

Cottingham Times

and District

Issue 155 - October 2014

SNUFF MILL LANE
LEADING TO
HALL WALK AND MILL WALK

STEPHEN RICHARDSON

PLUMBING, HEATING & GAS SERVICES

Approved Worcester-Bosch Installer

All Worcester-Bosch Boilers installed, come with a 8-year
Parts and Labour Warranty - Get Peace of Mind until 2019

Some boilers with a 8-year Parts & Labour Warranty
available until the end of December 2014

Oil Boilers Installed, Serviced and Repaired

Natural Gas, LPG and Oil-Fired Heating Engineers

Call for your FREE, No Obligation Quotation Today

Tel: 01482 876145 - Mobile 07779 887769

33 St. Margarets Avenue, Cottingham, East Yorkshire HU16 5NQ



Magnolia
House

Luxurious care home for you or your loved one...



From the moment you first walk through the door, you'll know you've found the right care home for you or your loved one! Magnolia House, in the leafy suburb of Cottingham, is a wonderful, five star residential home for the elderly.

*Residential Care • Nursing Care
Dementia Care
Respite Care • Day Care*

With a genuine 'home from home' atmosphere, relaxing environment, tasty, nutritious food and beautifully landscaped, extensive gardens Magnolia House values the importance of elderly care whilst offering a whole new lifestyle with unrivalled services. Our dedicated activities co-ordinator organises a variety of leisure pursuits, therapies, entertainments and outings to stimulate, inform and brighten the day for everyone. A recent, resident led, £300,000 refurbishment has given the award winning 93 bedroom home a top-to-toe makeover including stylish new decor throughout, exquisite lighting and flooring and elegant, en-suite 'wet rooms' for every room.

You may be caring for someone and simply need a break, or you may be struggling to take of yourself - whatever your needs our specialist, dedicated and caring team can help!



Call us or drop in for a chat over a cup of tea.

Magnolia House • 42 Hull Road, Cottingham,
East Riding of Yorkshire, HU16 4PX

T: 01482 845038 • www.parklanehealthcare.co.uk

Park Lane
HEALTHCARE

THE COTTINGHAM TIMES

1 Forge Place, South Rise, Skidby, Cottingham HU16 5UL
Telephone: 01482 840035

Editor: Keith Teale

Published Monthly by: The Cottingham Times

Enquiries: Advertising

Tel: 01482 840035 - Fax: 01482 840035

Editorial and Contributions

Tel: 01482 840035 - Fax: 01482 840035

Accounts: Tel: 01482 840035 - Fax: 01482 840035

Website: www.cottinghamtimes.co.uk

E-mail: media@cottinghamtimes.co.uk

Cottingham Times is a totally independent publication.

The views expressed in the Cottingham Times are not necessarily those of the editor. Copyright of the entire magazine contents is strictly reserved on behalf of the Cottingham Times and the authors. No part of this magazine may be reproduced in any form without prior written consent of the Cottingham Times.

Disclaimer

Whilst every effort is made to ensure the accuracy of the dates, event information and advertisements, events may be cancelled or event dates may be subject to alteration and the Cottingham Times can accept no responsibility for the accuracy of any information or claims made by advertisers included within this publication.

Notice to Advertisers

Trades Descriptions Act 1968. It is a criminal offence for anyone in the course of a trade or business to falsely describe goods they are offering.

10,000 Copies Printed Monthly

Looking for Window Blinds?

All Types of Blinds Supplied - Vertical / Roller / Venetian / Roman



Conservatory Specialists

5YR Guarantee
ON ALL PRODUCTS

UKBlindsdirect
www.ukblindsdirect.com
info@ukblindsdirecthull.co.uk

ALL blinds Measured & Fitted **FREE**
Call us for a no obligation quotation
01482 840238

Bridget FREER 07541 009321
bridget@bridgetfreer.co.uk



clinical hypnotherapist

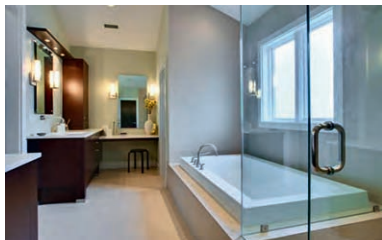
Lose weight with a
Virtual Gastric Band

Smoking: Stress: Phobias

www.bridgetfreer.co.uk

D. WILLIAMS

(Established over 30 years)



Plumbing and Heating (Cottingham)

**Plumbing - Heating -
Bathrooms - Tiling**

Full Bathroom Installations

• Tiling • Electrics • Building Alterations • Joinery

Central Heating

• Full Systems • Boiler Changes



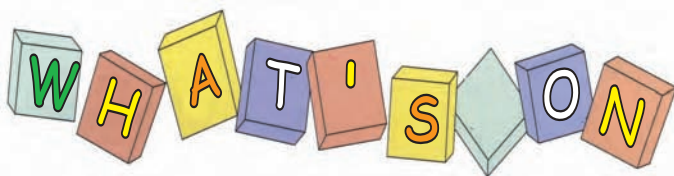
Plumbing and Gas

• All Plumbing Work • Gas Cookers
• Gas Fires • Servicing to all Gas Appliances

Tel 882552 Mobile 07721 366343

Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - October 3



In Cottingham and District

St. Mary's Church, Cottingham

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

AgeUK East Riding

Most Fridays 10.00 am to 11.30 am, call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and other services available. Tea and Coffee available. Telephone 01482 869181 for further details.

Cottingham Bridge Club

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

Front cover: Snuff Mill Lane, Cottingham
Photo by: Paul Lakin, telephone 846804.

Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Jon Constable, Club Secretary, telephone 01482 840377, or visit our website www.cottinghamrangers.co.uk.

Zion United Reformed Church, Hallgate

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

Play Badminton

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

Scottish Country Dancing Club

Every Monday - Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. For further information just turn up, or telephone Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 pm in the Arlington Hall, Cottingham.

Fitmums & Friends Run, Walk

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

STEPHEN RICHARDSON



PLUMBING, HEATING AND GAS SERVICES

Time-Served Plumber :: Ex-British Gas Technical Engineer
Natural Gas, LPG and Oil-Fired Heating Engineers

- Gas Central Heating
- Boiler Replacements
- Gas Servicing
- Solar Water Heating
- Breakdowns, Repairs
- Bathroom Suites
- Systems Powerflushed
- Systems Upgraded
- Oil Boilers Installed, Serviced & Repaired



**Beat Rising Gas Prices
Have a New
Condenser Boiler
Fitted NOW**



218388



218388



All Plumbing Work Undertaken

Tel: 01482 876145
Mobile: 07779 887769

33 St. Margarets Avenue, Cottingham, East Yorkshire HU16 5NQ

Cottingham Bridge Club

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

The Alzheimers Society

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

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. In 2014 we will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at U9, 11, 13, 15 and 17 and all Girl teams at U11 and 13. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Tuesday evening 6 till 8pm 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.

Humber Raiders Basketball Club

Training sessions are held every Wednesday evening between 7.00 pm and 9.00 pm and on a Saturday afternoon between 1.00 pm and 3.00 pm. If you would like to join us for a free starter sessions we would be pleased to hear from you on recruitment@humberraiders.co.uk or 07789 986323.

The Cottingham Whist Club

Every Wednesday 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. Admission £2.00. For further information tel. 843253 - 07531 762593 or 473042.

The Green Ginger Garland Dancers

Lady folk dancers established over 30 years ago. Thursday practices in the hall behind the Zion Church, Hallgate, Cottingham, between 8.00 pm to 10.00 pm. Every Thursday apart from August. For further information contact: www.greengingergarland.com or team leader Jenny Pittock on 01482 657778.

Cottingham Tennis Club

Entrance off Hull Rd., next to Overland Rd. Special offers for new members e.g. Adult joining in September : £75 to play till start of new season 01.04.2015. No extra court fees. U18 : £30, U12 : £15, U8 : £10. Tel. John Stones 847080 or Paul Holtby 07785 543258.

Continued on page six

Support the advertisers who appear within the Cottingham Times

Four Generations giving 100 years Family Service

Herbert 1893-1962 Eardley 1908-1986 Geoffrey 1939 David 1964

Funerals respectfully conducted :: Personal Attention
Limousines :: Home & Abroad :: Private Rest Rooms Available

H. KEMP & SON LTD

Funeral Directors

(Established 1893)

259-261 HALLGATE, COTTINGHAM

YORKS HU16 4BG

Telephone (01482) 844695



♦ Golden Charter Pre-Paid
Funeral Plans Available ♦



PAINTER & DECORATOR

25 YEARS EXPERIENCE

QUALITY WORK

TEL: 01482 876743 (COTTINGHAM)

DAISY DECOR

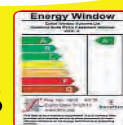
ALL WORK CONSIDERED - NO JOB TOO SMALL
ALTERNATIVE TEL NUMBER: 07929 216172

Get the

Wow Factor

with
COLFAX
WINDOWS

upto
55% OFF **WINDOWS AND DOORS**



- Extensive Range of Composite Doors
- Large Indoor Showroom
- Large Outdoor Showground
- Planitherm Energy Saving Glass
- Open 7 Days a week

**Buy
NOW
Pay
Later**



45% OFF
CONSERVATORIES AND ROOFLINE

0% INTEREST FREE CREDIT

For a no obligation free quotation

Call **01482 879077**

or visit us online

www.colfax.co.uk

and click "online quote"



Leads Road, Hull HU7 0DE

Find us on Follow us on

COLFAX Window Systems
Over 28 years of excellence
WINDOWS • DOORS • CONSERVATORIES

www.cottinghamtimes.co.uk - October 5

Andy Wilson

Joiners & Wood Turners

National Avenue, Hull

FREEPHONE 0800 956 7419

MOBILE 07930 565457



Traditional or Contemporary Bannisters
Glass Panels • Pine • Hemlock • Ash • Oak
Squeaky Staircase?
Treads and Risers Replaced, Kites Rebuilt
All Staircase Repairs

Hull and East Yorkshire Happiness Group

Everyone could do with a bit extra Happiness in their life. To find out how, join us for lots of laughter, the company of diverse but like-minded people (and cake) at Pearl's Place on Hallgate, Cottingham on the FIRST Wednesday each month at 6pm. No Charge. Contact: Lynne 07866850400 or Pam 07966091513 heyhappinessgroup.weebly.com

English Country Dancing

The fun way to keep fit and make new friends. Every Tuesday at Darby & Joan Hall, Finkle St., Cottingham from 8pm till 10pm. Beginners welcome, no previous experience necessary. Additional sessions for beginners only will be held some afternoons by arrangement. Either come along on any Tuesday or for further information please ring Fred on 01964 550297.

Cottingham Singers

Singers Wanted! The Cottingham Singers meet every Wednesday at Bricknell Methodist Church, Bricknell Avenue, from 7.30 pm to 9.30 pm. They are looking for, Altos, Tenors, and Bases to join. The Singers covers a variety of music including Folk Songs, Spirituals, Choral Works, Songs from the Musicals and they perform a concert at Christmas and in the Summer, as well as concerts for different charities if asked.

Friends of Thwaite Gardens

Tuesday 7th October - AGM followed by talk 'The Secret Life of Ferns', by Yvonne Golding. In the Cottingham Methodist Church Hall, Hallgate at 7.30 pm. Refreshments provided. £2.00 entry to non-members.

Haltemprice Art Group

Tuesday 7th October - Autumn Foliage
 Tuesday 14th October - Sketching Night (F. Stoner/C. Davidson)
 Tuesday 21st October - Watercolour with Texture
 Tuesday 28th 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 charge is made. For further details telephone Mrs. Pat Tillotson (Secretary) 01482 352840 or Mrs. Jackie Churchman (Publicity Officer) 01482 866783.

Cottingham Ladies Circle

Wednesday 8th October -Mr. H. Peach gives a talk entitled "Yorkshire Dialects and Humour Poems", in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm.

East Riding Cricket Society

Wednesday 8th October - East Riding Cricket Society opens its winter season with Ashes-winning Arran Brindle, recently retired star of the England Womens Test, One-Day and T20 International teams. Annual membership £15. Guests always welcome £5. Prize raffle - £2/ticket - includes vouchers for free tickets to watch County Champions Yorkshire CCC at Headingley in 2015. At King William IV, Hallgate, Cottingham (New Venue) at 7.30 pm for 7.45 pm.

Cottingham Green Women's Institute Evenings

Thursday 9th October - Members Meeting. Competition: School Prize or Report, Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 pm, second Thursday of each month.

HERE TO HELP YOU WITH:-

- CONVEYANCING • WILLS • ESTATE ADMINISTRATION
- LASTING POWERS OF ATTORNEY • CARE FEE PLANNING • COMMERCIAL PROPERTY • TENANCY AGREEMENTS • EMPLOYMENT CONTRACTS
- BUSINESS SALES & PURCHASES • LEASES
- DEBT COLLECTION

<p>Cottingham</p> <p>2/4 George Street, Cottingham, HU16 5QU Tel: 01482 848101</p>	<p>Hedon</p> <p>13 St. Augustine's Gate, Hedon, HU12 8EU Tel: 01482 893366</p>
---	---

Your Local, Friendly Solicitors

www.janebrookslaw.co.uk

Both offices are accessible to wheelchair users

East Yorkshire Association of the National Trust

Thursday 9th October - Dr. David Neave "Historic Houses of the East Riding", in the Cottingham Civic Hall, 7.30 pm. Non-members welcome.

North Ferriby Gardening Club

Thursday 9th October - Will be presenting a demonstration by Elaine Bedford, 7.30 pm in the North Ferriby Village Hall. Tickets for non-members £4.00 available at the door.

Hull Alpha Probus Club

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

9th October - Lunch

23rd 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 9th October - Simon Thompson - Medieval Life in England, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

Skidby and Little Weighton Methodist Church

Friday 10th October - Soup Lunch from 11.30 am onwards, in the Skidby Methodist Church. Come and enjoy homemade soup and roll and make a donation to charity. Everyone welcome.

Cottingham Methodist Church

Sunday 12th October 2014 - Harvest Festival Celebrations - 10 am and 6.30 pm

Cottingham Catholic Women's League

Monday 13th October, Mr. Paul Schofield "Ghosts of Beverley, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 14th October - Life and Work Dr. Lee Karen Stow - Photo Journalist. Competition: Favourite Photograph, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 14th October at 7.30 pm

Tuesday 28th October at 7.30 pm outdoor

Why not pay us a visit and join a friendly group. Members are always happy to offer help, advice and support to new members. New members welcome. Contact for further details - John Tel No: 842169 or john@jcmhome.karoo.co.uk

Cottingham Evening Townswomen's Guild

Wednesday 15th October - The Wheels off the Bus, Angela Mason, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Men's de Luda Society

Wednesday 15th October - Edwina Parker - Being a Magistrate (Part II), in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Continued on page 29

Support the advertisers who appear within the Cottingham Times



We'll pay the VAT

Transform your old kitchen with a dream doors makeover

Your dream kitchen has just become an affordable reality... Have you always wanted the kitchen of your dreams, but can't quite justify paying the expensive price tag that comes with it? Now you can by just swapping the doors and worktops.

- Trusted reputation
- Free Estimating and planning
- Huge choice of doors, worktops, appliances, sinks & taps
- Made to measure custom-built doors and units

* Terms & Conditions apply. please ask for full details.

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS

Call NOW for a FREE Quote on 01482 861653
Belprin Park, Swinemoor Lane, Beverley HU17 0LN

View our credentials at Checkatrade.com www.dreamdoors.co.uk Find us on   **Est. 1999**

BB's TIME MACHINE

Film Memorabilia and Collectible Toys

As a small family business, we try to give a service that keeps our valued customers coming back for more.

Although we have not been trading a long time, we feel that customer service comes first.

Our moto is "If we don't have it in stock, we will do our utmost to source it for you".

We do several different types of toys and film memorabilia items. From James Bond, Star Wars and Doctor Who to general collectibles like Corgi and Lesney. We also manage to find odd, quirky items to appeal to all tastes.

We will either buy your unwanted items, for the right price or swap for something that takes your interest in-store. There is also the option of renting cabinets for your items. Just ask and we will endeavour to accommodate.

Call in and see Tony or Chris at BB's Time Machine
146A Hallgate, Cottingham
facebook: bbstimemachine :: twitter @bbtimemachine

www.cottinghamtimes.co.uk - October 7



Property News from Martin English of Homelink

Tenant check-in and property handover (Part I)

The 'tenant check in' is probably the most intensive of all landlord tasks. It's a case of making sure that not only your property is in full lettable state, but also you know exactly what is there and also that all the legal niceties are full sorted out before you leave your new tenant in charge of your valuable buy-to-let investment.

The essentials

As is the case of most landlord stuff, the essential thing is to be prepared and organised. Then most things to do with letting your property will just flow. The 'check in' is more stressful than all the other responsibilities of being a landlord is that there are many things that you have to do at the same time to make sure that the tenancy gets off to a smooth start.

Vetting your tenants

Firstly, it's important that you have thoroughly vetted your tenants and if you have a tenant guarantor the guarantor. You should be fully happy with your tenant before contemplating granting them a tenancy and getting to the stage of signing the tenancy agreement.

Preparing the inventory

An essential part of the property handover is the preparation of the property inventory. Having an accurate inventory is vital with the arrival of the Tenancy Deposit Scheme where a landlord is no longer judge and jury on the return of the tenants deposit. Tenants may not understand their responsibilities to return the rental property in the same condition as they found it. Obviously there is such a thing as 'fair wear and tear',

but make sure that you have plenty of images of my property and a thorough description before handing over your property

Taking the first rent payment

Landlords should always take at least a month's rent in advance and importantly by cleared funds. Landlords should remember that this initial payment should also include the money taken for a rental deposit. In return, the landlord gives the tenant an itemised receipt for the monies. This is appreciated by the tenant because it gives them with some reassurance that the landlord are not just going to run off with their 'hard earned cash'. It also provides the landlord with a record of the money received should a landlord need to trace payments in the future and should any queries be raised by the tax authorities.

Handing over the keys to a rental property

The other aspect of 'handover' is the presentation by the landlord to the tenant of a set of keys. Each tenant should have a complete set. Landlords should make sure that it is a full set; it's easy for landlords to forget the keys to the garage or window locks. It is also necessary for the landlord to record which keys they have given the tenant. Again the property inventory should have an area to note down these details. Finally, if there is a burglar alarm, it might also be a good idea for the landlord to tell your new tenant the code!

Take the meter readings at the rental property

Other information that needs to be recorded by the landlord are the meter readings. Landlords should ensure that they have done all of them.

Homelink

your property partner

The professional family business, that really cares!

Cottingham £525pcm



3 Bedroom End Terrace

- 3 Bedrooms
- Large Living/Dining Room
- Fitted Kitchen
- Modern Bathroom
- Neutral Decor Throughout
- Garage
- Large Rear Garden
- Gas Central Heating
- Double Glazing
- EPC Rating D

Cottingham £475pcm



2 Bedroom Terraced

- Cottingham Location
- 2 Bedrooms
- Spacious Living Area
- Fitted Kitchen
- Family Bathroom
- Rear Garden
- Gas Central Heating
- Double Glazing

Hull £450pcm



2 Bedroom Terraced

- Spacious Lounge/Dining Area
- Extended Kitchen
- Modern Bathroom
- Avenues Location
- Neutrally Decorated Throughout
- Gas Central Heating
- Double Glazing
- EPC Rating E

Cottingham £450pcm



2 Bedroom Apartment

- 2 Double Bedrooms
- Built-In Appliances
- Modern Bathroom
- Cottingham Location
- Juliet Balcony
- Off-Road Parking
- Double Glazing
- Gas Central Heating
- EPC Rating C

Cottingham £450pcm



2 Bedroom Terraced

- 2 Double Bedrooms
- Modern Fitted Kitchen
- Spacious Living/Dining Area
- Neutrally Decorated
- Modern Bathroom
- Rear Courtyard
- Double Glazing
- Gas Central Heating
- Cottingham Location

Cottingham £400pcm



1 Bedroom Apartment

- Cottingham Location
- Ground Floor Apartment
- Double Bedroom
- Large Living Area
- Modern Bathroom
- Modern Fitted Kitchen
- Double Glazing
- EPC Rating D

LETTINGS • MANAGEMENT • LEASEHOLD

Homelink • 14 King Street, Cottingham, East Yorkshire, HU16 5QE

t 01482 875248 • f 01482 849062 • e info@home-link.co.uk • w www.home-link.co.uk



We're nearing the end of our anniversary year!

but there's still time
to get your special
discount!

Throughout 2014 we've been celebrating our 80th year in business. As a thank you to our customers at all three stores, we're now offering a last great discount – **pay only 80% of the marked price on stock carpets and all beds** from 22nd Sept until 4th November. Don't miss out!

Pay only 80% of the marked price Discount Voucher

This voucher entitles the bearer to pay 80% of the marked price on stock carpets, remnants and all beds between Monday 22nd September and Tuesday 4th November inclusive, while stocks last. Not transferable and not for use in conjunction with any other offer. Only one voucher may be used per purchase.

CT



Carpets and Rugs



Wood Floors



Luxury Vinyls



Beds



Soft Furnishings & Blinds

Bedroom furniture only available at the Beverley store



Bedroom Furniture

510 – 520, Hessle Road, **Hull** HU3 5BQ
Belprin Park, Swinemoor Lane, **Beverley** HU17 0LN
117, Hallgate, **Cottingham** HU16 4DA
Tel: 01482 326590
Email: info@leightonscarpets.co.uk
www.leightonscarpets.co.uk



**Best prices
in town!**

We'll beat any written
quotation from any
local store for the
supply of identical
goods.

Latest news from the World of Technology

Late summer/autumn is the traditional time in the technology industry for big events and launches of new products and this year is no exception with the quite a bit going on. So I have decided to postpone the Internet Special Feature to next month

Windows 9 -a Microsoft's next operating system is set to be shown off for the first time. A trade and press event will have been held in San Francisco, by the time you read this. Senior execs of Microsoft will be talking about the future of Windows. Watch this space.

New iPhone 6 has been launched and has landed in the shops. Apple has released two versions of the most popular smartphone, both with bigger screens and packed with lots of new features. As usual, queues starting forming days before launch. In fact in the USA one person was so determined to be the first to have one, that he paid the guy in first position \$2500 to swap places!

iOS8 was also released by Apple just before the iPhone, and caused as much activity on Twitter as the Scottish Referendum! For the benefit of those casting blank looks, iOS is the operating system on Apple iPhones, iPads and iPods, the equivalent if you like of Windows on Apple gadgets.

One spoof that surfaced on Twitter following the iOS8 launch, was of an app called Wave that suggested a new way of charging your iPhone battery: "You can now Wave-charge your device by placing it within a household microwave for a minute and a half" There is such a thing as wireless charging, but this certainly is not it!

Talking of spoofs, scams etc., I have had quite a few calls from concerned customers and readers of this article concerning fake emails doing the rounds. One version purports to be from your bank and confirms that a (random amount) of money has been wired to a beneficiary and your account has been debited as per your instructions. Another version is one that quotes an outstanding invoice and demands immediate payment. There is normally an

attachment that recipients are asked to open, and that is where the trouble starts, as it will infect your computer with some virus or malware. Other ones to beware of are HMRC tax rebates (as if), parcel deliveries and PayPal or other payment-type password verifications. So if you receive any of these, delete them straight away or pass them on to your bank's fraud division if requested. At this point it is worth mentioning again about the ongoing phone scam, normally from a call centre in India, masquerading as Microsoft or 'Windows Support' and saying that you are having problems with your computer, and offering to fix it. **Don't do it, don't let them into your computer and NEVER give them a credit card. Legitimate computer support companies never phone around touting for business.**

Windows 8.1 – one of the features that is included is the ability to switch off the Charms Menu – you know the annoying one that pops out of the right hand side of your screen when you don't want it! First go onto the Desktop (not the new Start screen) and right click on the taskbar at the bottom, and click Properties, then the Navigation tab, and then untick the top box in corner navigation, and click ok. Note: you must already have the 8.1 upgrade to do this. If you are not sure and want to find out, hold down the Windows key (next to Ctrl) and press the Pause/Break key, or go into Control Panel and System properties.

Karoo, our local internet service provider, has a technical support department that is open for business 7 days a week. Over the years I have had a lot of contact with them on behalf of customers, and have usually found them helpful and able to sort out any issues with internet connections. So on a proactive note I have a visit scheduled to that very department of Karoo, and my intention is to discuss with them common issues & problems, and see how the calls are handled first-hand. I will report back in my Internet Special Feature next month.

Karoo Technical Support

01482 606101

**Monday to Friday 8am - 9pm
Saturday and Sunday 9am - 6pm**

Bank Holidays 10am - 6pm

On the other side of the coin, many manufacturer-type helplines are often notorious for their poor service. Usually the operatives want to know every single detail of your product, like unreadable serial numbers, extraordinarily long model numbers etc etc., before going into a long diatribe that leaves the caller more confused and frustrated, and then having not solved the problem, they normally end the call by asking 'is there anything else I can help you with today? So I have to pass credit where it is due, and a pat on the back goes to suppliers of CCTV systems - **Swann**. I had cause to call them recently and spoke to an American lady who went to great lengths to solve the issue and then followed up with an email confirming all the details and alternative ways of working around the problem in the future. Most refreshing.

It's official...there are now more than 1 billion websites on the internet. Back in 1994 there were around 1,700!

www.rdmcomputers.co.uk is now up and running and is optimized for viewing on any device - computer, tablet or smartphone - so go on give it a try. You can download the latest monthly article from there, plus the previous edition; so if you know someone who enjoys the article but is not in this area, just give them the website address. There is also a handy contact form in case you can't find my email address.

Eset expiring? No problem, we can renew it for you for one, two or even three years; just call for a renewal price.

So next month will now be the Internet Special Feature following my visit to Karoo

**Richard Mills, RDM Computers, Cottingham
01482 875666 or 07850 105424**

Web: www.rdmcomputers.co.uk

Email: richard@rdmcomputers.co.uk

***All trademarks acknowledged**



**.....Plain English computer support.
Windows 8 made easier!**

Computer sales, service & repair

**CALL NOW FOR FREE NO OBLIGATION
ADVICE**

Is Your PC Secure?

**Get ESET award winning software,
great value and performance**

****New ** Cable-tidy solutions for your PC**

**Go wireless & get online with
your Laptop, Smartphone,
Tablet or Kindle**

CALL US NOW !

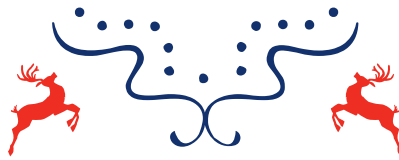
T: (01482) 875666 M: 07850 105424

rdm computers technology simplified

New website: www.rdmcomputers.co.uk

Believe
in the magic

De
Christmas
EXTRAVAGANZA
EVENING



RECEIVE A
FREE £5
GIFT VOUCHER
WHEN YOU SPEND £25
OR MORE ON THE
EXTRAVAGANZA EVENING*



THURSDAY 23RD OCTOBER

4.30pm until 8pm

FREE ADMISSION • ALL WELCOME

**Join us for a fantastic festive shopping evening
as we launch our stunning Christmas 2014 displays**

- complimentary mulled wine and mince pies • live music • festive food tastings •
- festive demonstrations • special offers and best buys • plus much, much more...

Beverley Garden Centre

Hull Road, Woodmansey, Beverley

tel: 01482 880002

EVERFLOW

Plumbing Services

GENUINE 24-HOUR CALL OUT

- Boiler Replacements • Gas Servicing
- Breakdown and Repairs • Full Bathroom Installations
- Gas Central Heating • Systems Powerflushed
- General Plumbing Repairs • Landlord's Certificates
- No Job Too Small • All Areas Covered
- FREE No Obligation Quotations

Call Phil **01482 841304**
Mobile: **07970 359706** Cottingham

CORGI 520101
safe 520101

ACE OF PAINTS Decorating

Sue Warren

Friendly, experienced decorator offering high quality work at a great price.

Tel/Text: **07943 – 402 371**
(Cottingham)

With DUST-FREE sanding for a cleaner home!
Taking care of the environment, you and your property.

HOME & SMALL BUSINESS COMPUTER SERVICES

PC/LAPTOP SALES | REPAIRS & INSTALLATION
WIRELESS NETWORKS | STRUCTURED CABLING
HOME TUITION | ASSISTANCE | SUPPORT
BROADBAND | EMAIL SETUP
DATA RECOVERY | VIRUS REMOVAL

INSURED
CRB CHECKED
Microsoft
CERTIFIED
IT Professional

Call Steve Blake on
01482 571100
www.blakeits.com

EXPERIENCE
25
YEARS
Microsoft
CERTIFIED

I would love a

ROSES

Kitchen

Roses of Beverley
Unit 6 The Courtyard, Tokenspire Business Park
Beverley. Tel: 01482 869111

Wordsearch - Lord of the Rings

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

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

Find the words in the letters above:

Aglarond, Aragorn, Arwen, Bilbo, Boromir, Celeborn, Damrod, Deagol, Denethor, Eldarion, Elrond, Eomer, Eowyn, Everard, Faramir, Frodo, Galadriel, Gandalf, Gimli, Gorbag, Grimbald, Hobbit, Isengard, Isildur, Legolas, Madril, Merry, Middle Earth, Mount Doom, Pippin, Sam, Saruman, Sauron, Smeagol, Strider, The Ring, The Shire, Theoden, Treebeard.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 93

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

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

Support the advertisers who appear within the Cottingham Times

MARIONOWENTRAVEL

This last week was National Cruise week and many of the offers are still available, thinking of cruising, why not make your booking today?

Regent, my favourite cruise line we have a selection for next summer with incredible savings, 10 days from just £2999 in a deluxe veranda suite plus everything is included. You can leave your wallet behind! Includes up to 37 excursions to suit adults of all ages from sporting adventure to traditional sights. All tips, drinks including premium brands - yes champagne all day, Bombay G&T's what ever you fancy. Dine where and when you want with no supplements to pay in any restaurant or bar, even the internet is FREE! For traditional British cruising you cannot beat Fred Olsen for quality & value, travel from your door is an option we can offer on many sailings.

You can sail from Hull on the Azores and into Hull on our dear little Funchal. Cabins have been selling well out of Hull, if you book this month there is still a buy 1 get the second person sharing for 1/2 price.

The Funchal sailing has the same offer plus a free coach to start your cruise in Liverpool, drinks are reasonably priced and tips are also included.

River Cruising we have a huge choice and many offers finish at the end of the month including our APT India Lower Ganges & Danube specials.

For something different how about a Canal cruise on a newly built Barge hotel? Our little barge the Madeleine is superb and reasonably priced compared to older barges, we also include overnight ferry crossings and travel to join her in her wonderful home port of Strasbourg, 27 August 15.

The Rhine & Moselle - a great choice for a first time river cruiser offering fabulous scenery and picturesque little towns. Our August special also enjoys no sailing at night, allowing you can sit back, relax and enjoy the moving scenery. With the afternoon & evening in port you will not be disappointed. Sailing from Hull on 15 August, why not join me?

River cruising further afield, India, North America, Vietnam, China, Africa... the list goes on.

The Northern Lights are reputed be at there best this coming winter for the next 10 years, Hurtigruten have an offer book before the end of October and if the lights don't come out to play whilst on your voyage you will be offered a free 6/7 day cruise to try and see them again! We also have a special departure on 25 February saving you another £100 per person and optional travel from your door for just £50 per person return.

We have many more offers to share with you just pick up the phone, we book all cruise lines either sailing from the UK or by air, train or sea & coach to join your ship.

Northern Lights - a night flight to see the stars, will make a great Christmas gift. Friday 20th February Humberside airport your evening starts at 6pm with a lecture before taking to the skies £199.95 per person.

Do remember we book all tour operators anywhere in the world as well as our own exclusives. We also have far more departures from Humberside airport than you can imagine - cruising & land holidays, ask for details.

On the holiday front our hot spot destination further afield for next year is Canada & the USA with Alaska being popular for longer durations and New York is top for a city break. We can tailor make any itinerary to suite your duration & budget.

In Europe, Paris & Bruges are the most popular city breaks whilst Ibiza is our best selling beach destination due to Kayleigh's wedding on the island next year!

You will notice that our own tour availability this year is very little, remember we only have 30 seats on our special coach, you need to book now. I look forward to you joining me, regular & new guests welcome.

Marion

To book your place Tel: 01482 212525

or call in person to 23 Portland Street, HULL, HU2 8JX (we have our own car park)

Prices shown correct at the time of going to press, based on 2 sharing unless otherwise (cruises on lowest grade of cabin) single travellers welcome please ask.


Office hours: Monday to Friday 9am - 5pm : Saturdays by appointment only

Our very own exclusive coach & river cruise holidays experience the difference



20 Oct	Warner's Alvaston Hall	5 days	single room no sup	£ 291
31 Oct	Thoresby Hall	4 days	signature rooms, single no sup	£ 269
17 Nov	Alvaston Hall	5 day	Turkey & Tinsel - single no sup	£ 298
11 Dec	German Markets	Aachen, Cologne & Dusseldorf		£ 249
17 Dec	White Christmas	(Tom Chambers) London by rail		£ 104
16 Jan	Warner's Nidd Hall	3 nt weekend	: drinks inclusive	£ 223
24 Jan	Bletchley & IWM	with "Art Historian Fiona Irwin" 2 days	HB	£ 125
03 Feb	World of Rhubarb	day out inc. 3 course Rhubarb meal		£ 45
09 Feb	Warner's Cricket St Thomas	5 days	singles no supp	£ 275
25 Feb	Mathew Bourne's Edward Scissor Hands	matinee		£ 49
02 Mar	Warner's Sinah Warren	5 days	singles no supp	£ 299
13 Mar	Warner's Nidd Hall	4 day weekend	- single no supp	£ 223
25 Mar	Northumbria	with "art historian Fiona Irwin" 3 days	HB	£ 269
25 Apr	Harrogate Spring Flower Show			£ 39
26 Apr	Keukenhoff Bulb Fields	- 2 nights North Sea & Entry from		£ 129
10 May	Isle of Arran, Castles & gardens of Ayrshire	5 night tour		£ 525
04 May	Warner's Alvaston Hall	5 days	singles no supp	£ 299
22 May	English Battlefields	day out with "Art Historian Fiona Irwin"		£ 45
27 May	Orkney & Norway	8 night cruise aboard the Funchal		£ 874
21 Jun	"Best of Ireland"	8 night fabulous tour half board		£ 895
26 Jul	RHS Tatton Park & Cheshire Halls & Garden's	3 days half board at the 4 star Shrigley Hall Hotel		£ 279
09 Aug	Edinburgh Tattoo	- 2 nights B&B & good seats		£ 269
15 Aug	Rhine River Cruise	9 nights - 7 night cruise from		£1199
27 Aug	Barge Hotel Strasbourg & the Alsace area	8 nights all inc.		£2350
21 Sep	Jersey & Weymouth	7 days no early starts	NEW	£ 499
16 Oct	WW1 Ypres & Diksmuide	with Art Historian Fiona Irwin		£ 275
27 Oct	NCL's new Mega Cruise ship	- 2 days inc. Oxford from		£ 169
18 Nov	Thursford Christmas Spectacular	2 nights HB & top seats Inc. Springfield & Lincoln, also departs 24 November		£ 239
21 Nov	Thursford Christmas Spectacular	1 night HB & top seats Also 27 November, 01 or 03 December		£ 159

We keep single supplements to a minimum please ask.



Fully inclusive & amazing quality, sample excursions: - Swim with Dolphins & Segway tours!

WESTERN CARIBBEAN

28 March 2015 - 9 nights price from **£2559**

Gift Vouchers

Days out or even a holiday are always a welcome gift for any occasion, Christmas, Birthday, Anniversary

Our vouchers can be used on any holiday



SENSA Special Educational Needs
Support And Advice
Consultancy

Specialist TUTORING for:
DYSLEXIA CONCENTRATION SKILLS
ADHD DYSPRAXIA

Call us NOW to arrange an initial meeting
to discuss your child's needs
FREE OF CHARGE

TEL: 01482 475181



Mobile Nail Technician
Sarah Hannam
07786 078630

Full set of Acrylics from £25
Manicures & Pedicures from £10
Wide range of Gel Polishes,
Refills & Overlays,
Swarovski Crystal toes,
Hopi Ear Candling and more.



Northern Heating 
warmth without worry

**Do you have
Night Storage heaters?**

- **Would you like total control of your heating?**
- **Are you fed up with rising costs of LPG and Oil?**
- **Would you like to reduce the cost of your Heating Bills?**

If the answer to any of the above
is **YES** then you need
NORTHERN HEATING

NOW is the best time to replace your old
heating system - be prepared for the Winter.
**Lowest Priced, Highest Quality
German Radiators**

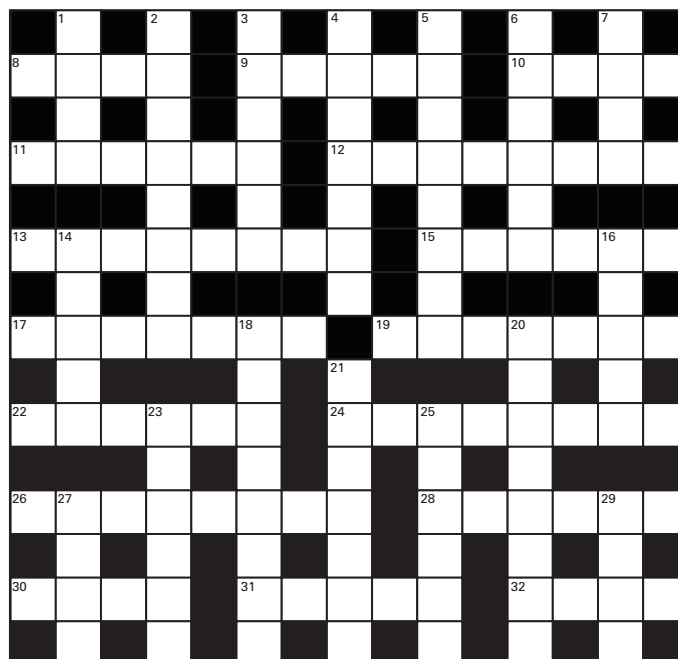
- ✓ Lower heating costs
- ✓ Warmer home
- ✓ Room by room control
- ✓ No mess installation - fitted in one day
- ✓ Attractive wall or floor mount
- ✓ Unique soapstone core
- ✓ No ongoing maintenance costs
- ✓ Huge choice of colour
- ✓ Suitable for old and new buildings



**Book a free, no obligation survey
now and receive **15% OFF**
plus **FREE** installation!**

Call us now on 01904 593453
www.northernheating.co.uk

Crossword - Solution on page 46



Across:

- Precious (4)
- Governed (5)
- Catch sight of (4)
- Wooden slats in a barrel (6)
- Coupons (8)
- Restaurant server (8)
- Filament (6)
- A female spirit in Irish folklore (7)
- Abridged (7)
- A style of architecture (6)
- Amazes (8)
- A type of flowering vine (8)
- Elaborate (6)
- Tab (4)
- Due (5)
- An audible exhale (4)

Down:

- Looted (4)
- Army grunts (8)
- Hogfish or razorfish (6)
- Blindly imitative (7)
- Altered or corrected (8)
- Of the underworld (6)
- Box (4)
- San Antonio fort (5)
- Not behind (5)
- Snails (8)
- Tightness (8)
- A type of sponge cake (7)
- Inns (6)
- However (6)
- An ancient city in Asia Minor (4)
- Clothes (4)

Crossword courtesy of www.crosswordpalace.com
Support the advertisers who appear within the Cottingham Times



HALLOWEEN OPEN WEEKEND

18-19th OCTOBER



A fun time for the whole family

Childrens activities - Scare Room, Ghost Hunt, Face Painting

Meet our birds of prey, snakes, tarantulas and more

Over 500 pumpkins with fantastic carving ideas

Autumn food sampling, raffles & competitions

Every child who turns up in Fancy Dress gets a special prize



SOUTHWOOD
GARDEN CENTRE

01482 845 825
southwoodgardencentre.co.uk



In the Kitchen



Pork, sweetcorn & bean chilli with roasted squash and soured yoghurt

Serves 4, prep 10 mins, cook 1 hour 10 mins

- oil for frying, eg. sunflower/light olive
- 1 onion, finely diced
- 2 garlic cloves, crushed
- 400g pork mince
- 2 red chillies, finely chopped & deseeded or left in for more heat, as you like
- leaves from 4 sprigs fresh thyme, or 1 tsp dried
- 15g fresh coriander leaves, stalks finely chopped, leaves kept separate
- 1 tbsp tomato purée
- 2 tsp cumin seeds, toasted & ground in a pestle & mortar
- 1 tsp smoked paprika
- 1 tin chopped tomatoes
- 2 small squares Montezuma dark chocolate
- 2 small squash, cut in half lengthways
- 2 sweetcorn cobs, kernels removed
- 1 tin black beans or kidney beans, rinsed & drained
- 1 pot Yeo Valley Greek yoghurt
- 1 lime, finely grated zest & juice

Heat 2 tbsp oil in a large heavy-based pan. Add the onion and fry gently for 8 mins, stirring now and then to stop it catching. Add the garlic, pork, chillies, thyme leaves and coriander stalks. Turn the heat up a smidge. Stir well, breaking up the pork with your spoon. Cook for a few mins, until the pork has lost all its bright pink colour. Add the tomato purée, cumin and paprika. Stir for 2 mins. Add the chopped tomatoes and chocolate. Season with salt and pepper. Cover and cook on a low simmer, stirring occasionally.

After the chilli has been cooking for 20 mins, brush the cut side of the squash halves with oil and season with salt and pepper. Place cut side down in a baking dish and pop in the oven to roast at 200°C. After a further 25 mins, uncover the chilli, add

the sweetcorn kernels and beans. Simmer for 15 mins. Remove the squash from the oven. Check the chilli for seasoning and stir in the coriander leaves. Mix the yoghurt with the lime zest and juice and a good pinch of salt. Spoon the chilli into the squash cavities, and serve with a good dollop of lime yoghurt.

Chard, bacon, rosemary & chilli pasta

Serves 2, prep 10 mins, cook 25 mins

- oil for frying, eg. sunflower/light olive
- 150g bacon lardons
- 1 onion, finely diced
- 300g chard, leaves stripped from the stalks, stalks finely chopped
- 200g spelt fusilli pasta
- 1 garlic clove, crushed
- 1 red chilli, deseeded & finely chopped
- 1 rosemary sprig, leaves finely chopped
- 25g grated parmesan
- 1 lemon

Heat 1 tbsp oil in a frying pan, add the bacon lardons and fry for 3-4 mins until browned. Remove to a plate. Add a splash more oil to the pan and turn the heat down. Add the onion and chopped chard stems.

Fry gently for 10 mins, stirring now and then to stop them catching. Boil the chard leaves for 3 mins, then drain. Refresh in a bowl of cold water, then drain again and squeeze out any excess moisture. Roughly chop the leaves. Cook the pasta according to the packet instructions.

Meanwhile, add the garlic, chilli, rosemary and bacon to the onion and chard stems. Season (not too much salt as the bacon's salty). Stir fry gently for 3 mins. Add the chard leaves and stir fry for 3 mins.

When the pasta is tender, drain, reserving a little of the cooking water. Stir the pasta into the chard and bacon sauce, with three quarters of the parmesan, 1 tsp finely grated lemon zest and a splash of cooking water. Check the seasoning, then sprinkle over the rest of the parmesan to serve.



Support the advertisers who appear within the Cottingham Times



Chard, bacon, rosemary & chilli pasta

Serves 2, prep 10 mins, cook 25 mins

oil for frying, eg. sunflower/light olive
150g bacon lardons
1 onion, finely diced
300g chard, leaves stripped from the stalks, stalks finely chopped
200g spelt fusilli pasta
1 garlic clove, crushed
1 red chilli, deseeded & finely chopped
1 rosemary sprig, leaves finely chopped
25g grated parmesan
1 lemon

Heat 1 tbsp oil in a frying pan, add the bacon lardons and fry for 3-4 mins until browned. Remove to a plate. Add a splash more oil to the pan and turn the heat down. Add the onion and chopped chard stems.

Fry gently for 10 mins, stirring now and then to stop them catching. Boil the chard leaves for 3 mins, then drain. Refresh in a bowl of cold water, then drain again and squeeze out any excess moisture. Roughly chop the leaves. Cook the pasta according to the packet instructions.

Meanwhile, add the garlic, chilli, rosemary and bacon to the onion and chard stems. Season (not too much salt as the bacon's salty). Stir fry gently for 3 mins. Add the chard leaves and stir fry for 3 mins.

When the pasta is tender, drain, reserving a little of the cooking water. Stir the pasta into the chard and bacon sauce, with three quarters of the parmesan, 1 tsp finely grated lemon zest and a splash of cooking water. Check the seasoning, then sprinkle over the rest of the parmesan to serve.

Thai sweetcorn fritters

Serves 4, prep 10 mins, cook 20 mins

3 sweetcorn cobs
100g plain flour
1 tsp baking powder
3 eggs
75ml milk
3 tbsp Thai green curry paste
15g fresh coriander leaves
oil for frying, eg. sunflower/coconut

Boil the sweetcorn cobs in a large pan of salted water for 10 mins. Drain, leave to cool, then cut off the kernels. Put the flour and baking powder in a large bowl. Whisk in the eggs until you have a thick, smooth batter, then gradually whisk in the milk. Stir in the thai curry paste, sweetcorn kernels and coriander leaves. Season with salt and pepper. Heat a layer of oil in a non-stick frying pan. Add spoonfuls of the batter. Fry in batches for 3-4 mins on a medium high heat, until golden, then flip them over and cook the other side until golden. Drain on kitchen paper before serving.

Support the advertisers who appear within the Cottingham Times



Squash, lemon and almond muffins

Makes 12, prep 20 mins, cook 40 mins

You'll need a muffin tin lined with paper muffin cases.

300g squash, peeled & diced weight
125g unsalted butter, softened at room temperature
125g light brown soft sugar
3 eggs, beaten together
1 tsp almond essence
finely grated zest of 2 lemons
125g self raising flour
150g ground almonds
1 tbsp clear runny honey
12 whole blanched almonds, toasted in a dry frying pan until lightly golden

Steam or boil the diced squash for 15 mins, until very soft. Drain and leave to cool, then mash with a potato masher. Preheat your oven to 200°C.

Cream the butter and sugar together in a large bowl (an electric hand-held mixer makes life easier), until pale, light and fluffy. Gradually beat in the eggs.

Stir in the almond essence, lemon zest and mashed squash. Add the flour and ground almonds and fold in gently. Spoon roughly equal quantities of the mixture into your muffin cases.

Bake for 5 mins, then turn the heat to 180°C and cook for approx 20 mins until golden. Leave to cool. Gently warm the honey in a small pan. Brush a little over the top of each muffin and top with an almond.



Recipes and images courtesy of
Riverford Chef Kirsty Hale at
www.riverford.co.uk/recipes



Riverford Organic Farms
www.riverford.co.uk
Telephone 01803 762059

www.cottinghamtimes.co.uk - October 17

金門 GOLDEN GATE

CHINESE MEALS TO TAKEAWAY

210A Hallgate, Cottingham HU16 4BD

Tel. 01482 847253

OPENING HOURS:-

TUESDAY - SUNDAY

5.00 pm - 10.30 pm

(Closed on Mondays except Bank Holidays)

TELEPHONE ORDERS WELCOME

DELIVERY SERVICE AVAILABLE

From 5.00 pm

See our menu on:

www.cottinghamtimes.co.uk/content/view/172/178/

**GOLDEN GATE
10% OFF VOUCHER**

(Collection only, excluding Saturdays)

Valid until 23/10/14

Terms and Conditions apply

Only One voucher to be used at any one time

Original voucher only, NO Photocopies

210A Hallgate, Cottingham HU16 4BD

Don't miss the Multiple Sclerosis Autumn Fair, Saturday 25th October

Once again it is the time of the year when the Hull, Beverley Borough and Holderness Branch of the Multiple Sclerosis Society hold their very attractive Autumn Fair. It will be held at the Cottingham Civic Hall, 10.30 a.m. to 3.00 p.m. on Saturday, 25th October.

This is a fair not to be missed as the many stalls include cakes and preserves, bric-a-brac, books, jewellery, gifts, toys, toiletries, Christmas Cards and, of course, a tombola and raffle. Refreshments are available all day so why not spend a little time looking round the stalls and enjoy a tea or coffee?

You may or may not know someone with multiple sclerosis – or you may just want to know a little more about the disease, therefore there will be an information stall for those wishing to learn more or have their questions answered.

Please attend and support us in raising this year's target of £60,000 for research into M.S. This is the amount the local branch has set in its own

60th year of operating. The Darby and Joan committee recently held a Ploughman's and Strawberry lunch and raised £600 towards our anniversary target, many thanks to all the helpers and especially to those who supported the event.

CAVE CASTLE HOTEL & COUNTRY CLUB

TRIBUTE NIGHTS!

Friday 14th November –
Katie Marie as DOLLY PARTON
Saturday 22nd November –
BACK BY POPULAR DEMAND!!

Rob Leigh as NEIL DIAMOND

Only £21.50 per person – supper, disco and Tribute

Stay over for £120 for two,
including event, bed and breakfast

SATURDAY 8TH NOVEMBER

A note for your diary...

The GLEDHOLT MALE VOICE CHOIR
will give a concert at the hotel
at 8pm tickets £3.50

all money will be donated to our nominated Charity

MURDER MYSTERY NIGHTS

Another crime by
'It's Murder' to solve whilst
you enjoy a 3 course dinner

Friday 21st November – Fowl Play... £33

Thursday 11th December – Masked Murder... £36

Thursday 18th December –
Mistletoe Murders... £36

CHRISTMAS Party Nights

Thursday 11th & 18th December

3 course dinner & dancing until midnight
£22.50 per person

www.cavecastlehotel.com

Telephone: 0844 686 2239 (local rates apply)

Cave Castle Hotel & Country Club,

Church Hill, South Cave HU15 2EU

Email: info@cavecastlehotel.com



Bonus Electrical Superstore

Offers of the Month

From your local independent electrical retailer

WE DELIVER. WE INSTALL. WE CARE... That's why thousands of customers choose Euronics.



1200 Spin 6kg Washing Machine

WAE24063GB

- A+++AC Rated
- 15 Programmes
- 3D Aqua Spa System
- LED Programmes Progress
- Dimensions: H84.8xW60xD59

£249.99
Great Low Price



6kg Condenser Tumble Dryer

WTC84101GB

- Exclusive
- C Rated
- Electronic Control for Sensor & Timed Drying
- 3 Drying Levels with Gentle Heat Option
- Low Heat Option
- Dimensions: H84.2xW59.9xD63.5cm

£299.99
Great Low Price



SIEMENS

Fridge Freezer

KG30NVW24G

- Exclusive
- A+ Rated
- Auto Defrost
- 191 Ltrs 6.8 CuFt
- 3 Glass shelves/1 Salad Bin
- Dimensions: H170xW60xD65cm
- Summer Sale

£429.99
Great Low Price



SIEMENS

1400 Spin 7kg Washing Machine

WM14E461GB

- Semi Exclusive
- A+++AB Rated
- 15 Programmes
- Varioperfect Spin
- 15 Minute Rapid Wash
- Dimensions: H84.8xW60xD59cm
- Go Green Trade In £50

£449.99
£429.99 After Trade In



Your local store...

Grange Park Lane, Willerby, HU10 6EB
Tel: 01482 659888



T & C Apply: "sold as an agent for Euronics Limited" Prices correct at time of print. Delivery And Installation Charges May Apply



I can't believe we are already into October. After enjoying the long hot days of summer, we now awake to dark, misty mornings and end the day with just as dark dreary nights. Where has the rest of the year gone? My mum always says, as you get older time goes by more quickly and she couldn't be more right. As a child (and subsequently, my 3 daughters), I used to look forward to Hull Fair, followed by Halloween, Bonfire Night, (and just lately the Cottingham Lights switch on) and finally the excitement of Christmas...all over a period of 3 months and that to me was an eternity. Now, I hardly have any time at all after the summer period to even think about these forthcoming events let alone prepare for them but with 3 grandsons paving the way to excitement, I am sure I will be swept along with things.

It was whilst thinking about all this, my mind wandered to November 5th, not only because it is my lovely mums birthday but because it brought back so many happy childhood memories of excitement and wonder watching the bright miracles that unfolded into the night sky. I was more in awe of the spectacle bursting above our heads than the loud bangs which penetrated our ears but how that as changed, due mainly to being a pet owner. What a shame this spectacle isn't just confined to one night as the history books had written. After all, the intention was to celebrate the foiling of Guy Fawkes gunpowder plot to burn down the Houses of Parliament on

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

Firstly, we have to recognise the symptoms of stress. Some are obvious, for example, shaking, hiding, panting or seeking constant attention from yourself. Others may be destructive like my first dog who bit through a wooden stool or may show aggression and as in the case of dogs, barking endlessly. As a rule an animal exposed to a variety of sights and sounds from an early age is better prepared to cope with all experiences. There is however no guarantee that they will not show a fearful reaction later in life.

We can now plan ahead over this month ready for the event. Please come and talk to one of our many experienced nurses at KINGSTON about pheromone diffusers. These plug-ins disperse calming agents into the room and may be a good option in the case of your dog or cat. We also have many similar products which give an equal effect. You could also provide a 'safe haven' being a quiet area or a chosen room. It should be a place where your pet feels in control so please don't interfere with them when they are in this area. Train your pet to associate this area with positive experiences such as leaving toys, swapping them regularly and putting them away when not in use so your pet does not get bored with them. In time they will become accustomed to this, treating it as being safe play so when the 5th comes it will realise no harm will come to them. It is very important that access to this haven is available when you are not at home.

What can we do to help ease the anxiety/fear it causes in our beloved pets when the season begins? Uppermost is the hiding place followed by...

a) At dusk close all windows and curtains and put on the TV. These will mask and muffle all sound and sights outside.

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

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

d) Ideally pets should be micro-chipped but more so around this season just in case they are frightened and escape.

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

Have a safe and happy Guy Fawkes.

Support the advertisers who appear within the Cottingham Times



Kingston
VETERINARY GROUP

Your local veterinary practice but so much more
Caring for your pet

Park Street - Clinic & Animal Hospital
1-2 Park Street Anlaby Road, Hull. HU3 2JF
Tel: 01482 223688

Cottingham Surgery
14-18 New Village Road, Cottingham. HU16 4LT
Tel: 01482 843210

Beverley Road Surgery
642 Beverley Road, Hull. HU6 7JH
Tel: 01482 854422

Anlaby Surgery
31a Hull Road, Anlaby, Hull. HU10 6SP
Tel: 01482 655333

Holderness Road Surgery
1199 Holderness Road, Hull. HU8 9EA
Tel: 01482 797007

Bluewaters Hydrotherapy
Unit 3 Factory Est, The Boulevard, Hull. HU3 4AY
Tel: 01482 226944

HALLGATE TREE CARE

A cut above the rest!



**Logs,
coal and
Kindling
available**

Hallgate Tree Care is a family run business and we would like to offer you our services while working in your street

PROFESSIONAL TREE AND HEDGE CARE

- | | |
|---|--|
| <input checked="" type="checkbox"/> Trees Topped | <input checked="" type="checkbox"/> Conifers Trimmed & Lowered |
| <input checked="" type="checkbox"/> Trees Removed | <input checked="" type="checkbox"/> Overhang Branches Cut Back |
| <input checked="" type="checkbox"/> Pruned and Shaped | <input checked="" type="checkbox"/> Tree & Hedge Planting |
| <input checked="" type="checkbox"/> All Roots Removed | <input checked="" type="checkbox"/> Hedges Trimmed |
| <input checked="" type="checkbox"/> Fully Insured | <input checked="" type="checkbox"/> Hedges Lowered |
| <input checked="" type="checkbox"/> Landscaping | <input checked="" type="checkbox"/> Shrubs Trimmed & Removed |

We also offer a Stump Grinding Service

**We can offer you same day service to save you money and us time
FOR A **FREE** QUOTATION OR FRIENDLY ADVICE, GIVE US A CALL**

Tel. 01482 846069 or Mobile 07817 214792

HALLGATE, COTTINGHAM, EAST YORKSHIRE HU16 4BD



HALLGATE TREE CARE

A cut above the rest!



“The Tooth and Nothing but The Tooth” by Chris ‘ Dr. Smile Maker’ Branfield

I’ve Seen the Light



Well, what an amazing night at the KC stadium a couple of weeks ago. I was at the Pride Of East Yorkshire Awards and was shocked to win an award for Business In The Community. It was out of the blue as we don’t know who nominated or who judged. My whole team was there which was great. It was so good to meet and speak with some of the nominees and winners. I was humbled by people’s inspirational courage and selflessness. There was a lot of positive energy in the room and I loved it.

What Light Where?

I have done a lot of training in Dental Lasers. We actually

have 3 different lasers in the practice and we use all of them for all sorts of different things.

So, Laser stands for **L**ight **A**mplification by **S**timulated **E**mission of **R**adiation.

Einstein worked out the idea in the early 1900’s. A similar laser like device, a MASER, was made by Charles Towne in 1953. The M stood for microwave. Theodore Maiman built the first actual LASER in 1960. There was a head to head race between competing researchers to make the first one

No Vibration Laser Decay Removal

One thing that we are doing is removing decay from teeth without the drill. In certain cases we can do this without the need for anaesthetic to numb things up. It’s amazing. There is no vibration as there is no drill. It’s a very comfortable



Decay under a crown



Gentle Removal Of Decay With Laser



Solid Tooth Surface Ready To Fill. No Anaesthetic!!!

WOW way of doing things and gives a very clean tooth surface to fill. We can place the laser so that it will only remove the decayed stuff and not affect sound tooth tissue. How clever is that? This means that it is incredibly minimally invasive. Also a setting for a gentle surface conditioning can give a better bond of the filling to the tooth.

So Much More

There is so much more that we are doing with Lasers making dentistry gentler and giving better healing outcomes. I’ll bang on about these throughout the coming months.

Here We Go Again

My daughter has stuck with it and started off the new football season playing for her team in Beverley. They had a couple of good thumping defeats but played very well. I’m off to Northern Morocco with Dental Mavericks again next weekend for another mission to get kids out of daily dental pain. I’m really pleased that my Son, Edward, is coming with us as well this trip.
Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 21 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



End Dental Suffering

Do You Have a Dental Wish List?

If you suffer from ill fitting dentures, want a fixed alternative for missing teeth and would love to eat steak and apples with confidence we have the answer to transform your life by changing the way you feel and eat forever, improving your confidence and general wellbeing. Dental implants could be the solution!

Are you frustrated with crooked teeth and long for a confident smile? We have different rapid tooth straightening systems that work a treat!

 **Call now for a free initial consultation minimum value £63**

Fantastic Results—Over the Moon!

The results were brilliant and overwhelming and I can now smile happily. The Castle Park Team are lovely and friendly and I would recommend them to anyone. *S Tennyson, Hull*

I will never be afraid of the dentist again!

What a difference my treatment has made to my life. I can now eat, chew and do all the things I had difficulty with. Many, many thanks to Chris and his team. *E Day, Beverley*

Our patients say it best at www.castleparkdental.co.uk

WHY WAIT? **CALL US NOW ON 01482 772550** *Change Your Life!*

Treat Yourself to the Castle Park Experience!

The Home of Life Changing, Pain-Free Dentistry
Castle Park Dental Care
 28 Castle Road, Cottingham HU16 5NA
www.castleparkdental.co.uk email: castleparkdental@aol.com
"You have our personal promise of quality care and attention at all times"  Chris "Dr Smilemaker" Branfield

Chargers are a risk at home and work

Homes and work places across the East Riding are at risk because of the dangers caused by chargers for mobile phones, tablets and electronic cigarettes.

More than fifty per cent of chargers sampled by East Riding of Yorkshire Council's trading standards officers proved to be unfit for sale.

After recently removing 55 chargers from sale, they bought a sample of 11 from mobile phone accessories shops, discount shops, market stalls and e-cigarette shops across the East Riding.

Independent tests showed three had critical safety failures and a further three had technical failures on the markings or instructions.

Councillor Jackie Cracknell, the council's portfolio holder for community involvement and performance, said: "This is known to be a problem across the country but the message does not seem to be getting across to buy chargers with care.

"Even the sample the officers carried out showed a range of problems which could cause fire hazards or lead to users getting electric shocks."

Colin Briggs, manager of the council's trading standards services, said: "Some of the chargers were so cheap that it was ridiculous. One was just £2 so I don't know how it could be made, shipped and sold at a profit for that price. The normal cost of branded one is between £15 and £20 so essentially you are getting what you are paying for.

"We are still carrying out our investigations as to where these failed chargers were made but it looks like they came from the Far East.

"We are urging bargain hunters to steer clear of cheap chargers and to only buy reputable brands that will meet the safety requirements. We also advise residents to avoid leaving chargers on overnight while they are asleep or leaving them plugged in unattended."

The main faults found in unsafe chargers across the UK include inadequate insulation between the input and output circuits, leading to a risk of fire and electric shock. Other faults include components not properly secured or poorly soldered, incorrect size and positioning of live and neutral pins and a lack of proper instructions for use.

Advice from the council, and supported by Electrical Safety First, a UK charity dedicated to reducing deaths and injuries caused by electrical accidents, is to carry out a three point safety check:

- First, make sure there is at least the width of a ballpoint pen between the edge of the pins and the edge of the charger.
- Check the charger plugs easily into a socket. If pins do not fit properly into the socket, overheating, arcing and mechanical damage can occur to both the socket and the charger, which can be dangerous.

- Look for a manufacturer's brand name or logo, model and batch number. Also look for a CE mark and make sure the output voltage and current ratings marked on the charger and your electrical device are the same.

To report a faulty charger or for further information, contact Citizens Advice consumer service on 03454 040506 or online at <http://www.adviceguide.org.uk/>. Electrical Safety First's website is <http://www.electricalsafetyfirst.org.uk/>

We make saving money child's play

Home Buildings Insurance
Home Contents Insurance
Motor Insurance
Taxi Insurance
Travel Insurance
Business Insurance
Pre-paid Funeral Plans



Call Paul or Amy
now on 707 800
(option2)
or pop in at
195 Hallgate,
Cottingham

Independent Financial
Adviser available
at this office
(by appointment)

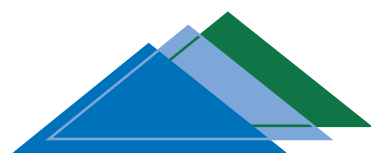
keep in touch with us at
www.hedoninsurance.co.uk
Follow us on facebook & Twitter

'We're online with
most insurers -
so you don't have to be'

local offices ☒
friendly people ☒
great prices ☒
face to face service ☒

Hedon Insurance
your local insurance broker

Hedon Insurance is authorised
and regulated by the Financial Conduct
Authority



www.premierroofing.co.uk

24 HOUR CALL OUT

Fast, Friendly Service

Premier Roofing Ltd.

Domestic & Commercial • Felt Roofing • Fibre Glass

• Fascias • Soffits • Rainwater Systems • Tiling • Cladding

TELEPHONE: 01482 571870/07813 118129





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

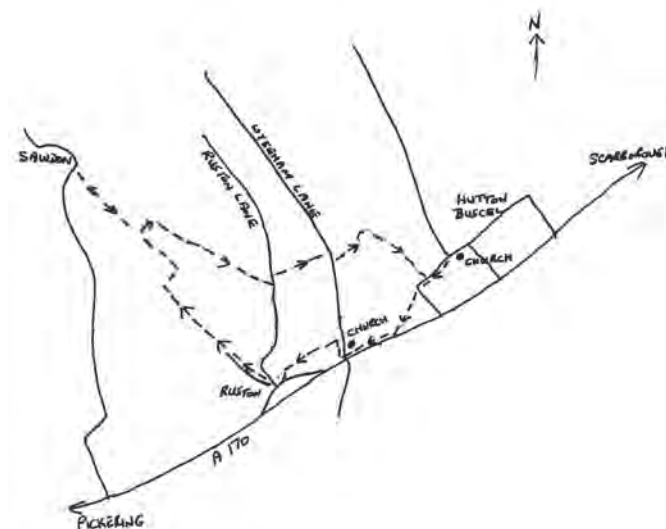
This month his destination is Hutton Buscel

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. 973842 On road near to St. Matthews Church.
Distance 4.5 Miles.**

Leave the cars and walk in a westerly direction passing the church on the left and continue along the road until the sharp left hand bend, leave the road and enter a field and then walk diagonally to the left along a well defined path which eventually emerges on the access road into a Caravan Site. Follow this road to emerge on the main A170 road and turn right. Walk in a



westerly direction along this road and then turn right after passing the Wykeham Church. Very shortly along this minor road, pass an old Ice House on the right and after a short distance turn left onto the course of the old railway track (signed Ruston), pass under the bridge and further along cross a stile. Walk towards the farm ahead on a raised embankment and pass through a gate and immediately bear left and descend the steep embankment to a gate and emerge on the village road. Turn left and on reaching the junction, turn right onto Westgate. Follow this road to the end of the village and then continue along a stone road to eventually enter open fields and walk with the hedge on the left. At the end of the second field follow the track as it turns right and then left walk with a new hedge on the right which eventually becomes a farm track. On approaching a small plantation, our track passes through a gate on the right but to extend the walk by about one mile you should continue on the track into the village of Sawdon and return along the same track.

Pass through the gate on the right and descend in a low track and then bear right, continue for about 250 metres to locate and pass through a small hand gate and cross a small stream then turn right and walk with the hedge on the right following a farm track. At the end of the third field, emerge onto a tarmac lane and turn left and after about 120 metres turn right and walk between hedges for a short distance, and then continue in the same direction with the hedge on the left. Emerge onto Wykeham Lane and turn right. After 50 metres locate a path on the left and follow this with the wall on the right, follow this as it bears right and then pass through a gap and follow the path through trees in a boggy area. Cross a foot bridge and stile and walk diagonally across the field to the right and as buildings come into sight, aim for these and locate a stile. Cross this stile to emerge on the road and turn left back to the parked cars.

Suppliers of quality bespoke
kitchens, bedrooms & bathrooms

input
of Cottingham
kitchens

30-32 Northgate, Cottingham
Telephone 01482 844114
Fax: 01482 847828
www.inputkitchens.com
sales@inputkitchens.co.uk



Taking it easy in to the City!

park&rideHull

Priory Park

Park and Ride site

sat nav HU4 7DY

to

Hull Royal Infirmary
and the City Centre

up to every
10 minutes

free WiFi 

 @StagecoachEMid

www.parkandridehull.co.uk

The right
ticket
for you...

Park at Priory Park site
and be chauffeured

to the City Centre

£2.50

day return

£1.50 for children
use unlimited on the day
in Hull City Centre.

£3.00

dayrider

this ticket can also be used on all other
Stagecoach buses within Hull City

£10.00

megarider
weekly ticket

this ticket can also be used on all other
Stagecoach buses within Hull City

to Hull Royal Infirmary

£2.00

day return

£1.00 for children



Stagecoach



October brings with it cooler and wetter weather: an ideal time to plant trees and shrubs, and to tidy up the garden ready for spring. The leaves are starting to tint and your garden will need a good tidy up as they fall.

The beginning of October sees National Conifer Week, celebrating this versatile evergreen plant. Conifers are also out Plant of the Month and loyalty card members can receive 10% off all our conifers.

Some people may let their garden die back over the autumn and winter months, coming back to tidy it up in spring and summer. We say there are plenty of jobs to do in the garden to keep it beautiful over the colder months. Our Planteria manager John says we have a lot of new plants to look forward to this month including new season roses and a nice tree range ideal for planting in October.

Autumn is the perfect time to patch up the lawn. The wet and cool weather means that the grass has a better chance of establishing and filling any holes left by the summer. In the centre we have all you need to create a perfect lawn. Try our



WILLERBY FENCING

Proprietor: Mike Featherstone

We undertake all fencing jobs - At Competitive Prices
Decking Installation and Repairs
Ask for a Quotation

Tel: 01482 651962

www.spinney10.karoo.net

Westland Autumn & Winter Lawn Enhancer for only £8.99 to perk up your lawn.

Over winter food becomes scarce for our local wildlife so it's a nice idea to put out food for birds as well as fresh water. We have a large range of feeders and wild bird foods like seeds and fatballs. Right now our 12.75kg bags of Wild Bird Food are now only £8.99 and will last you all season.

Be aware of hedgehogs in the garden. They can be hiding under piles of leaves or tucked away beneath a bush so watch out while you are tidying your garden to avoid injuries to yourself and them. Nature lovers can put out a plate of Hungry Hedgehog Blend to attract them to a garden or even give them a Hedgehog Home, both of which can be found in our Wildlife Care section in 4pets.

Easy Guide to Hedging

Hedging can create privacy in an open garden as well as add texture and shape, as well as provide a home for nature. Birds can nest happily in hedges and can even find food in them. Hedging can also create an area of shelter for more delicate plants and protect them from high winds.

Try our easy guide to create a hedge in your garden.

1. Start by digging a trench in the position you want your head. The trench should be 1 foot deep, 8 inches wide and the desired length.
2. Use bonemeal to feed the soil and dig in a rose, tree and shrub planting compost. This improves the soil and gives your plants a better chance of establishing roots.
3. Place your plants in the trench with a 12 to 18 inch gap between them for 2 litre plants or with an 18 to 24 inch gap for larger plants.
4. When planting, ensure your root ball is no more than ½ an inch below the soil level.
5. Fill in the gaps with improved soil, avoiding the top of the root ball.
6. Water each plant thoroughly (approximately a 5 litre watering can full per plant) after initial planting.
7. Water morning and evening in dry conditions for the first year after planting to ensure your plants have the best start.

If you need more advice on what plants would suit your garden best ask a member of our plant team at the garden centre. We have a wide range of hedging in different sizes, colours and varieties and can help find the plant suitable for your 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.



Maintaining a shaped hedge can be an easy job to do. When to prune depends on the type of plant you have chosen. Evergreen plants are best pruned back in spring whereas deciduous plants are best done in winter. Maintenance pruning to keep the hedge looking tidy can be done in summer for both types. You should avoid trimming conifer hedges after August as it can encourage bare patches to form in the hedge.

Before pruning a hedge you must check that there are no birds nesting. Under the Wildlife & Countryside Act 1981, it is an offence to damage or destroy the nest of any wild bird while it is in use or being built. The bird nesting season is usually considered to run from 1st March to 31st July.

Topiary is ideally maintained throughout the year. The best way to trim them is to use shears at a flat angle to avoid digging the points into your shape. At Coletta & Tyson Garden Centre we have a selection of buxus animal topiaries that would suit beginners. Already with a guide, they are easy to maintain the animal shape.



What's Happening at Coletta & Tyson This Month?

On Sunday 12th October the East Yorkshire Vintage Motorcycle Club will be at the centre to start and finish their last ride of the season. There will be some amazing sites to see with these beautiful vintage motorbikes.

From Saturday 27th September, until 5th October is National Conifer Week.

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

Support the advertisers who appear within the Cottingham Times

NEWSTAR SECTIONAL BUILDINGS

Est. Over 40 years
OPEN 7 DAYS A WEEK
Open Sundays
11.00 am - 3.00 pm

- Concrete Garages and Sheds
- Greenhouses, Summerhouses, Cabins
- Playhouses, Dog Kennels, Garden Structures, Log Stores
- Base Laying & Removal of old Garages & Sheds
- Full Delivery and Erection Services
- Refelting of Existing Sheds



**Discounts
on selected
ranges**

Corner of Ash Grove & Beverley Road, Hull HU5 1LT
(Opposite Blind Institute)

TEL: 01482 444256

sales@newstarbuildings.karoo.co.uk

www.newstargardenbuildings.co.uk

**BRAVO
LANDSCAPES**



Garden design and build to the highest standard
Paving - Decking - Water features - Fencing -
Drives - Pergolas - Artificial Lawns
Imaginative low maintenance areas and much more!

Tel (01482) 844152 Mob 07985 416 665

www.bravolandscapes.co.uk

www.cottinghamtimes.co.uk - October 27

kitchensolutions
Replacement kitchen door and worktop specialists

- Over 50 door styles and colours
- Made to measure, Any size doors,
- Worktops, Sinks & Taps, Appliances
- Tiling, Plumbing, Electrical work
- All work guaranteed

Transform your kitchen at affordable prices

Free, no obligation Quote call today 01482 841551



N.O.C.
PROPERTY SERVICES LTD
ROOFING SPECIALISTS

30 YEARS EXP, CHAS ACCREDITED, FULLY INSURED
ALL ASPECTS OF ROOFING AND GUTTERING
SPECIAL DEALS ON FULL RE-ROOFS
DISCOUNTS FOR PENSIONERS
FOR FREE ESTIMATES AND ADVICE
CALL NICK O'CONNOR ON
01482 447 357 OR MOBILE 07947 556 719
92 HULL ROAD, COTTINGHAM HU16 4PU

Finkles Boutique
Cotta Court, Cottingham
Fashion at affordable prices
Autumn Stock Now Arriving!!
Plenty of Shrugs, Wide Selection of Colours
"Forget the Town, Come on Down to Finkles"




SENSATIONS
Nails :: Beauty :: Chiropody
A warm, friendly relaxing atmosphere awaits you
Get ready for autumn with
Express facial £18.00
Hydrating manicure £15.00
Chiropody treatment from £18.00
181 HALLGATE, COTTINGHAM
Tel: 849068

Your Stars for October 2014

By Kay Gower

Aries (Mar. 21- April 20)

Perhaps Cupid is always personified as a child and not a shriveled up old matchmaker because infatuation is impulsive, naïve, even foolish? But that doesn't mean it should stop you from enjoying yourself. The full moon in your sign on the 8th brings good news. The rest of the month gets even better.

Taurus (Apr. 21- May 21)

The outlook is good all month. You know how to lead and bring the best out in others. However, there will always be those who are jealous – just be aware of them around the 17th of this month.

Gemini (May 22-June 21)

There could be quite a lot of activity around the work area. You may receive help from influential people. For the next three weeks the sky is the limit so play your cards right. Success will be yours.

Cancer (June 22-July 22)

Hold your head up high so you can see right over any obstacles that are standing between you and an almost perfect October. Be ready for anything and everything this month.

Leo (July 23-Aug 22)

A good month for the brave. From the moment that you read this, make whatever effort is necessary about what you must say, and what must be so. The stars steer you in the right direction.

Virgo (Aug 22 – Sept. 23)

Fate, destiny, karma. What goes around comes around, and this month your faith in the justice of the universe will be restored.

Libra (Sept. 24 -Oct. 23)

Success is in the preparation, Libra. The month of October, right through until the end of this year will be the best time for you to put in the spade work. You should be feeling excited and positive about life, if not, you soon will be.

Scorpio (Oct. 24 - Nov. 22)

If you're not careful you will end up spending more than you earn this month. Having said that, there is also the chance of a bonus or even a windfall, so you probably don't need to worry about it.

Sagittarius (Nov. 23 -Dec. 21)

Practical issues may tend to keep you on the hop, you may not mind too much during October as your general level of energy will be higher than usual. Travel could also be on the agenda, be prepared for the unexpected.

Capricorn (Dec 22.- Jan. 20)

The full moon on the 8th October will bestow beneficial influences in many areas. This month will be marked with joy and chance. You'll be in the right place at the right time.

Aquarius (Jan. 21.- Feb. 19)

What you might see as a major problem, someone else might just shrug their shoulders and say C'est la vie! Assess how others view a situation before you roll your sleeves up.

Pisces (Feb. 20-Mar. 20)

The full moon on the 8th brings the gift of mercy. Turn inwards Pisces, and forgive yourself for forgetting to be on your own side and not believing in yourself. October is a new month and a fresh start.

Continued from page seven

Beverley Fine Arts Society

Wednesday 15th October - Rose Horspool, Lecturer in art, art history, design, and garden history, Opening the Can: Andy Warhol and the Cult of Celebrity. We meet on the third Wednesday of the month, excluding August and December. Our talks begin at 10:30 am, lasting for about an hour, with an opportunity to ask questions at the end. Meeting are held at: The Willerby Manor Hotel, Well Lane, Willerby, HU10 6ER. If you would like to join us, or possibly try us out for a meeting with a view to joining, then contact our Membership Secretary on 01482 843356 who will be pleased to provide more detail. (or if unobtainable, phone 01430 422114 to speak to another committee member) Website <http://beverleyfinearts.wix.com/bdfas> or Email: BeverleyDFAS@hotmail.com

Hull and East Riding Glaucoma Group

Wednesday 15th October - when we are very pleased to welcome Julie Atkinson from the Hull Sensory Team as our guest speaker. Julie will be talking to us about Personal Budgets which are part of a Government Policy allowing for ways of managing social care and support, and will be identifying the kind of help, support and advice available for people with visual problems. Join us at HERIB on Wednesday 20th August at 2pm. Entry is £1.50 per person. For more information and to book your place, please call HERIB on 01482 342 297.

Diabetes UK

Thursday 16th October - Dr. E. Kilpatrick (Consultant Diabetologist). Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

The Inland Waterways Association

Friday 17th October - Becks, Banks, Drains and Brains, presented by Colin Walker. 8.00 pm to 10.00 pm in the Cottingham Methodist Church Hall, £2.00 including refreshments.

Zion United Reformed Church

Friday 17th October - Concert by Longcroft School, Beverley, Gospel Choir, at the Zion U.R.C. Church, Hallgate, Cottingham, at 7.00 pm. Tickets £6 at the door or by ringing 845920.

Cottingham Ladies Circle

Wednesday 22nd October - Mrs. M. Rant gives a talk on "Microwave Cooking", in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm.

Wednesday Social Club

Wednesday 22nd October - Speaker: Reni Hewer - Yorkshire Abbeys, in the Darby & Joan Hall, at 2.00 pm.

Yorkshire Country Women's Association

Friday 24th October - Quiz Night, in the Village Hall, Skidby, at 7.30 pm.

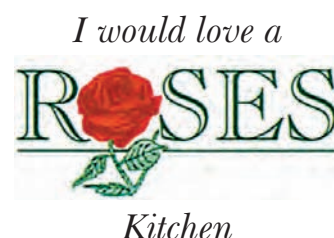
Friends of KGV

Sunday 26th October - Halloween Night. Bring your torches and lanterns for a nerve-tingling walk through the woods, avoiding ghosts and ghouls, to find the answers to the clues! Prizes for best costumes, as well as indoor activities.

Cottingham Men's de Luda Society

Wednesday 29th October - Tony R. Pace - Outer Hebrides 2012, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Continued on page



Roses of Beverley
Unit 6 The Courtyard, Tokenspire Business Park
Beverley. Tel: 01482 869111

Holiday Accommodation



Country Cottage Holidays

Cottages in the beautiful
Countryside of the Yorkshire Dales
Wensleydale and Swaledale
Pets Welcome

For brochure please ring
Telephone: 01969 667654
www.countrycottageholidays.co.uk



Holiday Home in Tenerife!!!!

Beautiful 3 bedroom house in Costa Adeje Mare Verde, Tenerife
On a peaceful and attractive complex, the house is only a
five minute walk from the superb Fanabe Beach.
A great choice for that family holiday! From £300 per week
Visit www.tenerifecostaadeje.co.uk or tel. 658787
for more information and photographs.

Sudoku Answer from page 12

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

Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - October 29



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

Hello and welcome once again fellow anglers to this month's fishing news, the date is 22nd September.

How are you all now the holidays are over? The kids are back at school but at least the weather is still really nice. Now I am not going to dictate and tell you all to keep fishing!! Though if you don't then you are all really dipping out on the very best time of the year. At the moment you cannot feed those fish enough as they pack on the weight ready for winter. Anyway I cannot wait to go again, as I haven't been for one whole week! That is no good, is it?

Now is the best time when I personally like to go back to fishing our rivers and also do a bit of canal work too. We at the Catchmoore A.C still like to go on the commercials during winter, but it is great to go trolling or fish Trent style on the rivers.

Talking of our Catchmoore Angling Club, here is a bit of news, for the first time in five years we have a new Champion. That's right it is not me for the first time! So here is to a very big well done to Mark, our new Catchmoore A.C Champion 2014. He was more than consistent throughout the season and more than deserves to be champion.

Back to our rivers, our good old River Hull is fishing very well at the moment. Small tides are apparently the best, two hours before top and three hours down. The most reports of the best catches are coming from the Kingswood Bridges to just past Ennerdale Bridge. The main species being caught are Perch and Roach in large quantities. Hemp and bread punch are the best baits to use alongside our good old maggot which is producing good catches on both the feeder and the stick. Deans and

Shipyard are producing mainly Perch near the boats but not much else at the moment. As we know the silver fish (as they do every year) will move up the river about October time.

We mentioned about fishing the river Hull previously, here is a reminder about the River Hull Angling Championships 2014 which will be held on 27th September. The draw will be at Beverly Leisure Centre from 6.30am with breakfasts available. There will be a minimum of £2650 in prizes up for grabs; it must be worth a go.

In addition the Yorkshire Derwent Angling Championships 2014 will be held on Sunday 12th October. Once again a minimum of £2650 in prizes are up for grabs in this competition too. The draw for this match will be held at the Yorkshire Air Museum, Elvington, Nr York, YO41 4AU from 7.15am. Here too breakfast will be available. The tickets cost £5 per day with optional pools and these are to be 100% pay out. The tickets are available from most tackle shops now.

My mate Robbo is starting to run his open matches again at Risby Park Fishery. These will start on Saturday 20th September. The draw will be at 8.30 am, fishing 10am – 4pm. The pools are now £16 all in. Robbo is expecting a big turn out on all of his matches, I know when you read this article you will have missed a couple of matches but they will be running throughout winter. Anyway my advice is for you to book on as early as possible to avoid disappointment. You can contact Robbo on 07834275278. Please can you text rather than ring as he is a very busy man, thank you. He will reply eventually.

Sea scene: well guys and girls it is nearly that time again to dig out your beach casting gear. That is if you have not already done so of course. I usually say round about Hull Fair is a good time for the Cod season to start, but to be honest they can run a lot earlier than that. Of course it is not just about catching a Cod or two, there are loads of species of fish on our coast. I would have two rods, fish one rod with big baits for the big fish and the other rod with small hooks and small baits for anything that swims.

I know I now may sound like a scratched record but please book your baits as early as possible or you may be disappointed to find that I have no spare live bait. As you know we always stock an extensive range of frozen baits. Give it another month and I will be stocking Rag worm and Maddie's again alongside a large list of readily available baits as well.

Garden corner: we have a large selection of winter bedding and perennials, grasses, tropical plants and evergreens. There is a good range of bespoke winter hanging baskets, containers and tubs. Or if you would prefer to bring your own then we can fill them for you. All indoor plants are available too. Coming soon will be your pomanders and wreaths both indoor and outdoor.

BREAKING NEWS!!! NEW STOCK IN THIS MONTH –

! FIREWORKS! - FROM THE 15TH OCTOBER till 10TH NOVEMBER, then back on sale in December for your NEW YEAR CELEBRATIONS!

There will be a fantastic range at good prices for you and the family. You must be over 18years old.

Till next month from me Chris and the Catchmoore Crew "tight lines"

**CATCHMOORE
FISHING TACKLE**
Everything for your fishing needs
**259 Greenwood Avenue
Hull HU6 9QA
Tel: 01482 803260**



Investigating - and acting upon - the recent flooding in the village

During the intense rainfall of 8 July 2014, a number of areas in Cottingham experienced external and internal flooding. East Riding of Yorkshire Council, as the Lead Local Flood Authority, has the responsibility under section 19 of the Flood and Water Management Act 2010 to carry out an investigation and prepare a report into the flooding. This work is progressing and the report is due to be published in late Autumn 2014.

The report will provide an overview of the flooding, describe the conditions which led to it, consider the response made at the time, and make technical recommendations for the authorities which manage the risk of future flooding.

Before this investigation is completed, the council's flood risk management team have arranged for minor improvement works and survey works to be carried out. These works include:

Cleaning out watercourses on Eppleworth Road, Harland Way and Badgers Wood

Surveying the culvert which links Harland Way to Broad Lane Beck - no defects were identified

Installing a rain gauge in the centre of Cottingham and a water level monitor on the watercourse which runs along Willerby Low Road. These are both remotely monitored systems which will provide an early warning for any future flooding and give a better understanding of the causes of flooding.

Contacted riparian owners of watercourses - those whose properties back on to watercourses - and reminded them of their responsibilities in terms of maintenance. This has already

resulted in some positive action.

The council is also working with Yorkshire Water and the Environment Agency to investigate the cause of the flooding and identify measures to reduce the risk of future flooding in the village.

Cottingham has experienced flooding incidents before this year, and following the 2012 floods the council published a section 19 investigation report, which identified a number of technical recommendations for the flood risk management authorities. Since the report was published, Yorkshire Water have completed their hydraulic model of Cottingham which is being used to identify parts of the drainage system that may have capacity issues. The model is also being used to identify the most cost effective solutions to areas that are at risk.

East Riding of Yorkshire Council have also managed some schemes in order to reduce flood risk in Cottingham, including an Environment Agency - funded screen replacement programme which is ongoing; the Raywell Valley flood alleviation scheme on Eppleworth Road which is complete; and culvert improvement works on Castle Hill Road, which resulted in a substantial amount of tree roots being removed from the pipes. A major flood alleviation scheme which will reduce the risk of flooding to Cottingham and Orchard Park is currently being developed by East Riding of Yorkshire Council in partnership with Hull City Council.

The way in which the council deals with calls about flooding, particularly outside normal working hours, has also been reviewed, and the operators who take the calls have been provided with revised guidance as to which engineers within the council to notify during flood emergencies.



THE INGLEMIRE

Tel: Dale 07960 167535

or Ian 07753 636110

589 Inglemire Lane, Hull HU6 8SW

Function room Hire for all occasions

Weddings :: Birthdays ::

Engagements :: Christenings



Live football - Two big screens and 8 plasmas

Beer garden with heated smoking area

Snooker, pool and darts team wanted





HANNAM Upholstery Company

1b Main Street, Willerby,
East Yorkshire HU10 6BP.
Tel/Fax: (01482) 658787

Maybe the new sofas you've been looking for are right under your nose

Before buying a new suite or sofa, take a look at what your sitting on. We can totally transform your existing furniture, re-upholster it in the latest modern, or contemporary fabrics. Re-style it or sometimes even re-shape it. Don't throw away a quality piece of furniture and replace it with rubbish. If you have a quality suite, then it will be worth letting us bring it back to life. A good frame will last for ever. Ring or call in to see what we can do for you. We will give an honest opinion on it if your suite is worth spending money on.



Now
Stocking
Designer
Wallpaper
Books

WE ALSO MAKE NEW SUITES

Sofas and chairs built to your own designs and dimensions in a choice from thousands of fabrics built on solid hardwood frames that carry a ten-year warranty. We also re-cover occasional furniture, such as dining chairs, chaise lounges and sofa beds.

With 35 years experience, satisfaction is guaranteed.

EVERY THURSDAY



Cottingham Market

**Do All Your Shopping in
Our Friendly Environment**

Fruit & Veg, Fashions, Hot Food Take-Away, Home Baking,
Underwear, Tights, Socks, In-Soles, Fish, Shoes, Pet Food,
Second-hand Books, Slippers, Plants, Flowers, Artisan Bread,
Bags, Cosmetics, Scarves & Hats, Watches, Cheeses and Butter,
Sausages, Sweets and Biscuits, Health Foods,
Charity Stall and too much more to mention

THE GREEN, COTTINGHAM



Further dance success for Hallgate School pupil

With the on-set of a new series of Strictly Come Dancing this Autumn – Cottingham and Sheffield have their very own mini dancing stars. Lewis Tutty (10) a pupil at Hallgate Junior School has featured in previous editions of the Cottingham Times regarding his dancing skills. He now has a new dancing partner, Olivia King (8) from Sheffield.

Lewis trains with Rhythm & Dreams Dancing Centre in Hull and Olivia trains with Drapers Dance School in Sheffield. The two were introduced to each other by their respective teachers at the end of July and began a new partnership forged by the passion they both share in relation to dancing. They spent their summer holidays travelling between Hull and Sheffield where their teachers worked hard to train them up with the skills and routines they required to be able to compete together.

On 7 September Olivia and Lewis entered 7 categories in the Yorkshire Open Championships 2014 held at the Ponds Forge International Sports Centre in Sheffield. They were a credit to their teachers when they impressed the judges so much they were awarded 3 first place trophies for their ballroom routines and 3 first place trophies for their Latin routines. They were also awarded a 4th place trophy in the open Latin section against some very experienced dancers.

64th Haltemprice Art and Craft Exhibition in the Civic Hall, Cottingham

Application forms are now available for the 64th Haltemprice Art and Craft Exhibition which will take place at The Civic Hall, Cottingham from Thursday 16 October to Monday 20 October 2014.

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 Tuesday 14 October, 2014 9.30 am to 4pm 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 3 October 2014 between 10am and 5pm at the Civic Hall, Cottingham.

Please call (01482) 395320 for further information or an application form.

Cottingham Calendars with photographs by John Dewing on sale at Barkers in October

John Dewing who has taken many of the excellent photographs featured on the cover of the *Cottingham Times* over the past eight years, has produced an A4 full colour calendar for 2015 with a marvellous selection of Cottingham Views.

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



“The Railway Man”, Saturday 18th October, Swanland Village Hall

A new season - the eighth - has started, of films on the third Saturday of every month at Swanland Village Hall. At 7.30 on Saturday 18th October there will be a showing of “The Railway Man” (15).

A former British Army officer, who was tormented as a prisoner of war at a Japanese labour camp during World War II, discovers that the man responsible for much of his treatment is still alive and sets out to confront him.

Starring Colin Firth and Nicole Kidman. Entrance costs £4 (adults) and £2 (schoolchildren). For details of all the upcoming films, please see <http://www.swanlandvillagehall.info/future-events.htm>



The first production of the new season of ArtERY Live shows at Swanland Village Hall will be “The Taming of the Shrew” at 7.30 on Sunday 26th October. Two Gents Productions return - after their ground-breaking success at Shakespeare’s Globe in 2012 and a World Tour in 2013.

They are back on tour around the UK in 2014. And this time they mean business: Two Gents is launching The Complete Shakespeare Project – performing and touring all of Shakespeare’s Plays in Chronological Order. After Two Gentlemen of Verona, they now tackle THE TAMING OF THE SHREW. With only two actors on a bare stage Two Gents bring the plays to venues small and large across the UK.

In THE TAMING OF THE SHREW they tackle the classic War of the Sexes Is Petrucchio’s ‘taming’ of Kate an act of love, of violent submission, or (perhaps more controversially) both? In their distinct cross cultural style – fusing Shakespeare’s text with the actors’ experience of migration, displacement and cultural otherness – Two Gents explore both plays in repertory this autumn. Come and be part of the action!

Tickets cost £8.50 (£7.50 for SVA members); £4 school children; £20 family (2 SVA members + 2 children) available from Yvonne (01482-634863) Bring your own drinks and glasses - nibbles provided. For further details please see <http://www.swanlandvillagehall.info/future-events.htm>

**HIGH SECURITY, ENERGY EFFICIENT
DOUBLE GLAZING
AT GENUINE SENSIBLE PRICES**

COTTINGHAM WINDOWS & VISTA FRAMES

- Local Company
- Manufacturers & Installers
- All Styles & Colours
- Composite Doors
- Bi-folding Doors
- No Pressure Sales



www.vistaframes.co.uk
E: info@vistaframes.co.uk
T: 01482 307307 / 849999

Factory & Product Display
Unit 3 Unity House, Rotterdam Road
Sutton Fields, Hull HU7 0XD

WINDOWS • DOORS CONSERVATORIES



KÖMMERING



Solidor

certass





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

www.instinctivehorsetraining.co.uk

I am preparing to attend the 2nd International Animal Trainers Conference at Twycross Zoo early in October. The effect of my first visit has been profound in all ways. My whole training base has changed to following science based fact, not mythical fog!

Using positive reward based training changes the emotional state of any animal. Emotions are behaviours too.

It becomes possible to mark a moment in time and reinforce with something the horse considers of a high value (usually food)

Any behaviour that has been reinforced, both negatively as well as positively, will reoccur. Marking positive moments in time or desired behaviour, even desired emotions, will lead to them being repeated.

Such a mind blowingly useful training ethos.

Here are just a few fantastic results of such training.

1. The ability to produce confidence in extra ordinary ways.

2. Training a horse to stand on a mat....(with or without the leg lift!)



3. Systematically desensitising a young horse to having me stand on a mounting block prior to backing. Note the horse is loose so it has the choice to move off at any time. Marley chooses to stand on the mat quietly because it has been heavily positively reinforced.

4. Systematically desensitising a young horse to its fear of plastic bags.....you need to break it down into incremental steps for approach, its noises as well as its movements. Positively rewarding each move made by the horse.....thus creating a good history.

For anyone interested I have many training videos up on my youtube channels....(Melanie Watson)(Melanie S Watson) and (shesaveshorses)





Painting and Decorating

Is the theme for October but with most of this happening overnight there will be very little disruption to service. November 5th will then soon follow, a big day in the calendar of the Half Moon.

We're changing the format a little this year, details next month, but a great Firework display is guaranteed, followed by the usual grumbling from my accountant about too much money going up in smoke, sorry Tim I just love fireworks.

Finally with Christmas Day already fully booked I don't think it's too early to mention the Festive season, our party menu is published below for all of you planning a party with friends or family in December.

Cheers and thanks' to all, Mike



Festive Party Menu At Skidby's Village Pub



Lunch 12.00 – 2.00 or Evenings 5.00 – 7.30 between December 1st and December 24th

With festive decorated tables including crackers and treats

All main courses served with a selection of potatoes and fresh vegetables

----- To Start -----

Cream of Wild Mushroom Soup

A warming, homemade soup with paprika croutons served with a warm crusty roll and butter
or

Trio of Smoked Fish

A blend of smoked haddock, salmon and mackerel in a light pastry case with a walnut & horseradish sauce
or

Pork, Fig and Port Pate

A rich, smooth, pate served with an apricot chutney and toasted ciabatta slices
or

Beetroot & Mandarin Salad

A colourful salad, full of flavour, with artichoke, a balsamic glaze and a pea shoot garnish

----- Main -----

Roast Turkey

Freshly carved turkey breast with stuffing, bacon rolled chipolata and cranberry sauce
or

Fillet of Red Snapper

A sweet, firm, white, textured fish filleted and pan fried before serving on a bed of chorizo & prawn paella
or

Beef Bourguignon

A tender, braised, beef steak marinated in a classic sauce of red wine, button mushrooms, baby onions and lardons
or

Feuillate of Asparagus & Wild Mushrooms

A light, puff pastry case filled with asparagus & wild mushrooms in a creamy herb sauce

----- Pudding -----

Christmas Pudding

A traditional, steamed, fruit filled pudding served with a rich rum sauce
or

Panettone Pudding

Italian Christmas cake transformed into a rich bread & butter style pudding with Grande Marnier custard
or

Chocolate and Orange Tart

Sheer indulgence, laced with Cointreau and served with chantilly cream
or

Ice Cream

A selection of premium ice creams

Non-returnable £5.00 deposit per person on confirmed booking, pre-order required 7 days before booking.

Lunch bookings --- 2 course £14.00 --- 3 course £17.00

Evening bookings --- 2 course £16.00 --- 3 course £19.00

Children's meals are priced independently to suit individual needs, please ask for details.

The Half Moon "Skidby's Village Pub" 16 Main Street Skidby HU16 5TG – 01482 843403

Ambassador Holidays

Formally East Yorkshire Holidays

Mon: 3rd Nov: Winter in the Lakes 5 Days Inc: Ullswater Steamers Cruise, Best Western Shap Wells Hotel 4 Nights DBB + Fabulous Days Out: Only £185.00

Mon: 10th Nov: Torquay: Turkey and Tinsel Break 5 Days Derwent Hotel Inc: Nightly live Cabaret Shows, Full leisure complex, + Days Out, Price: £239.00

Monday 17th Nov: Jersey 5 Days 4 Nights D.B.B. £5.00 Coffee Shop Voucher per Day, £10.00 Drinks Vouchers per Day, Jersey Cream Tea, Half carafe of house wine with dinner per day: It's The whole Holiday Thing Sorted: Inc: Transfers To the Ferry Port Price £355.00

Tuesday 23rd Dec: Jersey Christmas Cracker: 6 Days 5 Nights with one night D.B.B. and 4 nights Full Board. A traditional Christmas just like home, except it's probably a lot more fun and you don't have to lift a finger, no cooking no washing up just fun and relaxation and a visit from Santa! Price £569.00

Tuesday 23rd Dec Traditional Christmas in Torquay: 5 Days Staying at the Derwent Hotel TLH Leisure Resort Torquay Full Christmas Fare and celebrations plus Entertainment and cabaret show a Christmas Holiday to Remember: £495.00

Sunday 28th Dec: Jersey New Year: 6 Days 5 Nights D.B.B You have not experienced New Years Eve until you've spent it at The Mayfair A Sumptuous Gala Buffet will cause jaws to drop, Star Cabaret, with local support acts and a visit from the Jersey Caledonian Drummers & Pipers and the party continues until the last person goes to bed: £405.00

Look at This Christmas Special Fri 13th December

3 DAY London Week End Theatre Break to see

IRVING BERLIN'S WHITE CHRISTMAS THE MUSICAL

With ALED JONES & TOM CHAMBERS [At the Dominion Theatre]

ONLY ON FOR 8 WEEKS

OUR 2015 HOLIDAYS AND SHORT BREAKS NOW AVAILABLE

For Further Information On all our Tours Call into our Office at
McMillan House 6 Wolfreton Drive, Anlaby HU10 7BY

TEL: 01482 650005



Cottingham Methodist Church Music Festival, Sunday 16th November

This year is the 10th anniversary of the Sunday Concerts and November 16th is the final event, being marked by a very special **GALA DOUBLE BILL**, featuring two international artists who have won the hearts of Cottingham Concert goers in recent years.

Elizabeth Altman, International pianist, who instigated these concerts will be playing many favourite pieces by Chopin, Schubert & Mozart and the Beethoven Pathetique sonata, for which she is renowned. Elizabeth has always been a firm favourite in the East Riding and is always welcome here.

Contrast with **Michael de Costa**, international baritone (accompanied by Matthew Collins) and his operatic team including Bel Canto tenor Ben Pieper, mezzo soprano Andrea Campbell Mapplebeck, and soprano Susanna Veien Bolwig from the York Opera Academy. We have a formidable ensemble to grace any concert hall.

Regulars will know that de Costa always presents popular operatic items and we are promised we shall not be disappointed in this 10th anniversary concert, with Puccini, Mozart, Bellini, Rossini and Verdi all featuring. Their programme will also include the famous drinking song from La Traviata.

Cottingham Methodist Church, Hallgate, Sunday 16th November at 2.30 pm.

Tickets £12, students £6 (inc programme & refreshments) available 1st October from THE PHOTOSHOP, King Street and STROUDS HANDBAG SHOP, Hallgate Or phone 01482 847122, 01482 842347.



Elizabeth Altman

Michael de Costa

Myeloma UK & Myeloma Awareness Week 2014

Many sincere thanks to all the residents of Cottingham and district for your generous donations to the Myeloma UK collection boxes and your support for the awareness stalls and fundraising events. Since July last year until the end of June this year a total of £2,075.00 has been collected.

MYELOMA UK is the only organisation in the UK dealing exclusively with myeloma and its related disorders and relies almost entirely on fundraising activities and voluntary donations like yours.

Tony Tordoff (Dunswell).

Support the advertisers who appear within the Cottingham Times

Total Peace of Mind... ...with the Classical Gas Care Plan



For fast boiler repair, whatever the weather, **choose a local company** with real people answering the phone (no call centres!) Thousands of local households trust us to make sure they have heating and hot water 7 days a week, 365 days a year.

We keep our promise – to attend emergencies within 24 hours whatever the weather.

One low cost monthly payment* gives you:

- Priority call out for emergencies
- Choice of cover – boiler only or full system cover available
- Unlimited call outs – repair of your boiler and central heating system including all parts and labour*
- Includes annual boiler service and safety inspection

*Subject to contract chosen, Terms & Conditions Apply

Call **01482 875897**
to learn more

From only
£2.08
per week



Classical Gas Ltd
60 New Village Road
Cottingham HU16 4NE
www.classicalgas.co.uk

Skidby Methodist Church celebrates its 200th anniversary

In 1814 the Methodist Society in Skidby opened the first chapel building. Methodists along with other Nonconformists had been present in the village for many years. Revd John Wesley sent a letter, dated 30th July 1786, to a Mr Torry of Hull. In this he expressed his approval of the Methodist Plan. This was, and still is, the means by which the preachers were planned to lead worship at all the chapels gathered together in one area. In this particular plan to which he referred, Skidby, (spelt SKITBY) was numbered along with 43 other places in the East Riding. Little detail of this first building is available.

In 1902 a new chapel was built and opened on the opposite street corner, now called Church Close. The old building was for sale at £25. Eventually the vicar bought it for £20. It was donated to the village as a reading room. Years later it was to house the County Library. Now it is still in use as the small hall of the Village Hall and Institute.

When in recent times the chapel in Little Weighton closed, the congregation joined Skidby and that village name was added. Money raised from the sale of that building allowed an extension of a vestry, toilet and the installation of kitchen facilities.

This 200th Anniversary is to be celebrated on 19th October 2014 at 10.45am with a public service of celebration, not for bricks and mortar but the countless numbers of people who have served faithfully through the chapel.

The preacher at this time is Revd Stephen Burgess, chairman of the York and Hull District of the Methodist Church.

'Babes in the Wood' at Beverley Memorial Hall, Wednesday December 3rd to Sunday December 7th

Come and see Beverley Musical Theatre's 'Babes in the Wood'. A professional show, great fun and very good value, full of popular songs and lively dances, with slapstick and fun for all the family.

The costumes are vibrant and the dame played by Ian Thompson (who also happens to be the producer) makes all his own costumes. Come along and have a great night out, sing, laugh, shout, boo and hiss to your heart's content.

The show is at Beverley Memorial hall and is from Wednesday Dec 3rd to Sunday Dec 7th with a Saturday and Sunday matinee

Tickets are always in demand and sell out fast and at just £7.50 for adults and £5 for school age children get them whilst you can.

Tickets are available from Beverley Music Centre 01482 881584.

Check out our website www.beverleymusicaltheatre.co.uk follow us on facebook and twitter @BevMusicTheatre

SPECIAL OFFER FOR GROUPS!!

Buy 10 tickets and pay for 9.

Golden Charter Funeral Plans from **H Kemp & Son Ltd**

Making sure everything goes to plan



H Kemp & Son Ltd
259 Hallgate, Cottingham,
East Yorkshire HU16 4BG.

(01482) 844695

A funeral plan leaves nothing to chance and provides **peace of mind** for you and those you care about.

We recommend funeral plans from Golden Charter, the UK's largest provider of plans to independent funeral directors like us. With a Golden Charter funeral plan you'll benefit from:

- **Fixing the cost** of our services at today's prices
- **Reassurance** for your family – no uncertainty or difficult decisions
- **Complete flexibility** to choose the funeral you want

Taking out a funeral plan is one of the most **thoughtful decisions** you could make.

Golden Charter
Funeral Plans

The UK's largest independent funeral plan provider

www.yourfuneraldirectors.co.uk

GC-LIFT 2222

Moving Abroad?

A monthly column by Nick Russell

Well, as we head on into the end of September and into October the weather has started to cool down a little bit, although it is still sunny and very warm, the temperature is only reaching the mid 20's which is still warm enough to lay out in, but not as overpowering as the high 30's/low 40's of the last couple of months.

It is now possible to work outside without feeling drained after about an hour. I have already started pruning back the fig trees and grapevine and dead heading the various plants around the garden. The next big job for me will be trimming the 200+ conifers that surround the garden which I will start about the middle of the month when our last guests have gone. Once that is done then it will be getting the 125 olive trees ready for harvesting, which is done when they turn black, normally between December and March. I am going to harvest the olives myself this year, along with a bit of help from family and friends, I hope.

We were going to try and grow grass again in the garden, but having discussed it with different people, we have decided to stone and landscape it instead. It might cost a bit more than grass seed but I won't have to worry about watering it or having it die on me like the last time. To help break it up a bit we are going to build three or four raised beds and plant a few more fruit trees as well as palms and cactus. It's quite a big area of around 800 sq metres, so will need about 30 ton of stones which will have to be manually moved onto the garden from the drive.

Aerial photos

We have had some aerial photos taken of the house and garden which have turned out really good. They were taken by Enrique who I teach English to, while his girlfriend Nazaret teaches our grandson Aiden Spanish. He has a remote control drone with a camera fixed to it and asked if we would like some pictures taken for free. We have put a selection of them on Facebook (Rita Russell) and a couple on our page at www.holidaylettings.co.uk/1388972 if you want to have a look. We have also had our 5th review on there as well.



Guests

We have friends of our son, Tom, coming out the first week in October for their second visit to see us, and a couple of days after they leave, we have some friends of ours coming out for a long weekend. As we haven't seen them for over four years it should be fun and I am sure a few glasses will be drunk, and plenty of food consumed while they are here as we catch up.

We tend to shut the bar and pool down at the end of October, but if anyone would like to come out and stay then just get in contact. We still have half-term week free and I know flights will be expensive, but if you fancy a break then just get in touch on www.nickruss@hotmail.co.uk and I can give you more details. Last year we had guests visit in November when flights are better value and the weather is perfect for sightseeing.

Breakdowns

Following on from last month's list of problems, September continued in much the same vein. The pump that supplies the well water to the garden has also now packed up and joined the other one at the repairers. The good news is that they can both be repaired for 120 euros and will take "a few days", that was over two weeks ago!!!!

Also my car started to cut out on the motorway, which is a bit scary, and needed the diesel particle filter cleaning out.

Back to school

Katie and Aiden have finally gone back to school after their 12 week summer holiday, with Katie moving up to "big" school so she sees Aiden every break time. They both couldn't wait to get back to see their friends and seem to look forward to going every day.

Flamenco show

We took Rita's sister and her husband to dinner and a flamenco show in Granada to celebrate their silver wedding while they stayed with us and we all really enjoyed it. Rita and I have been before, and both the food and show are top class and well worth the money. We would recommend the venue to all our guests if they fancy it. The only problem is finding the place as it is high up in the old town but on the way up you get fantastic views of the Alhambra Palace, another "must see" if you are visiting Granada.

Support the advertisers who appear within the Cottingham Times

Continued from page 29

Cottingham Methodist Church

Friday 31st October - Free Film Night, 6.40 pm for 7.00 pm. Popcorn, ice and chocolate for sale.

Cottingham Local History Society

Wednesday 5th November - Annual Stamp Lecture. Ruth Atkinson, 'The Humber Sites and Monuments Records: An introduction to the heritage assets within the parish of Cottingham. Meetings monthly at 7.30 p.m. at Hallgate Primary School, entrance via King Street. Please arrive before 7.30 p.m. as the doors cannot be manned once the meeting has started.

The deadline for entries in the November "What's On" section, is Monday 20th October.

Get Fit the strictly way!

Fitsteps is a new dance-fitness class created by the strictly come dancing stars Natalie Lowe and Ian Waite. UK Fitsteps Ambassador Katrina Catton currently runs Fitsteps classes every Wednesday evening 6.30pm - 7.15pm at the Civic Hall, Cottingham.

Katrina is starting a new Beginners class Friday 3rd October 10.30am - 11.15am at the Civic Hall, Cottingham, running alongside the popular TV series.



fitnessvibe® PRESENTS

FITSTEPS
Fitness that's 'Strictly' fun®

New beginners class
created by the Strictly Stars!

Classes start 3rd October

Cha Cha, Rumba, Salsa, Jive, Quickstep, Waltz, Samba, Tango and more!!! Suitable for all ages.
No dance experience and no partner required.

Every Friday 10:30 - 11:15am
at The Civic Hall, Market Square, Cottingham

£4 per class - no need to book!

Contact Katrina: 01482 355594 or 07910 797527
www.fitness-vibe.co.uk

Law firm offers Legal Advice Clinics: Inheritance rules to change this year

Leading law firm Andrew Jackson is to provide further legal advice clinics across the region, in light of major changes to the rules surrounding inheritance.

Solicitor Deborah Gilpin, who specialises in private client work, said: - "Family arrangements are becoming increasingly complicated, particularly as the intestacy rules - the rules concerning the estate of a person who dies without a will - are due to change on 1st October this year.

"If you do not make a will the law decides who will administer your estate and who will inherit. As a result of the changes that are due later this year, who will inherit your estate may depend upon when you die."

She added: - "The Law Commission recently recommended that unmarried couples who meet certain criteria should inherit from each other in the same way that married couples do. Since these recommendations are not being followed it's more important than ever to take professional advice to ensure that your legal affairs are in order."

Andrew Jackson's clinics, which have been running since 2003, have proved to be a popular forum for people wishing to discuss wills, powers of attorney, probate or family matters, such as separation and divorce.

"We are very happy to be able to help people in difficult situations by providing them with initial advice without them worrying about incurring any costs," Deborah added.

The clinics are already held in Hull, Beverley, Cottingham, Hedon and in September we launching a new clinic in Withernsea.

For more information or to book an appointment at one of the firm's clinics please contact Jayne Lowde in confidence on 01482 325242 or email jayne.lowde@andrewjackson.co.uk.

Support the advertisers who appear within the Cottingham Times



Andrew Jackson
Solicitors

Legal Clinics - Free initial appointment
for advice on Wills, Probate, Powers of Attorney
& Family issues

Cottingham
Civic Hall, The Green
12noon - 5pm
29 October & 24 November

Beverley
Memorial Hall,
10am - 1pm
23 October & 27 November

Monthly clinics are also held in Hedon & Withernsea

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

01482 325242

Marina Court Castle Street Hull HU1 1TJ
Andrew Jackson Solicitors are authorised & regulated by the Solicitors Regulation Authority: Ref 51781

www.cottinghamtimes.co.uk - October 39



Stuart Graham
BDS, MMedSci (Dental Implantology)

Routine and Complex Dentistry

t. 01482 841146 e. sjg@caringdentistry.co.uk
www.caringdentistry.co.uk

8/9 Castle Green, Green Lane, Cottingham, HU16 5JU
GDC Registration Number: 59133




THE HEALING HUT

ARE YOU SUFFERING FROM ANY OF THE FOLLOWING?
STRESS, TENSION-RELATED DISORDERS,
MUSCULOSKELETAL PAIN, MIGRAINES & HEADACHES,
BRAIN AND SPINAL CORD INJURIES,
BIRTH TRAUMA FOR MUM AND BABY
AS WELL AS MANY OTHER ACUTE & CHRONIC CONDITIONS
THEN CRANIO-SACRAL THERAPY COULD BE WHAT YOU NEED
FOR MORE INFORMATION CONTACT THE HEALING HUT

221 HALLGATE, COTTINGHAM
Telephone: 01482 842078

I would love a



Kitchen

Roses of Beverley
Unit 6 The Courtyard, Tokenspire Business Park
Beverley. Tel: 01482 869111



Graham Porter
BDS

Caring Dentistry

t. 01482 841146 e. gp@caringdentistry.co.uk
www.caringdentistry.co.uk

8/9 Castle Green, Green Lane, Cottingham, HU16 5JU
GDC Registration Number: 51131

Get Snapping - Council's second amateur photography contest opens this October

On Friday, 3 October, the council, on behalf of the East Riding Cultural Partnership, will launch the second Capturing the East Riding Amateur Photography Competition.

This time around, the theme of the competition will be @Work, Rest and Play – Capturing Life in the East Riding. The judges will be looking for people's take on what life in the East Riding is like. They are seeking photos of people in our area – as individuals, groups or crowd as they work, rest and play.

Residents and visitors who are keen amateur photographers are encouraged to enter the contest between Friday, 3 October and Friday, 12 December. Each participant can enter up to four photos during the 10-week submission period. All of the information you need to enter can be found at www.eastriding.gov.uk/capturing

During the course of the contest, entries will be displayed on the council's Flickr site www.flickr.com/photos/east-riding/

People can also follow the competition on Facebook www.facebook.com/eastridingcouncil and Twitter @East_Riding for updates, interesting facts and useful tips. Or tweet about the contest using the hashtag #capturingtheeastriding

After the competition closes, the judges will select the best 100 photographs for an exhibition which will tour the East Riding in 2015 and 2016. Confirmed venues include Beverley Art Gallery, Goole Museum, Pocklington Arts Centre and The Spa Gallery, Bridlington.

The top 100 photos will also be considered for one of many great prizes. Check the website for details.

In the first Capturing the East Riding competition, 275 people entered more than 700 photos. The top 100 entries were exhibited at four venues across the area, where more than 6,200 people saw them.

Hilary Saynor, chair of the East Riding Cultural Partnership, said: "We were delighted with the response to the first competition. It was a brand-new initiative so we had no idea what the take-up would be like. The overall standard of the entries was really very impressive, reflecting how much talent there is here in the East Riding. We are expecting it to be as good, if not better, in this second competition."

Councillor Richard Burton, cabinet portfolio holder for civic wellbeing and culture, said: "We are hoping for even more photos to be submitted this time around. This is your opportunity to show us what living in the East Riding means to you and to share your pictures with us. We already know there is a lot of talent out there. However, we also want encourage those new to photography to have a go and enter the contest. You never know – you may end up being part of the exhibition with a fabulous prize!"

For more information about Capturing the East Riding, contact Annabel Hanson, leisure, tourism and culture policy officer, at capturing@eastriding.gov.uk

Support the advertisers who appear within the Cottingham Times

HALLGATE LANDSCAPES LTD HALLGATE, COTTINGHAM

Also visit our Show Centre - Rear of 146 Hallgate (Alterframe), Cottingham

BLOCK PAVING SPECIALISTS

DRIVES PATIOS PATHS

Aggregates Supplied:-
**SAND,
SAND & GRAVEL
TYPE 1 STONE
CRUSHED BRICK
TOP SOIL**

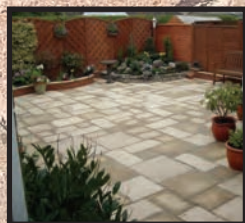
**Walls Built, Turfing, Trees Felled/Pruned
Demolition Work, Fencing Erected, Concrete Bases
Drives Gravelled, Planting Trees and Shrubs**

Established 1985

Tree Logs

£3.50

**per bag
Minimum
Delivery
10 Bags**



Tree Logs

£3.50

**per bag
Minimum
Delivery
10 Bags**

ALL WORK FULLY GUARANTEED

**FREE
QUOTES**

**Contact Brian -
T: 01482 846069/M: 07885 242773
COTTINGHAM**

**COAL
FOR SALE
£7.00
PER BAG**

google.hallgatelandscapes

(Formerly BJD Landscapes)

Book Now For Christmas

@ Kristoffs

Tel: 876886

kristoffs.co.uk

Scary Halloween open weekend at Southwood Garden Centre, 18-19th October

There is a Scary Weekend in store for everyone who visits the Halloween Open Weekend at the Southwood Garden Centre, off The Parkway, Cottingham during the weekend of the 18th and 19th October!

There will be a fun time for all the family with many childrens activities including a Ghost Hunt, Scare Room, Face Painting. Come and meet 'Boris' the Tarantula, 'Walter and Stanley' the Fire Bellied Toads.

Meet the Birds of Prey, Snakes and much, much more. There will be over 500 pumpkins with fantastic carving ideas, Autumn food sampling, raffles and competitions.

Every child who comes in Fancy Dress will receive a special prize.

Father Christmas will be arriving at Southwood Garden Centre during the weekend of 8th and 9th November, so remember to be good.

Panto is coming to Cottingham

Oh YES it is !!!

Two Cottingham mums have hit upon a novel fundraising idea to raise funds for Martin House Childrens Hospice. After friends of theirs lost a precious son to a life-limiting illness at 17 months old, they wanted to find a way to thank the hospice who helped care for him.

Calling themselves The Little Green Frog Production, Amanda Parker and Karen Sherer have enlisted family, friends and members of a local Am-Dram group to perform 'Pantomonium' at Cottingham High School during the October half-term break.

"We wanted to do something a little different, and having done a couple of pantomimes on a much smaller scale at Skidby Primary School, whilst on the schools' PFA committee, we thought it was just what Cottingham was missing" said Karen.

"The High School have been amazing, allowing us to rehearse and perform there, and Pete Biglin of The Stage is Set in Cottingham has offered to be our stage manager and prop maker which is wonderful" said Amanda.

They are hoping to get local businesses to support them by advertising in the shows' programme or by donating a raffle prize.

Pantomonium tells the story of Pantoland whose inhabitants are all fairytale characters. An evil giant is threatening their happy ever afters – is anyone brave enough to bring him down to earth with a bump?

The mums said, "we are hoping the shows are well attended to support the work of this amazing hospice, who also treated Ellie-Mai Mowforth before she sadly passed away in 2013. Her parents, John and Lisa who run The Duke of Cumberland, have shown us a lot of support for our fundraiser."

Shows are October 31st, 7pm and Nov 1st 2pm and 7pm. Tickets are available from Cottingham High School and Barclays Bank in Cottingham, £5/£6.

Alishaan

Authentic ❖ Indian ❖ Cuisine

**Special Four Course Meal
Sunday to Thursday £10.95**

**10%
OFF
Main Menu
Prices**

(not available on
Bank Holidays
or February 14th;
December 24th and 31st)

Prices discounted by
20% on Takeaway Meals

10% Student Discount on Sit Down Meals

**Now taking
Bookings for
Christmas**

Outside Catering available for that Special Occasion
Open 7 Days a week (including Bank Holidays)
Sun to Thurs 5.30 - 11.30 pm
Fri & Sat 5.30 - Midnight

205 Hallgate, Cottingham HU16 4BB

Tel: 01482 847255 :: Fax: 01482 847032
www.alishaan.net

Cottingham and District food bank will distribute food once a week on Wednesdays

Recent demographic information made the Cottingham Council of Churches aware of the problems of poverty in Cottingham and surrounding area, poverty not just among the unemployed but also among those working for poor rewards.

After a number of meetings at which representatives from the Cottingham Churches attended it was agreed to support a Food Bank for this area.

From the representatives at the meetings a small Management Committee was formed.

The Churches are being asked to provide suitable foods, money, and people to staff the Food Bank. The Bank will be based in the Zion and Newland United Reformed Church, situated in Hallgate, Cottingham.

The Food Bank will be open once a week on Wednesdays from 11-00a.m. to 1-00 p.m.

Basic foods will be provided for a small donation to people who can demonstrate that they live in the area.

Further information can be obtained by telephoning 845920.

金門 GOLDEN GATE

CHINESE MEALS TO TAKEAWAY

210A Hallgate, Cottingham HU16 4BD

Tel. 01482 847253

OPENING HOURS:-

TUESDAY - SUNDAY

5.00 pm - 10.30 pm

(Closed on Mondays except Bank Holidays)

TELEPHONE ORDERS WELCOME

DELIVERY SERVICE AVAILABLE

From 5.00 pm

See our menu on:

www.cottinghamtimes.co.uk/content/view/172/178/

GOLDEN GATE FREE BAG OF PRAWN CRACKERS

(Collection only, excluding Saturdays)
Valid until 23/10/14

Terms and Conditions apply

Only One voucher to be used at any one time
Original voucher only, NO Photocopies

210A Hallgate, Cottingham HU16 4BD



Halloween Party

**Wed 29th,
Thurs 30th &
Fri 31st October**
4pm-6pm
(during school half term)

Tickets now available £7.50 per child
inc. kids box with sandwich, crisps, freddo bar & bottle of juice
(telephone bookings accepted with full payment)

**0-8 years old
Soft Play**

**Book your
Party - 844200**

Kids Halloween Disco
Party Games
Spooky Spider Hunt
Prizes **Fancy Dress**
Fun

www.bluekangarooplay.co.uk
174 Finkle St, Cottingham, HU16 4AZ. tel: 844200



FOOD HYGIENE RATING
0 1 2 3 4 5
VERY GOOD

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.

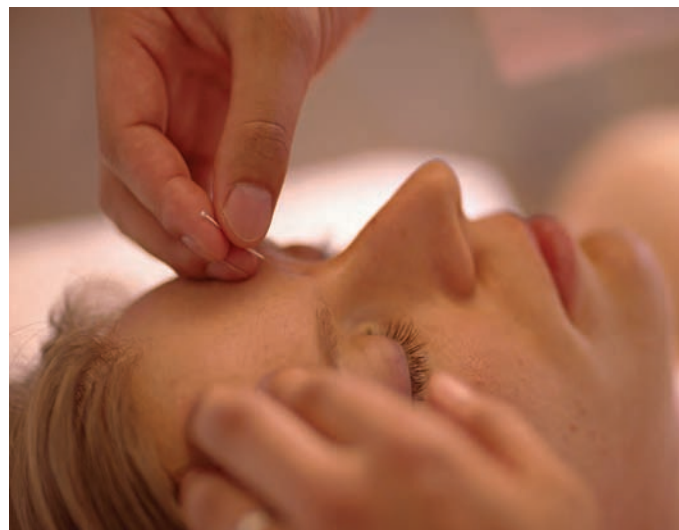
The channels are related to the internal organs, which if out of balance is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

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.



HERBGARDEN
CHINESE MEDICAL CENTRE

*Acupuncture and
Chinese Herbal Remedies*

Free Consultation

15% OFF

First Treatment

New Clients Only

**Bring this Coupon with you
to receive your discount**

Member of ATCM
**Recognised by Most Private
Health Schemes**

**28 BUTCHER ROW
BEVERLEY HU17 0AB**

TELEPHONE 01482 888152

Crowds flock to Food Festival

I was overwhelmed with the support and positive feedback I've received since the 2nd Cottingham Food Festival took place on the 21st of last month. The event built on the huge success we achieved last year: with more stalls selling the finest that East Yorkshire has to offer in food and drink, more of the area's top local chefs and more visitors coming to Cottingham!

There were some amazing local chefs such as Colin McGurran from Winteringham Fields and also a finalist on the Great British Menu, James MacKenzie- a Michelin starred chef from the Pipe and Glass Inn at South Dalton, our very own Judy Newlove from Sugar and Spice on Hallgate and more. All of our chefs did a 'Crab Challenge' where they had to create a dish in 10 minutes using East Yorkshire crab which was judged by BBC Radio Humberside's Phil White- the prize going to Ben Cox from the Star at Sancton.

I organised the event to not only showcase amazing East Riding producers but also to promote businesses that we have in Cottingham itself. Several of our wonderful establishments opened on the day and I've had extremely good reports from the owners and managers. Crowds filled the Market Green, King Street and Hallgate all day which meant business was good for our local firms. I hope that if you came you enjoyed the day and if you didn't then come along next year! Either way next time you're wanting a loaf of bread or a bit of mince you think about using the wonderful businesses that our village has to offer.

I would also like to thank all the sponsors for their continued support with out them the Festival would not happen.

Councillor Helen Green

Funding helps Cottingham Rangers Girls Grow the Game

Grassroots football in Cottingham has been given a helping hand following a £3,000 Grow the Game grant, from the Football Foundation, the country's largest sports charity.

The grant will allow Cottingham Rangers to set up two new girls football teams, a new under 12's team this season 2014-15 and an new under 10's team next season 2015-16. The funding will cover costs for recruitment of players, training of coaches, and fees for league application and FA affiliation.

The Premier League and The FA fund the Grow the Game scheme with £1.5m, which is delivered by the Football Foundation, the nation's largest sports charity. The scheme is designed to increase participation in our national game by helping clubs to meet the essential costs of starting new teams.

The key strength of Grow the Game is that its participation increases are sustainable rather than transient. Its grants create a solid infrastructure of teams and newly-trained coaches in which new people can start playing the sport, rather than simply providing temporary activity sessions, which are then vulnerable to drops in participation once the programme ends.

This year sees a particular emphasis placed on increasing the number of teams and players from the Under-15 age bracket and above, to address the decline in participation that has traditionally occurred as young people leave school and college. The other key focus is on growing the numbers of girls', women's and disability teams.

Tony Kay, Cottingham Rangers Mini Soccer School Manager, said: "It's the encouragement we need to try and boost girls football in this area, without this cash injection from the Football Foundation we would struggle to maintain the teams we have in existence let alone create new ones."

Paul Thorogood, Chief Executive of the Football Foundation, said: "Grow the Game has become one of the Foundation's most popular schemes. This additional funding provided by the Premier League and The FA is excellent news for grassroots clubs seeking to start new teams and get their volunteer coaches qualified with FA coaching badges.

"Congratulations to Cottingham Rangers for working with the East Riding County FA to secure their £3,000 Grow the Game grant which will increase participation in the region as well as support football development in the area."

FOR HIGH QUALITY, RELIABILITY AND A FRIENDLY SERVICE

Talk to George and Anne at

The Print Works

(Hull) Limited Est. 1997

Your Printing Experts — High Tech with Craftsmanship

Over 50 years in printing. Qualified to C.G.L.I. Int., Final, Full Tech. & P.P.M.(Works)

- Business and Personal Stationery
- Booklets
- 'NCR' Pads and Sets
- Newsletters
- Leaflets, etc.



Telephone/Fax

01482 842796

76 Golf Links Road, Hull HU6 8RB





中國宴會

CHINESE BANQUET

SUNDAY 19TH OCTOBER 2014
@ WOKSOEVER, COTTINGHAM

This event has proved so successful in previous years and many compliments have been received about the quality of the food, the location of the restaurant and the general sociable atmosphere during the evening. We have therefore taken the opportunity to offer you a chance to join us again this year, but please book your places early to avoid disappointment.



Woksoever



7.15pm for 7.30pm

Chinese Banquet

Raffle in aid of
Seafarers UK

Tickets £20

FOR TICKETS CONTACT

Russ Garbutt
37 Mill Rise
Swanland
HU14 3PN

Tel: 01482 632216

Email:
mill37@mill37.karoo.co.uk



Weekly Classes held at:
 Darby & Joan Hall, Finkle Street,
 Cottingham
 Monday 5.30 pm and 7.30 pm
 and all Bank Holidays
 Also at: Sutton Park, Hull
 Tuesday at 9.30 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14



The Purpose of Pain - Does it have a purpose

Pain is ... well... never a welcome feeling for anyone to experience. Have you ever wondered what the purpose of pain really is?

Pain is not something that is meant to torture us. Instead, it is sending us a message that something in a particular area of our body is not as it should be. Nobody wants to suffer in pain but pain is necessary. Not feeling any pain would actually be much worse. It is hard to believe but it is so true.

Pain's Purpose

What pain does it is it causes you to pay closer attention to something in your body that is no longer working correctly. In other words, the function of the organ or body part has ceased to do what it is supposed to do. There could be any number of reasons for this. Pain is a warning that a limit has been reached in terms of the functionality of the area in question. It means that the body has reached its limit of what it can handle and it is not able to adapt any further.

Pain is certainly not subtle in many cases and indeed, it is not supposed to be.

Its goal is to make you sit up and take notice of it, and from there to take appropriate action to improve the health situation. Once something is done (i.e. a proper diagnosis followed by a treatment plan) then the pain will subside and will cease to bother you further. You will have taken care of the medical issues at hand. Pain is the body's cry for help!

The body uses pain to alert you that what is needed is a change of action or approach to your health. It is a sign that something is not right! Pain should never be ignored because it is actually doing you a tremendous favour.

Pain does not always set in immediately. There could be something wrong with one of your muscles for instance and you do not realize it until the pain is suddenly overwhelming you and you can think of nothing else. In many cases the pain starts out very small and builds because nothing is done to remedy it.

In many ways, pain is a good thing because it indicates that a problem exists somewhere in your body. You may misinterpret the source of the pain however, as sometimes it is not the targeted area that radiates pain but an area that is in close proximity to it.

We can get into trouble if we refuse to acknowledge the pain or if we look for ways to make it go away without addressing the underlying cause of it. Many people resort to popping pain medication to relieve the pain they are suffering from. All this does it is temporarily makes the pain disappear. However in the long-term, the body's organs, such as the kidneys and liver, will pay the price for the pill popping habit used to self-medicate.

Numbing the body with drugs is never the long-term answer. It may be convenient or easy at the time, but it is unhealthy and ultimately, very expensive as well. Drugs are able to mask the pain but not make the problem go away. What is needed could be a holistic approach to dealing with the health problem that has brought on the pain and discomfort. If pain persists seek medical advice and ensure the root cause of the issue is uncovered.



A perfect home at the end of a perfect customer journey. That's this Miller difference.

the place to be

Cleminson Halls, Thwaite Street, Cottingham, Hull, HU16 4RE

Surrounded by mature woodland, this exclusive development is conveniently situated just a short stroll from the centre of Cottingham, within easy access of the M62.

If your old house is tying you down . . . choose Home Exchange~

Whether you're upsizing, downsizing, or just moving on, with our flexible Home Exchange scheme- we'll simply buy your old house, leaving you chain-free to buy one of ours.

Introducing The Crompton. Prices start from £305,000.

Impressive 4 bedroom detached home with garage featuring spacious lounge with bay window. Open-plan kitchen/breakfast area that occupies the entire rear of the ground floor with French doors, plus master bedroom with en-suite.

Introducing The Wharton. Ready to move into for £400,000.

Stunning 4 bedroom detached family home with double garage, bright French doors to both the open-plan kitchen/breakfast area with utility and the dining room. Double doors lead on through to a generous lounge with feature bay window.

Visit us Thursday to Sunday, 10.30am to 5.30pm.



You can count on us for the best service, standards and levels of customer satisfaction.

We call it the Miller difference.

0808 223 0589 | www.millerhomes.co.uk



millerhomes

*Home Exchange is subject to availability, status and eligibility. It does not guarantee a like for like exchange. Your present home must meet certain basic qualifying criteria to be eligible. Price and availability correct at time of print. Photography represents typical Miller Homes' exteriors.

Have you
seen our new
pet shop?



*Book Your
Christmas
Meal with
Us now*



Coffee & Cake
For two only
£5.00 after 2pm



10% off
all Conifers



Two Soups
For only
£6.00



James Wellbeloved
dog food 15kg
Only £43.99

We



*Visit Coletta & Tyson's
One Stop
Christmas shop.....*

Christmas

Open Now....



*Quality, value & service
for over 70 years!*

324 Hull Road, Woodmansey
HU17 0RU
Tel: 01482 865410

find us on **facebook** | follow us on **twitter**

Opening Times
Mon - Fri (8.30am - 6pm)
Sat - Sun (8.30am - 6pm)



COLETTA & TYSON
NURSERIES AND GARDEN CENTRE

www.colettagardencentre.co.uk