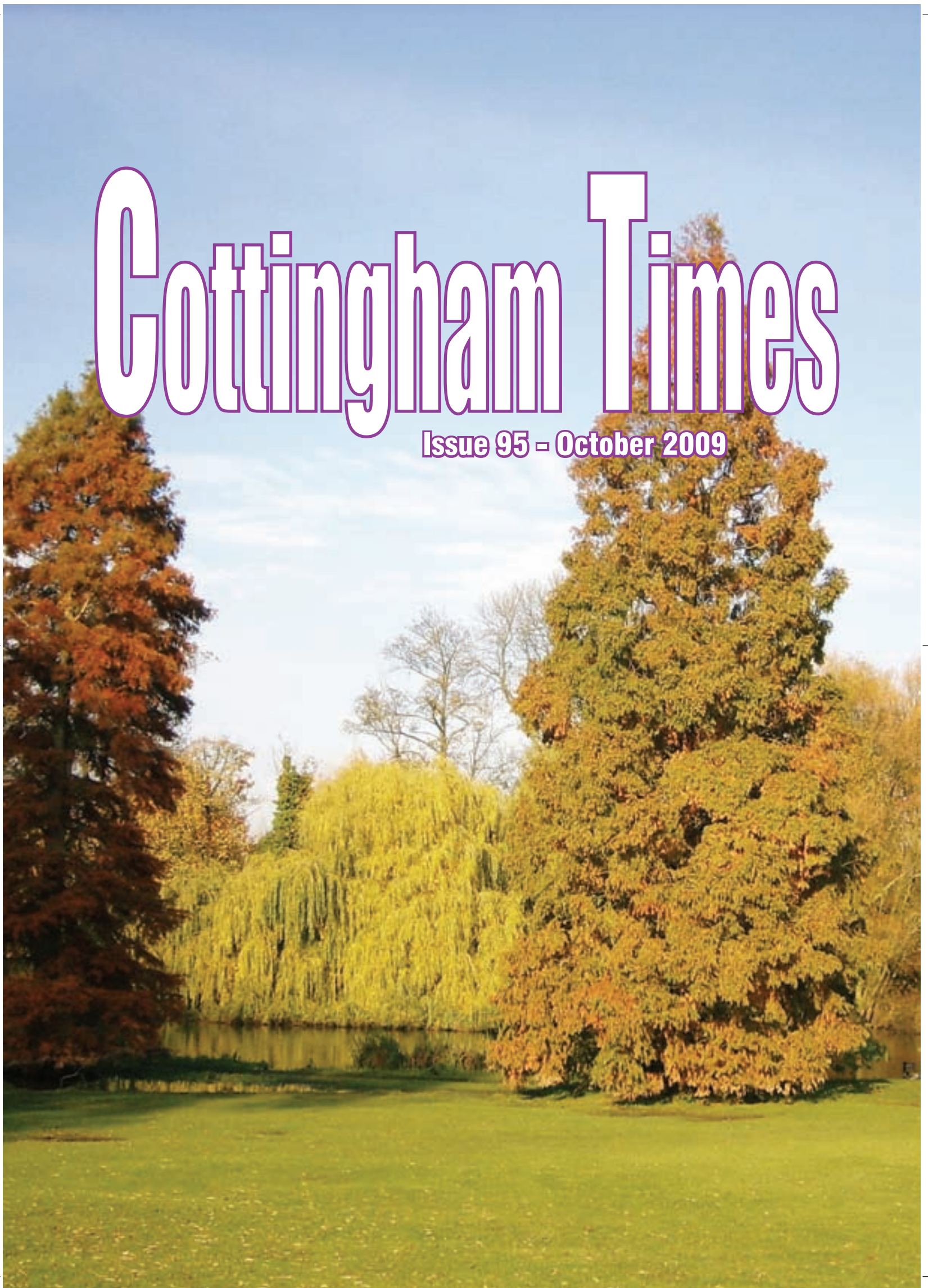


Cottingham Times

Issue 95 - October 2009



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British Sugarcraft Guild

Monday 3rd October, "Stencilling" - A demonstration by Rosemary Cook. 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

Skidby Playing Field Association - Car Boot Sale

Sunday 4th October 9.00 am to 1.00 pm. To be held on Skidby Playing Field. Pitches £7.00. Further details available from the Secretary Kelvin Young 843446. Refreshments available

The Cottingham Wild Spaces Group

Sunday 4th October, Mill Beck Wildlife area and King George V Woodland. 10.00 am. For more information 01482 840336.

Friends of Thwaite Gardens

Tuesday 6th October - Talk by Dr. Lindsay Atkinson - "Gardening in a Changing Climate", in the Methodist Church Hall, Hallgate, at 7.30 pm. Members Free, Visitors £2.00. We are grateful to everyone who supported our Open Gardens in May.

Haltemprice Art Group

Tuesday 6th October - Appraisal, Mr. Barry Whiting.
Tuesday 13th October - "Freeing Up", Workshop, Angela Bell.
Tuesday 20th October - Sketching, Herta Jurevics/Jackie Churchman
Tuesday 27th October - Half Term
Tuesday 3rd November - Picture Me

Cottingham Ladies Circle

Wednesday 7th October, Mrs. H. Beet, Talk on The Dagger Lane Opera Society, 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

U3A

Thursday 8th October, Marie Plater - Aunt Marie's Scrap Bag, in the Darby & Joan Small Hall, Finkle Street at 2.00 pm.

Cottingham Green Women's Institute

Thursday 8th October, Mrs. Gwen Staveley "A Dig without a Spade", buried secrets of local history, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Hull Young Musicians

Saturday 10th October - Craft Fair in aid of Hull Young Musicians in the Cottingham Civic Hall, 10.00 am to 4.00 pm. Variety of stalls, refreshments, tombola, raffles, etc.

East Yorkshire Embroidery Society

Saturday 10th October, -Liz Ashurst, Ryegate - Inspiration from Eastern Europe, Folk Art and Embroidery, 2.15 pm in the Darby & Joan Hall, Finkle Street, Cottingham. Members £1.00; Visitors £2.00 (includes cup of tea and biscuits). (Membership £6.00 per year).

Cottingham Catholic Women's League

Monday 12th October, Open Meeting, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Front Cover Picture: An autumn view of Thwaite Gardens.
The photograph was taken and supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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Cottingham Men's deLuda Society

Wednesday 13th October - North Yorkshire Moors Railway.

Cottingham Women's Institute

Wednesday 13th October - "Quilts, Silks and Sew Forth" by Joan Drake, at 10.00 am upstairs at the Civic Hall, Cottingham

Cottingham Men's deLuda Society

Wednesday 14th October - Have e got a light boy, Mike Kemp, in St. Mary's Church Hall, Cottingham, at 2.00 pm

Diabetes UK

Thursday 15th October, Mrs. Johanne Evans - Deputy Director (Provider-Services), Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.30. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 844284 if transport is needed.

East Yorkshire Association of the National Trust

Thursday 15th October, Mr. Alwyn Thomlinson - Treasure's House, York, in the Civic Hall at 7.30 pm. Non-members welcome.

Multiple Sclerosis Society

Saturday 17th October, Autumn Fayre in the Cottingham Civic Hall, 10.30 am to 3.00 pm. Entry 25p, various stalls and refreshments.

Skidby Village Hall

Saturday 17th October, Coffee Morning 10.00 am to 1.00pm. Delicious home-made baking. Everyone welcome. Proceeds to Village Hall Funds.

North Ferriby Gardening Club

Monday 19th October, "Tomatoes" - Terry Marshall (Bingley), Terry is known as the "Tomato Man", he grows about a 100 varieties. This evening he will cover all aspects of Tomato Growing with the aid of 150 slides. He has written books on the subject. Weather permitting he may have some samples to taste. Meetings are held in the village hall starting at 7.30 pm

Cottingham Evening Townswomen's Guild

Wednesday 21st October, Weddings - The Wonders and Blunders - Linda Whitton, at 7.30 in the Darby & Joan, Finkle Street.

Cottingham Ladies Circle

Wednesday 21st September, Half Day Outing.

Inland Waterways Association

Friday 23rd October, Diesel Maintenance, preparing your Engine for Winter. A presentation by John Chapman, retired Training Officer for Volovo Penta, in Cottingham Methodist Church Hall, 8.00 pm to 10.00 pm.

Cottingham Wildlife Watch

Saturday 24th October, 10.00 am to noon. Burton Bushes. Fungus Foray and Unnatural Trail, meet opposite the Race Course.

Cottingham Civic Society

Monday 26th October - Hull's Parks and Gardens - A presentation by Paul Schofield, in the Darby & Joan Hall, Cottingham, at 7.30 pm.

Wednesday Social Club

Wednesday 28th October - Comedy Nostalgia - Tony Richards, in the small hall in the Darby & Joan, Finkle Street, at 2.00 pm.

Cottingham Men's deLuda Society

Wednesday 28th October - The Lone Star - David Leeson, in St. Mary's Church Hall, Cottingham, at 2.00 pm

Skidby Village Hall

Friday 30th October, Halloween Soup Lunch. Soups available from 11.30 am. Proceeds to Village Hall Funds.

Darby & Joan

Saturday 31st October, Autumn Fayre, Various stalls, Tombola, Raffles and tea/coffee and scone, 10.00 am to 12.30 pm. Admission 20p, in the Darby & Joan Hall.

The Cottingham Wild Spaces Group

Sunday 1st November, The Dene, 10.00 am.

Cottingham Ladies Circle

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

Monday 23rd November. Craft Fayre Cottingham Civic Hall, the evening of the Christmas Lights Switch On. If you would like to enquire about a table and further information please contact Stephanie 01482 656398.

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

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

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



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

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

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

Further information can be obtained from the phone numbers above.

Pictured top: Olef Falk, and above: Elizabeth Altman.

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Lucy Jones of Cottingham wins Swanland Mini Tennis Tournament

Lucy Jones, aged 6, daughter of Janes Jones proprietor of Southwood Farm Shop has won the Swanland Mini Tennis Tournament held on Sunday 30th September.

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Cottingham Parish Council



Tubs & Baskets Bonanza

The effects of the floods in 2007 have been far reaching in many ways and some residents who were badly affected have found that their gardens have taken a long time to recover. Councillors took the decision to postpone the Cottingham in Bloom Garden Competition for another year and it is hoped that by next summer this popular competition can be restored.

In its place the Council held a Tubs & Baskets Bonanza and Cllr Abel put herself in the firing line and undertook the judging of the competition in August. "I was impressed by all the entries and by the time and effort the entrants had taken over each of their tubs or baskets."

There were three categories and the winners were as follows:

Retail Section:	The Purple Cow
Public House Section:	King William IV
Private Garden Section:	Mrs Peacock

The timing of the competition to take place at the beginning of August meant that Cottingham was looking at its best for the Yorkshire in Bloom judges when they visited the village for their summer judging late in July. The Parish Council are grateful to all those who made a special effort to tidy up their gardens for this visit and special thanks must go to the Yorkshire in Bloom volunteers who tirelessly look after the planters around the village.

Grants awarded under S137 of the Local Government Act 1972

Under Section 137 of the Local Government Act 1972 the Parish Council have the power to award funding to community groups that operate within and for the good of residents in Cottingham. If you're unsure whether your community group fulfils the criteria for applying for funding under this scheme then please contact the Parish Council office for guidance. In the month of September the Council awarded funds to the Cottingham Flood Action Group; Cottingham Christmas Lights Organisation (both Hallgate and King Street sections); the Cottingham & District Horse & Agriculture Committee and the East Riding Rangers FC.

Noticeboards

You may have noticed that the noticeboards owned by the Parish Council have undergone a makeover and are looking much better. An updated map has been installed on one side and the other is available for community and/or charity groups who wish to advertise their services in the village. Sorry – if you are advertising a business then this is not for you! If you do have an event or service you wish to advertise in the noticeboards please call into the Parish Council office for advice on how to go about it.

Review of Conservation Area

Consultation with residents will soon be complete on the proposed alterations to the Conservation Area in Cottingham and it is hoped that the draft review will soon be brought back to the Parish Council for its views before going before East Riding of Yorkshire Council for approval. It is approximately 25 years since the last review so much has changed in Cottingham. ERYC plan for a review to take place every 5 years in the future.

Tree Planting & Litter Bins

For the last few years the Parish Council have undertaken a programme of tree planting and installation of litter bins in the village. It hopes to continue in the coming financial year with plans for another 6 litter bins and up to approximately 15 trees. You can help by contacting the office and letting us know where you think either a litter bin or a tree could be installed.

When looking at sites you should take note that we are unable to plant a tree near underground services as the roots can interfere with pipes etc and that whether it be a tree or a litter bin the views of residents close to the proposed site must be taken into consideration.

Fence – Bricknell Avenue

You will have noticed that the fence along the central reservation of Bricknell Avenue which was installed by East Riding of Yorkshire Council has now been lowered. We're not sure why they didn't deal with the concrete posts at the same time but we understand that they will be lowered to match the fence! It is still an eyesore but once the hedge planted alongside it has grown, then we are told that the fence itself will be removed.

KGV Community Trust – Halloween Trail

KGV Community Trust is holding a Halloween Trail from 5pm and a Spooky Soccer Tournament from 6pm on Saturday 31st October – details are available on the notice board in the small kiddies play park.



Councillors Ann Abel and Angela DeVine present a cheque to Mr. Peter Rafton of the Cottingham and District Horse & Agriculture Committee

A Busy Summer for the Haltemprice Lions

The members of Haltemprice Lions have been busy - as usual over the summer months. The fundraising activities have included a charity Golf Match at Hornsea which attracted teams from East Yorkshire and beyond, the usual Craft Fair at the Civic Hall (the next one is Saturday 5th December and stalls are being taken - fast!!) and their Charity Shop in Hessle fund raises from selling other people's unwanted items - bric-a-brac, small furniture and clothing.

If you have any to dispose of please call us and we will collect. Our fund raising then helps us to help others - especially those in this area like Mia, a totally disabled 3 years old who has benefited from the purchase of a tricycle to assist her mobility, a Cottingham Girl Guide was given a donation to support her working holiday in India assisting the less fortunate in that country.

A donation to a bursary to assist those entering the nursing profession in the Walkington area and a considerable donation to sponsor an energetic entrant in a 'Wheel and walk' to benefit the Hull, Beverley and Holderness branch of the Multiple Sclerosis Association. We have also been planning for the Autumn and among other activities we will have a stall at Cottingham Market on Thursday, 15th October, selling bric-a-brac etc. and a Teddy Bear tombola stall at the switch on of the Cottingham Lights on 23rd November.

Our members are here to help, we also have many people who have joined 'The Friends' of Haltemprice Lions' and they are there to give their support and enjoy our social activities.

We are always looking for new members - some of us are getting old!! - why not come along - we cover the old Haltemprice area but meet in Cottingham on a monthly basis - or become a 'friend'. If you can help with goods for our shop or want any other information please contact David Whincup Tel. 01482 847367 - otherwise we will see you at Cottingham Market on the 15th!

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More hints and tips on Internet usage for safer browsing

Continuing our theme on Internet usage, here are some more hints and tips, a bit more advanced this time, but take your time and follow them. If you are running Windows XP or Vista, you should be using the latest version 8 of Internet Explorer. To check just open it up and click on Help and About, to find your version number. To get the latest version, just go to the Windows Update site and download it for free.

A useful point here, if you cannot see Help, or File, Edit etc at the top of your Explorer window, look to the right of the page and click on Settings and click to select the Menu Bar, this will put it back in place where it always used to be.

Don't like your homepage? That is the page that always comes up first; you can set that to be anything you want. All you have to do is go to Tools, Internet Options, and on the General tab, type in the address you want. A word of caution here, make sure you type in the address exactly right, otherwise every time you go online you might get 'page cannot be displayed'. If that happens just go back and type it in again correctly. You can also access this by going into Control Panel, and Internet Options. Some web pages have an entry on them that let you click to make it your homepage.

Should you find you have too many Toolbars at the top of Internet Explorer, you can switch some of them off quite easily. Go to View, Toolbars and uncheck any that you don't want. This will make the window bigger that you actually view webpages in. If you have difficulty trying to read pages on the Internet, you can adjust the text size. Just go to View, Text Size and find one that suits you.

On the newer versions of Explorer, Firefox and other browsers (remember a browser is just a piece of software that displays Internet pages, they are all free to use), you have 'tabbed browsing'. That means you can have more than one tab open at a time, so you can view a few different pages, to compare prices or anything else, and click between them very easily. Just look at the top of the page you are viewing and you will see a blank tab, just click on it and type in a new address or do a search for what you need. Then you can keep doing that for as many tabs

as you fit on the screen. For a view of what you have open, go to the left of the tabs and you will see an icon with four small squares on it, click that and you will see all your tabs, and you can click on any of the displayed images to go straight to that page.

Printing web pages is much improved now. Generally they are set to 'shrink to fit', just go to File and Print Preview to make sure you will only print out what you need. If you just want a picture or block of text from a page, you can just drag your mouse over to select it and right click copy, and then paste it into a document or a photo program etc. On the new versions mentioned above you will sometimes see a useful little 'copy' icon appear when you highlight something.

Secure browsing is what we should all be concerned about when we are doing online banking or shopping – anything where money is involved! Whenever you are on a secure site you should see the address bar has changed to show https:// before the site address. Look at the address bar on any normal web page and will look like this: <http://www.google.co.uk> whereas when you are on a secure site it will be: <https://www.mybank.co.uk> The 's' means secure and will often show a padlock icon on the bar also. This means that any information you type in is encrypted before it is transmitted, and only the bank or website you are using can decode that data. The other thing worth mentioning is that the PC does keep any trace of that data. If you need to be re-assured about online security have a look at www.getsafeonline.org/ which was set up by the UK Government, HSBC and Microsoft.

What does 'HTTP' stand for? 'Hypertext Transfer Protocol' is the answer and it is the language that led to the establishment of the Internet (or World Wide Web) back in 1990 by Tim Berners-Lee. He is an English physicist, who was Knighted in 2004 and is the Director of the World Wide Web Consortium. So now you know!

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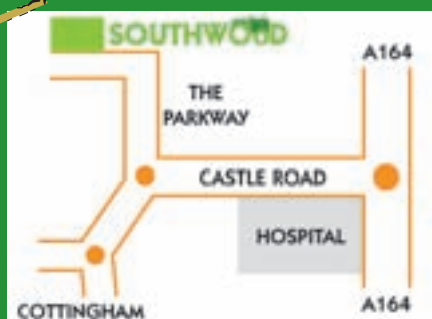
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Wordsearch - Move It

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

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

Find the words in the letters above:

Bound, Canter, Commute, Crawl, Creep, Cruise, Drift, Drive, Fly, Gallop, Glide, Haul, Hike, Hop, Hurry, Jump, Leap, March, Meander, Move, Prowl, Ramble, Ride, Roam, Roll, Rove, Run, Rush, Sail, Saunter, Scramble, Shuffle, Skip, Slide, Slither, Stroll, Swim, Tour, Traipse, Tramp, Transit, Travel, Trek, Trot, Wade, Walk, Wander, Weave, Wend, Wriggle.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 34 -

This is an easy challenge this month

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



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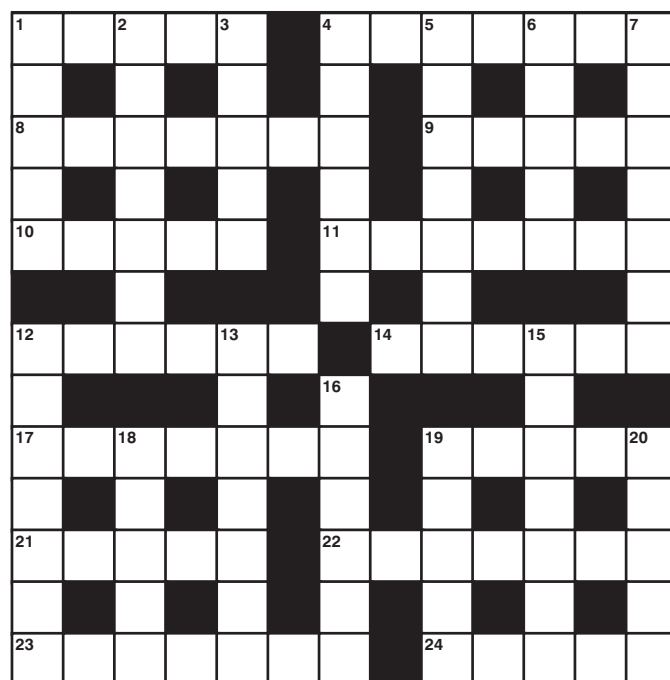
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Crossword - Solution on page 46



Across

1. Dock (5)
4. Sore (7)
8. Rubbish (7)
9. Sacred Song (5)
10. Boulders (5)
11. Sincere (7)
12. Real (6)
14. Blemished (6)
17. Ancient Japanese Warrior (7)
19. Concur (5)
21. Ashen (5)
22. Before (7)
23. Least difficult (7)
24. Viper (5)

Down

1. Bet (5)
2. Fruit (7)
3. Emblems (5)
4. Fragments (6)
5. Endanger (7)
6. Fire (5)
7. Restricted (7)
12. Relieve of blame (7)
13. Abbreviate (7)
15. Concerned (7)
16. Straightfoward (6)
18. Relocates (5)
19. Main artery (5)
20. Mistake (5)

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“Wills, plain and simple”

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

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

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

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

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

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

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

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

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

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

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

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and simple



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In the Kitchen



Halloween

The history of Halloween can be traced back over 2,000 years and for most of this time, food of some kind or another has been closely associated with it.

The earliest celebrations were among the Celts who not only worshipped a Sun God but also Samhain who was the lord of the dead. They believed that Samhain called up the souls of the dead who would take the forms of animals and roam over the Earth through the night of the 31st October. It was called the Vigil of Samhain.

Many years later All Saints Day or All Hallows Day celebrated by the Roman Catholic faith on 1st November was established as a means of replacing the pagan Vigil of Samhain however with the increased practising of witchcraft, 31st October became known as the Night of the Witch and later All Hallows Even or The Night of the Dead. Through time, the name was shortened firstly to Hallowe'en and eventually to Halloween.

So what do pumpkins have to do with it ?

The hollowed out pumpkin (Jack 'o Lantern) was named after a man called Jack, who was an infamous drunkard and trickster. He tricked Satan into climbing a tree then carved an image of a cross in the tree's trunk, thereby trapping the devil up the tree. He made a pact with the devil that, if the devil would never tempt him to wicked ways again, he would promise to let him down the tree.

However, after Jack died, not only was he denied in to Heaven because of his previous evil ways but was also denied access to Hell because he had tricked the devil. The devil instead gave him a single ember to light his way through the darkness. This was placed inside a hollowed-out turnip to keep it glowing longer. How exactly the pumpkin came to take its place is still a mystery.

So where does "trick or treat" come into all of this?

If you thought trick or treating was a US invention then think again. Its origins can be traced back over 2000 not only to the Celts, but also the Chinese, Egyptians and Aztecs. Still closely tied with the night of the dead, it was believed that spirits required food and drink to placate them and so people would leave out morsels of food for their consumption. Not to do so may encourage them to enter your house, cause havoc and help themselves.

As time went on, people began dressing as spirits and performing antics in exchange for food and drink. It is this practice, called "mumming", which evolved into the present-day trick or treating.

So what can you do with all the pumpkin flesh afterwards?

One of the easiest things is to make soup – very welcome now the nights are drawing in.



Leek, Pumpkin and Sweet Potato Soup

Ingredients

2 tbsp Olive Oil
1 Leek, chopped
1/2 Onion, chopped
1/2 Stick Celery, chopped
1 small Carrot, chopped
1 Sweet Potato, peeled and diced
675g/1-1/2lb Pumpkin flesh, chopped
1 Garlic Clove, crushed
480ml/16fl.oz. Fresh Chicken Stock
120ml/4fl.oz. Double Cream
1 Bay Leaf
1 teasps freshly chopped Sage
A large pinch Ground Cloves
A large pinch Ground Nutmeg
A large pinch Ground Cinnamon
Salt and Black Pepper



Instructions

1. Heat the oil in a large saucepan, add the leeks, onion, celery, carrot, sweet potatoes, pumpkin, and garlic, and sauté until they start to brown.
2. Add the bay leaf, stock, and cream, mix well and bring to the boil stirring constantly.
3. Reduce the heat and simmer for 15-20 minutes or until all the vegetables are tender.
4. Add the sage, cloves, nutmeg, cinnamon, and salt and pepper and continue to cook for a further 5 minutes.
5. Remove the bay leaf and allow to cool slightly then transfer to a food processor or liquidiser and process to a puree.
6. Return to the rinsed out pan and reheat until hot.

Bonfire Night



Since the beginning of the 20th century, parties featuring 'scary' foods coloured black, purple or red, have been a hit with the young and the young at heart. Dishes are often given names like 'witches cauldron' (red pepper and tomato soup), and 'fried brain' (walnut halves sautéed in paprika). Sandwiches are cut into spooky shapes like witches' hats and eyeballs, and drinks may contain 'squashed bugs' (actually flattened raisins or grapes).

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

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

Favourite British Sausages

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

Cumberland

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

Yorkshire

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

Lincolnshire

A herby sausage traditionally made with pork, bread and sage

Pork & apple (West Country)

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



Interesting Sausage Facts

The Sumerians were making sausages 5,000 years ago

In 320 A.D. the Catholic Church banned the eating of sausages due to their association with Pagan festivities

Sausages were first divided into links in Britain during the reign of Charles I (1600-1649)

'Bangers' which is the British nickname for sausages, originated from the Second World War when the high water content made them tend to explode during cooking as the water turned to steam

Sausage machines can fill sausages at a rate of 1.5 miles an hour

Toad in the hole with Sage Batter and onion gravy

Thick juicy sausages, cooked in a light sage batter, served with a rich onion and beer gravy.

Ingredients

125g plain flour

Salt and pepper

3 eggs

300ml milk

1-2 tbsp sage leaves, finely chopped

6 Thick sausages

For the onion gravy

30g/1oz unsalted butter

2 onions, peeled and sliced

1 sprig of thyme

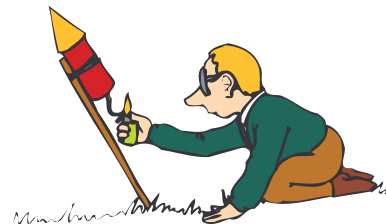
1 tbsp wholegrain mustard

2tbsp onion gravy granules

150ml beer

300 ml beef stock

Salt and pepper



Instructions

1. Pre-heat the oven to 220C/425F/Gas 7.

2. To make the batter, place the flour into a large bowl and season generously with salt and pepper. Beat the eggs in a separate bowl with a splash of milk. Pour the eggs onto the flour and beat together until smooth. Gradually whisk in the remaining milk until you create a smooth batter. Stir in the chopped sage.

3. Sauté the sausages in a hot pan with a little oil for approximately 8-10 minutes, turning occasionally until they are evenly browned. Meanwhile, place a 1 litre ovenproof dish in the oven to heat through.

4. Remove the dish from the oven and arrange the sausages into the dish, along with the excess oil. Return to the oven for a few minutes until the dish is piping hot. Pour over the batter so it comes 3/4 of the way up the dish. Return to the oven and cook for 20-25 minutes until golden brown and well risen. (Be careful not to overfill the dish as the batter will rise during cooking. It may therefore be necessary to discard any remaining batter, or save for a separate use).

5. To make the gravy, heat the butter in a pan and sweat the onions and thyme for 5-6 minutes, until golden. Add the wholegrain mustard, gravy granules and stir together. Pour in the beer and allow to reduce by half. Add the beef stock and bring to the boil, reduce the heat and simmer for 10-12 minutes until thickened. Season to taste.

6. Remove the toad in the hole from the oven, spoon onto serving plates and pour the onion gravy over to serve.



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For many pets and their owners the time around bonfire night can be a most distressing time. I have upsetting memories of my old border collie Ellie shivering upstairs on my bed, not willing to go outside when it got dark, even to the point of messing in the house. So how can we help our pets at this time of year?

If your pet has a firework phobia then there are lots of things you can do to make the experience less stressful and then once the firework season is over (September to January in my part of town), there are behaviour modifying techniques to erase your pets fear of fireworks.

When pets hear the fireworks they panic and want to run somewhere safe and you must allow them to find their own safe place. Play loud music to try and drown out the noise of the fireworks, apparently music with a loud base beat is best. Don't punish your dog when they are scared, it only confirms there is something to be afraid of and likewise don't fuss or try to reassure your dog as this rewards the phobic behaviour. Try and ignore the noises and engage your pet in some sort of game with their favourite toys. If possible get your pet to stay in a blackened out room so they cannot see the flashes of the fireworks that they associate with the firework noises.



A major breakthrough in helping pets has been the Dog Appeasing Pheromone (DAP) plug in diffuser. This is a synthetic version of the pheromone which bitches release when suckling their puppies to relax them. It should be plugged in for a month before firework time at dog level and kept on permanently and remember it runs out after a month so have a refill handy.

For dogs with severe phobias other medication may need to be added to using the DAP diffuser. An exciting new product is Zylkene, a natural milk based protein product, which helps dogs and cats in stressful situations and is well worth a try. It comes in capsules and needs to be given a few days before the fireworks start.

For some dogs the only way to get through the firework season is to use a DAP with an anti anxiety, memory blocking drug such as alprazolam in order to block the memory of the firework phobia and reduce the anxiety. These drugs can be very successful in managing the dog through the firework season and are available only with a prescription from your veterinary surgeon and you will also need a consultation to explain their use, any side effects and dose.

Getting through the firework season is only one aspect of managing the phobia. After the fireworks have finished the time is right to try and desensitise your pet to these noises? We use a programme called Sounds Scary which involves using a CD with various firework noises. Ruth our behaviour nurse gives a presentation on how to use the CD properly so after New Year give her a ring and she will get you booked in.

Prevention of firework phobia is the best option of course. The best time to acclimatise your dog to firework noises is at the 2-4 month age. Exposure to firework noises at this age will produce a dog with no phobia to fireworks and I'm fortunate that both my present dogs think of fireworks as normal. Once again Ruth can give advice on puppy exposure to firework noises.

For more advice on firework night please ring Ruth Bryant our behaviour counsellor on 01482 843210.

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News Updates from the Cottingham Post Office

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4. Christmas Stamps will be available from Tuesday 3rd November

5. Sending money for Christmas, remember to order the "out of the ordinary" currencies in advance, ie Australian, New Zealand etc. or why not use our Moneygram International Service, for a small fee, they can have their money within 15 minutes.

6. Sending mail around Christmas with Gifts in with any sort of value, use the **Special Delivery Service**, it guarantees next day delivery before 9am or 1pm. Fully tracked to the destination and a signature on delivery. Insurance up to £500 or item value is included in the price. (1pm option only for insurance)

7. The Growth Bond (Issue 9) has now closed. Look out for Issue 10 Released 5th October!! Rate to follow!!

8 Grandads Pumpkins will arrive early October!!

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Hello again. The kids are back at school and hey presto the weather has got better. How does that work then?

Who Are You Calling A Hippy?

Last month I started on about ways of overcoming anxiety at the dentist. As I mentioned then, I am all for empowering my patients to have self-efficacy and try and stay away from the drugs if at all possible. That is not to say that they don't have a place, of course they do, I just want to open your minds to alternatives. What's this, has Dr Smile Maker gone all lovey- dovey and hippy like? No, but get a load of this.

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Look Into My Eyes, Not Around The Eyes

Several years ago I went on some hypnosis courses run for dentists. I did three of them altogether. I used hypnosis in practice for my most phobic patients. Guess what? It ruddy well worked. The beauty was that these same "phobic" patients continue to come back. They are running a new program as the old phobic program has been replaced.. They are over it or at least can manage it. How cool is that? I must say that the necessity for me to do formal hypnosis diminished as I found relationship building was all that was necessary most of the time.

However, from time to time hypnosis may well be a good option. These days I refer to a hypnotherapist as they are more skilled and generally more cost effective. Talking of cost effectiveness each time you have a dental sedation it will cost you money. One course of hypnotherapy which may be only one visit may be all that is needed for life. Not to mention the feeling of pride and self respect that this generates.

So What Is This Mumbo Jumbo?

Hypnosis is a perfectly natural state. In fact we all go into a trance like state several times a day. How many times have you driven or walked down the road and crossed several roundabouts and junctions or crossed roads on foot and then think "how did I get here?"

You don't remember because you were in a trance and your subconscious mind looked after you. This is an important point. In a hypnotic state you are in a heightened state of self protection and even if someone suggests that you do something that you do not agree with, feel is wrong or feel that it may harm you then you don't do it. You are in control and you are not at the mercy of the hypnotherapist. You are completely conscious and not asleep at all. All hypnosis does is open a door between your conscious mind and your subconscious. In doing so all manner of issues can be resolved with a skilled hypnotherapist guiding you along.

Top Tips. Relaxation and an open mind is the key. Everyone has the ability to be hypnotised. All hypnosis is self hypnosis. The hypnotherapist is just there as a guide. Sometimes there is tendency to over analyse and scrutinise. This does not lead to relaxation and therefore hypnosis fails. Just go with the flow and enjoy it.

I have referred patients for hypnosis and they have come back with other life issues resolved as well as an added bonus. Now don't get me wrong, as I mentioned above, this is not a regular everyday thing but is something well worth considering before reaching for the drugs and has an excellent success rate. The worst that can happen is nothing as it cannot make things worse. You end up either sorted out or just the same so nothing to lose really.

As an aside but still dental related hypnosis can also be used to treat teeth clenching and grinding that can lead to muscle pain and sensitive teeth. It has also been used to replace local anaesthetic whereby the patient actually numbs up an area just with the power of the mind. Just recently there was a TV program that showed a lady having a dental implant placed with no local anaesthetic, only hypnosis. It appeared in the dental journals as well. We may well be doing a similar case ourselves so watch this space.

I hope that this may be a little food for thought for you. I'm off to hug a tree.

Take care

Chris

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

Roadworks taking place in King Street, Cottingham to last eight weeks

As part of its programme of highway maintenance works, East Riding of Yorkshire Council is to carry out improvements at King Street, Cottingham.

The eight-week programme of works, which began on Monday 28th September, will consist of resurfacing the existing carriageway and footways, renewing ironwork, road markings and coloured surfacing. To carry out the works safely, and to minimise disruption to the public and shops on King Street, it will be necessary to undertake some of the work during evenings and weekends.

Footpath works between Hallgate Junction and Cumberland Public House will be carried out on evenings with traffic con-

trolled under temporary traffic signals operating from 6pm to 11pm. These works are expected to last two weeks.

Resurfacing works will be carried out over three Sundays: 11th October, 18th October and 25th October. As the carriageway widths do not allow safe working under traffic control, it is proposed that the section of carriageway between Hallgate Junction and Cumberland Public House will be closed for two of the Sundays (11th October and 25th October) with traffic diverted via Baynard Avenue. Access for residents and emergency vehicles will be maintained at all times during the road closures; however bus services on King Street will be temporarily relocated to South Street during this period.

The works will be carried out by PBS Constriction (N.E) Ltd on behalf of East Riding of Yorkshire Council.

For further information, please contact James Sissons, project engineer, on (01482) 395644.

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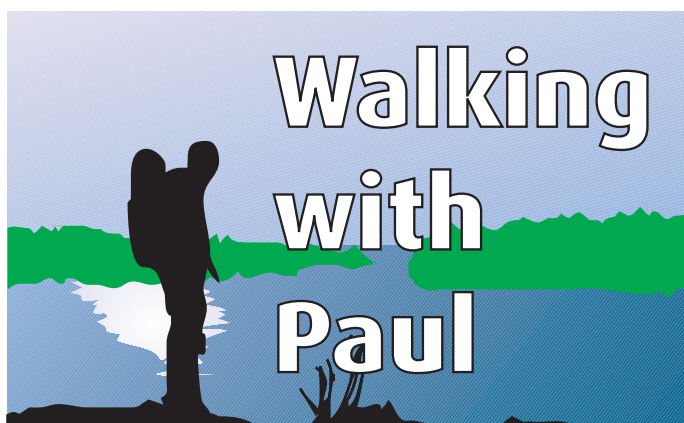
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Here is Paul's twenty-first walk in his series of monthly rambles. This month his destination is Millington

Map: EXPLORER 294

Start at the wide grass verge north of the village at GR829518.

Distance 6 Miles.

Leave the cars and walk in an easterly direction to the road junction and take the road on the left known as The Balk. After about 1/2 mile, and at the "T" junction, continue straight ahead on a farm track. Pass through Little Givendale Farm and continue ahead on a grassy track.

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Eventually pass through a large wooden gate and enter Whitekeld Dale and continue in the same direction passing to the left of trees. Pass through a gate at the bottom of the dale and cross over a wooden plank bridge and continue in the same direction on a well defined path/track. Pass through another wooden gate and continue on the track to reach the small church of St. Ethelburga's.

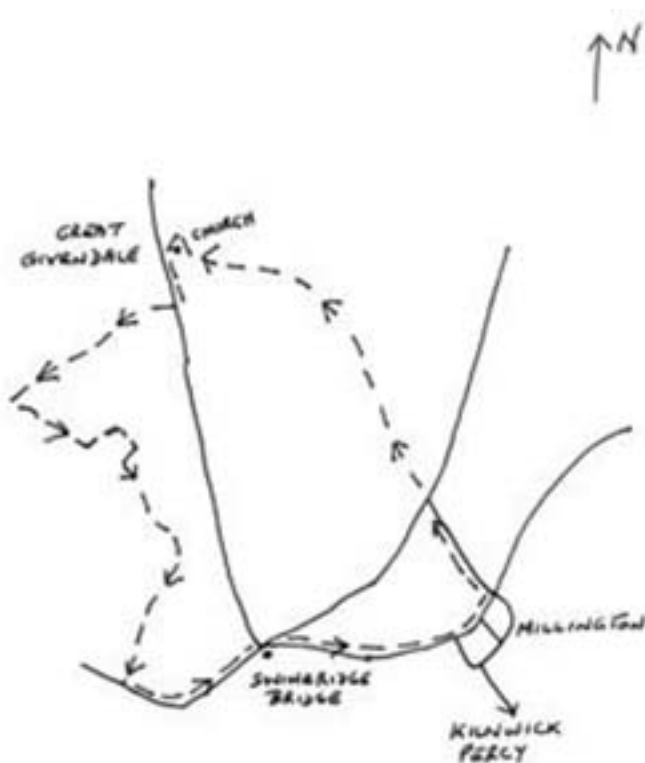
Pass through the church yard keeping to the left of the church and take the path up the slight incline to meet the road.

On reaching the road, turn left and follow the road for about 300 metres and locate a stile on the right, cross this stile and walk through a wooded area for about 300 metres.

Then locate a way marker on the left and pass through a gap in the hedge and turn right then follow the edge of the field for a short distance and then turn left and cross the field keeping the fence some 30 metres to the right. At the end of the field turn left. Locate a way marker and pass through a gap in the hedge and walk down an enclosed path with the white house of Grimthorpe Manor to the left.

Pass through a hedge and turn right and follow the field headland round as it sweeps by Grimthorpe Wood. After a time, turn right into the wood and locate a way marker some 10 metres inside the wood and follow a distinct path through the woods.

At the end of the wood, cross over a stile and enter a field heading for electricity poles and finally a stile in the hedge. Cross the stile and emerge onto Miller Lane and turn left. On reaching the junction with the main road, turn left and then after about 1/2 mile, turn right and follow the signs for Millington and back to the cars.





Clare Rex voted Slimming World's "Woman of the Year"! at the Cottingham Group

Clare Rex has been voted Slimming World's "Woman of the Year" at the Cottingham Branch of Slimming World.

Clare joined Slimming World at the beginning of June 2008 and has lost a fantastic three stone 12.5 pounds since then.

Clare enjoys eating a wide variety of foods using Slimming World's Red Plan, Green Plan and the new, Easy Extra Plan which came out in January 2009.

Clare always stays to the group, and is a very active member of the group, often supporting and encouraging other members with help and support.

It is wonderful that Clare has been awarded the "Woman of the Year" for the Cottingham Group and represented us at the District finals.

The Cottingham group meets every Monday at the Darby and Joan Hall in Finkle Street at 5.30 pm and 7.30 pm. For further details please telephone Theresa on 01482 823032 or email on theresa.foster@hotmail.co.uk.

Pictured above left to right is Clare Rex and Theresa Foster the Slimming World Group organiser at the Cottingham Branch.



Councillors Ann Abel and Angela DeVine present a cheque to Mr. Dave Brooks and Mr. John Goodman of the Cottingham Flood Action Group

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In the Garden



Vegetables

Continue lifting carrots and beetroot, plus any remaining potatoes still underground in mild areas. Only store healthy, intact roots. Parsnips should be left in, as they taste better once frosted.

Pick the last of the remaining runner beans. Any really late and stringy ones are better composted than eaten.

Dig up outdoor tomato plants and hang them upside-down in the greenhouse to allow the fruits to ripen. Any that don't ripen can be used green in chutneys.

Carrots and peas can still be sown in cold frames, but only in mild areas.

Plant out spring cabbages if not already done. Remember to net them for protection from pigeons.

Finish planting autumn onion sets for a crop in early to mid-summer next year.

Garlic can still be planted in mild areas having free-draining soil. Otherwise it can be started in containers or modules, and planted out when more mature.

Radishes, mustard cress, and winter lettuces can be sown in growing-bags under glass or on a windowsill; the ideal temperature is 16°C (61°F). Old, used growing-bags from the previous summer are fine for this, as long as regular liquid feeds are given. After this second use, they can be emptied over the beds as a soil improver. (Don't, however, spread compost used for tomato growing over your potato beds, as these crops can share many pests and diseases).

Earth up, or add to the cardboard sheath over any remaining trench celery plants that have not yet had their final top-up. Only a tuft of

Top 10 jobs

1. Clear up fallen autumn leaves regularly
2. Cut back perennials that have died down
3. Divide herbaceous perennials and rhubarb crowns
4. Move tender plants, including aquatic ones, into the greenhouse
5. Plant out spring cabbages
6. Harvest apples, pears, grapes and nuts
7. Prune climbing roses
8. Order seeds for next year
9. Last chance to mow lawns and trim hedges in mild areas
10. Renovate old lawns or create new grass areas by laying turf

foliage should show at the top. In cold areas, the plants may benefit from being covered with fleece and straw (or bracken, paper, etc.) in case of frost. Self-blanching types are less hardy, and should be harvested before the first frosts. Beware celery rash when handling plants, especially in sunny weather - gloves and long sleeves are necessary.

When clearing old pea and bean plants, simply cut off the tops for the compost heap, and dig the roots into the soil. They return valuable nitrogen to the earth, acting as a natural fertiliser.

October is a good time for digging over vacant areas of the vegetable plot, as the approaching cold weather may help to improve the soil structure by breaking down large clumps into crumbly particles.

Fruit

Harvest apples and pears for eating or storing. Only store unblemished fruit to prevent it rotting in storage.

Pick blackberries, hybrid berries and autumn raspberries.

Provide winter protection for wall-trained outdoor figs to help successfully overwinter the embryonic green figs that will form next year's crop. Cover the plant with plastic netting and fill between the plant and the netting with a loose layer of straw, bracken or other open material. This covering should remain on until danger of frosts is past.

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Cut down the fruited canes of blackberries and hybrid berries and tie in new ones.

Lift and divide old crowns of rhubarb.

Take hardwood cuttings of currants, gooseberries, figs and grape vines after leaf fall; only use virus-free plants.

Order fruit trees and bushes from mail order catalogues and nurseries, and prepare the ground well before planting.

New trees can be planted as soon as the autumn weather sets in. The soil will still be quite warm in early October, even if the weather is cool, and the roots of new plants will benefit from this. This is particularly important for peaches and nectarines. Other fruit trees may have a higher tolerance of cold at the roots, and can be planted later in the dormant season.

Keep an eye on any newly planted strawberry beds, watering them if necessary - using stored rainwater wherever possible.

Flower garden

Cut back faded herbaceous perennials and add to compost heap.

Lift and divide poor flowering or overcrowded herbaceous plants such as Achillea, Artemisia, Aster, Campanula, Crocosmia, and Phlox. This will revive them for next year. Division is also a cheap way of increasing your stock of favourite plants.

Wait for first frosts to hit dahlias and cannas before lifting the tubers or rhizomes. They may overwinter in the ground in warmer regions if covered with a protective layer of straw or bracken, but flowering may be late and/or poor next year.

Lift tender bulbs if you live in a cold area; Galtonia and Tigridia bulbs, for example, need lifting and storing over the winter.

Any remaining summer bedding plants struggling on in milder areas are best cleared and replaced, for a fresher display. They make excellent additions to the compost heap, but avoid composting diseased material.

Don't neglect hanging basket maintenance - a little deadheading, watering and feeding can keep them going until mid-autumn. Once they are past their best, then re-plant with spring-flowering bulbs, winter heathers, trailing ivies and spring bedding plants.

Pick over alpines regularly, removing any autumn debris and covering died-back patches with extra grit to encourage their re-growth.

Lily bulbs can be planted up in pots this month. Next year, they can either be brought inside for an early display in spring, or left outside as summer patio plants.

Continue to plant spring-flowering bulbs, but leave tulips until November.

Plant wallflowers, forget-me-not, Bellis, Primula, Viola (including winter pansies) and other spring bedding plants in prepared ground or pots. Keep them well watered if no rain is forecast, using stored rain or recycled water wherever possible.

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

Raise patio containers on to bricks or purpose-made pot feet to avoid them sitting in water during the winter.

Remove stakes and other supports as herbaceous plants die down for the winter.

Check any bulbs being forced in darkness. If they show signs of top growth and have a healthy root system when knocked out of the bowl, bring them into a cool, light room to induce flowering.

Continue collecting and storing seed from perennials still forming seedheads.



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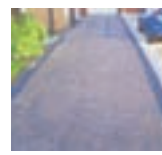
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Your Stars for October 2009 -

By Kay Gower

Aries - (Mar. 21- April 20)

The spotlight is now on friendship and on finding like-minded people to spend time with who are truly on your wavelength. Be prepared to cut loose from a situation that has become restrictive.

Taurus - (Apr. 21- may 21)

Most Taureans like to know precisely where they stand and are going in life. But the emphasis is now on freedom, adventure and living in the "now". Resist the urge to plan ahead and let events unfold at their own pace.

Gemini - (May 22-June 21)

A creative project may turn out to be more lucrative than you had hoped; your attitude is all-important now, so leave self-doubt behind you for good.

Cancer - (June 22-July 22)

You may be the perfect listener and give the best advice, but others need to be aware that you, too, have your own needs and feelings. Don't be afraid to ask for what you want or to let down your defences. You're especially vulnerable around the 14th (give or take a day or two) be as gentle with yourself as you are with others.

LEO - (July 23-Aug 22)

You need to clear the decks, so deal with all the chores that you've postponed, no matter how dull they seem, early in the month. New doors are due to open - be prepared for new experiences.

Virgo - (Aug 22 - Sept. 23)

The choices that you make this month will be the right ones if you take things slowly, so relax and trust your intuition. Try to side-step confrontations with a family member around mid month if possible.

Libra - (Sept. 24 -Oct. 23)

What matters most this month is being flexible and finding new, creative ways to reach a long-term goal. It could be easier to get there than you think.

Scorpio - (Oct. 24 - Nov. 22)

Give yourself a break, Scorpio. A certain situation is not cast in stone, so stand right back and take a good look at the bigger picture.

Sagittarius - (Nov. 23 -Dec. 21)

If you take the line of least resistance and let others think that they are in control, they could come more than half way to meet you. In fact, you could see a certain problem almost vanish of its own accord if you just take a step back.

Capricorn - (Dec 22.- Jan. 20)

Pluto in your sign is about to open a new door. Say yes to change, and don't try to hold onto the past. Better times now lie ahead so enjoy.

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

Spending too much time wondering or worrying about the future could cause you to miss out on a chance in the here and now! Overcome any doubts you may have and take a positive approach to life.

Pisces - (Feb. 20-Mar. 20)

A new chapter in your life begins. Let go of attitudes and situations that you have outgrown, and reassess your goals. A winning streak starts mid month, so leave your doubts behind and aim high.



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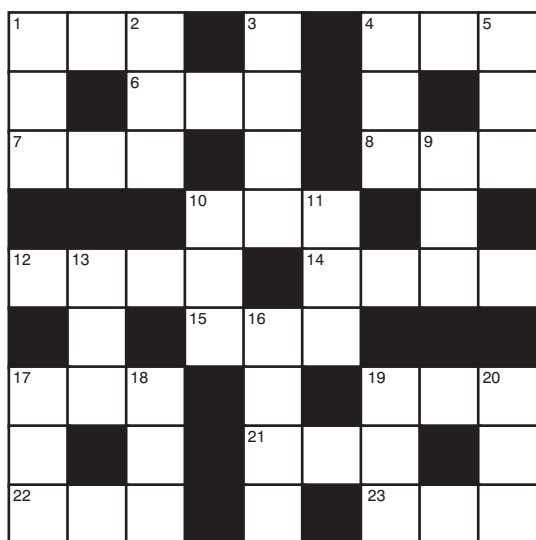
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Number Cruncher



Across

1. 12 across divided by nine
4. 13 down minus twenty-nine
6. 19 across times three
7. 19 down times four
8. 7 across minus twenty-six
10. 20 down plus forty-one
12. 6 across times eight
14. 13 down times eleven
15. 18 down doubled
17. 17 down minus twenty-seven
19. 11 down doubled
21. Seconds in four minutes
22. 8 across plus ninety-six
23. Four times 21 across

Down

1. 22 across minus 128
2. 10 across plus fifteen
3. Nine gross
4. 2 down minus 188
5. Five score
9. Dozen in ten gross
10. 17 across minus thirty-seven
11. Months in eleven years
13. Minutes in five hours
16. Twelve gross
17. 15 across plus seventeen
18. 21 across plus sixteen
19. 4 across minus sixty-two
20. Seconds in seven minutes

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UNIQUE

By the time you read this we'll have put on our charity hair show at Lazzatts Pavillion, displaying our winter collection. Unique is currently a hive of activity putting the finishing touches to ensure it's a resounding success. It is on behalf of our designated charity The Echoes Foundation, which you may remember from our last show. For information on the charity look on their website www.echoesfoundation.co.uk

We're expecting around 200 people and hoping to raise approx £5,000 for the charity which is hoping to build a multi-purposededicated therapy centre for children in Hull and the surrounding area with special and additional needs.

I would like to introduce our new talented stylist Marie who has returned to the area after a successful period working on the ships. She was working in a top northern salon previous to that.

I am also very pleased to announce my partner Paula and I are expecting a baby which is due in February.

Paula will be going on maternity leave after Christmas but is looking forward to seeing all her clients before then and will recommend a different stylist for them to try.

Training as ever is an ongoing programme at Unique. We have all just completed a Colour Correction Course with Karen, the Wella Colour Technician. Colour is an area where we are fully committed to invest in. Our colour knowledge at Unique is now second to none. We are now getting none salon clients contacting us for colour advice as our reputation for colour knowledge is growing in the area.

As well as colour we are increasing our knowledge in the spectrum of creative cutting. We are inviting top cutting specialists to teach us the finer points so we truly are the leading specialists in all aspects of hair services in the East Riding.

As promised in last months issue here is your Unique guide to party hair.

It's not long now before Christmas parties are filling up your social calendar, so don't delay and get your hair appointments booked. At Unique we have some amazingly creative stylists who will love to complete your glamorous festive look. All kinds of accessories and hair pieces can be used to create the look you desire. We can offer clients the very versatile option of Flip-In Hair which cause no damage to your own hair but can give you longer and fuller looking hair. Flip-In is placed on your head with a special wire and not attached to your hair. It's ideal for thinning hair or to create extra length to help create those stunning party looks for nearly anyone. Whether you want a classic and timeless up-do or something a bit more edgy here at Unique we can help you achieve your desired look.

Ben



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

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Cottingham Tigers Under 8's complete the season going 50 games unbeaten

The young Tiger Cubs based at the Roy Waudby Sports Arena, Hilltop in Cottingham, have completed the summer season in the Hull and District League going 50 games unbeaten.

This winning streak has included wins against the previously unbeaten Townville Tigers of Castleford and Oulton Raiders of Leeds.

Coached by Craig Clark and Andy Hawker the Tigers have enjoyed a great season playing on Craven Park, KC Stadium and Headingley. Its definitely been a season to remember for the players and everyone connected with the team.

Coach Clark explained 'whilst its great to go unbeaten, and the lads should be very proud of their achievements this year, this level of Rugby is the nursery for building confidence and skills development, the most important thing for us as a club is that the lads enjoy it and keep on playing and get the most out of what the game has to offer in the years to come.

To find out more about Cottingham Tigers RLFC look on www.cottinghamtigers.org or contact Craig Clark on 07834588583.

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As we move into Autumn so our menu is changing to reflect this, with dishes including Wild Boar, Pheasant, Partridge and Quail. Our greatly anticipated Christmas menu is also now available. So come in out of the cold, relax by the open fire and enjoy some of our fine cuisine, chased down with a bottle from our extensive wine menu ~ Maria

For our connoisseurs of the ale, I have something a little special for you this month. We have acquired beers from breweries we don't usually have access to, so the usual suspects of Marston's Pedigree, Jennings Cumberland and Banks Bitter are stepping aside to make way for beers from Wells & Young, Everards, Thwaites and Wadworth. Why not try before you buy, if you are unfamiliar with any of this months beers so that you can truly enjoy any of the ales available ~ Andy

The Blue Bell
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Cottingham Bowling Club's end of season news round-up after an enjoyable bowling year

The Club has just ended a very enjoyable season with a promising start from many of our new members. The League results were quite good, with one of the teams in the Driffeld League gaining promotion in their first year in the league.

Congratulations to Mandy - partnered with Alan Smart in winning the final of the club's Harry Wright competition beating Betty Briggs who was partnered by Oliver (one of our new players). Oliver was there again being a member of the winning team with Mike Todd and Roger Dyson in the Ladies vs Gentlemen's competition.

The runners up for the Ladies were Wendy Thomas, Babs Rangeley and Betty Briggs. All of our new members took part in all, or most of the competitions and showed a lot of potential for next season. Two club members who deserve special mention are Marlene Atkinson and Margaret Abba.

They became the County Women's Pairs Champions when they won the English Women's Bowling Federation Final. They went on to play at Skegness, representing the Club & County in the National Finals but unfortunately, they lost in the penultimate round. Marlene, however, had further success when she won the 'Over 60's Women's Championship'.

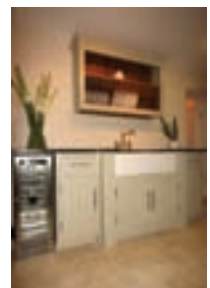
Tim Winter in winning the Clubs Open Singles Final beat last years winner, Gerry Holmes and will go on (as Gerry did last year) to play in the prestigious Champion of Champions series at Kirmington next season. -

Winners (and runners up) of other Trophies were Marlene Atkinson v Barbara Bell, * Barbara Bell v Sue Woodeson, * Margaret Pashby & Marlene Atkinson v Chris Lambert & Jean Major, * Gerry Holmes v Ralph Shallcross,* Harry Mann & Colin Thomas v John Dewing & Alan Woodeson,* Denys & Margaret Abba v Steve & Chris Lambert,* John Dewing, John Merrikin, Don Macer v Sue Woodeson, Brian Johnson (new), Les Wilkinson, *Maureen Todd (new), Don Macer v Stan Pindar, Sue Woodeson,* Mollie Walker, Alan Smart, Betty Briggs v Barbara Bell, John Merrikin, Les Wilkinson,*and 'finally' Eric Gibbons v Jean Major. In closing - get in touch if you fancy trying indoor bowls during the close season contact Brian DeVine, Club Secretary, 01482- 847303.

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From Claridges to the Millhouse - We welcome new Executive Chef, Andy Hunt

The Millhouse Restaurant & Bar at Skidby is delighted to announce that Andy Hunt has joined the team as the new Executive Chef.

Andy brings a wealth of knowledge and experience to the Millhouse having worked in some of the best kitchens in the world, including The Savoy, The Ritz and Claridges. Andy has spent the previous four years working for Holiday Inn, where he was based in York as Head Chef and worked for the Holiday Inn Group as the national menu developer.

In addition to working for some of the top restaurants in the UK, Andy has also worked in Australia, and in Hong Kong at the famous Mandarin Oriental Hotel, and in Ireland at the Aghadoe Heights Hotel in Killarney. Andy's expertise and talent has been rewarded with three Rosettes at the Fredericks Hotel and Restaurant in Maidenhead and with two Rosettes at the Depot in Barnes, a popular dining spot for London's rich and famous.

Andy comments "I am looking forward to the challenge of bringing locally produced home cooked classical dishes with a modern twist to the existing and new clientele at The Millhouse." His enthusiasm is shared by Millhouse Restaurant Owner Marco Cuifettelli; "This is an exciting development for the Restaurant. Over the coming few weeks Andy will be introducing his culinary expertise to The Millhouse diners and we're anticipating great things from him."

For further information on menus, reservations and future events contact the The Millhouse Restaurant on 845610 or visit their website www.millhouserestaurant.co.uk

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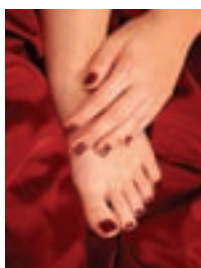
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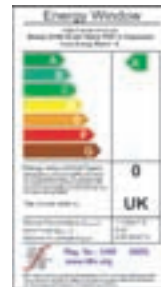
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**Melanie Watson of Skidby Livery
Stables with the fourth of her monthly
articles**

The Effects of the Credit Crunch!

Life is proving very hard for every single one of us as the nation trembles in the wake of the financial fiasco we find ourselves entangled in. It's all about survival in the medium term. There are not many open doors in the corridor we find ourselves walking, (unless you happen to be an undertaker or a bailiff!!!)

There has been, and continues to be, a significantly negative influence in any industry that depends on peoples spare money. The horse industry has been hit very badly. There is a very limited market for selling horses and the market price of stock has been reduced profoundly.

If there is a choice to be made in having a horse trained, or broken in, or giving the family a well earned holiday, then there is no dilemma. The needs of the family will come first of cause.

We all have to accommodate change in how a business is run and looking outside the box can lead to new opportunities. For my part I have started to be more flexible in my working practises. If the mountain no longer comes to Mohammed, then hit the road Jack!!!

Building on Your Strengths

Part of my skill set is the ability to, not just load the unseemingly unloadable horse (into whatever form of transportation vehicle required), but also to solve the fears and anxieties that are the root cause of the very real problem in the process.

I have started to travel far and wide doing just that, in the past two weeks I have been to upto Scarborough, way over in Cheshire, down to Bromsgrove and next door in Coventry.

My next one is in Sussex! One young lady desperately wants to take her horse with her to university with her in October but her horse is terrified of travelling.

This particular problem is very common in the equine industry, which causes massive frustration in owners, and is perhaps a root cause in many a divorce!!!! Somehow non-horsey husbands and fathers do not appreciate the prospect of still being in a show field or car park, (invariably in the cold and rain), hours after the rest of the world has gone home, cooked tea and are now most likely sitting in front of the TV and watching the football!!! All because the said horse says "THERE IS NO WAY ARE YOU GETTING ME BACK IN THERE"!!!

All joking apart, this is a serious issue and extremely common. Unfortunately the use of unadulterated force and very real pain, is the usual way used to load the bad or slow loader. This brutish mindset is totally destructive in the long run and merely reinforces in the horse's mind, that there is much to fear.

People seem to forget that will be another day and another journey. Each bad experience for the horse compounds the problem to be faced, by all concerned, at some point in the future.

My way of training not only cures the problem by allowing the horse to become comfortable in that dreaded space, but also leaves the owners with a method and a technique for their future journeys together. The method, in its own right, always makes a profound and beneficial difference to the relationship between the owner and the horse, leaving mutual trust where there was none, and also a calmness and acceptance of hierarchy therein. I get a real buzz when the job is done. I leave behind a happy horse and an equally happy owner!!

There is one massive draw back for me personally. I simply hate motorway driving! I sat stationary on the M1 for over an hour and a half on Friday . . . I am a country girl after all . . . stationary is simply not in my vocabulary in my working day. The motorways are a bit of a shock! Looks like I had better get my head round accepting the unacceptable, just like one of my horses!!!

Progress Report on Zander

Well. So far so good! We are getting on top of his sacral pain through the use of Arnica, Devils claw, daily stretches and the chiropractor. His attitude towards his work, and ditto myself and my staff, is certainly improved. He appears more content and is visibly less defensive and aggressive. We have sat on him twice recently and he remained calm and relaxed. Over the next few weeks his attitude will be increasingly tested, as we start to ask more from him. Hopefully he will leave behind his habitual anger responses of rearing, bucking and plunging . . . and actually have fun. Fingers crossed.

I would like to give a special thank-you to Mrs. T. an anonymous 82 year old lady who very kindly sent me £5.00 through the post, to help with Zandar's recovery.



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Secure your Garden Sheds and Garages as winter approaches

Humberside police are warning residents in the Dale & South Hunsley area to think about security of their garden sheds and garages at a time when most people are putting garden items away for the winter.

A number of shed and garage burglaries in the area over the summer months has prompted the police to put out this warning to householders.

Garages and sheds are often full of expensive tools which are ideal for breaking into houses. If possible keep expensive power tools in the house. Never leave a shed or garage unlocked, fit strong padlocks and ensure the doors are solid enough not to be kicked in.

Consider painting or engraving your post code onto items like lawnmowers, strimmers and power tools to make them less attractive to a thief and if they are stolen the owner can be traced at a later date.

Don't leave garden tools and ladders lying around in the garden, these can be used to break into your house.

Anybody wanting further crime prevention information can contact their local Police Community Support Officer on 0845 6060222 or call in at Brough Police Station. during opening hours.

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



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

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

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



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Successful end to Cottingham Cricket Club's Season

Cottingham Cricket Club had a successful finish to this season with the First team getting promoted to the Premier league and the Under 17 and Under 15 teams winning their respective Cup finals.

The First team had been in the top 4 of their league all season and over the last few weeks had worked their way into the top 2. They finished the season in second place having won 15 out of the 22 league games and have been promoted to the Premier League. The team was a young team compared to others in the league with half of those who played for the team being Under 18. It was a good experience for the youngsters as they now face a stronger challenge next year. The final game at Patrington was played in a good spirit by both teams with Byron Parker becoming the 4th member of the team to record a Century this season following James Brown, Danny Moss and Will Rhodes. Captain, Rob Rhodes, then used 9 bowlers, before he was substituted by Mike Best who came onto field in his 50th season at the Club, his first game being at Patrington in 1960!

The second XI lost their final league game but finished 3rd in their league, again with numerous juniors represented the team during the season. The Academy side, set up to give Juniors their first taste of Senior cricket, finished in mid table winning a third of their games, with 19 Under 18's playing at sometime during the season for the Team.

The Clubs U11, U15 and U17 all reached their respective cup finals. The U11's batted first against Hull Zingari with Declan Pearson top scoring with 16, Tom Whitely with 10 and 9 year old Charles Fish with 13. Reaching 97-8 after their 20 overs Zingari set about chasing the target. Some good running and batting looked like securing the opponents an easy victory but a burst of 3 wickets by Irfan Mohammed slowed them down so they won with only 2 overs left.

The U15 and U17 sides played their finals on the same day at Hull YPI. The U17 played their game first and it was against Hull & YPI who batted first. The Cottingham lads bowled well with wickets shared between Captain Danny Furlong, Rob Moy, Byron Parker and Will Rhodes but YPI still scored 137-7. With a brisk 48 from Rhodes and 26 from Parker victory was secured in the 17th over as Mike Bell hit the winning runs to finish on an excellent 54 not out.

The U15 team reached their final by beating Zingari in the semi final. Batting first Cottingham rattled up 188-3 in 20 overs with Will Rhodes 93, Byron Parker 41 and Jonathan Hagyard 35 scoring the runs. With Rhodes taking 3 wickets and Matthew Hagyard and Liam James 2 each Zingari reached 83 in their allotted overs with only 2 batsmen reaching double figures. The Final was against Fenner and as in the U17 final Cottingham won the toss and elected to field first. Despite 54no from Fenner batsman Connor Bowden they could only score 94 with Joe Welbourn taking 4-10 in 4 overs. Although Jonathan Hagyard was out early the target was reached in the 13th over with Rhodes 36no and Parker 43no seeing the team home and a cup double for the Club.

The Club also reached the Final of the Patrington McKinley cup where an U18 side played Fenner at Patrington. Fenner batted first and scored 152 with Danny Furlong taking 5-24 in 8 overs and Ben Hagyard 2-16 in 7 overs. Unfortunately Cottingham's batsmen struggled to score runs with Will Rhodes 53 and a quick 22 from Byron Parker being the only innings of note until Joe Welbourn cracked a quick 14 at the end as the team finished disappointingly on 112 all out.

The Club held the first of their 2 Presentation evenings recently. The Under 13s and younger had their presentation which was then followed by the Clubs BBQ. The evening was well attended with over 180 being present during the evening.

Club Chairperson Mike Gibson opened the evening by saying a few words about the Club in general and then introduced Derek Gregerson, a Vice president of the Club and Chairperson of the Yorkshire Lords Taverners, who was to present the Trophies. Mike Fish, who looked after the U9 team, spoke about their season and the festivals they participated in. He thanked all the



players and those who helped out during the season. The first award of the evening was presented to Charles Fish. He was nominated as Under 9 Player of the Year by Pete Pearson the U11 manager who then spoke about the Under 11 season. Tom Whitely was presented with an Under 10 Player of the Year award and then the following were given out. Bowling Performance - Cameron Furlong; Fielder of the Season - Sam Wilson; Most Improved Player- Lewis Scott; Batsmen of the Year - Matthew James; Bowler of the Year - Irfan Mohammed; All Rounder of the Season - Will Fish and Player of the Year- Declan Pearson.

With Jez Parker, the U13 Manager, having left the area to join the RAF, Ken Parker, who helped Jez with the team, spoke about their season. Trophies were presented to Bowling Performance- Jonty Bayram; Best Bowling- David Lambert; Fielder of the Year- Connor Whitley; Most Improved Fielder- Robert Martin; Most Improved Player- Jack Lister; Bowler of the Year- Rizwaan Mohammed; Batsmen of the Year- Brendan Ward; All Rounder of the Season- Jonny Mawson and Player of the Year- Rich Moy. Rich Moy was then presented with an award to mark his 5 wickets for 1 run in the McKinley cup game against Patrington at Hilltop. After a few words from Derek Gregerson everyone's attention turned to the BBQ and a good evening was enjoyed by all.

Pictured bottom left: The 15 Cup Winners and top, the Under 17 Cup Winners.



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More Happenings at the Pop-In

The Totally Potty day at Skidby Village Hall Pop-In, saw 16 children and one adult painting some very original designs on mugs, plates, etc. and a great time was had by all!

Tuesdays "Needles and Natter" sessions are still continuing and from 16th October anyone can join in the Friday "Creating and Crack" sessions. Come along and make some cards for Christmas or just come along for a good old crack with everyone. There will also be a craft session for children during half-term week. Ring Mary on 01482 843446 for details

Below: Answer to Sudoku problem No. 33 from the September issue.

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

News from Cottingham Little Theatre

"Pull The Other One"

Rehearsals are now in full swing for our next production, "Pull The Other One", a comedy by Norman Robbins. Make a note in your diary of the dates of the Performances. They are Thursday 26th November, Friday 27th November and Saturday 28th November at 7.30 pm and the venue, as usual, is the Darby & Joan Hall, Cottingham. Doors will open at 7.00 pm.

Ticket prices are again held at £5.00 for Adults and £4.50 for Concessions and they will be on sale at Barkers, Newsagents, Hallgate, Cottingham or from our Ticket Secretary, Kaye, from the beginning of November.

Play Readings

Our next Play Reading evening will be Monday 5th October in the Old Brewery Bar of the King Billy Inn in Hallgate, commencing at 7.30 pm. Everyone is welcome to come along to take part or just to sit and listen. There is no charge for this event so why not give it a try, as it is more of a social event than formal occasion. It is also an opportunity to meet our existing Members and find out more about us. Who knows, you may even finish up with a part in a future production. If you would like more information give Sue a ring on 01482 842250.

Social Events

Ten members and guests thoroughly enjoyed the bowling evening at IMF Sutton Fields on Sunday 13th September.

The Cheese & Wine Evening, with Poetry reading, is arranged for Saturday 26th September in the Darby & Joan Small Hall at 7.30pm.

Our Christmas Party Night at the Ferguson-Fawcett Arms in Walkington will be held on Friday 4th December.

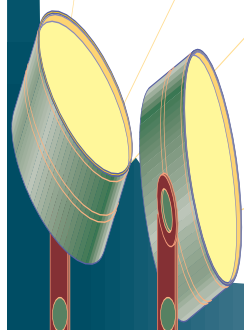
These are open to all Members and Friends of the Society, so if you are interested in coming along and joining us, please ring our Social Secretary, Lynda on tel. no. 01482 849655.

New Members and Friends

We are delighted to welcome new Members (either to act or to help backstage or front of house) and Friends, who offer us such valuable support both financially and spiritually. If you would like more details about becoming a Member feel free to contact either our Secretary Val on tel. no. 01482 or Margaret on Tel. No. 01482 846796.

If you would like to become a 'Friend' ring Bob or Kaye on Tel. No. 01482 842270 or have a look at our updated Website www.cottinghamlittletheatre.co.uk.

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

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

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

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

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

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

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



Problems and Diseases commonly treated by TCM

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.

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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 six 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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Friends of KGV Cottingham hold their Halloween Trail on Saturday 31st October

The Friends of KGV Cottingham will be holding their annual Halloween trail again this year from 5pm on Saturday 31st October 2009 with the woodland walk providing the perfect backdrop for a ghostly trail. There will be prizes for best boy, best girl and most original fancy dress costumes, bobbing for apples, a lantern release (priced separately at £2.50 per lantern) and small firework display all for £2.00 per family.

At 6.00 pm we will be holding a floodlit spooky five a side soccer tournament with the winning team collecting the KGV Cottingham Spooky Soccer Trophy. Teams can be mixed boys and girls but will be split into age categories under nines and nine to eleven(ish), anyone wanting to enter a team should contact Dave Sherwood on 07894 234454 for more information, all teams will be charged a £5 entry fee.

Beastly Burgers, Haunted Hot Dogs and Spooky Soup will all be available along with a selection of drinks, cakes, buns and snacks and all the children will receive a chilling choccie of some sort.

Proceeds from the event will all go towards the pavilion rebuild and all are welcome, anyone wanting more details should contact Jan Rodgers on 07746454456.

**Forthcoming events at
Cave Castle Hotel &
Country Club**

**Halloween -
£22.50 per person
Saturday 31st October**

Join us in character for a frightful night this Halloween here at the Castle, enjoy Dinner and stay over if you dare for £125 per couple inclusive of dinner

**Murder, Mystery Night -
£29.95 per person
Saturday 27th November**

Check in & relax at the castle, enjoy a glass of champagne & canapes "Dead Lucky" - A dinner to celebrate the re-opening of the hotel is thrown into disarray by some unwelcome travellers. They can see into the future . . . and all is not looking good for one guest!!!!








Call 01430 422245

For further information or to
book your tickets

SOUTH CAVE, BROUGH

Cottingham Red Cross Ladies, celebrate their first Ladies Lunch at the Cottingham Parks Golf and Leisure Club



The members of Cottingham Red Cross would like to express their thanks to all their sponsors, supporters and particularly the staff of Cottingham Parks Golf and Leisure Club, who hosted their first event, for their help in making our first Ladies Lunch a success.

With their help we raised £500.00, which will be used entirely for Red Cross services in the Yorkshire community.

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The cost of funerals continues to rise at a time when the rate of return on savings is at an all time low. So, if you have been putting money aside to pay for a funeral, there is no guarantee there will be enough money to cover the costs when the time comes. The good news is that unlike any other way of funding your funeral – a savings account or a life assurance – the Age Concern Funeral Plan allows you to freeze your funeral costs at today's prices.

With the Age Concern Guaranteed Funeral Plan, you can be sure that the funds held for your funeral are completely secure. They are held in an independent trust fund and are not accessible by Age Concern or the Funeral Director until the funeral is required.

Come and discover the advantages of the Age Concern Guaranteed Funeral Plan, where there are no medical or health questions, guaranteed acceptance if you are over 50 and flexible payment options, by calling in to your local Age Concern in Beverley and speaking to one of our advisors.

Age Concern Guaranteed Funeral Plan

Freeze the cost of your funeral

Beat the 30th November price rise.
SAVE UP TO £175



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- Keeps your money secure
- Easy payment options available

For your FREE Age Concern Guaranteed Funeral Plan Guide pop into:

Age Concern East Riding of Yorkshire

Morley's Cottage
Morley's Yard
Walkergate
Beverley HU17 9BY

AGE Concern Opening hours: 9.30am-4pm
Or call: 01482 861065

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The 59th Haltemprice Art Exhibition takes place from Friday 23rd October to Saturday 31st October

Entries for the exhibition are invited from all artists who are either resident in the East Riding or attend art classes or clubs in the East Riding. The exhibition is to enable local amateur artists to display and possibly sell some of their work.

This is an annual event organised by the East Riding of Yorkshire Council Arts Development Service. The exhibition will take place at the Civic Hall in Cottingham from Friday 23rd October to Saturday 31st October 2009 and is open daily from 10.00 am to 4.00 pm. Admission to the exhibition is FREE.

Receiving date for exhibits is Monday 19th October, 2009 9.00 am to 7.30 pm at the Civic Hall, Cottingham. Entry is £1 per exhibit.

The Wilburn trophy is presented at the end of the exhibition to the most popular exhibit. A public ballot takes place during the week of the exhibition to decide upon the winner.

There is also a children's section at the exhibition, which has seen some outstanding art work produced by the young people of the East Riding. Individuals and local schools are invited to exhibit their work too. Trophies are presented for first prize in the 14 years and under and 15 years and over categories. Receiving date for exhibits in the children's section is Friday 9th October 2009 between 10.00 am and 5.00 pm at the Civic Hall, Cottingham.

Entry forms for the exhibition are now available from either Beverley Art Gallery, Cottingham Customer Service Centre or by contacting Christine Lison, Arts Development Worker (01428) 392654

Wills R Us

Everyone should have a Will to make sure the right people benefit. You are invited to make a 30 minute, free advice appointment with Mrs. Drury to discuss your situation and requirements.

It may be that you would like more information concerning:-

- ❖ Protecting your property against Local Authority charges
- ❖ Protection of children in the sad situation where one parent has died and the other has remarried, or if there is a marriage break up
- ❖ Elderly Client issues that you may need to address, i.e. care home fees and how they are assessed and what can be done to minimise the cost
- ❖ Lasting Powers of Attorney for your nearest and dearest or your parents
- ❖ Matrimonial affairs
- ❖ Personal injury

Mrs Drury's office is small, friendly and family orientated and you will be given personal attention at all times. Home visits can be arranged for the elderly and infirm without any additional cost to residents in Cottingham and the immediate surrounding areas. There is car parking at the rear. We look forward to seeing again, our existing and hopefully, future Clients.



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Crossword Solution from page 14

1	W	H	A	R	F		4	P	A	I	N	F	U	L
	A		P		L			I		M		L		I
8	G	A	R	B	A	G	E		9	P	S	A	L	M
	E		I		G			C		E		M		I
10	R	O	C	K	S			11	E	A	R	N	E	S
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12	A	C	T	U		13	A	L		14	F	L	A	W
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17	S	A		18	M	U	R	A	I		19	A	G	R
	O		O		I			R		O		R		R
21	L	I	V	I	D			22	E	A	R	L	I	E
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A Happy Mind and Body

Maintaining good health is not just caring about the outside of your body. Most people fail to remember that health and well being actually starts from within and what you put into your body is what you get out of it.

Consuming a well balanced diet is vital for health, as it will ensure that the body has the optimum intake of vitamins, minerals and trace elements to remain healthy.

Foods such as vegetables, fruits, nuts, seeds, fish and wholegrains contain high levels of immune boosting nutrients such as vitamins, minerals etc.

Your body renews its cells constantly and it is known by scientists that the body is almost totally renewed every 7-9 years. Nearly every cell in your body changes which is quite an amazing thought. The other extraordinary fact that we take for granted is that when you cut yourself, your body naturally closes up the wound and heals. We don't have to do anything.

However, we all realise that if you are in poor health, not eating nutritious food, or extremely exhausted or even stressed you will take longer to heal. You will not be in a state of ease.

People who are happy and healthy, don't age as fast as people who are unhappy, and not healthy. If your body is working well your cells will regenerate easily and you will have balance.

A happy mind makes positive choices, including lifestyle choices and this produces good health and balanced cells within the body. When the cells are balanced they function well, remove waste and don't create the symptoms of ageing. Ageing in a sense, is caused by cells that are 'polluted' and unhappy, which fundamentally comes from an unhappy mind. You cannot separate the mind from the body.

We are subject to many external pressures on our bodies and minds today in modern society and these pressures can also affect the ageing and overload of our cells. (A Chinese lady told me that if you tend to be a 'worrier', set aside twenty minutes a day and mull over your worries during that time, and then put them away and get on with the rest of your day). After a few times I found it actually works!!

When we're in need of relaxation, the first thing we usually think of is booking a holiday, because we know soaking in the sunshine and dipping our toes in the sea will help us to unwind.

But, whilst we know that time spent by the ocean is mentally nourishing, what do we know about how it can benefit us physically? Well, it's good news. Enjoying sun, sea, sand and even seaweed can be incredibly good for us on the inside too, providing an array of health boosting benefits that will make justifying time off by the coast a lot easier.

Gentle exposure to sunlight helps us to produce Vitamin D – one of the vitamins produced naturally by our bodies. The majority of people in the UK have an insufficient level of vitamin D in the blood, particularly in winter.

Famous for its contribution to bone and joint health, Vitamin D helps the body to absorb calcium, so regular yet sensible exposure to sunlight is important. It can provide important health benefits.

Laughing is stimulating, watch funny films, tell funny jokes to produce a 'feel good factor'. Or just smile!

You could improve your lifestyle by taking regular exercise. Walking (see Paul's walks on page 24), aerobics or any type of sport. Swimming, yoga, Tai Chi etc., any small amount will do, done on a regular basis. Exercise produces endorphins, a mood enhancing hormone, so not only will it make you feel better on the outside, but on the inside too.

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We still corner the market in good old fashioned service and our knowledge of bathroom fitting and kitchen design is second to none. New bathroom suites start at **£249:99** and are better quality than some!

This month, we are concentrating on helping disabled users. Many accident and emergency admissions arise from bathing accidents. Climbing over the side of your bath is an accident waiting to happen. We are removing a bath a week, fitting shower enclosures. This puts any climbing to just a few inches off the floor, aiding bathing. There is no bath side to climb over. Fitting a shower enclosure, with safety handles reduces, any chance of slipping by a massive percentage. This month we have removed five baths, helping five people to be safer in their bathroom and we hope to help you in the near future.

Our shower enclosures come in all shapes and sizes, giving you ultimate choice. The prices range from **£249:99** to lots, but on average, our customers spend **£399:00**. along with good quality shower valves, saving money on your water bill is an added bonus. Give Village Bathrooms and Kitchens a chance to quote you better.

Are chrome radiators as hot as a standard radiator? Well the answer to that lies in the out-put of any given radiator size. A small towel chrome radiator will give no-where near as much heat out-put as a conventional radiator. After all 80% of the radiator will be covered in towels. All radiators have a specific heat out-put and are advertised with that specification. Any radiator sales person will advise you of the heat out-put and size needed for your room and sell you the appropriate radiator. Chrome radiators are as hot, but do not have the radiation effect that bigger conventional radiators have.

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

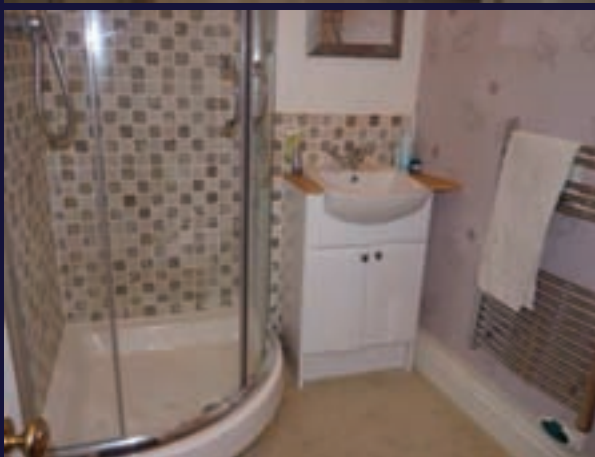
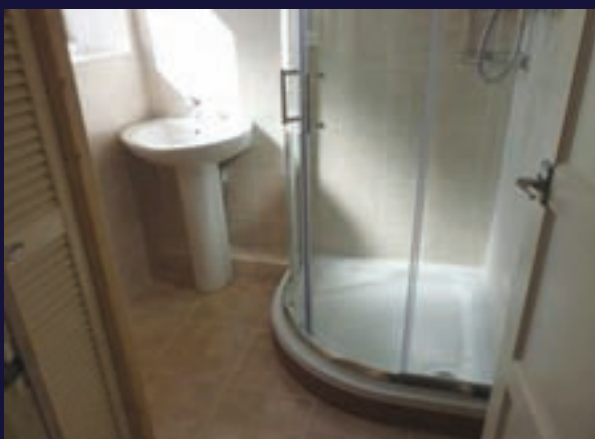
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