

Cottingham Times

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Issue 142 - September 2013

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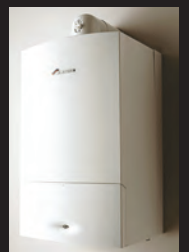
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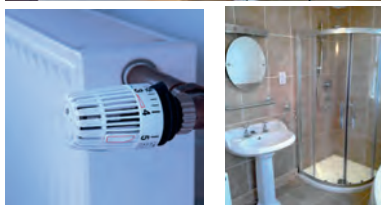
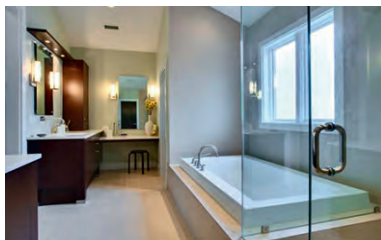
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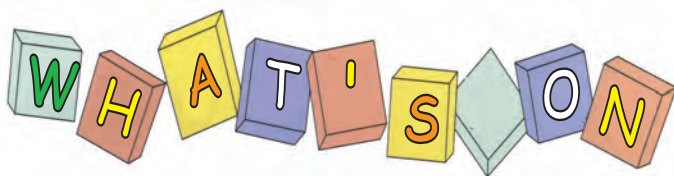
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AgeUK East Riding

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

Front cover picture: West Green, Cottingham.
Photo courtesy of Paul Lakin.
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Zion United Reformed Church, Hallgate

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

Viewfinder Photographic Society

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

Scottish Country Dancing Club

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

Walk & Buggy Burn Club

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

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Cottingham Bridge Club

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

The Alzheimers Society

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

Cottingham Cricket Club

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

Calligraphy, Quilling and Folk Art classes

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

Cottingham Methodist Church Hall

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

Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 3rd September 2013 at 6.30pm - Outdoor Visit - Bring your camera. (nb: 7.30pm at Church if Wet)

Tuesday 17th September 2013 at 6.30pm - Outdoor Visit - Bring your camera. (nb: 7.30pm at Church if Wet)

Tuesday 1st October 2013 at 7.30pm at Church Hall

Contact for further details - John Tel No: 842169 or

john@jcmhome.karoo.co.uk

Cottingham Men's de Luda Society

Wednesday 4th September - Modern Day Policing, PC Kelly Edgar, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Yorkshire Countrywomen's Association (Skidby Branch)

Thursday 5th September - Hedgehogs - Emma Fletches. Meetings held in the village hall Skidby on the 1st Thursday in the Month at 7.30 pm.

Cottingham Catholic Women's League

Monday 9th September, Kath and Clive Richardson - The Women who didn't Exist, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Continued on page six

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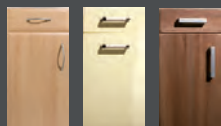
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AS SEEN
ON TV

Continued from page five

Haltemprice Art Group

Tuesday 10th September - Opening evening - Subscriptions due, financial report presented, view outdoor/Summer sketching. Entertainment arranged.

Tuesday 17th September - Along the Shore

Tuesday 24th September - Sketching Night - June Parkinson/Margaret Mitchell

Tuesday 1st October - Let's Paint Flowers

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

Cottingham Ladies Circle

Wednesday 11th September - Wish Granting - of Make-a-Wish Foundation UK, Mr. J. D. Horner, in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm. **PLEASE NOTE NEW VENUE!**

Cottingham Green Women's Institute Evenings

Thursday 12th September - History of Hornsea Pottery. Competition: Hornsea Pottery item, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 12th September - Barry Freeman - Metal Detecting, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

Hull Alpha Probus Club

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

12th September - Lunch

26th September - Coffee Morning

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

East Yorkshire Embroidery Society

Saturday 14th September - Katie Pirson - My Journey - What Katie Threads Next. In the Darby & Joan at 2.30 pm. Memberships Fees £8 per annum. Meeting fees: Members £1.50; Visitors £2.50.

The British Sugarcraft Guild (Hull and Holderness Branch)

Saturday 14th September - Margaret Morton - Floral. At the Cottingham Parks and Country Club, from 2.00 pm to 4.00 pm. **Please Note meeting second Saturday in the month due to the Caravan Show.**

North Ferriby Gardening Club

Monday 16th September - Poisonous Plant, Pest and Diseases in the Garden. Paul Robinson (Bridington), 7.30 pm in the North Ferriby Village Hall..

Cottingham Evening Townswomen's Guild

Wednesday 18th September - Lynda Mills - Wrapped in Style, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Men's de Luda Society

Wednesday 18th September - World War II - Paul Bryan, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Continued on page eight

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Continued from page six

Diabetes UK

Thursday 19th September - Karen Wilson (Diabetes Specialist Nurse), Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

East Yorkshire Association of the National Trust

Thursday 19th September - AGM followed by talk by Jane Pietrusiak - Factory Town to Garden Village: Worker Housing in England, in the Cottingham Civic Hall, 7.30 pm. Non-members welcome.

The Inland Waterways Association

Friday 20th September - 'When Wheldale went t'London', presented by Chris Sherburn. A talk on the trials and tribulations of taking a small 'Tom Pudding' tug to sea and arriving in London in time to the meet the Queen - all done by the crew and the odd passenger. 8.00 pm to 10.00 pm in the Cottingham Methodist Church Hall, £2.00 including refreshments.

Cottingham Ladies Circle

Wednesday 25th September - Crime Prevention - Mr. R. McMillan, in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm. **PLEASE NOTE NEW VENUE!**

Wednesday Social Club

Wednesday 25th September - Annette McMillan - Amusing Poems, in the Darby & Joan Hall, at 2.00 pm.

Cottingham Methodist Church, Hallgate

Friday 27th September 2013 - Free Film Night, 6.30pm for 7pm. Popcorn, ices and chocolate on sale.

Hull and District Cat's Protection

Saturday 28th September - Cat's Re-Homing Show. At the Darby and Joan Hall, Finkle Street, from 11.30 am to 1.30 pm. Lots of cats and kittens looking for permanent loving homes. Stalls including cakes, jams, gifts, cat accessories and tombola. Refreshments available. If you can't make the show but are interested in adopting a cat, please call 01482 790284. We will also have a stall in the Charity tent at the Lawns Caravan Show on Saturday 7th and Sunday 8th September.

East Riding Flower Club

Monday 30th September - Flower Demonstration by Vanessa Wellock (Ilkley). Visitors are very welcome. £5.00 payable at the door. In the Civic Hall, Cottingham at 2.00 pm. Enquiries Judy Robinson 01482 876279.

Cottingham Men's de Luda Society

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

Yorkshire Countrywomen's Association (Skidby Branch)

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

The British Sugarcraft Guild

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

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Upgrade or replace? That is the question . . .

also Holiday photos, printer inks and Facebook

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

Windows 7 or Windows 8? That is the other major choice. I have found the uptake of Windows 8 on new computers has increased recently as more people seem to accept it as the 'new way'. Personally I have nothing against Windows 8 and have been using it for business and at home for some time now without any glitches. However, public opinion still seems to be split on this, (see notes in red below), and to be fair it is the first major change to the operating system since Windows 95.

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

Re XP computers, many customers have decided to go for a new computer now, whilst Windows 7 is still available. Supply of PCs with Windows 7 is not a problem, but I have found that stocks of Windows 7 Laptops are almost exhausted now, and becoming more expensive. For further advice just give me a call.

Last month I mentioned saving and arranging your holiday photos. Well once you have done all that work, it would be a good idea to make a backup of them. Remember, backing up photographs and data is important, particularly if you have an older computer. In the worst case scenario, if your hard drive failed one day you could stand to lose everything! The cheapest form of back up is to use your CD or DVD writer, but even easier and quite cheap is to use a memory stick; and for larger amounts of data, external hard drives are the best option. Call for advice and prices.

Epson is tightening its grip on the printer ink market, which unfortunately means that my supplier Jet Tec, will no longer be able to provide compatible cartridges for Epson printers, so they are now looking at moving into 're-manufactured' instead. Not having a reliable alternative source, I have to say that I will not be able to supply compatible ink cartridges in the future. The remaining stock I have is E71 and E129, suitable for Epson DX and SX printers. (Some limited stock for older Epson models like CX and D is also available, *please call for discounted prices on these particular ones*).

Talking of printers, one issue that is often raised is when you go to print something and the print dialogue box comes up it shows either Fax or XPS or One Note. These are only 'virtual printers' loaded in the Windows system, so if this occurs do the following. Go into Control Panel, and Devices & Printers, select your actual printer by right clicking on it, and then tick 'Set as default printer'. A green tick should appear below it, and in future all print jobs will go to that printer.

Using Facebook can reduce young adults' sense of well-being and satisfaction with life, a study by the University of Michigan has found. Checking Facebook made people feel worse about both issues, and the more they browsed, the worse they felt, the research said. The study, which tracked participants for two weeks, adds to a growing body of research saying Facebook can have negative psychological consequences. Facebook has more than a billion members and half log in daily! As reported by the excellent BBC News site: www.bbc.co.uk/news



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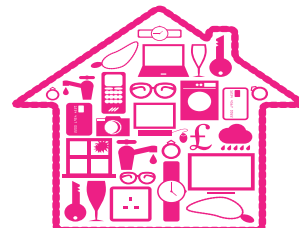
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Wordsearch - Weather

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

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

Find the words in the letters above:

Blizzard, Breeze, Chinook, Cirrocloud, Cirrostratus, Cirrus, Cloudy, Cold, Cumulonimbus, Cumulus, Cyclone, Doldrums, Drizzle, Dry, Fair, Fog, Freezing, Frost, Hail, Harmattan, Heatwave, Hot, Humid, Hurricane, Lightning, Mild, Mist, Mistral, Monsoon, Nimbus, Overcast, Precipitation, Rain, Shower, Sirocco, Sleet, Slush, Snow, Storm, Stratus, Sunshine, Thunder, Tornado, Typhoon, Wind, Zephyr.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 80

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

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

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2013 celebrating our **20TH ANNIVERSARY OF BUSINESS.**
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September has traditionally been the month for holding our annual cruise & holiday show. Tuesday 24th September 2013 we are encouraging you to join us to eat, drink & talk travel at our charity lunch or dinner on at the lovely venue of Hull golf club. Tickets are £26 to include 3 courses, coffee plus cocktails on arrival & wine throughout the meal - space is limited so call for details today.

Sorry to jump straight to 2015 but it seems it is going to be a very exciting year in travel - having witnessed 4 solar eclipse cruises sell out within a week, then a super Fred Olsen Caribbean fly cruise fill within 5 days of going on sale (2 more have since been released ask for details today) it seems to be the year to do something special!

Garden lovers:- why not join our new special departure to China. Departing in October 2015 this will allow you to explore diverse flora. For example in the classic gardens of Lushan & Huangshan or a private guided tour of Chensan Botanical Gardens. This tour is hot off the press - further information awaits you as you are reading this news contact us now for the finer details !



Vietnam & Cambodia - tour & river cruise - 18 days departing 30 March 2015. All of your sightseeing is included along with gratuities, enjoy a 2 night cruise on Halong bay a 7 night land tour plus a 7 night Mekong river cruise with all drinks included on-board the lovely La Marguerite. If you have been contemplating this part of the world this itinerary is too good to miss why not join me? - book before 30 September and save over £900 per couple £3145 per person, upgrade to a balcony cabin for just £195 per person. (Single travellers very welcome from £4545 for sole occupancy)

Mississippi River Cruise - a special departure is in the pipeline for late May 2015 including time in New Orleans, Memphis & Nashville - a great itinerary for music & history - why not register for more details.

Back to 2014 - I know many of you are still looking for ideas or possibly even to get away before the end of this year. I have the warmth of India looming in November there is still time to join me. Here are a few of our exclusive departures you may not know about...

Paris - why not join arts historian Fiona Irwin on this tour which includes visits to the Louvre, Musee d'Orsay, Rodin, Versailles and the Beaux Arts in Lille. Only 26 seats available on this one which departs 24 April for 5 nights £415 pp sharing a twin room.

Ama waterways - the very best in river cruising - join our April Tulip cruise via P&O North Sea Ferries sailing to the continent from Hull to Rotterdam departs 22nd April for 9 nights with prices from £1789. Should you prefer a flying option this is also available from Humberside airport.

Regent Seven Seas Cruises - join me aboard my favourite cruise line for a 9 night fully inclusive holiday aboard the Seven Seas Navigator. A superb Caribbean itinerary, all meals, drinks, excursions, gratuities not expected in fact you will be hard pushed to spend money on board. Spoil yourselves, departs 6 November from £2569pp, bargain!

Warner's hotels just for Adults 2014 book now at low prices, inclusive of coach travel from East Yorkshire.

Fred Olsen cruise lines are still on their preview brochure due to finish on 9th September so hurry. A couple of examples are shown below, you can also add a drinks package too!

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05 Dec	Chester & Manchester Putting on the Ritz 2 days	£ 85
12 Dec	Thursford Xmas Spectacular 2 days	£ 149
13 Dec	Antwerp & Christmas Market weekend 2 nights North Sea Ferries & 1 night half board in Antwerp	£ 189
08 Jan	Downtown January Sales & lunch	£ 24
14 Jan	Potters World Bowls 3 days of bowling /3 nights	£ 269
24 Jan	London sights & shopping 2 nights HB	£ 129
30 Jan	World of Rhubarb & a 3 course lunch	£ 45
03 Feb	Torquay - Gleneagles 4 nights Full board & Bar*	£ 249
26 Feb	Liverpool & 7 Brides for 7 Brothers 2 days HB	£ 119
04 Apr	Cornwall Flower Show & Gardens 5 nights	£ 399
24 Apr	Paris - 5 nights with Art Historian Fiona Irwin	£ 415
11 May	Castle of Mey & Orkney 6 nights half board	£ 649
21 May	Flowers in Bloom - a relaxing short day out	£ 15
24 May	Disneyland Paris 5 nights- family of 4	£1190
07 Jun	Rhine Cruise - super itinerary 9 nights No night sailing and lots of time in port.	£ 989
22 Jun	Eastbourne 6 nights half board	£ 399
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Many more tours to come, Thursford dates now available for 2014.- prices held for early bookings just £10 deposit.
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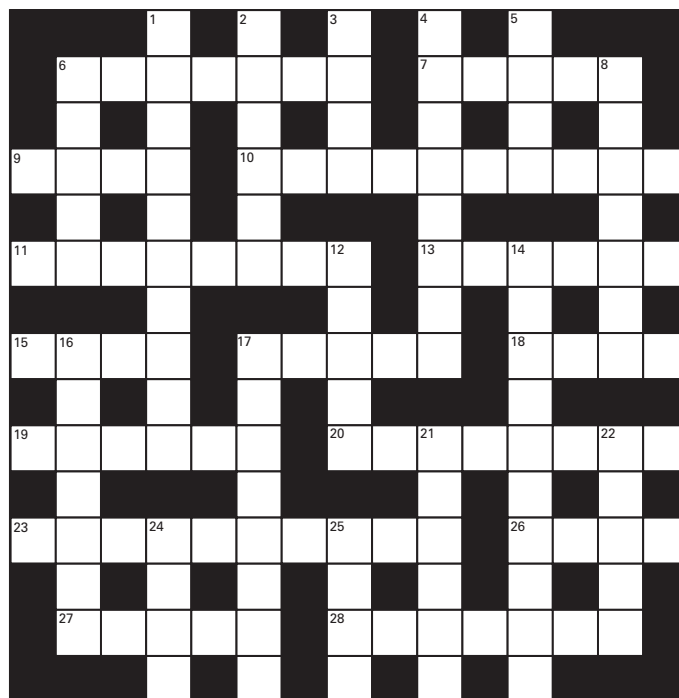
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Crossword – Solution on page 46



Across

- Slid (7)
- Stringed instruments (5)
- Poke (4)
- Leather-clad vixen (10)
- Determined the size or amount (8)
- March aggressively into another's territory (6)
- Green seaweed (4)
- Another name for Norway (5)
- Gears (4)
- A blue dye (6)
- They pull teeth (8)
- Crushes (10)
- Nimbus (4); 27. Cloth made from flax (5); 28. The landscape (7)

Down

- A form of Hindi (10)
- Arachnid (6)
- Type of cheese (4)
- Sowing (8)
- Backside (4)
- Wait on (5)
- Noisy party (7)
- Summoned sufficient courage (5)
- Inoculates (10)
- Related to language (7)
- Type of synthetic rubber (8)
- Imbedded (6); 22. Linger or dally (5)
- A climbing plant (4)
- Gusto (4)

Crossword courtesy of www.crosswordpalace.com



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Meditation produces calmness, relaxation and a feeling of power that is difficult to achieve any other way. It helps you to gain control over negative thoughts which, when experienced over a period of time, are detrimental to your health. There is a growing awareness of the link between our state of mind and our health, inner turmoil often manifests itself in physical ailments. Research shows meditation helps to relieve the pain associated with certain conditions. At a deeper level meditation teaches you to focus your mind on whatever you choose, this can improve your health, positivity, creativity, problem solving and physical performance.

Each week you will experience a guided meditation, you will learn how to develop solo meditation and breathing techniques. We will cover the powerful effects of using visualisation and affirmations during meditation. You will also gain an understanding of positive and negative thought processes and how they affect, not just your health but the successes and failures in your life and we will look at the science behind this. Along with a healthy mind you need a nurtured body so we will also look at overall well-being, using meditation to strengthen your commitment to eat consciously and establish a healthy, desired weight.

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Many people do not realise the power of their own mind and that they have control over it. This power is yours, it is within and you can release it.

If you would like to talk to me further or book a place please call 01482 847007

The Meditation classes are held at The Back Room, 175a Hallgate, Cottingham, East Yorkshire. HU16 4BB and cost £75.00 for the 6 week course. Gift vouchers available.

I look forward to meeting you Gill Cruickshank-Sutton DipH, DipNLP, DipHC, HPD

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7. Increases serotonin levels, enhancing mood
8. Helps control thoughts
9. Increased emotional stability
10. Mind ages at a slower rate
11. Develops intuition
12. Develops willpower
13. Helps enhance self esteem
14. Require less time to fall asleep, helps cure insomnia
15. Reduces anger ie. road rage
16. Deeper understanding of yourself and others
17. Helps keep things in perspective
18. Helps you discover your purpose
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20. Increased acceptance of yourself
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22. Helps living in the present moment
23. Experience an inner sense of knowing

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Mustard Steaks

Ingredients

- 4 tbsp Prepared English Mustard
- 1 tbsp Plain Flour
- 4 Beef Steaks, e.g. Sirloin, Rump, Fillet
- 2 tbsp Freshly chopped Parsley
- 2 tbsp Freshly chopped Thyme

Instructions

1. Preheat the grill to hot and line the grill pan with aluminium foil.
2. In a small bowl, mix together the mustard, flour, parsley and thyme until well blended then spread half the mixture between each steak.
3. Place the steaks, mustard side up, in the lined grill pan and grill for 3-5 minutes.
4. Turn the steaks, spread the remaining mustard mixture over the top and continue to grill for a further 3-8 minutes until done to your liking.



Corned Beef Hash

Ingredients

- 350g/12oz Corned Beef, diced
- 50g/2oz Butter
- 1 tbsp Oil
- 275g/10oz Boiled Potatoes, sliced
- 2 Medium Onions, chopped
- Salt and Pepper
- Fried eggs to serve (optional)

Instructions

1. Heat 25g/1oz of the butter and oil in a large frying pan and gently fry the sliced potatoes, turning occasionally for 5 minutes or until brown - do not mash. Remove with a slotted spoon and keep warm.
2. Add the remaining butter to the pan and fry the onions for 5 minutes until soft and golden. Add the corned beef and reserved potatoes, salt and pepper and heat thoroughly, turning all the time.
3. To serve - pile into a pyramid onto a hot serving dish and top with fried eggs. Serve very hot.

16 September - www.cottinghamtimes.co.uk

Lambs Liver and Bacon

Ingredients

- 450g/1lb Lamb's Liver
- 8-12 Rashers of Back Bacon
- 25g/1oz Plain Flour
- Salt and Pepper
- 1 teasp Dried Sage or Thyme
- 50g/2oz Butter
- 1 tbsp Oil
- 120ml/4 fl.oz. Stock

Instructions

1. Wash and dry the liver and coat with flour which has been seasoned with the salt, pepper and sage.
2. Heat the butter and oil in a frying pan. Add the onion rings and fry gently until transparent but not brown. Push to the sides of the pan then add the liver and cook for 4 -5 minutes each side depending on it's thickness.
3. Meanwhile, grill the bacon for 2-3 minutes each side until crispy.
4. Remove the liver from the frying pan and keep warm. Add the stock to the pan and cook until thickened. Serve with the liver and bacon.

Macaroni Cheese

Ingredients:

- 400g/14oz Short Macaroni
- 50g/2oz Butter
- 50g/2oz Flour
- 540ml/18 fl.oz. Milk
- Salt and Pepper
- A large pinch Cayenne
- 175g/6oz Cheddar, grated
- 25g/1oz Fresh White Breadcrumbs

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Instructions

1. Bring a large pan of heavily salted water to the boil, add the macaroni and cook for 8 minutes or until just tender. Preheat the grill to high.
2. Melt the butter in a pan, add the flour and cook for 1-2 minutes. Gradually add the milk, little by little, stirring all the time and cook gently until the sauce thickens.
3. Remove from the heat and stir in 100g/4oz of the cheese, salt, pepper and cayenne. On a plate, mix together the breadcrumbs and remaining cheese.
4. Drain the macaroni well and return to the rinsed out pan over a very low heat. Add the cheese sauce and stir to mix thoroughly.
5. Pour the macaroni mixture into a shallow flame-proof dish, top with the breadcrumb mixture and grill until golden brown and bubbling. Alternatively, bake in a hot oven for 20 minutes.

Chocolate Dream

Ingredients

- 225g/8oz Mascarpone Cheese
- 270ml/9fl.oz. Double Cream
- 4 tbsp Icing Sugar
- Zest and juice of 1 Lemon
- 175g/6oz Plain Chocolate



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Instructions

1. Break the chocolate into pieces then place in a bowl over a saucepan of very hot water. Stir to melt.
2. Mix the mascarpone cheese and cream together, then divide the mixture between two bowls.
3. Add the sieved icing sugar, lemon rind and juice to one bowl and mix thoroughly.
4. Stir in the melted chocolate to the other bowl.
5. In four individual tall glasses, place alternate layers of the chocolate cream first, then the lemon cream, finishing with the lemon cream.
6. Decorate with grated chocolate and chill before serving.

Savoury Pork Chops

Ingredients:

- 4 Pork Chops
- 2 Dessert Apples
- 50g/2oz Edam Cheese, grated
- Salt and Black Pepper
- 25g/1oz Butter

Instructions

1. Preheat the grill to medium. Trim the fat from the chops and grill for approximately 8 minutes each side.
2. Meanwhile, peel, core and chop one of the apples then mix with the grated cheese, salt and pepper. Place a spoonful of the mixture on top of each chop and return to the grill for a further 5 minutes, until the cheese melts.
3. Core and slice the remaining apple. Melt the butter in a frying pan, add the apple slices and lightly fry on each side.
4. To serve - remove the chops to a warmed serving platter and garnish with the fried apple slices. Serve immediately.

Baked Bananas

Ingredients:

- 4 Ripe Bananas
- 50g/2oz Butter
- 4 teasp Caster Sugar
- 2 tbsp Water
- Ground Cinnamon

Instructions

1. Preheat the oven to 220C, 425F, Gas mark 7.
2. Peel the bananas to three quarters of the way down and fold the skins back to give a petal effect.
3. Place in a shallow greased oven proof dish and dot with butter.
4. Sprinkle with the sugar, water and ground cinnamon and cook at the top of the oven for 10 minutes. Serve immediately.

www.cottinghamtimes.co.uk - September 17

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Wills - why use a solicitor?

Currently, will writing is an unregulated industry in England. This means that you may be charged a fee for the preparation of a Will regardless of training, supervision, insurance and qualifications.

So, what are the advantages of instructing a firm of solicitors and what key things should you look out for?

All firms of solicitors are required to be registered and regulated by the Solicitors Regulatory Authority ("SRA"). Regulation means that solicitor firms must abide by a Code of Conduct which should ensure that they provide a high level of care to their clients. Solicitors firms must provide advisors who are properly trained to offer the specific legal advice requested. They must also have appropriate insurance in place for the work that they are carrying out. Should any problems arise, you will have reassurance that the SRA will be able to help you.

Solicitors are required to be upfront and clear about costs. There should not be any hidden surprises along the way. When contacting a firm of solicitors, we recommend that you should always ask for details of cost in advance.

We would advise you to ensure your solicitor is a specialist in Private Client law – not all solicitors prepare Wills regularly. Look out for specialist qualifications such as membership with the Society of Trust and Estate Practitioners (STEP) and members of the Chartered Institute of Taxation (CTA). When arranging an appointment, don't be afraid to ask about the experience of the individual you will be seeing and for details of their supervisor, if appropriate.

Flaws in your Will may only come to light when you are not here to correct the problem. For peace of mind, we would advise you to always check:

- the experience and qualifications of your advisor
- whether they are regulated by a professional body
- what insurance they hold
- that you receive a clear estimate of charges in advance

Solicitors not only provide legal advice on individual, family and financial situations, but they are also equipped to provide advice on other issues such as powers of attorney, creation of trusts and care home fee assessments that may arise whilst discussing your Will.

We believe the information contained in this article to be correct at the time of going to print. While all possible care has been taken in the preparation of the information, no responsibility for loss occasioned by any person acting or refraining from acting as a result of the material contained herein can be accepted by the firm or the authors.

CAVE CASTLE HOTEL & COUNTRY CLUB

Christmas Murder Mystery Thursday 12th December 'A Christmas Killing'

Conrad & Clara Christmas are hosting a party to celebrate the festive season. Although they always throw the best in town, there is always the inevitable family argument, the usual drunken revelry and some unplanned surprises. Amongst their guests is someone who does not wish them well, someone who bears a grudge. Why not join us for this Christmas party with a difference and find out for yourselves just what is going on and who that someone is!

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Paws for Thought

*This month's column by Margaret
(Head Receptionist) of Kingston
Veterinary Services, Cottingham*

As a family, we have had numerous cats over the years, the first being a tabby kitten called Suiki. She was a feisty little thing (maybe because her mum was a farm cat) and ruled the roost, even taking on Brandy, the dog we had at the time. She was well respected amongst the 'Animal Kingdom' and was definitely Top Cat. So when Bisley, you remember him...my one and a half eared cat, came along to join our ever increasing family, emotions ran high. Hissing and spitting first which was then followed by an abundance of fur and of course, Bisley came off worse!

Over a period of time they learnt to respect each others territory that was UNTIL Jaffa arrived, the most beautiful ginger tom kitten I had ever seen. Once again we were back to square one, hissing, spitting, fur flying and not forgetting the odd woof and growl coming from Tammy, our cross bearded bitch we got as a puppy after we sadly lost Brandy. Now, at the time, we thought that the feline species get on with each other, just like their counterparts the canines, and that they enjoyed being a member of a pack. To one or two cats this maybe true but surprisingly to the majority, they are solitary...enjoying their own company combined with their owners affection.

Here is a scenario:

I have bought a new kitten Simba to keep my other cat Theo company. I think Theo is jealous of Simba. He doesn't sit on our knees any more but hisses and runs away if we try to stroke him. He hardly ever comes down from the top of the kitchen cupboards and he will



not use his litter tray any more. Instead he is spraying (urine) on the furniture and curtains.

Simba is very good, always using the litter tray and is happy to sleep in the cats bed. She loves being stroked, nuzzling and rubbing her head as we do so. I don't know if we can keep Theo as the smell is awful. I haven't been letting him out since we lost his brother on the road but there have been moments when I have been tempted to risk it.

LET'S HEAR IT FROM THE 'CATS WHISKERS'.....

"Hi, My name is Theo. My territory has shrunk to the top of the kitchen cupboards and I am TOTALLY stressed out. I was purrfectly happy sharing my territory with my brother but now??? Unfortunately he crossed the main road once too often and then I quickly settled down to life on my own. I like my own company and like most cats am not overly sociable with others of my own kind. I want to hunt the prey on my territory, not share it. I was quite content even though I was kept inside most of the time - a little dull but tolerable.

Then CATASTROPHE! Two weeks ago a young kitten TOTALLY invaded my territory. How would you like it if a total stranger moved into your home uninvited, started sleeping on your bed, eating off your dishes and even using your toilet!! Fine if you are a dog.

Clearly, scent marking my territory from my facial glands is not sufficient. The boundaries need stronger defences so I have begun spraying on the curtains and furniture. I feel a bit safer when there is plenty of my scent in the air. Good news on the toilet front too. When IT is asleep, I sneak down and I have found a quiet corner behind the chair to use instead of the litter tray followed by scratching my claws into the stair carpet on the way back. Fortunately, IT is unable to get up there. My owners are of no help, allowing IT on my things. They then try to touch me when they stink of IT. That really does tick all the wrong boxes - I cannot bear them to touch me! If I could just get outside again and put a bit of space between me and IT, I would have something else to think about."

Cats hunt small prey and often live solitary lives other than when reproducing and caring for their young. Siblings may share parental duties, but go hunting separately. There is no advantage to hunting together. There is benefit in holding a territory to hunt in and avoiding physical conflict through scent marking and respecting other cats boundaries.

The introduction of a new cat into the household IS possible and there are ways of conducting the introduction to give the best chance of having two happy cats living together. This may vary from pheromone sprays/diffusers to relax the atmosphere, to positioning and increasing the number of litter trays.

Here at KINGSTON, our dedicated qualified nurses are always on hand to help with any queries you may have to help towards making your home a CAREFREE CAT ATMOSPHERE.

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Cottingham Home Library Service to begin on 2nd September

Age UK East Riding, in partnership with East Riding of Yorkshire Council's Library Service, are pleased to announce its new Cottingham Home Library Service starting on Monday, 2 September

The aim of the scheme is to make library books accessible to Cottingham residents, over 50, who are unable to get to Cottingham Library due to either mobility problems or difficulty carrying heavy books and is available to residents living within the Cottingham Parish boundaries.

Clients have their books delivered either fortnightly or monthly and, for some clients, it may well be the only opportunity they get to have a chat with someone, as well as receiving their books.

The Cottingham Home Library Service has been run by a team of volunteers for at least 30 years. Until 2010 it operated

under the umbrella of WRVS. Unfortunately this arrangement had to be discontinued but the volunteers were determined that the service should not cease. They are therefore delighted that Age UK East Riding has agreed to add this service to its Good Neighbour Scheme.

Councillor Richard Burton, cabinet portfolio holder for civic well-being and culture at East Riding of Yorkshire Council, said: "We are very pleased to be working in partnership with Age UK East Riding to continue to deliver this important service for the benefit of our residents in Cottingham."

Elaine Peirce, Good Neighbour Scheme Coordinator for Age UK East Riding, said: "I am looking forward to working with the existing volunteers; the service will be a valuable addition to those currently offered by the Good

Neighbour Scheme, which includes a Telephone/Visiting Befriending Service, an Internet Shopping Service and free Internet Training for the over 50s."

Councillor Ros Jump, member for the Cottingham North ward, said: "I am delighted that Age UK East Riding has agreed to take the Cottingham Home Library Service under its' wing. Volunteers will find supporting our older residents a very fulfilling experience, and I'm sure that we can increase volunteer numbers quite quickly. We've proved that the service is very beneficial to our existing clients, so increasing the client numbers and providing additional support can only be a good thing."

To enable the service to reach as many older residents as possible, Age UK East Riding is looking for volunteers who would be willing to make a commitment once a fortnight/month to help them deliver the service.

If you would like to enquire about volunteering or take advantage of the service, please contact Cottingham Library on (01482) 392762 for further information.

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“The Tooth and Nothing but The Tooth”

by
Chris ‘Dr. Smile Maker’
Bransfield

Another challenge awaits in Morocco

Hello again, I hope that you are well. Well last time I wrote we were having a heat wave and, although it has cooled down a bit, it is still summer. It's been the best summer in years. I've just had a fantastic weekend at Tribfest at Sledmere. Camping in tents with the family and friends. It was our 4th year. Great music and atmosphere, we loved it. A bit of rain here and there (obsessed with the weather, I know), but it was still great.

4th Time Back In Morocco

At the end of September I will be joining the rest of the Dental Mavericks (a charity that I am a founder member and Trustee). It will be our 4th mission to Morocco to bring an end to daily dental pain to some poor souls without any access to dental care.

The 1st year there was just 7 of us. The year after there was 10, last year there was 15 and this year we have a group of 20 people. I can't believe that we are finalising our preparations for another year.

Becoming a Dental maverick was a life changer. It is great to work with such a great team of people helping other people who cannot otherwise get the help they need, and do it for

nothing. As I said, this year is my 4th and I am looking forward to the challenge of the extra project helping people in the Rif Mountains as well as El Jebah.



*Here Is The Motley Crew From Last Year.
Each One A Diamond*

Extra Challenge

This year we have an extra challenge of treating people in another, more remote area of the Rif Mountains as well as going back to El Jebah, where we always get a warm welcome. We have teamed up with another charity called Rif Com. They do community projects, including health and education. As they are established in the country we are hoping that they will make it easier for us to deliver our dental care where it needed with minimal fuss and red tape that really was a challenge and frustration last year. We had our trailer impounded for nearly 3 days!

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I will never be afraid of the dentist again!

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

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Chris "Dr Smilemaker" Branfield



I will report on our adventures doing dentistry in Morocco later on.

The Big Move


When this goes to print Castle park dental care will have moved around the corner to 28 Castle Road. Thanks to everybody who has helped and wished us well.

Until next time. Take care and be good.

Chris



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



Is this You, or anyone you know?

by Paul Smith

How much petrol did you waste today in the car?

If you drive at 37mph in third gear, you use a quarter more fuel than in fifth gear.

It's estimated that a staggering half of all tyres on the road are under-inflated, and this wastes fuel. (I admit, I don't check my tyres often enough.)

Do you get rid of weight to save fuel, like all the unnecessary stuff in your boot?

In warm weather, close, not open, your windows. Driving with them open, especially at higher speeds, reduces fuel efficiency by up to 10%. This wastes more fuel than using the air-conditioning system.

Keep it secret, but I copied this from an old Which? magazine.

Please help save our banks, by using them as your executors

Somebody showed me the charges NatWest will rob you of, if you appoint them in your will as executors. There is a set-up fee of £1,500. Then they charge 2.5% of your estate. So if you die worth £300,000, they will charge at least £7,500. I charge £350, plus the probate registry's fee of about £110.

I must be mad.

The French in Quebec

Apart from being Celtic, we mostly come from Danish, Viking and Anglo-Saxon stock. That makes us born explorers, quite happy to sail away from England to settle in a host of other countries. No wonder we had the biggest empire in history. By contrast, the French have only settled in two countries, Canada and Algeria. They fled Algeria when it became independent in 1962. So that just leaves Canada. I was reading a book on the British Empire. It said that Quebec was originally colonised by a tough breed of French peasants, mostly from Normandy. But Normandy is so-called because it was originally invaded by people from the North, ie. Scandinavia. So where did the peasants of Normandy originate? From Danish, Viking and Anglo-Saxon stock.

The French in Quebec are not French. They're the same as us!

The American accent

In my book about the British Empire I read about the Puritans sailing off to America. By 1800 the British settlers there regarded themselves as American. They had never seen Europe and never expected to. However, they preserved in their accent the nasal twang

of Elizabethan England, which we in England were losing. So when you listen to American shows on the television with their awful twang...

They're talking like we used to talk!

Michelin guides

Michelin make tyres. Yet its guides are about posh travel and food. Why did the company write them? Because customers would use them to drive around to find the best restaurants – and so buy more tyres.

How women think.

Mummy, what happens when a car gets too old and rusty to work?

- Someone sells it to your father.

How do men sort their laundry?

- Filthy, and filthy but wearable.

What's a man's idea of a romantic evening?

- A candlelit football stadium.

How men think.

Why did the supermodel stare at the orange juice carton?

- Because it said concentrate.

Why do men die before their wives?

- They want to.

Why do women have small feet?

- So they can stand closer to the cooker.

The above suggestions are intended to be helpful. Opinions are the author's own. Everything is described in very simple terms, so before taking any action you must take appropriate professional advice.

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

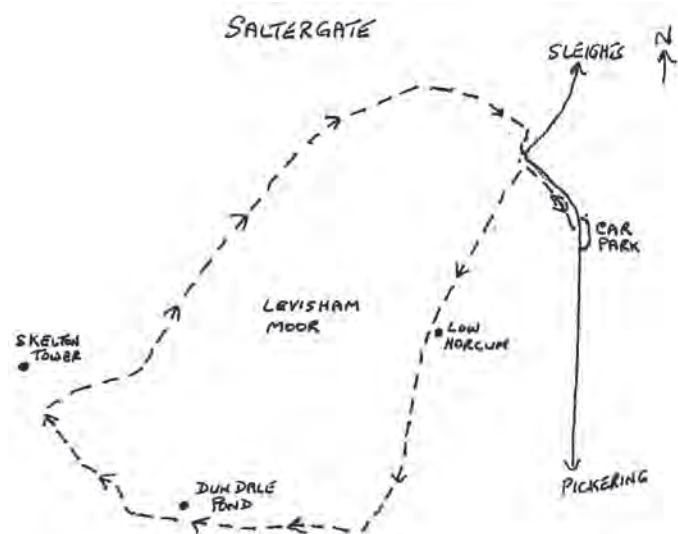
This month his destination is Saltergate

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

Map:- EXPLORER OL27

Start at GR.SE 853938 Saltergate Car Park.
Distance 6.5 Miles.

From the car park, cross the road and then descend the short bank to the footpath and turn right and follow this path in a northerly direction to reach a gate, either pass through the gate or cross the stile and follow the path down hill into the Hole of Horcum and follow the distinct path to pass to the west of Low Horcum Farm and then keep to the low path and pass



through two gates. After passing through the second Kissing Gate and continue ahead with a stone wall to the left.

On reaching a small wooden foot bridge, cross over the stream and bear right and follow the path up hill to reach Dundale Pond. From Dundale Pond, continue in the same direction (Way marked Levisham Station) still climbing gently. On reaching the corner of a stone wall, bear right to reach a junction of paths. At this junction bear slight right and then descend the hill to the bottom with Skelton Tower ahead. Cross over a path and head for the Tower. From the Tower the North York Moors Railway is clearly visible. From the Tower take a track along the top of the steep embankment keeping the rim on your left to eventually meet the track heading north. Continue along this track and when the old Saltergate Inn is visible commence the ascent back to the car park. This ascent is gradual at first and then becomes more steep nearing the top. Cross two stiles and then follow the road side track back to the car park.



THOMAS COOK HAS RECENTLY CLOSED IN COTTINGHAM - CAN WE HELP?

Thomas Cook has closed its travel agency branch in Cottingham and Andrew Earle's Holidays would very much like to offer its services to customers who no longer have a local place to book their travel arrangements.

Andrew Earle's is the largest independent retailer of holidays in East Yorkshire and has been established for over 20 years with branches in Brough, Hull and Anlaby Common. We are one of only a few local companies that operate with an ATOL facility ensuring that all our holidays by air are covered both legally and financially and this gives our expert staff complete flexibility in how we source your travel arrangements. We are agents for all major tour operators including Thomson, Thomas Cook Holidays, Kuoni and Virgin although on many occasions now, we can source a better deal with our own suppliers. Either way, you will always get the best deal for your money. Furthermore, if you think booking online is the best way to book your holiday, we ask you to think again. We guarantee to be no more than 2% more expensive than online prices with our Verify, Match and Protect scheme. Is it worth the risk?

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You have found a great holiday deal online. Is it genuine?

M

Is for Match:

If it is, we will match it*.

P

Is for Protect:

We will then ensure it is protected legally and financially.

Remember me?



Louise Haughey, formerly the Customer Services Manager at the now closed Thomas Cook branch in Cottingham joined Andrew Earle's in August 2012. Since joining us Louise has seen many faces from her former place of work already and would recommend any customers who may not have realised where she now works to get in touch.

Louise says "I have been amazed at just how different the Andrew Earle's approach to selling holidays is. I am now not under any pressure to sell a particular brand and with the ability to make holidays by sourcing the best value flights and best value accommodation rates all around the world, I can make even bigger savings for my customers"

You can contact Louise at louise@andrewearles.co.uk or on her direct line 01482 334541.



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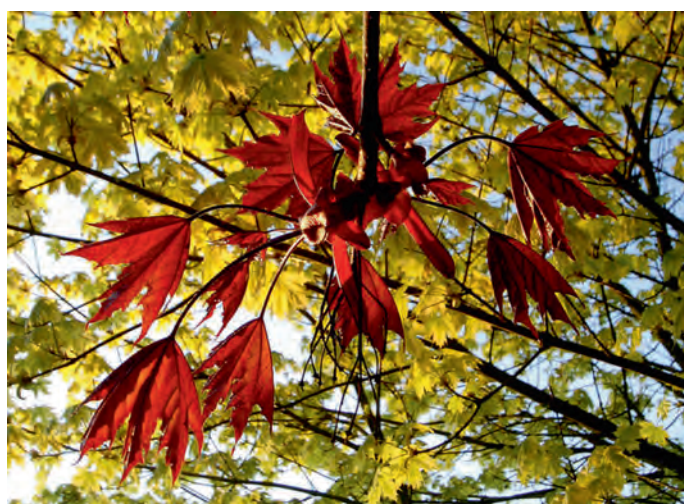


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www.cottinghamtimes.co.uk - September 25



Herbaceous Border

A herbaceous border is a collection of perennial herbaceous plants arranged closely together to create a dramatic effect through colour, shape or large scale. A good border design can take a lot of time to plan on paper and in practice – and involves a lot of plants in order to look lush and exotic, but once established it should provide an eye-catching spectacle in your garden for months on end.

Preparing a new border

The best time to create a new border is spring or early autumn. Not many people know that September is the perfect time to plant borders particularly shrubs, trees and herbaceous plants.

- Decide whether you want a traditional formal border along one – or both sides of the garden or an island bed which can be viewed from all sides. Don't be too ambitious – it's better to create a smaller border that is packed with different colours and textures than a large expanse that is only sparsely planted.

- Mark out the area with stakes and string. To make an impact, herbaceous borders need to be at least 1.2m wide.

- Dig the area over. Remove all weeds, including any with deep roots, and all large stones.

- Sprinkle a balanced fertiliser over the area such as bonemeal, dig in plenty of compost or well-rotted manure and leave the ground to settle for a fortnight.

- Rake over the ground to make it as level as possible.

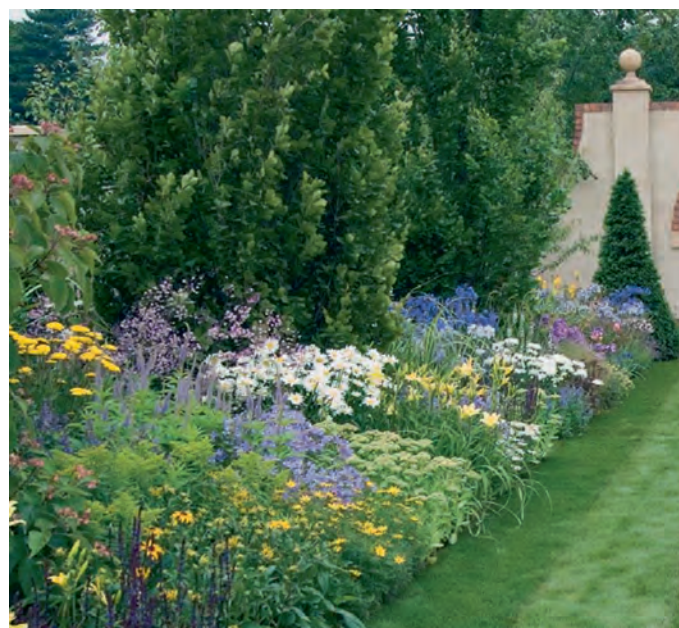
- Remove the lower branches of any trees to allow light, rain and air through to your new plantings.

- Planting is best carried out from autumn until spring when the soil is dry enough to work but before conditions become too dry as plants may fail to root even if you water night and day. Container grown plants can be planted at any time of the year, weather permitting, but tender perennials should only be planted out once all danger of frost has passed.

Planning

- Consider the soil and aspect and find out what will grow best in your garden.

26 September - www.cottinghamtimes.co.uk



- Consider the colour scheme you want to achieve – pastel lilacs and pinks; hot reds and golds; cool blues and whites; modern blacks, limes and oranges. Work to ensure the balance is neither too bland nor too chaotic.

- Visit shows and gardens for ideas that appeal and jot them down in a notebook. Notice what grows well in local gardens in your neighbourhood.

- Plan your scheme on paper, starting with small groups of plants that work well together and build them up until you have filled your border with several combinations. Use groups of plants in large blocks of odd numbers for greater impact, repeated along the border to help provide continuity of colour and form. Avoid planting singly, except for specimen trees, grasses or shrubs.

- If your garden is small, keep your choice of plants to a few species and repeat them. However, you don't have to include only low-growing plants – larger plants will have greater impact in a small space.

- Use your borders to the full by including spring and autumn bulbs in between herbaceous plants and beneath deciduous trees and shrubs, and plant climbers up fences or walls. Choose plants with more than one season of interest such as autumn foliage, unusual bark, seed heads or berries and ensure your plantings are chosen to give a succession of interest.

- Try to include plants that enliven all the senses – textural foliage such as downy Stachys or spiky Yucca and Acanthus; decorative stems or bark such as cornus or climbing hydrangea; fragrant flowers or foliage including lavender or geranium; bamboos and grasses for movement and sound; and a few attractive edibles such as chives, fruit trees and strawberries.

- Vary the height and overall shapes of your chosen plants, ensuring taller growers are placed at the back and ground covering plants at the front – in island beds place tall plants in the centre. To lead your eye along the border, use architectural plants or splashes of red. Ensure you have a good mix of foliage colours and include a mixture of evergreen and deciduous shrubs.

10 Jobs for this month

1. Divide herbaceous perennials
2. Pick autumn raspberries
3. Collect and sow seed from perennials and hardy annuals
4. Dig up remaining potatoes before slug damage spoils them
5. Net ponds before leaf fall gets underway
6. Keep up with watering of new plants, using rain or grey water if possible
7. Start to reduce the frequency of houseplant watering
8. Clean out cold frames and greenhouses so that they are ready for use in the autumn
9. Cover leafy vegetable crops with bird-proof netting
10. Plant spring flowering bulbs

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When the soil is ready, position your plants in their pots on the soil first to ensure you are happy with the effect and have enough room – or plants.

- Position large shrubs, trees and architectural plants first, then surround with groups of herbaceous perennials followed by low-growing plants and bulbs.

- Leave about 30cm between plants to give them room to reach their full potential, flower well and continue to perform in future years.

- When you are happy with your scheme, dig planting holes and firm in your plants.

- Water in well and mulch with fine bark or cocoa shells.

- Continue to water in dry spells and hand weed as necessary.

- As plants start to grow, support taller ones with stakes if necessary but you may find that close spacing means the plants largely support each other.

- Deadhead regularly to prolong flowering, unless you specifically want the seed heads.

- Grow a selection of plants in containers that can be used to fill any gaps that appear.

Maintenance

- Thin more vigorous plants to maintain a balance through the growing season.

- Remove any plants that are diseased, not flowering well – or simply in the wrong place, and fill any gaps with new ones.

- Remove the lower branches of trees and shrubs to allow light through to the plantings below and keep weeds in check.

- In winter provide a top dressing of well-rotted compost or manure to nourish the soil.

Events at Coletta's in September

7th -8th Dog Portraits Competition

Enter your dog into our photo competition and see if your dog can win a prize. Plus you will have the chance to buy professional photos of your dog.

They will take a variety of pictures of your dog. You will be given information as to what days you can come back in and view the pictures which you will be able to purchase. Plus three winners will be chosen with great prizes available.

14th-15th Humberside chrysanthemum society early show

The Humberside Chrysanthemums society started 37 years ago to grow and show Chrysanthemum's. The show of these prize flowers is really worth seeing; the blooms and colours really are a marvel to look at. The judging will take place on Sunday. If you are interested in joining the society please email humbs@bevelee.karoo.co.uk

29th Vegetable Society Annual Show

Come along and view all the beautiful vegetables and see some of the biggest marrows you have ever seen.

East Yorkshire District Association (or EYDA) is one of a number of local groups (known as DAs) that have been established under the Northern Branch of the National Vegetable Society which exists to further the interest in the cultivation of vegetables.

They are a group of gardeners who have a passionate interest in growing vegetables to the best of their ability, both for the kitchen and for the show bench. Some of their members grow vegetables purely to eat while others exhibit their produce at local, regional and even national shows. All of their members have a keen interest in 'grow your own' and are very knowledgeable in this exciting subject.

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Your Stars for September 2013

By Kay Gower

Aries (Mar. 21- April 20)

You will be making an investment in September of time, energy and money. It can be unnerving as the costs begin to add up. Do your research and make a budget. If you know what the total is likely to be, you will feel more at ease with the process.

Taurus (Apr. 21- may 21)

You'll pick up a few new habits this month, including the habit of using your money to make more money. Family make you proud around the 19th.

Gemini (May 22-June 21)

Your enthusiasm and good natured laughter adds to the emotional sunshine of the month. Because you are present when the positive feelings are flowing, the warm glow of this good time will always be associated with you.

Cancer (June 22-July 22)

You will be on a roll all month, and this energy will continue to build just as long as you don't interrupt it. Stay focused on what's going great in your life, and the great happenings will just keep rolling on.

Leo (July 23-Aug 22)

Around the full moon on the 19th a friend's observations may rub you the wrong way, but there may be a kernel of wisdom there that you could apply to make your life better.

Virgo (Aug 22 - Sept. 23)

Jupiter transiting your 3rd house over the coming year seeks to strengthen your contact with family and friends. From September onwards you will begin to notice your communications are better than usual, and you begin to attract positive influences into your life.

Libra (Sept. 24 -Oct. 23)

Ignore anything in your life that suggests you will have a different outcome than the one you want. If, around mid September, something feels like a worry, doubt or fear, then ignore it. Do not engage. Just walk on by.

Scorpio (Oct. 24 - Nov. 22)

You'll have your say and speak your truth and be tempted to elaborate on it endlessly. It takes restraint to stop when you're ahead, but that's precisely what you should do. Sometimes, short messages ring the loudest.

Sagittarius (Nov. 23 -Dec. 21)

You care tremendously about your interactions with others, and that sometimes wears you out and makes you dread social functions. Relax and enjoy solitude this month.

Capricorn (Dec 22.- Jan. 20)

You know what you want and how to get it. When the main roads are blocked, you take the back roads to your destination. Late September, a fitness goal will benefit more than just your health.

Aquarius (Jan. 21.- Feb. 19)

You may wonder why you are regularly chosen to take charge. You don't ask for the main job, and yet it is handed to you this month. It's because you communicate like a leader.

Pisces (Feb. 20-Mar. 20)

While trying to appear normal, you may come across as a bit eccentric. That's because only eccentric people have to think about what "normal" really is and try to achieve it. If you haven't figured it out yet - all the best people are a little eccentric. Enjoy it.

Waitrose through the Grapevine

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



Great tasting wine doesn't always have to cost you a fortune. Waitrose is very proud of its range across all price points and this month I wanted to highlight some wonderful wines for under £6.

Before I get started though, I wanted to talk about why wine prices can vary so greatly and what makes a wine more expensive than another.

The cost of a bottle of wine can be determined due to a number of factors, such as yield, the wine making equipment, the barrels used for aging (if used at all), packaging, distribution, marketing and of course labour to name just a few.

Take Tokaji, which is a Hungarian dessert wine (a must try for!). It can be extremely expensive due to the fact that the grapes are picked by hand. Not only that, but the harvesters will pick individual grapes! Going back through the vines on numerous occasions to get just the right grapes for their wine.

Despite all these different dynamics it is possible to get great tasting bottles of wine for a reasonable price without the need for wine being on offer. All the prices are correct at time of print.

First up is **Cuvee Chasseur Vin de France** (£4.99) – This wine is a blend made from classic Southern French varieties (mainly Grenache, Merlot and Carignan). It's medium bodied without being at all heavy and has lovely plummy spice aromas and loads of juicy fruit flavour. It would match up really nicely to a simple stew.

Next is the **Waitrose Rich and intense Italian red** (£4.99) – Part of the new range of Waitrose own label wines. There are eight all priced at £4.99 and are proving really popular with all wine drinkers that visit the Willerby Branch and this Italian red is my favourite out of the lot! It is a blend of Nero di Troia, Primitivo and Montepulciano and is jam-packed full of flavour. Aromas of cherry and bitter chocolate on the nose and palate as well as liquorice and fig. Great value and would be a fine pairing with a homemade lasagne.

The final red is **The Whale Caller Shiraz/Cabernet** (£5.49) – A more commonly found blend of Shiraz and Cabernet Sauvignon. It has good peppery spice from the Shiraz and a warm jammy texture from the Cabernet. It leans towards being full bodied without being too rich and is buoyed by warming blackberry fruit. Have it with roast beef and you won't go far wrong!

The first white is the **Vignale Pinot Grigio** (£4.99) – Bottled by the team at Giuseppe Campagnola in Veneto this is one of the top five most popular wines at Waitrose Willerby! It is crisp and dry, full of citrus flavour with hints of apple. The well balanced acidity also means it would suit some simple grilled fish with a squeeze of lemon. Superb value!

Wickham Hill Chardonnay (£5.99) has great structure and balance. Tropical fruit flavours combined without a little oak make this a very refreshing wine. It has good acidity and a crisp citrus finish on the palate means it would suit a fresh summer salad.

Finally we've got **Chat-en-Oeuf White** (£5.99) – Grenache Blanc, Marsanne and Roussanne makes up this gem from the Languedoc region in Southern France. It is dry in style but is crammed full of peach and citrus flavour with tiny hints of spice. Pair this up with spaghetti carbonara.



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Sudoku Answer from page 12

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

www.cottinghamtimes.co.uk - September 29



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

Hello and welcome once again fellow anglers to this month's fishing news. The date is 19th August.

First of all, once again thank you to everyone who helped in the charity event for cancer at castle hill hospital. We had a 30 man match over three ponds which were kindly given to us free of charge. The owners of Halsham ponds also donated a rod and reel as well and have requested that the charity match becomes an annual event. It can and will be, so watch this space next year if you wish to participate. The raffle went exceptionally well, but we still have two unclaimed prizes; number 300 on a blue ticket for a landing net and handle and number 168 on a blue ticket for a Leeda Umbrella. Please may I at this juncture say a big thank you to Waterline, Pure Fishing and Paul for their kind donations of prizes.

The match statistics are as follows:

4th place - 80lb 6oz by Barry Smith he fished in the original pond.

3rd place - 80lb 8oz by Dave Quantock he fished in the Island pond.

2nd place - 88lb 4oz, myself Chris Moore and I fished the square lake.

1st place - 94lb 10oz by Kev Hoodless, congratulations, he fished the island lake as well.

22 people weighed in (I wish everyone had) and a total weight of 820lb 14oz was caught. Not bad eh!!

The total amount I was hoping to raise was £500; I am extremely pleased to announce we raised £720 which was taken to Castle Hill Hospital the very next day. The certificates are up in the shop for you to see, thank you everyone once again. The monies which we raised were divided equally between Oncology and Cancer Research, each receiving £360.

If you wish to fish Halsham ponds the postcode for your sat nav is HU12 ODG or if you need to book call Penny or Richard on 01964 670481.

Now here is one for you, I am upset by the amount of people that have been saying that our local fisheries have lost all there fish, i.e. Risby Park, Sam Hosticks and Lambwath Lakes. Firstly I would like to mention that after spawning nearly all commercials loose quite a lot of fish, but because of restocking programmes this never becomes a problem. Any way I thought I would book one match and make enquiries on the other two venues after matches. I did this because as you may be aware commercial venues fish totally different when under pressure.

Here were the results:

Risby Park, Folly pond was won with a mixed bag weight which totalled 79lb 6oz with good back up weights.

Lambwath lake produced 3 weights over 100lb.

I organised a match at Sam Hosticks on the moat pond. Now even though it is very weedy at the moment do not let this put you off, I won our match with 95lb 2oz and our friend Lou weighed in with 73lb 8oz with good bags of Ide and Carp. Again there where good back up weights too.

Don't forget that whilst the holiday period is here the pond at the back of North Moor Lane Garden Centre is brilliant for the kids. It is stuffed with fish and it is easy for any adult to teach their kids how to fish on this pond.

Finally, we had our last match yesterday; this determined who the winner of the wooden spoon award 2013 is!

WAIT FOR IT.....

WAIT FOR IT.....

Hang on, you do remember it is between Tel or Lou, don't you?

Well, the winner is **LOU**

Congratulations mate, we did tell you to put some bait on your hook!!

Any way that's it for this month, from me Chris and the Catchmoore Crew "tight lines", take care.

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Hallgate Schools (continued)

By Peter Railton (Local author and historian)

The Year is 1942

Attendance was poor for the first week in January - possibly because the lady dentist and her assistant were in the department - Mr. Arnett reported that the school was 'comfortably warm' on the 16th despite the onset of snowy weather and girls living locally found it difficult to get to school at times, plus the pupils travelling in from Eppleworth on the 'cart' who could not get through for several days at a time due to the snow.

Spasmodic air raids

Air raid alerts were spasmodic during the daylight hours now - it would be quiet for a few days then two warnings would sound in the same day; there were three alerts on Thursday the 5th of February during school time and the attitudes of the head and staff were changing from apprehension to annoyance - from fear of what might happen, to resentment at the interruptions to the work of the school.

The week 22nd to 28th of February was 'Warship Week' in Cottingham and the schools took part in money raising activities, the pupils collecting cash by their own individual efforts - the forerunner of the present day sponsored walks etc. Prizes of Savings Certificates were awarded to the girls who did the best paintings and drawings of a battleship, and to the pupil who guessed the amount; that would be raised during the week, and the artwork was put on display in school for parents to go and see. There were various events in the village generally, but the girls' school contribution was a magnificent £42.10s.0d - all raised by the efforts of the girls themselves.

Savings Certificate Prizes

The week ending 10th of March was Anglo-Soviet week and, as far as possible, lessons were devoted to the history, geography and current struggles of its people, and in the same week a pupil, June Firth, received a Savings Certificate for guessing the nearest amount to the total money raised by the pupils in 'Warship Week'. A peripatetic teacher, Mrs Hinchcliff, attended the school for several weeks, teaching dance and P.T.; this unfortunate lady must have attracted the attentions of the Luftwaffe because her visits usually coincided with a daylight raid, resulting in the abandonment of the lessons in favour of the sanctuary of the cloakrooms!

For most of June, Mrs. Evans was away ill and Mrs. Burton was sent as a supply teacher; she lived in Exeter Street and her husband was a popular member of the railway staff on Cottingham Station. School exams were held as usual, plus extra sewing lessons to clear the garments made for the forces before the end of term. A Salvage Drive for books was held and a good quantity collected ready for weighing and carting away - another forerunner of today - re-cycling.

By the end of October attendance had dropped to 85% due mainly to colds. The Remembrance Day Service was held on the 11th of November and in the following week two H.M.I.'s, Mr. Smith and Miss Brown visited the department and saw cookery and dancing lessons in progress; it was suggested that only Sts.6 and 7 were to have cookery lessons and then take an advanced course. This was in line with the need to conserve food as much as possible during the war, and in that period in particular, 1942, when German U-Boats were sending much needed foodstuffs to the bottom of the Atlantic. Most food was on ration, but many mothers gave their daughters flour, fat, etc to take cookery lessons, usually going 'a bit short' themselves.

Construction of air raid shelters

The air raid shelters were under construction that autumn and were completed in December; the girls were shown their allotted seats on the benches in those cold, damp, airless monstrosities a week before term ended on the 23rd of December.

In January, a scholar died; Frank Williamson had been absent from the school for about a year, spending time in tuberculosis hospitals locally and at York. A floral tribute was sent at the funeral from the pupils and staff. Two accidents happened a few days apart - David Smith, a St. 2 boy aged 8, fell and dislocated his elbow and Earnest Shaw in St.7 fell and broke his arm while playing among some construction materials in the playground left by the workmen building the air raid shelters that Councillor Arnett was agitating for. These boys' shelters were at the edge of the playground parallel to the manual room and opposite St. 1 class room (this block was demolished in the 1970's due to subsidence).

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Laryngitis and 'flu affected several teachers during January, including Mr. Brookes who was away for a few days. Dental and medical inspections went ahead and Mr. Spence, the dental officer, became a popular figure with the boys; he had a kindly and encouraging manner which went a long way to dispelling the traditional fear of the dentist. The skin disease scabies became a serious problem that winter and several scholars were excluded, the infection was so contagious being passed by touch.

The lads who did not like school were of course delighted with this stroke of luck and I remember a few who deliberately went out of their way to try to become infected. Mr. J. Ireland, the school attendance officer, still popularly known as the Board Man (harking back to School Board days), a tall man in a perpetual raincoat, winter and summer, visited the school to ascertain the severity of the problem and Nurse Hoggard accompanied him to give professional opinion.

On the 2nd of February, Mr. Brookes noted in the log book - "Aid to Russia Fund. In connection with the recent National Effort in aid of the above Fund, I am pleased to record here the receipt from 10 Downing Street, London, for the amount of £10.10s.0d, subscribed by the Staff and Scholars of the Cottingham Boys School. This receipt together with a letter of thanks has been sent by Mrs. Churchill via. Mr. Miller, local secretary to the Fund in Cottingham."

Warship Week was also a special event in the boys' department as it was in the girls'; the hall was decorated with flags, savings posters, drawings, paintings, models of ships past and present, charts and indicators bearing of the progress of the effort in the school throughout the week. Classrooms were also decorated, sales of books, gramophone concerts given, jumble sales, a mobile cinema show of the navy at war, open afternoons to encourage more parents to subscribe to the school effort, prizes of Savings Stamps and Certificates awarded for paintings and drawings etc. , and a big model destroyer mounted on a lorry was parked outside the schools for all pupils to go and see, class by class.

Totals raised, just in the Haltemprice area of schools during the week amounted to £60 in cash and £215.1s.0d. in Savings Stamps - a lot of money in those days, contributed by many parents who found financial life hard. Cottingham Boys' Department also raised £16 for the Red Cross Penny a Week Fund between 1st of January and the 31st of March. Clearly, Cottingham people were most generous to various war time appeals - £7.7s.0d. was collected in the school in June for the Forces Tobacco Fund and in July £5.6.0. was sent to the Hull and East Riding Institute for the Blind; totals raised for the Red Cross and St. John Ambulance Brigade between April and July was £35.6.0. and £7.7s.6d. was collected for Poppy Day in November.

It is perhaps a measure of the determination of people to 'do their bit', especially as old scholars were in the forces. More sad news was received - another R.A.F. Pilot died in September, Pilot Officer Basil Gordon Tree was shot down; he had been married only a year and had recently been decorated by the King with the Distinguished Flying Medal. He, like Peter Foster Freer, was buried in Cottingham with Military Honours. A wreath was sent on behalf of the combined staffs and scholars.

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Big changes to small lives

I recently had a phone call from a lady whom I have known for many years.....incidentally through my old interest in chickens and equally randomly through my regularly donating blood at Willerby Manor where we invariably seem to meet!

She knew that I did "something" with horses and wondered if I could help her step grand-daughter Heather with a difficult pony.

Heather had bought this little 5-year-old 12-hands-high pony mare called Pixie from the sales some ten months before eyes wide open as to the risk of such a purchase knowing she would not be plain sailing. However Heather is a skilled horse owner in her own right, with a wealth of experience as well as owning and training other ponies already at home for her 3 young children. Pixie drew her attention at the sales because she is a really stunning looking pony and she stood out from the crowd Heather felt she was worth the risk.

Someone recently said to me that we meet horses for a reason, that fate chooses the path.....Pixie had certainly come along to give Heather a whole new perspective in horse training and psychology and as a direct result she met me!

Despite endless patience and repetition in traditionally proven techniques Heather was unable to turn Pixie into a reliable pony



for her children to ride. Poor little Pixie had obviously been frightened badly behind the eye-line at some point in her life, bringing her flight instinct to the fore. The saddle itself created stress when introduced and caused significant mental discomfort. There is no doubt in my mind how very well Heather had done in all those months because she had made big inroads into this fear reaction however, the bolting off behaviour still happened, if only for a few strides. Most movements behind her eyeline still created jumpiness, which if one considers putting a child on board, this meant that the potential for an accident was very real. Little Pixie was always ready to run away with her little tail tucked in tight and her haunch all of a quiver! So, after meeting Heather, it was agreed that Pixie should come to stay with us for a couple of weeks to work to fix these difficult problems.

We implemented a programme of desensitizing Pixie from her fears, using my Rope halter technique. This base grounding method, places some very defined control moves in place which never stops a horse from expressing how it feels but allows us to control flight and distance.

My training horses soon learn that I am the safe place to be and as such find the inner strength to hang around long enough to start to make choices rationally, not instinctively. Instinctive flight to certain stimuli is soon reversed as the pony starts to realize that it can control the scary stuff instead of the scary stuff controlling her. If she stops, it stops! It is as simple as that. As confidence grows, any horse with the correct training can learn to face and chase away instead of run. It is a wonderful technique to master and works brilliantly to get horses confident in many ways, including riding in heavy traffic or close to large vehicles, for example.

Working with Heather alongside Pixie was very rewarding. It only took a few days to progress this little horse, from being unrideable into being able to accept a rider and where all involved felt safe. Pixie was so much more confident in her own skin that I was able to ride away on her up Skidby's Main Street, much to the amusement of the locals seeing me ride such a small pony!

On day 10 we were able to put Heather's young daughter up on board for the very first time you have never witnessed such a huge smile from a child in your life! Over the next few days they became a team, even trotting up the housing estate lanes and relaxed in each other's company.

Such a huge amount of progress can be made in a very short space in time when you have the both the commitment of a devoted owner, and the knowledge and opportunity to be able to make these massive differences.

When Heather took Pixie and her children home it created a very real vacuum in our yard it became calm, quiet and thoroughly boring! We miss the energy and noise of the kids, but both my staff and I know that we made a huge difference to some excited young children, in a very small space of time. Pixie now has a home for life and Heather's young family have a new play mate....*Perfect!*

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Thirty days hath September -

The opening line of this famous mnemonic rhyme seemed a suitable headline to describe the busy month ahead.

1st September. is Jack Daniels Birthday. Celebrate it with 2 for 1 on JD's throughout the day. Oops just remembered the *Cottingham Times* isn't being delivered until Monday 2nd September, that's a good start.

3rd September. The Half Moon has moved Jack's Birthday!! Celebrate it with 2 for 1 on JD's throughout the day.

7th and 8th September. A celebration weekend, one year since I signed my Tenancy agreement and I'm still here, (in spirit even if the body's suffering!!!) and oh yes it happens to be my birthday as well, reaching 32 years of age needs celebrating I think !!!!! So on Saturday night we're partying with live entertainment from 9.30pm, and a free Buffet and Nibbles throughout the evening from 8.30.

So come and help me celebrate you'll be most welcome. While on Sunday it's a family celebration, with bouncy castles and other fun things and an afternoon/early evening Bar-B-Q, so why not give the kids something to enjoy while you have quiet drink to celebrate "Back to School".

27th September. We are delighted to be supporting the Macmillan World's Biggest Coffee Morning at the Half Moon this year, and will be open from 9.30 – 2.00pm for the sale of sandwiches, cakes, coffee, tea and soft drinks. The total proceeds received will be given to Macmillan Cancer Support. We will be very happy to receive any contributions of homemade cakes and pastries, giving you the opportunity to practice for the "Great British Bake Off" auditions if you're thinking of entering!!! If not then just come along and support this great charity, thank you.

The last week in **September** sees the start of British Food Fortnight and Cask Ale Week, both are national events which we shall be supporting with some Special menu items and new Cask Ales for you to try. Finally, dare I mention Christmas? Our Menus are now complete so if you have a small party who'd like to celebrate then call in and see us or give us a ring on 01482 843403 and book early.

So a busy month ahead (makes a change!!! But it keeps me young 32, I wish) Thanks to all my brilliant staff and customers. Cheers from the Half Moon, Skidby's Village Pub.

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A perfect preparation for Christmas!

The performance dates will be:

Wednesday 27th November

Thursday 28th November

Friday 29th November

Saturday 30th November

To Commence at 7.30pm at the Darby & Joan Hall, Finkle Street Cottingham. (Doors will open at 7.00pm). Seats are unreserved except for invited guests and Friends of CLT.

Tickets are priced at £6 (concessions £5.00) and will be available from Barkers Newsagents, Hallgate, Cottingham, from Monday 15th October or contact our ticket secretary Rachel White on 841030.

~ PLAY READINGS ~

To be held in The Snug at the Duke on Market Green.

Please be there for 7.15pm for a 7.30pm start.

The dates for the next two play readings are:

Monday 7th October

Monday 4th November

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www.cottinghamlittletheatre.co.uk

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Dogger Bank Creyke Beck consultation prompts reviews of proposals

The final statutory consultation phase for the Dogger Bank Creyke Beck offshore wind farms is complete and developer Forewind has already incorporated feedback from it into the development proposals.

Almost 300 people attended one of six public consultation events held along the proposed cable route of the 2.4 gigawatt (GW) offshore wind development located 131 kilometres (81 miles) off the Yorkshire coast. Seventy five per cent of those who filled in exit questionnaires were supportive of the plans presented at the events.

Dogger Bank Creyke Beck comprises two separate wind farms, each with up to 300 turbines of between 4 megawatt (MW) and 10MW, around 950 kilometres (590 miles) of inter-array cabling, up to four offshore substations, 32 kilometres of onshore cabling and two new converter stations near to the grid connection at the existing Creyke Beck substation.

In addition to feedback received from the public events, written responses to the consultation, with input on topics from coastal erosion, construction traffic and tourism to birds and employment opportunities, have been sent directly to Forewind from statutory bodies, councils and other stakeholders.

Forewind General Manager, Lee Clarke said that all the responses will be carefully reviewed and comments considered and incorporated as possible.

"We have had feedback from more than 100 stakeholders on a wide range of issues and will spend the next three months finalising our development consent order application documents, including the full Environmental Statement, before submission to the Planning Inspectorate," Dr Clarke said.

"Already we have decided, following discussions with landowners in the East Riding of Yorkshire, to remove an alternative cable route option which would have passed through Woodmansey and close to a number of residential properties.

"The feedback we had from landowners and agents on this alternative, which was proposed to avoid Figham Common, an area of common land near Beverley, has prompted us to return to the original cable route option."

Consultation is a key part of Forewind's development activity and this latest phase for Dogger Bank Creyke Beck, as well as ongoing efforts to incorporate stakeholder responses, is part of the organisation's aim to incorporate feedback early in the planning phase when it is still feasible to make changes.

The development consent application for Dogger Bank Creyke Beck is due to be submitted to the Planning Inspectorate for examination by the end of summer and construction would start in 2016 at the earliest.

A summary of the consultation responses and how Forewind will incorporate them will be included in the next edition of its newsletter, Dogger Bank News, which will be published later this summer.

It's for Macmillan - Your coffee morning starts here!

On Tuesday 24th September, 10am to 2pm at the Community Centre, Southfield Court, Meadow Way, Burton Road, Cottingham come and enjoy Macmillan Coffee Morning here.

Coffee and Cake 60p. There will be Tombola, Raffle, Bring & Buy, Cake Stall and lots more!

The Coffee Morning will help raise money for Macmillan Cancer Support.

If you can't come but would like to donate to Macmillan, you can do so at macmillan.org.uk/coffee.

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Moving Abroad?

A monthly column by Nick Russell

Swimming Pools

When the schools break up for the 12 weeks summer holidays, the local municipal swimming pools open their doors. As most are outdoors they close for the rest of the year so have a very short season. Local towns and villages either have their own pool or share the use of one. Ours is just down the road from us near the village of Villanueva de Mesia, costs 3 euros each and is always quite busy with families and groups who don't have access to their own pool.

However we were talking to some people at the fiesta about how good these pool centres are, only to be told that, because of local council cutbacks, many would not be open this year depriving local kids and families the chance to swim, which is a real shame. Although ours is open, some of the youngsters in the village have built a dam across the local river, causing it to "pool" and they use it for swimming in and then dry off on the bank. I suppose if you are out of work and don't have any money for the pool at least you can stay cool and have fun.

Euro Rates

When we first moved out here, all our budgeting was done based on a euro rate of 1.15 to the pound. So far we have been pretty lucky that for most of the time we have been here it has been between 1.15 and 1.20 when we have changed our sterling each month. But over the last couple of months it has fallen under 1.15 and for August it was 1.13 to the pound. When you transfer a fixed amount each month, the rate can make a big difference to what you have to spend but I suppose over the time we have been here it has probably averaged a little more than 1.15. Having said all that, it would be nice to see the rate go back up to 1.20 again soon.

Troubles in Gibraltar

Most of the local papers over here have been covering the latest spat between Spain and the UK over the extended border checks for people going in and out of Gibraltar. In some cases



these have caused holdups of up to 7 hours in sweltering heat for travellers. This has all kicked off because last month Gibraltar dropped 70 concrete blocks into the bay to help form a reef but Spanish fishermen who trawl the area for shellfish say this has prevented them from working. In his wisdom the Spanish Foreign Minister said Spain was considering introducing a 50 euro fee for all to enter and exit Gibraltar. It seems he might have forgotten that an estimated 15000 Spanish cross the border every day to work on the Rock and I don't think they would be very happy having to pay a 100 euros a day for the privilege of going to work. It will be interesting to see what happens when Spanish parliament returns in September.

Spanish Banks

We think that banks in the UK are poor at dealing with customer complaints but over here it appears they are hopeless. A recent review of Spanish banks says that the majority just ignore customer complaints. In 2012 banks received more than 43000 complaints, all lodged at the complaints dept., the highest number ever and a 20% increase on 2011. The Bank of Spain issued over 2800 rulings in favour of the complainant but only 519 were ever resolved, meaning 82% of the decisions were totally ignored by the lenders. Be interesting to see if we would put up with treatment like that in the UK.

Jobless Figures

It seems that in Spain, like the UK, the recession might be coming slowly to an end. Unemployment figures over here dropped for the fifth straight month in July. It's the first time this has happened since 2007. There are still however nearly 4.7 million people out of work. The big concern is whether this figure will rise again when the tourist season finishes and bars, hotels and restaurants cut back for the quieter winter season, as many jobs are on temporary or short term contracts.





Spanish Trade Surplus

For only the second time on record this May, exports continue to thrive and, because consumers don't have much money, imports remained weak. Exports grew by 10%, while imports declined by 1%, which showed a surplus of 700 million euro. It might not sound a massive amount but it is another small step on the road to economic recovery.

Spanish Property Market

Another welcome sign that the economy is picking up over here is the increase in property sales. Estate Agents are once again advertising "more properties required to sell" for the first time in years. Most areas in Andalucia are seeing some sales increases and the coastal areas are doing well and the top end property market around Marbella is still very buoyant. The regions of Malaga and Alicante continue to be the most popular areas to buy in, especially for the Brits.

I was speaking to the estate agent we bought our house from and he said as long as the property is priced to reflect its size, location, condition and not what the owner thinks its worth, then it will probably sell. In our area it is still possible to buy a new three bed apartment with garage for around £60,000 and a town house from about £80,000 and there are still plenty of resale bargains to be had. Just along the road from us is three bed bungalow with pool and olives up for sale at around £100,000 when two years ago it was more than double that.

New Football Season

By the time you read this, the new Premier league season will be well under way and hopefully Hull City Tigers will have some points under their belt. I hope they do well and will be watching Match of the Day with extra interest.

Lets also hope that Hull managed to beat Wigan at Wembley and bring the cup back to Hull.

Success for both teams would be a great boost for the city as they bid to become City of Culture.

Visitors

Its been quite busy with visitors this month as Adel's brother Michael, his partner Freya and her 2 kids visited from Belgium for a week and had a great time. After they left Adel's mum Sheila came out as a surprise for Adel and the grand-kids which was nice. We had to tell Adel that we had friends coming out and when her mum turned up she didn't have a clue and was totally surprised

Weather

At the moment the weather is very hot and sunny every day (mid 30s) but the forecast for September is for lower temperatures (high 20s) and thunder storms, which will be very welcome.

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A Big 'Thank You' from Myeloma Awareness Week

Many sincere thanks to all the residents of Cottingham and district for your generous donations to the Myeloma UK collection boxes and your support for the awareness stalls and fundraising events.

Since July last year until the end of June this year a total of £2,595,00 has been collected. MYELOMA UK is the only organisation in the UK dealing exclusively with Myeloma and its related disorders and relies almost entirely on fundraising activities and voluntary donations like yours.

Tony Tordoff (Dunswell)

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Wildlife friendly churchyard - Wednesday 18th September

On Wednesday, 18th September, at 7.30 pm in the Arlington Hall behind St. Mary's Church, Cottingham, Elizabeth Hardcastle, the Living Churchyard Officer for the Yorkshire Wildlife Trust, will be giving an illustrated talk on 'managing' the Churchyard to make it more wildlife friendly, encouraging flowers and grasses conducive to insects and bees, and proving shelter and habitat for small mammals. Refreshments available from 7.00pm An Open Meeting: All are welcome.

Click here to read (13 pages): [Yorkshire Wildlife Trust ... Yorkshire Living Churchyard Project - Churchyard Management Booklet - Love Yorkshire, Love Wildlife - www.ywt.org.uk](http://www.ywt.org.uk)



"Strictly" at the Hallgarth Residential Home

Lewis Tutty and Emily Jenner, pupils of The Rhythm and Dreams Dancing Centre, entertained the residents at Hallgarth Residential Home recently with a variety of dances.

Lewis and Emily were featured in the March edition of the Cottingham Times following their success at the prestigious Champions of Tomorrow 2013 competition at Blackpool. Since then they have been busy entering more competitions. In April, they took part in the North Eastern Area Ballroom Competition in Whitby coming home with five trophies. They also competed against National League couples at the North West Masters Trophy Day at Stockport in June winning six trophies and The City of Nottingham Awards in July winning a further five trophies to add to their growing collection. They also gained honours marks for their dancing examinations taken in April.

Lewis is no stranger to Hallgarth. He has been visiting there to see his great-gran, Betty, for the past three years. He has noticed how both the staff and the residents always welcome him and thought it would be nice to take Emily along and to do some dancing for them.

The dining room became a ballroom and the residents enjoyed seeing Emily in her lovely dance costumes and were singing along to the music during one of the dances. They began with the Mayfair Quickstep and the Consort Two Step as their choice of classical dances. They followed those with the Waltz, the Foxtrot, the Tango and the Viennese Waltz as their ballroom selection. After a quick change they danced some Latin American dances comprising of the Samba, the Rumba, the Cha Cha and following an energetic Jive they finished off with a dramatic Paso Doble - which is their favourite dance at the moment.

The children received a lot of compliments about their dancing. They also received a lovely thank you card and gift from Hallgarth and hope to go back and dance for the residents again sometime.

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THE GREEN, COTTINGHAM

Swanland Table Top Sale - Sunday 20th October

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

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



Cottingham Evening Townswomen's Guild plant commemorative tree

Mrs Mavis Batty, Chairman of Cottingham Evening Townswomen's Guild, accompanied by some members is seen giving a finishing touch to the planting of a Himalayan Cherry tree in the Memorial Gardens on Hallgate. The Guild provided the tree in commemoration of the Queen's Jubilee.

Mike Gibson elected a Life Vice-President of Cottingham Cricket Club

Mike Gibson has been elected a life Vice President of Cottingham Cricket Club.

Mike (57) has been chairman of the club and its predecessor Cottingham Sports Club for several years and is also vice Chairman and Treasurer of the

New Hilltop Sports and Social Club committee.

Mike played as a young schoolboy for the club before moving to Hull Cricket Club playing mainly in their East Yorkshire Cup side before moving back to Cottingham in 1977.

Mike was captain of the 1st X1 for many years and frequently topped the batting and bowling averages proving what a talented allround cricketer he was.

Off the field and on it Mike drive and enthusiasm has been an inspiration to other members and helped the club become one of the largest cricket clubs in the East Riding of Yorkshire.

Mike still enjoys playing for the club which his elder brother Graham and eldest son Paul both played, before leaving the area.

His parents Reg and Betty were big supporters of the club, Reg being a Vice President before sadly passing away earlier this year.

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

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

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

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Cottingham residents honoured for reaching blood donation milestones

Three veteran blood donors from Cottingham were among those honoured for rolling up their sleeves to help save lives at a recent awards ceremony.

Andrew Slater, Christine Townend and Michael Claxton were recognised by NHS Blood and Transplant (NHSBT) for reaching either 75 or 100 donations each.

Only around 4% of the eligible population give blood and of that 4%, only 2% ever reach 75 donations and just 1% reach 100. And as each single donation can help save up to three lives, between them the donors may have contributed to keeping hundreds of patients alive in local hospitals over the years.

The donors were presented with commemorative crystal awards to mark their achievements by Yorkshire blood recipient David Copes, during a ceremony at Beverley Racecourse. Mr Copes, of South Elmsall, needed 40 units of blood after receiving horrific injuries in a hit-and-run motorcycle accident near Leeds.

NHSBT spokesperson Donna Batty said: "It's wonderful that we can call on people who have dedicated themselves to giving blood over so many years, performing a life-saving role for no reward, other than the knowledge that they are helping others."

"However, every year many existing donors in our region have to stop giving blood due to factors like ill-health and medication, so in order to maintain blood stocks, we constantly need new donors."

"If you would like to become one of the life-savers of the future, make an appointment to attend a local session either by calling 0300 123 23 23 or visiting our website - www.blood.co.uk."

"We welcome new donors aged from 17 to 65 and there is no upper age limit for existing donors."

Pictured above: Blood recipient David Copes (second from left) presents Cottingham blood donors (left to right) Andrew Slater, Christine Townend and Michael Claxton with their awards.

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Community litter pick, Saturday 14th September

We are holding another Community Clean-Up on Saturday 14th September 2013. As usual we'll be meeting at 10.00 am in front of the gates to the Library yard, on Cottingham Green, and aim to spend up to a couple of hours getting down and dirty.

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

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

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Four hands at one piano - Kaoru Wada and Malcolm Forbes- Peckham to perform at Cottingham Methodist Church

We are delighted to welcome Kaoru Wada and Malcolm Forbes-Peckham to Cottingham on 6th October. They will be playing works by Mozart, Schubert, Brahms and Dvorak – works easy to listen to.

They formed their duo in 2003 when they met at the Royal Northern College of Music and have played in many Concert Halls. The report after they performed recently in Worcester stated “The coordination is so apt that often one might be forgiven for believing that only one pianist was playing” and “During passages when they are in a sort of dialogue with each other, it is almost as if they are able to read each other’s mind, as one partner continues gestures that the other begun.” We are assured of a wonderfully entertaining afternoon.

The Concert is at 2.30pm on Sunday October 6th at Cottingham Methodist Church. Tickets will be available in early September from The Photo Shop, King Street and Strouds, Hallgate in Cottingham. For more information ring 01482 847122.

The East Riding Plan - Public drop-in, at the Methodist Church, Hallgate, Cottingham on Friday 13th September

The public consultation on the new Plan has now been completed and generated in excess of 7,000 responses. In the light of this ERYC has now revised some of the areas around the village that are designated for possible long term development.

PUBLIC DROP IN

The Methodist Church, Hallgate on Friday 13th September between 2.00 pm and 7.00 pm.

This is your opportunity to discuss the proposed changes with Council Officers and your Ward Councillors. If you are unable to attend comments can be sent in writing to ERYC, Forward Planning, County Hall, Cross Street, Beverley, HU17 9BA or by e-mail to forward.planning@eastriding.gov.uk

****The deadline for final comments is 27th September 2013****

Barbara Johnson - Florist

With a mixture of sadness and gladness, Barbara Johnson Florist of 38 Finkle Street, Cottingham will be closing her shop late September. The shop opened in 1983, and over the last three decades has built-up its business with many regular customers from Cottingham and the local area, in addition to the UK and abroad. Many of these customers have become friends.

Almost immediately Barbara became a member of Interflora, receiving and sending orders all over the UK and the world. After two years Interflora asked her to become a committee member, trainer and judge. She has also taught flower arranging and floristry at Askham Bryan College, Bishop Burton College and other further education colleges across Yorkshire. Barbara was awarded the Certificate of Education and gained an honours Degree, presented at Merchant Taylors’ Hall, London. While running the business Barbara raised two daughters, both of whom now have busy careers.

As the dark nights and winter approach, Barbara has decided to work freelance from her base in Willerby. Here she will continue regular corporate work for the NEC, Birmingham and Olympia exhibition centre, London. Customers can continue to make orders as usual, via the email and telephone contact details below.

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Cottingham and the local area have been a big part of her life and many people have expressed their thanks for the service she has provided over the last 30 years. Several brides-to-be have come into the store over the years, to say ‘I want you to do my flowers because you did them for my mum’s wedding.’ Barbara says, ‘I would like to thank all my past and present customers for the wonderful loyalty and support they have given over the years. I will miss Cottingham very much, and hope that the many orders I have produced have given pleasure to many people.’ Barbara would also like to thank *Cottingham Times* for all their support. To conclude here is Barbara’s favourite saying, ‘The flowers in silence seem to breathe, such thoughts as language cannot tell’.

During September a sale will be held, with most stock at half-price.

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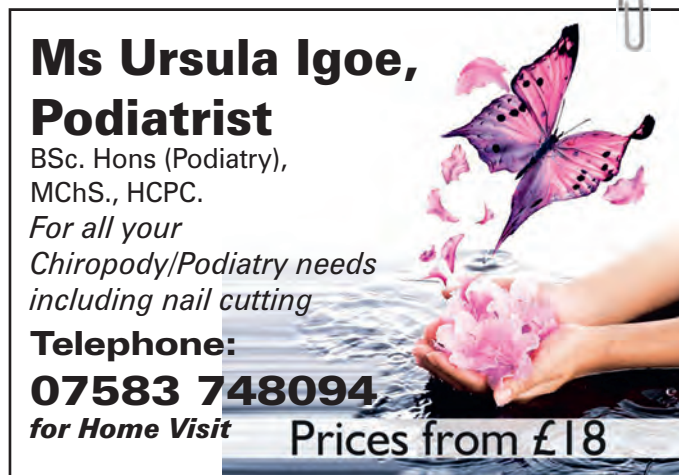
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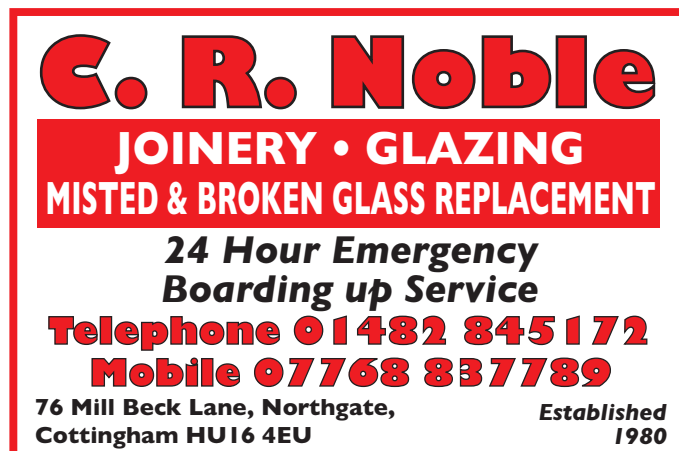
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TCM views the body as an organic whole with a network of meridians connecting and co-ordinating the internal organs, Qi ('vital energy'), blood, body fluids, muscles, bones, tendons and the skin.

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.

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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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New under 15 Junior football team at Skidby Playing Fields

From this September, Skidby will have a new junior football team playing their home fixtures from the Playing Fields. Capital FM sponsored Capital Crusaders FC, would like to invite you and your son to a free trial training session on Thursday's at 6:30 pm as they are seeking 2-3 new players from the *Cottingham Times* catchment area to complement their existing squad.

Currently playing in the Kingston League, they are looking for promotion this season and a strong Cup run as well as plenty of social events for both the kids and the parents.

If your son is in Year 10 from this September, they'd be delighted to see you, and with limited places available please ring Ashley Godber, Capital Crusaders on 07974 738549 to express an interest.

Superb takeaway menu available at the Alishaan Restaurant Cottingham

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

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

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

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

Gardener's Question Time -

“East Yorkshire Wildflowers and the Folklore behind them”

Following on from Doug Stewart's successful presentation, for us, in December last year, Seafarers UK (East Yorkshire Committee) have persuaded Doug to return, yet again, to give us one of his new presentations, title above. Doug, who can be heard weekly on BBC Radio Humberside's "The Great Outdoors", will present this talk, no doubt in his usual inimitable style of anecdotes and humorous asides, as well as providing useful and interesting information about the subject..

Following a refreshment break Doug will respond to questions from the audience.

This event will take place on Thursday 12th September 2013 at 7.30pm in St. Mary's Church Hall, Hallgate, Cottingham.

Tickets cost £5.00 per person, including refreshments, and will be available from 1st August 2013.

For further details, or to order your tickets please contact Peter Clark on 01482 876267.

Seafarers UK are a charity that helps people, locally and nationally, from the Royal Navy, Merchant Navy and Fishing Fleets, and their families, in times of need. Seafarers UK is the working name of King George's Fund for Sailors.

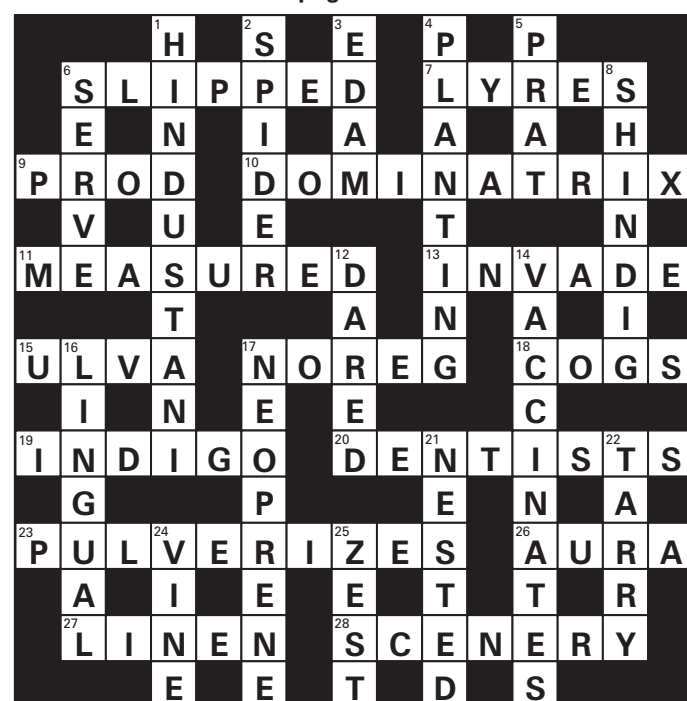


Weekly Classes held at:
Darby & Joan Hall, Finkle Street, Cottingham
Monday 5.30 pm and 7.30 pm
and all Bank Holidays

Also at: Sutton Park, Hull
Tuesday at 9.45 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14



Chemical Stresses that Compromise:

There are numerous types of chemical stresses that can affect your health, without you even being aware of it, until a more serious problem has arisen. Let us look at some of those chemical stresses now.

We all need to clean our homes right? Many of the cleaners we use all of the time may be toxic and very unsafe for your body. Think about the chemicals that are used in these products – the ones that make your sink and bathtub shine and make your wood sparkle. Whether it is dish detergent, window cleaner, toilet bowl cleaner or some other types of cleansers.

Personal care products may make your hair bouncy, your skin brighter and your teeth whiter but do you really know what all of the ingredients on the product labels can do to your health? Many people do not even know what many of the ingredients are. There are dozens of chemicals in hair care products, skincare products and the cosmetics that you use on your face every day. The more products you use on a daily basis, the more chemicals you are being exposed to.

Antiperspirants and deodorants keep you dry and odour-free. You need them when the pressure's on, right? While these products do serve a purpose, they have a negative side to them. They contain aluminium and a number of other ingredients that are not found anywhere in nature. That makes them chemicals that the body is unfamiliar with.

Aspartame is found in numerous products you consume, everything from drinks to baked goods to sweets. Researchers blame this substance and other artificial sweeteners for playing a role in the onset of several autoimmune diseases. For this reason, you should avoid these additives at all costs.

Artificial colours, flavours and preservatives are bad for you. Practically every processed food imaginable contains one or more of these chemicals. They are added to foods to extend the shelf life of them. While it is very hard to avoid these harmful substances all together, always read product labels before you buy boxed and pre-packaged foods.

You like the smell of the laundry detergent you use and the fabric softener really makes your clothes feel great, but what ingredients make up these products? Bear in mind that your clothing, as well as your bedding and your towels come in direct contact with your skin. You want as few chemicals near your skin as possible.

Reducing chemical exposure from the everyday products you use can take some effort on your part but it is worth it because you will enjoy better health. All of the chemicals described here put an extra burden upon your immune and nervous systems.

Do what you can to remove some of the burdens that they shoulder.

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