

# Cottingham Times

and District

Issue 131 - October 2012

## STEPHEN RICHARDSON



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## In Cottingham and District

### 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. **For a limited period Wednesdays only "2 for the price of 1". All welcome.**

**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.

### AgeUK East Riding

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 other services available. Tea and Coffee available. Telephone 01482 869181 for further details.

### Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a 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 Wilson, Club Secretary, telephone 07904 803739, or visit our website [www.cottinghamrangers.co.uk](http://www.cottinghamrangers.co.uk).

### Zion United Reformed Church, Hallgate

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

### Viewfinder Photographic Society

Meets Monday evening every week in the Skidby Village Hall. Secretary: Mr. Peter Smith, 149 Grovehill Road, Beverley. Tel. 01482 867450.

### 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 Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 in the Zion United Reformed Church Hall, Hallgate, Cottingham.

### Fitmums & Friends Run, Walk & Buggy Burn Club

The club meets at Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45am (term time only) and at KGV Pavillion, Cottingham: Wednesdays 7pm; Fridays 6.15pm & Buggy Burn Thursday 10am. Suitable for men & women of all abilities. [www.fitmums.org.uk](http://www.fitmums.org.uk)

### Play Badminton

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

**Front Cover Picture: A view down The Parkway, Cottingham.**  
**Photo by: Paul Lakin, 9 Dixon Court, Cottingham.**  
**Telephone: 01482 846804.**

# STEPHEN RICHARDSON



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**Cottingham Bridge Club**

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

**The Alzheimers Society**

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

**Cottingham Ladies Circle**

Wednesday 3rd October - Mrs. Louise Turner 'Fairtrade', in the Zion United Reformed Church, Hallgate, at 7.30 pm.

**Haltemprice Art Group**

Tuesday 2nd October - Drawing Hands and Feet.

Tuesday 9th October - Workshop with Gill Carter "What Colour is It?"

Tuesday 16th October - Sketching - Maisie Smithson/Carol Davidson

Tuesday 23rd October - Fur and Feathers

Tuesday 30th October - Half Term

Meetings held in the Cottingham High School, 7.00 pm to 9.00 pm in the Art Department. New Members always welcome. Annual fees are £20.00 which cover all but demonstrations, workshops, and appraisal evenings where an additional is made. For further details telephone Mrs. Pat Tillotson (Secretary) 01482 352840 or Mrs. Jackie Churchman (Publicity Officer) 01482 866783.

**Cottingham Men's De Luda**

Wednesday 3rd October - Susan Harr - It Shouldn't Happen to a Landlady, in the St., Mary's Church Hall, Cottingham, at 2.00 pm.

**Skidby Village Hall**

Friday 5th October - Village Quiz Night, in the Village Hall, in aid of the Skidby Playing Fields Association. Tickets £5.00 per person which includes a "fish-and-chip" supper. Canned alcohol available or bring your own bottle. Further details and tickets from Lynn O'Connor (07772 394773) or Kelvin Young (01482 843446).

**Cottingham Women's Institute**

Tuesday 9th October - Wrapped in Style - Lynda Mills, Competition: A Trinket Box, at 10.00 am upstairs at the Civic Hall, Cottingham. *Lift available.*

**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 Green Women's Institute Evenings**

Thursday 11th October, Members Evening, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

**East Yorkshire Association of the National Trust**

Thursday 11th October - Mr. Simon Thompson "Everyday Life in Mediaeval England", in the Civic Hall, Cottingham at 7.30 pm. Non members welcome.

**Holderness Alpha Probus Club**

Thursday 11th October - Lunch 12 noon

Thursday 25th October - Coffee Morning at 10.15 am.

All events take place at The Railway Inn, Thwaite Street, Cottingham. The Club meets fortnightly for alternate lunches from midday onwards and coffee mornings from 10.15 a.m. onwards. The 3 course lunches are followed by a talk from a local speaker. If you are retired and would like to meet new friends contact the Club Secretary on 01964 624238 for information as to the dates of the Club's events.

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*Continued from page five***U3A**

Thursday 11th October - Michelle Beadle - Amy Johnson, at 2.00 pm in the hall at the Darby Joan Hall, Finkle Street, Cottingham.

**The Beverley Film Society**

Friday 12th October- The Well Digger's Daughter (2011) Director: Daniel Auteuil, Cert (PG), French, Drama/Romance. A father, in pre-World War I France, is torn between his sense of honour and his deep love for his saintly daughter when she gets in trouble with the wealthy son of a shopkeeper in this handsome, old-fashioned film, adapted /from the novel by Marcel Pagnol. All films start at 7.30pm on the 2nd FRIDAY of the month, (except December). Screenings are in the Masonic Hall, Trinity Lane, Beverley.

**Skidby Village Hall**

Saturday 13th October - Annual Charities Fair from 10.00 am to 1.00 pm in the Village Hall. Any registered charity may book a free stall. Quality home-made refreshments available. Free admission. Booking forms and further details from Kelvin Young (01482 843446).

**Cottingham Methodist Church**

Saturday 13th October - Music Festival by Driffeld Male Voice Choir with guests Westfield Primary School. Free entry, retiring collection for the Castle Hill Hospital Cancer Trust Fund.

**East Yorkshire Embroidery Society**

Saturday 13th October - Linda Rudkin, Creating with Nature. In the Darby & Joan at 2.30 pm. Memberships Fees £8 per annum. Meeting fees: Members £1.50; Visitors £2.50.

**Friends of Hull Young Musicians**

Saturday 13th October - Craft Fair in Civic Hall, Cottingham at 10.00 am to 4.00 pm. Assorted crafts stalls, homemade refreshments, tombola, raffle, live music by students. Tables available for more information 01482 352911.

**North Ferriby Gardening Club**

Monday 15th October - Small Spaces - Big Returns, growing vegetables in small spaces. Tony Feathersone. Meetings are held in the North Ferriby Village Hall at 7.30 pm. Visitors are always very welcome - admission £2. Annual membership £6.00, Includes Tea/coffee and biscuits Further information ring Mal on 01482 632282

**Beverley Naturalists's Society**

Tuesday 16th October - Tom Upton Memorial Evening. A slide presentation "Wild West Canada" by Tim Melling at St. Mary's Church Parish Room, Beverley, at 7.30 pm. Admission including refreshments - Adults £4.00; Concessions £3.00; Children (over 10 years only) £2.50.

**Cottingham Evening Townswomen's Guild**

Wednesday 17th October - Tracy Ingram "Parish Nursing", at 7.30 pm in the Darby & Joan, Finkle Street.

**Cottingham Ladies Circle**

Wednesday 17th October - Mr. C. Clark - Antique and Unusual Objects, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

**Cottingham Men's De Luda**

Wednesday 17th October - John Fewings, You're Not as Thick as You Think, in the St., Mary's Church Hall, Cottingham, at 2.00 pm.

**Skidby Village Hall**

Wednesday 17th October - Coffee Morning, - Lynn and Sheila invite you to coffee, cakes and a White Elephant stall on Wednesday 17th October from 10am to 12noon in Skidby Village Small Hall. Proceeds to the Skidby Village Playpark equipment scheme.

*Continued on page eight*

## "Cottingham's Favourite Café and Tapas Bar"

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# Happy Birthday TO US

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**T**his month Chris Lee Carpets and Flooring celebrates 10 years of trading from 37 Chanterlands Avenue, Hull, and we want to say a massive thank you to all of our customers who have supported our business. We know we wouldn't still be here without you.

Chris Lee served his carpet fitting apprenticeship at P&D Carpets, Cottingham, from 1984 to 1989, under the watchful eye of Keith and Linda Donkin, and fitters, Phil Taylor and Paul Carrison. "I was trained by two of the best fitters around" says Chris. In 1989, Chris went self employed but continued to sub-contract to Keith and Linda, as well as another local carpet shop, Smith and Cowen, in Hessle. "It was in the early nineties that my own customer base began to grow, so I was now doing a mixture of sub-contracting to shops, and supplying my own customers, too."

It was also at P&D Carpets that Chris met his future wife, Annette, who was working in the Cottingham showroom; Chris says "my own customer base was growing to the point that I

didn't have time for any sub-contract work, and I realised that I was going to have to be able to offer my customers the same selection of carpets that other shops were offering." So, in late 2002, Chris was driving past what was Barritt's Chemist on Chanterlands Avenue, and saw it was up for sale and on impulse put in an offer, which was accepted. Annette gave up her job at P&D and between them they gutted the building, quickly turning the front area into a showroom so they could start showing customers their range of samples. "It was scary but fun" says Chris. "We had no idea what we were doing really, just making it up as we went along, and when I look back at the photos of what we have done to the building, I'm amazed we ever got open within a month of getting the keys."

"It's been a hectic and enjoyable first ten years" says Chris, "we have successfully built the business, extending the showroom in 2005, we have had the floods of 2007 and the recessions and banking crisis, but we are still here going strong."

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*Continued from page six*

### Diabetes UK

Thursday 18th October - Dr. J. Patmore (Consultant Diabetologist), Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

### Inland Waterways

Friday 19th October - Andy Swift (from the Humber Estuary Services) will give an illustrated talk about the safety of Navigation on the Humber. From 8.00 pm to 10.00 pm at the Cottingham Methodist Church. Admission £2.00 including refreshments.

### Hull Ladies Choir

Friday 19th October - Charity Concert, at 7.30 pm in St. Ninians Church, Chanterlands Avenue, Hull. Admission £5.00. Proceeds to Kingstown Hospital Radio. For further information telephone 07779 732322 or email [info@hullladieschoir.org.uk](mailto:info@hullladieschoir.org.uk).

### Welsh Society of Hull and East Riding

Friday 19th October - Beverley Arms Hotel 7.45 pm for 8.00 pm. 'Chairman's Evening' - A musical evening. Details 01482 869800.

### Cottingham Civic Society

Monday 22nd October - "Railways, Past, Present and Future", a talk by David Walford - Humber Region Rail Development Manager, in the Darby and Joan Hall, Finkle Street, at 7.30 pm. Members are requested to contribute £1.00 for each for every meeting attended. Non-members are welcome to attend at a charge of £2.00 each. Refreshments are served at a nominal charge.

### Wednesday Social Club

Wednesday 24th October - Billie Lee - Cruise on the Amazon, in the Darby and Joan Hall, at 2.00 pm.

### Cottingham Darby & Joan Club

Saturday 27th October - Autumn Fayre, 10.00 am to 12.30 pm. In the Darby & Joan Hall, Finkle Street. Various stalls, Tombola, Raffle and Tea/Coffee and scones. Admission 20p.

### Multiple Sclerosis Society

Saturday 27th October - Annual Autumn Fayre - in the Cottingham Civic Hall, 10.30 am to 3.00 pm. A variety of stalls, refreshments available. Raising funds to support local people affected by Multiple Sclerosis.

### Zion United Reformed Church

Saturday 27th October - Organ Recital by Roland Dee (Fellow of Trinity College, London), at 7.00 pm in the Zion United Reformed Church, Hallgate, Cottingham. Tickets £6.00 including light refreshments. Tickets can be purchased at the door or by ringing 845920.

### Cottingham Ladies Circle

Wednesday 31st October - Mr. Jim Hogg - Madame Tussaud, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

### Cottingham Men's De Luda

Wednesday 31st October - Alan Richards - The History of Newland Homes, in St. Mary's Church Hall, Cottingham, at 2.00 pm.

### Zion United Reformed Church

Friday 2nd November - Christmas Fantasy of Flowers by Pat Davy (National Diploma in Floristry), at 7.00 pm in the Zion United Reformed Church, Hallgate, Cottingham. Tickets £6.00 includes a glass of Mulled Wine. Tickets can be purchased at the door or by ringing 845920.

### East Riding County Choir

Saturday 1st December - A performance of Handel's Saul, in Beverley Minster at 7.30 pm. Tickets £15, £12 and £8 from Beverley Tourist Information Centre (Tel. 01482 391672) or at the door from 6.45 pm. Accompanied children 16 and under free.



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*world*

# Christmas Extravaganza Evening

Thursday  
18th October

4PM - 8PM



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# Microsoft Office 2013 to be launched soon . . .

**M**icrosoft Office 2013 will be launching soon. Indications are that it will be primarily a subscription-based service from around \$99 annually for up to 5 home users. In its news blog Microsoft announced that anyone buying Office 2010 from October 19 onwards, will be able to get a free one year subscription to the same 2013 product. Watch out for more details soon.

**Sir Tim Berners-Lee, the founding father of the World Wide Web** (that's where *www* comes from), in an interview recently denied there was an 'off switch' for the internet. He went on to say that it would take all the governments in the world to collude together for this to become a reality. Thoughts of a giant red switch mounted in a *James Bond villain-style* secret base somewhere spring to mind! Reminiscent also of the spoof email doing the rounds a few years ago giving advance warning that the internet was going to be closed down for a week for cleaning and maintenance. Heaven forbid what we all do without it??!



**Tip: If you want to quickly maximise or minimise a window, just double click on the bar at the top. If you want to stretch a window, move your cursor to the bottom right hand corner, and when it turns to a double headed arrow, just click and drag. To move a window, just click and hold the top bar and drag & drop it.**



**The inventor of the first laptop, Bill Moggridge**, has died in California, aged just 69. Designed back in 1980 the 'clam shell style computer' went on sale in 1982 for over \$8000, and was even carried on-board early Space Shuttle missions. He was named the winner of the 2010 Prince Philip Designers Prize, as his basic concept has stayed pretty much unchanged to this day.



**Tablets have been over a couple of years now, pioneered of course by the Apple iPad in mid-2010.** Since its launch, Apple has sold an estimated 60 million of the little beauties, now on its third generation at £399. And now there is a whole plethora of similar devices at a wide range of prices. Amazon will shortly be launching in the UK their Kindle Fire which is a 7" tablet for only £129 and an HD version for £159. The Google Nexus 7 (pictured) is already on sale from £159. The massive numbers prove just what demand there is for hand-held internet connected devices that can also store music, photos and movies, and play them in amazing quality. **Stop Press: we have a limited number of 7" Go Tabs at only £89 – please phone for details.**

**Tip: If you are completing an online form and you get stuck in a box and can't seem to click out of it, try pressing the Tab button on your keyboard. This will let you jump to the next box.**

**You may have read recently that 4G is going to be launched by the end of the year.** Being much faster than the existing 3G mobile network service, it will mean that anyone with a 4G enabled device (i.e. mobile phones, tablets etc. initially on the Orange & T-Mobile networks) will enjoy super-fast internet download speeds. And for once Hull is included as one of the list of cities getting it first! See [www.ee.co.uk](http://www.ee.co.uk).

**Tip: If you need to find out what your IP address is** (that's the unique number of your computer on the internet), just go online to <http://www.whatsmyip.org/> and it will be displayed at the top. There are some other useful tools on this site like a random password generator amongst others.

**Amazon has launched a new deals service called Amazon Local.** Going up against the likes of Groupon and Living Social the service will target its customers with local and national deals every week.

**Another interesting enhancement from Amazon is the new Cloud Player.** Customers who have purchased and downloaded music from them are offered free storage of all those tracks that can be played on any internet connected device. And the best bit is that it finds all the tracks you bought in the past and keeps them all organised in the player, under your account name.

**Google has also made a change in terms of online storage.** Its previously called *Google Docs* service is now called *Google Drive*, (basically similar to *Microsoft SkyDrive*), and this is where all your documents and other data can be uploaded and stored in. All you need is a free *Google* or *Gmail* account.

**We are all used to Google as a noun and a verb, but did you know the meaning of the word google is a number with a million zeros.**

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## Lucy Jones wins Yorkshire Leader Board tennis competition for 9 and unders

**L**ucy Jones, aged 9, has won the Yorkshire Leader Board tennis competition for players aged 9 and under.

This is for the six months summer tennis season which is based on all the Yorkshire tournaments clubbed together and the winner is the who get the most points.

She received a prize and a medal for winning from LTA. Lucy is 9 years old and a pupil at Hymers college and trains at the Nuffield tennis academy in Hull, and just loves playing tennis.

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## Wordsearch - Time Off

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

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

Find the words in the letters above:

Absence, Amusement, Break, Cap, Carefree, Diversion, Enjoyment, Entertainment, Escapade, Escapism, Excursion, Festivity, Field Day, Free Time, Freewheeling, Frolic, Hobby, Holiday, Honeymoon, Jaunt, Junket, Leave, Leisure, Pastime, Picnic, Play, Pleasure Trip, Recreation, Relaxation, Respite, Rest, Spare Time, Time Out, Unworried, Vacation.

Wordsearch courtesy of [www.puzzlechoice.com](http://www.puzzlechoice.com)

## Sudoku No. 70 -

This is an easy challenge this month - Answer page 29

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



# MARIONOWENTRAVEL

## Hot news from the helm

**Give the kids a break in 2013** - our Disneyland offer is excellent value, hurry as you do not need many families to fill a coach. This tour is cheaper than last year, the hotel is on site and it is Whit half term school holidays! Treat the family, great for all generations don't delay book this today!

**Talking of full coaches**, we have just returned from our tour to Floriade, the sun shone for us and everyone loved the expo, as well as plants and flowers it was very arty! This is a 10 yearly event but don't despair if you missed out this year as next year Hamburg is hosting its 10 yearly garden show - "Around the world in 80 Gardens". Our tour departs on 10 August 6 nights half board from £459. The tour also includes the historic city of Lubeck plus time to explore Hamburg or visit Miniature Wunderland.

If you have a computer take a look at this link it is amazing!

<http://www.miniatur-wunderland.com/exhibit/video/5-minutes-wunderland/>

**Fred Olsen cruise line summer 2013 all inclusive** drinks package is no longer free but for bookings made in October you can still have this package added for just £5 per person per day which is still a bargain. Just imagine a gin & tonic before dinner, wine to accompany your meal and a liqueur or brandy afterwards! £5 is a bargain - hurry as this is only for bookings made this month for departures 06 April 2013 onwards.

**River Cruising via P&O North Sea Ferries: The Serenade 2** offers excellent quality which is a welcome addition to departures available sailing to the continent from our very own port of Hull. Beautifully built in 2007 with extensive use of wood and glass creating a luxurious modern & spacious atmosphere she really is the cutting edge of design guaranteeing the most comfortable surroundings for her 134 passengers. Comprising of three decks, air conditioned throughout and connected by a standard lift (rarely found on river ships) complemented by splendid wide staircases. The enormous sun deck on top can be reached by stairs. The spacious lobby resembles a luxury four-star hotel and the stylish furnished Mendelssohn Restaurant serves the highest quality of cuisine, (there is a small gym downstairs to work off those extra calories!). The Vivaldi Lounge bar is exquisitely furnished with deep carpets, comfortable armchairs and settees with floor to ceiling panoramic windows revealing the passing scenery in all its magnificence. Take time to peruse a good book or play bridge in the ships library. Relax on the sun deck with a drink in hand, enjoying the fresh air as the vine-clad slopes and historic towns slip by as you cruise along the Rhine & Moselle. If this is you, join our exclusive departure on 26 August 2013 this 9 night holiday starts at £1559 including 7 nights aboard the Serenade 2 full board and all excursions. We can also offer this same holiday by air or eurostar please ask for details.

**Keeping the theme of local departures - Madeira!** Next year we have 2 departures flying direct from Humberside for a 7 night holiday departing either 22nd July or 9th September. This is a super island to visit at anytime of the year, it has a wonderful climate. If you have to take your holidays at the height of the season and cannot bare it too hot then Madeira is ideal. The island offers fabulous walking terrain, is renowned for its flora and last but not least is a good choice for golfers too. Hotels are available on all board basis although B&B is very popular due to the excellent choice of local restaurants. Call Kayleigh today for more details.

**Bowling** : Potters world championship indoor bowling, we have a 3 day departure on 15th January 2013 - prices start at just £189 full board. Limited single rooms available. You will be able to enjoy watching 3 days of bowling and have 2 evenings of entertainment included. Reserve your place today.

**New magazine:** many of you had my first publication at the start of the year, edition 2 is now available ask for your copy today. For a full list of our up to date exclusive tours plus cruises and holidays with transport from your door visit our website [www.marionowentravel.com](http://www.marionowentravel.com).

**Marion Owen Travel Gift vouchers** are suitable for any occasion and available year round. These can be used towards all tour operators not just our own tours giving the receiver the maximum choice of holidays to book.

Myself, Lynne, Kayleigh & Sarah look forward to planning your next holiday with you, please call for more information and to book your next escape wherever it may be in the world.

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December 2nd - Skipton Yuletide Festival .....	<b>£22.00</b>
December 8th - Lincoln Market .....	<b>£19.00</b>
December 15th - Meadowhall Shopper .....	<b>£15.00</b>
December 16th - Trafford Centre Shopper .....	<b>£22.00</b>
April 1st 2013 - 5 Days Easter in Llandudno .....	<b>£185.00</b>
April 13th 2013 - 2 Days Blackpool and Lakes .....	<b>£65.00</b>

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### Christmas Lunch Menu

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*Roasted Red Pepper & Tomato Soup, served with homemade bread  
Prawn & Crab Seafood Cocktail  
Chicken Liver Pate, Red Onion Chutney and toasted bread  
Field Mushroom with Goats Cheese served on toasted ciabatta*

Traditional Roast Turkey with cranberry sauce and festive trimmings  
Slow Roasted Guinness Lamb Shank  
Oven Baked Salmon with Dill Sauce  
Potato, Fennel and Mushroom Gratin (v)

*All Served with Potatoes & a selection of vegetables*

*Homemade Christmas Pudding & Brandy Sauce  
Warm Chocolate Brownie & Ice-Cream or cream  
Panna Cotta with Raspberries  
A selection of Cheeses with celery, grapes & Crackers*

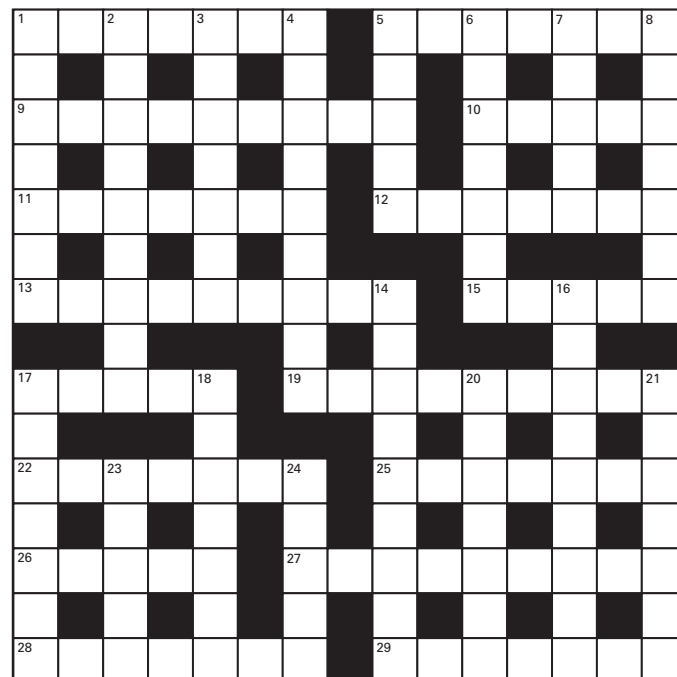
**2 Courses - £14.95 per Adult or £7.50 per Child**  
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## Crossword - Solution on page 46



### Across

1. Used to spin yarn (7)
5. Atomic (7)
9. Stamping (9)
10. Delineated (5)
11. A public speech (7)
12. Of little importance (7)
13. Stardom (9)
15. Gapes (5)
17. Amounts of medicine (5)
19. A style of physical comedy (9)
22. Complain (7)
25. Every evening (7)
26. Permeate (5)
27. Craft (9)
28. Misbeliever (7)
29. Able to see (7)

### Down

1. Varnish (7)
2. Dummies (9)
3. Annoy (7)
4. Widespread outbreaks of disease (9)
5. Not daytime (5)
6. A deliberate thinning of a herd (7)
7. Boredom (5)
8. Brain-teasers (7)
14. Prolonged unfulfilled desires (9)
16. Vest (9)
17. Like a canine (7)
18. In school, math or English (7)
20. Autographing (7)
21. Paddled in a type of boat (7)
23. Medium to dark brown (5)
24. Moral principle (5)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)





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Halloween display  
'if you dare'

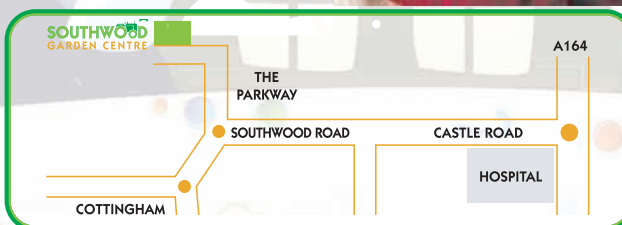
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## Summer fun reaps money for special educational needs children

Five Cottingham ex-Westfield pupils spent most of their summer holidays thinking up whacky ways of raising money for the special needs pupils of Frederick Holmes School on behalf of the "Lifestyle" project. Called 'Something Different' these eleven year olds baked and sold buns, along with organising a toy and a bric-a-brac sale outside our own Co-Operative.

They overcame their nerves to busk in the village centre and were roped in as impromptu face painters at a charity event at Beverley Fire Station. All this helped them raise a tidy sum, but the cherry on the cake was the Olympic-style triathlon which was a sponsored cycle ride from Sutton to Hornsea Police Station, along the disused railway line, followed by a quick swim in the North Sea (they must have been mad) the finale being a race along the prom. Being budding entrepreneurs they also collected unwanted clothes from friends and relatives which they then converted into cash at Cash4Clothes.

All this effort raised over £700, of which £35 has already been donated to the Red Cross. The team then spent over £400 on buying sensory toys and equipment, with the balance being handed over in the form of a cash donation to be used towards other activities at the school. The five 11 year olds surprised themselves in being able to raise so much money and at the same time enjoying themselves. Their log book which records all their fund-raising events has now been presented to the Lifestyle organisers and they are hopeful of winning an award in recognition of their efforts.

*Pictured above left to right: Megan Fisk, Anna Loubani, Eleanor Drury, Oleta Wright and Jisoo An.*

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# In the Kitchen



## Delicious Autumn Warmers

### Tomato soup

- 50g/2 oz. Butter
- 100g/4 oz. Bacon, rinded and diced
- 225g/8 oz. onions, peeled and chopped
- 1 kg./2lb. tomatoes, skinned and roughly chopped
- 2 teaspoons cornflour
- 300ml/1/2 pint chicken stock
- 1 bay leaf
- Pinch of nutmeg
- 2.5ml/1/2 teaspoon sugar
- Salt and freshly ground black pepper

Melt the butter in the saucepan, add the bacon and fry gently until just turning colour. Add the onions and tomatoes. Cover and cook gently, stirring occasionally for 5 minutes. Stir in the cornflour and gradually add the chicken stock, stirring constantly. Add the bay leaf, nutmeg, sugar and seasoning and bring to the boil. Cover the pan and simmer for 30 minutes, stirring occasionally. Remove the bay leaf and put vegetable mixture through a sieve or blender.

To freeze: Cool quickly and pour into rigid containers, in usable quantities. Cover, seal and freeze.

### Chicken casserole

- 50g/2 oz. butter
- 15ml/1 tablespoon oil
- 6 chicken portions
- 2 medium-sized onions, peeled and sliced
- 100g/4 oz. mushrooms, washed and sliced
- 4 carrots, peeled and finely chopped
- 1 green pepper, cored, seeded and sliced
- Salt and freshly ground black pepper
- 5 ml/1 teaspoon dried mixed herbs
- 25g/1 oz. cornflour
- 150 ml/1/4 pint dry white wine
- 60ml/4 tablespoons chicken stock or water
- 396g/14 oz. of tomatoes

Melt the butter with the oil in a frying pan, add the chicken portions and fry them on both sides until golden brown. Transfer the chicken to a heavy casserole. Add the vegetables to the frying pan and fry for 3 minutes, stirring occasionally. Sprinkle the seasoning, herbs and cornflour over the vegetables and cook for 1 minute, stirring constantly. Stir in the wine, stock or water and tomatoes and bring to the boil, stirring constantly. Pour over the chicken portions.

Cover the casserole and cook in a fairly hot oven (190°C/375°F or Gas Mark 5) for 45-50 minutes or until chicken and vegetables are tender. To freeze: Cool quickly, cover, seal and freeze. To serve: Thaw, covered, overnight in the refrigerator. Reheat, covered, in a fairly hot oven (200°C/400°F Mark 6) for 1 hour or until heated through.

### Honey lemon cream pie

- 50g/2 oz. butter
- 100g/4 oz. digestive biscuits, crushed finely
- 25g/1 oz. soft brown sugar
- Small can evaporated milk, chilled
- Finely grated rind and juice of 1 large lemon
- 15ml/1 tablespoon clear honey
- 30ml/2 tablespoons water
- 15g/1/2 oz. gelatine

Gently melt the butter in a saucepan, remove from the heat and stir in the biscuit crumbs and brown sugar. Press around the base of an 18cm./7in. loose bottomed cake tin. Place in the refrigerator to chill for 30 minutes.

Pour the evaporated milk into a large bowl, and whisk until very thick and creamy. Add the rind and juice of the lemon and the honey and whisk well. Place the water in a small bowl, sprinkle on the gelatine, stir once and leave until spongy, then place the bowl in a pan of hot water and stir until dissolved. Strain into the honey lemon mixture, whisk well and pour into the biscuit crust, smoothing the surface with a knife. To freeze: Open freeze. When frozen, remove the pie from the cake tin, wrap in foil, seal and return to the freezer. To serve: Unwrap and thaw for 1-2 hours at room temperature. Decorate with grated chocolate.





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

This month his destination is Huggate.

*The map is for a guide only, please use an Ordnance Survey Map or similar if possible when walking.*

Map: EXPLORER 294

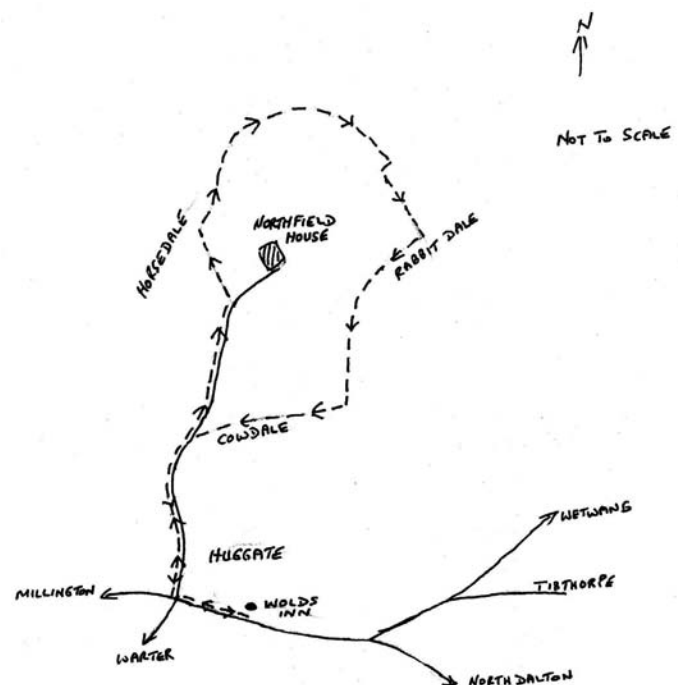
Street parking near Wolds Inn.GR. 882550.  
Distance 5.0 Miles.

On leaving the Wolds Inn area, walk into the village and at the first cross roads turn right and walk down hill through the village. At the bottom of the hill continue straight ahead ignoring the road to the left.

Continue ahead on this road leading to Northfield House but about 300 metres from the house, locate a path on the left and walk with the hedge on the left.

On reaching a small hand gate, pass through the gate and turn right and contour down the dale side on a distinct path. At the bottom of the dale, walk by the cattle compound and locate a stile straight ahead. Cross this ignoring the stile on the left which leads up Holme Dale.

After about 1/2 mile, and at the beginning of a wild life strip, bear right and follow a farm lane. When the lane turns sharp right, turn right and then almost immediately left and walk down to Rabbit Dale on this Permissive Path with the hedge on the right. When reaching the dale bottom, turn right and follow this for about 1/2 mile and then turn right just before a stile and walk with a line of trees and a fence on the left. Continue walking up the dale bottom to reach a stile and cross this stile to exit onto the road. Turn left and walk back into the village.





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## Bang in the Night!!!

The sun is shining with not a cloud in the sky, it's beautiful and warm ...so .... why am I thinking of cold nights? November 5th!! The night we either love because, like myself, it brings back all of my and subsequently my daughters, happy childhood memories of 'wonder' and 'awe' or, dread, because of the distress it brings to our pets. What a shame it isn't just confined to one night as the history books had written.

Afterall, the intention was to celebrate, once a year, the foiling of Guy Fawkes gunpowder plot to burn down the Houses of Parliament on 5th November 1605. A once a year celebration I am sure we could all cope with, so why is it now spread across the following two months up to New Years Eve? I wish I had the answer but it is because of this long stretch of continuous 'BANGS' and 'SCREECHES' and the knowing of how animals react to such noises we, as responsible pet owners, tend to dread the next few months.

Firstly we have to recognise the symptoms of stress. Some are obvious, for example, shaking, hiding, panting or seeking constant attention from yourself. Others may be destructive like my first dog who bit right through a wooden stool or they may show aggression and as in the case of dogs, barking endlessly. As a rule an animal



exposed to a variety of sights and sounds from an early age is better prepared to cope with all experiences. There is however no guarantee that they will not show a fearful reaction later in life.

We can now plan ahead over the next month ready for the event. Please come and talk to one of our many experienced nurses at KINGSTON about pheromone diffusers. These plug-ins disperse calming agents into the room and may be a good option in the case of your dog or cat. We also have many similar products which give an equal effect. You could also provide a 'safe haven' being a quiet area or a chosen room. It should be a place where the animal feels in control so please don't interfere with your pet when it's in this area. Train your pet to associate this area with positive experiences such as leaving toys, swapping them regularly and putting them away when not in use so your pet does not get bored with them. In time your pet will become accustomed to this, treating it as being safeplay so when the time comes it will realise no harm will come to them. It is also very important that your pet has access to its safe haven at all times when you are not at home.

What can we do to help ease the anxiety and fear it causes to our beloved pets when the season begins?

Firstly make sure your pet always has somewhere to hide if they want to (if no safe haven has been previously provided) and make sure there is access to this place at all times. For example, this could be under some furniture or in a cupboard.

- At dusk close all windows and curtains and put on music and TV to mask and muffle the sounds and sight of fireworks.

- If your pet shows any signs of fear, try to ignore their behaviour. I know this is difficult when your dog is trying to impersonate Long Johns parrot but they do not understand the English language. They pick up on our signals and emotions so a "There there don't be afraid" can be translated to "Help, I need you to guard me". By ignoring your pet and carrying on with your usual evening routine, it will help to instigate a calm aura around the house.

- If your pet wishes you could play with them, ignoring all the noises, but do not insist if your pet is not interested.

- Never punish or over fuss with your pet when it is scared. This will only make matters worse.

- Ideally all pets should be microchipped but especially so around this season just in case they are frightened and escape.

Finally in the case of dogs, they will most probably need a walk before dusk. If this is the case, please be aware if you intend on using an extending lead. I know I have mentioned in past articles, the dangers and hazards these leads may cause when used on public footpaths but it's highlighted even more at this time of year. It is so difficult to control a 'bolting' dog on the end of 4 metres of string after a sudden loud BANG! The pavements are very close to the roads so both dog and car do not stand a chance. Please try to use a normal lead whenever possible and keep the extending one for the park.

***Have a safe and happy Guy Fawkes night.***

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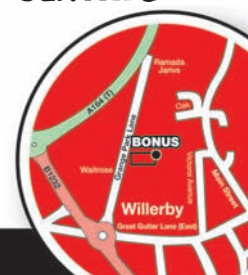
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## "The Tooth and Nothing but The Tooth"

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

## We Have John Lennon's Tooth! Well a Bit Of It

**H**ello, I hope that you are well. So, I survived the Coast to Coast bike ride for Teenage Cancer Trust. So far we have raised just over £2000.

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Glad to have finished



Not a pretty sight



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## The John Lennon Tooth DNA Necklace Tour

### How mad is this?

As part of a week-long celebration of the 'Beatles Mania 50th Birthday', Castle Park Dental has on loan part of John Lennon's Tooth!

John Lennon's tooth fetched £19,000 at auction recently. It was bought by Michael Zuk, author and dentists and obsessive collector of celebrity teeth.

The tooth had been in the family of Lennon's former housekeeper. Lennon gave it to Dot Jarlett to dispose of sometime between 1964 and 1968, but then he suggested she keep the tooth to give to her daughter, who was a big Beatles fan. She recently had to sell the tooth to pay for a family members operation.

Omega Auction House, which listed the item, told CNN that because it was coming from Jarlett, they don't doubt the tooth's authenticity. Part of the tooth has been turned into a DNA necklace made by famous Beverley Hills jewellery designer Ari Soffer.

## It's On Display For Charity

The 'John Lennon DNA Tooth Necklace' is, for a short time, at Castle Park Dental Care in Cottingham. We are tying it in with mouth cancer month to highlight Mouth Cancer. The practice will be holding a number of events and activities to raise awareness of mouth cancer along with competitions for all age groups and all proceeds from the purchase will be donated to charity.

## Free Cancer Screening

On Tuesday 23rd October, Castle Park Dental Care is offering those most at risk a 'Free Beatles Mania Mouth Cancer Screening'. It's painless and only takes ten minutes. In 2010 a total of 1,985 deaths occurred from oral (mouth) cancer in the UK. And the real benefit from the 'Beatles Mania Week' is to make the people of the local community aware of the dangers they may face.

## You Are What You Eat

A 30 year long study in the USA showed that non- smokers who ate a healthy diet with plenty of fresh fruit and veg had a much lower incidence of oral cancer. Heavy alcohol consumption, especially spirits is another risk factor. So, eat well, don't smoke and go easy on the booze is the message.

## Hitting The Ground Running

My daughter's football team had their first game of the season and won 8-0. Well done girls. Castle Park Dental have sponsored the girls again and provided some hoodies to keep them warm. And, what about Hull City? They are on fire. Fantastic exhilarating stuff. I can't believe it. Up the Tigers! Premiership here we come.

*Until next time. 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 19 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry.

[www.castleparkdental.co.uk](http://www.castleparkdental.co.uk).





## Time flies by so quickly at the Half Moon, Skidby

I must say it doesn't seem five months since the start of my Tenancy of the Half Moon. Thanks to a great bunch of customers, to whom I must first wholeheartedly thank for their support, it has flown by.

### Bar News

There have been changes in our Bar recently where all the equipment, including pipes, between **your Glass at the Bar** and **our Barrel in the Cellar** has been replaced and with care and attention being paid to keep them in **pristine condition** we can now offer a quality of Ale and Lager as good as the **very best**.

Our current range of **Cask Beers** is; T.T. Landlord, Black Sheep Best, Copper Dragon's Golden Phippen and Greene King's I.P.A. Supported by John Smith's Smooth and Worthington Creamflow **Keg Beers**, Magners Golden **Cider** on draft, and four Lagers - Fosters, Carling, Coors Light and Grolsch I'm sure we've something to suit your pallet, so please call in, you'll be met with a **warm welcome, great beer, and good company**.

### Looking ahead

Following the success of our support for the Skidby Scarecrow Festival and our recent Pub Warming Party, all our concentration is now going into preparing for a great **Bonfire Night Celebration on Monday 5th November**.

In the Beer Garden we'll be holding a competition for the **Best Guy** (under sixteen's only) while refreshments will include a **Bar-B-Q, Hot Soup, Roast Chestnuts, Jacket Spuds and Mulled Wine**.

With the **Bonfire and Firework Display** starting at dusk let's hope for a dry and clear night. We look forward to seeing and serving you.

**November** will also see the introduction of our **new menu**, but more about that next month - *Cheers!*

**Mike and all the staff at the Half Moon**

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# Alishaan revisited . .



Noted food writer Roy Woodcock was editor and restaurant critic of *The Journal* magazine for 17 years. We invited him to visit popular local eatery, Alishaan in Hallgate, Cottingham ...

A family-run restaurant that has put Cottingham on the map for discerning diners in search of quality Indian food, continues to go from strength to strength.

The father and son team behind Alishaan, in Hallgate, pride themselves on the quality and consistency of their food, which attracts custom not just from the village and the immediate Hull area but further afield too.

It was Faruk Miah who established the restaurant almost 15 years ago, joined more recently by his son Fahim. Both exhibit a passion for their food and customer service that shines through in everything they do.

"We have a mission to demonstrate what real Indian cuisine is all about," Fahim told me. "We pride ourselves on the authenticity of our food and we love nothing more than talking with our customers, finding out their likes and dislikes, and making suggestions about dishes they might want to try."

Alishaan serves predominantly Bangladeshi cuisine with the emphasis on what Fahim calls "home-style" dishes. "It's the sort of food we would eat at home and we try to keep it as authentic as possible," he said.

So there are all the old favourites you might expect to find - korma, rogan josh, Dhansak, Bhuna, Madras etc. - but a whole range of other dishes that set this restaurant apart. Fish, so important in the Bangladesh diet, is particularly strong at Alishaan and way above what you might find elsewhere.

Goan crabs or mussels freshly cooked with garlic and medium spices and served with a pancake, for example, is a particularly delicious starter, which I tried. And how about the Bengali fish Rupchanda, a speciality of the chef, as a main course?

"We import supplies of this fish every week as it is native to our region and you can't get it in Britain," Fahim told me. "It is grilled and presented as a whole fish and served with rice. It is a chunky fish and exquisite to eat; rich in proteins. The nearest equivalent would be fresh salmon.

"Once people try it they love it," said Fahim. "One of the good things is that there is only one bone, running through the middle of the fish, so it is very easy to eat, although we will, of course, fillet it at the table if people want us to."

The great thing about Alishaan is that meals can be cooked virtually bespoke to a customer's requirements - nothing is pre-cooked or frozen, everything is cooked to order. So, the Rupchanda can be ordered mild, medium or very hot.

Fahim's preference, and mine too, would err on the side of milder dishes. "There's a misconception about Indian food, perhaps perpetrated by less authentic restaurants, that it has to be really hot," says Fahim.

I find myself in utter agreement; too often I am disappointed when eating out in an Indian restaurant to be served dishes so hot that it destroys any



*"We listen to what our customers want and say and then go away and experiment. Often those new dishes are introduced onto our menu - it is a never-ending challenge to come up with exciting new tastes alongside the old favourites."*

semblance of real taste. I love spices and spicy food; I just want to be able to taste them and not have my tongue so coated with some proprietary curry sauce that I can't actually taste what I'm eating.

Dining at Alishaan was, therefore, a real pleasure and one I shall be repeating again and again.

Asked to suggest other Bangladeshi specialities from the menu, Fahim pointed me in the direction of the Balti fish curry, made with halibut steak and grilled first in a clay oven before being brought to the spices in the pan. I must say it sounded delicious; as too did the Gost Ohmuri - tender lamb, this time, cooked on the bone for an hour, then sliced and cooked Balti style with cardamom pods and bay leaves and served with roasted Indian potatoes.

"We have dishes that have been associated with us all the time we have been in Cottingham but we are always innovating and introducing new things," said Fahim. "Our strength is our consistency brought about by my father's great skill and knowledge and the team he has built up. We are proud, for instance, of having the same head chef as the day we opened but my father loves nothing more than being in the kitchen, working with him, creating new dishes.

"We listen to what our customers want and say and then go away and experiment. Often those new dishes are introduced on to our menu - it is a never-ending challenge to come up with exciting new tastes alongside the old favourites."

A recent example of a new dish on the menu is Bhatera - baby quails marinated overnight in a special selection of spices and then slow roasted in a tandoori oven before being topped with a secret sauce. "That's what I would describe as a family dish. Something we would have at home on a Sunday - very homely," said Fahim.

The menu really is mouth-watering and I was impressed, too, by the range of set meals from one to four people, including a Royal Bengal seafood dinner. A special festive Royal Banquet is already in the planning stage for Alishaan diners over the Christmas and New Year period.

The restaurant itself seats 70 people in two distinct areas - the tables are a good size and well spaced, which encourages a relaxing atmosphere where good conversation can flow. There's a small bar and seating area as you walk in, which caters, too, for takeaway custom. It's all nicely painted and decorated with Indian pictures filling the walls at regular intervals.

Alishaan is open seven days a week, from 5.30pm to 11.30pm (12 midnight on Friday and Saturday). Currently, special deals include an Early Bird Menu - three courses for £8.95, Monday to Thursday, 5.30 to 7.30pm - and a Sunday Banquet - four courses for £9.95 throughout the day, alongside the a la carte menu.

I really enjoyed dining at Alishaan; my three course meal with wine costing a very reasonable £60. Talking to Faruk and Fahim impressed me with their passion, enthusiasm and commitment to a tried and trusted business. Fahim, a law graduate, who returned to his first love after leaving university - he first worked in Cottingham as a 13-year-old washing glasses - is determined to help his father achieve even greater heights.

Cottingham, and East Yorkshire, in fact, are lucky to have them. Do try them - you won't be disappointed.

**Alishaan is at 205 Hallgate, Cottingham.**  
**Tel: 01482 847255**  
**or visit [www.alishaan.net](http://www.alishaan.net)**







## When to book your holiday?

This is the most common question as a Travel Agent I get asked. The problem is, there is not a straight forward answer but one thing is for certain, you should always try and book, as early as possible to get the best deal.

The internet, is a wonderful tool for researching destinations and the likes of 'Trip Advisor', are great for identifying hotels, that will meet your expectations. The problem is that everyone wants to stay at these hotels and they get full.

Similarly with flights, Easyjet and Ryanair have revolutionised how we buy flights and how much we pay for them. Their philosophy is simple. The earlier you book, the better the deal and to be honest, that is the way it should be isn't it?

However, with scheduled flights, British Airways and Virgin have a different way of working, and the answer to when is best to book with them is always difficult to answer because it depends on how busy their flights are. Sometimes travelling a day earlier or a day later can save £100's on a family deal to Florida so you need an expert to help identify such availability as the airlines don't want to tell you the cheapest fares. They want to make as much money as possible out of you.

At Andrew Earle's World of Travel where I now work, we are agents for all UK Tour Operators that produce a holiday brochure and we will always source the best Tour Operator deals. But the biggest advantage we hold is that we have access to all airlines and hotels and we make holidays based on the best air fares and the best hotel rates and use our ATOL licence to protect the holiday both legally and financially.

As the leading independent agency in the area, the staff who work with me in the Brough office work hard to ensure not only the best deal for your travel arrangements, but also ensure that those arrangements run to plan and take away all of the hassle associated with booking a holiday.

If you remember me from working in Cottingham, make an appointment to see me and let me show you just how different we are at creating holidays that suit you!

*Louise Haughey*

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## Cottingham Bowling Club - Review of the Year

That's the end of another year at the club. The weather could have been better [that is known as an understatement!] - we had quite a few games that had to be re-scheduled because of the weather but our League Secretary, Denys Abba, took it in his stride and we had all of our delayed fixtures finished so we could play our last needle match [the Ladies versus the Gentlemen] by the middle of September.

Now the carpets are laid ready for the Indoor Season in late September. The next 'event' is the **Annual General Meeting of the club at 7.30 pm Wednesday 14th November**. A new Committee will then be appointed - one person standing down after five very successful years is Alan Woodeson as the Competitions Secretary - "Thank You Alan" for a sterling job.

Another success story was Peter Ward who has been the Club Captain for the last two years but his tenure expires at the end of our year when Steve Lambert takes over. The 'A' team won Division 1 and the 'Saturday Pairs' won the Hull & District League. Another success was winning the Major Trophy and yet another win was the Hull & District Amusement Cup.

A great year for our club and all our players! Congratulations to both teams involved [see the attached photograph].

In the 'Presidents versus Captains match' the 'Presidents' winning team was Ann Dawson, Freddie Flynn & Mavis Graburn against the 'Captains' team of Norman Lyon, Jean Major & Mike Marsh.

The 'Jean Russell Cup' was won by Marlene Atkinson v. Margaret Abba - The 'Hopper Cup' was won by Marlene Atkinson v. Pam Palmer. - Margaret Abba & Sue Woodeson won the 'Beattie Woolsey Cup' v Hazel Corcoran & Jean Major. - Gerry Holmes won both the 'John Winfield Cup' & the 'Rowberry Bowl' against Tim Winter and Ralph Shallcross respectively whilst - David Parker & David Stephenson beat Eric Gibbons & Alec Walker to win the 'John Moore Cup'.

The Married Couples Trophy went to Shirley & Eric Gibbons who beat Margaret & Harry Mann. - The Open Singles Championship of the club was won by John Booth. - In the 'Harry Wright Cup' game Steve Lambert & George Lawes triumphed against Sid Bailey & Hazel Corcoran whilst the - 'Don Bulmer Trophy' went Colin Day, John Osgerby & Mike Todd who beat John Dewing, George Lawes & Don Macer.

Freddie Flynn & Peter Axiotes beat Tony Corcoran & Margaret Mann to lift the Welcome Hatfield Trophy. - The 'Madge & Tom Watson Trophy' was won by Malcolm Green, Harry Mann & Peter Ward who beat Hazel Corcoran, Mavis Graburn & Jean Major. - The 'Ashton Trophy' was won by Maureen Todd who beat Malcolm Green in the 'final countdown'!

The last event in the calendar was the previously mentioned 'needle match' in which the Ladies triumphed over the Gentlemen winning five rinks to the 4 rinks won by the opposition. The Ladies highest scoring winners were Jean Russell, Ann Dawson & Iris Hemingway whilst the highest scoring mens team was Alan Speed, Bill Bastick & Steve Lambert.

Our oldest member [now retired!] is Dora Fordyce, widow of a past President & Club Captain - In November Dora will be receiving THAT card from the Queen when she celebrates 100 years not out! Don't forget - you can ring me on 01482 - 847303 if you fancy trying your hand at bowling - you never know "It might be you" if they decide to put bowling into the next Olympics!! Brian DeVine, the Club Secretary.

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October is here, which means Autumn is officially here too. The weather is cooler and the nights are starting to draw in. There is still plenty to do in the garden, some gardeners actually prefer the cooler conditions as they are more comfortable to work in. Remember that Autumn is the ideal season to plant all kinds of things in the garden from vegetables, seeding lawns, shrubs and perennials to evergreen, fruit, and deciduous trees. You can carry on mowing your lawn through October depending on how much rain we have but it is advisable to raise your mower blade to a higher setting.

#### Hedging guide

Now is the perfect time to plant hedging. Hedging is great to create walls, shape and texture in your garden. They are also good for wildlife as birds love nesting in them.

Here is our easy step guide to planting a hedge devised by our horticultural manager

1. Dig a trench 1 ft by 8 inches deep the length of your hedge
2. Feed soil with bone meal and dig in soil improver such as rose, tree and shrub planting compost
3. Place your plants 12 to 18 inches apart for 2 Litre plants and 18 to 24 inches apart for larger plants
4. Plant your hedge making sure that the root ball is no more than 1/2 inch below soil level
5. Give plants a good watering (approximately a 5 Litre watering can per plant) after initial planting
6. Water morning and evening in dry conditions for the 1st year

If you need any more help or advice feel free to come and ask one of our plant team at Coletta & Tyson garden centre. You will also find all the products you need listed above. Plus at the moment we have some great offers on hedging. We have our £3.99 each or get 10 for £35 or our £5.99 each or 10 for £50. We have a large amount of varieties, colours and sizes in stock.

#### What is Organic Gardening?

Gardening organically means growing plants without manufactured fertilisers and other synthetic chemicals for feeding, pest and disease control, soil conditioning or weeding. Although often regarded as an alternative to gardening with chemicals, many organic techniques are simply good practices and compatible with other forms of gardening.

Excluding manufactured chemicals when growing ornamental plants, lawns, fruit and vegetables brings some challenges.

On the plus side, organic gardening is beneficial to the environment, provides a more attractive home to wildlife and, by cultivating fruit and vegetables organically, you'll know your tasty produce is chemical free. So bearing all this in mind, you may choose to go wholly organic or to combine organic techniques with a reduction in chemicals, using them only as necessary to maintain soil fertility and deal with the most damaging pests, diseases and weeds.

#### Organic Weed control

Chemical weed killers are a very attractive and effective solution to eliminate weeds. There are not always better alternatives in the organic range that are as effective but they are a lot kinder to the environment and beneficial to wildlife and their habitats. You have to decide where you can use organic methods and where you can't and try and achieve the best balance you can.

Wherever possible, try to avoid weed killers by hand weeding or hoeing and try to tackle weed problems before they produce and disperse their seeds and heavy infestations develop. In addition, prevention is much better than cure, so carefully prepare sites prior to planting and incorporate weed barriers to reduce the chance of weed infestation.

**PREPARATION:** When preparing a planting site, ensure all perennial weeds such as couch grass, nettles and brambles are removed by digging out with a fork. Remove annual weeds by hand or in dry weather use a hoe to cut off weeds from their roots.

**BARRIERS:** Different options are available to gardeners to help smother or prevent weed growth. Mulching with a 5-8cm layer of organic material such as garden compost, well-rotted farmyard manure, spent mushroom compost or cocoa shell helps smother annual weeds. Alternatively, plastic sheets, old carpet,

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carpet underlay or other fabricated material can be used to suppress annual and perennial weeds. In ornamental garden situations, ground-cover plants provide a more attractive weed-suppressing alternative. A barrier of heavy gauge black polythene can be sunk to prevent perennial weeds from growing into an area from an adjoining garden.

**ALTERNATIVE METHODS:** Paint-on gels are ideal for treating perennial weeds such as bindweed as the weed killer is absorbed through the leaves and down to the roots, without the worry of spray drift on to other plants. They are also the best way to treat odd nettles or brambles cropping up in a hedge or densely planted border, as you can apply them specifically to a certain area.

#### Events at Coletta's

**14th October** The East Yorkshire section of The Vintage Motorcycle Club will be here to start and finish their last run of the season.

The start and finish of their Beverley run will be from our car park at Coletta and Tyson Garden Centre 324 hull road, Woodmansey, Beverley HU17 0RU. Riders will start to gather between 9.30am and 10.30 am and will ride off about 11.00am to 11.30am. Their return will be between 3.00pm and 4.00pm.

All of these spectacular vintage motorcycles are a real wonder to see. It is well worth popping down to see them.

#### 29th September - 7th October - National Conifer Week-

This week is all about celebrating conifers. From a small balcony with room for a container, to acres of grounds with space, conifers can add something truly special to any garden. Conifers are also a wonderful way to bring gorgeous colour, structure and drama to a garden all year round, whether as a backdrop, a standalone feature, or in a border with other plants. They are extremely versatile, coming in an amazingly diverse range of shades, textures, shapes and sizes. Being hardy, easy to care for and long-lasting, conifers are the ideal choice for the gardener looking for a low maintenance but high impact plant.

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## Your Stars for October 2012 -

### By Kay Gower

#### Aries - (Mar. 21- April 20)

The pressure is on, but that's when you shine brightest. With the clock ticking, and everyone watching and the whole team counting on you ... that's just how you like it. Which is really a good thing, seeing as how that's the way this month will pan out.

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

It's not quite time to break out the champagne, but you can start polishing the glassware. You've worked long and hard for this, and the moment of celebration will soon be at hand.

#### Gemini - (May 22-June 21)

Jupiter the planet of windfalls and luck, is being mischievous – it will send money in your direction. You will also receive a bill for the same amount. You might ask what the point is, but fortune is like a revolving door when Jupiter is in the sign of the twins. There's more luck on the way- and next time it will stick.

#### Cancer - (June 22-July 22)

Although changes can be challenging, new opportunities far outweigh the risks, as long as you proceed slowly. This would be a great time to let things take their course and unfold naturally.

#### LEO - (July 23-Aug 22)

Don't be surprised if you feel the sudden urge to rearrange the furniture, to repaint a room, or to redecorate all together. You're responding to a need for change on both a physical and soulful level.

#### Virgo - (Aug 22 - Sept. 23)

It has taken over a year for Venus to journey back to Virgo, but that's precisely where this beautiful planet of good looks and love will be from October 3rd to October 29th. This is a good month to start looking around for new clothes and anything else you have had your eye on.

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

Do not give up! Believe in yourself. Think back to a time when you walked away when you should have stayed to fight. This memory is a reminder of the power and experience you have right now.

#### Scorpio - (Oct. 24 - Nov. 22)

Opportunities to achieve your goals will be limited mid month onwards, although it's a fine time to refine and clarify them. Your career prospects will open up next month.

#### Sagittarius - (Nov. 23 -Dec. 21)

Mars is in your sign from the 7th October until mid November. Take advantage of the powerful fire in your belly this month by being extremely specific about what you want, and more importantly- what you don't want in your future.

#### Capricorn - (Dec 22.- Jan. 20)

You'll be susceptible to the influence of overly excited or worried people. If you have to be around tension, take a deep breath. The biggest threat to you is stress, and that's something you can manage easily if you put your mind to it.

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

You don't learn to swim by jumping off the side of a cliff into a fast flowing river. Putting your big toe in the water should come first, then splash about a bit. Likewise, your current project is best addressed in stages.

#### Pisces - (Feb. 20-Mar. 20)

You are extremely sensitive to your surroundings. You respond to changes in atmosphere, as quietly and imperceptibly as the unfolding petals of a flower responds to light. Devote the first half of this month to some well earned 'me time' that will refresh body, mind and spirit, and prepare you for the busy weeks that lay ahead.



## Starlight sponsored walk on Wednesday 31st October

There will be a sponsored walk by torchlight at Skidby Playing Field on Wednesday 31st October, starting at 7.00 pm. Anyone may join in, but children under school year six need to be accompanied by a responsible adult. You will need a torch and a hat to keep your ears warm! You may also come in fancy dress. Sorry – no dogs allowed.

Sponsor Forms are available from Skidby C of E Primary School or from Mary's Pop-In. All sponsor money will go towards the Skidby Playing Field Playpark equipment fund. Free hot dogs, hot chocolate drinks and free juice drinks will be available to all who take part.

Come along and enjoy your park in the dark!! Further details from Lynn O'Connor (07772 394773) or Kelvin Young (01482 843446).



### "War Horse" screening at Swanland Village Hall

"War Horse" was first a children's book written by Michael Morpurgo, then became a stage play and now a film, directed by Steven Spielberg, and showing at Swanland Village Hall at 7.30pm on Saturday 20th October.

It tells the tale of young Albert who enlists to serve in World War I after his beloved horse is sold to the cavalry. Albert's hopeful journey takes him out of England and across Europe as the war rages on.

Tickets cost £4 (adults) and £2 (children 13 yrs plus)

For further details contact Yvonne on 01482 634863

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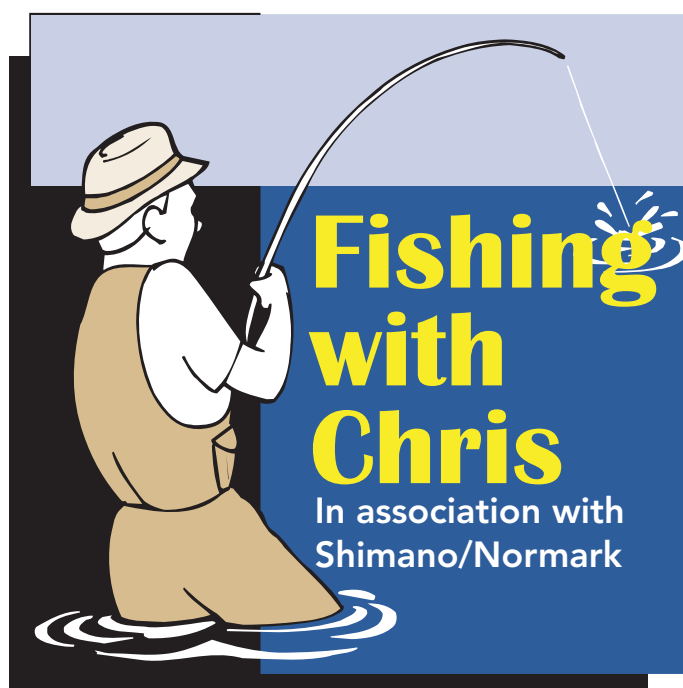
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**Here is the latest article from Chris who will be reporting monthly with news and tips from the world of fishing**

**H**ello and welcome fellow anglers to this month's fishing news. We hope you are all well and still enjoying my favourite sport, fishing. The date is 18th September.

I suppose most of you club anglers are finished now and are looking forward to your presentation nights; good in it! Then, there are those of us whom fish right through the year. Some anglers say it is too cold, but believe me if you have the correct clothing on it is brilliant. Plus if you know where to go in the colder months, the fishing can be as good if not better than in summer.

Talking of fishing for a club, if you do not already do so, you should maybe consider it. There are a lot of advantages that you may enjoy. Firstly you gain new friends with your fellow club members, and you all share a common interest. This is great as most of my funniest memories are to do with fishing with my club mates. We all still talk about certain incidents in the shop now, from 20 years ago!

Then there is the social aspect too, as I mentioned before you have presentation evenings or other social gatherings and you meet respective partners of club members. Plus you have

fishing venues that you have never fished before. The big one for me is help is always at hand when you need it, be it to help carry your gear, your car has broken down and you need a lift or maybe learn new fishing techniques and skills. Go on give it a go, you never know you may really enjoy it, and it does not matter if you have never match fished before.

**Now some fishing news:** First of all I am really pleased to report that our beloved River Hull is still fishing its head off, for well over two months now, the best and most productive spots seem to be in between Enderdale Bridge and Kingswood Twin Bridges. Along this stretch there have been plenty of very good mixed bags of fish including Barbell and Trout.

The coarse fish such as Roach, bream and Chub etc. are being caught in good numbers when the tide is on the slack. Shipyard and Tickton are also fishing better at top tide, but it is nearly all Perch at these spots at the moment. Here is one for you; do you remember Tiger Lake at Bransburton? Well, it is under new management and open once again for a day ticket. The new name for this lake is Hempholme Lake. Check it out, it is still producing, and as far as I am aware the new manager has some good plans for the future so good luck to him.

It is nearly time to start to scale down on your terminal tackle once again. This should see you gaining more bites if you do so. Do not be afraid of it, as long as you set your drags on your reels or go onto lighter elastics in your pole top kits you should not have many problems. Because it is not really cold yet and the water temperatures are still reasonable don't be afraid to keep the feed rate up. Little 'n often is always good, give yourself a good head start by putting a good bed of bait down in each swim to kick it off.

**Sea scene:** there are more of you going on our beach which is great. In the Humber the reports are coming in almost daily which is fantastic so thank you to everyone who keeps telephoning or popping in the shop with reports and photos etc. keeping on the subject of the Humber, good bags of flatty's are being reported everywhere with an odd Bass trout and Eels. The elusive Cod do not seem to be in yet but by the time you read this article they may be. On the coast mind you every species including the Cod seem to be showing. Easington and surrounding beaches seem to be producing the most fish on medium night tides. Crab, Lug, Squid and Rag are the key baits but what is new there then?

Just a little reminder once again, could you please order your live sea baits as early as possible. Live Lug is available now with Rag Worm coming as soon as the demand gets better, thank you.

*It is now time from me, Chris, and the Catchmoore Crew to wish you all "tight lines".*

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## The Daisy Chains Lifestyle Group raise £557.52 towards a sensory room at Cottingham Pre-School

The girls have worked together all summer to raise awareness of safety in the sun. They held a design a T-Shirt competition, made a sun safety activity booklet and handed out cards, designed a web page which you can visit at [www.sunsafety-daisy-chains.webs.com](http://www.sunsafety-daisy-chains.webs.com) and contacted lots of manufacturers of sun cream to obtain free samples.

They had stalls at different events throughout the summer, were they gave out the sun safety products and held a rugby ball raffle, sweet tombola, pick a stick and baked buns and cakes to raise money.

The girls raised a fantastic £557.52 and used the funds to develop a sensory room at Cottingham Pre School to give young children the best start in life.

*Pictured above: Bridget Allenby (12), Chloe Allenby (14), Maisie Allenby (10), Aimee Hatton (12), Shannon Bell (14) all from Cottingham.*

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**Music Lovers**  
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### Renowned Israeli violinist Ofer Falk makes welcome return visit to Cottingham on Sunday 18th November

Israeli Virtuoso violinist's return visit Ofer Falk, renowned International violinist and leader of the Allegri String Quartet is to make a welcome repeat visit to Cottingham for the next Methodist Church classical music concert, to be held on Sunday 18th November in the Hallgate Church at 2.30 pm.

Mr Falk last appeared in Cottingham three years ago to great acclaim and to receive another visit here from such an International star is a truly exceptional achievement, and is in no small way due to his accompanist Elizabeth Altman, no stranger to the these bi-annual concerts.

For the violin performance we are promised themes from some of the world's best loved concertos including the Max Bruch, Mendelssohn and the exquisite Tchaikovsky. Other popular violin solo pieces will follow.

Elizabeth Altman will also include solo items and the Beethoven Appassionata sonata is bound to be an audience favourite.

Music lovers can enjoy this major event without travelling far, unlike the two artists who are normally 'at home' in the concerts halls of the world. NOT TO BE MISSED!

Tickets on sales from 8th October Cost £12 (students £6). Available at Stroud's Handbag Shop, Hallgate also The Photo Shop, King Street or phone 01482 847122 for tickets and information.



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## 62nd Haltemprice Art and Craft Exhibition - Friday 19th to Monday 22nd October

The 62nd Haltemprice Art and Craft Exhibition will take place from Friday 19th to Monday 22nd October, in the Civic Hall, Cottingham between 10.00 and 4.00 pm.

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

Receiving date for exhibits is Wednesday 17 October, 2012 9am to 7.30pm at the Civic Hall, Cottingham. Entry is £2 per exhibit.

Entries are also welcome from young people aged 14 years and under, 15 years and over at 1st October 2012 living within the East Riding of Yorkshire. A maximum of two entries per child are permitted and they should not be framed. If you wish to enter, exhibits will be received on Friday 5 October 2012 between 10.00am and 4.30pm at the Civic Hall Cottingham

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

## Beverley Power Walking Group

The Beverley Power Walking Group is meeting at Beverley Leisure Complex every Wednesday evening at 6pm for a brisk one hour route around the beautiful countryside.

The group is run by volunteers who meet up every week for some exercise and fresh air.

If you would like more information contact Sam James on 07881 843197 or email [samantha.james@eastriding.gov.uk](mailto:samantha.james@eastriding.gov.uk) or turn up and meet the ladies at the front doors of the complex.

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## The really “really” exciting world according to Sid! . . .!

**W**OW! No one warned me just how much there was to learn in order to be a good polite and well mannered riding horse.....I was so sure that I knew it all already! From my point of view I am a big, strong 3 year old Irish Draught stallion and perfectly capable of looking after myself. How wrong was I! On reflexion I guess now that I am no different to any normal human teenager...they seem to know it all too!

It did take me a little time to settle into my new life at Skidby with all the hustle and bustle, comings and goings. There are quite a few horses which live out in the fields and who come in during the day to learn the lessons that they are here to learn. Some of them try to bully the humans because they are angry, some are very frightened of humans because they have known pain or cruelty and some don't even know how to be a rational thinking horse in their own skin....Talk about neurotic! I think it all very sad to meet horses who feel this way because life has always been kind to me and my human Janet has always looked after me so well. She is like my own personal member of staff in reality but don't you tell her I said so! ?

When I first arrived at Skidby I was a bit frightened and slightly angry too.... only because I had no idea what was going to happen to me. Am I really glad to say that life here is good.....So long as I behave myself, don't barge or bite and be in a good attention to my trainer then I get to be free to join in with the training rather than rules being forced on me. I am learning consequence to actions and am discovering that there is a whole new world to investigate providing I stay calm, relaxed and be obedient. I am naturally inquisitive anyway so I find it great fun to look into human gardens and up their driveways. ?

So far I have learned that I can understand human's words really well. I'm not really sure it's the actual words I understand, more the way they are said and sound. I can walk, trot, canter and halt on circles when asked. I can reverse on command too!

I firstly learned to wear a big wide strap round my girth area with soft padding on my back. Then there were side reins attached to the metal “bit” in my mouth from the sides of the big strap. These jangled about as I moved so that the bit moved softly in my mouth. I found out that they helped me to carry myself with better balance. I liked the feel of them because they were never tight or painful.....they taught me to recognise the feel that later became my riders hands...all soft and subtle.

Next Melanie fitted a saddle on my back. This big leather chair felt funny up there because it was quite hard and rigid. I thought it funny to play a game with Melanie. I would wait till she moved round to my

other side to check the girth then I would sneak my head round and pull it straight back off with my teeth...apparently Melanie didn't see the funny side of my game when she saw the saddle disappear! Oooops! Me and my teeth!

Anyway, by this time I was apparently “working well” in the school! One day Carlie sneaked a second rein round behind my bottom...well it did feel strange! I shot forward and kicked back at it ...well you would... wouldn't you? After a few minutes I realised that nothing hurt and that Carlie could turn me away from her and then bring me back....all good really as I like this training because I am always thinking about my responsibilities!

She started to walk behind me and drive me forward round the school changing directions all the time. It was cool when she then took me round a paddock where I walked over ditches and up onto ramps! I could be ahead of her out there facing stuff on my own with no one at my head to give me confidence. I felt so brave and special. I believed her when she kept telling me what a good boy I was being! ?

Over the next few days I was driven up the village in amongst all that traffic where I had become quite happy in hand. This was a bit scary though because I found that out in front, all on my own I was not quite as brave as I had originally thought.

I was so glad that Carlie, Sacha or Melanie were still there behind me, urging me on and giving me the confidence to go and face the world. I realise now that when a rider is up on me then it is just the same. They are behind my eye line and I have to trust them so much to keep me safe. On reflection now I realise that all this training was preparing me so well.....

From that day on someone started climbing about on my back....jumping up on one side, jumping off on the other! I must admit that at first I felt a bit cross about such an invasion of my privacy. I sometimes felt that because I am a stallion I should have more of a say in stuff...my teeth itched to bite any bit of her leg or butt I could reach!? Instead of getting too cross at me these humans offered me small pieces of carrot if I flexed my head round their knee! That way I could accept that there was a rider up there behind my eye line and I decided that it was actually okay for them to be up there after all!

I am amazed to say that life on a training yard turned out to be great fun after all. Now I am a big, strong Irish Draught Stallion who goes out riding just like any other horse. I've been taught how to jump. I strut my stuff out in public now and make heads turn to look at me!

Humans cannot help it because I am stunning to look at, clever inside my head, trainable in my attitude and my own personal human Janet looks really cool up on board my back.....I really, really, really like my new world.....according to me.....SID xxx.







## A Big "Thank You" from Alpha Probus

A big "Thank You" to all the visitors to the garden party held by the Alpha Probus charity on Saturday 15th September in the gardens of 13 and 15 Windsor Close. It was a beautiful sunny day which was enjoyed by the many visitors who watched and took part in the many attractions on the day. A big thank you and well done to all the helpers and sponsors that helped to make the ALPHA PROBUS charity garden party such a resounding success. Over £2,000 was raised and will be shared between Dove House and the Yorkshire Scan Appeal.

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## Mr. Hoggie Doggle - the toys re-homing charity have collection point in the Co-operative store Cottingham

A new service that specialises in re-homing surplus toys has come to Cottingham. East Yorkshire charity Mr Hoggie Doggle, launched last year, has already distributed over 11,000 toys donated by the public via drop-off boxes in Beverley, Market Weighton, Driffield, Brough and Hessle. Now The Co-operative Store at Cottingham is a collection point too.

All toys donated to Mr Hoggie Doggle are distributed free to Yorkshire children suffering poverty, disability or illness. Many of the toys are passed to social workers and children's centres in Hull, to support families living in some of the UK's most deprived localities.

Co-founder of the charity David Allan expects the new Cottingham facility to be a success. "This simple scheme is proving a hit with all concerned" he said. "It encourages children to help others. It promotes recycling. It's a real help to child care professionals struggling with reduced budgets. Parents love the idea of giving surplus toys directly to local children in need (rather than to charity shops for resale), and our own volunteers just love the work."

"I'm sure families in Cottingham will feel the same and donate lots of toys. The service operates all year round, and we're receiving more and more requests for toys. Many children have literally no toys, and no hope of any, yet millions of perfectly good ones are thrown away each year. It's tragic, but now there's an answer ... Mr Hoggie Doggle!"

The charity accepts most types of toys, books, games, puzzles and play equipment, but only if they're clean and complete. Further details are available on the charity's website [www.hoggiedoggle.org.uk](http://www.hoggiedoggle.org.uk) or by phoning 01377 270624.

*Pictured above: Mr Hoggie Doggle receiving toys at their Beverley drop-off point.*

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



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

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

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

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

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

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

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



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# Moving Abroad?

## A monthly column by Nick Russell

When I first told people that we were moving to Spain, most of them asked if it was for a better life. Well I think the phrase “better lifestyle” might be more appropriate, as we had a great life in Cottingham where we have a nice house, good friends and a great social life and I was heavily involved with the Christmas lights, Cottingham Day and the Business Association. Cottingham is a great place to live, but after closing my business in 2010 I have felt the shopping centre of the village was really struggling in the economic downturn, with more shops closing and being left empty.

Spain is also suffering a serious economic crisis, with fuel prices the highest they have ever been, property prices the lowest and still over 2million properties for sale and unemployment running at 30%. We have seen many towns, villages and large shopping centres with empty shops and bars, worse than I have seen in the UK. The Government has raised vat from 18% to 21% on a lot of goods, increasing living costs for everyone. The vat increase for my family though has really been swallowed up by the improved euro rate for our currency exchange.

We budgeted at 1.15 euro to the pound but due to an European crisis we now achieve 1.25 euro, not like the heady days of 1.50 euro to the pound, but a step in the right direction. Anyway as I said earlier, the move to Spain was mainly for a better lifestyle.... great weather, slower pace of life, great food, cheap property and a chance for us all to learn the third most spoken language in the world. So far, on most counts it seems to be ticking all the boxes and none of us have any regrets about doing it, other than leaving family and friends behind.

### More guests and a visit to the circus

During August, my wife Rita had her sister and husband come to stay with their 10 year old twin girls for a week. They were all looking forward to some sunshine after the wet weather in England. During their stay it averaged around 100 degrees most days. We all had a great time doing lots of

swimming, sun bathing and drinking. On their first night we discovered the circus was in the village for one night only and we thought all the children might like to go.

Now this is Spain and despite the circus being mainly aimed at kids, it didn't start until 10pm and none of us had ever been to a circus like it. The small “big top” had no “top”, just wooden sides no floor and no ring, just 100 or so plastic garden chairs in rows to sit on. The acts consisted of a magic show, doves doing tricks, a comedy sketch, a lady with a snake (don't ask) who took it around the children for photos, a clown and a couple of people dressed up as Bart Simpson and Mickey Mouse.

The “ringmaster” introduced all the acts to the Benny Hill theme tune and although it was all in Spanish the kids really enjoyed it as did the rest of the 100 people or so in the audience. It finally wrapped up just after 11pm leaving plenty of time for a beer and tapas. The next day we saw it setting up in the next village, so I guess it must be visiting most of the small villages during the school holiday.

### Village Fiesta

August is the month for the main fiesta in the village. Usually in the middle of the month, over 4 nights and with the exception of the bars everything else closes down. It's a bit like a small version of Cottingham Day except longer; it doesn't start until 10pm and finishes around 4am each day. The village square is filled with tables and chairs, a stage and a couple of extra-long bars down each side. There is also a small funfair, food stalls and wine tasting and by 10.30pm you would be lucky to find an empty table.

On the final day (Sunday), it's paella day with free paella and drinks for the entire village and as we are trying to integrate, we all had a go! It was a fantastic afternoon, really busy and the paella was lovely. I have never seen such a huge paella pan and it was all cooked over a log fire and even when everyone had been fed, there were still a few portions left. We then spent the rest of the afternoon going from bar to bar for a few more beers and plates of tapas, before walking back to the house. A really great day and a wonderful way to enjoy the Spanish lifestyle.

### Guardia Civil

I had my first run in with the police during July when we were driving through the next village. We still had our UK registered car at this time and they pulled us over and asked to see all our documents for the car, which you have to carry with you by law. They wanted to know how long we had been in Spain as you now have to register your car after three months not six as it used to be. I told him a couple of months, although it was over three.

He looked at me, laughed, and then told me my address, letting me know he knew where we lived and didn't believe me but let me go anyway. Because of that experience we decided to buy a couple of Spanish cars and bring our “bus” home in November to sell.

*Next issue: Buying a car; Dead Fish and a trip to the beach.*

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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 six years, has produced an A3 full colour calendar for 2013 with a marvellous selection of Cottingham views.

The calendar will be on sale at Barkers, Hallgate, Cottingham, early in September.



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## Community Litter Pick -

### Saturday 3rd November

Following the success of the litter pick cum clean up in June we are holding another event on Saturday 3rd November 2012. As usual we'll be meeting at 10.00am in front of the Library, on Cottingham Green, and spend up to a couple of hours getting down and dirty.

Everyone will be welcome and don't worry if you can't stay for the whole time, every little bit helps. Each team will be issued with the necessary equipment and maps so all you need to do is bring your family and friends and help us keep Cottingham tidy.

If you need any more information contact Ros Jump, tel 842272.

## Basketball comes to Cottingham

Why not take up a new sport and keep the spirit of the Olympics alive?

Basketball is a relatively new sport and to coincide with the reignited enthusiasm for sporting activities, generated by the Olympics, a Cottingham based Basketball coach is hoping to get the sport off the ground.

Why not come along to the KGV Pavilion, on Northgate, Cottingham, where taster sessions are available or formal coaching can be arranged if anyone wants to take up the sport on a more serious basis.

This is a good way to keep fit and make friends with like-minded people. Groups will be split by age and ability so no one will feel out of place.

For more information phone KGV Pavilion on 01482 840290 or e.mail Verity at [veritysedgwick@googlemail.com](mailto:veritysedgwick@googlemail.com).

## "Fetch and Carry - public transportation in the East Riding of Yorkshire"

### exhibition at Skidby Windmill

The exhibition is entitled "Fetch and Carry - public transportation in the East Riding of Yorkshire" and it is on display in the Village Life Gallery at the mill from now until the end of January 2013.

It looks at the development of rural bus services and delivery companies in the first half of the twentieth century, examining where they went and who and what they carried.

Skidby mill is open every day between 10am and 5pm. For further details telephone 01482 848405.



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# Property News from Martin English of Homelink



## Electrical safety for rental property - (Part One)

Landlords obviously have a responsibility for the electrical safety in their buy-to-let properties. They do in fact have a duty of care to their tenants. The Landlord & Tenant Act 1985 requires that the electrical equipment is safe at the start of every tenancy and maintained in a safe condition throughout the tenancy. The chances of an accident involving the electrics in your property are thankfully small, but it can happen. There were approximately 30 deaths last year caused by faulty electrical supplies.

### Legislative Obligation of Landlords

There are a number of current pieces of legislation governing electrical safety in rental properties together with setting out a landlords legal obligations. Unlike gas safety in rental properties, landlords are not currently required to carry out annual safety check. The current bits of electrical safety legislation potentially affecting landlords renting property are contained within legislation which includes:

- Landlords and Tenant Act 1985
- Housing Act 2004
- Management of Houses in Multiple Occupation (England) Regulations 2006 and Management of Houses in Multiple Occupation (Wales) Regulations 2006
- Part P of the Building Regulations
- Regulatory Reform (Fire Safety) Order
- Electricity at Work Regulations 1989

### Electrical appliances

I was recently contacted by a Landlord wanting some clarification on his legal responsibilities over the replacement of a new electric hob. As this was the 'replacement' of an existing hob, the work doesn't come under the legislation covered by Part P of the Building Regulations. This bit of EU inspired legislation means that even installing a 'new' electrical socket in your buy-to-let would need it installed by a 'competent person', which effectively means that they need to be a member of one of the trade organisations such as the NICEIC. If you don't have it installed by a 'competent person' you would have to go to all the extra expense of making an application to your local authority under the building regulations.

### Testing your electrical appliances

A landlord does need to ensure that the electrical system and all appliances supplied are safe - failure to comply with the Electrical Equipment (Safety) Regulations 1994 and the The Consumer Protection Act 1987 is a criminal offence and may result in:

- A fine of £5,000 per item not complying
- Six month's imprisonment
- Possible manslaughter charges in the even of deaths
- The Tenant may also sue you for civil damages
- Your property insurance may be invalidated

### The Electrical Safety Council

The Electrical Safety Council (ESC) is a charity established over 50 years ago and is committed to reducing deaths and injuries caused by electrical accidents in the UK. The ESC is particular concerned with safety in rental properties. The ESC highlight some very practical ways in which landlords can maintain electrical installations and appliances within their rental properties.



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\*The Sun Life Direct Cost of Dying Survey, 2011. †Dignity. Not all Age UKs offer all Age UK products. Age UK Enterprises Limited is a commercial services arm of Age UK (registered charity number 1128267) and donates its net profits to Age UK.

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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

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:

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## Free Legal Advice Clinics

**F**ollowing the success of our Wills Clinics, held monthly at the Civic Hall in Cottingham, our Family Law Specialists will now be available to offer legal advice on Family issues.

When you are thinking of separating from your partner, or your relationship has already broken down, it can be an extremely difficult and painful time in your life. You will no doubt have concerns about what to do next and where to turn. There may well be issues relating to your children or finances to address. You may also be worried about how to resolve matters and how much it will cost to do so.

**Options™** is a new scheme which has been launched by our nationally regarded family law team, where we offer a free half hour discussion with one of our lawyers, all of whom have many years' experience of working with couples and families in this highly sensitive area of law.

During your discussion, we will talk through the options available for resolving your particular issue. These might include discussions with your former partner through negotiation involving one of our lawyers, through mediation, collaborative law or perhaps the court process.

We can help you decide which route is best for you and your particular circumstances and then guide you through that process to ensure re-assurance for you, and a settled future, as swiftly as possible.

**Contact Jayne Lowde on 01482 325242 now to book your FREE Options™ appointment at our Cottingham Legal Clinic.**

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We are holding **Wills Clinics** at  
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**Wednesday 17 October**  
**Wednesday 14 November**

And now also at **Beverley Memorial Hall;**  
**Thursday 18 October 10 am - 12.30 pm**

**FREE INITIAL CONSULTATION**

For further details or to book an appointment, please contact  
Jayne Lowde or Jo Pearman on

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Tuesday at 9.45 am

*For Membership details Ring Theresa on 823032*

#### Crossword Solution from page 14

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



## Getting acquainted with your Fat Friends (and Foes)

Whether fat is your friend or foe, the better acquainted you are with each type, the better off you will be health wise.

Let's face it, fat is a part of life. There is good fat and there is bad fat. Fat adds more flavor to food and that is what makes it so appealing to the taste buds. But fat has many negative points that can wreak havoc on your efforts to stay healthy and be slim and trim.

Let's take the time to get better acquainted with fat, shall we? The more you know about fat the better able you will be to make the right food choices. Fat can be broken down into four different types. These include:

- Monounsaturated fat (good)
- Polyunsaturated fat (good)
- Saturated fat (bad)
- Trans fat (bad)

Monounsaturated fats are healthy fats that are associated with a lower risk of developing cardiovascular disease. These fats when at room temperature are in liquid form but they turn a cloudy consistency when put in the refrigerator. Plant oils such as canola oil, olive oil and peanut oil are some of the most common sources of monounsaturated fat. Other sources include avocados, sesame seeds, pumpkin seeds and nuts (such as almonds, hazel nuts and pecans).

Polyunsaturated fats are composed of essential fatty acids called the omega-3's. You have likely heard of omega-3 before. The body cannot make omega-3 on its own and that is where this unique kind of fat comes into play. Polyunsaturated fats can be found in fish, flax seed, flax seed oil, corn oil, sunflower oil, soybean oil and walnuts. Polyunsaturated fats remain liquids both at room temperature and in colder temperatures.

Now we turn to the flip side and look at those sneaky and not-so-nice bad fats ...

Saturated fat increases the body's low-density lipoprotein level (LDL). This is what most of us know as bad cholesterol. Having bad cholesterol means having too high a percentage of it in relation to good cholesterol (HDL). This increases your chances of falling victim to a heart attack and other cardiovascular diseases. The primary sources of saturated fat are red meat, whole milk dairy products and tropical vegetable oils (such as coconut oil and palm oil). The less you consume of these food items the better it is for your health.

Trans fat has got a lot of media attention.. While trans fat does all of the same unhealthy deeds as saturated fat does, it takes things up a notch and actually lowers the amount of good cholesterol (HDL) in your system making you more vulnerable to a plethora of heart problems.

If you wonder how trans fats come into being then here it is in brief: Trans fats are created by way of the hydrogenation process. Liquid vegetable oils are heated while in the presence of hydrogen gas. This process is done to preserve the shelf life of food items. This makes it beneficial for the manufacturers in terms of cost but not good for the individual who consumes these partially hydrogenated products.

The main sources of trans fats include vegetable shortenings, lard, and many types of margarines, cookies, crackers, fried foods, snack foods, baked goods and candies. There are many processed foods that are made with partially hydrogenated vegetable oils. If you see the word "hydrogenated" anywhere on the product label then run don't walk away from it!

Now that you can separate good fats from bad fats you know which one is truly a fat friend and which one is a fat foe! Telling the difference can do your heart a tremendous service both for today and into your future.





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