

Cottingham Times

and District

Issue 119 - October 2011

STEPHEN RICHARDSON



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St. Mary's Church, Cottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 50p (including biscuits). A warm welcome ensured.

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

Mary's Village Pop In - The small hall at the Village Hall, Skidby
Tuesdays and Fridays 10.00 to 4.30 pm. Adults, Children and Young People Welcome. Call in at any time for a drink and a chat. Tea, Coffee, Hot Chocolate, Biscuits, Crisps and Sweets.

Age Concern East Riding of Yorkshire

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

Cottingham Rangers AFC

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

Zion United Church, Hallgate

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

Scottish Country Dancing Club

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

Haltemprice Art Group

Tuesday 4th October - Appraisal of Summer Sketches - Jill Carter
Tuesday 11th October - White on Black
Tuesday 18th October - Sketching - Pat Tillotson/Jerry Wilks
Tuesday 25th October - Half Term
Tuesday 1st November - Workshop with Rose Horsepool - Using Mixed Media

Cottingham Ladies Circle

Wednesday 5th October - Mr. Richard Richards, A talk about the Inland Waterways, in the Zion Church, Hallgate, at 7.30 pm.

Cottingham Local History Society

Wednesday 5th October - Postcards from the Past, Chris Mead. The Society meets every first Wednesday in the month, in the Red Hall of Hallgate Primary School, Hallgate, Cottingham, commencing at 7.30 pm. Entrance is via the King Street entrance to the school.

Cottingham Men's De Luda Association

Wednesday 5th October - Weather Folklore, Mark Jessop, in St. Mary's Church Hall, 2.00 pm.

Front Cover Picture: A view of Beek Bank. Photograph by Paul Lakin, 9 Dixon Court, Cottingham HU16 5BN. Telephone 846804.

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Yorkshire Countrywomens Association (Skidby Branch)

Thursday 6th October - Corn Dollies, in the Skidby Village Hall at 7.30 pm.

Zion United Church, Hallgate

Thursday 6th October - 9.30 am to 11.30 am. Tea and Coffee are available and there is a book stall. Proceeds in aid of Amnesty International as this year it is their 50th Anniversary.

East Yorkshire Embroidery Society

Saturday 8th October, Sue Stone, Woman with a Fish - Stitched Textiles, in the Darby and Joan, Finkle Street, 2.15 pm. Members £1.00; Visitors £2.00 including refreshments. Yearly membership £6.00.

Hull Young Musicians

Saturday 8th October, Craft Fair in aid of Hull Young Musicians, 10.00 am to 4.00 pm in the Civic Hall, Cottingham. Live music by students, homemade refreshments and raffle.

Little Weighton Events

Sunday 9th October - 4.00 pm Dinner and Cabaret at the Hotham Arms. Nostalgic Light entertainment with Andy O'Neil. £25.00 per person, in aid of village hall refurbishment.

Cottingham Catholic Women's League

Monday 10th October, Open Meeting, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 11th October - Hearing Dogs for the Deaf, Dave Thompson, Competition: A fan, at 10.00 am upstairs at the Civic Hall, Cottingham. *Lift available.*

Cottingham Green Women's Institute Evenings

Thursday 13th October, Mr. Jim Topping, Where do all the Flowers come from? - A miniature Flower arrangement. Sales table, fruit and vegetables, harvest delight, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

East Yorkshire Association of the National Trust

Thursday 13th October - Mr. Kevin Dessoy, "Nostel Priory - Past and Present", in the Civic Hall, Cottingham at 7.30 pm. Non members welcome.

U3A

Thursday 13th October - Councillor Geraldine Mathieson - Brief Introduction to Windmills. In the hall at the Darby Joan Hall, Finkle Street, Cottingham.

Beverley Film Society

Friday 14th October - 14 October 2011 - Another Year (2010)
Director - Mike Leigh, Cert (12), UK, Comedy, Drama. In the Masonic Hall, Trinity Lane, Beverley. Films start 7.30 pm.

Little Weighton Events

Saturday 15th October - A lighthearted quiz with Antiques. Bring your own wine and nibbles. £5.00, at 7.30 pm in the Little Weighton village hall. For tickets please ring 01482 844171 or 01482 844461.

Multiple Sclerosis Society

Saturday 15th October - Annual Autumn Fair in the Cottingham Civic Hall, 10.30 am to 3.00 pm. Variety of stalls. Refreshments, admission 25p. We wish to thank everyone who contributed on our Cottingham Flag Day on which we raised £321.00.

North Ferriby Gardening Club

Monday 17th October - Carnations - Barrie Gamble - Barry is a Hybridist Grower, a top class exhibitor and B.N.C.S. judge. In the Village Hall, North Ferriby at 7.30 pm.

The Arterian Singers

Tuesday 18th October - Begin rehearsing their Christmas Carol concert programme at 7.30 pm in the Zion Church, Hallgate. Conductor Julian Savory. This is a great chance to come along and sing some more unusual Christmas music, as well as the more traditional carols. New Members always welcome. For more details ring Allen and Maria 01482 442758.

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Continued from page five

Cottingham Evening Townswomen's Guild

Wednesday 19th October, Pat Elliott, Cottingham in the 20th Century, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Ladies Circle

Wednesday 19th October - Ms. Alison Ripley, a talk about the RSPCA, in the Zion Church, Hallgate, at 7.30 pm.

Cottingham Men's De Luda Association

Wednesday 19th October - Mercy Ships, Dr. C. Blackburn, in St. Mary's Church Hall, 2.00 pm.

Diabetes UK

Thursday 20th October, Professor S. L. Atkins (Head of Academic Endocrinology, Diabetes Metabolism Hull York Medical School), Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.30. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 844284 if transport is needed.

Inland Waterways

Friday 21st October - Chris Horan will be giving an illustrated talk about "Humber Sail and History". From 8.00 pm to 10.00 pm at the Cottingham Methodist Church. Admission £2.00 including refreshments.

Cottingham Civic Society

Monday 24th October - "Will Localism and the National Framework affect future planning?", A presentation by Mr. Pete Ashcroft (Head of Planning EYRC), in the Darby and Joan Hall, Finkle Street, 7.30 pm. Members are requested to contribute a £1.00 each for every meeting attended. Non-members are welcome to attend meetings at a charge of £2.00 each. Refreshments are served at a nominal charge.

Wednesday Social Club

Wednesday 26th October - David Leeson - Mountains, Forests, Lakes and Waterfalls, in the Darby and Joan Hall, at 2.00 pm.

Yorkshire Countrywomens Association (Skidby Branch)

Thursday 28th October - Quiz Night, in the Skidby Village Hall at 7.30 pm.

KGV Playing Fields

Sunday 30th October - Halloween Treasure Hunt starting at 5.00 pm. Question Sheets £2.00 each. Food and drink available and also a variety of stalls in the Pavilion.

Cottingham Local History Society

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

Cottingham Men's De Luda Association

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

Yorkshire Countrywomens Association (Skidby Branch)

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

The British Sugarcraft Guild (Hull and Holderness Branch)

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

The Rotary Club

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

Yorkshire Building Society Agency Celebrates its 1st Anniversary

The Yorkshire Building Society agency at the premises on 195 Chanterlands Avenue, Hull will celebrate, later this month, their first anniversary.

This agency is managed by Amanda Scholes and a team of experienced, friendly Customer Advisers headed by Gillian Wallis.

The agency offers highly competitive investments and savings fully protected by FSCS up to £85,000 per customer. There is a comprehensive list of accounts available which include, Fixed Rate ISA's, Fixed Rate Bonds and the very popular "Triple Access Saver" account which gives access to capital but still pays a very healthy interest rate.

We asked Amanda why the agency has been so successful during these difficult times for the economy. "We offer a good old fashioned Building Society service here on Chanterlands Avenue. We have an easy to find location and my experienced colleagues take time to answer client's queries and give appropriate investment advice. In certain circumstances, particularly for older customers, we will even make home visits".

Amanda goes on to explain that "we attract more and more people from Cottingham, Willerby and surrounding areas as West Hull has experienced many local Bank Branch closures since 2008. Customers from these areas are happy to drive to Chanterlands Avenue to conduct their business as there is plenty of parking, which of course is free".

The Chanterlands Avenue agency branch is located on the corner of Tennyson Avenue and the telephone number for appointments is 440191.



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Cottingham Parish Council



Re-dedication Ceremony for the Memorial Gardens

The refurbishment of the Memorial Gardens is well underway and with more treework and planting planned for the next few weeks it is hoped that residents have noticed and approved the improvements to the Gardens.

The Rolls of Honour plaques will then be replaced with the new plaque, honouring those who gave their lives in the service of their country since 1945, also being erected.

The Council, together with all the Churches in the village, will hold a Re-dedication Ceremony at 2.30pm on Friday 11 November 2011. The ceremony will be conducted at the Memorial Gardens and is open to the public – we look forward to seeing you there. More detailed information will be available in the next newsletter.

Planning

Some time ago the Parish Council discussed and recommended refusal of planning permission for the erection of four dwellings on land east of 86 King Street, Cottingham; the East Riding of Yorkshire Council Western Area Planning Committee agreed and planning permission was refused. However, following an appeal by the applicant to the Planning Inspectorate the decision has been overturned and permission has been granted.

Councillors were very disappointed that, despite the stated intention of the Localism Bill to 'devolve greater powers to councils and neighbourhoods and give local communities more control over housing and planning decision' the Parish Council's views, which were supported by the ERYC, have been totally ignored by the Planning Inspectorate.

Councillors agreed to write to David Davis MP for his support in bringing pressure to bear on the 'powers that be' to give more weight to the views of the local community in planning matters.

Finance

Councillors were very pleased that internal and external audits for the financial year to 31 March 2011 have been successfully completed.

Residents Group – Keswick Gardens

Following a very successful project to clear the ten foot to the eastern side of Keswick Gardens the residents have agreed to form a residents group to further manage the area and ensure the problems do not re-occur. The group of committed and enthusiastic residents will work with both the East Riding of Yorkshire Council and bordering Hull City Council to address other issues in the area. The Parish Council wish them every success.

8 October 2011 - www.cottinghamtimes.co.uk

Date for Social Evening

The Parish Council has traditionally held a Social Evening early in December - an invitation only event which brings together representatives from the community and charitable organisations, local schools and service providers and gives them an opportunity to meet with each other. The main reason for the evening however is for the Parish Council to say 'thank you', on behalf of the residents, that these organisations serve, for the hard work that is put in by, in most cases, voluntary workers. These organisations are the heart of the community and in Cottingham - a larger community than most in the East Riding - we have a huge variety of clubs and groups; something for everyone.

Due to the extreme bad weather last year the event had to be postponed until April this year and the Council have decided to hold its next event in April of 2012 around Easter time.

Lifestyle Team – Kids Karing for the Kommunity

At the Parish Council meeting Councillors discussed information received from a Lifestyle Team calling themselves Kids Karing for the Kommunity whose campaign is to turn Cottingham into a Fairtrade village. Councillors resolved to support the project and committed the Council to serving Fairtrade tea and coffee at its meetings.

That Awful Smell!

The Environment Agency is investigating the cause of the awful smell that is affecting residents in Eppleworth and Cottingham and as far afield as Kirkella!

Dog Fouling

Once again may we ask that all of you who own dogs – please pick up after them! At the start of the new school term we have received numerous complaints about the dog fouling in the snickets and pathways leading to schools in the village; in particular Hull Road (from our boundary to West Bulls) and the snicket between Canongate and Hallgate school. You know who you are!!

Contact Details

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

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

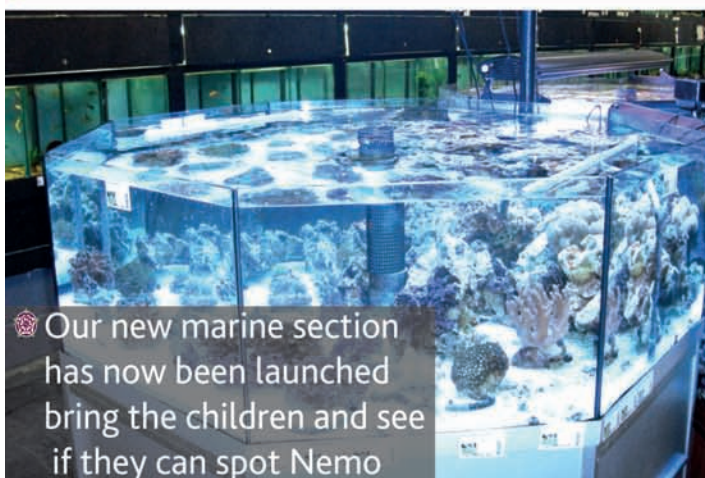
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MARION OWEN TRAVEL

Well, here we are in October already; at the moment everyone seems to be wanting to get away for a few days. I always have itchy feet myself in September although I've been so busy travelling here and there I've missed my itchy feet!!

As I wrote last month, I was just about to take our tour out to Paris and what a great time we had. We all enjoyed every minute; Arras on the way down was a treat, what a lovely city, the home of not one but two UNESCO Sites. One being the Belfry of the Town Hall and the other - the Citadel; with the former being climbed by the more energetic of our group! The Place des Heros - surrounded by elegant buildings and a host of eateries at street level. In fact we've changed our WW1 tour for next year to B&B in order to allow our fellow travellers the option to sample what is on offer out and about rather than be restricted to just the hotel restaurant. Our tour of the WW1 Battlefields departs from Hull on 16th September 2012 - call for details now.

In Paris I had one of those special memories to add to my list....Dave drove the coach out into the middle of the roundabout, stopping the traffic, allowing for the most wonderful photo opportunity of the Arc d' Triumphe, without any cars in front of it! (shown opposite). Everyone commented that they had never been shown so many different sights on a city tour of Paris. The next time we visit will be during our Garonne River Cruise and Tour in June next year - we have limited space only on this tour now.

My next travel took me off to Southern India; a totally different experience of India to the Golden Triangle special we have departing in March. No opportunity in the area to see tigers but we enjoyed the warm, happy people and slower pace with the nature of the area really shining through. Our Taj & Tigers Tour, which departs this coming March, has proven so popular especially with our single travellers, that we have split the group to create 2 small groups, therefore creating 5 more places! Call for details now.....

Have you visited the Isles of Scilly? Well perhaps I can show you something new when we call in on our Gardener's Delight cruise, departing from Hull on 25th August 2012. I am planning a new tour that will take in St Martyns; this is the island where you will find flowers grown in abundance, unique hand crafted jewellery and, to finish off, sample the local wine!

Having just had National Cruise Week, we still have a few offers running:

Fred Olsen has a collection of cruises where we can offer you on board credit and our special service - transport from your door, but do hurry, as they finish on the 18th October.

Newmarket Holidays flying from Humberside to Austria, Italy, Portugal and Spain also have a £50 per person saving for new bookings made before the end of this month.

If you are able to get away for 12 days on 20th of November, we have a great cruise aboard the Aegean Odyssey - Red Sea, Ancient Egypt and the Suez Canal; all excursions are included along with sumptuous meals and dinner with wine. A must for anyone who enjoys history and culture. Prices are starting at £1495; single cabins are available for just £100 extra.

If you cannot spare so much time why not have a weekend away? Enjoy a day in Ostend & Bruges and on Saturday evening you can partake in the Beer Festival with guest beers and 'Umpah' bands if you so wish! Hurry, we depart Friday night 14 October, returning back by Monday morning; a snip at just £169 per person including 2 nights on the overnight ferry to Zeebrugge and 1 night B&B in Ostend.

Christmas Markets are looming; this year we have many options including our own German Markets plus a quick weekend to Belgium; visiting Liege with more than 200 chalets in its market plus the capital city Brussels where you can enjoy the city sights as well as browsing the markets for that gift that's a bit out of the ordinary....Excellent value - from £169 per person.

Talking of gifts, don't forget if you are stuck why not give a Marion Owen Travel gift voucher that can be used against any holiday whether by road, rail, sea or air?

I had an interesting experience this week; I was invited to give a talk to a society and found that I had a travel agent sitting in my audience! She proceeded to take notes throughout - I do hope she enjoyed her training session! As we are always saying at Marion Owen Travel, nobody knows cruising better having travelled to all corners of the world. This experience provides us with a unique and excellent bench marking system to personally find you something appealing for your well deserved break from your daily routine.

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Cottingham Couple celebrate their Golden Wedding Anniversary

Cottingham couple Doreen and Norman Wood celebrated their Golden Wedding Anniversary on September 2nd, with an indoor barbecue and buffet party at the Archers, Priory Road, Cottingham, where Doreen is a resident.

Doreen originally from Somercotes and Norman from Matlock in Derbyshire enjoyed a wonderful day with family and friends, and would also like to thank the staff at the Archers for the marvellous spread provided and the entertainment throughout the day.

Doreen and Norman have three children and six grandchildren, who were unable to attend on the day, but they all enjoyed a family day on Good Friday. Norman worked as a Crane Driver for Sangwins and Doreen as a Dinner Lady and a doctors receptionist.

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Wordsearch - Watch It

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

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

Find the words in the letters above:

Alarm Clock, Analog, Atomic Clock, Balance Wheel, Carriage Clock, Chronometer, Cuckoo Clock, Dial, Digital, Escapement, Face, Grandfather Clock, Hairspring, Hands, Hour, Hourglass, Minute Movement, Pendulum, Pocket Watch, Sandglass, Second, Stopwatch, Sundial, Time, Timepiece, Timer, Wall Clock, Watch, Water Clock, Wristwatch.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 58 -

This is an easy challenge this month

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

Broadband arrives in Woodmansey and keep taking the tablets

Many readers kindly comment they enjoy reading this article every month and find it useful, which is great news! To give it more local interest I thought it would be a good idea to say what you the reader is doing with your computer. So I would like a few volunteers willing to send in a brief email saying what they've enjoyed doing, or new things they have discovered on their computer, be it family history, banking, shopping, maps, games etc. I will trial this in the next two issues, so if you are interested, please email richard@rdm-computers.co.uk by 15th of Nov/Dec and I will pick a few subjects that I hope will be of general interest. Thank you.

Superfast broadband comes to Woodmansey! Karoo has installed fibre-optic cabling and has rolled out broadband at speeds of up to 100Mb to volunteers in the Woodmansey area. The lucky home users don't pay any extra but have to report back on their usage and experience with the trial service. The speed will mean a music album can be downloaded in about two seconds and an hour long TV programme in around 30 seconds.

The traditional PC market has gone through quite a shake-up in the last couple of years. Statistics show that hand held devices like Tablets and smart phones are far outselling their traditional rival. In fact Tablet sales were up by a staggering 1400% in June this year.

HP has always been a major player in the PC market, but following a disastrous foray into the tablet market recently, it has announced it is looking shed or spin-off its PC division.

So what is a Tablet and would you want one? Basically a 9" or 10" hand held screen, like a laptop without the keyboard. They have wireless internet built in, so are mainly used for web browsing and email, but because of the high definition screen they are great for displaying photos. You can also play games, and use a huge array of apps (mini programs). There is a pop up virtual keyboard when you need to type something. The first of the bunch was the Apple iPad and it has since had many imitators. For a demo go to: <http://www.apple.com/uk/ipad/>

What is a Smart Phone? This is the device you will see most of in mobile phone shops nowadays they do everything you could want, and make phone calls! They are just like a very small computer, with storage for data and pictures, video etc., a good quality screen and camera. The big players are HTC, Samsung, LG, and of course the ubiquitous Apple iPhone.

Apple Expo is being held in London in May 2012, aimed at enthusiasts and professionals alike. But interestingly Apple will not be displaying there, even the name of the show is in contention at the moment!

ESET has brought out a brand new version of its Home Security product, priced at £59.99 for 2 years. This is the enhanced version of its very popular anti-virus product and anyone with a current license can upgrade to this new version, call us for pricing. It has some great new features built in, and there is even a free 30 day trial offered, and a new online scanner available on the website to check your PC for any infections. www.eset.co.uk

Office 2010 by Microsoft is being advertised quite heavily at the moment. The most popular programs, *Word, Excel and PowerPoint* are included in the 'Home' version, and the best part is that (the retail boxed version with disc) is licensed for use on up to three computers. If you buy a new PC or laptop it usually comes pre-installed with a trial version of Office, and buying the box will give you the license key needed to activate it online. Call us for pricing and advice.

Questions and answers section:

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

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

Q: How can I protect my computer against 'Malware'?

A: An excellent product is available called Malwarebytes. You can download a free scanner version, and we also supply the fully live paid for version, for only £20. See: www.malwarebytes.org

Q: My computer tells me I need Flash Player to display a web page, what's that?

A: Flash Player is by Adobe, and is used to make some web pages work so is quite safe if you have the up to date version. See www.adobe.com for a free installation.

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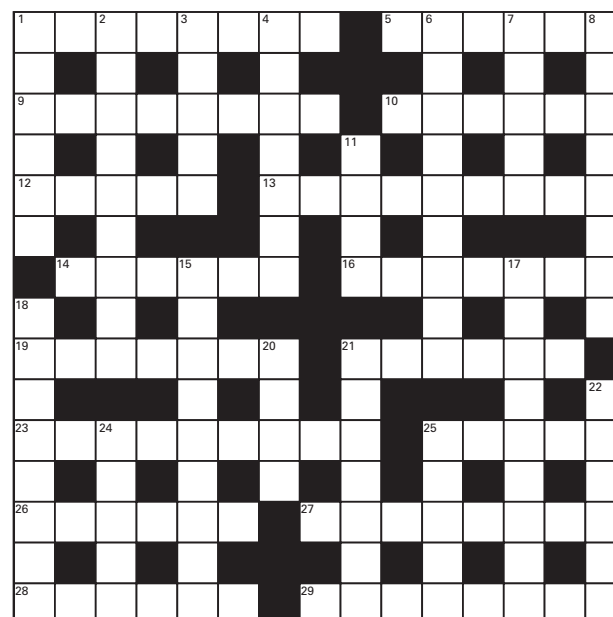
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Photos of Welton Preschool to give an idea of the layout.

Crossword - Solution on page 46



Across:- 1. Happily (8); 5. Abroad (6); 9. Not moving (8); 10. Titillating (6)
12. Not our (5); 13. Elaborateness (9); 14. Goliaths (6)
16. Insincerely emotional (7); 19. Ordinary (7)
21. Victoria, Elizabeth and Mary (6); 23. City in Maryland (9)
25. Islamic name for God (5); 26. Wry (6); 27. Unit of mass (8)
28. Fatty (6); 29. Killer (8)

Down: 1. Floor beams (6); 2. Whining (9); 3. Medium to dark brown (5);
4. Lollypops (7); 6. Strength (9); 7. Additional (5); 8. Rotting (8); 11. Stalk (4)
15. Negates (9); 17. They rent apartments (9); 18. Beating (8)
20. Crucifix (4); 21. Questions (7); 22. Medicine man (6)
24. Not tight (5); 25. Alewife fish (5)

Crossword courtesy of www.crosswordpalace.com

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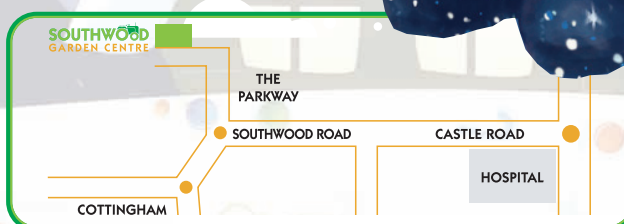
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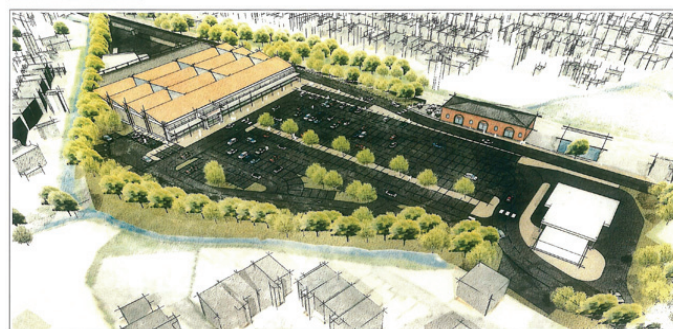
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PROPOSED SKETCH VIEW 6

Proposed Supermarket Plans for Station Road, Cottingham

Plans for the Proposed Supermarket on the Station Road site in Cottingham can be seen at the Public Consultation Exhibition in the Cottingham Methodist Church Hall, Hallgate on Thursday 20th October between 5.00 pm and 8.00 pm, and Friday 21st October between 12 noon and 8.00 pm, where members of the public can meet and discuss any concerns with the developer.

Simon Dixon the Developer has supplied the following information regarding the site.

- * Store size: 45,000 sq ft store which is slightly smaller than Waitrose in Willerby and Morrisons at Beverley. 300 car parking spaces will accompany the site and also include electrical charging points.
- * 300 new jobs
- * 90% of Cottingham people shop outside of the village for their weekly spend
- * £22m is spent by Cottingham people but only 2.1m is spent in Cottingham
- * New petrol filling station - helping to reduce petrol costs in Cottingham
- * Eco-store design
- * Design significantly reduces flood risk
- * Introduce up to one acre of soft landscaping
- * Improved bus stop and route
- * Upgrade to all footpath links to village centre and across railway line
- * Improve highways junction at Station Road to Beck Bank
- * New roundabout at Beck Bank and Thwaite Street
- * Removal of Stoneledge to an alternative site would take 40 HGV movements per day away from Cottingham's transport network, add Boards to the equation and this figure more than doubles.

Pictured above is an artists impression of the proposed supermarket development and below, an artists aerial impression of the site.



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In the Kitchen



Pumpkins belong to the Cucurbitaceae family, which includes cucumbers, melons, squash, and gourds. Within this family is the genus Cucurbita which includes all varieties of pumpkin.

Pumpkins are available in all shapes, colours and sizes, but one of the best known is the Jack 'o Lantern pumpkin C.Pepo, which can weigh as much as 100 pounds and is popular for carving at Halloween.

Origins and History of Pumpkins

The word pumpkin comes from the Greek pepon for a large melon. The English named it pumpion or pompion, a term which dates back to 1547.

Cultivated Pumpkins are believed to have originated in Central America and seeds from related plants found in Mexico date back to 5500 B.C. When the first settlers landed in the US, they found Native American Indians using pumpkin as a staple in their diets. It soon became a staple in the settlers' diets, too and the seeds were brought back to Europe, where pumpkins soon became popular. The origins of wild form is uncertain.

Halloween and Pumpkins

As folk lore would have it, the 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 was 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.

Halloween spread throughout Europe in the seventh century and began with "All Hallows Eve", the "Night of the Dead" (31st October). It's not certain when turnips were replaced by pumpkins, but this was probably because they were larger and much easier to carve. European custom included the lighting of pumpkins with scary faces to ward off evil spirits who roamed abroad during All Hallows Eve.

Pumpkins in Cooking

Pumpkin flesh has no cholesterol, is low in fat and sodium and rich in vitamins, in particular beta carotene and vitamin A. A truly versatile fruit, yes, it is a fruit not a vegetable, it can be used in both savoury and sweet dishes.

Pumpkin Soup

Ingredients

- 1 tbsp Butter
- 250g/9oz Onions, finely chopped
- 1 Garlic Clove, crushed
- 450g/1lb Pumpkin, deseeded, peeled and chopped



- 1 large Tomato, peeled and chopped
- 600ml/1pt Chicken Stock
- Salt and White Pepper
- 150ml/5 fl.oz. Single Cream
- A few drops Tabasco Sauce

Instructions

1. Melt the butter in a large saucepan, add the onion and fry gently until soft and transparent.
2. Add the garlic, pumpkin, tomato and stock, bring to the boil then simmer for 30 minutes.
3. Cool slightly, then pass through a sieve or process in a blender until relatively smooth.
4. Return the soup to the pan together with the cream, tabasco, salt and pepper. Reheat gently and serve hot.

Pumpkin Pie

Ingredients:

- 250g/9oz Shortcrust Pastry
- 325g/12oz Pumpkin, peeled, deseeded and cubed
- 2 Eggs, beaten
- 50g/2oz Soft Brown Sugar
- 60ml/2fl.oz. Double Cream
- Ground Cinnamon

Instructions

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Roll out the pastry on a lightly floured surface to approximately 6mm/1/4 inch and use to line a fluted flan tin.
3. Lightly prick the base of the pastry with a fork and line with greaseproof paper and fill with baking beans.
4. Bake in the oven for 10 minutes. Remove the greaseproof paper and baking beans and return the pastry case to the oven for a further 5 minutes.
5. Meanwhile, bring a large pan of lightly salted water to the boil, add the pumpkin and cook for 10-15 minutes or until tender.
6. Drain the pumpkin very very well, transfer to a food processor and process until smooth. Allow to cool.
7. Place the purée in a mixing bowl together with the eggs, brown sugar, cream and cinnamon and mix thoroughly until well blended.
8. Spoon the pumpkin mixture into the pastry case and level the surface with a palette knife.
9. Bake in the preheated oven for 35-40 minutes until the filling is set, firm and golden brown. Serve hot or cold.

NB If the pumpkin puree is very wet, place in a dry pan and gently heat until bubbling for 5-10 minutes to evaporate the excess liquid, stirring occasionally. Remove from the heat and allow to cool. Then continue from step 7.

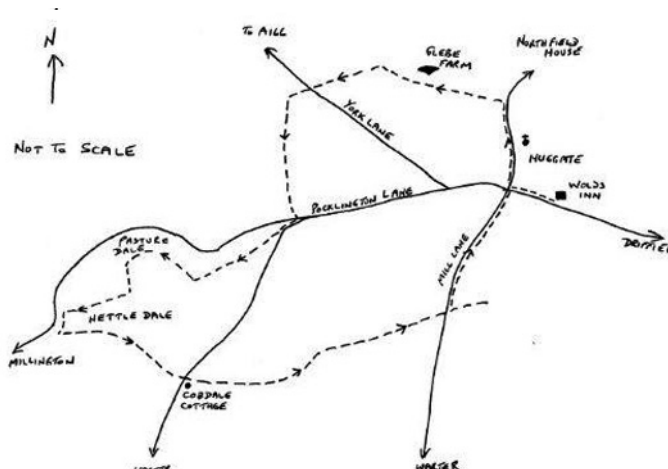


Here is Paul's latest walk in his series of monthly rambles. This month his destination is Huggate
Map: EXPLORER 294

Start near the Wolds Inn Car Park GR. 882550.
Distance 5.6 Miles.

On leaving from near the Wolds Inn, walk in a westerly direction and at the first cross roads turn right and walk down hill through the village. At the bottom of the hill turn left and walk down the surfaced road towards Glebe Farm. As the surfaced road sweeps sharp right near the farm, continue ahead on the grass track and walk in front of the farmhouse to meet the surfaced road on the other side. Follow this surfaced road to York Lane.

Cross York Lane and walk along a track for about 200 metres and then turn left following Wolds Way signs and walk with the hedge on the left. At the end of the field emerge on a road junction, cross the first



road (Millington) and take the next road on the right (Warter) and walk along this road for about 200 metres and then turn right, cross a stile and walk with the fence on your left. This path skirts round Huggate Sheepwalk.

On reaching Jessop's Plantation, pass through a gate and walk with the fence on the left, pass through a gate and turn right and at the next field boundary turn left and walk across the top of Nettle Dale with the fence on the left (This is not a right of way but is well walked)

On reaching the corner of the dale, cross a stile and turn left and walk along a wide grass track with the hedge on the left. Cross the road at Cobdale Cottages and continue along the grass track with the hedge on the left. On reaching the next road (Mill Lane) turn left and walk to the cross roads in Huggate. At the cross roads turn right and back to the Wolds Inn.



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How to Make your Dog Happy

Looking at the title you will most probably be thinking, "Well that is easy, I take him/her for a walk once a day, and provide daily food and shelter". I agree ... in some cases this is enough. Take for instance, Charlie, who belongs to my daughter Natalie. He is a five year old Tibetan Terrier and this regime does suit his requirements. At the time, as a sensible future dog owner, Natalie did her research and looked into the breed to suit her life style.

Again, when I was looking for a dog, I looked at the 'line' of the 'working' labrador. Then along came Teal and my life changed forever! Pass readers will have followed the antics of her as a puppy the turmoil I went through training a labrador who holds the 'working' gene. So with this in mind, how many of us realise there are working labs and show labs, working cocker spaniels and show cockers the list is endless. There 'is' a difference.

Getting back to Teal, her parents and grandparents were all working, so inevitably the genes were passed on. To explain the phrase 'working', means the dog will most probably require



Why can't I have chew sticks like other dogs?

more than the normal daily stimulation plus plenty of exercise to tire out their energetic needs. Believe me, the saying "bouncing off the walls" has been used many a time in my house. The 'working' dog is mainly used in the shooting world to retrieve pheasants, therefore the training given is different to the owners who have a 'show' dog. Needless to say, with the correct training and suitable owners, they both make wonderful pets.

Taking all this into account, we at KINGSTON, are holding an event, sponsored by Scallywags Dog Training, aptly named 'HOW TO MAKE YOUR DOG HAPPY'.

It will be held at the KC Stadium in the Wilberforce Suite, on SUNDAY 30th OCTOBER 2011, at 1.00 pm until 4.00 pm.

Guest speaker is Pauline Jackson, our local dog trainer and behaviourist, who will take us through the various steps of what to look out for when choosing a dog to match your family needs, sensible ownership and also how much fun you can have training your dog.

We are also proud to be holding demonstrations by Canine Partners, Hearing Dogs for the Deaf, a Local Gun Dog Training Club plus dogs from HM Customs and Excise.

In addition to all of the above, we will be joined by various local Animal Charities and also our veterinary staff will be in attendance to try to answer any of your queries.

Entry is by ticket only at £5 per family and are on sale at all of the KINGSTON Surgeries. Monies raised on the day will be divided between the various animal charities. **(Please note ... only the demonstration dogs are allowed in the building).**

The event is to be advertised through the media as well as at all the surgeries with a limited number of seats, so please buy early to avoid disappointment for what is guaranteed to be a fun afternoon for all the family.

See you there. Margaret (Head Receptionist)

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Cottingham Rangers U9's "lift" the European Champions League Trophy

Cottingham Rangers U9s have been rewarded for their dedication and energy to train throughout the whole summer.

Whilst they were all having great fun on Tuesday evening, they were surprised by their coaches Simon Fisk (Cottingham Rangers Sharks) and Paul Shipley (Cottingham Rangers Panthers) who arranged for the boys to get close to an identical replica of the European Champions League Trophy.

The East Riding Engraving company let the boys get close to the European Champions League Trophy replica which many of them dream of holding the real thing one day!

The boys said it was good to see how big it actually is and heavy!

The team train every Tuesday evening at Cottingham High school and are preparing for the up and coming season. Good luck boys and we hope seeing the silver helps to motivate your football dreams.

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A Dental Adventure – The Return

Hello again. You may have noticed but I'm a bit obsessed with how quickly time flies. Well, that and the weather. I can't believe that it has been a year since I first went out to Morocco to treat kids in a remote village with dental pain. Well it is and we are off again in two days. This year I made a request that we go out a day later as last year it was my daughter's birthday. I'm glad to say that we are going a day later so that will save me quite a bit of earache. I'm looking forward to going back but nervous at the same time.

Piggy Backing

Last year we piggy backed a bit on the back of another charity that sent a small contingent from a Moroccan dental school. This enabled us to get a licence to do our job out there. This was great but we had to follow their lead. At times this was difficult as we like to do our own brand of pain free dentistry as best we can. This means making sure that the kids are completely numb and comfortable before carrying on with any procedure to relieve their pain. It was great once we got chance to take over a bit as I felt that we had a little more love in the room and we had the kids laughing

at times. The children were great. It must have been a bit of a shock for them but they do deserve gentle dentistry. This year we have our own licence after making contact and building relations with a guy from the ministry for health, Dr Akki.



The Big Teddy

Education about dental hygiene and diet is key to dental health. We have interactive stuff and a big teddy to try and get them involved. All being well we have some translators (that would help wouldn't it!) We aim to leave a load more tooth brushes and toothpaste and get the school involved. It is difficult to try and change 3000 years of culture but we must have a go.

Winning an award earlier in the year has helped us to secure a bit more help through sponsorship, and we would like to leave a legacy at some point. This would be a make shift clinic to continue the monitoring, education, prevention and treatment. This would be our teeth for life programme, rather than our turn up once a year and take out rotten painful teeth programme. The former has a better ring to it. What do you reckon? This is Africa though and nothing seems to happen quickly so we will see how it goes.

Bigger up the Team

We have a slightly bigger team than last year, two more nurses and one more dentist. There were four dentists from the UK last year. We originally had ten dentists for this return trip but that dwindled to six. It is a real shame but Teresa who came last year has got a chest infection and is not well enough to travel. And so there were five. My dental colleagues are all top notch people who have a passion for gentle dentistry so it is no surprise that they have successful practices. I'm looking forward to working with them.

Like I say, I am a bit nervous. I do hope that the kids will take to us. I know that the adults will welcome us as they are a very hospitable lot. They don't have a lot but they are more than willing to share with you what they have. Thanks again to all the generous people who have donated sponsorship money, it means a lot.

Blot On The Landscape

This is a beautiful unspoilt part of the world. But there is a big road being built and holiday villas planned. I do hope that it is not ruined and does not ruin the local indigenous communities.

Final Score

My daughter's football played their first football game of the season after moving up to eleven a side under 14's. They lost 12-2 but they still came away smiling as usual. They really put the effort in but it is a big jump for them and it will take a bit of time. My son has now got to 15 and he has decided to play competitive football on a Sunday. Well that's it now. Football on Saturday and Sunday and Hull City at home. My son said that I don't need to come unless he needs a lift, typical. I've been waiting ages for him to play so I think I'll watch a few. Come on Hull City, keep up the winning form but a few more goals as the nerves can't take the last few minutes at 1-0.

Take care and be good

Chris

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

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THE festive season is almost upon us and families who act now could be celebrating in a brand new home – complete with a fully decorated Christmas tree.

Redrow is building new homes at Holtby Gardens in Cottingham, where some of the properties will be ready to move into in time for a good old-fashioned family Christmas.

Patsy Aicken, sales director for Redrow Homes (Yorkshire), commented: "People who are considering moving home may think they've left it too late to be able to move before the festive season, but that's not necessarily the case. We have properties that will soon be ready to be called 'home'; and to help customers settle in we're offering a seasonal package that includes carpets, curtains, light fittings and even a Christmas tree with all the baubles.

"Plus, with part-exchange considered, those with a home of their own to sell could use it to part-fund a move up the property ladder."

Holtby Gardens features a choice of two, three and four-bedroom homes with prices from £142,500.

A choice of four-bedroom detached designs, on the market from £244,999, will be ready in time to be the perfect Christmas treat. "The four-bedroom Chester enjoys a convivial open plan layout that's great for entertaining, particularly during the party season.



The combined kitchen, dining and family area is at the heart of the home and is the ideal setting for a festive family feast," Patsy added. "Afterwards families can retire to the separate lounge to unwrap their presents, play parlour games or watch their favourite Christmas specials on TV."

Kitchens in all new Redrow homes are well equipped with integrated top brand name appliances, including microwave, oven and fridge freezer, plus tall cabinets and extra wide drawers that offer a stylish storage solution. With kitchens like these, cooking Christmas dinner in one of Redrow's new homes will be a pleasure.

The properties also boast sleek modern bathrooms and en-suites with quality fixtures and fittings and an exclusive tile range.

"All of our homes are well insulated, with double glazing and central heating included as standard. They're around 40% more energy efficient than homes built just 10 years ago, which means householders won't have to worry about cranking up the heating to keep warm this winter and could find they save money on their fuel bills," Patsy said. It's not just in the design of the homes that Redrow aims to make things easy for its customers.

Those who are ready to move up the property ladder and are yet to sell their current home may be able to take advantage of part-exchange. With Redrow effectively acting as cash buyer, no agents' fees to pay and no complicated chains to get caught up in it's a quick and simple way to enjoy a speedy move.

An easy to follow video guide to part-exchange can be viewed online at www.redrow.tv

Located in Dunswell Road, Holtby Gardens enjoys a semi-rural setting on the edge of Cottingham.

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

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



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Skidby Village News

Skidby Village Playing Field

Despite our very best efforts, the Skidby Playing Field Association is still desperately short of funds. The committee has embarked upon a programme of work which was kick-started by a generous donation from a villager and the proceeds of our Easter raffle.

We have fitted a new boiler and a new front door. We have also fixed the showers, brought the electrics up to standard, revamped the kitchen, mended the roof and repainted the outside east-facing wall to cover unsightly graffiti. We have set out another football pitch to generate more income and this has been booked by the West Hull Rangers Sunday League club.

Many of the above jobs had to be done because of acts of vandalism which is very sad. However, not wanting to dwell on the bad features, we need to look positively to do some more fund-raising, as our rentals don't quite cover our costs. On Saturday 12th November we will be holding a "creative" Craft Fair in the Village Hall from 10am to 3pm, so please come for a good browse and stay for lunch. We can promise you lovely home-made food and a warm welcome. You could also pre-book a stall to showcase your talents!

If you support us, you are helping to keep a really important part of the village alive, active and solvent. It's a facility that's available for us all to enjoy. Anyone wishing to book a table, contribute with baking, offer ideas or help us out in any way on the day should please contact Lynn O'Connor (07772 394773), Kelvin Young (01482 843446) or David Smales (01482 842496)

Lynn O'Connor (SPFA Committee)

Skidby Village Hall

The Skidby Village Hall and Institute is beginning another busy period of activities. This very popular hall is booked by a wide range of organisations, clubs and classes. We have an attractive, centrally heated, bright and clean Main Hall with a large kitchen attached. This adequately caters for groups of up to one hundred people. We also have a Small Hall with its own mini-kitchen. This room is ideal for smaller groups of up to twenty five people. Discounted rates are available for long-term bookings and local residents. Further details may be obtained from the Booking Secretary, Mary Young on 01482 843446.

The Skidby Village Hall Committee meets once a month to manage the smooth running of this lively and attractive Village Hall. The Committee is now anxious to attract new members to share in this valuable outreach to the local community.

The next public event in the Village Hall will be our annual Charities Fair on Saturday 15th October from 10am to 1pm. Admission is free and stalls are offered free of charge to Registered Charities. This popular fair always has a wide variety of Charity stalls and attracts a lot of interest. Quality home-made refreshments are on sale throughout the day. Further details are available from the Secretary on 01482 843446.

Cycle Coding and Property Marking by PCSO's on Saturday October 15th at venues throughout the village

On Saturday 15th October Lindsay Sewell, PcsO Zoe Clarke and police volunteer Robert Mcmillan will be providing Cycle coding and property marking at various places in Cottingham. We are also available to discuss any issues on crime or anti social behaviour related in the Cottingham area.

We will be at the following places:

Golf Links road 10.00 am - 11.00 am

Near to the junction Exeter street, New Village road 11.15 am - 12.15 pm

Market Green 12.30 pm - 1.30 pm

The Parkway 1.45 pm - 2.45 pm

Dunswell lane in Dunswell Village 3.00 pm - 4.00 pm.

We are hoping to have a representative from Humberside Fire and Rescue with us.



In the Garden



Although we had some cooler days over September, the autumn is now definitely here for real, and it feels colder. It's a beautiful time of year, with the trees changing colour. Sometimes it may seem pointless raking, when the wind blows even more leaves onto the lawn, but just think of all the lovely leafmould you can make! It's also time to start preparing for early frosts.

Lawns

In many colder areas, this month is the last opportunity to scarify, aerate and top dress lawns. Scarification removes layers of thatch and can be done with either a spring-tine rake or a powered scarifier.

Afterwards apply an autumn lawn feed; these are low in nitrogen, so discouraging lush green growth that would only succumb to cold and diseases over the winter months.

Planting and moving

October is an ideal time for moving and planting trees, shrubs and climbers, as well as for hedge planting.

Bare-rooted deciduous trees and shrubs, as well as root-wrapped evergreens, become available towards the end of the month, so you could think ahead and prepare the ground for them now. They are cheaper than containerised plants, and are the perfect choice whenever large numbers are needed - perhaps for a new hedge, woodland or rose bed.

You can still order containerised trees and shrubs, and large semi-mature specimens, for planting over the winter.

Pruning and training

Last chance to trim deciduous hedges to keep them looking tidy over the winter.

Prune bush roses now, if not done already, as reducing their height will prevent wind rock. These plants are generally shallow-rooted and can become loose in the soil if buffeted by strong winds.

Climbing roses should be pruned now if not done last month.

Shrubs normally pruned hard in the spring such as *Buddleja davidii*, *Cornus alba*, and *Lavatera*, can be cut back by half now, to prevent wind rock and to neaten their appearance.

Propagation

Take hardwood cuttings of plants such as *Rosa*, *Cotinus*, *Salix* and *Forsythia*.

Check softwood and semi-ripe cuttings taken earlier in the season. They may need potting on, or selective removal of individual plants that have succumbed to rots (in order to prevent cross-infection).

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

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Your Stars for October 2011 - By Kay Gower

Aries - (Mar. 21- April 20)

This is no time to push life along. Focus on staying in a light mood and taking things as they come. If you're involved in any property or legal matters, relax and know that all will be solved eventually.

Taurus - (Apr. 21- may 21)

This month will be peppered with simple, elegant insights that lead you to increase the flow of love into your life. October brings new employment opportunity, and you could stash away a little extra money. There's an adventure to embark on in October. The next couple of months take you in a thrilling direction

Gemini - (May 22-June 21)

Your gypsy soul goes wandering again, even if your body is pretty much where it usually is. Dreams of faraway places and exciting new scenarios fill your consciousness. Pay attention to any unusual opportunities, like a child on a treasure hunt, you will piece together a lovely month.

Cancer - (June 22-July 22)

You don't have to have all the answers. There is wisdom in uncertainty. Furthermore, most of the situations you thought needed to be fixed are actually working fine just the way they are supposed to.

LEO - (July 23-Aug 22)

During October you will be travelling a path that lead you to success, and a few interesting avenues, too. This month is bustling with social activities and shows you polishing your people skills and using them to bring an entirely new wave of love and money into your life.

Virgo - (Aug 22 - Sept. 23)

There's no time to waste on stuff you're not sure about. Cut out the static in your life and in your own personality. Stick with what you know and be proud of it. Decisions you make are yours and yours alone — for a limited time only. If you decide not to make them, they will be made for you. Either way, you're taken care of, so be happy and worry-free.

Libra - (Sept. 24 -Oct. 23)

You have nothing to hide. As far as you're concerned, your life is an open book. However, you're better off not reading that book to anyone this month. Keep the mystery alive

Scorpio - (Oct. 24 - Nov. 22)

Never one to shy away from a fight, your taking off your jacket and rolling up your sleeves — at least metaphorically. That's fine. But think first about what you want. Is this the best way to get it?

Sagittarius - (Nov. 23 -Dec. 21)

Emotions will pull you in any direction you let them. You can get control of this ship if you take the time to quiet your mind. Then you can steer yourself in a positive direction.

Capricorn - (Dec 22.- Jan. 20)

You are very close to finishing a project or job — closer than you know, but the end appears to be nowhere in sight. It's not your fault that you happen to be navigating in the fog. The important part is that you do not stop now.

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

It's strange how trying to impress someone always has the opposite effect! That's why you like to play it cool, and keep a low profile. This works in your favour this month, and someone finds your quiet confidence irresistible.

Pisces - (Feb. 20-Mar. 20)

You get the sneaking suspicion that you're falling behind in some regard. But the truth is, there is no "behind" and there is no "ahead" either. There's only where you are, and that is the perfect place for you to be right now.



Lifestylers 'Daisy Chains' link with KGV Community Trust

The Lifestyle group 'Daisy Chains' joined in the activities at the KGV Family Fun Day by holding a table top sale to raise funds for their local community. The three girls, Chloe Allenby, Bridget Allenby and Aimee Hatton also had a sponsored scooter race and created a booklet entitled 'Things to Do this Summer', and in total raised £217.31 which they donated to the King George V Community Trust to purchase new resources for the site.

Jan Tweedale, Trustee for the KGV, said "The girls were one of a number of Lifestyle Teams who approached us to hold a table top event at our annual Family Fun Day in August, but we had no idea they intended to donate their funds to the KGV. We are extremely grateful for their generosity. Despite having to take the event inside to dodge the showers we had an overwhelming turnout from the local community and the day once again proved a great success!"

Pictured above left to right: Bridget Allenby, Aimee Hatton, Chloe Allenby present Jan Tweedale with a cheque for £217.31 for the King George V Community Trust.

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

Hello and welcome again anglers to this month fishing news: the date is 20th September '11. Have you been on our local River Hull yet? Well if not and you are participating in the big survey match on the 16th October, then it is time to start getting your gear ready and your eye in. The reports are still very good from nearly all stretches, right the way from Ennerdale to right past Hull Bridge at Tickton.

The tickets for this survey match are still available from all of our tackle shops at £2.00 per ticket.

This last month has seen some good weights reported from Risby Park Ponds, with the Folly Lake fishing the best. Apparently match bags to 65lb have been coming out very regular, with good back up weights as well. Pleasure bags have been estimated to be more productive than the match bags. A customer fished the Folly overnight and had 32 fish over 8lb, with the largest Carp being just short of 18lb.

The most productive baits being used at the moment are hair rigged pellet at distance, fished feeder style, alternatively, paste on the pole closer in. The Tench Lake is fishing well too, using the same tactics.

Another pond that is fishing extremely well is Mill Farm at Leven, or more commonly known as Ray Fosters. The Carp are feeding very well and can be found round the island and in the road channel area of the lake. The large Bream (which run well in to double figures) are similarly coming from deeper water fairly regularly.

Once again the productive method being used is the hair rigged pellet between 10/14mm. On the pole and waggler lines, both maggot and caster, over chopped worm is doing very well. Roach and Rudd are being caught up to 3lb on nearly every session.

Please keep all reports coming in to me at Catchmoore Tackle so that I can share them with all of you.

For all fair weather anglers out there who are now thinking of putting their gear away, "Do not do it!" not yet, I will tell you why. Firstly, the temperatures are still quite reasonable and the fish need to pack on the weight ready for winter.

Due to not having had a good summer they need to start feeding heavily soon. Not only that, but do you remember last winter? It was very long, so keep at it until you are forced to stop, and let us hope we do not have another winter the same for some time to come.

Sea Scene: by the time you read this article we should be selling in store live bait; Lugworm, Rag worm and Yellowtails. At times there will be live Black Gulleys available. In addition we have a massive selection of frozen baits to choose from. Please book your bait early to avoid disappointment as spare live bait is not always available.

The coast at Albrough seems to be producing some early season Cod to 6lb. We think this is due to a large amount of Herring running down our coast. As well the Herring, there is plenty of Whiting coming in. Not many other reports have been coming in apart from Hornsea North Beach and Cannon Wall Bridlington, which are producing Whiting and Flatties.

The Humber is seeing some Flatties but not in any great numbers as yet, and beware there are still a lot of crabs about, make sure you take plenty of bait for your session.

I hope and expect there to be a lot more reports from the sea scene next month.

Great news in store; we would like to inform you that we are now stocking SHIMANO NORMARK!

On that note we the Catchmoore crew wish you all *"tight lines"*.

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Property News from Martin English of Homelink



Solar Panels - Making your property generate money for you

With ever rising energy bills and interest rates at an all time low for those that have savings stood in accounts generating very little, there are ways to make your property work for you and bring about guaranteed returns that can give generous returns.

By now you will probably have heard of or maybe even seen a property nearby with solar panels fitted to the roof. This is because of a government initiative brought about to try and reduce its greenhouse gas emissions by at least 80% in 2050 relative to levels in 1990. This will not be a simple task, and the government has brought about a number of incentives to help achieve this goal.

This has seen the emergence of solar panels and Feed In Tariffs (FIT), which in the South of England has been very popular seeing large growth both domestically and commercially and the trend is sweeping its way up to the north of the country.

How does it work?

Looking at the FIT in its simplest form, you pay to have a solar panel installation at your property, and by doing so you receive a number of benefits. Financially the biggest benefit is the Feed In Tariff itself, which is a guaranteed income for 25 years. You receive payments in 3 parts; from the electricity you produce the biggest source of income is being paid for every Kwh of electricity you generate, additionally you then receive a payment for the electricity that you do not use that is fed back to the grid, and finally you also have the benefit of not having to pay for the electricity that you generate and use, protecting you from ever increasing energy costs.

A return of 12% on these installs is achievable and the payments you receive from the FIT are Tax Free. Importantly the other benefit from the panels is that you reduce your carbon footprint at the same time as making money. Over a Tonne of CO₂ emissions are saved by having these on your average property.

Cost

It stands to reason, the more panels you install the greater the cost, installations can be anything from £5,000 - £20,000 typically on domestic property. However, the bigger the system you install the greater the returns. Depending on the system you choose, payback can be as little as 5 years to recover the cost of the installation depending on the system and location of your property.

Who can benefit?

Potentially anyone who owns a property can benefit from this scheme. The installation costs are quite significant, however it is possible to borrow money from banks to finance the cost and still make a profit.

Landlords are also switching onto the returns that can be made on their investments, generating them additional income from their roofs and really enhancing the returns on their investments. This is two fold as the benefit also extends to the tenants who receive cheaper electric bills, creating a happier tenant who is likely to stay longer in the property, and there has to be a value attached with that in terms of the rent that can be charged.

Too good to be true?

It sounds too good to be true, so what is the catch? With the tariffs guaranteed for 25 years, and the performance of the panels guaranteed for 25 years your income looks a pretty safe bet. There are some considerations before you go head first into this though and a reputable installer will be happy to go through this with you. You need to consider the guarantees of the panels themselves and the inverter that essentially takes the energy from the panels and turns it into usable electric for the home as they can have varying guarantees from 5 years up to 25 years, and you need to factor in that you may have to replace the inverter at some point during the 25 years.

You should also consider whether the panels are covered under your buildings insurance?

In it for the long haul – To make this investment worthwhile you really need to envisage having the property for at least the time it takes to repay what you have spent installing the panels. There has been no hard and fast evidence of what value it adds to your property or indeed what additional rent you can gain, however, if you have two identical properties for rent or for sale, one has a solar panel system that is paying approximately £1,000 a year to the owner and cheaper fuel bills to a tenant, which one would you choose?

Indeed Philip Sellwood, chief executive of the Energy Saving Trust, said that the findings were good news for the UK's emerging onsite renewables sector. "It seems Britons are willing to pay more for a home with a renewable energy source, so investing in a solar panel or a wind turbine could add to the resale value of a property and be as attractive to house hunters as a new kitchen or solid wood floors," he said.

There is a planned reduction at the end of March 2012 to the tariff by about 3p, so if it is something you are considering now is the time.

Who can install the systems?

It is vital that your system is installed by an MCS accredited installer. Without this you cannot benefit from the Feed In Tariff. As with anything you should do your homework and choose a reputable contractor to carry out the work and make sure the right system for you is installed as there are many differing panels and equipment out there all with different guarantees and performance. At Homelink we see the benefits of the systems and are working with our clients who want to take advantage of this opportunity and have established working relationships with local reputable MCS accredited installers and have negotiated a £250 installation discount for our clients.

For further information on Solar Panels and the benefits of having an installation, there are some excellent impartial organisations such as the Energy Saving Trust www.energysavingtrust.org.uk and the DECC www.decc.gov.uk who have a wealth of information. The Energy Saving Trust has also produced a useful 'Buyers Guide for Solar PV'.

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

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

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A Sign of the Times

All summer long I have felt the pinch of the reality of a country in recession in relation to my work and available income. We are all in the trap of rising prices in our personal lives. No one is immune to the runaway fuel price hikes, huge increases in utility charges and general stealthily creeping rises in food and general household expenses.

Everything that we do, in so far as our hobbies are concerned, takes some looking at. Increasingly people are dropping out of clubs, teams and societies in general as the grip of monetary awareness and frugality spreads. There are reports country wide of horses being slaughtered because owners can no longer afford them. Selling them has failed as there is a huge glut of unwanted horses on all the internet websites and buyers are dictating price paid....not the vendors.

Really good and talented horses will always find a buyer. Those who are established in the various disciplines of Professional or semi professional Dressage, Show Jumping, British National eventing, Polo, team chasing etc will always keep a certain price depending on their level of achievement and winning record. However normal sort of

hacking horses, young stock which are simply growing old enough to train (store horses) and any damaged/complicated ones - are simply cannon fodder in this economic climate. It costs as much to keep a horse in work over winter as it does one that is not ride-able or in work for whatever reason.

I have had at least eight "in house" training jobs cancelled this summer as owners have felt the squeeze financially. Jobs lost were the main reason. This is just so sad for the people and so sad for the horses that do not get the chance to be fixed. This scenario repeating itself makes it difficult for me, or any yard owner in this climate, to keep in business. Insurances are sky high on top of rising feed, veterinary, bedding and fuel increases.

I listen intently to the news and am convinced that we are a good two years away from any real improvement. Heaven help us all. I wish the politicians who impact our every move, lived on the same planet as the rest of us. Don't let anyone get me started on my opinion of the banks and their obscene policy of huge bonuses, especially as we, the tax payers, have just baled them out in the first placeas a direct result of their greed. Soap box over....sorry! ?

Hay is now an expensive commodity of which horses need vast amounts. When you feed those large round bales out in the field it really does need to be contained inside some sort of feeder ring otherwise 1/3rd of it will be wasted by the selective way horses eat! They will also pee on it, roll in it and sleep on it!....not quite what one intended. Metal rings are really expensive to buy and can pose a threat of injury as wear and tear causes bending and fracture.

I have two and am vigilant in monitoring their state of repair. These particular items have really held on to second hand value and are hard to find too as more horsey people than ever need them....again because of unaffordable waste. I have just seen on the internet an elastic wrap designed to hold large hay bales in control whilst out in the paddock. I am going to invest in one to see how it works and to see if it does what it says on the tin. It will be worth every penny if it saves me buying more metal hay rings.

A couple of months ago I wrote about a little Arabian gelding called Ivan. He came in to me from Manchester to be broken in. This was not a straight forward task as he had been trapped in a stable fire which had killed three others and he escaped with a burnt face, neck and legs. We spent weeks helping him to put to bed all the held on to phobias and panicky episodes.

He was a fantastic success and is such a sweet heart now.....- however his owner has disappeared off the face of the earth.....- abandoning him with me and leaving a large unpaid bill. Despite all my attempts at contacting her by email, phone, text and recorded letters. She has simply walked away from her baby and left me totally stuffed. I now have a young horse out there that needs a new home which will be impossible to find at this time of year. He is another mouth to feed and one more for me to be responsible for. This is a sign of the times I was not reckoning on.

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Wills - why use a solicitor?

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

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

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

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

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

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

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

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

For further details, please do not hesitate to contact Leanne Labrom or Caroline Hepworth on 01482 325242.

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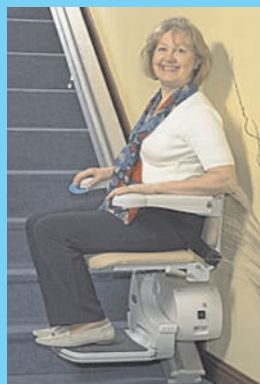
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Hooping Fitness Classes begin at the Civic Hall, Cottingham on November 8th at 8.00 pm

Hooping is fast becoming the hottest fitness trend in the UK and Hooping is already massively popular in America, practiced by many celebs such as Beyonce, Kelly brook, Marissa Tomei, Michelle Obama & Liv Taylor.

The hoops that are used are weighted and larger than your average toy hula hoop. The added resistance of a heavier hoop means that it can sculpt & shape your body as well as the cardio benefits, burning on average a 100 calories every 10mins.

My hooping courses run for six weeks and are for beginners. They are structured classes learning the very basics of hooping around the waist with correct technique and posture. We learn how to move around the room whilst hooping, also using the hoop around the hips, chest, arms and hand hooping, incorporating tricks and turning, plus using the hoop as a weight to do toning exercises & abdominal work.

Some of the benefits:

- There is no impact so it is good for your joints
- It gives you more confidence
- It can be practiced by almost everyone (any age, size, shape)
- Improves your metabolism, strengthens your heart and improves circulation
- Best of all it shapes and tones your waist and abdomen. An exciting, fun enjoyable class.

The next course begins on Tuesday 8th November at 8.00 pm in the Cottingham Civic Hall. The course lasts six weeks and costs £25.00 per person. Hoops are also available to buy.

For more info contact Claire on 07771 873457, claire@121-coaching.co.uk or www.121-coaching.co.uk.

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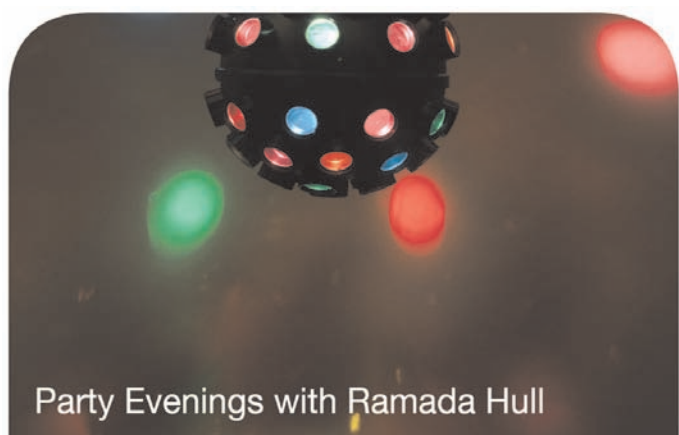
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Cottingham Calendars with photographs by John Dewing on sale at Barkers of Cottingham

John Dewing who has taken many of the excellent photographs featured on the cover of the *Cottingham Times* over the past five years, has produced an A3 full colour calendar for 2012 with a marvellous selection of Cottingham views.

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

Darby & Joan Hall Review

A wide range of activities take place in the D & J Hall; a list is published monthly in the notice board on the outside wall next to the door. Included are keep fit, zumba, yoga, dance, drama, karate, bridge, whist, health issues including slimming and stop smoking campaign. Following recent *Cottingham Times* publicity, the venue has proved a popular booking for birthday parties for both young and old.

The kitchen and small hall have just been refurbished and plans are in hand for new seating in the main hall.

Meanwhile, there are some regular weekly and monthly slots still vacant at competitive rates. For details of these and all the activities mentioned, please contact the booking Secretary JENNY FISHER 01482 343609.

PLEASE NOTE THAT THE COTTINGHAM MEMORIAL CLUB IS NOT AVAILABLE FOR ANY INFORMATION REGARDING THE D & J ACTIVITIES AND IS NOT ASSOCIATED WITH US IN THIS CONNECTION. Such enquiries should be made as stated above or to your group/section leader.



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Swanland Village Events

A new season started at Swanland Village Hall last month with an almost full house to see The King's Speech. We hope we can tempt even more people to our next showing at 7.30pm on Saturday 15th October of Made in Dagenham. Do you remember when the women workers at the Ford plant in Dagenham went on strike for "equal pay for equal work"?

This is a film of that story that had rave reviews when it was released last year. Tickets cost £3.50 (adults) and £1.50 (accompanied schoolchildren). For further details call Yvonne on 01482 634863 or Ian 632800.

By popular demand, Swanland Village Hall welcomes back the acclaimed duo Ros Brady and Si Barron with their Many Coloured Field tour at 7pm on Saturday 22nd October. This award winning couple of contemporary songwriters and interpreters of traditional English folk song will sing of coffee drinking mermaids, flying highwaymen and disappearing hedgrows. Intrigued? For further details contact Yvonne on 01482 634863.

Tickets cost £7.50 adults (or £6.50 if you are a member of Swanland Village Association) and £3.50 for accompanied schoolchildren - which includes nibbles. Please bring your own liquid refreshment and glasses.

Swanland Village Hall

Swanland Village Hall has Gone Green when it recently installed photo voltaic panels on its roof to produce its own electricity. If anyone is interested in the technology, the cost, the planning permissions needed - or any other queries - they are most welcome to attend an Open Day from 10.00 am to 1.00 pm on Saturday 29th October. For further information see www.swanland-villagehall.info/news.htm

Painting Exhibition

A new exhibition of paintings by local award-winning artist Tony

Denison, of scenes from around the villages of East Yorkshire, will be exhibited in Swanland Village Hall on Saturday and Sunday 5th and 6th November from 11 am to 4 pm. If you live in Bishop Burton, Brough, Elloughton, Kirkella, Little Weighton, Lund, North Cave, North Ferriby, North Newbald, Skidby, South Cave, Swanland, Walkington, Welton or Willerby then your house may well be depicted. Entry to the exhibition is free but refreshments will be served and donations collected for Swanland School Nairobi. <http://www.swanland-schoolnairobi.org> Please come and support this event.

Free Dance Craze Fitness

Session for the over 50's

Age UK East Riding is inviting the over -50's to 'wiggle and giggle' their way to fitness, with the launch of a new dance fitness class.

The new zumba gold sessions are being launched in Hessle, following the success of a similar group in Cottingham.

The first session will be free of charge, to allow participants to try the new dance moves, which are specially aimed at older people.

Zumba gold is a low impact version of the zumba phenomenon which is a Latin-inspired dance fitness programme that has inspired over 12 million people across the globe to take it up.

The free trial session in Hessle will be held at Tower Hill Methodist Church on Monday October 24, from 11am.

It will be led by qualified fitness instructor Debbie Tyson, who also runs the Cottingham group.

Debbie explained; "Zumba gold is aimed at the older active adult, and can be adapted for people with hip, knee, back and other injuries. It is great for socialising and getting fit at the same time, so that people can wiggle and giggle the pounds away!"

The free session will be funded by Age UK East Riding through the Big Lottery Fit as a Fiddle programme.

For more information please ring Age UK East Riding, tel 01482 869181.

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"Too many people go through life, running from something that isn't after them."

Below: Answer to Sudoku problem No. 57 from the September issue.

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

News from Cottingham Little Theatre

NEXT PRODUCTION – NOVEMBER 2011

Rehearsals are well under for our November production, "Comic Potential" by Alan Ayckbourn. This romantic sci-fi comedy is set in a TV studio sometime in the future, when low-cost androids (known as "actoids") have largely replaced actors. Now there's a thought.

The cast, chosen by the Director, Brian Hossack, includes three new Members making their debut acting performances and sees the return of two of our younger members, who appeared in our very successful production of "A Christmas Carol". Of course, many of our well known faces will be there as well. In all 17 actors are in the cast.

The performance dates are Thursday 24th November, Friday 25th November and Saturday 26th November, 2011, commencing at 7.30 pm at our home, the Darby & Joan Hall in Finkle Street.

Tickets will be at the usual price of £6.00 (Concessions £5.00) and will be available, from the beginning of November, from Barkers, Newsagents, Hallgate, Cottingham and from our Ticket Secretary, Kaye (tel. no. 01482 842270). Please make a note of these dates.

Social Events

Our Social Secretary, Lynda is making plans for a bowling evening during the Autumn, date not yet finalised, and our Christmas Meal, possibly at the Fergusson Fawcett Arms in Walkington in early December.

Play Readings

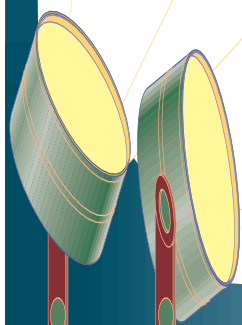
The dates of our next play three readings will be Monday 3rd October, Monday 7th November and Monday 5th December in the UPSTAIRS ROOM AT THE DUKE OF CUMBERLAND on Market Green, commencing at 7.30 pm. Look out for our posters round the village and our website for more information. Everyone is welcome to come to these Open Sessions and learn more about us. For more information give Margaret a ring on 01482 846796.

New Members and Friends

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

The Future

This will be the last of our regular monthly features in the Cottingham Times, which we have published over the last three and a half years. However, do not despair, a new style "UPDATE" will appear five times a year to coincide with the dates of our productions. The first one will be in the November issue and then in February, April, July and September after that. We hope you like the new style layout.



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



Over 500 Pumpkins provide amazing display at Southwood Farm Shop

Over 500 Pumpkins have been used to create an amazing display at the entrance to Southwood Farm, off the Parkway, Cottingham.

The pumpkins grown by Southwood's themselves have been used to create a unique setting as part of the Halloween Celebrations taking part at the Farm shop.

Celebrations begin on the weekend of the 15th and 16th October with the opening of the Halloween Display with Scary Walks Room and see the ghosts come to life. Every child who comes in fancy dress will also get a Special Prize.

Santa will also be opening his new Christmas display the same weekend some come along and see him in his grotto.

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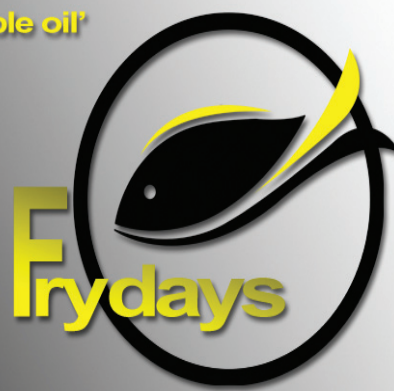
4:00pm - 10:00pm

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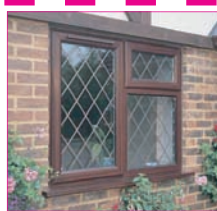


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Music Lovers . . . make a Note!

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

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

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

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

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

TICKETS WILL BE ON SALE FROM OCTOBER 10TH AND COST A REASONABLE £11 (£5 FOR STUDENTS IN FULL TIME EDUCATION). They will be available from Gilly's Balloons at The Back Room, Hallgate and The Photo shop, King Street, Cottingham. Also by phone 01482 847122 or 01482 842347.

Meanwhile, if you are willing and able to distribute a few posters and flyers to your local shops and friends, especially in small outlying villages, please do not hesitate to help us promote this occasion to a wider market and keep costs down in addition to providing additional support to the event. Contact Richard Barton on 01482 847122.

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Why it's important to act sooner rather than later

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

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

Freeze funeral costs at today's prices

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

Arrange your funeral the way you want it to be

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

Your acceptance is guaranteed

If you're aged 50 or over, acceptance to the plan is guaranteed, whatever your state of health. There will be none of the questions or medicals associated with many life assurance plans.

Spreading the cost to suit your budget

The Age UK Guaranteed Funeral Plan comes at an affordable price – with the option to spread payments over 12 or 60 months or even up to ten years! It offers a most affordable way to take care of funeral costs in full.

Ways to request your FREE no obligation pack: Pop into Age UK East Riding, 16 North Bar within Beverley, East Riding HU17 8AX. Tel 01482 861065. Opening Hours 9.30 am - 4.00 pm Mon-Fri and Sat 9.00 am - 12 Noon. Visit our website: www.ageuk.org.uk/funeralplan

*Source: Mintel Funeral Business Reports 1994, 1997, 1999, 2002, 2007 & Mintel Survey of Average Funeral Pricing 2004
And AXA Mintel Funeral Costs Survey 2010. †Dignity.

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Pop into your local event to find out more:

13th and 14th October
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Tel: 01482 861065

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F2754V1JUL11 SL031788_11

Christmas Mixed AM/AM Stableford Competition at the Driffeld Golf Club

The Driffeld Golf Club will be holding a Christmas Mixed AM/AM Stableford Competition on Thursday 3rd November.

The entrance fee includes a two course meal. Please visit the website www.driffeldgolfclub.co.uk for full details and an application form, or ring 01377 253116 for further details.



Driffeld Golf Club





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

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

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

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

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

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

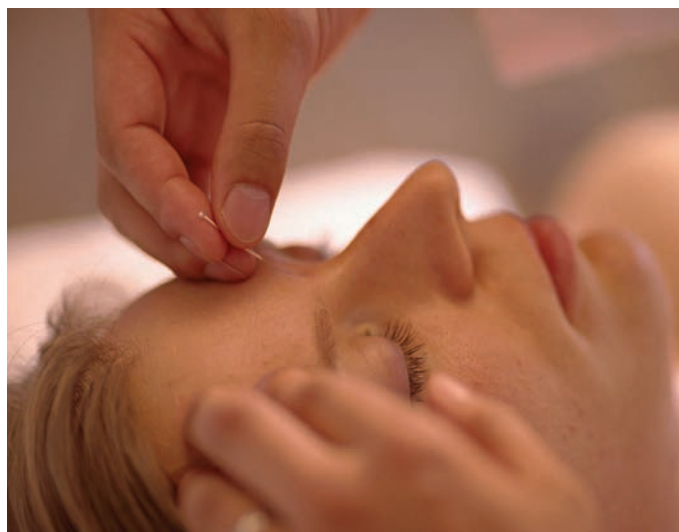
The channels are related to the internal organs, which if out of balance is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

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

Problems and Diseases commonly treated by TCM

Dermatological:

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



Muscular, Neurological, Skeletal and Vascular:

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

Internal:

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

Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

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

Cancer and Tumour:

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

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

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

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

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



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The Busy Bees Return - Complete their Operation Lifestyle Project and raise £1,660.55p for charity

It started way back in July, with them deciding that they wanted to raise money for the Teenage Cancer Unit up at Castle Hill Hospital, this being something close to their age group. They found out that the unit is very new, and did not have any entertainment for the patients.

They wanted to raise enough funds to be able to buy outdoor games, Wii games and accessories to make the patients stay a happier one. They started by having a sponge throwing stall at their old school fair (Westfield). The board was completely drawn and painted by themselves. Lots of fun was had on the evening.

Next was a very eventful sponsored bike ride to Hornsea and back. A long 20 miles in total. Very tired at the end but all determined to complete it. The third and last was a Fun Day at the Fairmaid. The Fairmaid kindly gave the venue free of charge, were very helpful to the girls and also added £200 of their money raised to the days total. On the day they washed up to 30 cars, sold buns/plants, had a tombola stall and raffle stall and did face painting.

All this amounted to a massive amount of £1,660.55p been raised, which was fantastic. The final outcome was better than they could have hoped for. They then spent half of this on outdoor games (Giant connect 4, jenga and kerplunk) and Nintendo Wii items. The rest of it, on its own a vast sum of £856.66, has been donated to the ward.

Pictured above left to right: are Amy, Kelly, Evie, Grace and Olivia. Their Lifestyle name is The Busy Bees Return (they did it for the first time last year - winning a day trip to Alton Towers).



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MyelomaUK

Coffee Morning Month



Location
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Date
SATURDAY 29 OCTOBER

Time
9.30am – 12 Noon

Contact
TONY & ANNE TORDOFF 858244

Event
**COFFEE MORNING
IN AID OF
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About Myeloma UK Registered as a charity in 1997, Myeloma UK is the only organisation in the UK dealing exclusively with myeloma and its related disorders. Myeloma is an increasingly common cancer of plasma cells. Plasma cells are found in the bone marrow and are responsible for protecting the body against infection.

Myeloma UK Broughton House, 31 Dunedin Street, Edinburgh EH7 4JG ☎ 0131 557 3332 ✉ coffee@myeloma.org.uk
www.myeloma.org.uk Myeloma Awareness Week 21 – 28 June Charity No: 50026116

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and all Bank Holidays**
Also at: Sutton Park, Hull
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Slimming

WORLD

For Membership details Ring Theresa on 823032

Crossword Solution from page 14

1	J	O	Y	O	U	S	L	Y		5	A	F	I	E	L	D
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26	I	R	O	N	I	C			27	K	I	L	O	G	R	A
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28	G	R	E	A	S	Y			29	A	S	S	A	S	S	I



Facing up to Life's Stresses and Strains

When it comes to your face you need to take care of it because it cannot and will not take care of itself.

Here we offer you some face saving tips that can help you in your quest to save face today, tomorrow and every day!

There are three S's that are considered to be an evil trio when it comes to your facial skin and the aging process. They include smoke, stress and sun. All of these factors can play a dramatic role in the number of wrinkles that you have on your face as well as the severity of them. If you smoke give serious thought to quitting. If you live with a great deal of stress then find ways to effectively cope with it. Always use sunscreen when you are exposed to the sun.

When it comes to sun protection, choose a SPF of at least 30. If possible avoid direct sunlight, particularly between the hours of 10AM and 4PM. A great deal of skin aging has to do with too much exposure to the sun's harmful UV rays. Not only do you need to wear sun block but you should use a quality antioxidant skin cream that will protect you from the acceleration of the aging process as well as the development of melanoma.

By doing these things your face should not age as quickly.

Exercise on a regular basis as this helps to maintain good circulation. It is recommended that you get at least 30 minutes of exercise per day. Moderate exercise is not only good for the skin but it also improves the health of your cardiovascular system, improves your immune system function, controls your weight and protects you from many age related and degenerative diseases.

Your teeth are not just there for chewing purposes or to give you a pretty smile.

Your teeth, as well as your jaw bone, works in unison to hold your facial skin in the correct position. For this reason you need to take good care of your teeth and gums. Make your oral health care a top priority in your life. Do what you can at home but also see your dentist on a regular basis.

Remember that the basics count for a lot when it comes to the health of your skin. Stay hydrated by consuming enough water every day. Do not allow your body to become dehydrated. In the same way get the sleep you need. Most people need in the range of seven to eight hours on a daily basis.

Eat a balanced diet that includes fruits and vegetables as well as nuts and seeds. Eat blueberries to help your face stay young. Blueberries are choked full of antioxidants that are able to fight free radicals that damage the skin.

Introduce flaxseed oil to your diet if you have not already. Flaxseed oil is one of the richest vegetable sources of omega-3 fatty acids and is important in keeping the skin well lubricated, supple and youthful in appearance.

Say no to alcoholic beverages (or at least cut back on them). Alcohol has a dehydrating effect on the body that can also affect the skin. It also adds toxins to a body that is already dealing with chemicals from the air and from food. If you absolutely cannot go without alcohol then choose red wine which contains some beneficial antioxidants.

Beverley Business Fuels a Greener Future

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

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

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

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

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

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

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

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

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

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

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

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

"The main problem with traditional logs has always



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

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

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

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

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

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

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

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

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

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

Alternatively, e-mail tony@yorkshireheatlogs.co.uk or visit www.yorkshireheatlogs.co.uk

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