

# Cottingham Times

and District

Issue 167 - October 2015

## STEPHEN RICHARDSON

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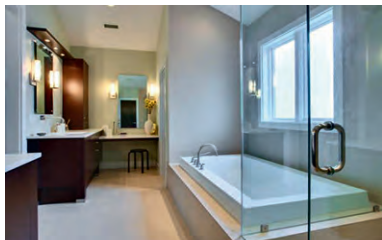
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## In Cottingham and District

### Viewfinder Photographic Society

Friday 2nd, Saturday 3rd and Sunday 4th October - Will be holding its annual photographic exhibition in Skidby Village Hall. The exhibition will be open from 10.00 am to 4.00 pm each day. Refreshments will be available. Prints and cards will be available to purchase.

### The Beverley Flower Club

Monday 5th October - Is celebrating its Pearl Anniversary. We are having a demonstration by National Demonstrator Craig Bullock appropriately titled 'Pearl Anniversary'. The meeting will be held at Longcroft Upper School, Beverley, in the main hall, 7.00 pm for 7.30 pm. Entrance £5.00. Please come and join in our celebrations, with a drink and cake and enjoy wonderful flower arranging.

### Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall  
Tuesday 6th October - at 6.30 pm. Outside visit  
(7.30 pm if wet)

Front cover: Entrance to Thwaite Hall.  
Photo by: Paul Lakin

Tuesday 20th October - at 6.30 pm. Outside visit  
(7.30 pm if wet)

Tuesday 3rd November - at 7.30 pm.

Want to learn more about using your digital camera now? Why not give our friendly group a try? New members welcome. Contact for further details - John Tel No: 842169 or [john@jcmhome.karoo.co.uk](mailto:john@jcmhome.karoo.co.uk)

### The Cottingham History Society

Wednesday 7th October - A Tour round Hull's Old Town. Paul Schofield, in the Red Hall, Hallgate Primary School, Cottingham starting at 7.30 pm. Meeting fee, Members £1.00; non-members £2.00. Contact Peter McClure 01482 845734.

### East Yorkshire Association of the National Trust

Thursday 8th October - Cottingham Civic Hall, 7.30p.m. Andrew Karavic - 'A Year of Sledmere's Gardens'. Non-members welcome.

### Cottingham Green Women's Institute Evenings

Thursday 9th October - Members Meeting. Competition: A Picture of Autumn Leaves. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 pm, second Thursday of each month.

### Skidby and Little Weighton Methodist Church

Friday 9th October Soup Lunch. Come and enjoy delicious home made soup and rolls served from 11.30 am onwards and make a donation for charity. All welcome.

### East Yorkshire Embroidery Society

Saturday 10th October - Polly Meynell - Contemporary Textiles in the Church, to be held at 2.30 pm in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits. [www.eyes-embroidery.co.uk](http://www.eyes-embroidery.co.uk)

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### Skidby Village Hall

Saturday 10th October - Annual Charities & Craft Fair from 10.00 am - 1.00 pm. Entry is free and refreshments will be available throughout. Charities and Crafters are welcome to book a table by contacting the Secretary on 07899 676259 or [dianechilton50@gmail.com](mailto:dianechilton50@gmail.com) for further information.

### Cottingham Methodist Church

Sunday 11th October - Harvest Festival Celebrations, 10.00 am and 6.30 pm.

### Cottingham Catholic Women's League

Monday 12th October - Speaker: Clive Richardson "Left We Forget", in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

### Cottingham Women's Institute

Tuesday 13th October - Cottingham in the 20th Century - Pat Elliott. Competition: Photograph of Cottingham, 10.00 am to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

### Cottingham Men's de Luda Society

Wednesday 14th October - The Immigrant - Geoff Gray, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

### Cottingham Ladies Circle

Wednesday 14th October - Mr. G. Bell talk re: Hull Fair, to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

### Diabetes UK

Thursday 15th October - Mike Turner. Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

### Inland Waterways Association

Friday 16th October - Dr. Robb Robinson with a presentation entitled "Viola" a Ghost Ship of Grytviken. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate.

### Southwood Farm Shop

Saturday 17th and Sunday 18th October - Halloween Open Weekend. A fun time for the whole family. Childrens activities - Scare Room, Ghost Hunt and a Scary Ghost House. Meet our birds of prey, snakes, tarantulas and more. Over 1500 pumpkins with fantastic carving ideas. Autumn food sampling, raffles & competitions. Every child who turns up in Fancy Dress gets a special prize.

### Skidby and Little Weighton Methodist Church

Sunday 18th October - We have our Church Anniversary Service at 10-45 am when the preacher will be Keith Lownsbrough. Come and celebrate with us.

### North Ferriby Gardeners' Club

Monday 19th October - A Year in the Garden, Richard Benwell. North Ferriby Gardeners' Club meetings are held in the Village Hall, starting at 7.30 pm. (unless otherwise stated)

### Hull and East Riding New Stitchers (H.E.N.S.)

Tuesday 20th October - Speaker: Fiona Ashby - Patchwork. Meetings are held at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or [www.hullandeastridingnewstitchers.weebly.com](http://www.hullandeastridingnewstitchers.weebly.com).  
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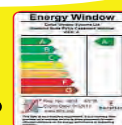
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#### Hull and East Riding Antiques and Fine Arts Society

Tuesday 20th October - AGM followed by The Mary Glen Memorial Lecture, Dominic Riley "Lost on the Titanic, the story of the great Omar Binding". At 10.30 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members welcome. Guest tickets £5.00. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 57574.

#### Beverley Decorative and Fine Arts Society

Wednesday 21st October - Tony Faber. The Imperial Easter Eggs of Carl Fabergé before the Revolution. We meet at the Willerby Manor Hotel (just beyond the Waitrose roundabout), on the third Wednesday morning of each month at 10.30 am. Coffee available from 10.00 am.

#### Cottingham Evening Townswomen's Guild

Wednesday 21st October - Tony Featherstone - Trash and Treasure, at 7.30 pm in the Darby & Joan Hall, Finkle Street.

#### Hull and East Riding Glaucoma Group

Wednesday 21st October, - HERIB are pleased to welcome Optometrist Mr Philip Daniels as our guest speaker. The owner of Daniels, Turner and Associates, a long established and respected Optometrists' practice in Spring Bank Hull, Philip will be talking to us about the optometrist's role in identifying and monitoring glaucoma. He will also be telling us about the new equipment he has available to help with this process. Join us at HERIB on Wednesday 21st October at 2pm. Entry £1.50 per person. For more information and to book your place, please call HERIB on 01482 342297.

#### Cottingham Methodist Church

Friday 23rd October - Free Film Night, 6.40 pm for 7.00 pm. Popcorn, ices and chocolate on sale.

#### Friends of Thwaite Gardens

Saturday 24th October - Enjoy an Autumnal walk led by John Killingbeck or stroll round the gardens at your own pace, starting at 11.00 am. Gates to close by 1.30 pm. Admission £1.00; under 16's Free.

#### Rotary Club of Holderness - Craft Fair

Saturday 24th October - Cottingham Civic Hall, 10am to 4pm. Selection of stalls including gifts, second hand books, good quality bric-a-brac and tombola, to raise funds for Rotary charities. Members of the Inner Wheel will be serving refreshments in the cafe.

#### Beverley U3A Singers


Monday 26th October - Charity concert "A Song for All Seasons" in aid of East Yorkshire Air Ambulance. Concert is at 2.00pm. in the Toll Gavel Church, Beverley. Tickets priced £3.50 are available from Beverley Music Centre, Norwood, Beverley.

#### Cottingham Men's de Luda Society

Wednesday 28th October - Ray Parker "My Version of Overload", in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

#### Cottingham Ladies Circle

Wednesday 28th October - Mrs. R. Barton talk entitled 'The Year of the Bee by a Beekeepers Wife', to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 pm.



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### Wednesday Social Club

Wednesday 28th October - Speaker: Derick Clarke - Bits and Pieces continued, in the Darby & Joan Hall, at 2.00 pm.

### The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held every afternoon from 1.50 pm to 4.00 pm. League matches, club competitions and social gatherings form an important part of the club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email [revtrev2@revtrev2.karoo.co.uk](mailto:revtrev2@revtrev2.karoo.co.uk)

### Zumba & Keep Fit Classes for all ages & abilities

Zumba - Mondays 7pm Zion Church Hall, Cottingham

Fridays 10:15am Walkington Village Hall

Zumba Gold - Mondays 2pm Darby & Joan Hall, Cottingham

Wednesdays 1:30pm Skidby Village Hall

Keep Fit - Wednesdays 10am Garden Village Community Centre, Hull

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### St. Mary's Church, Cottingham

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

### AgeUK East Riding

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

### Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Dean Banyard, Club Secretary, telephone 01482 840924, or visit our website [www.cottinghamrangers.co.uk](http://www.cottinghamrangers.co.uk).

### Zion United Reformed Church, Hallgate

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

### 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.

### Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.30 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](http://www.fitmums.org.uk)

### Cottingham Bridge Club

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

*Continued on page 30*

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# Property News from Martin English of Homelink

## Fire Safety Regulations in Rental Property

Following October the 1st 2015 and the introduction of the 'The Smoke and Carbon Monoxide Alarm (England) Regulations 2015' all rental properties have specific regulations concerning smoke and CO alarms.

HMO (House in Multiple Occupation) have additional safety and fire regulations to follow with the Fire Safety Order 2005 requiring landlord to perform certain duties including a Risk Assessment on their HMO in respect to fire safety.

Do landlords need to fit a smoke alarm in a rental property?

Following the introduction of The Smoke and Carbon Monoxide Alarm (England) Regulations 2015 from the 1st October 2015 smoke alarms and in certain circumstances, Carbon Monoxide Alarms are a mandatory requirement.

What are the smoke and carbon monoxide alarm requirements?

A rental property requires a minimum of one smoke alarm per floor, alongside this landlords and agents are required to have a Carbon Monoxide monitor in any living area where a solid fuel burning appliance is located.

## What happens if you don't comply?

If a landlord fails to comply with the new regulations they could face a fine of up to £5,000.

The complication comes in the detail of the legislation. For instance, what happens where a tenant disconnects or takes out the batteries in the new fire alarm? Is it really the landlords' responsibility to ensure that the property is regularly inspected to ensure that the fire alarm is working or has not been disconnected, and if so, how often should a landlord inspect the fire or carbon monoxide alarm and does a landlord have to ensure that their letting agent does the same? Your agent should be able to advise you on how to handle these type of circumstances.

## What type of smoke alarm should I install?

The legislation is not prescriptive about what type of fire alarm or carbon monoxide alarm needs to be fitted. Prior to the new regulations properties built before 1992 landlords were allowed to install battery operated alarms. Residential buildings built or refurbished after 1992 are required to have a mains wired smoke alarm.

## Who is responsible for testing and maintaining the fire alarms?

Landlords need to include a document possibly in their tenancy pack with the clear instruction that tenants need to test and be responsible for the replacement of any batteries required by the fire alarm. This instruction sheet should be included alongside the copy of the tenancy agreement, the property inventory and any appliance operating instructions, or emergency procedures information as part as a moving in pack given to tenants.

It is important for landlords to determine who is responsible for the testing and maintaining of the smoke alarms, whether the landlord, letting agent or tenant. If the letting agent is to be responsible, this should be noted in the management contract. If the tenant is to be made responsible for this then, adequate warnings must be given in writing by the landlord that this is the case.

It is however the Landlords responsibility to ensure that any supplied detectors are working at the start of a tenancy from the 1st October 2015. The emphasis placed here is that the detector is working at the start of the tenancy and documentation to state that this has been tested as working is highly recommended as part of your move in process.

## Fire Extinguishers in a Rental Property

There is no compulsory requirement for landlords to provide fire extinguishers or fire blankets in normal tenanted properties, but again, this may be a wise precaution by landlords, in areas such as the kitchen.

It is important to remember if you do make the commitment to provide fire extinguishers to a rental property, you need to be aware that a 12 monthly service of the equipment needs to be carried out. By providing a fire extinguisher it becomes your responsibility to have it regularly serviced.

Regulations on furniture in a rental property

Regulations on fire safety do apply to any furniture and furnishings in a rental property and you should always check to ensure that any soft furnishings contain a fire safety label.

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

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## Minimum Wage Rises - Alex Green, Employment Lawyer at Graham and Rosen Solicitors [www.graham-rosen.co.uk](http://www.graham-rosen.co.uk) looks at the National Minimum Wage and the effect of the new Living Wage on workers and employers.



The National Minimum Wage was introduced by the Government in 1999 as a way of making sure that all workers received a basic standard wage. When the NMW was introduced the adult rate was £3.60 per hour. Over the years the rates have increased on a regular basis and from 1 October, they are rising again. The new NMW is £6.70 per hour for workers over 21, £5.30 per hour for 18 to 20 year olds and £3.87 for 16 to 17 year olds. The apprentice rate is £3.30 per hour.

All employees are entitled to receive these minimum wage rates from 1 October.

The Government has announced a further change to the NMW from April 2016. Workers aged 25 and above will be entitled to receive at least £7.20 an hour and there is a target of increasing this to £9.00 per hour by 2020. This rate will apply to both part time and full time workers.

The increase for over 25's is part of the Government's policy of introducing a National Living Wage, defined as a wage which is high enough to maintain a normal standard of living.

If employees are paid below the minimum rates, they are entitled to take legal action against their employers to recover the shortfall. Also employers can be subject to enforcement action by HM Revenue & Customs. HMRC enforces minimum wages and can issue a formal Notice of Underpayment to get employers to comply. If employers ignore the Notice, they can require the employer to pay a penalty of up to £20,000. HMRC can also "name and shame" underpaying employers.

Some employers have warned that increased wages will lead to job losses and it remains to be seen whether the National Living Wage achieves the Government's ambition of benefiting workers or whether it will have a detrimental effect on small businesses.

For more advice on Employment Law problems, contact Alex Green at Graham & Rosen's Hull Office on (01482) 323123. Please note that appointments can be arranged to take place at our Cottingham Office.

Should you require advice on any other area of law, please do not hesitate to contact either our Hull Office or our Cottingham Office on (01482) 840201.



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# Windows 10 News and Updates

**W**indows 10 news. Well it's been two months since the launch of the new Windows version from Microsoft. Feedback from new users has been generally very positive, and certainly an improvement on version 8. But the dilemma whether to upgrade or not continues, as the upgrade process on existing computers is still not problem free. Main issues tend to be around printers and scanners, email and in a few cases graphics, where the screen goes haywire! So my advice on balance would still be to hold off until manufacturers of printers etc. get up to date with new driver software. If you're not too worried about that or ready to buy a new printer anyway, then you may be ok, but it's still a bit of a lottery with some of the other issues mentioned above.

**So what's good about Windows 10?** It's quite fast, and the Start button/menu of course, with Windows 8 type apps clinging to the side of the menu, but you can customize or remove these to your taste. Only one Desktop, not a start screen as well. The Windows 8 'upside-down' version of Internet Explorer has gone, to be replaced by a new browser called Edge with the address bar in the normal place. The only slight annoyance I find is that when you launch Edge (still a blue e icon), it comes up with a bar saying 'where to next' and when you start typing it disappears whilst the rest of the page loads, so it seems you have to wait a second or so. If you use Chrome or Firefox, these work exactly the same as they always did. If you like using voice capability like Apple's Siri etc., then Windows 10 comes with Cortana, a built-in voice activated assistant. Once set up by answering a few questions using your keyboard or mouse, it is activated by saying 'Hey Siri' and then your question.

**In case you do go for the upgrade now,** check you also have the latest apps and program versions. Ones that I know are compatible with Windows 10 are: Microsoft Office 2007, 2010 (but NOT the free 2010 Starter edition) and of course 2013 and 365. ESET v8, Malwarebytes latest, Adobe Reader X, Google Chrome & Earth, Firefox 37.02 and CCleaner. If you have any other anti virus product, or any other programs that you don't want to lose it would be a good idea to check with the software company first.

**Don't forget that Microsoft has graciously allowed users of Windows 7 and 8 until July 2016** to make up their minds whether to go for the free upgrade. You can register for it any time by clicking on the Windows icon in the corner of your screen, but you don't have to install until a time of your choosing, and you can't just upgrade by accident!

**If you are thinking about a new PC,** we can supply a new tower to your specification or recommend our best seller, with a choice of Windows, either 7, 8.1 or 10. All our computers come with the latest Intel processors, branded components and genuine software and include delivery to your own home (in the local area of course). The latest versions of Office can be purchased and installed at the same time. And importantly we can arrange to back up all your data and emails etc. and transfer it all to the new computer. If you decide to buy a laptop or tablet, we also offer a set up service. Please call us for advice.

**KC Lightstream – the brand name for superfast fibre-optic broadband is being rolled out to many more areas in the next few months.** The good news is that it is available right now in many areas of Cottingham, and for existing customers on the most popular monthly packages the price is only about £5 per month more. Check the website for availability: <http://www.kc.co.uk/products/broadband/> or call 602555 and check if there are any special offers. Get on to it as soon as possible as they are so busy with new installations it could take a month or so. Also see Q&A section below.

**Black Friday 2015 – is mooted to be the UK's first £1bn online shopping day! This year it falls on Friday 27<sup>th</sup> November – so get ready to go online and shop for those bargains!**

**Samsung has launched its new home automation hardware called Smart Things.** This comprises a home hub that connects to your broadband wireless router and a selection of other devices that can be controlled from your smartphone. Things like monitoring the security of your home whilst away, turning on the lights or other items whether you're in or out, receiving alerts when a member of your family comes home, and even temperature and excess moisture warnings!

## Questions and answers:

**Q: What happens after I call KC and place my order for Lightstream?**

**A:** On the appointed day (or possibly before) a small grey box will be fitted to the outside of your house where the new cable will fitted (this is in addition to your telephone cable so it doesn't have to be in the same place). The engineer will drill the new cable through and set up your new connection inside and test the speed. It is normally around 5x to 10x normal broadband speed depending where you live!

**Q: My ESET product is due for renewal, do I have to go online to renew?**

**A:** No, we can do offer you the online price. Just call and it can be sorted straight away.

**Q: Should I update programs when they prompt me?**

**A:** The most common ones are Adobe Reader, Flash Player and Java. The answer is yes to all, as they are normally security updates. Just look out for any small tick boxes that offer additional software you probably won't want.

**Q: I have received emails from people I don't know with attachments like: remittance advice, unpaid invoice, tax rebate (as if!), free lifetime Windows support etc., or asking for money, what should I do?**

**A:** These are general known as 'phishing scams' and will do nasty things to your computer if you open them, so just delete straight away. Or if your email program offers a 'Junk' option, mark the sender's name or domain as Junk.

As always, for information, PC quotes or to book an appointment for a home visit for service or repairs, just call or email. Thanks for reading, more news next month.

**Richard Mills**

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## Wordsearch - Water

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

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

Find the words in the letters above:

Bay, Billabong, Breaker, Briny, Brook, Canal, Channel, Cove, Creek, Estuary, Fountain, Gulf, Inlet, Lagoon, Lake, Loch, Main, Oasis, Ocean, Pond, Pool, Puddle, Rapids, Reservoir, Rill, River, Rivulet, Roller, Runnel, Sea, Shallows, Sound, Spring, Strait, Stream, Surf, Tide, Tributary, Wadi, Wash, Water, Watercourse, Waterfall, Water Hole, Waterway, Wave, Weir, Well.

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

## Sudoku No. 105

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

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

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# MARIONOWENTRAVEL

**National Cruise week has passed BUT** we still have early booking offers available. Many are due to expire at the end of this month. If you are wanting to cruise in 2016/17 then now is the time to book and save. For example: -

**Burma** our 2017 special with APT, 2nd guests flies for FREE will expire 31 Oct 15, a huge saving of £500 per person.

**Cruise & Maritime** who sail from Hull on Marco Polo are offering great savings which also expire on the 31 October.

Why not join me on our 1 night special aboard their new ship Magellan. This mini cruise from Tilbury to Newcastle includes travel from Hull. From just £139 per person. Singles welcome from £159, I will be hosting a table of 8 at dinner.

**Our next tour is the WW1 combined with the Diksmuide Beer festival** to lighten the mood on the Saturday night. Dave our driver guide has a real passion for WW1 and has lots to show you. The beer festival is a super evening with a fabulous jazz band - great for dancing too.

**Italy a gastronomic cookery experience**, fancy truffle hunting, wine tasting & cookery lessons? Join Lynne on this special departure 14th July 2016 £1470. A 7 night amazing experience, full board and all activities included. Just your wine to pay for! Only 5 places available single supplement £50. Even your travel from Hull to the airport is included.

**Japan in May** is another escorted special by air, I have just 4 places available to join me on this one 22 have booked! At £2899 for a 14 day tour of Japan this is excellent value.

We also have our escorted Budapest to the Black Sea River Cruise plus our Corinth Canal Peloponnese cruise in 2016.

**Iceland & New York:** as a 2 centre works really well. It is a bargain way of getting to New York plus allows you to experience the scenery & geysers of Iceland.

**Vietnam & Cambodia** if this is on your bucket list now is time to go. Until next summer you can travel to Vietnam without a visa saving you over £100 per person. We have lots of options from a beach stay to full tours, budget to luxury.

**India:** If you have been watching the recent documentaries then perhaps you are now intrigued? I love this country and have visited many times. How about a city break here? A 4 night break in Mumbai based on twin or double room, with flights, accommodation & a chauffeur driven private car starts at £749 per person. Alternatively the city of Delhi from £849 pp.

**UK seaside holidays** by coach. We have a new operator offering a nice collection of hotels. Dates can be booked up to Christmas 2016. We can personally recommend many of these hotels from our own experience.

Remember we are a full travel agency. We book all tour operators and do not charge any extra, this service is free. You also know exactly who you are handing your money over to, we are honest, upfront and unbiased.

We look forward to booking your next escape wherever in the world it may be, do remember... We can book ANY holiday for you.

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## Our very own exclusive holidays by coach, experience the difference

16 Oct	WW1 Ypres Salient plus Diksmuide beer festival	from	£ 199
29 Oct	Efteling Theme Park inc. 2 day in the park e.g. family of 4		£ 695
02 Nov	Warner's Alveston Hall Turkey & Tinsel	5 days half board	£ 289
10 Nov	Yorkshire Sculpture & Poppy Wave	day out inc. lunch	£ 29
12 Nov	Thoresby Hall	day out lunch & pantomime	£ 49
18 Nov	Thursford Christmas Spectacular	2 nights HB & top seats	£ 249
13 Dec	Dutch Christmas Markets	Dordrecht & Keukenhof	4 nights £ 269
21 Dec	Andre Rieu in concert Sheffield	subject to availability from	£ 99
23 Dec	Warner's Alveston Hall	4 night Christmas Break—full board	£ 699
2016	07 Jan—Boundary Mills, January Sales	just for a day	£ 15
08 Jan	Warner's Nidd Hall	3 night 50's weekend Half board	£ 209
13 Jan	Millstones super day out	inc. food, dancing, singing & fun	£ 43
17 Jan	Harrogate, shopping & afternoon tea	Majestic Hotel 1 night HB	£ 99
20 Jan	"The Girls" musical	overnight B&B Manchester—2 days	£ 129
22 Jan	Alveston Hall	3 night Big band Jazz weekend - half board	£ 209
27 Jan	World of Rhubarb	- day outing inc. tour & 3 course lunch	£ 49
28 Jan	World of Rhubarb	—day outing inc. tour and 3 course lunch	£ 49
24 Feb	Matthew Bourne's Sleeping Beauty	- Bradford, matinee	£ 48
04 Mar	Blackpool weekend inc.	Tower Ballroom 3 nts HB plus	£ 169
14 Mar	Torquay	4 star hotel half board & excursions	£ 329
01 Apr	Taster Cruise on m/v Megallen	overnight from	£ 139
24 Apr	Keukenhof	via P&O North Sea Ferries 2 nights from	£ 139
30 Apr	Hertford Garden Show	& gardens 2 days DBB	£ 145
09 May	Bodelwyddan Castle	4 night midweek break - half board	£ 299
20 May	Guernsey, Sark & Herm	5 nights Half board	£ 749
29 May	Efteling Theme Park	3 nights via P&O NSF family of 4	£ 850
22 Jun	Luxembourg & 4 countries	- 7 day super tour	£ 499
01 Jul	Thoresby Hall 01	July 3 night 70's tribute weekend half board	£ 279
05 Jul	Luxury at Dumfries House	. a very special treat 2 days	£ 335
10 Jul	Pontefract Liquorice Festival	- Just for the day	£ 20
03 Aug	Lateral Canal	all inclusive luxury barge - 8 nts via P&O NSF	£2130
09 Sep	Thoresby Hall	3 night Big Band Live Weekend half board	£ 279
15 Sep	Isle of Wight, island sights, Oxford, Stratford	super hotel HB	£ 469
09 Oct	Harrogate, Shopping & afternoon tea	1 night at the Majestic HB	£ 99

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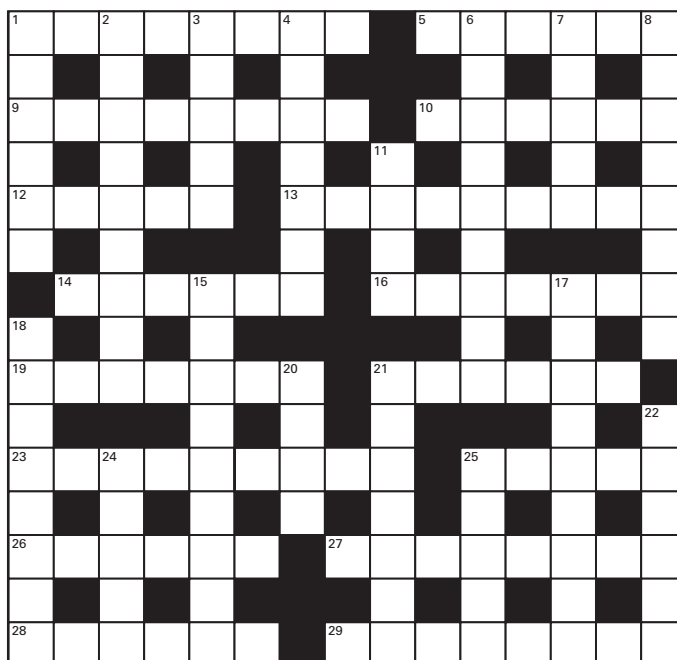
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## Crossword – Solution on page 46



### Across:

1. Hindered (8)
5. An Asian temple (6)
9. Strive (8)
10. A coarse cloth with a bright print (6)
12. Hoods (5)
13. In a futile manner (9)
14. Senility (6)
16. Fleck (7)
19. Aged (7)
21. Not the top (6)
23. A pronunciation mark (9)
25. Prefix meaning "Hand" (5)
26. Cerumen (6)
27. Feathers (8)
28. Most rational (6)
29. Traitorous (8)

### Down:

1. From that place (6)
2. The state of having lost one's husband (9)
3. Absorbs written material (5)
4. Speak clearly (7)
6. A reprieve in intensity (9)
7. Leaves out (5)
8. Liturgical assistants (8)
11. Focussing glass (4)
15. Farmers (9)
17. Wittingly (9)
18. Door-to-door salesmen (8)
20. Abominable snowman (4)
21. Rod-shaped bacteria (7)
22. Small amount (6)
24. Bib (5)
25. Desert animal (5)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)  
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# Is Golf really a good walk spoilt?

I guess if you're having a bad golfing day it could seem very annoying, frustrating and a long walk, but golf offers so much more than that. Golf not only brings you the health benefits associated with this gentle exercise but hanging out with like-minded friends, having a catch up and sharing a joke away from all the stresses of normal life has psychological benefits. Even after a less than average game the banter and laughter will always leave us feeling much better about ourselves than when we started. Always remember, Golf is a great social sport so use it.

## So what are the health benefits of playing golf?

Where else can you spend around four hours out in the fresh air exercising without breaking into a sweat? Golf gets and keeps you active burning around 900 calories per 18 holes. During an average round of golf you can walk up to five miles, (or more if you play like some of my friends) while carrying your golf bag or pulling a trolley. Add in swinging a golf club at your maximum effort for 40 or more shots and you will also be toning those muscles without even knowing it. Then there are the benefits to the cardiovascular and respiratory system that become more efficient and in turn make us feel fitter and healthier. Build in a good diet and golf is taking care of many of your daily health requirements.

## So why is golf such a great social sport?

Apart from the time spent on the course with friends there will always be some good interaction in the clubhouse post match. According to psychologists, golf offers some important feel-good factors, promoting positive attitudes, personality traits important in reducing stress levels. You can always meet new friends and learn new things which in turn helping to create a new atmosphere in your life that can be very rewarding. Golf can tick many of the boxes to your wellbeing.

## Fancy giving it a go?

As part of the England Golf initiative 'get into golf' we at Cottingham Parks offer a structured progression from free taster sessions through Academy membership to finally full membership.



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We also have a thriving junior section designed to encourage kids of all ages to try golf. Through our affordable group coaching and scaled golf we introduce the kids to the course and onto achieving a handicap.

Through this England Golf campaign 'Girls into Golf' [#Girlsintogolf](#) [#thisgirlcan](#) we offer free group taster sessions for girls and women on Thursday's after school. So what are you waiting for, come and try golf and let us give you something to smile about.

For more information contact us on 01482 842394, via email [proshop@cottinghamparks.co.uk](mailto:proshop@cottinghamparks.co.uk) or follow us on Twitter [@cottinghamparks](#) and Facebook Cottingham parks golf and leisure club

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[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - October 15

# In the Kitchen



**B**ramley Apples are widely considered to be the cook's choice for cooking apples and have become one of the most popular cooking apples used in the UK, available to buy all year. They have a tart flavour which is generally not suitable to eat raw plus the added bonus of an excellent texture when cooked. They also have a higher acidity which lends for a stronger more "appley" taste.

## History of Bramley Apples

The Bramley apple hails from Nottinghamshire UK. A young girl called Mary Ann Brailsford who lived in Southwell, Nottinghamshire is believed to have sown some apple pips in her garden between 1809 and 1813 one of which grew into the first Bramley apple tree. Unfortunately, it isn't known from where she got the original pips, however the nature of sowing seed from fruit is that they often don't mirror the original plant so it is safe to say that the original fruit from where she took the pip bore little resemblance to today's Bramleys.

By 1837 the tree was bearing its first fruit and in 1846 Matthew Bramley, a local butcher, bought the cottage complete with garden and tree. It was whilst he was there that a local nurseryman called Henry Merryweather recognised the commercial potential of the fruit and asked if he could take cuttings from the tree which would reproduce true to type specimens. Mr Bramley agreed, with the proviso that the apples should be named after him.

2009 was the bicentenary of the Bramley apple, marking 200 years since the pip which grew into the first Bramley apple tree was sown and apparently, the original tree is still bearing fruit today.

## Apple Crumble

### Ingredients

450g/1lb Cooking Apples, peeled and cored  
75g-100g/3 - 4oz Sugar  
Water  
For the Crumble  
175g/6oz Flour  
75g/3oz Butter  
100g/4oz Sugar



16 October - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

### Instructions

1. Preheat the oven to 190C, 375F, Gas mark 5 and grease an ovenproof dish.
2. Cut the apples into 2.5cm/1-inch chunks then place in a saucepan with 2-3 tablespoons of water. Sprinkle over the sugar (according to how sweet the fruit is) and cook over a low heat for 10 minutes, stirring from time to time.
3. Meanwhile, in a large mixing bowl, rub the butter into the flour with your fingertips until it resembles breadcrumbs then stir in the sugar and mix well.
4. Taste the apple mixture and stir in a little more sugar if necessary, then transfer to the greased ovenproof dish and top with half the crumble mixture pressing firmly.
5. Sprinkle the remaining crumble mixture evenly over the top and bake in the oven for 20-25 minutes until crisp and golden brown. Serve hot or cold.

## Traditional Apple Pie

### Ingredients

225g/8oz Plain Flour  
A pinch of Salt  
100g/4oz Margarine  
675g/1½lb Cooking Apples e.g. Bramleys  
100g/4oz Brown Sugar  
1/2 teasp Ground Cinnamon  
1/2 teasp Grated Nutmeg  
1/4 teasp Ground cloves  
50g/2oz Sultanas  
1 Egg Yolk  
A little Milk  
1 tbsp Caster Sugar

### Instructions

1. Preheat the oven to 400F, 200C, Gas mark 6.
2. Sieve the flour and salt into a bowl and rub in the butter until it resembles fine breadcrumbs. Add enough water to make a firm dough.
3. Peel, core and thickly slice the apples into a bowl. Add the brown sugar, spices and sultanas and mix well. Place in a buttered pie dish and sprinkle with 2 tbsp of water.
4. Roll out the pastry and cover the pie dish, trimming any excess pastry off with a knife. Decorate the top with leaves or other shapes made out of the pastry trimmings. Brush with the egg yolk and milk mixture, sprinkle with caster sugar.
5. Cook in the centre of the oven for 20 minutes. Reduce heat to 350F, 180C, Gas mark 4 and cook for a further 20 minutes.

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## Ratatouille

### Ingredients

- 2 Large Aubergines, ( eggplant )
- 2 large Courgettes, (Zucchini)
- Salt and Pepper
- 120ml/4 fl.oz. Olive Oil
- 2 Large Onions, thinly sliced
- 3 tbsp Tomato Puree
- 3 Garlic Cloves, chopped
- 2 Large Capsicums, ( sweet peppers) cut into thick strips
- 4 Tomatoes, skinned and chopped
- ½ tbsp Freshly chopped Coriander
- A pinch of cinnamon
- 1 teasp Freshly chopped Basil

### Instructions

1. Cut the halved aubergines ( eggplant ) and courgettes (zucchini ) across in slices about 2.5cm/1 inch thick and arrange in layers in a colander, sprinkling each layer with salt. Top with a weighted plate and leave to drain for 1 hour.
2. Heat the oil in a pan, add the onions and gently fry for 5-8 minutes until soft and transparent. Stir in the tomato puree and cook for a further 3 minutes, stirring occasionally.
3. Rinse the aubergines and courgettes under running cold water then dry on kitchen paper. Add to the onions together with the garlic and peppers. Cover and simmer for 20 minutes.
4. Add the tomatoes, coriander, cinnamon, basil, salt and pepper. Mix well then cover and leave to cook for a further 40 minutes. Remove the lid for the final 5-7 minutes to allow the sauce to reduce if necessary. Serve hot.



## Braised Pork Chops with Apples

### Ingredients

- 4 Pork Chops
- Salt and Pepper
- 1/2 teasp dried Thyme
- 2 Apples, peeled cored and cut into eighths
- 2 Onions, cut into rings
- 25g/1oz Butter
- 1 tbsp Olive Oil
- 90ml/3 fl.oz. Water
- 2 Teasp Worcester Sauce
- Fresh Parsley to garnish

### Instructions

1. Season the meat with salt and pepper and brown on both in the melted butter and oil.
2. Add the water and Worcestershire sauce and thyme and cook for 10 minutes turning once.
3. Add the apples and onions, reduce heat, cover and cook for a further 30 minutes.
4. Serve garnished with parsley.



## Herby Tomato Bruschetta

### Ingredients

- 450g/1lb Ripe Tomatoes, chopped
- 1 tbsp freshly chopped Basil Leaves
- 1 tbsp freshly chopped Marjoram
- 1 tbsp freshly chopped Parsley
- 2 Garlic Cloves, finely chopped
- 1 tbsp Balsamic Vinegar
- 1 tbsp Olive Oil
- 1 teasp Lime or Lemon Juice
- Salt and Black Pepper
- 8 x 2.5cm/1-inch thick slices of Baguette, toasted

### Instructions

1. Place the tomatoes, herbs and vinegar, oil and lime juice in a large mixing bowl, season with salt and pepper and mix well.
2. To serve – Place the toasted bread on a serving platter and spoon the tomato mixture over the top. Serve at room temperature.





## ON THE GRAPEVINE

## WITH ROY WOODCOCK

## New Zealand's Sauvignon Blanc

I mentioned a couple of months ago in this column how Sauvignon Blanc had become the most popular grape variety among wine consumers in the UK. And although there are great examples from all over the world (in that column, I was highlighting the Sauvignon Blanc-based Bordeaux wines produced in France), by far the most popular Sauvignon Blanc here comes from New Zealand.

In fact, the grape has become synonymous with that country's wine. Its success put New Zealand well and truly on the wine map as a major producer and shows no sign of abating.

Sauvignon Blanc is New Zealand's most widely-cultivated grape variety and Marlborough, situated at the north-eastern tip of the South Island, is the country's most important wine region. Home to a host of brilliant winemakers, including the iconic Cloudy Bay winery, the Sauvignon Blanc from here has intense, unmistakable, flavours of gooseberry, passionfruit and tropical fruit. There's hints of pepper and other notes include fresh cut grass, tomato stalks or limes.

I often describe a glass of New Zealand Sauvignon Blanc as like diving into an old-fashioned country hedgerow on a summer's day.

The explosive varietal that awoke the world to New Zealand wine is a relatively modern phenomenon - the first Marlborough vines were only being planted in the early 1970s, with the first commercial quantities of the wine following by the end of the decade. By the early 1990s, however, NZ Sauvignon Blanc was riding an international wave of success.

Here, when dining out or ordering a glass of wine in the pub we're most likely to ask for Sauvignon Blanc, much in the same way as we did Chardonnay in the 1980s.

If you read Marlborough on a bottle of Sauvignon Blanc chances are you won't go wrong but there are some great brands to look out for. I've already mentioned Cloudy Bay (well over-priced, I have to say, simply because of the reputation it has garnered) but I love Wither Hills, The Ned and, if you can find it, examples from the Isabel winery.

Villa Maria is another brand you can't go wrong with and this month the Cottingham Times has secured a case of six bottles of their Sauvignon Blanc to give away to one lucky reader. 100 per cent New Zealand and family-owned, Villa Maria has been New Zealand's most awarded winery for more than 30 years.

The winery's flagship wine is the Villa Maria Private Bin Sauvignon Blanc and it's bottles of the new 2015 vintage which has just been released in the UK that can be won in our free-to-enter competition.

Each year the eagerly-awaited new vintage of this wine displays the results of the harvest - the most exciting but often the most challenging time of the winemaker's year. Luckily for us, 2015 was a very good vintage in Marlborough with warm, dry weather throughout the growing season and a relatively stress free harvest.

Villa Maria Winemaker Nick Picone and his team have produced a fantastic wine with vibrant aromas of fresh peas, zesty limes and freshly picked herbs. Juicy acidity is balanced with flavours of melon, passionfruit and grapefruit. A wonderful wine to enjoy at any time, as a refreshing aperitif or with fresh seafood or mild creamy cheeses.

To win, just answer the following question and post your entries, together with your name and address, to: **Wine Competition, Cottingham Times, 1 Forge Place, South Rise, Skidby, HU16 5UL, to arrive no later than first post on Monday, October 26, 2015. Entrants must be over 18.**

The result will be published in our December edition:

**In which New Zealand island is Marlborough located?**



## BEST BUYS


**Villa Maria Private Bin Sauvignon Blanc, 2015**

**Where:** Most Major Superstores

**When:** Now

**Why:** If you don't win our competition, still treat yourself to a bottle of this white wine, full of great intensity and vitality. On the palate, juicy acidity is balanced with flavours of melon, passionfruit and grapefruit with a touch of richer herbaceous characters.

**£11.25**


**Oyster Bay Pinot Noir**

**Where:** Waitrose

**When:** Now, until October 13th

**Why:** Pinot is the other big New Zealand success and this red is a superb example. Fragrant, soft and flavourful with aromas of ripe cherries and plums. Would suit lamb and pork dishes.

**£8.39 (Was £11.19)**


**Louis Jadot Macon Blanc Villages, 2013**

**Where:** Asda

**When:** Now

**Why:** This lovely unoaked Chardonnay from Burgundy has a soft, gently creamy mouth feel balanced by fresh, crisp apple characters to revive even the weariest palates.

**£7.00**


**Co-op Fairtrade Merlot, 2014**

**Where:** Co-op

**When:** Now, until October 13th

**Why:** Silky Argentinian Merlot benefits from the inclusion of 15 per cent oaked Malbec, with plenty of alluring dark plum fruits. Enjoy with tomato-based creations or grilled meat dishes.

**£5.99 (Was £6.99)**



# A time of celebration at the Olive Garden Bistro in Cottingham

It's been a time of celebration at Cottingham's Olive Garden bistro. The popular Hallgate eatery goes from strength to strength, reflected by a change in ownership which has seen former head chef Giovanni Calvia take full control of the business.

Giovanni succeeded previous owner Ben Bazmi as summer began; but there was more joy marked by a brief return to Italy for his marriage to Stefania. Together they now have big plans to take the Olive Garden to a whole new level.

"It's my first restaurant in the UK and I really want to stamp my personality on the place," he told the Cottingham Times. "I want people to enjoy the experience of coming to the Olive Garden. I want us to be the busiest and best bistro in the Cottingham area.

"I have lots of plans and ambitions but a restaurant is like a baby . . . it has to grow slowly and develop with lots of love and attention. That's what I think I can bring - I have all the technique and the knowledge from years of working in restaurants here and in Italy. But apart from a small, seasonal, restaurant in my home town, this is the first time I have had full control and can put my ideas into practice," he said.

As a popular all-day destination, the Olive Garden can offer breakfasts from 10am every morning, except Mondays when it is closed, a bistro menu offering Italian dishes and lighter meals at lunchtimes and a more adventurous dining menu in the evenings. In between, there's always tea, coffee, cakes and snacks on the go.

Fully licensed, the Olive Garden also offers a full range of beers and wines.

"We want people to come and see what we have to offer in the confidence that they will enjoy the experience and return again and again," said Giovanni. "This is my life; it's not just about making money and my approach is to treat the customer as if they were a guest in my own home.

"I want people to feel that we have time for them and can sit and chat. In Italy we are renowned for being



really friendly and welcoming and that's what I want the Olive Garden to be known for as well as the good food we offer," he said.

For at least the next month, to tempt people in, the Olive Garden has a lunchtime special offer, with all pizza and pasta dishes priced at just £5. "You could go to the supermarket and buy a sandwich and drink and pay just as much, if not more, so we want people to come here and experience good food and relax as they take time out during their busy day," Giovanni said.

He told us: "Our pizzas are made following my family recipe using only Italian flour, water, mother yeast and extra virgin olive oil. We leave the dough resting more than 48 hours before using it, to make it very crispy, light and easy to digest."

Evenings see an ever-changing "specials" menu; on the day we called there, there was monkfish with courgette cream and baby broccoli (£12), scallops with dry tomato paste and artichokes (£10), linguini with clams, fresh tomatoes and white wine (£11), pork liver with caramelised onion and mushrooms (£10) and cod tempura with mozzarella (£10) among other offerings.

"I have been able to change all our suppliers and buy as much as we can locally to ensure the freshest and best ingredients," said Giovanni.

At last month's Cottingham Food Festival, and with the sun doing its best to draw the crowds, the Olive Garden was proving a big draw, with both the outside terrace and the restaurant drawing a constant stream of customers. Giovanni was doing his bit too, opening the festival's food theatre with a cookery demonstration.

"I love Cottingham and Cottingham people and it was a great opportunity for me to get involved in village activities," he said.

**\* The Olive Garden at 218 Hallgate, Cottingham, is open from 10am to 10pm Tuesdays to Saturdays and from 10am to 6pm Sundays. It is closed all day Monday. Call 01482 876333 for more details or visit The Olive Garden's Facebook page: [www.facebook.com/olivegardencottingham](http://www.facebook.com/olivegardencottingham)**



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## Remember, Remember, the 5th of November

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 late mum always used to say, as you get older time goes by more quickly and she couldn't have been more right. As a child (and subsequently, my 3 daughters), I used to look forward to Hull Fair, followed by Halloween, Bonfire Night, (and the Cottingham Lights) 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 as 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 has 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.

Please also do not forget our very small friends ie: Rabbits, Guinea pigs etc. Invariably they are usually kept outside so move them, if possible, inside (shed/garage), and cover the hutch to blot out any bright lights.

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.*

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## "The Tooth and Nothing but The Tooth"

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Chris 'Dr. Smile Maker'  
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## Zapping Cold Sores



**H**ello again, I hope you are well. It's been another busy few weeks. I've been over to Helsinki to research some new technology including dental CT scanners, laser mouth scanners (instead of taking impressions) and CAD CAM milling machines (to make crowns etc. straight away). It was mind blowing, but I am a dental anorak!

### Are Cold Sores The Bane Of Your Life?

I have banged on a bit about before about dental lasers but the more I use them the more astounded I am with them, both with the experience and the results. One treatment that I have done a lot of is treating cold

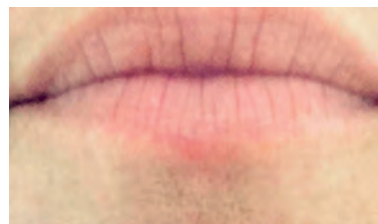
sores. We've done them at all different stages of development from the initial tingle to blister to crusty stage. With the laser they clear up fast at any stage. It's just a **WOW** every time. In our experience it usually just takes 1 to 3 days to clear up depending on the size and the pain or tingling seems to go straight away.

### How Much Of A Zap?

Well, not much really. It's a non-contact technique that involves just shining the laser light at two different intensities and only takes about 90 seconds per cold sore. It seems crazy but it works.



*Blister Stage Just Before Bursting - 2 X 30 Seconds With Laser*



Next Day All Dried Up,  
Day 2 Almost There  
Day 3 All Gone

### A Big Thank You

It's 5 days until we go to Morocco again with Dental Mavericks. Thank you to everybody who has donated to help. I really big thanks to Ann who has knitted some lovely clothes for the little ones out there in the Mountains.

Thank you Ann. I love them and I know the kids will

*Until next time. Take care and be good.*

*Chris*





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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*

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*says Elizabeth*

Chris "Dr Smilemaker" Branfield GDC 68346  
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## Beverley chef celebrates at Cottingham Food Festival

**B**everley chef John Robinson was celebrating his restaurant's inclusion in the 2016 Michelin Guide by wowing the crowds at Cottingham Food Festival on Sunday (September 20).

John, of Whites, in North Bar Without, had learned earlier in the week that the restaurant, the only one in Beverley to also be included in the 2016 Good Food Guide, had been praised by Michelin inspectors, who described his food as "ambitious and creative" and an example of the very best modern cooking.

"I have to say I was a little disappointed not to be awarded a Michelin star, especially after the positive feedback I got when the Michelin inspectors visited the restaurant, but it's still nice to know we're regarded as one of the very best locally and one of only a handful to be included in the guide," he said.

John was one of eight chefs giving cookery demonstrations at the Cottingham festival, which attracted huge crowds. He produced two dishes - slow-roasted belly pork with a pearl barley risotto and hand-dived scallops with chorizo and samphire. And afterwards those packing the food theatre were able to sample the end result.

"I love supporting local festivals not least because it allows me to show off a little of what we at Whites believe in - using only the very best ingredients, locally produced where possible, to produce food that excites the senses."

In two weeks time John will be one of the local chefs taking part in this year's Beverley Food Festival, which takes place on Sunday, October 4, in Saturday Market, Beverley.

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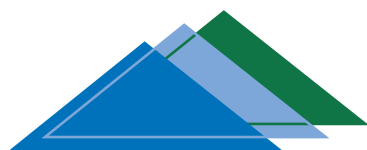
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Here is Paul's latest walk in his series of monthly rambles.

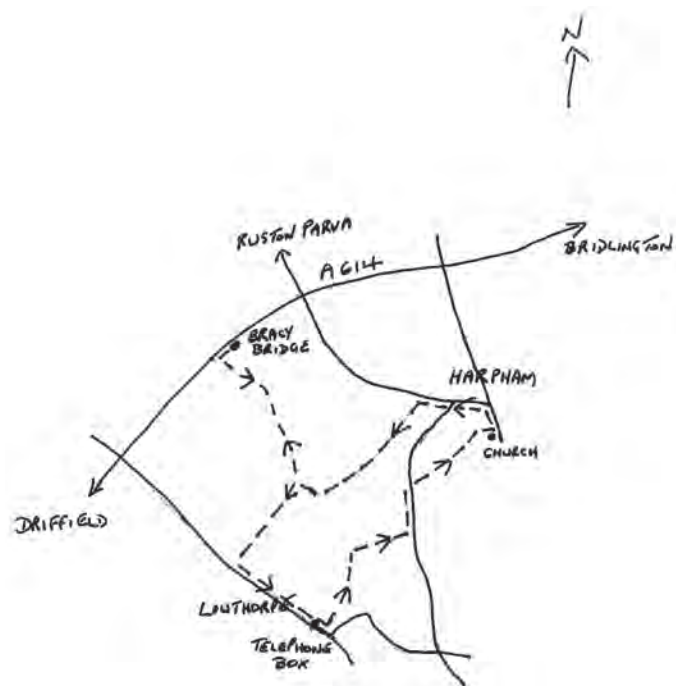
## This month his destination is Bracey Bridge

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

Map:- EXPLORER 295

Start at GR.TA 077620 Bracey Bridge Lay-by.  
Distance 5.0 Miles.

Leave the lay-by via a Kissing Gate adjacent to a metal gate on the south side of the lay-by and follow a farm track for about 300 metres and then locate and pass through a



Kissing Gate on the right and continue along a grass track.

On reaching the next Kissing Gate, pass through and turn right (sign posted Lowthorpe Church). Pass through another Kissing Gate adjacent to two metal gates and eventually emerge onto Lowthorpe Road and turn left.

Follow the road into the village of Lowthorpe and on reaching a red telephone box, locate a Kissing Gate in the hedge on the left and pass through the gate and proceed across the middle of this field and pass through another Kissing Gate and cross a wooden footbridge to enter a field. Walk across this field aiming for a Kissing Gate and turn left immediately after passing through the gate and then after about 100 metres turn right and walk along a path with fences on both sides and a belt of trees on the right. (Path can be overgrown in summer)

At the end of this enclosed path, enter a field and walk with the hedge on the left and then on reaching a dyke, keep this on the left until reaching a wooden bridge, cross this and then almost immediately cross a timber foot bridge over a stream (Lowthorpe Beck) and follow the path to emerge on Harpham road. Turn left and follow the road for about 300 metres to where the road bends to the right.

Locate a Kissing Gate on the right and after passing through head diagonally across the field aiming for the church, cross a wooden foot bridge and continue in the same direction to pass through a kissing Gate, then turn left and keep the hedge to the left, pass the Well and continue to pass the Tennis Courts on the right. Immediately after passing the Tennis Courts turn right and pass through two metal Kissing Gates to emerge onto a cul de sac and then onto the road. Turn left and follow this road to the cross roads and turn left.

Walk through the village passing the St. Quintin Arms Inn and Station Road. When the road bends to the left, take the farm access road on the left and pass the farm buildings keeping them on the left. Further along cross a bridge spanning Lowthorpe Beck and continue along the track. On reaching the end of the track, pass through a Kissing Gate on the right and walk diagonally across the field to pass through another Kissing Gate. After passing Bracey Bridge Mill on the right, pass through a Kissing Gate and follow the track back to the lay-by.

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## Beverley Garden Centre

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October is here, which means Autumn is officially here too. The weather is cooler and the nights are starting to draw in. There is still plenty to do in the garden, some gardeners actually prefer the cooler conditions as they are more comfortable to work in.

Remember that Autumn is the ideal season to plant all kinds of things in the garden from vegetables, seeding lawns, shrubs and perennials to evergreen, fruit, and deciduous trees. You can carry on mowing your lawn through October depending on how much rain we have but it is advisable to raise your mower blade to a higher setting.



### Hedging guide

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

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

1. Dig a trench 1 ft by 8 inches deep the length of your hedge
2. Feed soil with bone meal and dig in soil improver such as rose, tree and shrub planting compost
3. Place your plants 12 to 18 inches apart for 2 Litre plants and 18 to 24 inches apart for larger plants
4. Plant your hedge making sure that the root ball is no more than ½ inch below soil level
5. Give plants a good watering (approximately a 5 Litre watering can per plant) after initial planting
6. Water morning and evening in dry conditions for the 1st year

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



### What is Organic Gardening?

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

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

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

### Organic Weed control

Chemical weed killers are a very attractive and effective solution to eliminate weeds. There are not always better alternatives in the organic range that are as effective but they are a lot kinder to the environment and beneficial to

### 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



wildlife and their habitats. You have to decide where you can use organic methods and where you can't and try and achieve the best balance you can.

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

**PREPARATION:** When preparing a planting site, ensure all perennial weeds such as couch grass, nettles and brambles are removed by digging out with a fork.

Remove annual weeds by hand or in dry weather use a hoe to cut off weeds from their roots.

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

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

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

**October's plant of the month is conifers.**

**26th September -3rd October - National Conifer Week**

This week is all about celebrating conifers. From a small balcony with room for a container, to acres of grounds with space, conifers can add something truly special to any garden. Conifers are also a wonderful way to bring gorgeous colour, structure and drama to a garden all year round, whether as a backdrop, a standalone feature, or in a border with other plants. 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.



Rower and Olympic Gold medalist 2012 (Team GB) Alex Gregory says. "Conifers have always been a part of my life. From the early days of climbing in their branches, to the family pilgrimage we took to the Californian giant redwoods. There's something fascinating about the variety of sizes, colours and shapes conifers provide. They really are a feast for the senses. Every garden should have at least one conifer".

*Pictured bottom left Alex Gregory.*

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## Your Stars for October 2015

By Kay Gower

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

The beautiful full moon lights up your 2nd house on the 27th and all your hard work starts to pay dividends. Something unusual may be offered to you - but will you accept it?

Your decision could set the tone for the next couple of months.

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

The stars speak of exciting opportunities. The planets line up and exert their influence and your life is about to alter - for the better. Don't be tempted to change course now, you're heading in the right direction.

### Gemini (May 22-June 21)

You have every reason to be optimistic, you will soon hear some fabulous news and there will be a chance to broaden your horizon. New directions could open up for you when you least expect it.

### Cancer (June 22-July 22)

This month sees you turning a corner, lessons from the past can now be put to good use. Identify your goals and set about achieving them.

### Leo (July 23-Aug 22)

Sometimes it's as if we deliberately choose not to see the truth. October brings an opportunity for you to make an important discovery, but only if you ask the question that you're tempted to suppress. An unusual month

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

Mars, the fiery red planet known to give courage and determination is now in your 1st house, and there it will stay for about 6 weeks. You are poised to make some important changes in all areas of your life. If there is something that you want to achieve then do it now, while you have Mars on your side.

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

An old idea or missed opportunity returns. Something you once wanted may turn up in an unexpected form. Time moves on, but don't turn your back on something before you inspect it closely.

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

An exciting few weeks and there could be more than one opportunity that you shouldn't let pass you by. A stranger could make a difference to your life, or someone who left a while ago could return to your circle.

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

As October unfolds change may sweep into your world and encourage you to make new plans. An old mind pattern has outgrown its usefulness, so kick out any negative thoughts that only serve to hold you back.

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

October represents a period when you should be working and looking your best. There are possible gains to be made right across the board. This month could be particularly fortunate for new starts generally.

### Aquarius (Jan 21 - Feb 19)

There are some things in life that you absolutely know in your heart of hearts that you have to go ahead and do. Then, there are those other things in life that you can't be so sure of. Where there's doubt, respect it.

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

There's no point in torturing yourself with thoughts about your past mistakes. Let them go - all of them. Every living person on the planet is a work in progress. Be as gentle with yourself as you are with others.



## The Windmill Walkers schedule of walks for the month of October

If you would like to try a walk with us or require further information, please check our web-site [www.windmillwalkers.org.uk](http://www.windmillwalkers.org.uk). At this web address, you will find our 2015 Wednesday walk programme showing the start location of each walk. There is also a link to contact our Secretary if you need further information.

For those without internet access, our schedule of October walks is shown below.

Day/Date	Time	Start Location	Distance	Grid Ref.
Wed 07 Oct	10:00am	Burstwick (Hare & Hounds pub car park)	5 miles	TA 228 277
Wed 14 Oct	10:00am	Cottingham (King George V playing field)	5 miles	TA 044 333
Sun 18 Oct	10:00am	Wayrham Picnic site (off A166, east of Garrowby Hill)	9 mile	SE 834 567
Wed 21 Oct	10:00am	Melton (Sandpiper pub car park)	5 miles	SE 975 261
Wed 28 Oct	10:00am	North Newbald (village green)	6 miles	SE 912 368

## Hull CHA Rambling Club

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A party 12 - 14 miles B party 8 - 10 miles

**Sunday 4 October**

A: Hackness to Falcon Inn

B: Hackness to Falcon Inn

**Sunday 25 October**

A: Bishop Wilton circular

B: Bishop Wilton circular

For more information ring Jan 07538 951112

## Phoenix Walkers -

A very friendly local walking group

Sunday walks once a fortnight. Coach picks up from Feren-sway through to Cottingham Green leaving Cottingham at 9.20 a.m. Coach fare £10. Three levels of walks:

A Group 8-10 miles,

B Group 5-7 miles and

C Group - The Strollers - Very leisurely 3 miles or so.

**October 11th: Thixendale to Kirby Underdale- The Wolds**

**October 25th: Whittion to Flixborough- North Lincolnshire**

**Contact Dulcie Hartley: 01482 509000**

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## 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 nine years, has produced an A4 full colour calendar for 2016 with a marvellous selection of Cottingham Views.

The calendar will be on sale for £5.99 in Barkers, Hallgate, Cottingham early in October.

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**for more information and photographs.**

**Sudoku Answer from page 12**

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

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### 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.

### English Country Dancing

Every Tuesday at the Darby & Joan Hall, Finkle St.. Cottingham. 8.00 pm until 10.00 pm. Beginners welcome. For further information please ring Fred Smith on 01964 550297.

### Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. In 2016 we will be running four Saturday sides, an U18 side on Sundays, an U19, T20 side and team at U9, 11, 13, 15 and 17 and all Girl teams at U11 and U13 and possibly U15. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Wednesday evening 6.00 pm till 8.00 pm and at Cottingham High School on Saturday from 12 noon to 2.00 pm. Summer training for Juniors is on a Friday evening and Seniors is on a Wednesday. 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.

### The Cottingham Whist Club

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

### Cottingham Methodist Church Hall

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

### 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](http://www.greengingergarland.com) or team leader Jenny Pittock on 01482 657778.

### Writing Circle

A friendly and supportive group of aspiring writers. This is not a teaching class, but we offer gentle critique and bags of encouragement if you want to write a novel, poetry or just flash fiction and personal journalling. No Charge. We meet Mondays 10.00 am, at CC Coffee, King Street, Cottingham. Contact: Lynne 07866 850400.

### 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 SECOND Thursday each month at 6pm to 8.00 pm. No Charge. Contact: Pam 07966 091513 [heyhappinessgroup.weebly.com](http://heyhappinessgroup.weebly.com)

Continued on page 32

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## The SMART solution to repairing minor damage to your car

**B**uying a car is one of our biggest investments and let's face it, whether you buy new or used, your car is your pride and joy. How devastating, then, to find it dented or damaged through no fault of our own . . .

Unfortunately it happens to almost all of us at some point, often during a trip to the supermarket when another driver leaves their calling card in the shape of a badly-scratched door or wing or a scuffed bumper.

But the great news is there's a new and cost-effective way of making your car look as good as new again. And it's here in Cottingham.

JJ's SMART Repairs & Car Sales is a new family firm based near the village railway station. And since opening in August, father and son John and Jack Allen (hence JJ's) have welcomed a succession of satisfied customers.

SMART actually stands for Small to Medium Area Repair Techniques and JJ's offers exactly that - tackling scuffed bumpers, scratches, kerb-damaged alloy wheels, minor dents and stone chips at a fraction of the cost of most body shops.

"We're a much cheaper alternative to the body shop," John Allen told the Cottingham Times. "Take something like a scuffed bumper. Typically, with a body shop, you're looking at a bill of £350 to £400 whereas our cost would be £140 to £160."

There's a growing network of SMART businesses up and down the country, although in most cases it tends to be a man with a van visiting the motorist's own home. With JJ's SMART Repairs & Car Sales, the work is tackled under cover in their own fully-fitted workshops.

"We spent a long time looking for the right location and Cottingham is perfect for us," said John, who has more than 17 years experience in the motor trade. "We can tackle jobs no matter what the weather's like."

JJ's SMART Repairs and Car Sales offer a collect and deliver service and its location, close to Cottingham Railway Station, means it's feasible for some people to drop their car off on the way to work, catch a train and then collect it again on the way back after work.

Jack, 21, works alongside dad John, having completed a two-year diploma course in car repairs and spraying at the Toyota Academy in Nottingham.

"We pride ourselves in making things look as good as new again. We offer an affordable solution to regaining that smart look," Jack said. "We're fast, friendly and want to be known for excellent customer service and quality workmanship."

*Below: FAMILY FIRM: Jack, left, and John outside the company's workshops in Station Road, Cottingham*



*A selection of cars currently for sale at JJ's SMART Repairs & Car Sales in Cottingham*

Other services offered include machine polishing and waxing and alloy wheel repairs. And from now until the end of October they are offering a free power polish with every SMART repair.

There is also a small car sales section, with a selection of reasonably priced cars in tip-top condition that have been personally selected and guaranteed. "We want people to know that they can buy from us with confidence, sound in the knowledge that our cars come with a warranty," said John.

**JJ's SMART Repairs & Car Sales is based at Unit 11, Station Road, Cottingham. More information is available via their Facebook page, or by calling 01482 840465 or via email:**

**[john.allen@jjsmartrepair.karoo.co.uk](mailto:john.allen@jjsmartrepair.karoo.co.uk)**



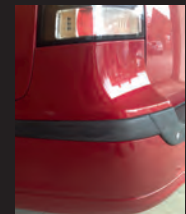
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*Pictured left is  
a before and after  
example of the  
Smart Alloy  
Wheel Repair*

*Pictured right is  
a before and after  
example of Bumper  
Scuff Repair*



**Unit 11 Station Road, Cottingham HU16 4LL**

**Telephone 01482 840465**

email: [john.allen@jjsmartrepair.karoo.co.uk](mailto:john.allen@jjsmartrepair.karoo.co.uk)

### Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 10.30 am to 12.30 pm, and Saturdays from 10.30 am to 12.30 pm, at the Zion and Newland United Reformed Church, Hallgate. 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.

### Cottingham Tennis Club

Wowed by Wawrinka? Dazzled by Djokovich? Amazed by Murray? - Watching Wimbledon? - Come to the Club off Hull Road and give tennis a go! - New members at discounted rates. Contact John Stones on 847080.

### 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.

### Loudhailer Acoustic

All welcome to Loudhailer Acoustic, a friendly welcoming all acoustic open mic night of music and spoken word, with a great attentive audience. Expect a fabulous range of acoustic music, quality song writing and some familiar classics from a host of different performers. The Back Room in Cottingham on the first Thursday of every month. Doors are 7.00 p.m. music at 7.30 p.m. £2 entry. For more information visit <http://loudhailer.net/loudhailer-acoustic-nights/>

*The deadline for entries in the November "What's On" section, is the 19th October.*

## 65th Haltemprice Art and Craft Exhibition at the Cottingham Civic Hall

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 13th October, 2015 9.30 am to 6.00 pm at the Civic Hall, Cottingham. Entry is £2 per exhibit.

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

## Knit and Natter to support premature babies

Knitters of all abilities who would like to meet like minded people in a friendly, fun and social setting are invited to join a new 'Knit and Natter' group which has been launched at East Riding Carers Support Service.

The aim of the group, which meets every Monday from 10am-12noon, is to give carers who knit and craft the chance to socialise, indulge their creative sides, and support a good cause.

The group are currently knitting items including comfort blankets, outfits and teddy bears in support of a knitting project called Tiny Treasures which is based in Driffield.

Launched in May Tiny Treasures has so far donated over 2,400 handmade knitted items of clothing and toys to hospitals across the UK for babies who have been born prematurely, are in Neonatal Intensive Care Units (NICU) or who have died.

Aware that not all carers who may want to get involved in the project can travel to Driffield, Evelyn Lawson was keen to develop a knitting group in Beverley to support Tiny Treasures.

Evelyn, known affectionately by her family as 'granny knit', said: "It's all about doing something which we already enjoy doing but helping someone who perhaps is less fortunate than yourselves at the same time."

Evelyn, 78, cared for her husband until he recently moved into residential care and now she says the knit and natter group is an essential part of her life after caring.

Fellow Knit and Natter group member Berris Robinson, 71, who is also a carer and is cared for, said the group is a vital outlet for her too.

Berris said: "What I love about our Knit and Natter group is the fact that I'm doing something for a good cause."

"If I wasn't doing this I would be stuck in the house because I don't get out, so this gives me the opportunity to get out, to socialise and to create something that we hope makes a difference to others."

So far the knitters have created a whole range of items, including comfort blankets, trauma teddies for babies who have been particularly brave in hospital, and dresses for 'angel babies' who have passed away.

Jess Laughton, who founded Tiny Treasures said: "The support from people either making items to donate, helping fundraise or donating supplies to make the items has been absolutely fantastic and has far exceeded my expectations. Without these people we wouldn't be able to support the hospitals like we do."

"Although the primary aim of Tiny Treasures is to send the items needed to the hospitals I know we have also managed to help a lot of people find a purpose again, myself included, and it is lovely to see that happen."

Anyone who is unable to attend the group but would like to support their work can donate items such as unwanted wool, ribbons, and buttons. Anything surplus to requirement is sold to raise money to cover the cost of posting the items to hospitals.

For more information you can call into the group which meets at the East Riding Carers Support Service, 18 Wednesday Market, Beverley on Monday 10am-12noon, or call 01482 396500.

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## Law firm offers Legal Advice Clinics to help people understand changes to Inheritance Rules

Leading law firm Andrew Jackson have been providing legal advice clinics for over 10 years and have seen their popularity build as a trusted, valuable forum for anyone wishing to discuss wills, powers of attorney, probate or family matters. In light of major changes to rules surrounding inheritance, even more clinics are planned across the region.

Associate Deborah Gilpin, who specialises in this area of law, explains: "Family arrangements are becoming increasingly complicated, particularly as the intestacy rules – the rules concerning the estate of a person who dies without a will - changed on 1st October 2014.

People must understand that if they do not make a will, the law decides who will administer their estate and who will inherit. It's a complex picture, with different versions of the rules being applied dependent on a range of factors. There is a lack of awareness of these matters and we want to help.

Legal matters around bereavement can present real challenges for couples and families at an emotional and unsettling time. It's much better to take time to review issues now, when they are much easier to tackle than they could be further down the line. Our friendly, supportive team is keen to guide people through these matters, providing the expertise they need to plan for the future."

Deborah believes that this is a great way for people to take control of their futures and tackle a delicate subject in a supportive environment, "Our clinics are really important as we know how daunting the legal landscape can be. We are very happy to be able to help by discussing their options with them without them worrying about incurring costs."

**For more information about the legal advice clinics or to book an appointment, contact: Jo Pearman or Jayne Lowde in confidence on 01482 325242 or email [legalclinics@andrewjackson.co.uk](mailto:legalclinics@andrewjackson.co.uk)**

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28th October

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

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## An essential piece of Young Horse Training

Young horses are no different than very young children when it comes to learning about life, boundaries, social interaction and its acceptable behaviours. They have not yet learned to control emotion driven impulses. Life should be filled with inquisitiveness and exploration. Learning life skills through rewarding experiences rather than punishing ones. They will be quick to frustration, as are children, when working out what is or what is not wanted or being asked of them. Learning how to handle their impulses and accept the boundaries being taught, is one big section in development.

I see a lot of young horses who, for whatever reason, cannot stand still. This is a skill which can take a long time in us all, animals and pets being no different. Calmness comes with the patience learned from good experience and lots of repetitions. If that young horse who cannot stand still is on a rope from its handler then there is inevitably rather a lot of tugging and pulling back on the rope in order to gain or regain control. (Negative).



*Fifi pictured above*



*Rainy pictured above*

Take that rope off and you have no chance of training them to stand still when asked or to remain calm and relaxed.....or do you?

If you decide to take the "Clicker or Marker" training route then it certainly is possible to train them to stand in such a way, with the added bonus of being able to build in a voice cue for stand too.

I have recently had 2 young horses in...Rainy (a Shire horse yearling) and Fifi (a 2 year old Sports horse). Both young horses displayed all the usual, innate behaviours of any young horse and at their arrival time neither had a handle, nor the information, as to how to stand quietly and calmly when asked to do so.

Using a marker noise at the precise second in time an animal does something you would like repeating, followed very quickly by a reinforcer of high value to the individual (small pieces of apple or carrot, a few pony nuts etc. for horses) it is possible to train still feet and build in a calm mind.

One way is to use a mat of some description. A bit of carpet, a car mat or piece of rubber matting.... anything visual and, or, tactile.

The secret is in the timing of course and a sound knowledge of this form of training but it is worth its weight in gold. Once standing still on a mat is developed that mat can be taken anywhere you would like the horse to learn to stand quietly and calmly. For instance, later on in a horses training that mat can be next to a mounting block when training quiet rider acceptance work.....backing and mounting. Slowly introducing equipment like clippers. Farrier work on their feet.....there are 100 ways of utilising this one facet of Clicker/marker training.

Because that station point has been built on a solid, reward based history, the young horse feels great about life and will be far more willing to participate in quiet stand still type training. (Positive).

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## So, into the last quarter of 2015, where does time go

Thanks to everyone who visited us on our Family Fun Day and my Tenancy Anniversary Party last month, I hope you all enjoyed yourselves, we were so lucky with the weather on the Sunday, it was glorious.

The next big event at the Half Moon also signals the opportunity for my accountant to give me my annual bol---ing when he has sight of the invoice for fireworks; yes November the 5<sup>th</sup> will soon be here. With the number of people coming to watch the fireworks increasing year on year, a few safety aspects are giving me cause for concern. Where we have set off the fireworks in the past provides more than the minimum recommended safe viewing distance of 25metres, however the prevailing wind has still carried some falling debris into the spectator areas, therefore I have asked permission to use the field directly behind the car park to set off the larger fireworks, which John has kindly granted. I'm sure that this will not diminish the effect of the display and I'm sure you all understand my concerns.

As always we will have fresh hot soup, hot mulled wine, burgers and hot dogs available outside to combat the autumn chill, and hope to have clear skies and a dry night. This year 5<sup>th</sup> November is on a Thursday, so I'm afraid no quiz night that night.

This month we will be refurbishing the Pool Room, removing the porch, turning the pool table through 90 degrees and building two high backed settle, booth tables either side of the fireplace which will also be refurbished. New wiring, lighting and plumbing together with full decoration, new curtains etc will make this a very attractive room in keeping with the traditional aspects of the Pub while providing badly needed additional seating and maintaining the Pool Table facility as promised for our regular customers.

Our new winter menu is now in operation and our Festive Menu and booking forms are now available, a number of days in December are already full with party groups.

Finally I am delighted that the building of the new Team at the Half Moon is almost complete and I am confident that all my new staff will maintain the warm welcome we strive to offer all our customers. However, we're still looking for an additional chef to augment our busy kitchen team.

Many thanks to all my customers and staff,

Cheers Mike

**The Half Moon, "Skidby's Village Pub", Tel. 01482 843403**

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# Cottingham Little Theatre



Well, it's that time of year again and we're gearing up for our autumn production. Our set designers and costume team have been working hard over the summer and our actors have been learning their lines ready for the start of rehearsals. This year we have chosen "Season's Greetings" by Alan Ayckbourn, a hilarious and occasionally painful comedy about the perils and pitfalls of a traditional family Christmas. (The 2010 revival at the National Theatre starred David Tennant and Catherine Tate and was hugely popular.)

*It's Christmas, the season of goodwill to all men and Neville and Belinda have a houseful. But what a houseful! Belinda's nervy younger sister is down for the holiday with Clive, her arty new boyfriend, in tow, along with Neville's hapless best mate and his very pregnant wife. There's Uncle Harvey who thinks he's in the SAS, Aunt Phyllis who's giving the cooking sherry a hammering and Uncle Bernard who's insistent on performing his annual, awful, puppet show.*

*The tree lights are on the blink, the presents are still to be wrapped, war is being waged over who gets possession of the remote control and Neville's retreated to his shed. Meanwhile Clive and Belinda are discovering there's more than one sort of surprise beneath the Christmas Tree - and it's still only Christmas Eve!*

All's going well so far. I've been sitting in over the last three weeks (and getting thrown out on a couple of occasions for laughing too loudly and putting people off) and I reckon it's going to be a real festive treat! Performances are on Thursday 26th, Friday 27th and Saturday 28th November at the Darby & Joan Hall, Finkle Street, Cottingham. Tickets go on sale from Monday 19th October and will be available from Barkers Newsagents or from our dedicated ticket line on 841030. They cost £7, or £6 for concessions.

If you can't wait until the end of November to see CLT in action, why not come along to one of our monthly play readings? We can usually be found in Ellie Mae's in the Duke of Cumberland on the first Monday of the month. This year's season includes plays by Noel Coward, Alan Bennett and Mike Leigh. It's a great chance to find out more about us while listening to some cracking drama - and it's free! Check us out at [cottinghamlittletheatre.co.uk](http://cottinghamlittletheatre.co.uk) for more information, or look for our posters in Cottingham Library.



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## British Beekeeping Association to Launch 'National Honey Week'

**Everything is honey  
I can't get enough  
Of lots and lots of pots and pots  
Of sticky, licky stuff**

**W**e at the British Beekeepers Association certainly agree with the sentiments of that most famous of all honey lovers Winnie The Pooh...and that is why we will be launching National Honey Week this October.

We will be orchestrating a celebration of all things honey on the week of October 25th to the 31st, which coincides with the end of the beekeeping season, the honey harvest, honey survey results and the National Honey Show.

National Honey Week will be a chance to raise awareness of the traditional craft of beekeeping and the values of its bi-products. So the medicinal properties of honey and also the ...well lets face it... just jolly well deliciousness of it will be highlighted with a downloadable Honey Recipe Book from us ..... but more on that to come!!! <http://www.bbka.org.uk/>



## A "Worthy" display at Skidby Mill

**A** new local history exhibition focusing on a variety of prominent East Riding figures is now open at Skidby Windmill. Entitled "Local Worthies" and produced by the Skidby Mill volunteer team, the exhibition includes well-known personalities such as the writer Winifred Holtby and archaeologist John Mortimer, alongside less famous (but equally colourful) characters like Jemmy Hirst (a Rawcliffe eccentric) and Snowden Dunhill, a notorious 19th century convict from Spaldington.

Said Dr. David Marchant, museums registrar with East Riding of Yorkshire Council: - "This new exhibition is a real cross section of East Riding personages, from the great and the good of local society like the famous Wilson family who owned the hugely important Hull-based Wilson shipping line, to the definitely not so good Snowden Dunhill, who ran a criminal gang that terrorised his neighbourhood before he was transported to Australia. All are worthy of our attention, if not necessarily of respect!"

The Mill is open daily 10.00am to 5.00pm (last admissions 4.15pm). Admission charges apply. For further information please call the mill reception on 01482 848405.

The exhibition runs until 29 February 2016.

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## New taxi legislation will affect East Riding residents

Changes to taxi legislation which come into force in October affecting private hire services could mean the firm you've booked isn't the company picking you up.

The changes come into force on 1, October 2015 and will allow private hire firms based in the East Riding to sub-contract customer bookings to other companies outside the county.

This means that if you make a booking with a firm in the East Riding, that company can pass your booking onto a firm in another area, such as Hull, Scarborough or Selby to come and collect you.

As the customer may not know who is going to be picking them up, East Riding of Yorkshire Council's licensing team are urging people to follow the following advice:

- tell the operator when booking your journey that you wish to be collected by a driver from their company only
- be sure to check if a driver turns up they are licensed and they have your details – do not give this information to the driver yourself
- if you are unsure ring the company you made the booking with to check if it's the right vehicle
- if your journey is sub-contracted to another firm without your permission and you are not happy, next time use a different company and always confirm you do not want your booking sub-contracted to another firm.

Councillor Shaun Horton, portfolio holder for community involvement and local partnerships at East Riding of Yorkshire Council, said: "We want to make people aware of these important changes as I'm sure people who book with a particular firm do not expect to be picked up by another company they may not

know or trust.

"Licensed drivers in the East Riding are subject to rigorous checks to ensure they are safe and suitable to transport people home.

"If you book with an East Riding operator, you have the right to ask for that company to pick you up, which should be requested at the time of booking."



## "Beryl", the life story of Beryl Burton, the cyclist at Swanland Village on Saturday 24th October

Tickets are selling fast for the live show "Beryl", the true story of the life of Beryl Burton, award winning cyclist from Leeds, written by Maxine Peake and starring Samantha Power and Rebecca Ryan.

The show is touring various venues in England and the Swanland Village Association is proud to bring it to Swanland Village Hall on Saturday 24th October at 7.30pm. Tickets are available from Yvonne at Mere House costing £8.50 adults (or £7.50 for SVA members paying in advance) and £4 for schoolchildren. For further details call 634863 or see <http://www.swanlandvillagehall.info/future-events.htm>

## CAVE CASTLE HOTEL & COUNTRY CLUB

### MURDER MYSTERY with It's Murder! Thursday 10th December A CHRISTMAS KILLING

Conrad and Clara Christmas are hosting a party to celebrate the festive season. Although they always throw the best in town, there is usually some strife amongst one or two of the revellers. This year there is someone present who does not extend 'Goodwill to all Men'.

Join us for this Christmas party with a difference and find out for yourselves just what is going on and who that someone is!

### Thursday 17th December MISTLETOE MURDERS

Its 1979 and the sleepy town of Mistletoe is about to wake up, as Chillingham College is to hold a Christmas Reunion Party for their class of '69. Is there a feeling of fun and excitement in the air or will old grudges and rivalries spark off an explosive atmosphere?

Could well kept dark secrets be revealed with dire consequences, or are hatchets about to be finally buried? Come dressed in your finest sixties or seventies gear and all will be revealed

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## Nippon Gohsei launches new apprenticeship scheme

**N**ippon Gohsei has launched a new apprenticeship scheme to help train its workforce of tomorrow.

The Hull-based chemicals business has taken on its first-ever maintenance apprentices, building on the job creation successes of its operations apprenticeship scheme.

Following an in-depth selection process and working in conjunction with Humberside Engineering Training Association (HETA), Sam Brett, of Cottingham, and Thomas Spencer, of Dunswell, both 16, will start their training in September.

They were chosen from a shortlist of 16 selected from 70 applicants, following an awareness day with HETA at KC Stadium in Hull.

“The calibre of shortlisted candidates was excellent, and that of the applicants in general very high,” said Stephen Harrison, maintenance engineer at Nippon Gohsei, who is supervising the new intakes.

“Clearly, there is an appetite from young people in the region to work in the sector and grasp what is a fantastic opportunity to progress careers in a successful, multinational business.

“For us, it gives us access to enthusiastic young people who will become the skilled technicians we need to ensure the smooth running of our business.”

The new maintenance apprenticeships, covering mechanical and instrument roles, include 15 months with HETA and Hull College and 18 months training with Nippon Gohsei. In all, including their time as apprentices, the new starters can expect to receive a total of five years training.

Sam, who went to Cottingham High School, said he’d always had an interest in technology and jumped at the chance of working at Nippon Gohsei.

“All the way through school and growing up I’ve liked fixing things and seeing how they work, taking them apart and putting them back together again,” he said.

Engineering is high up the list of things to do for Tom, who’s ridden and maintained his own Quad bikes since he was 12.

“I wanted to do the apprenticeships as I would learn, earn and get experience at the same time,” said Tom, who opted for an apprenticeship over sixth form.

“I generally find it more interesting to do something rather than listen to someone.”

The launch of the latest apprenticeship scheme piggybacks off Nippon Gohsei’s successful operations apprenticeship scheme, which has seen the addition of at least one apprentice each year into the business since it was launched in 2008.

Nine of the company’s 36 operators and shift team leaders have come up through the apprenticeship programme, creating full-time roles in manufacturing positions.

Gary Hyde, Nippon Gohsei’s manufacturing support manager, who helped set up the scheme seven years ago with HCF Catch and Hull College, said: “Having maintenance apprenticeships is a new departure for us, but the existing scheme has been so successful in providing us with skilled, reliable full-time operators it seemed the logical next step.

“Before we joined forces with other local Companies for this project there weren’t any schemes specific to our industry in the region.”

There is currently one apprentice on the operations side, Joshua Thompson, with Liam Watson and Harvey Rayworth having recently completed their apprenticeships and now full-time employees.

The next, new operations apprentice, Luke Whybrow, will be joining the scheme in September.

Nippon Gohsei produces Soarnol, the trade name for ethylene vinyl alcohol (EVOH), which is commonly used as a barrier layer in food packaging and a host of other applications.

It is the UK’s only producer of Soarnol and one of only two worldwide and started manufacturing the product at Saltend Chemicals Park in 2004.

It employs 120 people, the majority at Saltend, the remainder at Marfleet Environmental Technology Park facility.

*Pictured: Thomas Spencer, left, from Dunswell, and Sam Brett, right, from Cottingham, have joined the Hull-based chemicals business Nippon Gohsei, which has taken on its first-ever maintenance apprentices, building on the job creation successes of its operations apprenticeship scheme. They are pictured with Nippon Gohsei’s maintenance engineer, Stephen Harrison, centre.*

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## Residents offered free electric blanket safety checks

**R**esidents thinking about reaching for electric blankets to beat the autumnal chill are being urged to make sure they are safe. Over the next month, officers from East Riding of Yorkshire Council's trading standards team will be at various locations offering free electric blanket checks.

The safety check will take place at:

**Beverley – Tuesday, 20 October between 9.30am to 5.30pm at Beverley library.**

Last year, 244 electric blankets were tested as part of the council's continuing programme electric blankets safety checks. Of those checked 44 blankets failed the safety test and were found to be dangerous to use.

The most common reason blankets fail is, that due to their age, a fault has developed in the wiring or they don't have an overheat protection system which is found in modern blankets.

Councillor Shaun Horton, portfolio holder for community involvement and local partnerships at East Riding of Yorkshire Council, said: "Electric blankets are often used by older or vulnerable people so it is important to make sure they are safe.

"Residents may be using dated or dangerous blankets without realising the potential danger they are putting themselves in.

"Industry guidelines recommend a safety check every three years, unless the blanket is damaged or worn but for peace of mind over the winter months I would urge people to take advantage of these free checks."

It takes six minutes to check each electric blanket and it is free of charge to residents but people must make an appointment.

Residents can bring more than one blanket but in order for them to be tested correctly, all controls, cables and plugs must be brought too.

Anyone who would like to have their electric blankets checked must ensure an appointment is made for each blanket they wish to bring.

Anyone wishing to make an appointment should call East Riding of Yorkshire Council on (01482) 396301 or email [consumeradvice@eastriding.gov.uk](mailto:consumeradvice@eastriding.gov.uk)

## Cottingham Girls Brigade are looking for new members

**W**e are The Girls Brigade and we are looking for new members to join our company!

We are a church based organisation that has been at the heart of the community in Cottingham for over 35 years.

We are here for Girls aged between 4 and 18 and boys from 4.00 pm until 7.00 pm too.

They will enjoy a wide range of activities, including crafts, cookery, dancing and life skills.

Our badge work program teaches life lessons such as charity, anti-bullying and citizenship. We are passionate about teaching children the skills and values they can take with them in to the world.

As a wider organisation we offer music lessons in the form of a brass band that meet on Fridays. The band offers international tours and well as local concerts.

There is the opportunity to go on camp every two years and we have lots of parties and adventure days with other companies in the area. This will give the children a chance to form good life-long friendships with other children across the city.

Sound good? If so we meet on Tuesday evening from 6.30 pm until 8.00 pm, at Zion URC Cottingham. For more information please email: [brookie81@hotmail.co.uk](mailto:brookie81@hotmail.co.uk) or call 07970 772371.

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## Cottingham Special Olympics Swimmers compete in Swansea

At the British Learning Disability Swimming event held recently at the Welsh National Pool in Swansea, two swimmers- Adam Loubani and Timothy Wong, from Cottingham, were part of a team of 6 Special Olympics City of Hull swimmers supported by their coach Karen Brockwell, who took part in this National event.

The team travelled down to Swansea by mini bus, driven by the parent of one of the swimmers, and as this was a two day event, they stayed away for 2 nights.

The level of competition was much higher than our swimmers had previously competed in, so medals were hard to win, but times were excellent.

Adam Loubani gained personal best times in his 50m

Freestyle and his 100m Freestyle. Well done Adam!

Special Olympics City of Hull swimmers are now back in training for the Special Olympics Yorkshire & Humberside Regional event which will be held in November, at The Hydro in Harrogate.

Pictured left: Left to right: Adam Loubani and Timothy Wong

## 'Modern Art on the Table': Bloomsbury comes to Beverley

For those who enjoyed the recent BBC2 drama series 'Life in Squares', the work of The Bloomsbury Group is coming to Beverley Art Gallery in a forthcoming show – 'Modern Art On The Table'.

The exhibition will revisit an unusual experiment in the history of art and design, which appeared at Harrods store in London in 1934. Painters, sculptors, illustrators and muralists were invited to work with ceramic factories to produce tableware for everyday use.

Twenty-six artists were involved in the experiment, including the Bloomsbury Group's Duncan and Vanessa Bell; traditionalists like Frank Brangwyn and Laura Knight; and radical modernists including Paul Nash, Ben Nicholson and Barbara Hepworth.

Gerardine Mulcahy-Parker, Art Gallery curator, said: "The results were diverse and fascinating but the debate on their success continues. The reaction of the contemporary public would seem to epitomise Oscar Wilde's observation of the difficulty of living up to one's teapot!"

The exhibition runs until 26 November.

Beverley Art Gallery is located in the Treasure House in Champney Road, and is open from Monday to Saturday. For further details of opening times and the facilities available in the Treasure House, see:

[www.museums.eastriding.gov.uk](http://www.museums.eastriding.gov.uk)

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## "The Hundred Foot Journey" at Swanland Village on Saturday 17th October

As always, the third Saturday of the month will see Swanland Village Hall turned into our community cinema, showing "The Hundred Foot Journey".

Starring Helen Mirren, this film tells the story of the family of talented cook, Hassan Kadam who, after a chance auto accident in France decide to set up an Indian restaurant there. Unfortunately, this puts the Kadam in direct competition with the snobbish Madame Mallory's acclaimed haute cuisine establishment across the street.

The resulting rivalry eventually escalates until there is a bridging of sides, both professional and personal, that encourages an understanding that will change both sides forever. Put it in your diary now for 7.30 pm on 17th October. Tickets available at the door cost £4 adults and £2 schoolchildren. For further details call Yvonne on 634863 or see <http://www.swanlandvillagehall.info/future-events.htm>

[www.swanlandvillagehall.info/future-events.htm](http://www.swanlandvillagehall.info/future-events.htm)



## Rotary Club of Holderness Craft Fair, Saturday 24th October from 10.00 am to 4.00 pm

The Rotary Club of Holderness will be holding its annual Craft Fair at Cottingham Civic Hall on Saturday 24th October, from 10am to 4pm. A big feature will be the café run by the ladies of the Inner Wheel club, giving customers the opportunity to pause from browsing to perhaps meet friends and enjoy some refreshments. The bacon sandwiches come highly recommended!

Stalls will offer a wide choice of top-quality items, suitable for unique Christmas presents or a special treat for the buyer. As in previous years second-hand books will be available, plus the ever-popular tombola with plenty of prizes. A new feature will be a stall with selected bric-a-brac, which might appeal to all you collectors out there.

The Craft Fair is a sociable, community activity which is appreciated for raising money for several Rotary projects. The Salvation Army is supported locally to provide Christmas parcels for families, which are packed by Rotarians in December. Our club stays ready to help financially when international problems break out, with help sent to Freetown, Sierra Leone, to assist in preventing the spread of Ebola. 'ShelterBox' is a scheme with very strong Rotary links, enabling homeless families anywhere in the world to survive a disaster situation.

Locally the Club organises competitions to encourage the creativity of young people, such as Hull Young Artist of the Year and the Youth Speaks competition involving local schools. Look out for our next new project – the first Hull Santa Run will happen on Sunday 13th December in the city centre. It's a chance for families to get-together and do something silly: dress up as Santa and run or walk the 2.75km route to earn a bit of cash for charity. Details about how to enter will be coming out very soon.

Being a Rotarian is about helping others, but it is also very

friendly and a way of meeting interesting people. If you would like to find out more, have a word with us at the Craft Fair on 24th October, where you can get an idea what we're like and more information will be available.

## Residents invited to have their say on Council Tax Support Scheme

The council is inviting residents to have their say on the council tax support scheme which is due to be implemented in the 2016/17 financial year.

Council tax support came into force in April 2013, replacing the former national council tax benefit scheme. Local authorities must review their schemes annually and are required by the Government to carry out a public consultation.

Since then, the maximum amount of support available to working age households in the East Riding is 75 per cent, which means every they are required to pay at least 25 per cent of their council tax bill. There are no plans to change this.

However, the council is proposing to follow the Government's proposals of freezing components within working age benefits for the next four years, removing the family premium and limiting the backdating of housing benefit claims to four weeks rather than six months.

Pension age households will be excluded from any changes and will continue to receive help under a national scheme.

Residents can have their say by visiting [www.eastriding.gov.uk/counciltaxsupport](http://www.eastriding.gov.uk/counciltaxsupport)

Forms need to be completed by 16 October. A final decision will be made at the Full Council meeting due to be held on 13 January 2016.

# Blue Kangaroo



# Halloween Party

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## Make a splash for charity in the East Riding

Residents of the East Riding are invited to swim the distance of the Channel in their local East Riding Leisure swimming pool to raise money for Aspire, a national charity that provides practical help to people who have been paralysed by Spinal Cord Injury.

It's a chance to join 5,000 other swimmers across the country who have signed up to swim 22 miles over a 12 – week period whilst raising funds for Aspire. Whilst it will be a challenge for swimmers taking part, the health and fitness benefits of completing the challenge are considerable.

Nicholas Saunders, swimming co-ordinator at East Riding Leisure Beverley, says: "This is a great way of getting people in our community to raise money for a good cause, whilst being an excellent way of getting fit".

Anybody who would like to take part in the challenge or make a donation should visit [www.aspirechannelswim.co.uk](http://www.aspirechannelswim.co.uk) or call 0800 0370 880.

East Riding Leisure swimming pools taking part are Beverley, Bridlington, Pocklington, Driffild, Goole, Haltemprice, Withernsea and Hornsea.

Every eight hours someone is paralysed by spinal cord injury. Aspire exists because there is currently no cure. Aspire provides essential services such as accessible housing, grants, assistive technology facilities and practical help to support spinal injured people from injury to independence.

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**NEWS:** A Touch Of Elegance remains at the forefront in new techniques, and we can now offer Calgel, the finest nail system in the world!! Also threading, HD Brows and microdermabrasion facials. We are also proud to stock the fantastic Younique cosmetics range and the wonderful Instantly ageless magic cream. Here's to the next 10 years love Leanne, Danielle & Rebecca

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## Scandal, Sensation and Sweet Musick - Top Hits of the Seventeenth Century

**C**arnival Band welcome you to the tabloid world of the broadside ballad at Toll Gavel United Church Beverley on Thursday 22 October 2015 at 7.30pm. These 17th century chart-toppers have it all – murder, sex, revenge, true love, the supernatural, heroism, low cunning, unimaginable cruelty and heart-warming happy endings. Meet a cast of star-crossed lovers, treacherous sons, roguish soldiers, glamorous royals, scurrilous old men, feisty young women, brutal husbands, moralizing preachers, innocent babes, wicked uncles, murderers, ghosts and dragons. All set to some of the most hummable tunes and toe-tapping dance rhythms to come out of a golden age of English music.

The Carnival Band is well known to Beverley audiences for its exuberant and full-blooded performances of early music fused

with traditional and world music and has been called 'Henry VIII's rock 'n roll band'. The five performers play shawm, curtal, cittern and Flemish bagpipes alongside the more recognizable fiddle, drums, guitar and bass and sing in full harmony. They are joined by Vivien Ellis, a leading exponent of the English ballad tradition and a star of the English early music scene.

"The band is terrific" Lancashire Evening Post

"Vivien Ellis's singing is absolutely beguiling" Classic CD

Tickets cost Adults £14.50, Concessions £12.50, Children under 14 free with full paying adult, additional children £5 and are available from Beverley Tourist Information Office (01482) 391672 or <http://events.eastriding.gov.uk/default.aspx>

## Cottingham Red Cross Ladies Lunch, a Thank You

**T**he 7th Annual Red Cross Ladies Lunch was held on the 16th September at Cottingham Parks Golf and Country Club. 64 Ladies attended and enjoyed splendid food and a great atmosphere.

Our theme this year was impartiality, and our speaker was Michael Wood, the Town Crier, who arrived in full regalia and gave a very entertaining and informative speech about his role, and charmed all the ladies present!

With the help of generous sponsorship and donations of raffle and tombola prizes by many local businesses and individuals, this year's event raised £1,083 towards much needed local services.

The ladies of Cottingham Red Cross would like to thank all sponsors for their support, Cottingham Parks for looking after us so well and the all the attending ladies for their support, enthusiasm, generosity and good company.

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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

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



### Muscular, Neurological, Skeletal and Vascular:

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

### Internal:

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

### Men's Problems:

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

### Women's Problems:

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

### Ears, Eyes, Nose and Throat:

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

### Cancer and Tumour:

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

### Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

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

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

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



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## Gervase Phinn to entertain at Albermarle Centre on Thursday 22nd October

Yorkshire's leading raconteur, Gervase Phinn, is set to entertain people in the region with his humorous recollections of his years as a teacher and his time as a school inspector.

Gervase will be at the Albermarle Centre on Ferensway in Hull on Thursday 22nd October at an event organised by the Rotary Club of Humberside in conjunction with the Hull City Council's Music Service. It is to raise money for the Rotary Club's Bursary scheme in which talented youngsters get financial support for their studies.

Paul Lees, chairman of the Club's Major Events Committee said: "It promises to be an hilarious evening because Gervase has an endless number of highly amusing tales from his 10 years

as a school inspector in the Yorkshire Dales coupled with his memories of life in the classroom".

He will be joined at the event by the City of Hull Youth Jazz Orchestra which is made up of young musicians from the area.

Paul added: "Our scheme has had a brilliant start. Already 12 bursaries have been presented and a further 5 will be awarded at this event".

Tickets cost £10 and can be obtained at the Albermarle Centre (01482 318800) or by calling 01482 875189.

## Free cat neutering during October

As local animal charities continue to be overwhelmed by the number of unwanted cats and kittens, Hull and District Cats Protection, Hull Animal Welfare and Caring for Cats are joining together to fund free cat neutering throughout October, in association with Swanbridge Veterinary Hospital. The Hull branch of the RSPCA have also made a generous donation towards this campaign.

In taking advantage of this opportunity to avoid unwanted litters, you will be making an invaluable contribution to this important welfare issue, as you will also be giving your own cat a greater chance of leading a happy healthy life.

They will generally be more contented, less likely to stray and fight and have a reduced risk of contracting a number of serious, potentially fatal diseases. It could, therefore, save you money in vets bills in future years, as well as help to avoid the heartbreak of losing a much-loved companion prematurely.

Anyone wishing to avail themselves of this offer should ring Swanbridge Veterinary Hospital on 01482 633888, to book their cats in. We promise they won't hold it against you.

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In aid of  
**NSPCC**



## Sports or exercise injuries

If you play sports or are involved in any type of strenuous physical activity then sports massages are something to consider having on a regular basis. Similar to regular massages, these massages are not so much for indulgence but can help your performance on and off the field, track or court.

The type of sport you're involved in whether it be a team sport or otherwise is unimportant. The important thing is that your body remains in the best shape it can be in and the same can be said for your health!

A sports massage is an excellent alternative means of relaxing your body following a workout or a game. It also provides a way for athletes to make their workouts and sports practices more effective. Another advantage of it is that it can support the healing process when an injury does take place. Professional athletes have massages all the time.

A sports massage is an alternative means of supporting an athlete in performing at his or her best. It does not matter whether the massage takes place before a performance, afterwards or even during. This type of massage is beneficial for every athlete but it is particularly worthwhile for one who is in training and also one who is in rehabilitation after suffering from an injury.

One way to think of a sports massage is "a manipulation in a systematic manner of soft tissues that relate to the specific muscle groups used by the athlete." Not only can these types of massages help heal the body but it will also make the person feel calm and very relaxed! It really is a wonderful feeling to receive a massage from a trained and skilled professional.

A sports massage will soothe your body and will also do amazing things for your mind. It will put you into a tranquil state of ease, comfort and peace. It reduces heart rate and blood pressure. It also increases the flow of lymph in the body as well as the rate at which blood travels from one part of the body to other parts.

Having regular sports massages can both increase as well as maintain the level of flexibility in your body. They can also help to reduce the chances that you will hurt yourself. If you are prone to soreness or stiffness as a result of rigorous training then this kind of massage will address this issue as well. After training and/or any competitions a sports massage can do its part to assist your muscles and tendons in recovering as quickly as possible.

A sports massage is designed to help you be the most accomplished athlete that you can be. It can improve your performance and prepare you for the upcoming game. Once your body is primed and ready this will help your mind get into the right place as well. This type of massage focuses in specifically on the muscle groups that play the most essential role in the sport that the athlete is involved in.

Endurance and strength are improved upon due to regular sports massages. A sports massage also promotes coordination and reduces body fatigue. It also eliminates any swelling that has taken place and it reduces tension in the muscles. All those who play sports and even those who don't play sports but who exercise a lot should incorporate sports massages into their busy schedules. You will be glad that you did!

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### Crossword solution from page 14

|    |   |    |   |   |   |   |   |   |    |    |    |   |   |   |   |   |    |   |
|----|---|----|---|---|---|---|---|---|----|----|----|---|---|---|---|---|----|---|
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|    | H |    | I |   | E |   | L |   |    |    | B  |   | M |   | C |   |    |   |
| 9  | E | N  | D | E | A | V | O | R |    | 10 | C  | A | L | I | C | O |    |   |
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| 12 | C | O  | W | L | S |   |   |   | 13 | U  | S  | E | L | E | S | S | L  | Y |
|    | E |    | H |   |   |   | T |   |    | N  |    | M |   |   |   |   | T  |   |
|    |   | 14 | D | O | T | A | G | E |    | 16 | S  | P | E | C | K | L | E  |   |
| 18 | P |    | O |   | G |   |   |   |    |    |    | N |   | N |   | S |    |   |
| 19 | E | L  | D | E | R | L | Y |   | 20 |    | 21 | B | O | T | T | O | M  |   |
|    | D |    |   |   | A |   | E |   |    | A  |    |   |   |   | W |   | 22 | M |
| 23 | D | I  | A | C | R | I | T | I | C  |    | 25 | C | H | I | R | O |    |   |
|    | L |    | P |   | I |   | I |   |    |    | A  |   | N |   |   | R |    |   |
| 26 | E | A  | R | W | A | X |   |   | 27 | P  | L  | U | M | A | G | E | S  |   |
|    | R |    | O |   | N |   |   |   |    | L  |    | E |   | L |   | E |    |   |
| 28 | S | A  | N | E | S | T |   |   | 29 | D  | I  | S | L | O | Y | A | L  |   |



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|-------------------------------------------------------|----------------------------------------------------------------|
| <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   |

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