phone call away. Please don't leave it until it's too late if you have any problems.

AND FINALLY...

I have a gorgeous new Labrador puppy, Tali so thought it would be a good idea to start a little 'blog' about her exploits each month so show that although I have been working with the Veterinary field for many years, when it comes to a new 'furry family' member, it is an all new ball game. Tali chose me 4 weeks ago now and already the bond and understanding each others ways is growing fast. We are almost past the nipping stage, sleeps through the night (me mostly, through exhaustion) and toilet training leaves something to be desired. **I have been through so many poo bags but annoyingly could even go through many more picking up other dogs faeces. Why do a handful of dog owners think it is acceptable to leave the said offending pile on a place to be trodden in or more so letting them go on other peoples gardens? Where I live the gardens are open plan but not to the public as some may think. As for lead walking?** Our walks are fun and games, so many things to sniff, dogs to greet, so much so you will see us manically zig zagging down the street which will hopefully be corrected with more training (another story). I must say Tali's recall is amazing...she will bring things back to me and come in from the garden when called but I have learnt to give lots of praise rather than a treat. Labradors can be so greedy!

Fingers crossed I will have some training improvement to report next month.

TO END We have started receiving enquiries about the HULL ANIMAL WELFARE Christmas Food Appeal. We, as a whole practice, will be taking part again this year beginning in November. You will find a collection bin in the reception area of each of the five KINGSTON surgeries. Please note, we are also appealing for any spare blankets or towels you may have, which will greatly help with their washing/drying costs.

Please please please give as much as you can afford, how ever small it may look.....it all helps!

Until then, enjoy the lead up to the festive season.

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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile
Maker' Branfield

A Splash of Humanisation

Hello again. I hope that you are well. Yet another busy month, as per usual. My book has now been published and we had a little book launch party type of thing to say thank you to people and celebrate with family, friends and colleagues. The book is ultimately aimed to help people and give a little hope. It was quite therapeutic and emotional to do as I reflected on the last 25 years or so of learning and always looking for better. Also reflecting on the success stories, many of them life changing. Also reflecting my team's core values. We have all the fancy stuff with implants, teeth straightening, lasers, 3D scanning, CAD/CAM, computer controlled, pain free anaesthetic delivery and so much more but probably as important or more so is a BIG SPLASH of humanisation.

Making A Difference In Morocco

Last week I was back in Northern Morocco with my charity, Dental Mavericks. Five days of really hard work but really fulfilling and worth it. This year I went with Gillian my practice manager (her 5th



trip) and Nadene our lead nurse (who was on her first trip and plans to return). We saw over 1200 children in total and took hundreds of abscessed teeth out to get rid of pain and infection. Every child we saw was taught how to brush and about a good diet as well as receiving fluoride treatment to strengthen teeth.

Every child got a toothbrush and toothpaste. In addition we did something new for us. We did SDF therapy, loads of it.

Pictures below: children waiting and goody bags at the ready. Also the Castle Park Team with knitting for needy, young children and families.



SDF, What Is SDF?

Well, SDF stands for Silver Diamine Fluoride. It is a liquid that is applied to tooth decay to stop it in its tracks. Apparently it has been used in Japan for about 80 years but I only came across it this year and I'm a bit of an anorak.. It is a quick and easy technique to try and stop and is very good at preventing decay, probably even better than traditional fluoride

varnish or gel. The draw back is that it stains decay and even early decay black. We are collecting data and working with Kings College London and Harvard University on the use of SDF. Now, if do not remove the decay we cannot place



conventional filling to restore form and function. What it does allow is for us to see many people in an attempt to stop disease and prevent further disease, pain and infection.

A Massive Thank You

A big thank you to everybody who has donated and supported Dental Mavericks over the last 8 years. It's been incredible. Above is some knitting done by our patients and a local Knit and Natter group who are very prolific. All this stuff goes directly to where there is need. Everybody who goes on the missions is self-funded so it is 100% charity with no middle men with fat salaries. Proper grass roots humanitarianism. I'm really proud to be part of it. *We know all too well that what we do is but a mere drop in the ocean. However, without that drop the ocean would not be the same.... Mother Teresa*

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 25 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' humanitarian work go here now www.castleparkdental.co.uk

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Cottingham Park's Ladies' 'Pink Week' raises over £1,000

Cottingham Parks Ladies' 'Pink Week' has raised over £1,000 during October.

The 'Pink Week' is a Breast Cancer fundraiser and members and guests get involved wearing pink (even some of the men wear pink).

During the week there are golf competitions, a tombola sweepstake and a raffle with many prizes kindly donated by local businesses.

So come along and get involved, enjoy a game of golf and support a worthy charity.

If any local businesses wish to support the cause next year, please contact Kristina through Cottingham Parks Golf Club, tel. 01482 846030.

Pictured above: Some of the ladies from this weeks 'Pink Week'.

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Here are just a selection of city breaks - for those romantics amongst you, we have featured two trips to celebrate Valentine's Day.



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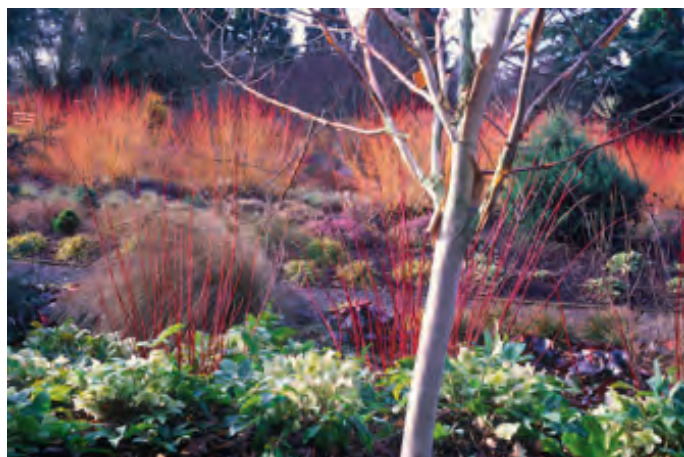


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What will winter bring this year? The weather has been remarkable unpredictable over the last few months making it impossible to make any garden plans. What we do know is that November is sure to have a few sunny days where we can get out into the 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's 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 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.

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 hay
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 your garden furniture to protect over the Winter

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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.

Throughout the year Coletta and Tyson Garden Centre has everything you need for your garden and home including indoor and outdoor furniture. Plus they have just extended their gifts department which now includes clothing accessories, chocolates, teas and nibbles. It's a great place to shop for that perfect gift. Of course we can't forget their fantastic pets department where they have aquatics, reptiles & small animals which are great to come and visit and with their great pets specialists on hand if you think you've found your perfect pet they can help you sort out everything you need to house your pet in the most comfortable way.



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It's November and Christmas is almost upon us and the hustle and bustle of preparing for the festive time will soon be here, so why not plan early and think about some tasty local food for the celebrations.

The FOOD Hall on Finkle Street has already started taking orders for Gala Pork Pies and Christmas Hampers, which is a great way to get lots of tasty food freshly made ready for Christmas Eve.

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Your Stars for November 2018

By Kay Gower

Aries (Mar. 21- April 20)

Changes in your social circle may occur this month. You are beginning to move away from the conservative or outdated and are likely to meet a number of unusual and interesting people. You're being drawn to those who are more creative, or eccentric in some way.

Taurus (Apr. 21- May 21)

An extravagant purchase may be hard to resist. This is a fine time to purchase beautiful things which will increase in value and be appreciated for a long time to come.

Gemini (May 22-June 21)

A sparkling opportunity to indulge your creativity emerges mid month, others will be more receptive to your ideas around the 18th and are likely to seek you out.

Cancer (June 22-July 22)

You're fast becoming comfortable in a stale situation. Don't stagnate in a scene that's far below your abilities. Look for bigger opportunities especially around the 10th November.

Leo (July 23-Aug 22)

Allow the past to guide you. Everything you are today is a result of who you were yesterday. Past wishes and dreams appear in your rear view mirror. You're old enough to look back with a smile and when you believe in you, everyone else does, too.

Virgo (Aug 22 - Sept. 23)

This month sees you being part of a situation that require negotiation. You can command the moment without issuing an actual command, your silent, strong presence will say it all.

Libra (Sept. 24 -Oct. 23)

This month finds you full of optimism for new enterprises and plans. Don't try to take on more challenges than you can really meet though especially during the first week. This could, in fact be a very productive month, but only if you can keep your expectations within reasonable bounds.

Scorpio (Oct. 24 - Nov. 22)

The only easy way out - is not to go in. Consider this before you jump into a new venture or make a big purchase, especially before the 20th.

Sagittarius (Nov. 23 -Dec. 21)

November is the month for expressing your real desires and feelings, and openly displaying the love you feel for others. Your playful, fun-loving, or dramatic side is accentuated. Sports, games, entertainment, and creative activities are all well starred.

Capricorn (Dec 22.- Jan. 20)

By mid month you begin to receive the accolades you deserve for your work. Problems that at first seem overwhelming will be your biggest opportunities to shine.

Aquarius (Jan 21 - Feb 19)

Your desire for comfort and security is emphasized this month, and spending some quality time with your family will be satisfying. Home is the priority right now, and this is a good time to give it extra attention.

Pisces (Feb. 20-Mar. 20)

Anticipate rapid-fire improvement over the next four weeks. You make promises that others find useful - and you keep them. You know your value and you have set standards that reflect it.



Singers whose lives have been touched by cancer seek new choir leader

A choir helping people whose lives have been touched by cancer is looking for a new leader.

Positive Note was set up by the Living With and Beyond Cancer team at Castle Hill Hospital to help survivors, people currently undergoing treatment, those with terminal diagnoses and relatives.

Now, the choir, which meets every week, is looking for someone with musical ability to direct their singers.

Specialist oncology nurse Sarah Guest, who leads the Living With and Beyond Cancer team, said: "The choir is a fantastic way for people to make new friends with people who understand what

they are going through and share experiences.

"We're looking for someone who can give us great musical direction and mirror the energy and enthusiasm of our members."

Between 20 to 30 singers meet every Tuesday night during term-time between 6.30pm and 8.30pm. They have already performed at charity events and been asked to sing at weddings for people undergoing treatment at the Queen's Centre.

Anyone interested in the position of choir leader or who would like to join the choir should contact Sarah on 01482 461091.

Cottingham Calendars by John Dewing now on sale at Best Wishes

John Dewing who has taken many of the excellent photographs featured on the cover of the *Cottingham Times* over the past twelve years, has produced an A4 full colour calendar for 2019 with a marvellous selection of Cottingham Views.

The calendar is now on sale at Best Wishes, King Street, Cottingham.

Sudoku Answer from page 12

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



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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 revtrev37@gmail.com

Kirk Ella & Willerby Short Mat Bowls Club

St. Andrew's Memorial Hall, Beverley Road, Kirk Ella, HU10 7QA, (opposite the Police Station). Sessions on Mondays & Thursdays 2.00 pm - 4.00 pm. NEW MEMBERS VERY WELCOME! Fun, social short mat bowls club with a tea and biscuit break! £3 per session, FREE first session. Club woods available to use, just bring clean flat-soled footwear. Come along to any future session and give it a try! (aim to arrive around 1.45 pm so we can source bowls for you) For more information contact Ian/Brenda on 01482 650157 or email bgih@hotmail.co.uk.

Alcoholics Anonymous Meeting

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

ALANON Meetings

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

Alternative Aquatics

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

Continued on page 38

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Do you have a spare room? Could you provide a bridge to independent living for a young person age 16-21?

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- learning basic cooking skills
- how to budget for household costs and food
- promote personal hygiene and household cleanliness
- encourage them to continue with education and training courses
- building their self esteem, confidence and social skills

Most of the qualities and skills we have described are usually acquired naturally through growing up as part of a family in a normal family home, but many of our young people simply have not had that support or guidance.

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The greatest need in our area is for accommodation to suit young people from 16 – 18, usually coming out of foster care, but placements can be for people up to the age of 24 if the young person is in Higher Education.

Who can be a Supported Lodgings provider?

We are looking to recruit suitable supported lodgings providers from the Hull and East Riding area who can provide a safe and supportive environment for young people leaving care or other young people who are unable to live at home.

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Megan and Angie

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www.cottinghamtimes.co.uk - November 31



Local Beekeeper Neil Gower Continues his quarterly article on Beekeeping

An Unwanted Visitor

Asian Hornet threat

From the questions I get asked about the Asian Hornet I know that many of you are concerned with its potential impact, so I was pleased to receive notification from the British Beekeepers Association (BBKA) that it would be running an Asian Hornet awareness week aimed at highlighting the risk of this non-native species to the public at large. With experience now gained from incursions in the Channel Islands and the south west of England the timing of the campaign was to coincide with the period when sightings would be likely to occur. Advice on what to look for and who to call was being made available on posters, leaflets and in newspaper articles. In early September the inbox of my email account was full of reminders that Monday 10th September to Sunday 16th September was “Asian Hornet Awareness Week”.

On the morning of Monday 10th I received an email that I had not been expecting....An Asian Hornet had been discovered by members of the public in the Hull area. The National Bee Unit (NBU) had confirmed its authenticity and I had only just finished reading the information when my phone started ringing. I was told by the Bee Inspector that my bees were within a 2 Km radius from the site and could he and a colleague meet me there immediately. At this point Bee Inspectors from all over the north of England had descended on the area and a full scale operation was already in progress with many of my local beekeeping colleagues being contacted.

At my apiary site we checked for any signs of hornets and the inspectors baited and set traps which I was asked to check daily.

The BBKA and NBU have been engaged with local beekeepers on Jersey for a couple of years now and for

the last 12 months in the south west of England in the fight against this predator, and were obviously using the knowledge gained there to run this operation. The key issue is to locate the primary and secondary nest sites and destroy them before the next generation of Queens emerge. Since the first sightings on Jersey more than 30 nests have been destroyed and whilst an operation was being carried out in our area a similar task was being undertaken in Cornwall.

The need for fast action was put into context by a recent article in the BBKA newsletter which stated that in the Galicia region of Spain between 2012 and 2016 the number of Asian Hornet nests rose from two to well over 10,000.

I have checked the traps on a regular basis and can advise that no hornets have been captured and whilst no final conclusion has been reported we may have been lucky on this occasion. Not so I'm afraid in Cornwall where two nests were destroyed in the Fowey area and other sightings have been reported around Liskeard. I will let you know the outcome in the next article.

The Manuka saga

I occasionally return to the subject of Manuka honey in an attempt to prevent readers from being parted with their money fraudulently. Some time ago I reported that sales of Manuka honey worldwide was three times that which is actually produced, highlighting the issue that profiteering is abound. The most recent figures are much worse with sales now peaking at more than six times the actual Manuka honey produced.

This has prompted the New Zealand Government to impose strict testing on honey claiming to be Manuka prior to export in order to try and maintain the brands integrity.

This saga rumbles on.

The bees

And finally to the bees. Bees born in the autumn that will see the colonies through to next spring now occupy the hives. I've treated them against the Varroa mite using a thymol based product and a couple of smaller colonies have been fed with syrup to supplement food stores. This mixture of sugar and water will be converted into honey in time for the winter, and I'll continue to check food stores right the way through until next spring. I've left honey on all main colonies and removed the queen excluder so that the bees can all move up from the brood box to the food as and when required. The weather this summer was very advantageous for the bees and I did actually manage to harvest some honey against all my expectations. As I write this article the bees continue to forage on late flowering plants and are still bringing pollen into the hives; their cycle continues.

In the coming weeks I'll move some hives to overwinter them away from the apiary. I don't think I could face the prospect of what happened last Easter and although I've managed to build up a reasonable stock of bees this season I'm still way behind where I was this time last year.

The threat of the Asian Hornet became quite real for East Yorkshire beekeepers this autumn and even more vigilance will be required in the future both from beekeepers and the public in general. As my next article is scheduled for February I wish you all a merry Christmas and look forward to writing next seasons diary of a local beekeeper.



Fake Tax Refunds

by Nick Robinson of Yorkshire Accountancy

HMRC claims to have successfully prevented half a billion phishing e-mails from reaching their targets. But tax scamming is still a real problem. What advice can you give to staff?

Background. A recent press release from HMRC reveals that it's removed 20,750 malicious websites during the last year, but it wants us to stay alert to the threat from online fraudsters. The National Cyber Security Centre confirmed that HMRC was the most abused government department in this respect. Fraudsters are regularly using e-mails and texts to get individuals to unwittingly provide their bank details to receive tax refunds, or to encourage them to sign up to websites charging them for services which are in fact free if the bonafide government alternative is used.

Protection. HMRC has implemented a verification system called DMARC which checks whether e-mails are from a genuine source. So far it's successfully stopped half a billion phishing e-mails from reaching taxpayers. In a similar vein, HMRC has also used technology to stop scam text messages being delivered, resulting in a 90% drop in the last year.

For employees. Whilst it's encouraging that HMRC has been so successful in tackling fraud, it's very hard for it to be one step ahead of the fraudsters, so what messages should you cascade to employees?

- government departments like HMRC will never ask for bank details, PINs or passwords
- HMRC never offers tax refunds by e-mail or text
- don't click on links/attachments in e-mails that weren't expected.

For businesses. One of the commonest ways that businesses are defrauded is via customer payments. Criminals pose as a regular supplier claiming their bank account details need to change. The fraudster controls the new account and when the invoice is paid, they keep the money. The other common approach is when the fraudster contacts you pretending to be from your bank or the police and claims there's been fraud or suspicious activity on your account. They then try to gain your trust and say you need to transfer your money to a "safe account" to protect it.

HMRC never offers tax refunds by e-mail or text. Make sure employees know what to look out for and not to click on links/attachments.

If you are looking for a new accountant please get in touch with us on 01482 845750.

Key dates – November 2018

19 – Monthly deadline for postal payments of CIS, NICs and PAYE to HMRC

22 – Monthly deadline for electronic remittance of CIS, NICs and PAYE to HMRC

Please do not hesitate to contact Nick Robinson, Director at Yorkshire Accountancy Limited for any help or guidance you require.

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

www.instinctivehorsetraining.co.uk

Presenting at the National Association of Veterinary Physiotherapists annual conference

Alongside my hands-on work with training horses, I also write many articles for online and hard copy magazines and newspapers. I run courses for the greater understanding of equine behaviour and the choices we humans have in our repertoire to use during, or with the intension of, behaviour modification. This area also explores the possible emotional fall out in the animal if force/dominance/pain/threat of pain etc, is applied. I should add at this point that human dominance is the most commonly used approach across common species and the pet industry.

I also present my work to conferences, both animal based and human based. I always thoroughly enjoy presenting the proven, science based concepts I use which can then be applied to any species of animal, including training us humans! however I obviously specialise in horses so equine ethology is usually my thing.

I lead my audience to explore the use of applied behavioural science and of the concept of giving full choice to the animal alongside the use of positive reinforcement and marker training, to make significant changes to emotions and behaviours. Videos always speak louder than words of course, so I include various examples per my talk topic.

I was recently asked to present at the National Association of Veterinary Physiotherapists which was a wonderful opportunity to share my work and concepts with these highly skilled people who are out there treating horses in pain and in rehabilitation programmes.

I listened to highly respected speakers who were passionate about their topic, career choices and skill sets. The speaker before me was a lady called Janet Lloyd-Jones (www.lightworkscclinic.co.uk) who is an expert practitioner with low level laser therapy for open wound healing, soft tissue damage, ligament and tendon tears, burns and cell regeneration from disease. Her talk was so

interesting having worked out in Africa with extremely endangered vultures - who commonly suffer wing and feet burns from poorly insulated electricity wires; smashed bone injuries caused by poachers, gin-traps, gun shots, and catapult shootings; or collisions with pylons and other man made obstacles where they causing further injuries when they crash to the ground.

After all of this fascinating stuff, she then went on to list from A-Z (Aardvarks to Zebras) a myriad of Zoo animals she has worked with. You name it, she has treated it! The section of treating open wounds under elephant feet really caught my attention because it brought my world and my talk to my mind.

There she is, working with all these captive species who are all willingly and of free choice, allowing her to treat their various poorly appendages. I put that into my mind for later for during my presentation where I show a video of my rescue pony Magic standing stationary at a target with no halter or rope, allowing me to daube cream into horrendous wounds inside his hind legs after sarcoid removal surgery.

At that exact moment in time I asked her if she had been in protected contact while working with the zoo animals - as in, was she the other side of bars or fences where the animals had been trained (using positive reinforcement and behaviour shaping) to come on call, station themselves at a given point and then present (on cue) the area to be treated? She answered "Yes of course!" How else would she be able to treat or handle the animal? The elephant **had** presented its own foot up onto a platform when asked and had stayed there, quietly and for duration, while she laser treated the underside of its sore feet.

The same went for the **gorilla, the ardvark, or** the wing presentations **and** bumble foot sores in many bird species etc. That training is exactly what I do with my horses. I train them to voluntarily allow veterinary procedures to occur yet be free to leave at any time. We pay them for staying with the promise of highly reinforcing food which is earned by them for their recall behaviour/duration behaviour/voluntary participation behaviour/stationing behaviour and staying calm throughout.

It was so lovely to hear about her successes with all these different species ... directly because of the positively reinforced preparation training that had been implemented within the zoos.

How cool was that? - That one statement from Janet resonated around the room when the audience watched Magic get his horrific wounds treated or when Toby pony came on call and voluntarily wormed himself or when they saw blind, facially paralysed Headway pony standing stationary on a piece of carpet having his feet dressed by his formerly terrifying farrier. Each animal was in full control of the situation and the absolute opposite of force was used in preparation.

So many brilliant behaviours can be shaped using clicker (marker) training with any animal for any situation they may one day find themselves in. After all, most horses do not fear the injection, the wormer, the farrier, the vet, the loading into transport or the clipping.....they fear the process they have experienced with each of those scenarios! It really does not need to be that way at all.

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Sue celebrates her 70th birthday - by not giving up work

A great-grandmother born in the year the NHS was created has no plans to retire despite devoting almost 40 years to caring for patients.

Sue Worrall joined the NHS almost 44 years ago, working at Withernsea Hospital and the Royal Berkshire Hospital before joining Hull and East Yorkshire Hospitals NHS Trust.

Now, after 20 years in the Haematology Department in the Chemotherapy Day Unit at the Queen's Centre, Sue has no intention of retiring despite celebrating her 70th birthday this month.

"The best part of my job is being with patients," she said. "I just love it."

"We see them at a very difficult time in their lives so if you can

cheer them up, it's good."

Sue, who has two children, four grand-daughters and two great grandsons, decided to return to work when her daughter was two, successfully applying for a job as an auxiliary nurse at Withernsea Hospital.

She stayed in the role for 22 years before moving south to work in the Colposcopy Department at the Royal Berkshire Hospital.

However, she missed her family and decided to return to East Yorkshire, getting a job as a phlebotomist taking blood from patients at Hull Royal Infirmary.

She switched to the Haematology Department at Castle Hill Hospital and has stayed there ever since.

As a Clinical Support Worker, Sue carries out roles to support nurses by cannulating patients for blood transfusions and fluids, carrying out observations while they are undergoing chemotherapy treatment.

She works Monday, Tuesday and half a day on a Friday, looking after her two great grandsons Riley, 4, and 18-month-old Ollie on her days off. She also has a six-month-old grand-daughter Paisley.

"I don't think I could retire," she said. "I wouldn't know what to do at home."

"I look after my two great grandchildren when I'm not working so putting my feet up isn't my thing."

To mark her birthday, Sue's workmates held a party for her on the unit, bringing along a cut-out of her favourite singer Gary Barlow to help in the celebrations.

Lynsey Wood, Senior Nurse in the Chemotherapy Day Unit, said: "Sue or Super Gran as I like to call her, is truly an incredible person. She is loved by all her colleagues and patients."

"She brightens up all of our days with her sense of humour, supports us all and picks us up if anyone has a low mood."

"Sue truly is a role model and represents everything that the NHS stands for."

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Property News from Martin English of Homelink

A winter checklist for landlords

This year we've enjoyed a blistering hot summer and a warmer than usual Autumn, indeed it is the only time I can recall going to Hull Fair and seeing people in shorts and tee shirts, however winter is upon us. The days are getting shorter, the cold is setting in, and the Christmas decorations are starting to go up. Every year we see many weather related property incidents at this time of year, and there is a lot that can be done to safeguard against this.

As a landlord, winter poses some unique problems. Your property is at its most vulnerable during the coldest months, and you need to take steps to protect it. As well as helping you fulfil your obligation to provide reasonable accommodation to your tenants, these simple steps will help to ensure that you avoid major problems further down the line.

Check the pipes

Frozen pipes can cause major damage to your property. Pipes are more likely to burst when they are frozen, and this can cause flooding and water damage. This is an expensive prospect.

You can minimise the potential for damage of this kind by making sure that all outside pipes are properly clad. You can clad pipes yourself, and the material to do so is cheap and readily available from DIY shops.

If you notice cracks or fissures in pipes, make sure they are dealt with as a matter of urgency. These will only get worse, particularly in cold weather.

Service the boiler

You have a range of legal responsibilities when it comes to the boiler in your property, including a requirement to secure an up-to-date Gas Safe certificate. In addition, though, you must make sure that this piece of equipment is fully functional – and this never more important than during the winter months.

You should consider having the boiler serviced before the winter. As well as keeping your tenants warm, a properly working boiler will help to ensure that your pipes do not freeze.

Instruct your tenants

Properly informed tenants are your most useful tool in the battle against winter. By making sure that your tenants have the information they need you can significantly reduce the potential for damage. Consider preparing an information pack that outlines things like how the boiler works, and the location of the stopcock. You should also suggest that they leave the heating on at a low setting if they intend to leave the property empty for a few days, for example over Christmas. This will help to ensure that the pipes do not freeze.

Consider void periods

An empty property can begin to degrade remarkably quickly over the winter. If you are currently suffering from a void period, make sure that you visit the property regularly to do some simple maintenance. Windows should be opened to air the property, and the heating system should be turned on regularly. Some systems feature automation that will perform this task for you. You should also make sure that the pipes have not frozen, and that the taps work correctly.

Clear the gutters

Blocked gutters can cause water to accumulate, and ice to form. This in turn can increase the chances of overflows or frozen pipes. You should therefore make sure that the gutters around your property are clear of leaves and other detritus, particularly if you anticipate heavy rain or very cold conditions.

Winter property maintenance might seem like a hassle, but it is very much part of the landlord's job. By taking a few simple steps before the cold weather sets in, you can help to minimise the potential for bigger problems later on.

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

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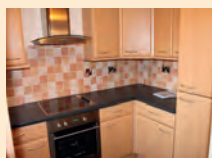
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- Ground floor accommodation
- Two double bedrooms
- Well proportioned reception room
- Bathroom with shower
- Gas central heating
- Double Glazing
- Must be viewed

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- Viewing is advised

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November 2018 Production: A Kick in the Baubles

It may be Christmas in the Bailey household, but it's nothing like "A Wonderful Life!" While Jean is busy decking the halls with boughs of holly, husband Frank certainly does not wish it could be Christmas every day: he'd much prefer a silent night! For a start, he's just been made redundant. Then he's dreading the annual invasion of in-laws Harry and Doreen. Utter snobs and full-time moaners, they'll drink the house dry and eat everything in sight! Just when Frank thinks it can't get any worse, the neighbours arrive. They're over-friendly, larger than life - and they've brought a karaoke machine! It's going to be another cracker of a family Christmas...

When this show was first performed at Hull Truck in 2005 it was a huge hit with audiences and critics alike. After watching a couple of rehearsals I can see why: it's HILARIOUS - the perfect pre-Christmas tonic!

Performances at 7.30pm on Thursday 29th & Friday 30th November and Saturday 1st December at the Darby & Joan Hall, Finkle Street, Cottingham. Tickets on sale now from Barkers Newsagents, Beverley Tourist Information Centre or call/ text the CLT ticket line on 07955 138061. Tickets are £8, £7 for concessions. Seating is unreserved except for Friends of Cottingham Little Theatre.

NB: Payment for tickets from Barkers is by cash only. Barkers sell tickets for us out of pure kindness, so you'll understand why they can't take card payments for these items.

Murder Mystery Evening: Who Killed the Secret Agent?

The next in our popular Murder Mystery Evenings will be "Who Killed the Secret Agent?" - a 1960s-style thriller guaranteed to leave you both shaken and stirred! 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 cast reveal the culprit(s). There will be prizes for the team or teams which get the right answers and a buffet supper is included. (Bring your own drinks to assist with your observations and deductions!) This is always great fun: book early so you don't miss out. Performances are on Thursday 7th & Saturday 9th February 2019 at 7.00pm in the Darby & Joan Hall, Cottingham. Tickets are £10 and will be on sale during "A Kick in the Baubles" and then from Monday 10th December by calling Lynda on 849655 or 07955 138061.

PS: Look out for CLT at the Cottingham Christmas Festival - we'll be putting on a very special performance!

St. Mary's Church, Cottingham

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

Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 25 teams (17 Boy's teams at under 7 to under 19 level, 4 Girl's teams at under 10, 12 14 and 16 level, 1 Men's teams, 1 Veterans teams and 2 Ability Counts teams), as well as an academy for 4 to 7 year olds and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website www.cottinghamrangers.co.uk

Zion United Reformed Church, Hallgate

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

Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. **Get Fit, Have Fun!** £2.50 Adults; Students £1.00 per evening. For more information telephone Telephone Fiona/Steve on 01482 870906.

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. 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 variety of Activity Groups and Memory Cafes for people with dementia, their families and carers. For more information please contact the Hull and East Riding Alzheimer's Society on Tel 01482 211255.

Thursday Fun

Takes place in the Methodist Church, Hallgate every 3rd Thursday of the month from 2.00 pm until 4.00 pm. Come and join us and play dominoes, cards, scrabble and do a jigsaw or bring your own craft/game. Enjoy a good chat and tea and biscuits. This is FREE, but we have an (optional) small raffle.

Cottingham Cricket Club

'The club provides cricketing activities and games for boys and girls from the age of 6. We run 4 Saturday sides, and teams at U9, 11, 13, 15, 17 and 19 and also Girls Teams. All new players of any ability are welcome. Training starts in January with Indoor Nets at Sirius Academy North for all age groups and Seniors on Wednesday evenings 6.00 pm till 8.00 pm and at Cottingham High School (Sports Hall), (tennis ball/kwick cricket ball) for ages 6-15, on Saturdays 12.30 pm till 2.30 pm till Easter. Summer training for Juniors is Friday evenings and Seniors is on a Wednesday. For more information and details contact Rob Rhodes on 842215. Or email cottinghamcc@hotmail.co.uk

Continued on page 40



A Christmas Concert at the Civic Hall, Cottingham on Friday 14th December

Hull Ladies Choir are presenting a Christmas Concert in support of the Cottingham Village Trust.

They are pleased to welcome Westfield School Choir as their guests and look forward to joining with them to celebrate Christmas in Cottingham.

The concert will take place in the Civic Hall, Cottingham on Friday 14th December 2018 at 7.30pm

Tickets are £5 (including refreshments) and are available from:- Bakers of Hallgate, Cottingham or Gough and Davy, Paragon Street, Hull.

Tickets are also available from:- Email:- info@hullladieschoir.org.uk; Mobile:- 07779 732322.

A Christmas welcome for the ERY Brass Band

The next activity arranged by the Haltemprice Lions is a concert by the East Riding of Yorkshire Brass Band to be held at 7.00 p.m. on Thursday, 13th December at the Methodist

Church, Hallgate, Cottingham. It will be another wonderful Christmas programme performed by the band. Tickets are priced at £8.50 or £7.50 if bought in advance and are available by email: dwhincup@dwhincup.karoo.co.uk or calling 01482 847367.

The Haltemprice Lions are supporting the organisation, M.I.N.D., this year as their main charity but the club supports many more good causes. They have recently made donations to the W.I.S.H.H. appeal to purchase camera equipment for the Hull Eye hospital, a donation to the Anlaby Community Care Association, sufficient to pay for the Christmas dinner for the elderly and vulnerable adults in the area and also we have sent a donation to our International Fund to support those in Indonesia who suffered following the tsunami and floods recently.

This is just a sample of how we turn the funds that we raise into supporting worthy causes, local, national or international. If you wish to know further information or want to join us as a member please use the above contact.

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"Taking the soft option"

Quite often the questions we get asked from customers are not about if they should have a Water Softener, they often have already been convinced they should have one by friends or relatives; but practical ones such as, "we would love to have a softener, but they are great big ugly things that have to go in a utility room aren't they?" or "aren't they very complicated and fiddly to use?" or "don't you have to lift huge bags of salt?"

We take great delight in explaining to customers that whatever pre-conceptions they may have had about Water Softeners of old, that modern, efficient, compact and well designed Water Softeners are now available that can often fit conveniently in any kitchen, they can be fitted, neat and tidy, in a few hours by our skilled fitters with no fuss. Approximately the size of a computer tower unit the softeners are stylishly designed to fit in the minimum possible space and on our free no obligation site survey we will discuss the various options and possibilities depending on the specific plumbing and kitchen layout in the customer's home.

Are they complicated to use? Well, they used to be, with dials and meters and plugs and sockets and programmes to input, but, although this type of softener is still available, worry not! There are modern, simple, eco-friendly units that are kinetically powered by the water, these units are pre-programmed and the only attention they need is topping up with salt every now and then.

Softeners of old tended to be of the type that required to be filled from large 25 kilo bags of Salt Tablets or Granules and this could be difficult for some customers, I am pleased to say that whilst as stated above this type of softener is still available, modern compact Water Softeners take compact, handy sized salt blocks that are easily stored and convenient to use.

The comfort benefits of soft water for bathing, hair washing, and soft, fluffy laundry are well known to Softener owners and it is often this as much as the cost savings, protection of appliances and pipe work and even the easier cleaning that they enthuse about to family and friends.

Water softeners work 24 hours a day to protect your home from limescale and provide beautifully soft water as well as saving you money, with more efficient and longer lasting appliances, and make the chore of cleaning the shower screen a breeze!

Please give me a call if you have any questions; we offer a free no obligation site survey - testing water hardness, customer requirements and checking the plumbing to recommend the best solution.



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The Orchard Stroke Group

The Orchard Stroke Group is a small group run by, and for Stroke survivors and their carers. We meet on the 3rd Thursday of the month at Cecil Gardens, Hawthorn Avenue, from 10.00 am to 12 noon, for a friendly chat over a cup of tea or coffee with biscuits, and if any members need any help with any Stroke-related issues, we can point them in the right direction for information. If anyone would like more information, they can contact me on 01482 565767 or 07908 145585. My name is Rob and I am the chairman of this group and look forward to having some new members,

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.

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

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 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.

Scottish Country Dance Club

We meet on Mondays in Arlington Hall, Cottingham, 7.30pm - 10.00 pm. Everyone is welcome, beginners (for the first hour) and dancers with experience. It's a fun night with an RSCDS qualified teacher. For more information phone Lynne Brooks 840301 or Joyce Cochrane 871790. Your first night is free so come along and have a go!

Hull Zingari

Hull Zingari Cricket Club (est 1896) will be holding indoor net sessions for junior and senior players and new players will be made very welcome. JUNIORS Haltemprice Sports Centre, Springfield Way, Anlaby. 10 Sundays 6pm - 8pm starting February 12. £4 a session. Fully qualified ECB coaches in attendance. Hard ball and softball. Equipment can be provided. Ring Steve on 447568 to book a place. SENIORS Hymers College Sports Hall, Hymers Avenue, Hull. 9 Fridays 6.30pm - 8.30pm starting January 27. 3 sides playing weekend cricket in the York and District Senior Cricket League. Excellent playing and social facilities. If you are new to the area or looking to play in a higher grade of cricket then contact Ron Biggs (Hon Sec) on 571205 for details of how to join the City's longest established cricket club. www.hullzingari.play-cricket.com and on facebook and twitter

Continued on page 45

Hull CHA Rambling Club

We are a friendly walking club established 1911, whose members enjoy walking in the Yorkshire Wolds, Howardian Hills, North Yorkshire Moors, Yorkshire Coast, occasionally to Lincolnshire, and walk throughout the year.

Sunday rambles are once a fortnight. Travel by coach to the starting point. Fare £10

We pick up on route to the city centre at Bilton and Holderness Road.

Pick up at City Centre is now **08.30 am** for the spring and summer months continuing Beverley Road and onto Beverley.

Walks with leaders.

A walk 10 to 12.5 miles.

B walk from 7 to 9 miles

C walk 4 to 5 miles may be available (please enquire)

Sunday 11th November

Thixendale - Millington

A. Thixendale – Kirby Underdale – Bishop Wilton – Great Givendale – Millington.

B. Thixendale – Wayram Farm – Great Plantation – Chalkland Way – Wren Farm - Millington

For a C walk please enquire with the Joint Rambles Secretaries.

Sunday 25th November

Market Weighton - South Cave

A. Market Weighton – Hudson Way – Arras – Arras Wold – Newbald Wold – Swain Dale – East Dale – Comber Dale – Little Wold Plantation – South Cave

B. Swain Dale – East Dale – Comber Dale – Little Wold – Little Wold Plantation – South Cave.

For a C walk please enquire with the Joint Rambles Secretaries.

For further information and book a place on the coach, please contact Joint Rambles Secretary Sue O'leary on sue@ sueoleary.co.uk telephone 07767420646

Pauline Borger on Pauline.borger223@btinternet.com telephone 07929933323

Check out the website <http://hullcharambling.wix.com/hull-cha-rambling>

Find us on face book. Hull CHA Rambling Club

You will be very welcome.

Phoenix Walkers

If you like walking in the countryside/a social day out then why not join Phoenix Walkers we are a very friendly walking group with walks on Sundays in picturesque areas of Yorkshire, Lincolnshire and Derbyshire.

The coach picks up on Ferensway Hull then through to Cottingham Green coach fare £10.

Three levels of walks,

A Group 8-10 miles

B Group 5-7 miles

C Group 'The Strollers' a very leisurely 3 miles or so.

Sunday 4 November River Walk near Goole

Sunday 18 November Thixendale Yorkshire Wolds

For further information and pick up times please ring Dulcie Hartley 01482 509000.



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Alan Barnes and David Newton to perform at Swanland Village Hall

The acclaimed jazz duo Alan Barnes and David Newton are performing at Swanland Village Hall on Saturday 10th November and tickets may have to be restricted because of the enormous interest already shown. If you would like to attend, please contact Yvonne on 01482 634863 or on yd@swanlandvillagehall.info. Tickets cost £8 adults (or £7 for SVA members paid in advance) and £4 for school children. Doors open at 7pm; show starts at 7.30. Bring your own drinks and glasses, nibbles provided.

Swanland Screen to show "The Darkest Hour" on Saturday 17th November

This month's showing at Swanland Village Hall will be the Darkest Hour. In May 1940, the fate of Western Europe hangs on British Prime Minister, Winston Churchill, who must decide whether to negotiate with Adolph Hitler or fight on knowing that it could mean a humiliating defeat for Britain and its empire. Doors open at 7pm, film starts at 7.30 on Saturday 17th November. Tickets available on the door cost £4 (adults) and £2 (schoolchildren). For more details visit www.swanlandvillagehall.info/forthcoming-events.htm.

St Nicholas' Church hosts a special musical evening for Christmas

Singer-Songwriter, Gareth Davies-Jones brings his Christmas acoustic tour to Beverley, performing songs from his "Nine Lessons" album as well as new material

Gareth is an acclaimed singer-songwriter whose music is appreciated by Bob Harris, Iain Anderson and many more. His songwriting reflects his interests in the stories, people and events of places he loves. His songs have covered subjects as diverse as lighthouses, coal mining, and the Northumberland landscape, as well as reflecting more heartfelt concerns of faith and justice.

This concert is a chance to experience some familiar Christmas music with fresh interpretations, arrangements, melodies, and with a little background on the writers themselves. Gareth hits the road with some of the best-known seasonal works intent on helping people to look again.

The aim is to enjoy the music, hear the stories, relax in good company and reconnect with a story that has often been buried too deeply amongst the headlong rush to December 25th.

Venue: St Nicholas' Church, Holme Church Lane, Beverley Date/time: Thursday 13 December 7-30pm (doors open 7pm). Includes interval for refreshments. Tickets £8 standard tickets, £6 early bird (bought before 13/11).

Available from: parish office 01482 863542 or office@stnicholaschurchbeverley.co.uk (open 9am-1pm Mon-Thu) or buy online at www.wegotickets.com/stnicks (booking fee applies).

Hull and District Cats Protection Christmas Fair and Cat Homing show on Saturday 17th November

The Hull and District Cats Protection will be holding their Christmas Fair and Cat Homing show on Saturday 17th November, in the Darby & Joan Hall, Finkle Street, Cottingham from 11.30 am to 1.30 pm.

We will have a large cake and jam stall and calendars, cards, diaries, wrapping paper, gifts and cat accessories will be on sale. There will also be a Christmas Hamper raffle and a Tombola.

There will also be some cats looking for permanent loving homes.

For more information, please call 01482 790284. Neutering vouchers are available for those on benefits or low income, by calling 01482 657650.

Maureen Hunter Singers 'Christmas Voices & Brass' concerts

The choirs are well into rehearsals for their 'Christmas Voices & Brass' concerts, to be staged in the superb Middleton Hall at the University of Hull on Saturday 15th December at 7.30 p.m. AND on Sunday 16th December at 3.00 p.m.

The fabulous 11-piece Riverside Brass (comprising musicians of the highest calibre) will be our guest performers again, and, as always, the programmes of both senior and junior choirs, and that of the band, will be chosen to provide 'something for everyone' – with the ultimate aim of sending our audiences away full of seasonal joy.

Tickets (priced £12.00 and £10.00) are available from Mrs. Margaret Talbot, 26 Churchill Avenue, Cottingham, HU16 5NL (Tel: 01482-846550), or via Choir members.

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

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

Dermatological:

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



Muscular, Neurological, Skeletal and Vascular:

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

Internal:

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

Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

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

Cancer and Tumour:

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

Addictions:

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.



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Humberside Steppers Square Dance Club

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

Arterian Singers

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

Card making classes at Cottingham Methodist Church Hall

Classes restart Monday 10th September 2018. Every Monday (Except Bank Holidays) - 1.30pm to 3.30pm New members welcome. All levels. Contact Ann on 07932833578 for further details.

The deadline for entries in the December 2018 "What's On" section, is no later than the 19th November 2018.

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Caring Dentistry

Mr Porter has now retired from clinical dentistry. He says: "It has been both a privilege and a pleasure to have spent the majority of my career caring for a very special set of individuals."

He continues to own the business and would like to say to all patients old and new, that they can be assured there will be no changes to the principles of caring dentistry which have always been at the heart of the practice.



Stuart Graham
BDS, MMedSci (Dental Implantology)

Caring and Complex Dentistry
GDC Registration Number: 59133



Christos Ziaras
DDS Athens

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Celebrations at Hallgate Primary School

Pupils and staff at Hallgate Primary School in Cottingham are celebrating after the school was judged as a 'good' school by Ofsted inspectors.

The school had previously been rated as 'requires improvement' but inspectors found that leaders and governors have significantly improved pupils' outcomes, the curriculum and the quality of teaching since their previous inspection.

All pupils are now making good progress and disadvantaged pupils are thriving as a result of the high-quality support and care they receive.

Following their recent visit, the inspectors said that staff morale is high and the curriculum has improved so that it is engaging and stimulating.

Their report says improvements in the quality of teaching have led directly to improved outcomes, and the school's work to promote pupils' personal development and welfare is outstanding.

The headteacher is said to lead with commitment and ambition, and pupils' behaviour is good. The report says the local authority has supported the school well since its previous inspection.

The school is now judged to be 'good' in all areas, including overall effectiveness.

Headteacher Jane Foster said: "We are delighted that Ofsted has recognised that Hallgate is a good school. The inspectors were extremely complimentary about our pupils and were particularly impressed with their 'super learner' attitudes to all that they do.

"I am very grateful to the staff and governors for their hard work and commitment to improving our school, and to our parents for all their support. We are all very proud of our school and will continue to make it the best we can."

Councillor Julie Abraham, East Riding of Yorkshire Council portfolio holder for children, young people and education, said: "I am so pleased that Hallgate Primary School has been recognised as a good school in all areas. Parents' overwhelmingly positive views of the school can now be held with confidence. The report is a credit to the headteacher and her staff, the pupils and the governing body. Congratulations to all for their hard work."



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

1	D	I	S	M	A	L		4	E	S	C	A	R	G	O	T
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10	V	A	L	I	A	N	T	L	Y			11	L	I	M	B
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24	H	O	R	S	E	H	A	I	R		25	K	A	B	O	B
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26	E	A	V	E	S		27	I	M	B	R	O	G	L	I	O
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27	M	U	D	D	Y	I	N	G		28	W	A	I	S	T	S



How not to catch a cold

You have heard people talk about "catching a cold." What exactly does it mean to catch a cold? It sounds like a funny way of talking about coming down with a head cold, but it is a common expression, especially during the cold and flu season (predominantly the winter months).

But you may have been misled about the manner in which you "catch" a cold!

We are often led to believe that it is germs that cause diseases and such health issues as the common cold. Germs are everywhere and so are the many viruses that can herald the start of illness.

But ... the story does not end there. In fact it is only the beginning of it.

Germs create disease when the conditions are right for it to occur in the human body. When the environment is already bordering on unhealthy, this is when germs can wreak havoc and strike. However, it can only happen if the immune system is run down. If the immune system is well fortified and going strong, germs have no impact. That is a force field that they are not able to penetrate.

The immune system is an integral part of the functioning of your body. It plays a vital role in how healthy you are (or how healthy you are not!). Your body's immune system function never takes a day-or night- off. The immune system is successful at fending off germs and other pathogens 24 hours a day, seven days a week.

When the circumstances of your immune system are not ideal, symptoms of illness will appear. If you know that you are stressed out, overtired, and not taking proper care of yourself, your chances of getting sick are much greater. Hello cold virus!

When it comes to a compromised immune system, we need to ask ourselves what we are doing or thinking to cause the problem. It is not just a question of what is happening with our physical health. Our emotional and mental health is often common culprits of illness and disease as well.

Instead of focusing on germs or viruses (which can often cause you needless worry), focus on living a healthy and disease-free life. Make that a priority. Do everything you can to promote the health and wellness of your hardworking (and often under appreciated!) immune system. By boosting the effectiveness of your immunity, you will strengthen your body's ability to fight off unwanted visitors in the form of unhealthy germs, bacteria and viruses.

A good place to start is to look at what you eat. Eat a nutritious diet that consists of as many organic foods as you can find (and afford). If you can grow your own fruits and vegetables, plant a garden and enjoy your own pesticide free produce.

Exercise regularly, get enough sleep and find effective ways to cope with stress. Regular massages are beneficial, as is periodic chiropractic care. Meditation and yoga are both good ways to relax every part of your being.

Taking care of yourself properly enables your immune system to do the job that nature intended it to do. It can do a super duper job the better you nurture it!

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