

Cottingham Times

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Issue 143 - October 2013



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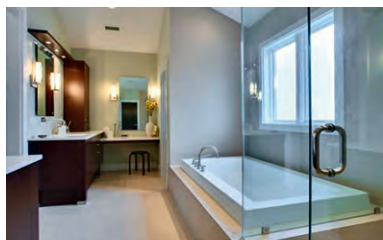
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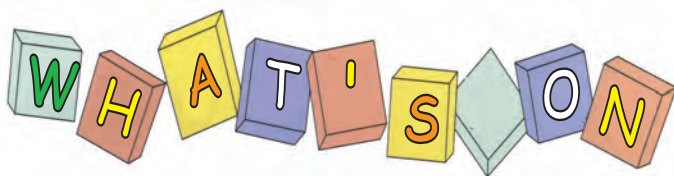
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Front cover picture: A view down Thwaite Street.
Photo by John Dewing, 6A Queens Close, Cottingham.
Telephone: 01482 847140.

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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

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Walk & Buggy Burn Club

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45am (term time only) and at KGV Pavillion, Cottingham: Wednesdays 7.00 pm; Fridays 6.15 pm & Buggy Burn Thursday 10.00 am. Suitable for men & women of all abilities. www.fitmums.org.uk

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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 Telephone 01482 211255.

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. From 2013 the club will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at Under 9, 11, 13, 15 and 17 as well as an all girl team. Training starts in January with Indoor Nets at the new Thomas Ferens Academy for all age groups on a Tuesday evening and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

Calligraphy, Quilling and Folk Art classes

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

Cottingham Methodist Church Hall

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

Haltemprice Art Group

Tuesday 1st October - Let's Paint Flowers
Tuesday 8th October - Workshop with Jill Carter "Beauty is in the Eye of the Beholder"
Tuesday 15th October - Sketching Night - June Solly/June Parkinson
Tuesday 22nd October - Appraisal with Barry Whiting
Tuesday 29th 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 Methodist Photography Group

We meet in Cottingham Methodist Church Hall
Tuesday 1st October 2013 at 7.30pm
Tuesday 15th October 2013 at 6.30pm - Outdoor Visit - Bring your camera. (nb: 7.30pm at Church if Wet)
Tuesday 29th October 2013 at 7.30pm
Contact for further details - John Tel No: 842169 or john@jcmhome.karoo.co.uk

Cottingham Men's de Luda Society

Wednesday 2nd October - Introduction to Astronomy - George King, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Continued on page six

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The Cottingham Local History Society

Wednesday 2nd October - Sheila Dixon: 'Titanic, the local connection'. The Society meets every first Wednesday in the month (except January, which is on the second Monday), in the Red Hall of Hallgate Primary School, Hallgate, Cottingham, commencing at 7.30 pm. Entrance is via the King Street entrance to the school. **Please arrive before 7.30 pm as the doors cannot be manned once the meeting has started.**

Yorkshire Countrywomen's Association (Skidby Branch)

Thursday 3rd October - The woman who did not exist - Kath Richardson. Meetings held in the village hall Skidby on the 1st Thursday in the Month at 7.30 pm.

The British Sugarcraft Guild (Hull and Holderness Branch)

Saturday 5th October - Crafty Ideas. Gwyn Harriman. At the Cottingham Parks and Country Club, from 2.00 pm to 4.00 pm.

The Hull Choral Union Junior Chorus

Saturday 5th October - 10am-12 noon in the Cottingham Methodist Church. The Hull Choral Union Junior Chorus will be holding a Coffee Morning. Home-made cakes will be on sale as usual. You will be entertained by the singing of the Junior Chorus (aged 7-12) and there will be an opportunity to join in with a sing-a long of popular 1940s songs. In the past our efforts have been greatly praised by those who've come along. Please come!

Cottingham Women's Institute

Tuesday 8th October - Harpers Bazaar - Candles, Victoria Harper. Competition: A Candlestick, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

Friends of Thwaite Gardens

Tuesday 8th October - 7.30 pm at Cottingham Methodist Church, Hallgate, talk by Bob of 'Cath's Garden Plants' (Exhibitors at both RHS and County Shows). 'Stories from the Shows'. Refreshments provided, £2.00 entry to non-members. There will also be a selection of plants for sale.

Cottingham Ladies Circle

Wednesday 9th October - 'A Chat with the Red Cross', Mrs. J. Harrison, in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm. **PLEASE NOTE NEW VENUE!**

Cottingham Green Women's Institute Evenings

Thursday 10th October - Pat Elliot - Houses with a History in Cottingham, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

East Yorkshire Association of the National Trust

Thursday 10th October - Charles Trafford and Mike Waring 'A Walk along the Pennine Way' - an illustrated talk with music, in the Cottingham Civic Hall, 7.30 pm. Non-members welcome.

Hull Alpha Probus Club

The Hull Alpha Probus Club will be meeting at The Back Room, Hallgate, Cottingham on the following dates:-

10th October - Lunch

24th October - Coffee Morning

Lunches are from 12.00 p.m. onwards and are followed by a talk from a guest speaker. Coffee mornings are from 10.15 a.m. onwards. If you are retired, live in and around Cottingham and would like to meet new friends, please contact the Club Chairman on 01964 624238 for more information.

U3A

Thursday 10th October - Pat Brown - "How I came to be playing the Saxophone", at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

Continued on page eight

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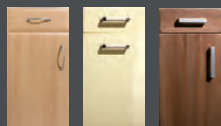
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The Dante Alighieri Society

Thursday 10th October - 7.30 pm at the Graduate School, University of Hull, Cottingham Road. Professor Richardson Emeritus Professor of Leeds will give a talk on Boccaccio's Decameron and its Afterlives. The Society is an International Socio/Cultural organisation for lovers of Italian Language and Culture.

East Yorkshire Embroidery Society

Saturday 12th October - Helen Cowans - A Passion for Textiles. 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 12th October - Craft Fair at the Civic Hall, Cottingham, at 10.00 am to 4.00 pm. Assorted craft stalls, homemade refreshments, tombola, raffle, live music by students. Tables available for more information 01482 352911.

Skiby Village Hall

Saturday 12th 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 homemade refreshments available. Free admission, booking forms and further details from Kelvin Young 01482 843446.

Cottingham Catholic Women's League

Monday 14th October, Elizabeth Rodgers - On a cruise with Elizabeth, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Evening Townswomen's Guild

Wednesday 16th October - Gordon Acaster - Life as a Village Bobby in Sutton, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Men's de Luda Society

Wednesday 16th October - Being a Magistrate, Edwina Parker, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Diabetes UK

Thursday 17th October - Miss H. Cook (Ophthalmologist), 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.

The Inland Waterways Association

Friday 18th October - Stories and Pictures of the Driffield Navigation presented by David Hamilton. from 8.00 pm to 10.00 pm in the Cottingham Methodist Church Hall, £2.00 including refreshments.

North Ferriby Gardening Club

Monday 21st October - A Year in the Greenhouse - Mike Kinnes (Kilham), 7.30 pm in the North Ferriby Village Hall..

Cottingham Ladies Circle

Wednesday 23rd October - Life in Cottingham, Mrs. D. Catterick, in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm. **PLEASE NOTE NEW VENUE!**

Wednesday Social Club

Wednesday 23rd October - Derek Clarke - Bits and Pieces Continued!, in the Darby & Joan Hall, at 2.00 pm.

Continued on page forty two

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The new Apple iPhones 5C and 5S, and Microsoft announce the end of Office 2003 in 2014

Apple have been hogging the headlines recently with the launch of two new iPhone models, the 5C & 5S and a revamped operating system for iPhones and iPads called iOS7. What's that got to do with computers you might ask. Quite a lot when you consider these handsets do virtually everything a computer will do and cost in excess of £500, and they have almost a cult following with some devoted followers queuing for days to get their hands on the latest Apple gadget. There is talk that the C in 5C stands for China; a market that Apple wants to gain more market share in. Given that just one the networks in China has 750 million customers, you can't fault their intentions!

Apple's new refreshed iOS7 has caused quite a stir, especially on launch day when users worldwide were all trying to download it at the same time. By now things have calmed down, so if you have an iPhone 4 or iPad 2 or later, you should be able to update to the new without any problem. It does work very well with a very clean, streamlined look to it.

Microsoft meanwhile has ramped up its mobile phone business by acquiring Nokia's handset division. Nokia smart phones are one of the few manufacturers running Windows software and Microsoft are keen to get more of their share of this burgeoning sector.

Tomorrow's cities: Sensor networks for elderly or infirm householders. An interesting story on the BBC News website about a man in Finland whose wife had been diagnosed with Alzheimer's was looking for ways to help make their life easier, when he stumbled across healthcare technology company Abilia, which has come up with just such a network. At the centre of

the system is a wall-mounted iPad-like device. The screen has Skype, which allows carers to regularly check in with patients. It also has a planner for patients or carers to record up-coming events and provides spoken reminders about daily tasks, such as when they need to take medicine. There are also motion sensors that pick up if you are in the room or open a door, and send out alarms, for instance if the stove is left on for more than 15 minutes. More on this interesting story at:

<http://www.bbc.co.uk/news/technology-22984876>

Strange but true...

When inserting a memory stick into your computer or laptop, you normally usually have to rotate it 3 or 4 times before it goes in correctly!

Turn it off and turn it on again. Not magic, but with most computer related equipment it works 9 times out of ten!

When you're in a hurry to do something, invariably updates will appear and shut down & restart your computer, saying: 'please wait'.....aaaarghh!!

Upgrade or replace? That is the question....I am often asked, and am happy to give advice on this thorny dilemma. In respect of upgrading to a later version of Windows, the answer generally is that unless your computer is only a year or two old (or of a very high spec), it is better to go for a new one when you're ready, as to upgrade costs about £150 - £200. If you are thinking of new, a useful guide to the latest all-round specification is an Intel i3 or i5; 4GB or 6GB of Ram, and a 500GB hard drive (or more if you intend to store large amounts of data). Call us for a no obligation quote.

An interesting alternative to a standard Windows laptop would be a Chromebook. You may be familiar with the Google Chrome web browser on your own computer. Well this was developed last year into a 'mini operating system' for custom built laptops called Chromebooks. These are designed for any user that wants mainly internet and email access and is not concerned with having lots of other software on their machine, and the inconvenience of lots of updates! They cost just over half the price and boot up very fast ready for use. They are available online at sites like Amazon. Read the reviews before buying to see if it is right for you.

Office 2003 has been added to the 'end of life' list along with Windows XP in April 2014. Basically it means there will be no more support or security updates and fixes from Microsoft for either product. Office 2013 is now available in various editions for those wanting to upgrade.

Drop the dead donkey...a 90's TV sitcom you may recall, but quite appropriate for a news story that broke recently. A Google Earth camera car was filming on the dusty tracks of Botswana, when the images beamed back appeared to show a donkey standing by the side of road as the car approached, but laying down as the car had passed. Google was quick to announce that the donkey was in fact happily enjoying a dust bath! 'No donkeys were harmed in the making of this story' as they say...



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News from the Cottingham Bowling Club

Just like last year, by the time you are reading this our indoor season will have started. Everyone enjoyed the summer but it wasn't long enough! We now are looking forward to starting our indoor competitions and soon will have our annual lunch to present prizes to members who won individual or team matches. Some new members joined us during the last season and, once again, some of them won their competitions. It is the club's AGM in early November, [date still to be announced].

The Indoor competition winners for 2012/13 were: - Ladies Singles

Champion – Chris Lambert who beat Margaret Macer – The Ladies Pairs winners were – Norma Barker & Margaret Macer over Shirley Gibbons & Babs Rangeley – the Men's Singles winner was Denys Abba over Peter Ward whilst the Men's Pairs were won by Steve Lambert & David Stephenson who beat Ron Bell & Don Macer. The Indoor [carpet] Champion was Sue Woodeson who pipped Barbara Bell at the post!

Trophy winners for the past season were – Marlene Atkinson who won the Jean Russell Cup [2 woods] by beating Margaret Abba – Marlene Atkinson won the Hopper Cup [4 woods] beating Margaret Abba [**more on these two ladies later!].-

The Ladies 4 wood pairs won by Ann Dawson & Sue Woodeson from Jean Major & Margaret Mann. – Steve Lambert won the John Winfield Cup when he beat Ralph Shallcross whilst Tim Winter won the Rowberry Bowl when he beat Mark Wilmore.

For my sins I am the Club President and I am sorry to say the annual match between 'The Presidents' & 'The Captains' ended up in defeat for us! Alan Speed & George Lawes collected the 'Harry Wright Cup' when they defeated Maureen Todd & Iris Hemingway. –In the Don Bulmer Trophy game Mike Addison, John Osgerby & Jeff Lewis triumphed over Hazel Corcoran, Hilda Price & Chris Lambert whilst David E. Stephenson [that 'E' is needed as we have two of the same name!] and Harry Mann beat Clarice Scott & Peter Axiotes to take the Welcome Hatfield Trophy.

In the M.&T. Watson contest Maureen Holwell, Malcolm Green & Eric Gibbons beat Arthur Howbridge, Mollie Walker & Peter Ward. – Peter Axiotes beat Tony Price for the Ashton Trophy and – in the traditional end of season match the victors were the 'Gentlemen' [136 points] against the 'Ladies' [118 points].-- Peter Ward and Gerry Holmes won the Hull & District K/O Cup / The men won the Saturday Pairs League & the ladies won the Friday League and for the icing on the cake – **Margaret & Marlene are the NATIONAL CHAMPIONS in the 2 wood game!

If you think that you would like to try the game, please get in touch. My number is 01482-847303. *Brian DeVine, Hon. Secretary.*

Pictured above left: Alice Rice Trophy Winners 2013, M. Atkinson and M. Abba (Humburside).

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Wordsearch - Bones

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

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

Find the words in the letters above:

Carpals, Clavicle, Coccyx, Ethmoid, Femur, Fibula, Humerus, Ilium, Ischium, Mandible, Maxilla, Metacarpals, Patella, Phalanges, Pubis, Radius, Ribs, Sacrum, Scapula, Skull, Sternum, Talus, Ulna, Vertebra.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 81

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

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

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MARIONOWENTRAVEL

Local, independent & passionate about travel !

October and our special tour of China is about to depart, a fabulous comprehensive itinerary for 3 weeks. We realise that this is a little too long for everyone so for 2014 we are delighted to announce we have an exclusive departure for 16 day "The Wonders of China" departing the 5th October, at an inclusive price from your door of £2990 per person sharing a twin/double room. Single travellers are most welcome your supplement is just £490 alternatively you can opt to share with someone of the same gender at no supplement.

For many of us a holiday is not just sitting by the pool these days. This last week I have watched many families, couples and single travellers cycling along the river banks. Whether, cycling or even walking is your passion there are lots of ready made tours that make your holiday comfortable, you walk or cycle to your next overnight stop and your luggage will be waiting for you. Often tours are graded into the degree of difficulty and are available world wide. Alternatively choose to stay at one base and enjoy a different itinerary each day, islands such as Jersey, Malta and the Isle of Wight regularly promote the trails that are available. Our tour to the Isle of Wight next September will be tailored towards walking as well as the regular sights of the island for non walkers why not call now for more details?

Fred Olsen cruise lines have now launched their full 2014/15 brochure. I am delighted to announce that we now can offer a selection of cruises with FREE travel from your door! You must wonder why the goal posts are always moving? - operators do like to confuse you, book now to avoid disappointment as they may change their terms again in the future. Fred Olsen Caribbean fly cruising has made a return for 2015 after a break from this area for the past couple of years hence cruises have filled quickly. Now the latest news is a Christmas Caribbean fly cruise for 2014 - hurry to book this or you will miss the boat!

Vietnam & Cambodia March 2015 - this is a very special departure and one of our recent guests on a tour commented that he had been to this area visiting family a few times and pointed out to me what excellent value this tour is - so don't just take it from me! I will be accompanying this tour which will be an adventure but done in luxury why not join me?

We have just returned from the River Meuse and received lovely comments from our guests that is one of the big pleasures of operating our own tours. It makes our job very rewarding. I am delighted with the way many of our tours are selling please do not think about it and then wish you had booked, make the move as our tours are generally a one off not to be repeated. Cornwall for instance now only has 4 seats left and does not depart until April.

Our full selection of Warner's holidays just for adults are not shown on this page due to space along with our specials by air including our wonderful Taj & Tigers tour of India and our cruising selection on the rivers & the oceans of the world - please ask for details and if you travel in a small group and would like to start off a new special departure speak to me - many of our tours shown opposite have been suggested by our regularly guests.

Thursford's wonderful Christmas Spectacular will be repeated. This year we have five departures using a 49 seat coach, there are just a handful of seats left on 12th December. Bookings and enquiries are coming in for 2014 already and quite right too as in order to enjoy the best seats in the house tickets need to be purchased in full before the end of the year. As with all of our tours we pride ourselves on obtaining the best seats we are able to get and never opt for the cheapest.

Christmas is just around the corner, don't forget if you are stuck for a present for any occasion (retirement, birthday, anniversary, wedding) a Marion Owen Travel gift voucher can be used towards anything from a day outing to a dream holiday worldwide. Also if you book a holiday and wish to pay a bit each week or month leading up to your departure we are very happy for you to do this so that you do not have to find a large sum all at once.

Remember too we work in partnership with all tour operators giving you a full range of options. This month sees me sampling my first Saga ship - many of the direct sell operators are finding that travel agents are very useful to their business. We can book all Saga cruises and perhaps even save you some money as Saga's travel insurance is not automatically included when booking with us.

Only a few years ago Riviera Travel, Travelsphere, Newmarket and Great Rail took only direct bookings - we can take care of your booking for no extra charge, no long expensive telephone calls, confusion about visas and our additional knowledge is all for free. Many travellers making direct booking frequently do not get the best air links on their flying holidays; purely because the tour operators reservation staff do not even know where East Yorkshire is located on a map of the UK. We are your one stop office for all of your travel requirements. Plus remember your monies are all financially protected on the holidays we sell and you know who you are dealing with.

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All prices correct at the time of publishing in Sep 2013 but subject to availability at the time of booking—don't delay, call today.....

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www.cottinghamtimes.co.uk - October 13

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|--------|--|--------|
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| 16 Oct | Shopping outlet & afternoon tea at the manor | £ 29 |
| 28 Oct | Warner's Alveston 4 nights half board | £ 229 |
| 07 Nov | India by air join Marion in Kerala - a very special tour in luxury but with culture & wildlife | £ 2098 |
| 18 Nov | Warner's Thoresby Hall 4 nights festive fun | £ 269 |
| 18 Nov | Thoresby Hall just for a day inc. lunch | £ 29 |
| 04 Dec | Chatsworth at Christmas - just for the day | £ 39 |
| 11 Dec | Chatsworth at Christmas - just for the day | £ 39 |
| 12 Dec | Thursford Xmas Spectacular 2 days | £ 149 |
| 13 Dec | Antwerp & Christmas Market weekend 2 nights North Sea Ferries & 1 night half board in Antwerp | £ 189 |
| 08 Jan | Downtown January Sales & lunch | £ 24 |
| 14 Jan | Potters World Bowls 3 days of bowling /3 nights | £ 269 |
| 24 Jan | London sights & shopping 2 nights HB | £ 129 |
| 30 Jan | World of Rhubarb & a 3 course lunch | £ 45 |
| 03 Feb | Torquay - Gleneagles 4 nights Full board & Bar* | £ 249 |
| 26 Feb | Liverpool & 7 Brides for 7 Brothers 2 days HB | £ 119 |
| 04 Apr | Cornwall Flower Show & Gardens 5 nights | £ 399 |
| 24 Apr | Paris - 5 nights with Art Historian Fiona Irwin | £ 415 |
| 11 May | Castle of Mey & Orkney 6 nights half board | £ 649 |
| 21 May | Flowers in Bloom - a relaxing short day out | £ 15 |
| 24 May | Disneyland Paris 5 nights- family of 4 | £1190 |
| 07 Jun | Rhine Cruise - super itinerary 9 nights No night sailing and lots of time in port. | £ 989 |
| 18 Jun | Wicked the musical - matinee in Leeds | £ 65 |
| 22 Jun | Eastbourne 6 nights half board | £ 399 |
| 02 Jul | Spa Francorchamps Classic Bikes 6 nits | £ 486 |
| 28 Jul | Warner's Bodellwyddan Castle 4 night break | £ 317 |
| 26 Aug | Danube River Cruise 5 * Mozart 11 nights includes excursions & wine, beer with meals | £ 1689 |
| 11 Sep | WW1 - 5 nights a special 100 year tour | £ 485 |

Many more tours to come, Thursford dates now available for 2014.- prices held for early bookings just £10 deposit.
 October 2014 we return to the Diksmuide Beer Festival!
 Many tours offer single rooms at a very low supplement .

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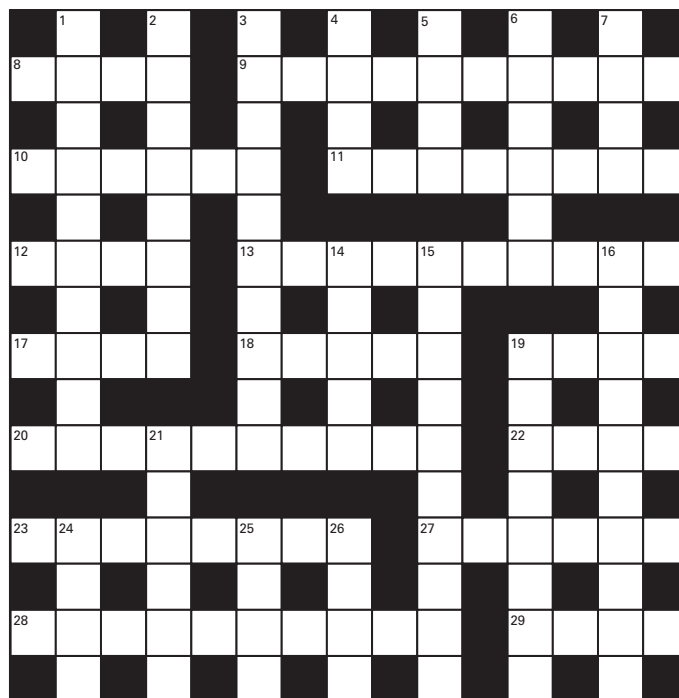
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Crossword – Solution on page 46



Across

- Note (4)
- Not natural (10)
- Chinch (6)
- Fantasy (8)
- A beautiful and graceful girl (4)
- Countrywide (10)
- Male deer (4)
- Ease (5)
- Lines (4)
- Spectacles (10)
- Not one (4)
- A migratory American songbird (8)
- Pertaining to a clan or family (6)
- Fanatic (10)
- A colour between black and white (4)

Down

- Worshipfully (10)
- Moving unsteadily (8)
- Notes written in books (10)
- An upright in a wall (4)
- Chancy (4)
- Dross (6)
- A narrative (4)
- Carries (5)
- Enemy (10)
- Criminal (10)
- Standings (8)
- A bad-tempered person (6)
- Louts (4)
- Islamic prayer leader (4)
- Strike sharply (4)

Crossword courtesy of www.crosswordpalace.com

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Bursary project launched to help young musicians in Hull and East Riding

A project has been launched to give financial help to young talented musicians in Hull and the East Riding so they can develop their musical skills.

The Rotary Club of Humberside, working in partnership with Hull City Council's Music Service, is planning to raise sufficient money to provide bursaries – each worth £1,000 – to help the youngsters to achieve their musical ambitions by receiving specialist tuition.

The Club is raising money by staging a concert at the Hull City Hall on 19th October and also securing sponsorship from businesses and grants from charitable trusts in the area.

George Tarbotton, chairman of the Rotary Club's Major Events Committee said: "This all stems from a presentation Chris Maynard, head of the Music Service, gave to our Club last year. Following several conversations with him it became apparent some financial help was needed to help youngsters with talent to develop further. We were also impressed by the purpose of the Music Service which is 'to enrich and enhance the lives of children and the community by actively supporting and developing education through music'.

"Hopefully those who receive bursaries will be able to achieve their musical ambitions, develop a greater all round interest in education and make a positive impact in

the community. Without financial help many of them will not be able to progress their musical talents."

The Council's Music Service will, in conjunction with participating schools identify the young people who would benefit from a bursary which is aimed to run for five years – subject to satisfactory progress. The number of bursaries awarded will depend on the funds raised by this and subsequent concerts in future.

Chris Maynard, Head of the Music Service said: "This concert will be a fine example of partnership working and we are delighted that the Maureen Hunter Singers will be joining us on what will be a fabulous evening of music, showcasing some of the best young music making in the area. The outcome of the concert will hopefully be that more young musicians from less affluent families will be able to realise their musical potential".

George Tarbotton added: "Rotary has always been involved in supporting local communities and this project is very much in keeping with our 'New Generations' theme of supporting the development of young people".

The City Hall Concert "Autumn Notes" will feature The Maureen Hunter Singers, The City of Hull Youth Orchestra and the City of Hull Youth Choir and will include music and songs from Godspell, Star Wars, The Beatles and many more well known pieces. Tickets are available now at the City Hall booking office (01482-300300) and cost from £7.50 to £12.

Further information from George Tarbotton 01482 632315.

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In the Kitchen



Halloween

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

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

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

So what do pumpkins have to do with it ?

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

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

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

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

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

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

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

16 October - www.cottinghamtimes.co.uk



Leek, Pumpkin and Sweet Potato Soup

Ingredients

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



Instructions

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

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Bonfire Night



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

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

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

Favourite British Sausages

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

Cumberland

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

Yorkshire

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

Lincolnshire

A herby sausage traditionally made with pork, bread and sage

Pork & apple (West Country)

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



Interesting Sausage Facts

The Sumerians were making sausages 5,000 years ago.

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

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

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

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

Toad in the hole with Sage Batter and onion gravy

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

Ingredients

125g plain flour
Salt and pepper
3 eggs
300ml milk
1-2 tbsp sage leaves, finely chopped
6 Thick sausages
For the onion gravy
30g/1oz unsalted butter
2 onions, peeled and sliced
1 sprig of thyme
1 tbsp wholegrain mustard
2tbsp onion gravy granules
150ml beer
300 ml beef stock
Salt and pepper



Instructions

1. Pre-heat the oven to 220C/425F/Gas 7.
2. To make the batter, place the flour into a large bowl and season generously with salt and pepper. Beat the eggs in a separate bowl with a splash of milk. Pour the eggs onto the flour and beat together until smooth. Gradually whisk in the remaining milk until you create a smooth batter. Stir in the chopped sage.
3. Sauté the sausages in a hot pan with a little oil for approximately 8-10 minutes, turning occasionally until they are evenly browned. Meanwhile, place a 1 litre ovenproof dish in the oven to heat through.
4. Remove the dish from the oven and arrange the sausages into the dish, along with the excess oil. Return to the oven for a few minutes until the dish is piping hot. Pour over the batter so it comes 1/2 of the way up the dish. Return to the oven and cook for 20-25 minutes until golden brown and well risen. (Be careful not to overfill the dish as the batter will rise during cooking. It may therefore be necessary to discard any remaining batter, or save for a separate use).
5. To make the gravy, heat the butter in a pan and sweat the onions and thyme for 5-6 minutes, until golden. Add the wholegrain mustard, gravy granules and stir together. Pour in the beer and allow to reduce by half. Add the beef stock and bring to the boil, reduce the heat and simmer for 10-12 minutes until thickened. Season to taste.
6. Remove the toad in the hole from the oven, spoon onto serving plates and pour the onion gravy over to serve.

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Photographic trophy up for grabs again when the public votes

Visitors will have the chance to vote for their favourite photographs again this year at the Viewfinder Photographic Society's (VPS) annual exhibition in Skidby.

The free, public exhibition is an annual showcase of members' images and takes place over the weekend of 5th/6th October 2013 at Skidby Village Hall in East Yorkshire.

Now in its sixth year, the exhibition has grown in popularity each time it's held. "There's clearly something about the visual image that we can all connect with and enjoy," said David Marshall, VPS Chairman. "Digital photography has become really popular, enabling people to more easily express themselves creatively, even if it's just by using the camera built into a mobile phone."

We try to encourage club members to stop using their cameras' 'full auto' setting, to take control and start experimenting. The results are here for all to see," added David.

The club, which now boasts a waiting list, has nearly fifty members, all with various levels of expertise and interests, and the exhibition provides a focus for them during the year. Many members have only recently become interested in photography and want to learn more by being with others who share their passion.

Gordon Scaife, Principal Leisure, Tourism and Culture Policy Officer at East Riding Council and regular supporter of the VPS annual exhibition said, "What you see on display demonstrates just how much talent there is around and how being part of the club helps people to develop."

Each year the exhibition attracts more and more visitors who like to come and browse the pictures, vote for their favourite images and sometimes buy a print. As well as winning a trophy to keep for the year, the member whose image receives the most votes also has their image used for the poster to advertise the following year's exhibition. "Whilst the most important thing is the fun of taking part, we think it's a nice touch and a bit of extra kudos for the winning photographer", said David.

Many of the images will also feature in the club's 2014 East Riding calendar, which will be available at the exhibition over the weekend and at various retail outlets in the region.

The exhibition is open to the public on both days from 10.00am to 4.00pm.

The Great Dove House Hospice Bake Off

Are you waiting for Tuesday night to come around again so you can watch the next episode of 'The Great British Bake Off'? Do you think you could be the next Mary Berry or Paul Hollywood? Well now is your chance to showcase your baking skills as Dove House Hospice brings you 'The Great Dove House Hospice Bake Off'.

This event begins with an audition round held at The Holiday Inn, Hull Marina on Sunday 6th October where contestants will be asked to bake cakes and treats and then vote for their favourite. The top ten bakers will go through to the live grand Finale at Hull College on Saturday 26th October where they will cook their 'showstopper' in front of a live audience.

Fundraising co-ordinator, Amanda Ashburner said "This event is set to be very popular and as we all get inspired from the hit TV show 'The Great British Bake Off' we are urging people to get practising in their own kitchens and get involved with our very own Great Dove House Hospice Bake Off. With baking becoming such a popular hobby we would like to see the baking talent of Hull come forward and showcase their best pieces in the chance to be crowned baker of the year!"

For more information or to be involved with this event all you have to do is register your interest online at: www.dovehouse.org.uk/bakeoff, call the fundraising team on: 01482 785 743 or email: fundraising@dovehouse.org.uk.

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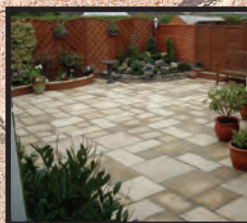
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Remember, Remember the 5th of November - You never see cats and dogs playing with fireworks, keep your pets safe!

I am delighted to announce that not only my 2nd grandson was born over the past 3 months but also a 3rd, Joshua, was born last week. My eldest grandson, Jacob, is now 22 months and the difficult stage of putting him on his own in the nursery at night for the first time has now passed but not without anxiety from my daughter, Jenni and son-in-law, Adam. My eldest daughter, Kath and partner Matt, will now be going through it all for the first time with their 3 month old son, Noah.

To all the grandparents out there, we know what a worrying time our children will be going through. Like the sayings go 'old head on young shoulders and hind sight is a fine thing' do spring to mind and it is so difficult on us 'oldies' to take a back seat (as I am finding out as you can imagine).

It would be lovely if there was a manual to refer to, for every stage of a youngsters life and even better if, what ever is suggested, became an instant remedy. Sadly, life's not like that but there is support and help



out there either via, mother support groups, health visitors or family.

It was whilst thinking of my 2 new grandsons plus their parents dilemma, that made me realize, it is not unlike what any new owner may go through with their pets. Do they start as they mean to go on or gradually ease them into the family. It's a difficult decision but amazingly, it's nearly exactly the same scenario any parent may face with their new arrival but I do emphasize 'nearly'. Why??

Communication is the key word. When a new baby arrives, the soothing voice of their parents, whispering against their cheek, eventually brings harmony to the household. As the weeks turn into months and progresses into the first year, the baby responds more to words of comfort rather than 'ssshhhhhh'. This is where the similarity ends.

With November looming, I would like to talk about Guy Fawkes night. You will be, quite rightly so, wondering why I have gone off on such a tangent but the link will hopefully become clear.

Asking any responsible pet owner, I can imagine the response to 5th November would be filled with dread. The thought of pacifying our pets whilst the bangs, hissing, bright lights are going on outside just doesn't bare thinking about. There is the odd pet who is not afraid but the majority are...so what do we do? Our first response is to cuddle our pet, just as we do our children. Cuddling and reassuring them that everything will be alright. Works ideally for the child who understands or the baby feeling the warm breathe of its parent but what about a terrified animal? In this case the best thing to do is, surprisingly, ignore their behaviour. I know this can be difficult when your dog is trying to climb onto your shoulders, impersonating 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, will help instigate a calm aura around the house.

If your pet wishes you could play with them, again like we would with a child, ignoring all the noises, but do not insist if your pet is not interested. Closing the curtains, putting on the television or playing the radio will help mask and muffle the sights and sounds of the fireworks. You would never punish a child when they are frightened so PLEASE DO NOT punish your pet. This will only make matters worse! Ideally all pets should be micro chipped but especially so around this season just in case they are frightened and escape.

FINALLY, in the case of our canine friends, they will most probably need a walk before dusk. If this is the case, please be aware if you intend using an extending lead. It is so difficult to control a 'bolting' dog on the end of 4 meters 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.

So there we have it. 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 who are willing to help you with any queries you may have. We are here to help.

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“The Tooth and Nothing but The Tooth”

by

Chris ‘ Dr. Smile Maker’
Bransfield

Patron Saint of Dentists?

Hello again, I hope you are well. Well it looks somebody flicked a switch and summer turned to autumn over night. Can’t moan about the summer though, it was a cracker. Hull City are settling into the premiership and do not look out of place. They are playing well and being competitive. Just need to stick a few more goals in.

Patron Saint of Dentists?

No, not me! Only joking. Oh yes, we have a patron saint. Saint Apollonia. In the early days of the Roman empire, the newly formed Christian sect enjoyed many privileges, but during and after Nero’s reign it suffered a series of repressive persecutions.

Many of their practices and attitudes were viewed with suspicion by non-Christians, and there were uprisings against them in many cities of the empire.



Apollonia

Apollonia was the daughter of a prominent magistrate in Alexandria. She was arrested and offered the choice of renouncing Christianity and professing faith in pagan beliefs or being burned at the stake. When refused a mob seized her, broke her teeth and threatened to burn her alive. Seeing the pyre lit, and

recognising that her death was near, Apollonia asked to be untied so as to kneel and pray.

After she was done she leaped into the flames, thereby demonstrating that she died of her own free will, a martyr to her faith. Legend has it that as she was being consumed by fire she called out that those who suffered from toothache and said her name would be relieved of their suffering.

Now, I’ve not tried this one but I suppose that it can’t do any harm. If you get toothache say Apollonia!

She had been described as a marvellous aged virgin but many images of her are as a younger woman. She had a cult following and almost all churches and cathedrals on the continent had likenesses of her.

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The Big Move

Well we made it and moved around the corner to our new home at Castle Villa, 28 Castle Road. We were lucky enough to have Emmerdale star, Gemma Oaten, cut the ribbon and pronounce us officially open. She also said some really nice words. It’s all on you tube, <http://tinyurl.com/q6np7kd>, you know. She is a really lovely lady.

I’ll give the low down on Dental Maverick’s Mission in Morocco next month.

Until next time. Take care and be good.

Chris

Chris Bransfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 20 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity - ending the daily dental pain of Moroccan kids. For more patient success stories and Chris’s charity work go here now www.castleparkdental.co.uk



Isn't Life Interesting?

by Paul Smith

The painter and decorator

A painter and decorator got an awful pain in his right shoulder. It was so bad he couldn't raise his right arm, which he needed to do to paint walls and ceilings. He kept going back to the doctors. They tried everything – pills, creams, X-rays. Physiotherapy – but nothing worked. One day he was seen by an older doctor, who asked him, "When you drive your van, do you drive with the window down?" The painter said yes. The doctor said, "From now on, drive with the window up."

That cured it

The power of positive thinking.

Netherton United is a football club in Peterborough which began in 1991. It was impoverished, so it applied to the International Monetary Fund for money. The IMF replied that it helped big countries, not tiny football clubs, but it had a whip-round among its staff and sent a cheque for £25.

It paid for a new ball.

I'm not a Quaker – but the way they behave impresses me

There's a Quaker girls school in York. A new young priest arrived at the local Roman Catholic church. Being a priest, he could never get married, but he was so good-looking that the older girls fell for him, and every Sunday morning they all went to the Catholic service just to pine over him.

And the Quakers are so tolerant that they didn't mind.

The children who marked their teachers

Some psychologists went to a school and asked the children there to tell them what made a good teacher. The kids said a good teacher makes the lessons interesting, is nice to the children, likes children, doesn't shout at them and so on. The psychologists got the children to write these things down, and then to mark each of their teachers on a scale of one to ten how they fared. When the psychologists had the results, they only told half the teachers. The other half were deliberately kept in the dark.

Six months later the psychologists came back to the school and asked the children to mark all their teachers again. The results showed

that every one of the teachers who had been shown their results the first time had improved. For example, the ones who learned that the children found their lessons boring had tried to make them more interesting, the ones who found out that they shouted at the kids had stopped doing so, and so on.

But the other half of the teachers, who had not been told their results, had not improved at all.

My friend and his invention

Thirty years ago a friend of mine who lives on Bricknell Avenue in Hull invented a new small gadget that made car engines more efficient. He would describe himself as a working class lad and a clever car mechanic. He knew nothing about patents and confidentiality agreements. Very excitedly, he took his gadget to British Leyland in Birmingham and saw one of their top production engineers in a posh office there.

The engineer said sorry but British Leyland would not be interested, and so, very disappointed, my friend came back to Hull and forgot about it. A year later he found that the gadget was in all British Leyland engines.

Guess who had patented it.

How women think.

Why are married women heavier than single women?

Single women come home, see what's in the fridge and go to bed. Married women come home, see what's in bed and go to the fridge.

A woman is sitting on a plane that is falling out of the sky. She stands up and says, if I'm going to die I want to die feeling like a woman – who on this plane is man enough to make me feel like a woman? A man stands up, takes off his shirt and says, here, iron this.

Why did God create man first?

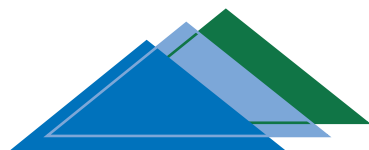
Because he needed a rough working model before creating the perfect specimen of the species.

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

This month his destination is Snainton

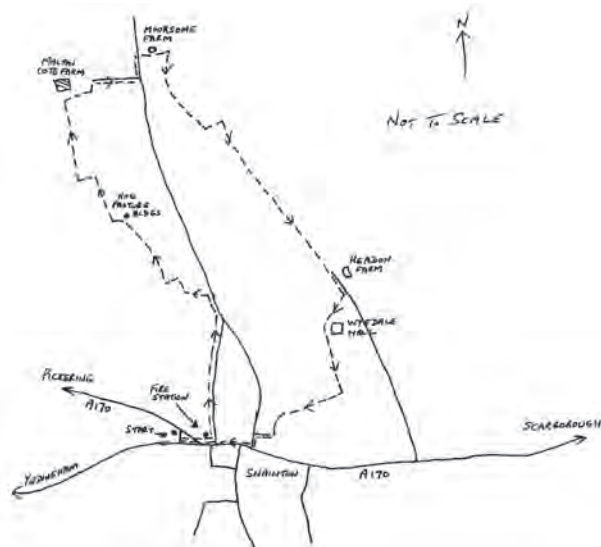
The map is for a general guide only. Please use an Ordnance Survey Map or similar if possible when walking.

Map:- EXPLORER OL27

Start at GR.SE915824 On small cut through from A170 to B1258. Distance 6.0 Miles.

Leave the cars and cross the A170 and turn right. Immediately after passing the Fire Station turn left into Cliff Lane and on reaching the surfaced road continue straight ahead. After about 200 metres locate a way-marker on the left and pass through a wooden gate and walk through the field with the hedge on the right,

On reaching a metal gate, pass through the gate and turn right walking with the hedge on the right heading towards a small copse of trees. On reaching the trees, bear left and continue on a well defined track and descend into a shallow dale and then turn right, again following a well defined track.



Follow the track as it veers left near a stone wall and barn (known as Hog Pasture Buildings), pass through a metal gate and then turn right keeping a low stone wall on the right. At the end of the field, turn left again keeping a low stone wall on the right. At the next field corner, turn right and pass through a small copse of trees and walk with the wall on the right. Pass into the next field and walk with the hedge on the right heading for Malton Cote Farm. On reaching the farm, turn right keeping the farm buildings to the left. After passing the buildings, turn right and after about 50 metres turn right and walk with the wall on the left. At the end of the field turn left and keep a low wall and line of trees on the left.

On reaching the farm approach road, turn right to emerge on the Snainton road. On reaching the road, turn left and then after about 200 metres, turn right and pass through a metal gate leading to Moorsome Farm. Bear right to pass the farm buildings on the left. After passing the buildings, continue ahead and pass through a metal gate following the farm track to a wall and belt of trees then bear right.

Follow this track and, on reaching a grass field, walk diagonally to the left across the field to metal gate at the corner of the field. Pass through the gate and turn right then immediately left and walk with a stone wall on the right. At the end of this field turn right and walk with a wall on the left. At the end of the field continue straight ahead to the next field. At the end of the second field pass through a wooden gate into a small wooded lane (can be overgrown). Emerge onto a farm track, continue straight ahead, pass through a wooden gate, emerge onto a surfaced lane and continue straight ahead.

At Headon Farm and immediately after passing a building with a letter box in the wall, turn right. After 50 metres turn left, pass through a wooden kissing gate and walk down a concrete drive. Pass through a wooden gate on the left and continue with the Tennis Courts on the left (Wydale Hall) Continue through a wooded area descending to a farm track and turn left. At the bottom of the hill turn left, pass through a wooden gate and bear right and contour up the hill. Pass through a wooden gate and walk with the hedge on the right. After two fields emerge on a farm track and continue ahead. As this becomes a surfaced road continue ahead. On reaching a country road, turn left and then on reaching the A170 turn right and walk back to the cars.



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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 ½ 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 a large amount of varieties, colours and sizes in stock.

26 October - www.cottinghamtimes.co.uk

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, 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.

10 Jobs for this month

1. Plant Spring blooming bulbs
2. Plant Herbaceous Perennials
3. Plant Autumn bedding
4. Introduce fat balls for the birds as well as fresh water
5. Plant new trees and shrubs as ground conditions are ideal
6. Dress Borders with bonemeal
7. Sow Seeds for new lawns
8. Bring your houseplants back inside
9. Add soil conditioner or multi-purpose compost to your soil and turn it to prepare it for Spring
10. Regularly rake up fallen leaves from your lawn

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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.

Plant of the month

October's plant of the month is the beautiful Callicarpa.

A lovely deciduous shrub with delicate pink, purple, white or red flowers in summer and large clusters of stunning violet bead-like berries in autumn and through winter. The young foliage is often bronze-purple, becoming dark green in summer before turning golden purple in autumn. The bare branches laden with berries look gorgeous in flower arrangements. This shrub is perfect to brighten up a late autumn border. The Callicarpa is also a great plant to have in your garden to attract wildlife particularly birds.

This shrub is fully hardy and prefers fertile and well-drained soil.



Events at Coletta's

13th 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.

26th September -3rd 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.

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Your Stars for October 2013

By Kay Gower

Aries (Mar. 21- April 20)

It's time you had an imaginary conversation with that wise part of yourself that resides inside the tiny cave of your heart. It will feel good to be completely candid about your feelings.

Taurus (Apr. 21- may 21)

October is not the time to spill the secrets of the past, not even those that seem silly and harmless. Things may get twisted in the retelling.

Gemini (May 22-June 21)

You may find yourself in the role of carer this month, or perhaps it's you who needs looking after. Build in extra time around the days of the 17th to engage in some "me" time.

Cancer (June 22-July 22)

You are beginning to realise that doing the right thing for yourself once or twice a week is simply not enough. It's important that you make regular practice of it.

Leo (July 23-Aug 22)

The changes that you've been trying to make can finally be implemented, and the next rung of the success ladder is in reach. Stick out your hand, and you'll feel it.

Virgo (Aug 22 - Sept. 23)

During October you may find yourself on the fence about whether or not to jump into a new venture. You can always take the more cautious route of tiptoeing into it. The only people who really fail are those who never try.

Libra (Sept. 24 -Oct. 23)

You know at a deep level that you can handle whatever comes your way, and this knowledge inspires you to take more exciting risks this month. A new income source shows up around month end.

Scorpio (Oct. 24 - Nov. 22)

There will be a healing in your personal life this month. A chapter is complete, and you'll turn a fresh page.

Sagittarius (Nov. 23 -Dec. 21)

This month brings more fun than you've had in a while. You'll make a new friend and soon this good influence will affect your life in a positive way.

Capricorn (Dec 22.- Jan. 20)

As you think about a particular task before you, you may feel nervous. Your emotional responses are normal. It shows how much you care. It doesn't make you weak ... it makes you human.

Aquarius (Jan. 21.- Feb. 19)

Remember the times in the past when you may have been in the right place at the right time and said those magic 'right' words. Be convinced of your own good fortune, and you'll attract more of it this month.

Pisces (Feb. 20-Mar. 20)

You can command the weather all you want, but it's still going to do its own thing. Your best bet this month is to be prepared for any scenario, and then remember to keep a flexible attitude

Waitrose through the Grapevine

Tom Greef, Wine Specialist, Waitrose Willerby
*Hello everyone and welcome
to my monthly column.*

I hope nobody hates me after saying this but this month I'm going to start by mentioning the C word... Christmas! There, I've said it, it's out in the open, everyone has read it now and we all know it's approaching.

Christmas at Waitrose Willerby is actually really enjoyable. It's an absolutely crazy time, which for us starts around the beginning of October. However, it's the culmination of everyone's hard work that makes it so rewarding and I know that this year will be no different.

I mention Christmas now because over the next two months I shall recommend some great wines to go with everyone's Christmas dinner and if I can fit it all in I'll also discuss whisky which is a perfect gift around this time of year for any spirits lover.

This month though I'm going to talk about Beer. More specifically, Ales. Ales differ from Lager in that they are more complex and robust and have developed many styles over the course of the years. In fact Ale dates back before the Celts.

I've chosen four different styles of Ale to try to suit everyone and to give a brief overview of the quality and range of tastes and aromas that can be produced from just four simple ingredients – Water, Malt, Yeast and Hops. Enjoy!

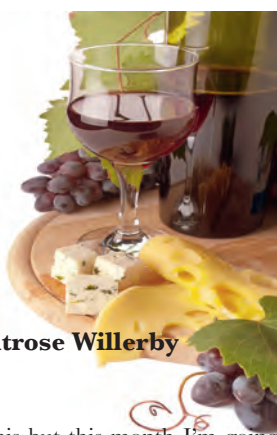
First up is Bath Ales Gem (£1.97 – 4.8%, 500ml). A gorgeous bitter which is made using Maris Otter barley and Goldings hops from Kent. It has a wonderful copper and amber colour when poured, with a rich biscuity aroma. There are hints of vanilla on the nose and on the palate you can pick up toffee which is really well offset by a bitterness that comes from the hops. A fantastic bitter from a top producer. Try this with some strong cheeses.

Hook Norton Double Stout (£1.97 – 4.8%, 500ml) has a long history. The brewery actually stopped making it back in 1917 due to the style of beer falling out of fashion. Almost 80 years later they recreated the original recipe and brought it back to life. It uses a blend of malts to give it its rich flavour, including Black malt which adds a massive whack of roasted coffee aroma. The palate is crammed full of coffee and bitter chocolate tastes with a good dry finish. A perfect match for a dark chocolate mousse.

My third choice is Innis & Gunn Original Oak Aged (£1.79 – 6.6%, 330ml). I have never tasted a beer that suits food as well as this does. I've tried this with loads of different dishes and it matches them brilliantly, from bangers and mash to crème brulee. The reason for this is more than likely due to its slightly dry edge sitting alongside a great depth of fruit flavour. Most notably, flavours of toffee, vanilla and dry oak. All of which comes from its maturation over the finest American oak. We also sell a Rum cask version as well which exudes a sweet molasses aroma and is worth trying too!

Last but by no means least we have Thornbridge Wild Swan Pale Ale (£2.08 – 3.5%, 500ml). I have the pleasure of visiting Sheffield on a regular basis (don't worry, I have my jabs before I go!) and it was there that I first discovered Thornbridge, who are based in Bakewell in the Peak District. It was to my delight that we started stocking there beers at Waitrose soon after. The Wild Swan is a Golden or Blonde ale which is full of fresh lemon and stone fruit flavour, followed by a pleasant hoppy finish.

Thank you for reading; I hope you give them a try. If there is anything you would like me to discuss in my column please speak to me next time you're in Waitrose Willerby or if you ever need help selecting a beer, wine or spirit I shall be around to help!



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Sudoku Answer from page 12

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

Hello and welcome fellow anglers to this month's fishing news. Today's date is the 16th September.

Well as you know it is that time of year again, the kids are back at school and the nights are drawing in. Now normally I would be advising you to start scaling down your gear i.e. use lighter elastics 'n' hook lengths and smaller hooks but the warmer weather keeps holding on. Therefore the fish are still feeding quite well and they have not slowed down when it comes down to the fight they give you.

A lot if not most of the club matches have finished for this season but those who are still going are informing me of some terrific weights. Plus the pleasure anglers are singing off the same hymn sheet.

The best venues at the moment seem to be Risby: Tench Lake. Sam Hosticks: Kingfisher. Fitlin: both ponds. Newbridge: Twin Island.

The big Carp are still on the feed and good reports are coming from Majestic at Weel and Rainbow at Burstwick. Give them a ring and check out the availability and give it a go before winter sets in. OUCH! Did I say "winter", oh well at least I did not say Christmas, oopps, sorry.

Anyway back to the fishing, can you believe River Hull has been fishing, once again this month, it's brilliant.

From Ennerdale to Kingswood there are loads of Silvers being caught such like Roach, Skimmers and Ide, plus quite a few Eels, Perch and Flatty's. Further up at Deans and Shipyard lots of bonus

Perch to 2 1/2lb are being reported. There are still some small Barbell being caught here and some of the larger Ide. One tip here though is that you need to feed heavily constantly. You cannot turn up here with just I pint of maggots if you are planning to stay more than an hour. Now that is a clue, to fish it properly you may need to feed up to a pint of maggots per hour, but the results will be worth it.

Here is another thing I see all the time from inexperienced stick anglers. Our river is very fast compared to most others so you need to have a large enough float to take a fair bit of shot, something like a chubba or avon style that takes 12 number 4 shot or greater. The shotting pattern is also important. I advise a bulk shot about 2 1/2" to 3" from the hook and a couple of number 6 shot spread out just above your hook length. And fish over depth by about 18".

If you are feeder fishing the river do not over complicate things. Have a fixed paternoster rig with 2"-3" hook length and feed regularly on your inside swim about one rod length out and two rod lengths downstream. Let the feeder drift inside and wait. By doing this you will find you will pick up less debris than you would if you fished the main flow or far bank.

Here is one for you to try in your feeders as well so you don't have to use quite as many maggots. Try filling half your feeder with ground bait of some description. This will save you money and still attract more fish. Don't overdo it if you use bread though as the Roach etc. can become very full very quickly on bread. Personally I would use 50/50 crumb and a good quality Roach or River ground bait. Try it and once again you should "Catchmoore".

Well now you are all experts on river fishing so why not give the Hull or Derwent Championship Match a go! These matches will be held on Saturday 12th October on the Derwent and Sunday 13th October on the Hull. Tickets are £5.00 to enter with optional pools on the day. There is a first prize on both days of £1000 and a grand total of £5400 without optional pools. Not bad for £5.00 or £10 if you decide to fish both days, eh?

Tickets are available to purchase in our shop. You know the one Catchmoore Tackle opposite the new Farmfoods on Greenwood Avenue. Good luck.

Sea scene: here is some good news. I have heard that the Whiting are back in town. They have been reported right from Spurn to Bridlington. There are still good Bass being caught and Cod from almost anywhere. Close in gully's on high water seem to be the best for the Cod.

Fresh bait is still available on request and I will start stocking Rag worm as well as the Lug worm in about three weeks. Please order to avoid disappointment.

Truly sorry to bring it up but from the day of writing this article there is only 100 days left to Christmas. So if you want some fishing gear for Christmas start dropping hints now and if you don't know what to buy the angler in your family vouchers are always available from us.

Anyway till next month, I would like to wish you all "tight lines".

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Teachers sought to be wind energy champions

Teachers from Hull, East Riding and Teesside schools are being sought to become wind energy champions as Forewind, developer of the Dogger Bank zone, launches the next stage of its innovative education initiative, Champions for Wind.

Ten teachers will be awarded bursaries to develop and implement wind energy careers related activities for their students as part of the initiative being run by Hull-based Humberside Engineering Training Association (HETA).

Champions for Wind began late in 2011 with the recruitment of 10 teachers from Hull and East Riding of Yorkshire as "wind energy champions". In mid-2012 a further 10 teachers were selected in Teesside. Applications are now open for the third cohort of teachers from across the areas, to express their interest in taking part.

More than 2000 students to date have been involved with the programme and this latest phase will mean up to 1000 more young people will have the opportunity to learn about offshore wind energy and the wide range of careers offered by the industry.

The champions selected will work with careers advisors to design and develop curriculum-based resources that are relevant to their students, schools and local area. Hull, East Riding of Yorkshire and Teesside were chosen for their proximity to the proposed landfalls, onshore infrastructure and grid connections of the Dogger Bank development.

By facilitating careers education for young people living near Forewind's proposed onshore infrastructure, it is hoped motivated young people will be encouraged to join this growing industry while at the same time local community expectations will be met.

The programme was designed by HETA to: develop gender balance, roundedness of the industry, pride, a sense of ownership and skills in the local area, innovation and a vision for the future, while also building on existing programmes which foster teacher development.

Applications to become part of Champions for Wind can be downloaded from www.heta.co.uk.

Lodge park fundraising day success

Patients at Dove House Hospice are set to benefit after almost £1,500 was raised at an open decks and gardens day.

Staff at Raywell Hall Country Lodge Park organised the event, which included a roaming jazz band, organ, a woodland walk competition and raffle.

Lodge owners welcomed members of the public to the park while selling bric-a-brac, hotdogs, tea & coffee, cards and cakes to raise extra funds, raising a total of £1,478.14.

A draw was also held to win a weekend stay at the lodge park for four people.

A raffle for a luxury hamper, provided by Millers Tea Room & Farm Shop on the site, added to the fundraising total, alongside a raffle for a bottle of Martini.

Lesley Henderson, of Raywell Hall Country Lodge Park, said: "We are very happy to be associated with this most worthwhile charity and are very grateful to the lodge owners who were keen to throw themselves into the event."

It costs £6.1 million to run Dove House Hospice each year and the charity receives funding for the equivalent of just 45 days.

Katy Wood, fundraising coordinator at Dove House Hospice, said: "The event was a great success and it was so nice to see how involved the lodge owners and staff were. They showed fantastic support for Dove House Hospice and welcomed everyone who took time to come along on the day. This event was held in such a beautiful setting and the money raised will make such a difference to our patients and their families."

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Property News from Martin English of Homelink

Letting to Tenants with Pets

Can I let to tenants with pets?

If a landlord owns the freehold, there is no problem letting to tenants with pets. It's entirely up to the landlord. It is a commercial and management decision for them to decide and at times distinctly a matter of personal preference.

However, if the landlord is a leaseholder, as many landlords are; then there is a big issue as to whether you will be allowed to let to them in the first place.

Landlords will need to check their title deeds and the terms of the lease to find out whether they are allowed to: (a) sublet in the first place; (b) sublet to tenants with a pet.

Often the lease will either prohibit the keeping of pets or require the landlord to obtain permission from the freeholder (landlord).

Pros & cons of letting to tenants with pets

Assuming that you are legally able to let to tenants with pets what are the pros & cons?

One of the pros is that those landlords who are prepared to take tenants with a 'little animal' friend are often rewarded with a grateful tenant, who might have faced rejection by a number of previous landlords along the course of their property search.

These grateful tenants are glad that they have found a landlord who is accommodating to their furry friend, and can often end up as a trusty companion to the landlord for many years. This can result in a long term tenant who sticks in the rental property and reduces the chances of void periods between tenants.

Happy pet, happy tenant, happy landlord.

In addition, a landlord might be able to negotiate a small rental premium with a tenant, on the basis that the extra rent will cover the

potential damage and extra wear and tear on the rental property.

The obvious Con of letting a property to a pet is the risk of a pet causing damage to the property, for which it is difficult to obtain insurance against and a pet also causing a nuisance to neighbouring properties which is likely to increase the amount of 'management time' a property requires.

Ways of a landlord protecting their interest

There are a number of things that a landlord can do if they decide to let to tenants with pets, alongside upping the rent:

A landlord can consider including a pet clause in the tenancy agreement. The clause should refer to a comprehensive pet policy which can be incorporated as a schedule to the tenancy agreement.

Other ways of a landlord safeguarding their interest would be:

A landlord could choose to take a higher deposit. This would help protect the landlords financial risk as damage caused by pets are not covered by most landlord insurers. If this is acceptable to the tenant then this should be enough to cover the potential damage caused by the tenants pet during the tenancy.

Another suggestion is that a landlord takes an upfront pet payment to cover the cost of a professional clean at the end of the tenancy. This payment is non-refundable, and not a deposit. The fee is taken as an upfront charge which the tenant accept that they will not get back, as payment for a thorough clean at the end of the tenancy. However, care needs to be taken that it should not be considered as a deposit under the new regulations, potentially opening up landlords to an expensive fine. What a landlord needs to do is to have a carefully worded agreement to ensure no confusion over the intentions behind the payment.

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

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**Melanie Watson of
Skidby Livery Stables with the latest
of her monthly articles**
www.instinctivehorsetraining.co.uk

The Breeding Lottery

I'm sat here licking my emotional wounds as I plan to take my 6-year-old home-bred horse Ralph to be put down in the morning. I have been trying so hard all summer to stop his pain but all treatments have failed and there is no more treatment pathways to offer up.

It's such a pity that with all the advances in veterinary science these days sometimes we get beaten back. My horse suffers from acute pain in his sacral joints on the top of his rump.....and all due to the way his body has grown and developed.

The problem is he simply grew too tall with his legs being far too long for his body.....as such he has to graze like a long legged new born foal. This contortion puts his frame under huge stress and places his body in an acute position which simply perpetuates the cycle.

The bones of the sacrum are now so diseased that they are unable to re-generate, in fact the opposite is the case. This degeneration has now reached the point of affecting his temperament in general and he is getting visibly thinner day by day, despite a fantastic diet and access to good quality forage 100% of the time.

Ralph stands at 17.2 hands high. His full sister Samsara stands a full hand shorter and is compact and stocky. Ralph is the total opposite.....all legs and a narrow frame/body width. As different as chalk and cheese.

Investigating skeletal problems in horses is now started by using bone nuclear scintigraphy.

Ralph was found to have increased levels of the tracer all along his spine and sacral joints as well as highlighting his stifle joint (knee) on his off side hind leg. There was also an issue of him not quite having full feel or awareness of his near side fore leg.....which would give way sometimes unexpectedly.

Pain is the first thing to attack in any of us so therefore the spine was injected with steroid from front to back, followed by a course of Extra-corporeal Shock Wave Therapy. This non invasive treatment can produce very real anti-inflammatory benefits over a course of 4/5 sessions. Pain relief was also given orally for months.

Because he was losing weight he was given muscle build up enhancers using amino acids to help regenerate muscle mass.....

Local anaesthetic was injected to coat those deep down sacroiliac joints and give temporary relief from inflammation. We followed very strict work programmes designed to help build him up and strengthen his entire frame.

Over six months a vast amount of money has been spent in various ongoing treatments and physio sessions.....all to no avail. My poor boy just cannot cope with his own body anymore and I have had to make myself stop now. There is nothing left to do, bar make sure he no longer has to suffer living in such pain.

He was my last foal I bred back in the days when I was showing young stock and training them for competition. He is the closing of an era for me and I wish him peace now.

Making a decision like this for an animal so huge and seemingly so invincible is no harder than for a much loved dog, cat or rabbit. We have the love and the power to take a life for the right reasons and at the right time.....

I recently met a local lady who supports an extra ordinary Donkey charity in the Holy land.....called "Safe Haven for Donkeys". These beasts of burden suffer hugely through over work, ignorance and starvation. When the people themselves are so poor it is an inevitable spiral of events. However, like "The Brook" horse charity in India and Pakistan, they do amazing work, not just with the veterinary treatments to the animals but they also help to support and educate their hard suffering and desperately poor owners.

She asked me if I could ask all you horse owners who read this to donate any old head collars, bandages or unwanted equipment.....which are desperately needed. Instead of throwing it away or putting it on Ebay for a quid, please could you drop it into my yard in Skidby or ring me to collect.....01482 875141. Veterinary bandages, dressings and medicines are always high priority as well so monetary support is always welcome. (www.safehavenfor donkeys.org)

Just a thought to offer up in support of animals that don't have the kind of lives and care we give them here.

Thank you in advance.



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A Pesky White Rabbit, Menus and Bonfires

You know the feeling when you can't get a tune out of your mind? - "I'm late, I'm late for a very important date, no time to say "hello" "goodbye" I'm late I'm late I'm late" Well that pesky White Rabbit has been with me all day as I'm trying to get this article written. How can I find inspiration when my mind is full of a big fat white rabbit with a waist-coat and a giant watch disappearing down a rabbit hole telling me I'm late once again for the *Cottingham Times* deadline?

Right then, now I've got that off my mind perhaps I can make a start. "I'm late, I'm late ----xx!!

October will see the start of our new Winter **Menu**, with the return of some old favourites like the Trio of Bangers and Mash, with three different flavoured locally produced sausages for you to enjoy, and new items created by our Head Chef, being introduced for the first time, include a Fresh Seafood Kebab and a Fresh Chicken Kebab presented in a way to entertain as well as to enjoy eating, while the new Thai Curry is just, magic!

Having been available, the majority of the time, on request, they are once again officially appearing in the Half Moon Menu, with a page of their own. I am of course referring to the famous Giant Yorkshire Puddings, offered in a number of variations with a few little twists to the norm including a Very Naughty Puddin' indeed!

Looking further ahead, I'm very pleased but sorry to say that Christmas Day is now fully booked, but there's still plenty of opportunity during December to enjoy our special "Festive Menu" ideal for those special get-togethers during the build up to the festive period.

Closer in time is **Bonfire Night**. Last year was such a success, mainly because I went way over budget on Fireworks, (I'm just a big kid really), that it will be difficult to beat without going over budget again. Sorry Darling I know we were talking of a new three piece suite but ----- . Seriously though a great night is planned on Tuesday November 5th so put it in your diaries, with more details in next month's article --- oh! damn there he goes **again**

"I'm late I'm late, for a very important date, no time to say "hello" "Good bye" .

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Cottingham Singers celebrate 40 years of singing

The Cottingham Singers is a mixed voice choir consisting of 44 members. It started as an evening class at the Cottingham Evening Institute in September 1973 and gave its first concert in March 1974. Now rehearsing at Bricknell Avenue Methodist Church, Hull every Wednesday evening from 7.30 to 9.30 the choir is still going strong and actively seeking new members. Paul Anderson joined us as our MD in September 2009 and our accompanist Marlene Pinchbeck has been with us since September 2003.

The concerts we give are in Hull and the surrounding East Riding of Yorkshire, and help to raise money for various good causes.

To celebrate our anniversary we are giving a special concert on Saturday 12 October at Cottingham Civic Hall starting at 7.30. Our guest artistes for the evening will be the Hull Ladies choir. Also attending will be the Lord Mayor of Hull, and the chairman of East Riding County Council.

Anyone wanting to come and try out the choir will be made very welcome, especially people singing in the three lower voices. There is no need to be able to read music – just to sing in tune!

Contact Pat Docwra on 01482 506643 or e-mail patdoc1@hotmail.co.uk For any more information visit: www.cottinghamsingers.com

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Good news for local owls

Local wildfowling club members Pete Gibson and Alec Wingfield have made five owl nesting boxes and have given them to local farmers to help the Barn owls for next years breeding season.

The boxes have been sited in Little Weighton, Crabley and Wawne. Pictured below is Nick Byass of Cowlam Farm, Little Weighton receiving one of the boxes from Pete Gibson. Both Pete and Alec belong to the hull and East Riding Wildfowling Association who are celebrating their Diamond Jubilee this year with a dinner on 19th October.

Further details and information from Mike Rusling, Public Relations Officer, Hull and East Riding Wildfowling Association. Tel. 07931546244

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Essex Lion

There is no need to take yourself off to Hull, Leeds, York or London to see top shows, the performers are coming to a venue near to you. Hot from the Edinburgh Fringe, Swanland Village Association has booked Luke Wright, a young comedic poet.

Ever seen a lion? In the wild? In England? Last year in Clacton some campers thought they did. They didn't of course, lions aren't native to north east Essex. But their not-sighting triggered something in the brain of Luke Wright. Now he too is seeing the things others don't. Step into Luke's world of romping satirical verse where posh plumbers, paunchy ex-rock stars and Lovejoy roam free. The Observer described him as "The Best Young Performance Poet Around" so be sure not to miss him here. For further details see www.swanlandvillagehall.info/future-events.htm.

The show starts at 7.30pm on Sunday October 13th at Swanland Village Hall. Tickets available from Mere House (opposite Swanland pond) or call 01482 634863. £8 adults (£7 SVA members) £4 schoolchildren.

The hall will be laid out "cabaret style" so bring your own drinks and glasses, we provide the nibbles.

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Moving Abroad?

A monthly column by Nick Russell

Malaga Airport

Over the years that we have been coming to Spain, the airport at Malaga has gone from being a small, one terminal airport with very few decent facilities for the traveller, to being a huge travel centre with 3 terminals, its own railway station and decent shops and restaurants.

It now accounts for 70% of all incoming and outgoing flights in Andalucia and this June a total of 1.5 million people passed through the airport, which was a small increase on the year before. As a comparison, the second busiest airport in Andalucia was Seville, which had just over 335,000 travellers in June.

Malaga airport now serves around 125 destinations and 69 companies now use it as a base.

As well as the improvements to the airport terminals, the car parks have been improved with specific drop off areas, short stay and long stay car parks next to the terminal and a huge car park for car rental pickup and drop off. There is a huge choice of car rental companies based on the airport or on the approach to the terminals so if you are thinking of a visit, check the internet for the cheapest price.

In the last few weeks the new approach road has opened and this now takes you right up to the departure drop off area and the car parks, making access much easier.

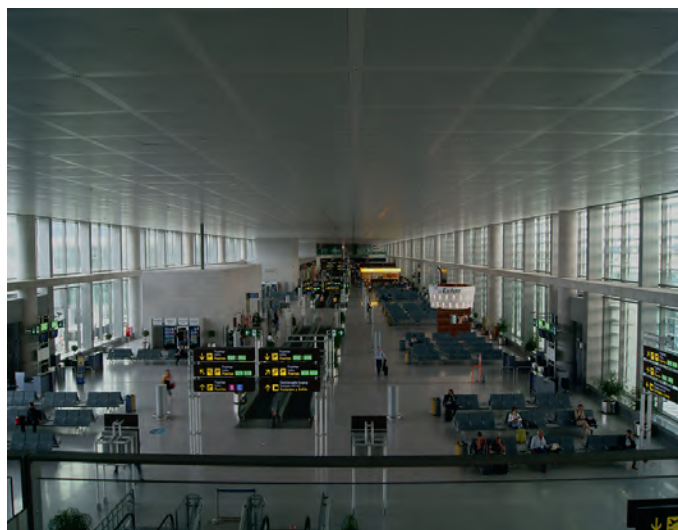
The British and German markets are the two most common countries of origin for travellers at the airport with visitor numbers on the increase.

For people flying in from the UK, you are spoilt for choice as to which airports and airlines you can use in the UK to get to Malaga and once there you have the whole of Andalucia to explore.

On a personal note, we are situated inland towards Granada and only 1hr by motorway from the airport.

Hotel Occupancy

Hotels in Andalucia have enjoyed an increase of over 4% in room occupancy for July 2013 as more visitors from home and abroad enjoyed a holiday in this part of Spain. Its estimated that hotels in Southern Spain had 1.6 million travellers use



them in July and half of the guests were Spanish, according to the Tourist Board. This figure made Andalucia the third most popular tourist destination in Spain, behind the Balearic Islands and Cataluna and is the third consecutive month in which hotels occupancy has increased over 2012.

It's a good job that tourists keep coming to Spain otherwise I think the recession would be even worse than it is. As far as we are concerned, with our little holiday business, August and September have been really busy with guests. We had our guests, Stephen and Annmarie, put the newly refurbished casitas bedrooms to the test for the first time and everything seemed to be OK and we look forward to their return visit next year.

Andalucia beaches stripped of Blue Flag

Although the number of visitors to this part of Spain has increased, many of whom will holiday on the coast, a number of beaches have had their Blue Flag status revoked.

In all a total of 15 beaches have been affected, with the most common reasons being the lack of lifeguards and cleanliness. Although you might think this a lot of beaches, there are still hundreds, if not thousands along the Andalucian coast line that are fantastic and offer a great place to holiday, swim and sunbath.

Obviously, being 65 miles inland from the nearest beach (none of which are affected) this doesn't make much difference to us or our guests enjoyment of a holiday with us.

Jellyfish Problem

Staying on the subject of beaches, there has been a surge in the number of jellyfish on Spanish beaches this summer. It has been blamed on over fishing which has left more food for the jellyfish, who can reproduce in a very short time. Greenpeace says that Spanish fishermen have pulled in three times more fish than they are suppose to, which has aggravated the problem. In some areas of the Mediterranean there are up to 40 jellyfish per square metre of sea. The usual breeds of jellyfish in the Med do not sting, but the rise in sea temperature has led to stinging





jellyfish travelling from the Red sea and up the Suez Canal and into the Med. This increase has led to the Spanish government introducing warning flags on some beaches to warn holiday makers of any presence of jellyfish in the sea.

Record Debts

Despite a feeling that the recession over here might be ending, bank loans have reached a record high. Bad debt mainly caused by defaulting property loans, now accounts for over 11% of the country's total credit, the highest level since November 2012. Despite this news, many economists feel that Spain is over the worst and could return to growth later this year.

In our village of Tocon, it is obvious how the recession has affected local businesses. At the moment the village has 9 bars, 2 small supermarkets, a bread shop, fish shop, hairdressers, a couple of hardware stores and a large builders merchants. However, as you drive around the village there are 2 closed bars, a closed bank and 6 closed shops as well as many houses for sale or half built. I don't think Tocon is any different to numerous small villages in Spain (or the UK) who have all suffered badly over the last 5 years or so. Lets hope the recovery comes sooner rather than later.

Fiestas

Our village had its last fiesta of the season on the 8th September, kicking off with a procession around the village, followed by plenty of drinking and dancing in the village square. Despite the apparent lack of money, there were plenty of people about, all having a good time.

My daughter and family came out for a couple of weeks in September so we all went to the big fiesta in Huetor Tajar were they have a fun fair, food stalls, market stalls and plenty of live music. Once again the place was really busy and, of course, the next day many of the businesses in that town stay closed as the fiesta doesn't finish till the early hours.



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An 'Insurance Survival Guide' for homeowners in Cottingham

Six years on, the legacy of the 2007 flood is still causing an insurance nightmare for many residents of Hull and Cottingham according to local insurance broker, Anne Walters of Hedon Insurance. Refusal of cover, high excesses and, in some cases, refused claims (due to failure to disclose the flooding risk) have all been encountered by local residents. Few Insurance firms are better placed to comment on the subject than local broker, Hedon Insurance, having insured a fair number of the properties affected by the 2007 storm. Anne has helped produce this article for readers of the Cottingham Times.

It still seems amazing, but in a 24 hour period between 25th and 26th June 2007, 100mm (about 4") of rain fell on Hull and the surrounding district, causing devastation to almost 9 000 homes. It was likened at the time to 20 Olympic sized swimming pools falling on the town every second.

'It was a terrible time. People who we had insured for years, their homes devastated. Claims systems were in meltdown. Trying to keep everybody happy. It was frustration on a grand scale' recalls Anne.

The cost of property insurance claims locally was enormous, running into hundreds of millions of pounds. It wasn't therefore surprising, that despite scientific declarations that it was a 'one in a hundred years event', in the face of so many claims most of the UK's leading insurers needed some convincing that it would be another 99 years before those conditions would be seen again!

Naturally, insurers would need to view the risks posed by properties in the region differently and they would need to reflect the recent local claims position in premiums going forward, but many reacted poorly and unfairly in the years following the flood and some have continued to do so since.

'What happened is very difficult for insurers to legislate for' explains Anne 'Floods tend to be caused by high sea levels or rivers and streams breaking their banks - this flooding was caused by a failure of the region's drainage system, on a scale which has rarely been witnessed'

'Insurers ask questions such as : 'Do you live near water?' or 'has your home ever flooded?' or 'is it at risk of flooding?' A lot of people in our area would have to answer 'yes' to one of those questions now.'

And so the problems begin. 'Failure to disclose a known flood risk is likely to invalidate your property insurance in the event of a claim - so, don't be tempted to 'gloss over' the subject - as you really will be wasting your time and money as, in the event of a future claim, the insurer will check previous flood data and will then refuse your claim.' Anne warns.

'A lot of 'online' insurance quote systems will either not ask about flood risks specifically, or if a question about flooding is included the system will typically decline to quote, if you answer yes - so, people just change their answer to get a quote! Unbelievable. But true' Anne adds.

The key to getting the best terms for cover that will stand up to the test of a claim is to be absolutely honest when answering all the questions on the insurance proposal form. If you have made a claim previously - remember to mention it and include the important details.

People who live in an area that has flooded in the past or is known to be prone to flooding - such as Cottingham - really should consider utilising the services of a good local insurance broker, someone who understands local factors and the 'attitudes' of insurers.

Even with a previous claim for flooding or secondary flooding, there are now companies that will offer reasonable terms to customers of Hedon Insurance, because the staff at Hedon Insurance have taken the time to explain the local factors to underwriters in order to get some insurers to look at quotes on a 'case by case' basis. 'With few exceptions, we can still get competitive cover for customers in affected areas.' Anne adds, reassuringly.

Hedon Insurance has offices at 195 Hallgate and 526 Holderness Road, Hull. For further details call (01482) 707 800 or visit their website www.hedoninsurance.co.uk.

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Lifestylers The Smurfets raise £125.94 for charity

Cottingham based Lifestylers The Smurfets have raised £1259.94 for local charities. The Smurfets are Rebekah Horsley, Eve Jackson and Alisha Wilkinson.

After two days of car washing with some small donations they had raised £125.94.

They went to The Arches Residential Care Home and entertained the old folks, doing gymnastics, irish dance and played the flute! they also spent time chatting to them!

With the money they raised, they gave some to the charity Recycling Unlimited, which is a charity helping people with mental health issues, in return they got a bench and a bird table, which the girls then donated to The Arches! with the remaining £39.10 they donated this to Cancer research.

Pictured above: Eve Jackson, Rebekah Horsley and Alisha Wilkinson entertain residents at The Arches Residential Care Home.

Modernisation of Finkle Street Post Office

In October the Post Office plan to temporarily close the Finkle Street Post office, for two weeks from **Tuesday 8th October to lunchtime on Monday 21st October 2013**. The building will be refurbished to give customers an improved service in modern surrounding. Once re-opened the opening hours will include Saturday afternoon, so we will have six day access to post office services.

This temporary closure doesn't affect the Delivery Office to the rear of the building, which will maintain its usual opening hours.

During the closure there will be access to the letter box. Post Office counter services, for parcels letters etc. can be found at Willerby Square, Chanterlands's Avenue, Fairfax Avenue, Little Weighton, as well as Hessle and Beverley. Stamps can be purchased from a number of shops around the village and the Cash Point, at the front of the Finkle Street building, will still operate as normal throughout the building work. There are leaflets in the Post Office which will act as a reminder of the dates and contain full details.

CLlr Mathieson is trying to organise a limited service point within the village and if this is successful we will ensure details are in the press and distributed through the normal channels around the village, including the notice board in the old council offices and the Parish Council Office.

If anyone has any problems or would like an update please contact us.

CLlrs Geraldine Mathieson and Ros Jump

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Thursday 12th December

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Friday 25th October 2013 - Free Film Night, 6.30pm for 7pm. Popcorn, ices and chocolate on sale.

Multiple Sclerosis Society

Saturday 26th October - Annual Autumn Fair in the Civic Hall, Cottingham. 10.30 am to 3.00 pm. Range of stalls including gifts, books, jewellery, toiletries, bric-a-brac, Christmas Cards, tombola, raffle and refreshments.

KGV Friends Group

Sunday 27th October - Halloween Treasure Hunt, 5.00 pm for under 11's, 6.30 pm for older ones (For the Spooky Hunt if you dare)!!!! Fancy Dress, Treasure Hunt, Indoor Stalls, Refreshments, £1.00 adults, 50p children.

Cottingham Men's de Luda Society

Wednesday 30th October - Fate of the Eight, Kath and Clive Richardson, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Swanland Table Top Sale - Sunday 20th October

A Tabletop Sale will be held on Sunday 20th October from 2-4pm at Swanland Village Hall, Main Street (behind the pond), Swanland, HU14 3QR. Stalls include My Secret Kitchen, Plants and Stoneware, Bags, Gifts and Jewellery and Swanland Honey and Preserves. Also "Swanland Indoor Car Boot" offering toys, books, jewellery, gifts, pictures, jigsaws, clothing and general household items.

Admission 50p for adults, accompanied children free. Refreshments available. Funds raised go towards the upkeep of Swanland Village Hall, registered charity number 1107061.

Cottingham Calendars with photographs by John Dewing on sale at Barkers

John Dewing who has taken many of the excellent photographs featured on the cover of the *Cottingham Times* over the past seven years, has produced an A3 full colour calendar for 2014 with a marvellous selection of Cottingham Views.

The calendars are on sale in Barkers, Hallgate, Cottingham.

63rd Haltemprice Art and Craft Exhibition

Application forms are now available for the 63rd Haltemprice Art and Craft Exhibition which will take place at The Civic Hall, Cottingham from **Friday 18th October to Monday 23rd October 2013**.

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 16th October, 2013 9am to 6.30pm** at the Civic Hall, Cottingham. Entry is £2 per exhibit.

There is also a children's section at the exhibition and trophies are presented in two different categories. Receiving date for these exhibits is **Friday 4th October 2013 between 10am and 5pm** at the Civic Hall, Cottingham.

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Cottingham golfers win the Plate Final of the PING Fourball Betterball Tournament at Gainsborough Golf Club

Yorkshire golfers Karen Hughes and Elaine Ducker scored the biggest success of their golfing careers when they won the Plate Final of the 2013 PING Fourball Betterball Tournament at Gainsborough, Lincolnshire.

"It's our biggest win by a mile!" said Elaine, who paired up with Karen to score 43 points, finishing one clear of Kent's Dawn Edwards & Jennifer Stark Duce.

The pair, from Cottingham Parks, near Hull, came through an initial entry of around 17,500 women from 825 clubs who entered this year's competition. The top 60 pairs in the country qualified for tomorrow's Grand Final while the next 72 pairs went through to today's Plate Final.

Karen, who plays off 19, and Elaine, a 22-handicapper, compiled their score in testing conditions of wind and rain. "We really enjoyed the day and we played with two young girls, aged 13 and 15, who gave us a really good game," added Elaine.

This is only the second time that Cottingham Parks has entered the PING competition – and it's all down to Elaine, who was ladies' captain last year. "I decided to start it and Karen, who is captain this year, kept it going," said Elaine.

"We've increased the number of competitors this year – they've seen that the prizes are very good and people like to win nice things."

All Plate finalists received a PING golf bag while the winners will receive prizes to the retail value of £400, the second placed players to the value of £200, third placed players £100, fourth placed players £75, fifth placed players £50 and sixth placed players to the value of £30.

Above: Winners Karen Hughes and Elaine Ducker (Photo: Courtesy of Leaderboard Photography).

Please note:

The Skidby Playing Fields Quiz Night to be held on Friday 11th October, has been cancelled until further notice, due to other activities.



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| 5/10/2013 | Kind of Leon |
| 11/10/2013 | The Legends showcase |
| 12/10/2013 | Springboard monthly |
| 18/10/2013 | The Mono's |
| 25/10/2013 | The Landon Robinson show |
| 26/10/2013 | Reflekter |

Back by popular demand, Every Sunday we have brought our Acoustic Open Mic night starts 8pm (free pint for performers)

PLUS...

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 - Every 2nd Saturday of the month - Springboard
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The Traditional Chinese method of Acupuncture treats the whole person, body and mind, and not just the symptoms

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

Dermatological:

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



Muscular, Neurological, Skeletal and Vascular:

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

Internal:

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

Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

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

Cancer and Tumour:

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

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

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

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

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



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Bishop Burton Gardeners' Club commence a new season of events

The Bishop Burton Gardeners' Club begins its new series of meetings for 2013/14 on Tuesday 1st October 2013 at St. Mary's Parish Hall, North Bar Within, Beverley. The meetings take place every first Tuesday of the month right through to April (except January) commencing at 7.30pm.

A series of illustrated talks will be given including slide shows and demonstrations to help people who are both new to gardening and those who have many years of experience, to improve their gardening knowledge and techniques. Tea and coffee with biscuits are available at the end of each meeting in a pleasant social atmosphere.

Membership of the Gardeners' Club costs £15 per year while guests can attend for £4 per meeting. People wishing to join can do so at the door on the 1st October.

The first meeting in October is entitled "Plants with Personality" with the presentation given by Sue Hoy who, was, until recently, head gardener at Normanby Hall near Scunthorpe, which won Yorkshire in Bloom awards for several years. She has lectured widely on garden history and garden design, including a time when she was a part time lecturer at Bishop Burton College.

The Club also has a short programme of summer visits to gardens in the area.

The Chair of the Gardeners' Club committee said "The club has a strong membership but is always looking to welcome new members. The summer garden visits this year had proved particularly popular and there is a strong line-up of invited speakers for the winter programme."

For any further information about the club's activities, please contact the Chair on 01482 865432.

Get knitting to raise funds for older people

Age UK East Riding is appealing for people to get busy with their knitting needles to help raise funds to keep older people warm this winter.

The charity is again teaming up with Innocent, the smoothie drinks company, for the Big Knit campaign's 10th anniversary and is calling for knitters of all abilities to join in.

People across the East Riding and the UK will be supporting the campaign by knitting thousands of little woolly hats which will sit on Innocent smoothie bottles for sale in stores across the country later this year. For each hat-wearing smoothie sold, Age UK will receive 25p, which will be used to fund winter warmth projects.

This year, Age UK East Riding's target has been increased to 10,000 of the little hats, which will help the charity to support local older people during the cold winter months.

Knitters can pick up the hat patterns from the Age UK East Riding office at 16 North Bar Within, Beverley, HU17 8AX (tel 01482 869181), or download copies from their website www.ageuk.org.uk/eastriding. More confident knitters are being encouraged to use their imaginations if they are feeling adventurous!

The completed hats should be sent or delivered to the Age UK East Riding office in Beverley, or to Age UK shops. The hats should be sent in packages clearly marked with the number of knitted items enclosed and the name and address of the sender.

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Superb takeaway menu available at the Alishaan Restaurant Cottingham

A superb takeaway menu is available at the Alishaan Restaurant in Cottingham. The prices on this menu are discounted by 20%. The takeaway menu is available 7 days a week.

Below is a small selection of takeaway meals available every day.

Starters: Lamb/Chicken Tikka £2.95; Sheek Kebab £2.95; Lamb/Chicken Chat £2.95; Onion Bhajee £2.25; King Prawn Puree £2.25; King Prawn Butterfly £3.95; 1/4 Tandoori Chicken £2.95; Chot Poti (v) £2.95; Goan Crab/Mussels Puree £3.95; Reshmi Kebab £2.95; Mixed Kebab £3.95; Special Mixed Platter £8.95; Morichi Bahar (v) £2.95; Lamb Chops £2.95; Garlic Mushrooms (v) £2.95. **Tandoori Specialities:** Lamb Chop Peaze £7.95; Tandoori Fish £5.95; Tandoori King Prawns £10.95; Shashlik £7.95. **Breads:** Naan £1.95; Keema Naan £2.25; Peshwari Naan £2.25; Garlic Naan £2.25; Stuffed Naan £2.25; Paratha £2.25; Chapati 95p. **Curries:** Lamb or Chicken £4.50, Prawn £4.95, King Prawn £6.95 and Lamb/Chicken Tikka £5.95. **Kormas:** Lamb or Chicken £4.50, Prawn £5.50, King Prawn £7.95. **Malayan:** Lamb or Chicken £4.50, Prawn £5.50, King Prawn £7.95. **Vindaloo:** Lamb or Chicken £4.50, Prawn £5.50, King Prawn £7.95, Lamb/Chicken Tikka £5.95. **Chef's Specials:** Chicken or Lamb Amda £7.95, Gost Pathwari £8.95, Chicken Chilli Massala £7.95, Murgi Badam £7.95, Chicken/Lamb Tikka Masala £7.95, Chicken/Lamb Pasanda £7.95, Mixed Korahi £7.95, Nepal King Prawns £10.95, Special Sizzler Juliette £7.95, Jalfrazi £7.95, Garlic Masala £7.95. Korah: Korahi (Chicken or Lamb) £5.95. **Special Balti dishes:** Gost Ohmuri £8.95, Makrani Jingha £11.95, Balti Fish Curry £10.95, Balti King Prawn Rogan £10.95, Patan Balti £7.95, Gost el Laziz £8.95. **Vegetarian Dishes:** Vegetable Jalfrazi £4.95, Vegetable Chanari £4.95, Biryani Veg or Mushroom £4.95, Vegetable Dupiaza £4.95. European Dishes: Steak and Chips £8.95, Fried Chicken and Chips £7.95.

The Alishaan is open 7 days a week (including Bank Holidays), Sunday-Thursday 5.30 pm - 11.30 pm; Fri and Saturday 5.30 pm - midnight. 205 Hallgate, Cottingham. Telephone 01482 847255.



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www.cottinghamtimes.co.uk - October 45

Beverley Literature Festival announces its first ever creative writing school

In partnership with Writers' & Artists' Yearbook, Beverley Literature Festival is hosting its first ever Creative Writing School this October.

The festival, which runs from Thursday, 10 to Sunday, 13 October, will feature the intensive course for aspiring writers, which will be led by two renowned novelists Toby Litt and Helen Cross.

Toby is the author of the alphabetically-arranged *Adventures in Capitalism*, *Beatniks*, *Corpsing*, *deadkidsongs*, *Exhibitionism*, *Finding Myself*, *Ghost Story*, *Hospital*, *I Play the Drums in a Band Called okay*, *Journey into Space* and *King Death*.

In 2003, he was named one of Granta's Best of Young British Novelists. He was the winner of the 2009 Manchester Fiction Prize. He is a regular on Radio 3's *The Verb*.

Helen, raised in the East Riding of Yorkshire, won huge acclaim for her first novel, *My Summer of Love*, which won a Betty Trask Award and became a BAFTA award-winning feature film. She is currently working on a film adaptation of her latest novel, *Spilt Milk Black Coffee* for Rainy Day Films.

Participants will stay at the stunning Tickton Grange Hotel, enjoying three morning classes and lots of time to write in this idyllic country retreat as well as a free pass to festival events throughout the weekend.

They will also experience one-to-one sessions with the tutors and exclusive sessions with the editor of the creative writer's bible, *Writers' & Artists' Yearbook*, Alysoun Owen, sharing her experience and tips on getting published.

The course is priced at £449 (Early Bird discount if booked by Friday, 20 September) or £479 (Full Price) and Includes B&B accommodation, light lunch, exclusive minibus transport into Beverley and a free weekend pass to Beverley Literature Festival. Places are limited.

A small number of bursaries are available.

For more information and to book, email lama.admin@eastriding.gov.uk or call (01482) 392699.

Further information about Beverley Literature Festival and the course, visit www.bevlit.org, Tickton Grange www.ticktongrange.co.uk, Toby Litt <http://toby Litt.wordpress.com/> or Helen Cross www.helencross.net



Weekly Classes held at:
Darby & Joan Hall, Finkle Street, Cottingham
Monday 5.30 pm and 7.30 pm and all Bank Holidays
Also at: Sutton Park, Hull
Tuesday at 9.45 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14



Are you the type of person who enjoys bending the rules to the point where they break? Yes? No? Perhaps, sometimes?

The person who routinely breaks the rules may think that they are super cool in doing that but when it comes to your health, following this pattern can do more harm than good.

The truth of the matter is that the quality of your health is the result of a set of very basic rules. They are not hard to follow once you get into the habit of following them. When you choose to play by the rules, your chances for achieving optimum health go up exponentially.

Those who break the rules will pay for it. They may not pay right away, but eventually their ways will catch up with them. Let us look at some of the most obvious ways in which people break the rules of health and wellness.

Rules NOT to be Broken:

Breathing is so basic, yet it is something that we so often do not give any thought to. But it is an essential of life! If you stop breathing or breathe in a shallow manner, a price will be paid for that. The same can be said if you are constantly breathing in pollutants. Practice deep breathing that comes from your diaphragm. It is the healthiest manner of breathing and does your whole body a world of good.

Nutrition is simple yet so many people eat junk or eat for speed or convenience, and not for the good health of their bodies. You need to consume quality food to grow and repair your body. Food is also your source of fuel.

Hydration is a necessity of life. Drink enough water every day so you never become thirsty. The state of thirst equals dehydration which is not good for you. Be careful though - do not confuse the signals for thirst with the pangs for hunger. Sometimes when you think you are hungry, you are actually thirsty. Know the difference.

The body was meant to move. A life lived in a sedentary manner can lead to poor circulation, stagnation, weight gain, stiff muscles and joints. It can also hamper the function of the immune system and the lymphatic system. The body is not picky about the type of exercise you do, just make sure that you do indeed exercise!

Rest is needed for the proper functioning of the brain and the body. Get your rest because it is while you are sleeping that your body renews and repairs itself. There is no substitute for restful sleep.

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