

Cottingham Times

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Issue 179 - October 2016

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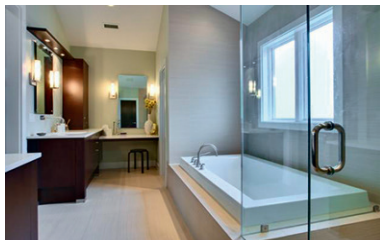
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“Taking the soft option

Some of the most enthusiastic endorsements we have for for water softeners are from softener owners who have suffered from skin irritation, rashes and eczema. From their experience we can safely say that a huge number of people can and do benefit from softened water and are relieved of the symptoms of many skin rashes and eczema etc. How can this be?

While many enjoy its taste, hard water has a high concentration of minerals such as calcium and magnesium. These minerals are naturally added to the water supply as it's filtered from the ground through layers of limestone and chalk. These minerals can have a drying effect on the skin, which is why many believe hard water is the reason that their eczema isn't improving or is getting worse.

Another reason is that households in hard water areas tend to use more soap and detergent when washing clothes and bathing - products we know inflame the skin of eczema sufferers.

Water softeners have an 'ion exchange' system which removes the calcium and magnesium salts from the water, thus completely eliminating the hardness thus needing less soaps and detergents and making rinsing clothes and bedding more effective too.

To test this theory, the University of Nottingham looked at over 100 children to see whether hard water had an effect on the condition in children. They found eczema was 40 per cent more common in primary school children living in hard water areas than in those who lived in areas where the water was soft. Similar conclusions were found from studies in Japan in 2001 and Spain in 2006.

Water softeners do much more too! Plumbing and appliances are protected from damaging lime scale, crusty taps and water marks on shower screens and surfaces are eliminated and appliances and heat exchangers last longer and operate more efficiently with fewer repairs and replacements.

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In Cottingham and District

The Friends of Thwaite Gardens'

Tuesday October 4 h 7pm - AGM followed by a talk entitled 'Love at First Bite' by Peter and Hellenkje Walker of 'Wack's Wicked Plants'. Everything you need to know about carnivorous plants. Methodist Church Hall, Hallgate, Cottingham, Plants for sale. Refreshments. Members free. Non-members very welcome £2.0

Haltemprice Art Group

Wednesday 6 h October - Arches

Wednesday 11th October - Workshop with Sandra Holle

Wednesday 18 h October - Sketching Evening - J. Solly/M. McGowan.

Wednesday 26 h October - Half Term

Meetings take place at the Cottingham High School, Harland Way, in the Art Room on the first floor, 7.00 pm to 9.00 pm.

Cottingham Local History Society

Wednesday 6 h October - John Scotney - Converging on Hull: A family story of Migration, in the Red Hall, Hallgate Primary School, King St, Cottingham starting at 7 p.m. Meeting fee, members £1; non-members £2. contact: Peter McClure 08

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Cottingham Men's de Luda Society

Wednesday 6 h October - Mike Covell (The Silver Hatchet Gang), in the St. Mary's Church Hall, Hallgate, starting at 2.0pm .

East Yorkshire Group of the Hardy Plant Society

Thursday 6 h October - at 7pm in St Mary's Parish Hall, North Bar Within, Beverley. You are welcome to come and join us to listen to Peter Foley - The Autumn Garden Entry: £4 which includes tea/coffee and biscuits. Further information from Lois Scott 01482 494276.

Hull Alpha Probus

Thursday 6 h October - Retired professional and business ladies and gentlemen, meet in the King William IV, Hallgate, for lunch at 12.0 noon, with a talk by Mr. A. Khundonazarova on Yorkshire Water Aid. New members are most welcome. For further information contact John Myers (Chairman) on 6 10 or Lesley Fairhead (Secretary) on 33.

Yorkshire Countrywomen's Association (Skidby Branch)

Thursday 6 h October - A talk on Yorkshire Rape Seed, by Adam Palmer, 7pm in the Skidby Village Hall.

East Yorkshire Embroidery Society

Saturday 8 h October - Lynne Edwards, MBE - Celebrity Quilter. In the Darby & Joan Hall, Finkle Street, at 2.0 pm. Doors open to non-members. Members £1.0 Visitors £2.0 Includes tea/coffee and biscuits.

**Front cover: Autumn in Beck Bank.
Photo: Paul Lakin.**

Skidby Village Hall

Saturday 8 h October - Annual Charities and Craft Fair, 10 am to 1.0 pm., in Skidby Village Hall. To book a table please ring 01482 844695. Entry to the public free, refreshments available.

Beverley Community Lift

Saturday 8 h October - Will be having a 'Bottle Surprise' stall at Skidby Village Hall Charities Fair between 10 am -1.0 pm. Please come and support this worthwhile charity.

Rev & Church Present: What a Wonderful World

Sunday 9 h October - Come and join us at 6 pm for tea and coffee followed by an evening of songs & stories with Angie London. Meet us at Derby & Joan Hall, Finkle St, Cottingham HU16 4Z - parking available on site. Any queries to James Seager, Campus Leader, mail: James@revivechurch.co.uk or tel: 01482 844695

Cottingham Methodist Church

Sunday 9 h October 2014 Harvest Festival - 10 am.

Cottingham Catholic Women's League

Monday 10 h October - Speaker Joe Dunn - Bletchley Park, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7 pm.

Cottingham Women's Institute

Tuesday 11th October - From Copper to Shepherd - Sue Woodcock (writer of the Wolds Diary, *Yorkshire Post*). Competition: Something Pearly, at 10 am. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church hall

Tuesday 11th October - 7pm

Tuesday 25 h October - 7pm

Interested in photography? Why not give our friendly group a visit? New members welcome. All levels. Contact for further details:- John on 01482 844695 john@jcmhome.karoo.co.uk

Cottingham Ladies Circle

Wednesday 12th October - Mr. Leeson to give a talk and show/slide about San Francisco to the Rogue River, to be held in the Darby & Joan Small Hall, Finkle Street, at 7pm.

Beverley Film Society

Thursday 18 h October - Force Majeure (2014) Cert 15 Drama (Sweden), Director: Ruben Ostlund. A family on a skiing holiday in the French Alps is threatened by an avalanche, leaving questions marks hanging over the father's actions and sending shock waves through the family dynamic. Golden Globe and BAFTA nominated. Meetings are held at the Parkway Cinema Beverley. All films start at 7.30pm on the 2nd THURSDAY of the month (doors open 7pm). Membership fee: £15 for whole season of 10 films. PLUS: Tickets £3.00 per film (Members) £6 (Guests). For more information www.beverleyfilmsociety.org.uk

Cottingham Green Women's Institute Evenings

Thursday 18 h October - Members Meeting - Card Making, Competition: Hull Fair Memorabilia. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7pm., second Thursday of each month.

U3A

Thursday 18 h October - Howard Petch - The Future Isn't What it used to be, at 2.0 pm. in the hall at the Darby and Joan Hall, Finkle Street.

Continued on page six

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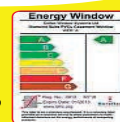
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Hull and East Riding Glaucoma Group

Friday 14 h October - When we are pleased to welcome Louise Solway from the Low Visual Aid Clinic at Hull Eye Hospital as our speaker. Low vision services can help people with vision problems by giving advice on practical solutions such as vision aids and lighting. Join us on Friday 14 h October at HERIB on Beverley Road, Hull, at 11.0 am. Entry £1.6 per person. For more information and to book your place and an optional two course lunch (cost £5 , call HERIB on 08 3 229

Skidby & Little Weighton Methodist Church

Friday 14 h October - Will be serving home made soup and rolls from 11-6 am onwards. Everyone welcome - donations are for Christian Aid.

Friends of Thwaite Gardens.

Saturday 15 h October - Enjoy an Autumnal Walk led by John Killingbeck or stroll round the gardens at your own pace. Starting at 11.0 am. Gates to close by 1.0 pm. Thwaite Gardens, Thwaite Street, Cottingham. Admission £1. Under 16 s free (accompanied by an adult).

Humberside Ileostomy Association

Saturday 15 h October - Member's Meeting at 2.0 pm to 4 pm at the Baptist Church, junction of Cottingham Road and Chanterlands Avenue, Hull. During the afternoon, (free) homemade cakes, savouries and teas will be served, alongside a quiz, raffle and music from two local singers/guitarists. Friends and families of members are also very welcome, as are new ileostomists and 'pouchies'. There will be a brief explanation and vote on the new format of the Society.

North Ferriby Gardeners' Club

Monday 17 h October - Fruit Growing in the North - Hilary Dodson, in the Village Hall, starting at 7.30 pm. Tea/Coffee and biscuits are served. Membership £80 per annum, visitors fee £2.00 per meeting.

East Yorkshire Woodturners.

Tuesday 18 h October - at 6pm : Demonstration by Andrew Hall, professional woodturner and international demonstrator from County Durham. Meetings are every third Tuesday each month at Skidby Village Hall. Visitors are welcome, whether woodturners or just interested - £3 on the door. For more information please contact David Taylor, Secretary, 8. cotters@cotters.karoo.co.uk

Hull and East Riding New Stitchers (HE N S)

Tuesday 18 h October - Speaker: Jo Barker - From Fleece to Felt, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.5 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 018 85 or www.hullandeastridingnewstitchers.weebly.com.

Hull and East Riding Antiques and Fine Arts Society

Tuesday 18 h October - AGM, followed by the Mary Glen Memorial; Lecture: Toby Faber "The Imperial Easter Eggs. At 10 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members are welcome to come and experience one or two talks as guests (admission £30 , before deciding whether to join us. Our Society meets on the third Tuesday morning of every month (except August and December) for illustrated talks by experts on a wide range of antiques, design and fine arts topics. For further details please contact Membership Secretary, Margaret Ashley, tel. 08 8



Jane Brooks

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Cottingham Evening Townswomen's Guild

Wednesday 19 h October - Alan Lavender, MBE - Premiers and Christmas at No. 10 at 7 pm in the Darby & Joan (Small Hall), Finkle Street.

Cottingham Men's de Luda Society

Wednesday 19 h October - David Parker - Cappa Pass, in the St. Mary's Church Hall, Hallgate, starting at 2.0p.m.

Hull Alpha Probus

Thursday 20 h October - Retired professional and business ladies and gentlemen, meet in the King William IV, Hallgate, for a coffee morning at 10 am, with a short talk by a Brian Irvin on National Service. New members are most welcome. For further information contact John Myers (Chairman) on 8 10 or Lesley Fairhead (Secretary) on 33.

Diabetes UK

Thursday 20 h October - Diabetes UK - Diabetes Consultant Chris Walton. Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7 pm - 9 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01482 6 or for further information.

East Yorkshire Association of the National Trust

Thursday 20 h October - Liz Sheppard - "Carnegy Heritage Centre", in the Cottingham Civic Hall, 7 p.m. Non-Members welcome.

Inland Waterways Association

Friday 21st October - A talk by John Pomfret about Braumston, the Canal Age Transport Hub. From 8 pm to 10 pm in the Methodist Church Hall, Hallgate.

The Royal British Legion Cottingham Branch

Saturday 22nd October - 206 Poppy Appeal Concert, by the Dagger Lane Singers at the Darby & Joan Hall, Finkle Street, Cottingham, 7.00 pm to 10.00 pm. Tea, Biscuits and Raffle. Tickets £6 each. Tel. Colin on 03 85 or from Barkers, Hallgate, Cottingham.

Wednesday Social Club

Wednesday 26 h October - Bits and Pieces (continued), Derek Clarke, in the small hall at the Darby & Joan Hall, at 2.0p.m.

Cottingham Ladies Circle

Wednesday 26 h October - Mrs. Elliott to give a talk entitled 'Brief History of Cottingham', to be held in the Darby & Joan Small Hall, Finkle Street, at 7p.m.

Yorkshire Countrywomen's Association (Skidby Branch)

Friday 28 h October - Quiz Night, 7.15 pm in the Skidby Village Hall. Admission £5 per person, includes a substantial supper. For reservations and further information telephone Joyce Wells 03 3. All welcome.

Cottingham Local History Society

Wednesday 2nd November - Rob Bell - The Irish Community in Hull, in the Red Hall, Hallgate Primary School, King St, Cottingham starting at 7 p.m. Meeting fee, members £1; non-members £2. contact: Peter McClure 03 3

Cottingham Men's de Luda Society

Wednesday 2nd November - Alan Richards - Hull in the 0 s, in the St. Mary's Church Hall, Hallgate, starting at 2.0p.m.

Continued on page eight

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East Yorkshire Group of the Hardy Plant Society

Thursday 8 d November - at 7pm in St Mary's Parish Hall, North Bar Within, Beverley. You are welcome to come and join us to listen to Kevin Pratt - 'Unusual Bulbs' Entry: £4 which includes tea/coffee and biscuits. Further information from Lois Scott 08 47

Hull Folk Dance Club

Every Tuesday at Darby & Joan Hall, Finkle St. Cottingham 8.00 pm to 10.00 pm. Enjoy keeping fit in a friendly atmosphere. Beginners welcome. For further information please telephone Keith Alexander on 08 9 or Jan Gray on 08 9 or come along to the hall on a Tuesday evening.

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Kirk Ella & Willerby Short Mat Bowls Club

The Memorial Hall, Beverley Road, Kirk Ella, (opposite the Police Station). Sessions on Mondays & Thursdays 2pm - 4pm . NEW MEMBERS VERY WELCOME! Fun, social short mat bowls club with a tea and biscuit break! £3 per session, FREE first session. FREE TASTER AFTERNOON on Monday 12th September 2pm-4pm . Club woods available to use, just bring clean flat-soled footwear. Come along to any future session and give it a try! (aim to arrive around 1.4 pm so we can source bowls for you) For more information contact Ian/Brenda on 08 65

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Watched Olympics tennis ? Do more! - join your local Tennis club on Hull Rd. Access drive next to Overland Rd. Discounts for new members. 9 (membership) 9 38 (coaching)

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"Would you like to join a friendly group of men and women who enjoy singing? We meet during school term time at the Zion Church on Hallgate, Cottingham on Tuesday evenings at 7pm . We present three concerts a year; the music ranges from folk songs to songs from the shows to religious works to carols at Christmas. There is no audition, and although it helps it's not essential to be able to read music. Musical Director is Julian Savory. If you think you might like to join us, why not come along one Tuesday evening? You will be made welcome! (If you would like to contact a choir member first, then please ring Maria or Alan Tel 48

Alcoholics Anonymous Meeting

If you think you may have a problem with alcohol which is costing you more than money, and want to stop drinking, you will be most welcome at the meeting at Cottingham Methodist Church (side entrance), every Friday night at 8pm . For more information call 01482-830083. Free-Confidential-Advice

Continued on page 2

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Philip Evans, Head of Graham & Rosen's Trusts Department discusses Discretionary Trusts

A popular way to save Inheritance Tax in the 2000s was to create a Will that left assets up to the Inheritance Tax nil rate band to a discretionary trust on the death of the first spouse. Any remaining assets then usually passed to the surviving spouse. Their use declined in popularity after October 2007 when the Government introduced the transferrable IHT nil rate band, which allowed a married couple to leave up to £650,000 worth of assets without paying IHT.

If both spouses are currently alive, we often get asked whether it is necessary to retain the discretionary trust. This depends on individual circumstances. From an IHT point of view, if a couple's assets are comfortably within the double nil rate band of £650,000, then it might be safe to revert to more traditional Wills leaving all assets to the surviving spouse on the first death. But sometimes clients wish to retain the trust if they are worried about paying care home fees or they wish to retain flexibility about disposing the trust assets on the first death.

If the first spouse has already died and the trust has been set up, but the surviving spouse is still alive, then trustees need to be aware of two things. Firstly, an IHT tax return has to be completed every 10 years if the value of the trust assets exceeds 80% of the nil rate band (currently £260,000) even if the trust assets are worth less than £325,000.

Secondly, if the trust includes a property which is occupied by a beneficiary, then the trustees should carefully document that they have permitted the beneficiary to occupy the property in order to secure valuable Capital Gains Tax benefits.

Lastly, if a trust was created on the first death and the surviving spouse has now died, then you need to legally wind up the trust. Typically, there will be default and optional beneficiaries, but depending on how the trust is worded, often a Deed of Appointment is required to terminate the trust and to transfer the trust assets to the beneficiaries.

As trusts can be complicated and individual circumstances differ, you need specialist advice.

For further information, please contact the Head of Trusts, Philip Evans, at Graham & Rosen's Hull or Cottingham offices.



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Windows Live Mail is the program that most home users will have to pick up their email.

But just a reminder that if you use a Microsoft email account, i.e. hotmail, live.co.uk, outlook.com - that will no longer work within that program. You either have to use the Mail tile (if you have Windows 10) or just go online to the website: www.outlook.com and sign in with your email address and password to see all your email. Karoo and other email providers are not affected by this change.

Email service types explained. Karoo and many other email providers use a system called Pop (post office protocol). This literally means that when you open your email program, like Windows Live Mail mentioned above, it goes to the Karoo mail servers and checks if there is any mail waiting in your inbox, and then downloads it to your computer. Most computers have a setting to leave behind a copy, so if you check your email later on another device, say a laptop or tablet, then a copy of all the messages will be downloaded to there also. When you send a message the program uses a service called SMTP to send it on its way. So if you open your email program and see an error message that says: 'cannot contact pop.karoo.co.uk / smtp.karoo.co.uk' that usually means your computer is not connecting to the internet for some reason and is therefore unable to collect or send email.

The other type of service is generally known as 'Internet email'. This means that you don't use a special program to pick up mail, you just go online direct to the provider. Examples are: Microsoft mail mentioned above, Gmail, Yahoo mail, iCloud etc. The advantage here is that you can pick up your mail from any computer anywhere in the world with no special program or settings required. Just remember to sign out if you are using someone else's computer.

One more explanation about the names Microsoft use for some of their products and services that can be very confusing! Windows Live Mail and Microsoft Outlook are both programs for downloading email. However, they also use the name Live for email addresses, and have the website outlook.com as mentioned above,

and they are all different things!

Last place first... A conversation with a customer recently who thought she'd lost a document and then found it on a memory stick, reminded me of something worth mentioning about saving your work. First of all, make sure you do regular saves when working on anything, and do check where Windows or Word etc is saving it to. Normally the location will be your Documents folder, but if you save it there, and then save a copy to a memory stick, the next time you go to open that document, Windows (or Word etc) will look at the last location. So if the memory stick is not there it won't find it, you would have to change to look in your Documents folder to find the original copy.

Windows Vista - If you are still using this version of Windows, which was originally launched back in 2007 then now is the time to start thinking about a new computer. Microsoft are finally retiring Vista in April 2017 but you will have been receiving messages that some programs are no longer supported or won't be updated anymore. Vista was a bit of a troublesome operating system right from the start, so now 9 years later, things won't get any better! There is no upgrade path to a later version of Windows, and the hardware would be too old anyway. So if you need a quote for a nice new PC with Windows 10 then you know who to call!

Online banking is a grey area for many people, who are too nervous to try or just don't think it's safe enough. That's quite understandable, but to be honest on a secure computer or even an iPad or iPhone it can be quite safe as long as you follow all the correct procedures, and banks do offer an anti-fraud guarantee to protect you. But as with all things, watch out for scams. Like an elderly gentleman who was tricked out of nearly £1000 when someone phoned pretending to be from his bank and told him because of some 'suspicious activity' he should transfer his funds into a 'safe account', and you can guess the rest...

Online shopping I talked about last month, is brilliant when the delivery arrives on time, of course you don't want to be waiting in all day. Many courier services now offer a text service giving you a one hour delivery slot which is very useful. Other online merchants like eBay, will let you opt for collection at a store, like Argos for instance. Now Morrisons have signed a deal with Amazon to install secure lockers at many of its stores, so customers can go along with a barcode and retrieve their package after they do their shopping!

Samsung is selling off its printer business to HP in a deal worth \$5bn. HP will acquire over 60 patents associated with printing plus Samsung Printing's team of 1,000 researchers and engineers.

KC Colour pages is out, you should have had yours delivered by now. Just for information RDM Computers is listed under Computer Maintenance.

Everyone likes a bit of free advice, so on my website you will find a free guide with some answers to often asked questions like: 'Why does my computer start and then stop at a black screen? Why does my Windows 10 start button not work and I can't get emails?' And not least 'Why isn't my internet working?' (download it while you can!) So just go to www.rdmcomputers.co.uk/news and you will see a link to the this and the previous two articles, plus the free guide.

Also will be updating the blog on my website regularly with any news items worthy of mention. And for those on Twitter you can find me [@rdmcomputers1](https://twitter.com/rdmcomputers1)

Lastly, you have probably gathered that we take security very seriously, so if need advice on changing or buying anti virus, or if you think you may have been the victim of a scam, just call us for advice.

Richard Mills

RDM Computers

Cottingham

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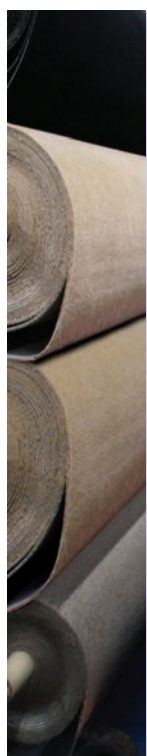
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Wordsearch - Say Hello Around the World

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

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

Find the words in the letters above :

Ahn Nyeong Ha Se Yo (Korean); Aloha (Hawaiian); Bom Dia (Portuguese); Bon Giorno (Italian); Bonjour (French); Chao (Vietnamese); Dia Duit (Irish); Dobry Rano (Czech); Goedendag (Dutch); Guten Tag (German); Hej (Swedish); Hola (Spanish); Konnichiwa (Japanese); Jambo (Swahili); Marhabah (Arabic); Namaste (Hindi); Ni Hao (Chinese); Salam (Arabic); Shalom (Hebrew); Szia (Hungarian); Yia Sou (Greek); Zdrav tu ite (Russian).

Wordsearch courtesy of www.puzzles-to-print.com

Sudoku No. 117

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

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

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MARION OWEN TRAVEL



October and everyone is starting to think about Christmas!

Festive Christmas & New Year Holidays:- Christmas markets are filling, we only have space left on our continental departure which is a super tour taking you to three different cities with plenty of time for shopping and sightseeing. Brussels is a very pretty city and its Christmas Market winds its way through the cities streets for a 2 km stretch allowing you to mix and match city sights with shopping don't miss the little Manakin Pis, I am happy to lead the way. Arriving at Aachen a visit to the Lindt Factory Outlet for those chocolate bargains is a must then into the town. Enjoy the history of Charlmagne or simply hit the big stores & market. Don't leave without at least a sample of their famous gingerbread.

Bruges the Venice of the north is our last port of call, lace & chocolates, canals & UNESCO sites await. Our comfortable overnight sailing back to Hull arrives Monday morning

Christmas away:- we have a bargain to Warner's Bodewyddan Castle, 4 nights Full board, fabulous new Garden Lodge rooms. Our price is only £549 per person!

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October is National Cruise Month: although many early booking offers have been reduced for 2017 we have special offers valid for October only giving you extra benefits.

Magellan 2-4-1 world cruise!

Also it is not too early to start booking for summer 2018 and we look forward to discussing your needs and getting you that perfect cabin booked. When making an early booking you have time to plan and research your ports of call and can enjoy having something nice to look forward to.

I have been trying to work out how many ships Lynne & I have been aboard, it must be well over 160 now. Last month we had two enjoyable days on Regents new ship Explorer the biggest in their fleet and their refurbished Navigator, the smallest in the fleet. Docked in Civitavecchia the port of Rome they were dwarfed by the other cruise ships visiting. Do remember we are a full travel agency, we book financially protected holidays with all reputable tour operators. You never have to worry about the security of your holiday and can sit back, relax and look forward to your break. When you want to get away we are just a call away, personal visits to our office are always welcome. We look forward to booking you a great holiday.

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07 Nov	Warner's Alvaston Hall - 5 day Turkey & Tinsel	£ 289
15 Dec	Continental Christmas Markets Brussels, Aachen & Bruges	£ 245
27 Jan	Alvaston Hall, Rock tributes ELO, Quo & The Eagles	£ 249
02 Feb	Belguim ~ Bruges at Beer festival time 4 nights	£ 225
17 Feb	Warner's Thoresby Hall "Glen Miller Tribute" weekend	£ 255
27 Mar	English Riviera, Devon & the Cotswolds 4* imperial Hotel Torquay: Half board. Visiting Gloucester, Exeter & Plymouth	£ 349
25 Apr	National Arboretum & Lichfield Cathedral 2 days, a springtime opportunity to see the newly expanded Arboretum	£ 110
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Just for a day 2017: 11 Jan, Boundary Mills Sales £15 : 25 Jan, Millstones - fun food & dancing £40: 09 Feb World of Rhubarb £49: 21 Apr, Harrogate Flower Show £45: 08/09 Jun, Chatsworth Flower Show £49: 17 Sep Harrogate Autumn Flower Show £45

Theatre ~ Bradford Alhambra matinee shows ~ 22 Feb, Sister Act £57: 01 Mar, Sunny Afternoon £57: 28 Apr, The Wedding Singer: 11 May, The Commitments £59 & 28 Feb 18, War Horse £75

Thursford 2017, reserve your seats now 5 dates available £179pp
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See our website or call for a full list of all departures including more departures for 2017. We always try to keep single supplements to a minimum & look forward to welcoming you on board.



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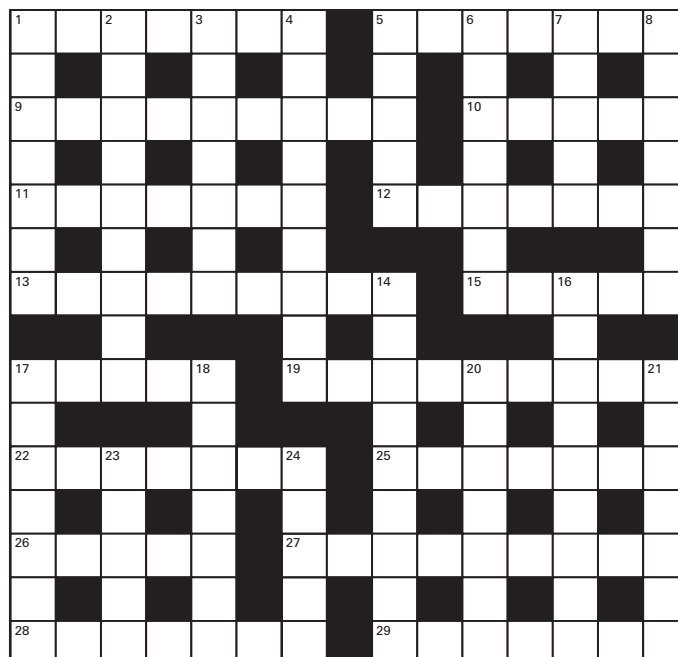
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Crossword – Solution on page 46



Across

1. Wealth (7)
- 5P ut on clothes (7)
- 9P ernicious (9)
10. What fish breathe with (5)
11. Inner spirit (7)
12. Dawn (7)
- 13C rystal (9)
- 15S ecure or fasten (5)
- 17L oose temporary stitches (5)
- 19S pace for movement (9)
22. Unsinkable ship (7)
- 25I nate skills (7)
- 26P ulsate (5)
27. Cover with zinc (9)
- 28C ourage (7)
29. Dragged the bottom of a harbour (7)

Down

1. Not succeeding (7)
2. Repeat payments to performers (9)
- 3 Take one's clothes off (7)
- 4S often and moisturise skin (9)
5. Writing tables (5)
- 6C ausing the improvement in offspring (7)
- 7R agout (5)
8. Tropical starchy tuberous root (7)
14. Beset with controversy or conflict (9)
16. Existing in abundance (9)
- 17B asin (7)
- 18G ive a title to someone (7)
20. Government financial assistance (7)
21. Give false information (7)
- 23L atin for "Earth" (5)
- 24C lever (5)

*Crossword courtesy of www.crosswordpalace.com
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15-16th OCTOBER



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In the Kitchen



Mexican chilli rice

- Preparation time: 10m inutes
- Cooking time: 20m inutes to 25m inutes
- Total time: 30m inutes to 35m inutes. Serves: 4

Ingredients

200g essential Waitrose Easy Cook Long Grain Rice
 1 pack Waitrose Lean Aberdeen Angus Beef Mince
 1 onion, chopped
 2 sticks celery, sliced
 28g sachet Santa Maria Medium Fajita Seasoning Mix
 1 can red kidney beans, drained and rinsed
 1 can sweetcorn, drained
 1 can artion Cirio Finely
 Chopped Tomatoes
 28g pack fresh coriander

Method

1. Cook the rice in boiling water for 12-15 minutes or until tender, then drain.
2. Meanwhile, fry the mince, onion and celery in a large saucepan for 2-3 minutes to brown. Stir in the fajita seasoning mix and cook for 1 minute.
3. Stir in the kidney beans, sweetcorn and chopped tomatoes, then half fill the tomato can with water and add to the pan. Simmer gently for 15-20 minutes, stirring occasionally.
3. Stir in the rice and coriander, then season and serve.

Creamy pesto meatball spaghetti

Total time: 20m inutes. Serves: 4

Ingredients

1 pack Waitrose Duchy Organic Spaghetti
 1 tbsp oil
 1 Waitrose Duchy Organic Brown Onion, chopped

16 October - www.cottinghamtimes.co.uk

1 pack Waitrose Duchy Organic 20 Free Range British Pork Meatballs
 28g pack Waitrose Duchy Organic Chestnut Mushrooms, sliced
 1 jar Seeds Of Change Organic White Pasta Sauce
 2 tbsp Sacla' Organic Vegetarian Pesto No. 3 Basil
 1 tbsp Waitrose Duchy Organic Wholegrain Mustard With Honey
 28g pack parsley, chopped

Method

1. Cook the spaghetti in boiling water for 10 minutes then drain.
2. Meanwhile, heat the oil in a frying pan and fry the onion, meatballs and mushrooms for 5 minutes. Stir in the white sauce, pesto and mustard, cover and simmer for 5-6 minutes or until the meatballs are cooked throughout with no pink meat.
3. Stir in the parsley and toss into the spaghetti.

Pork with apple & leeks

- Total time: 20m inutes. Serves: 2

Ingredients

1 tbsp oil
 2 pork loin steaks, trimmed
 28g bag of new potatoes, sliced
 1 leek, cut into 1cm slices
 1 can chicken stock
 1 Braeburn apple, cored and sliced
 100g essential Waitrose Reduced Fat Soft Cheese
 1/2 28g pack fresh parsley, chopped



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Method

1. Heat the oil in a large frying pan and fry the pork for 2-3 minutes, turning once to brown. Add the potatoes and leek, and cook for a further 2-3 minutes.

2. Stir in the stock, cover and simmer for 5 minutes. Add the apple and cook for a further 5 minutes or until the pork is cooked through. 3 Stir in the soft cheese and parsley. Season and cook for 1 minute before serving.

Peanut butter & chocolate chunk cookies

- Vegetarian
- Preparation time: 20 minutes
- Cooking time: 12 minutes to 15 minutes
- Total time: 32 minutes to 35 minutes. Makes: 12

Ingredients

200g essential Waitrose Crunchy Peanut Butter
175g golden caster sugar
2 tsp plain flour
¼ tsp Maldon Sea Salt
1 large Waitrose British Blacktail Free Range Egg, beaten
3 tsp Cooks' Homebaking Dark Chocolate Chunks



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Method

1. Preheat the oven to 180°C, gas mark 4. Line 2 large baking trays with baking parchment.

2. Mix the peanut butter, sugar, flour, salt and egg together in a large bowl to make a stiff paste. Fold in the chocolate chips.

3. Make 12 golf ball-sized rounds of dough and space out well on the prepared baking trays. Press to flatten slightly. Bake for 8-10 minutes or until golden.

4. Remove from the oven and leave to cool for 10 minutes before transferring to a wire rack to cool completely.

Banana date loaf

- Total time: Ready in 1 hour 15 minutes. Makes: 12 slices

Ingredients

85g essential Waitrose olive spread
125g light muscovado sugar
1 free-range Columbian Blacktail egg, beaten
1 tsp vanilla extract
3-4 very ripe bananas (peeled weight about 350-400g)
50g Waitrose LOVE life pitted medjool dates, chopped
225g self-raising flour, sifted
1 tsp baking powder, sifted

Method

1. Preheat the oven to 180°C, gas mark 4 and line a 900g non-stick loaf tin with baking parchment.

2. Using an electric hand whisk, beat together the olive spread and sugar in a large bowl until pale and fluffy. Then beat in the egg and vanilla extract.

3. In a separate bowl mash the bananas, then stir into the liquid mixture with the chopped dates.

4. Sift the flour and baking powder into the bowl and fold into the banana mixture. Spoon into the loaf tin and level the surface.

5. Bake for 50-60 minutes, covering with foil if the top is turning too brown. The loaf is ready when a skewer inserted into the centre comes out clean. Remove from the oven and leave the bread to cool in the tin for 10-15 minutes before turning out and cooling on a wire rack.

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www.cottinghamtimes.co.uk - October 17

ON THE GRAPEVINE

WITH ROY WOODCOCK



Brits are a nation of self-proclaimed “wine buffs”

Great dinners will often have something great to go with them and the great British staple, the Sunday roast, is no different.

However, pairing the right drink with your roast is a little more complex, so here's some food for thought as you chew your way through the most popular Sunday choices.

According to drinks experts writing for website thedrinksbusiness.com: “Most people would automatically think that because chicken is a white meat then that means only a white wine can be paired with it. Wrong. It may come as a surprise to learn that a light bodied red like a Pinot Noir or a Beaujolais work even better.

“However, if red wine isn't your scene, and you want to stick with white, make sure to pick up a full-bodied Chardonnay or Voignier as their strong presence will complement the chicken's hearty flavour.

“If wine isn't your thing at all, though, relax, because you can also opt for a blond beer or an English bitter, which will play off the herb and garlic flavours within the roast,” they say.

Next up it's that most staple of British Sunday roasts, beef, and I must admit I love it cooked really rare. The drinks business experts say: “Contrary to popular belief, a roast beef joint isn't as strongly flavoured as steak or a burger, meaning that anything medium-bodied like, Chianti or Pinot Noir, to full-bodied wines like Syrah/Shiraz or Cabernet Sauvignon will all work.

“However, a lot can depend on the sauce used. Gravy is rich and heavy, but roast beef is also frequently paired with a lighter jus. For beer, a dark ale or porter is a safe bet.”

Pork, however, can “throw a spanner in the works”, they say, as it offers both light and dark meat and a chewy/crunchy crackling.

“The instinct here is to plump for a beer first. Crisp European lagers can cut through the fat of the pork as well as cleansing the palate. So beers made using Citra hop would be perfect. For wine, whites that have floral, citrus and green fruit notes like Sauvignon or Chenin Blanc are ideal, but for a red a Chianti Classico will cut through the acidity and the fat.”

Our final Sunday roast is lamb and the experts say this is perhaps the easiest meat to match with wine or beer. The instinct is to go with a full-bodied red wine to help get the most out of your roast here.

Fruit-centric reds from regions in Australia (Cabernet-Merlot or Grenache-Syrah-Mourvèdre) and Bordeaux are winners, though Rioja and shiraz won't let you down either. A lighter dish, like spring lamb, will prompt the use of a Beaujolais, or even a dry rosé, both of which should be lightly chilled.

For beer, a dark Belgium beer or a black IPA will ensure maximum results, they say.

At the other end of the food/drink debate, one of the great joys of Port is its extraordinary versatility to complement the most challenging food flavours from salty, blue cheeses to rich chocolate desserts. It's easy to recognise how the succulent sweet fruit found in Port is such a winning match with cheese; the same can be said about its role with chocolate.

Take a young Port like Taylor's First Estate, with its robust, sweet plum favours, and see how well it complements the sour cherry notes that can often be found in dark chocolate. The bitter components in the chocolate work well with the sweet fruit in the Port making it a glorious palate match.

Taylor's First Estate is a blend of young red Ports which have been matured for several years in large oak vats. It has a concentrated fruit nose bursting with blackcurrant, plum and liquorice flavours. A luscious, sweet palate is supported by firm tannins and restrained elegance.

* Taylor's First Estate is currently available from Asda, Sainsbury's and Tesco at a recommended price of £12 a bottle.

BEST BUYS

**Vinalba Reserve Cabernet-Malbec-Merlot, 2014**

Where: Sainsbury's

When: Now

Why: Powerful red blend - the Cabernet Sauvignon provides the black fruit notes, elegance and structure, the Malbec adds complexity and dark chocolate notes and the Merlot adds body and ripe dark fruit flavours all layered over hints of spice with a toasty complex finish.

£10.00

**Adeletto Prosecco**

Where: Co-op

When: From October 5 to November 1

Why: Prosecco sales have been booming all summer. This is fresh and delicate, with citrus fruit and white flower aromas. The ideal partner for refined appetisers and delicate fish, white meats and fresh cheese dishes.

£6.99 (was £9.35)

**Brancott Estate Sauvignon Blanc**

Where: Morrison's

When: Now, until October 23

Why: New Zealand in a glass... vibrant and lifted aromas of ripe tropical fruits and gooseberry. Bracing acidity is tempered by concentrated green fruits, citrus and hints of grass with a reviving fresh finish.

£6.50 (was £9.00)

**Las Moras Barrel Select Malbec, 2015**

Where: Co-op

When: From October 5 to 25

Why: This wine is a mind-blowingly intense blast of pure black fruits with a touch of blueberry and mocha thrown in for good measure. Deep, bold and downright delicious. Try this Malbec with a selection of meats.

£5.99 (was £7.99)

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Bang in the night!

I am delighted to say that my little family of grandchildren is growing....my 5th grandchild, Alfie Jack, was born in May. His brother, Noah, is now 3 years old and the difficult stage of putting him on his own in the nursery at night for the first time, has now passed but not without anxiety from my daughter Kath and her partner Matt. To all the grandparents out there, we know what a worrying time our children will be going through. Like the sayings go 'old head on young shoulders' and 'hind sight is a fine thing', do spring to mind and it is so difficult on us 'oldies' to take a back seat (as I am finding out as you can imagine).

It would be lovely if there was a manual to refer to, for every stage of a youngsters life and even better if, whatever is suggested, became an instant remedy. Sadly, life is not like that but there is support and help out there either via mother support groups, health visitors or family.

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



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

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

Asking any responsible pet owner, I can imagine the response to 5th November would be filled with dread. The thought of pacifying our pets whilst the bangs, hissing, bright lights are going on outside, just doesn't bare thinking about. There is the odd pet who is not afraid, like my dog Teal and his friend Charlie, but the majority are terrified...so what do we do? Our first response is to cuddle your pet, just like we do our children when they are afraid of sleeping alone. Cuddling and reassuring them that everything will be alright. This works ideally for the child who understands or the baby feeling the closeness but what about a terrified animal? They do not understand as we would, so soothing them with "There there do not be afraid" can be translated to "Help, I need you to guard me!". By ignoring your pet and carrying on with your usual evening routine, will help instigate a calm aura around the house. If they sense you are not frightened then they are calm.

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

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

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

Closing the curtains, putting on the television, or playing the radio will help mask and muffle the sights and sounds of the fireworks.

Legally all dogs should be micro-chipped, especially 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 a shed/garage and cover the hutch to blot out any bright lights.

Finally in the case of our canine friends, they will most likely need a walk before dusk. If this is the case, please be aware of the most probable dangers in using an extending lead. It is so difficult to control a bolting dog on the end of 4 metres of string after a sudden loud 'BANG'! The pavements are very close to the roads, so both dog and car do not stand a chance. Please try to use a normal lead whenever possible and keep the extending one for the park.

Please come and talk to one of our many experienced nurses here at KINGSTON, who will be delighted to talk to you about the products we stock, that may help your pet at this time of year.

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Continued from page eight

Men in Sheds - Hull

We are a charity organisation and we meet every Tuesday and Thursday at The pavilion, Oak Road playing fields, Opposite Cross Keys Pub, Beverley Road, Hull HU6 7EY, between 10 am and 4 0 pm. Drop in for a chat over a brew and biscuits. Our friendly shed is a place where like-minded people gather together to socialise, share skills and learn new ones. With a variety of activities on offer, we really do think there's something for everyone and we're always open to suggestions! Our shed is very much guided by our members and will naturally evolve as it develops. For further information drop in or telephone Baz Wharf on 04 8 9 or 9 9 or visit our website www.meninshedshull.org.

ALANON Meetings

Thursday evenings at Holy Cross Church, Carrington Ave, Cottingham HU16 8 U. The meetings start at 7 pm until 9pm every Thursday evening, it is an open meeting for relatives or friends of the alcoholics and who are being severely affected by someone else's alcoholism. This fellowship is an International one, there are no dues or fees for joining all new comers will be told that they will remain strictly anonymous and anything they share at the meeting would not be discussed elsewhere. Any further information on 08 83

Alternative Aquatics

Alternative Aquatics is a local charity and self-help group. We provide gentle exercise and relaxation for people with back pain and associated mobility problems, in wonderful warm water and a friendly atmosphere. We meet on Thursdays at 5 6 pm during term time, at the hydrotherapy pool at Frederick Holmes School on Inglemire Lane, Hull, and the cost is £9 per school

term. We have a few places available so if you would like more information, or would like to come along for a free trial session, ring Karen on 08 8 or Ann on 30 1.

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 outdoors in the summer months and indoors in the winter months. 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 0E mail revtrev2@revtrev2.karoo.co.uk

St.M ary's Church,C ottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 6 (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 a.m. to 11.0 a.m., 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 08 88 f or further details.

Continued on page 9



Blue Kangaroo

Halloween Party

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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile Maker' Branfield

Mouth Cancer action month

Hello again, I hope you are well. Wow, what a milestone weekend I've just had. Up to Newcastle University open day with my youngest, Harriet, on Saturday. Sunday was in Liverpool moving Edward into his residence at Liverpool Uni. It does make you reflect! Next month is mouth cancer action month. To support it we are having a screening day, so watch this space.

Mouth Cancer On The Increase, Especially In The Young

Most people have heard of cancer affecting parts of the body such as the lungs or breasts. However, cancer can also occur in the mouth, where the disease can affect the lips, tongue, cheeks and throat.

Anyone can be affected by mouth cancer, whether they have their own teeth or not. Mouth cancers are more common in people over 40 particularly men. However, research has shown that mouth cancer is becoming more common in younger patients and in women. In the last year 600 have been diagnosed with mouth cancer in the UK – an increase of more than a third compared to a decade ago.

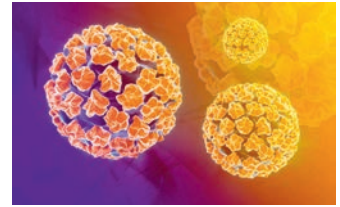
Sadly, more than 1,000 people in the UK lose their life to mouth cancer every year. Many of these deaths could be prevented if the cancer was caught early enough. As it is, people with mouth cancer are more likely to die than those having cervical cancer or melanoma skin cancer.

So What Causes It Then?

Most cases of mouth cancer are linked to tobacco and alcohol. Cigarette, cigar and pipe smoking are the main forms of tobacco use in the UK. However, the traditional ethnic habits of chewing tobacco, betel qi d, gutkha and paan are particularly dangerous.

Alcohol increases the risk of mouth cancer, and if tobacco and alcohol are consumed together the risk is even greater. Over-exposure to sunlight can also increase the risk of cancer of the lips. HPV

Many recent reports have linked mouth cancer to the human papillomavirus (HPV). HPV is the major cause of cervical cancer and affects the skin that lines the moist areas of the body. HPV can be spread through oral sex, and research now suggests that it could soon rival smoking and drinking as one of the main causes of mouth cancer. Practicing safe sex and limiting the number of partners you have may help reduce your chances of contracting HPV.



What Should We Be Looking Out For?

Mouth cancer can appear in different forms and can affect all parts of the mouth, tongue and lips. Mouth cancer can appear as a painless mouth ulcer that does not heal normally. A white or red patch in the mouth can also develop into a cancer, as can any unusual lumps or swellings. It is important to visit your dentist if these areas do not heal within three weeks.

How Can Mouth Cancer Be Detected Early?

Mouth cancer can often be spotted in its early stages by your dentist during a thorough mouth examination. If mouth cancer is recognised early, then the chances of a cure are good. Many people with mouth cancer go to their dentist or doctor too late.

The dentist examines the inside of your mouth and your tongue. Remember, your dentist is able to see parts of your mouth that you cannot see easily yourself.

If your dentist finds something unusual they will refer you to a consultant at the local hospital, who will carry out a thorough examination of your mouth and throat. A small sample of the cells may be gathered from the area (a biopsy), and these cells will be examined under the microscope to see what is wrong.

If the cells are cancerous, more tests will be carried out. These may include overall health checks, blood tests, x-rays or scans. These tests will decide what course of treatment is needed.

If mouth cancer is spotted early, the chances of a complete cure are good, and the smaller the area or ulcer the better the chance of a cure.

However, too many people come forward too late, because they do not visit their dentist for regular examinations.

How Can I Keep My Mouth Healthy?

It is important to visit your dentist regularly, as often as they recommend, even if you wear dentures. This is especially important if you smoke and drink alcohol.

When brushing your teeth, look out for any changes in your mouth, and report any red or white patches, or ulcers, that have not cleared up within three weeks.

A good diet, rich in vitamins A, C and E and folic acid provides protection against the development of mouth cancer. Plenty of fruit and vegetables help the body to protect itself, in general, from most cancers. Cut down on your smoking and drinking, of course.



I Can't Believe It

My daughter, Harriet, turns 18 on Saturday. Where did that go? We are taking her to Amsterdam for a couple days. She can treat her old dad to a pint I think. Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01800 262626. He has been in dental practice for 23 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's charity work go here now www.castleparkdental.co.uk.

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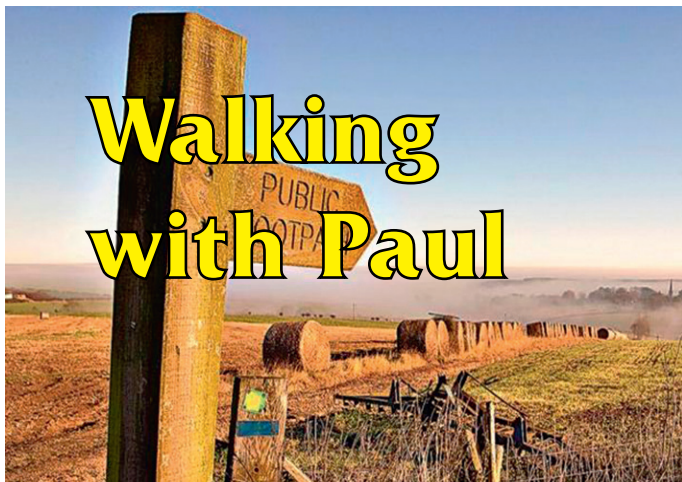
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Here is Paul's latest walk in his series of monthly rambles.

This month his destination is Skeffling

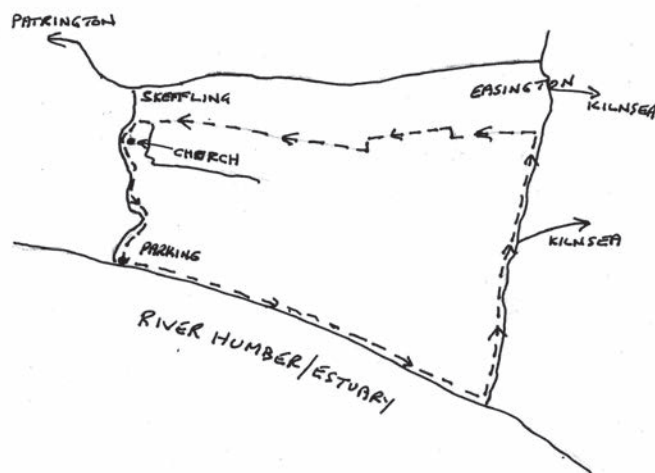
The map is for a general guide only. Please use an Ordnance Survey Map or similar if possible when walking.

Map:- EXPLORER 2

Start at GR. TA0 8

Small car park on bank of The Humber. Turn south in Skeffling down Church Lane

Distance 6M iles.



Leave the car park on the bank of the Humber and head towards Spurn keeping the river on the right. After about 1.6 miles and on reaching another parking area, leave the river bank and follow a surfaced road in a northerly direction and when the road forks bear left and continue along the surfaced road. Shortly after passing the cemetery and after passing a farm on the left, locate a way marker on the left and follow the path keeping the buildings on the left.

Cross a stile at the end of the buildings and walk along the field boundary keeping the hedge on the right. Cross a further three stiles and after crossing the last stile turn right on a very muddy lane and then immediately turn left and walk along the field boundary keeping the hedge on the right. At the end of the field cross a foot bridge and turn left and then very shortly turn right at a way marker and head across the field aiming for the village of Skeffling with the church bearing slightly to the left.

On reaching the end of a long field, turn right onto a farm track and then immediately turn left and again head towards Skeffling. After a short distance cross a foot bridge and turn left and then again right and head towards an open barn.

Just before reaching the barn, turn right and keep a shallow ditch to the right and then sweep to the left and walk to pass the barn on the left. Eventually turn left and cross a foot bridge and on reaching the road turn right. At the next junction turn left and follow the road past the church and back to the parking area.

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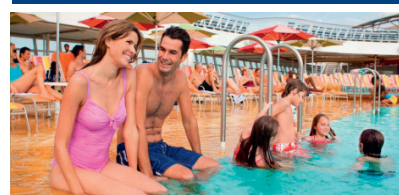
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October is here, which means Autumn is officially here too. The weather is cooler and the nights are starting to draw in. There is still plenty to do in the garden, some gardeners actually prefer the cooler conditions as they are more comfortable to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

26 October - www.cottinghamtimes.co.uk



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.

10 Jobs for this month

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

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Organic Weed control

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

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

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

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

BARRIERS: Different options are available to gardeners to help smother or prevent weed growth. Mulching with a 58 m 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.

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Your Stars for October 2016

By Kay Gower

Aries (Mar.2 April 9)

This month proves to you that all your hard work has all been for a purpose. Surprising twists and turns over the coming weeks will cause you to act quickly or miss out. Eat, sleep and exercise ensures you stay mentally and physically nimble.

Taurus (Apr.2 May 1)

Friendships come and go. Some may last a lifetime; others only a few brief hours. Try your best to let relationships develop naturally. Holding on too tightly is a waste of energy.

Gemini (May 2 June 1)

You are, and always have been the truth teller. You may need to point out the obvious to the oblivious. This may eventually make your life easier. Passing the blame, however, would only make you look bad.

Cancer (June 2 July 1)

You may see a better way forward for a loved one, but unless this person sees it too, your influence does little good. Sometimes the best way to convince someone is to let him or her do it wrong.

Leo (July 2 Aug 1)

You may go through quite a bit of money this month, if you can keep your cool and stay focused you'll be able to bring in quite a bit too. You can achieve an enormous amount at this time because you'll put your heart and soul into whatever you do.

Virgo (Aug 2 Sept.1)

Rather than get embroiled in emotional problems take this month as an opportunity to have some time to yourself to gather your thoughts. There's so much going on in your mind that you need some time to think things through.

Libra (Sept.2 Oct.1)

You don't need a change of scenery this month as much as you need a different cast of characters. It's been a while since any fresh blood came onto the scene. You'll welcome the excitement of new faces in your group.

Scorpio (Oct.2 Nov.1)

Here are the people who you shouldn't trust this month: The person who thinks everything is great, the other one who thinks it's all not, and the individual who can't decide one way or the other. Who can you trust, then? Those complex souls who see all shades and choose their words with care.

Sagittarius (Nov.2 Dec.1)

Something which has been hidden may come to light now. Skeletons in the cupboard could be revealed or at least be given a good old rattle!

Capricorn (Dec 2 Jan 1)

The sun is in a positive position for you for most of the coming month. With little to hold you back this could be one of the most lucrative periods of the year.

Aquarius (Jan 2 Feb 1)

The full moon on the 16th will be in your third solar house, a position from which it may help you to unearth information that will be useful in the weeks ahead. Travel is favoured at the end of the month.

Pisces (Feb.2 Mar.1)

This month you will know that you are right and needn't brook any interference. There are gains to be made on the financial front, even if some of them come as a surprise.

Continued from page 1

Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 19 and is one of the biggest football clubs in the area. We have a total of 28 teams (17 Boy's teams at under 8 to under 18 level, 4 Girl's teams at under 10 12 and 14 level, 2 Men's teams, 2 Veterans teams and 3 Ability Counts teams), as well as an academy for 4 to 7 year olds and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 08 0 24 or visit our website www.cottinghamrangers.co.uk

Zion United Reformed Church, H allgate

Every Thursday morning, term time. From 9 am to 11.0 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 pm until 9 pm during term time. **Get Fit, Have Fun!** £2.0 per evening. For more information telephone Dave 08 88

Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 10 pm; Fridays 6.5 pm. Suitable for men & women of all abilities. www.fitmums.org.uk

Cottingham Bridge Club

Every Friday evening at the Darby and Joan Hall. Duplicate Bridge, for more information telephone 8

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 1.0 pm to 3 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 08 21125

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7 In 2006 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 pm till 8.0 pm and at Cottingham High School on Saturday from 12 noon to 2.0 pm. Summer training for Juniors is on a Friday evening and Seniors is on a Wednesday. For more information please contact Rob Rhodes on 8215

Calligraphy, Quilling and Folk Art classes

Held during term times in Swanland on Wednesday afternoons; in Woodmansey on Thursday evenings and in Hessele on Friday mornings. Contact Jane Jenkins 08 81 f or details.

The Cottingham IV ist Club

Every Wednesday 2.0 pm to 4 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. For further information tel. 83 0 85r 8 2.

Continued on page 8

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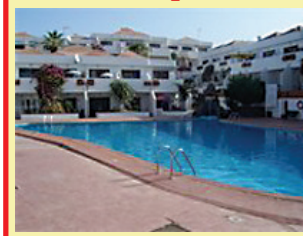


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Sudoku Answer from page 12

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

www.cottinghamtimes.co.uk - October 29

Continued from page 2

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

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.

Scottish Country Dance Club

We meet on Mondays in Arlington Hall, Cottingham, 7pm - 10.00 pm. Everyone is welcome, beginners (for the first hour) and dancers with experience. It's a fun night with an RSCDS qualified teacher. For more information phone Lynne Brooks 840301 or Joyce Cochrane 871790. Your first night is free so come along and have a go!

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/>

Hull Zingari

Hull Zingari, the city's longest-established cricket club, hold their indoor net practices every Wednesday at Sirius North Academy Sports Hall on Hall Road from 8.00 pm until 9.30 pm each week. The club will field senior sides in the York and District Senior League Premier Division and the Holderness Division Two as well as a Sunday side. Cricketers new to the area or those looking to join a progressive club and play in a higher standard of cricket will be very welcome. More info at www.hullzingari.play-cricket.com

Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 pm. and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on philmeef2@gmail.com for further information.

East Yorkshire Climbing and Mountaineering Club

To all climbers, mountaineers and hillwalkers in the Hull and East Yorks area - We are a friendly club based in Hull and East Yorks area. The climbers meet at Rock City in Hull every Tuesday evening in the winter and outdoors in the summer. We have monthly weekend meets to the Dales, Lake District and Scotland. All abilities are welcome to come and try us out. We have just launched our new website and are currently recruiting new members. Check us out at www.eycmc.org and our meet up site is www.meetup.com/East-Yorkshire-Climbing-Mountaineering-Club/

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Cottingham Methodist Church hall, Hallgate

Card making class held every Monday (Except Bank Holidays) All levels welcome. Contact for further details - Ann on 98

The deadline for entries in the November 16 "What's On" section, is the 8th October.

Motorists in seventh heaven as council approves free Christmas parking for a seventh year

East Riding of Yorkshire Council's Cabinet has unanimously approved, for a seventh year, a popular free parking scheme which will apply to all council-run on-street and off-street car parks for the four weekends running up to and including Christmas.

It means that pay and display machines in these locations will be clearly marked to let shoppers preparing for the festive season know there is no charge for the weekends of 3 & 4 10 11, 17 18 and 24 & 25 December.

The start of the scheme will once again coincide with 'Small Business Saturday' a national day that aims to promote the importance of small and independent traders.

Councillor Stephen Parnaby OBE, leader of the council, said: "This is the seventh year running that the council has been able to run this very popular scheme and can be put down to the authority's prudent financial management.

"Free parking has real and tangible benefits for our local businesses and for residents and it is quite fitting that the first day will again fall on Small Business Saturday, a national initiative that this council is delighted to support.

"The East Riding is home to some of the most vibrant and diverse market towns in the country and suspending parking charges in the run up to Christmas is a practical way to help boost the local economy."

All council car parks will be free on Saturday 3 10 17 and 24 and Sunday 4 11, 18 and 25 December, from 8 m on Saturday until 8 m on Monday.

Normal parking rules still apply, such as those around disabled parking bays, maximum stays and controlled parking zones (CPZ).

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

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Cognitive Dissonance

Sometimes people hold a core belief which is very strong. When they are presented with evidence that works against that core belief, the new evidence cannot be accepted. It would create a feeling which is very uncomfortable, called Cognitive dissonance. and because it is so important to protect that core belief, they will rationalise, ignore or even deny anything which does not fit in with that core belief- Franz Fanon

Way back in the early 1950's a guy called Leon Festinger put this label to these feelings. This feeling of conflict or discomfort we suffer when our beliefs do not line up with our actions.

I smoke, an awful habit I realise and one which I absolutely know could send me to an early grave. The science is out there and is unarguably strong, yet I still smoke. Addictions are a tough habit to break because your brain tells you that the drug/addictive or harmful chemicals are needed - yet your knowledge conflicts massively. As a direct consequence of C.D, I rationalise and convince myself of my personal indestructibility. This is my own personal battle.

In my work as a horse trainer of such longevity, I have travelled many paths into the various ways of training horses, and up until 5 years ago I allowed myself to force my will on horses in order to change their unwanted behaviour. No matter how we wrap it up with pseudoscience and grandfather's rites of passage, I kept seeing a return of unwanted behaviour, even an escalation in negative energy as soon as the levels of pressure needed to keep that horse behaving were decreased.

I have come a long way in recent years in letting go of the old very endemic and hard core beliefs that we humans have the right and the need to "dominate" horses. That we need to be "respected" by the animal and that the horse needs us to "be their leader".

Horses do not need dominating; they just want to feel safe. We can never be their leader because we are human, not equine. They just want to feel safe.

In every other animal training avenue, including teaching our children, we have let go of painful and punishing teaching practice. Young children are motivated to become skilled in social behaviour through the use of Star charts to mark great behaviour and positive reward

is given in earning that star...and a prize on offer for earning 20 stars. Registered Dog Trainers, The Dogs Trust, Zoos internationally, Marine animal trainers to name but a few, are all using positive reward marker training (clicker). Yet the horse world is so slow in following suit.

Veterinary Universities are finally dedicating more time in degree courses to behaviour. The young vets coming through now have more knowledge now of the science of animal learning and behaviour. It is a massively important topic. They are learning about the consequences to the animals of training using the operant learning quadrant (Negative reinforcement R-, Positive punishment P+, Negative Punishment P- and positive reinforcement R+.)

Our colleges are training future Animal trainers and carers through the use of R+ yet the equine departments are not. They still 100% train and use pressure with all of its consequences to all of their young horse students. The subject is only touched on at degree level yet there is never any practical application of it taught, because none of the lecturers have any training in its use and application. So the dog trainers are coming out with great knowledge and the start of the bespoke skills but the horse students are not.

How will we make the change I wonder because it has to start somewhere? Ethical animal training must include horses.

There are many practices banned on our animals these days because ethical awareness has been raised. Tail docking in certain breeds of dogs has stopped altogether. Only criteria of working dogs would allow this barbaric procedure to still happen because of the safety and welfare side for the animal whilst performing its work. We no longer dock horse's tails yet we still do stupid things like cut their whiskers off. We would not dream of cutting a cat or a dog's whiskers off because they need them in their daily lives and they would suffer intense pain as a result because of their sensitivity. Whiskers have a massive use to the animal, they are a huge part of their sensory system yet horses are shaved regularly just for the show rings. someone needs to explain to me why. Their need for whiskers for foraging is no different to any other animal performing its natural behaviours. It is a classic case of cognitive dissonance in a horse owner who continues to shave their horse's muzzles.

Our role and responsibility when owning and caring for our animals is under far more scrutiny these days and it is a very good thing.





Back to Woollies and Wellies

Well I think that's it; I've been delaying issuing the Autumn menu while the glorious warm weather has continued, however, now I have donned a sweater for the first time, for a long time, I think it's safe to do so. Goodbye Caesar Salad, hello Stroganoff, goodbye Summer Fruits, hello Sticky Toffee Pudding.

I'm very happy with our Autumn menu, which brings some interesting new choices while keeping all our ever popular items intact; woe betide me if our Giant Yorkshire Puddings, our Steak Pie, our Tandoori Kebab or our fresh Haddock & Chips were ever to disappear from the menu. Alongside our regular items we've introduced some new flavours, to tempt your taste buds, like Potted Pulled Pork on our starters and Aromatic Seabass to our mains, while adding a melt in your mouth Fillet Steak for the first time to our standard

menu alongside our much admired, flavoursome Rump Steak.

I am delighted to say that many customers have now enjoyed the Raclette Dinning experience at the Half Moon, however, a hot cooking stone on the table on a hot summers evening has demonstrated that this is most probably an experience best suited for the cooler climate which we are entering.

On the bar, the new Hop House 13 lager from Guinness is proving very popular as are the newly introduced cask ales of Doom Bar and Green King IPA.

A good time was had by all at the Annual Skidby Veterans vs Skidby cricket match with a record amount collected for "Macmillan" by means of fines imposed on the participants, some quite justified while some, I was informed, were totally outrageous, although everyone paid up willingly for this great enterprise.

Just a minute, this is for the October edition: only another month and we're at Bonfire Night and the Half Moon's Firework Festivities again, but we'll leave all that for next month. Doesn't time fly!!

Many thanks to all of you for your support, and a special mention and thanks to Lucinda, Amber and Will who have left us to start University, have a great time – work hard !!!!

Cheers from Mike and all at the Half Moon

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205 Hallgate, Cottingham HU16 4BB



Telephone 847032

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Friends of Hallgate Primary's Nearly New Sale for Baby & Toddler on Sunday 30th October

The Friends of Hallgate Primary School are organising a Nearly New Sale for Baby & Toddler Items on Sunday 30 h October 2016 at Civic Hall in Cottingham, 10 am - 12 noon.

Plenty of opportunities to come along and grab a bargain.

There will be good quality prams/buggy's, maternity items, toys, clothes, books, equipment and everything you could possibly need for children aged 0 to 9 years old. There is a separate larger items gallery to view all large items in one place.

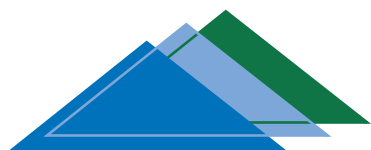
Refreshments will also be on sale to help raise funds for the school.

Do you want to raise some extra cash and clear out your lofts/cupboards - please get in touch with us at hallgateprimaryfriends@gmail.com or ring the school on 08 88

about hiring a table for this event. Tables cost £50 and are approximately 1m x 2m.

Admission is £1 per person with children under 16 free.

The Friends of Hallgate look forward to seeing you on the day and offering your support.



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Hull CHA Rambling Club

Explore Yorkshire with us. We visit the North York Moors, the Wolds and occasionally Derbyshire and Lincolnshire.

Sunday rambles once a fortnight usually starting at 9 m. Travel by coach to the starting point. Fare £10. We pick up in Hull city centre, Beverley Road and Beverley and walk throughout the year.

Walks with leaders.

A. 11 - 14m iles B. 8 - 9m iles

Sunday 30 ctober Centenary Way

A. York Minster - Huntington - River Foss - Strensall - Sheriff Hutton

B. New Earswick - River Foss - Strensall - Sheriff Hutton

Sunday 30 ctober

A. Coneysthorpe - Castle Howard - Kirkham Priory - Malton

B. Welburn - Kirkham Priory - Low Hutton - Malton

Contact Jan 0 8 112

jan.c@outlook.com

Check out our website <http://hullcharambling.wix.com/hull-cha-rambling>

You will be very welcome

Phoenix Walkers

If you like walking in the countryside/a social day out then why not join Phoenix Walkers, a very friendly walking group with walks on Sundays. The coach picks up on Ferensway Hull then through to Cottingham leaving Cottingham Green at 9 a m coach fare £10

Three levels of walks:

A Group 8-10 miles

B Group 5 7m iles

C Group 'The Strollers' Very leisurely 3m iles or so.

Sunday 30 ctober

Knaresborough

Sunday 30 ctober Skipton

For further information please ring Dulcie Hartley 08 9

Wykehykers Walking Club

We are a friendly long established local group who enjoy Sunday outings by coach once a fortnight.

We visit many scenic areas of Yorkshire, Derbyshire and Lincolnshire each season, starting at 9 m and usually home around 6m . Each trip provides optional guided 8 10 mile or 4 5 mile walks.

Forthcoming walks:

2 October 206

Donna Nook , Lincs Coast

16 October 206

Rosedale Abbey, North York Moors

30 October 206

Walesby, Lincs Wolds

Coach fare is £10 and we pick up from Ferensway to Beverley via Beverley Road when Northbound or Beverley High Road, Ferensway, Anlaby and Boothferry Roads when Westbound.

Take your first step by calling Keith or Alan on (01482) 897 6 or further details.

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Lewis Scott of Cottingham wins the Young Theatre Organist of the Year 2016 at competition held recently

Lewis Scott of Cottingham, has won the Young Theatre Organist of the Year competition held recently Astoria Centre, Barnsley playing on the lovely 3 17 Compton owned by the Penistone Cinema Organ Trust.

Lewis Scott is 17 years old and is a student at Cottingham 6 h form College and also one of the organists at St Michaels Skidby. His music career began aged eight on the electronic organ with lessons at home. He became interested in the theatre organ 3 years ago and recently has had lessons on the theatre organ.



Electoral Register - are you on the Register?

If not, then you won't be able to vote

Some weeks ago East Riding residents received a letter/form from ERYC Electoral Services asking for confirmation of the household's details and also to bring the Electoral Register up to date.

Those people who registered on-line may have received a further reminder letter/form from ERYC in early September. It transpires that the down-load in early August, from the third party company managing the on-line data, was corrupt. ERYC did not know there was a problem until the switch board was deluged with calls regarding these reminder letters.

The problem may go back many months as there were entries missing from the Register at the time of the Police and Crime Commissioner Elections. If you are not on the Electoral Register then you cannot vote.

We suggest that you contact Electoral Services in a couple of months' time to check that you are on the Register, telephone County Hall on either 90 or 91. Electoral Registers are not only used at election time but by other agencies for various reasons. If you need any assistance then please contact Councillors Geraldine Mathieson (Tel 828) or Ros Jump (Tel 822).

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Cottingham

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3 Bedroom House



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- Off-road parking area

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- Master bedroom with fitted wardrobes
- Bathroom with shower over bath
- Off-road parking

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1 Bedroom Apartment



- First floor apartment
- Neutrally decorated and carpeted
- Central village location
- On-street parking

Cottingham

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- Property has undergone major renovations
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Rotary Club of Holderness to hold Santa Fun Run and Walk on Sunday 11th December

Do you fancy doing something fun and worthwhile in the lead-up to Christmas? If so the Rotary Club of Holderness has just the thing.

A Santa Fun Run and Walk has been planned to take place in Hull city centre on Sunday 11 December. It is suitable for all the family and everyone who takes part will get a free Santa suit to keep, which they will wear as they sprint, jog or walk round the route. There will also be finishers' medals for all those who complete the circuit, which is about 1.6 or 2 miles. The race will be started by the Lord Mayor in Queen's Gardens at 10am prompt and will raise money for several local charities. These are Humber Rescue, Kids, Mires Beck Nursery, Giroscope, the Lord Mayor's Charity Appeal Fund and Rotary Club charities.

Entry fees are £10 for adults (age 15 and over), £7 for youths (age 9 to 14) and £5 for children (age 5 to 8). Everyone is urged to collect sponsor money, so that the charities named can continue the fantastic work they do to help people in need. We are challenging entrants to make at least £20.16; though they can raise more if they wish! For more information and to register to take part, please visit our website: hullsantarun.org

As you have a great experience taking part in the race, you can have the satisfaction that you are also doing something of benefit to others. Why not ask friends and colleagues to join you on the day? The more, the merrier!

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Too Much At Stake Murder Mystery Event - Friday 21st October
£33.000 per person including 3 course dinner or overnight stay for two - £145.00

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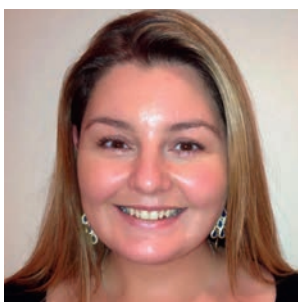
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Telephone: 01482 846278**



Flossie returns to Swanland on Saturday 29th October at Swandland Village Hall

The ever popular French singer with the Geordie accent, Flossie Malavialle, returns to Swanland Hall at 7.30pm on Saturday 29th October. Her inimitable style of songs and chat makes her the only regularly requested performer at the hall. As usual, chairs will be set around tables with nibbles provided and the audience bring their own drinks and glasses (and sometimes a supper too).

Tickets available from Yvonne on 01482 634863 at £8 adults and £4 schoolchildren but book early as she is often a sell out. See more about Flossie at www.flossie-malavialle.co.uk/index1.html. The proceeds from the evening will be for HEART UK, the cholesterol charity, so all raffle prizes will be gratefully accepted.

Andrew Jackson
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Cottingham

Civic Hall, The Green

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19th October, 30th November

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Law firm offers legal advice clinics to help people understand 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.

Associate Deborah Gilpin, who specialises in this area of law, explains: "Family arrangements are becoming increasingly complicated, particularly when a person dies without making a will."

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 in confidence on 01482 325242 or email legalclinics@andrewjackson.co.uk

Support the advertisers who appear within the Cottingham Times

New exhibition at the Treasure House, Beverley - "Theatre, crime and sensation"

A new exhibition opened at the Treasure House in Beverley, on Saturday 17 h September. 'Theatre, crime and sensation' explores the fascinating life of author and actress Mary Elizabeth Braddon.

Mary was born in London's Soho but moved up to Yorkshire in mid 18 She worked for a while in Beverley as a governess, performed on the stage in theatres in Hull and tried her hand at writing poetry.

Mary would go on to become one of the best-selling writers of the nineteenth century. She was not always popular with the critics as they thought her subjects – which included murder, bigamy and scandal - were in rather bad taste! Her most well-known novel, Lady Audley's Secret, is typical of the style of writing that became known as 'sensation fiction'.

The exhibition runs until Saturday 19 h November, and admission to the Treasure House is free.

The Treasure House, in Champney Road, is open from 9.0 am to 5 pm on Mondays, Wednesdays and Fridays; 9.0 m to 8 pm on Tuesdays and Thursdays, and 9 m to 4pm on Saturdays.

For more information ring (08) 99 or visit www.eastriding.gov.uk/museums.

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Cottingham Park's 'Pink Week' to take place between October 17th and 23rd

Cottingham Parks 'Pink Week' is taking place from October 17th and the weekend of the 22nd and 23rd.

The 'Pink Week' is a Breast Cancer fundraiser and members and guests get involved wearing pink (even some of the men wear pink).

During the week there are golf competitions, a tombola sweepstake and a raffle with many prizes kindly donated by local businesses.

So come along and get involved, enjoy a game of golf and support a worthy charity.

If any local businesses wish to support the cause, please contact Kristina through Cottingham Parks Golf Club, tel.

030

Pictured above and below some of the ladies from last year's 'Pink Week'.



Haltemprice Lions' Young Persons' Music Competition on Saturday 12th November at the Cottingham Methodist Church

No entry fee.

Open Competition

- Age range 7 to 14 years (as at 1st September, 2006)
- Separate group age ranges in each class
- Performance timings:
 - 4 minutes maximum for 7 years to 14 years (two groups - 7 to 10 and 11 to 14)
 - 6 minutes maximum for 15 years to 18 years
- Instrumental groups
 - Piano
 - Strings (including harps and guitars - dependent on entries)
 - Woodwind
 - Percussion/Brass
- Groups, ensembles, solo performers - instruments only.
- Entries must be submitted on the pre-printed entry form
- Cash prizes for the 1st, 2nd and 3rd placed in each group - subject to the organiser's discretion.

BURSARY competition

- Cash Prize of £100 for the winner and £200 for the runner up (at the organiser's discretion)
- Age range 14 to 18 years old (as at 1st September, 2006)
- Minimum standard required - Grade 7 - entrant(s) must show proof of level attained.
- Groups, ensembles, solo performers - instruments only.

- Entries must be submitted on the pre-printed entry form.
 - Performance timing: 1520 minutes maximum.
 - Recital of three works showing a contrast of style and technical demands
 - Competitors to submit a brief letter with their entry showing how they would spend their winnings.
- The organiser's reserve the right to invite the winner or other entrant (by prior arrangement) to perform at an event of the organiser's choosing.

Entry forms, further information from: David Whincup, email: dwhincup@dwhincup.karoo.co.uk or Tel. No. 083

Cottingham Neighbourhood Plan: Consultation Draft

Notice is hereby given, in accordance with Regulation 14 of the Neighbourhood Planning (General) Regulations 2012 (as amended), that the **Cottingham Neighbourhood Plan: Consultation Draft** will be available for inspection in hard copy at the Parish Council office and East Riding of Yorkshire Council Customer Service Centre, Market Green, Cottingham, during normal office hours, and, in electronic format on the Parish Council's web site:

www.cottinghamparishcouncil.org.uk from 8th October to 14th November 2016

Interested persons are invited to view the Draft Neighbourhood Plan and submit comments to the Parish Council using the forms provided by 5pm on 14th November 2016

Issued by instruction of Cottingham Parish Council's Neighbourhood Plan Steering Committee: September 2016

Hull and East Yorkshire Hospitals NHS Trust

Living With and Beyond Cancer

Adjusting to life after cancer treatment, or living with cancer, can provoke strong emotions and possible fears for the future. Cancer survivors have a wide range of physical, psychological and social needs.

The Macmillan Survivorship Programme is a service for cancer patients and their families. It is a programme designed to meet the individual needs of the patient and their carer and to focus on recovery, health and wellbeing after cancer treatment.

The service offers appointments at a variety of clinics across Hull, East Yorkshire, North Lincolnshire and North East Lincolnshire.

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Patients will be able to access a full programme of support including:

- ✓ Carer support
- ✓ Community clinics closer to home
- ✓ Early recognition of signs and symptoms of further disease
- ✓ Hobbies and life after treatment
- ✓ Legal advice
- ✓ Monthly pamper sessions
- ✓ Monthly support group
- ✓ Weekly choir
- ✓ Nutrition and diet management
- ✓ Telephone group
- ✓ Walking group and well being course

To access the service please contact The Survivorship Team, Hull and East Yorkshire Hospitals NHS Trust, The Queens Centre for Oncology and Haematology, Castle Hill Hospital. Telephone 01482 461091. Email: sarah.guest@hey.nhs.uk or ask one of the Health Professionals involved in your care.

The service offers one-to-one, group, telephone or email support. The service undertakes clinics in a variety of community areas.

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

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

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

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

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

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

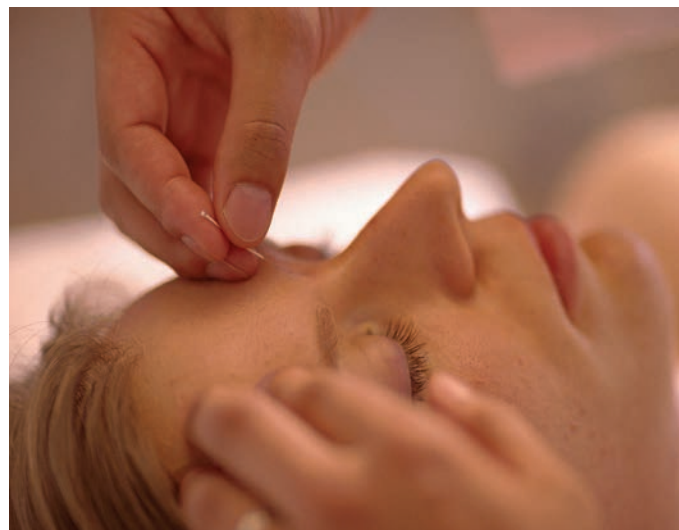
The channels are related to the internal organs, which if out of balance is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

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

Problems and Diseases commonly treated by TCM

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Muscular, Neurological, Skeletal and Vascular:

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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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Record numbers at this year's Cottingham Food & Drink Festival

The 4th Cottingham Food & Drink Festival took place on Sunday 18th September and was hailed as a great success, with an estimated 2,000 people attending throughout the day.

Cookery demonstrations by celebrity chefs Brian Turner and Steph Moon, together with good weather, helped to swell the number of people attending to an all time record. Organiser Councillor Helen Green said "I would like to thank everyone who attended the festival and hope that all the visitors will come back and support our local businesses here in Cottingham. Hopefully it was a big boost for the village shops and pubs as well as being a fun community event for all ages."

With over 80 stalls and many village businesses trading during the day visitors were able to sample and buy a huge range of

Yorkshire produced food and drink products. From local honey and jams to hand made chocolates and East Yorkshire wines there was something for everyone to try.

A vintage 1950s bus serviced the park and ride into the village and many visitors enjoyed it so much they went round twice!

Better buses for Anlaby, Cottingham and Hull

Local bus company EYMS has announced it will be making improvements to some bus services from 26th September.

There will be an extra weekday morning journey from Anlaby into Hull, which is ideal for commuters. Existing early morning buses from Anlaby will also pick up at additional stops in the village, so it is more convenient for people to catch the bus.

Hull-Cottingham Services 115 and 116 will get extra evening journeys. These make it easier to get to and from Castle Hill Hospital for the evening visiting hours.

There are also extra night journeys between Endike Lane/The Avenues and Hull City Centre, which are great for people enjoying a night out in the city centre or The Avenues.

EYMS Commercial Manager Bob Rackley said: "We're hoping that these improvements make it easier for people to get the bus, by providing people with more choice about when and where they can travel. With our Hull Plus weekly tickets only £11.00 the bus is a great value way to get around, whether to work, visiting friends, or going out for a meal or a drink."

Times of the new journeys can be found at www.eyms.co.uk, by visiting the company's Travel Centre in the Interchange, or by ringing BusLine on 0800 229229

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The trash team - a lifestyle project team of five, year 6 children from Westfield Primary School

Sagar, Alex, Oliver, George and Finleigh teamed up for their Lifestyle Project and decided to make the Sports pavilion area and the Abbots walk playground free of litter. The children were frequent visitors to the Pavilion playground and playing fields and they wanted to make one of the village landmarks clean and tidy as part of their project.

The pavilion staff members were highly appreciative of the work of the team. Abbots walk was another place they frequented and the team were a bit disappointed to find this fine place strewn with litter. They were able to make a big statement to the public by picking up all the litter and rubbish from the area.



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

For Membership details Ring Theresa on 823032

Crossword solution from page 14

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22	T	I	T	A	N	I	C			25	T	A	L	E	N	T
	H		E		O					A		T		F	D	L
26	T	H	R	O	B			27	G	A	L	V	A	N	I	S
	U		R		L		E			E		R		N		A
28	B	R	A	V	E	R	Y			29	D	R	E	D	G	E



Saving Face

Good circulation will give your cheeks a rosy hue. To maintain healthy circulation to your skin you need to exercise on a regular basis. Physical activity keeps your blood circulating properly and ensures that all of the nutrients in your body find their way to where they should be.

This also goes for finding their way to the surface of your skin.

Flaxseed oil is good for the skin because it is the richest vegetable source of omega-3 fatty acids around. The omega-3s are essential for supple and well hydrated skin.

Drinking plenty of liquids is important for the skin. Water is Mother Nature's cocktail and the skin needs plenty of it to remain healthy and to keep the complexion smooth and clear. Stay hydrated all day long. Not only is it essential for your skin but also for your organs as well.

Eat blueberries as they are rich in antioxidants which fight free radicals that damage the skin. There are lots of fruits that are good for the complexion but blueberries are one of the absolute best. Eat them alone, in yogurt, in parfaits, in smoothies or in fruit salads. Just eat them!

Reduce your alcohol intake if you drink. Alcoholic beverages dehydrate the body and add toxins to your system. This system is already doing its best to cope with chemicals in food and the air as well as pollution. If you do not want to give up alcohol all together then choose red wine because it contains antioxidants.

Take good care of your teeth. This means going to the dentist for regular cleanings and check-ups and following an oral care plan at home. Your teeth as well as your jaw bone forms the structure or the scaffolding that holds your face in the proper place.

The evil trio that threatens the health and well-being of your skin includes sun, smoke and stress. These three factors can dramatically increase the number of fine lines and wrinkles you have but also the severity of them. To prevent these problems one of the most important things you can do for your skin is to wear sunblock all year long and to avoid the sun during the hours of 10 AM to 4 PM. Give up smoking to preserve your skin and find effective means of coping with stress -yoga and self-hypnosis are just two avenues to explore.

Put these face-saving tips to work and you will notice that your skin is not aging rapidly at all! Reap the benefits of caring for your complexion.

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