

# Cottingham Times

and District

Issue 154 - September 2014

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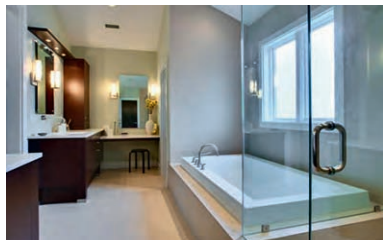
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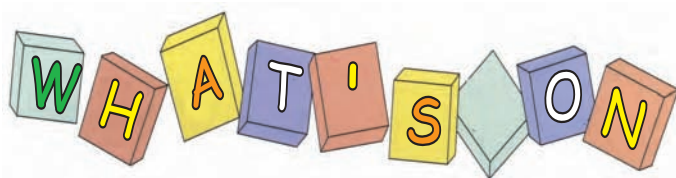
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## In Cottingham and District

### St. Mary's Church, Cottingham

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

### AgeUK East Riding

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

### Cottingham Bridge Club

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

Front cover: Looking down Finkle Street.  
Photo by: Paul Lakin, telephone 846804.

### Cottingham Rangers AFC

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

### Zion United Reformed Church, Hallgate

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

### Play Badminton

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

### Scottish Country Dancing Club

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

### Fitmums & Friends Run, Walk

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

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### Cottingham Bridge Club

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### The Alzheimers Society

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

### Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. In 2014 we will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at U9, 11, 13, 15 and 17 and all Girl teams at U11 and 13. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Tuesday evening 6 till 8pm and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

### Calligraphy, Quilling and Folk Art classes

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

### Cottingham Methodist Church Hall

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

### Humber Raiders Basketball Club

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

### The Cottingham Whist Club

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

### The Green Ginger Garland Dancers

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

### Cottingham Tennis Club

Entrance off Hull Rd., next to Overland Road. New members welcome. Competitive rates: e.g adults £140 p.a. - play all year, no extra court fees. Reductions month by month for members joining after April. Tel. 847080 John Stones (Membership). 07785-543258 Paul Holtby (Coaching)

*Continued on page six*

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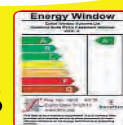
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*Continued from page five*

### Writing Circle

A friendly and supportive group of aspiring writers meet weekly on a Monday at 10.30am, at Pearl's Place on Hallgate, Cottingham. New members are welcome. This is not a teaching class but we offer gentle critique and bags of encouragement if you want to write a novel, poetry or just flash fiction and personal journalling. No Charge. Contact: Lynne 07866850400

### Cottingham Tennis Club

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

### Hull and East Yorkshire Happiness Group

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

### Hessle & District Badminton Club

The club provides social badminton throughout the year and competitive play during the winter league season of the Hull & District Badminton League, in which the club currently has six teams. Membership is open to adults aged 18 years and over. Club nights are on Tuesday evenings at Wolfreton Upper School (September to April) and the Lower School (May to August). For more information please contact Mike on 652262.

### English Country Dancing

Tuesday 2nd September - The fun way to keep fit and make new friends. Tuesday 2nd September and every Tuesday thereafter at Darby & Joan Hall, Finkle St., Cottingham from 8pm till 10pm. Beginners welcome, no previous experience necessary. Additional sessions for beginners only will be held some afternoons by arrangement. Either come along on any Tuesday or for further information please ring Fred on 01964 550297.

### Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 2nd September at 6.30 pm outdoor visit (7.30 pm if wet)

Tuesday 16th September at 6.30 pm outdoor visit (7.30 pm if wet)

Tuesday 30th September at 6.30 pm outdoor visit (7.30 pm if wet)

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

### Cottingham Men's de Luda Society

Wednesday 3rd September - Mike Covell - The Marfleet Mystery, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

### Yorkshire Country Women's Association

Thursday 4th September - Wiltshire Farm Foods, in the Village Hall, Skidby on the 1st Thursday in the Month, at 7.30 pm.

### Cats Protection League

Saturday 6th and Sunday 7th September - We will be at The Lawns, Cottingham (though not in our usual place), and also at the Cottingham Market on Thursday 2nd October.

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### Cottingham Catholic Women's League

Monday 8th September, Ms. Susan Harr - Living in the Middle East as a Single Woman, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

### Cottingham Women's Institute

Tuesday 9th September - Miller's Tearooms Cookery Demonstration. Competition: Old Cookery Book, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

### Haltemprice Art Group

Tuesday 9th September - Opening Evening - Subscriptions due. Financial report presented. View Summer Sketching. Entertainment arranged.

Tuesday 16th September - Through an Open Door

Tuesday 23rd September - Sketching Night (M. McGowan/G. Stansfield)

Tuesday 30th September - Tangling with Sandra

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

### Cottingham Ladies Circle

Wednesday 10th September - Mrs. J. Woodward gives a talk entitled 'War Years through the eyes of a Child', in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm.

### Cottingham Green Women's Institute Evenings

Thursday 11th September - Tut Whalley - Silver working and Hallmarks. Competition: A piece of silver, Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 pm, second Thursday of each month.

### Hull Alpha Probus Club

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

11th September - Lunch

25th 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.

### U3A

Thursday 11th September - Neil Pickford - Beverley Minster Below Stairs, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

### Little Weighton Village Hall

Friday 12th September - Kate Bramley writes another comedy 'The Daily Bread' Starring the irrepressible Colin Moncrieff. Friday 12th September. Starts 7.30pm. Tickets £9.50, under 16 are £5. Can be bought from the village shop or phone 844171 for a reservation.

### East Yorkshire Embroidery Society

Saturday 13th September - Phillipa Naylor - Secrets of Success. - 2.15 pm in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits.

*Continued on page 23*

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# Neighbourhood Plan Exhibition

The Cottingham Neighbourhood Plan aims to be a **community led, locally relevant and widely influential** guide for the future development of Cottingham

Join us on:

**Friday 19th September (12pm-6pm)**  
**&**  
**Saturday 20th September (10am-4pm)**  
**Cottingham Civic Hall, Market Green**

to view and comment on the work undertaken so far  
 and to discuss the process with experts and  
 professionals who are helping to guide  
 the process






contact: Dave Hickling: 01964 551017  
 dave@plancoop.co.uk  
 www.cottinghamparishcouncil.org.uk  
 info@integrateplus.com

**Cottingham**  
Neighbourhood Plan

**Have Your Say**

## Cottingham Neighbourhood Plan: Public Exhibition Cottingham Civic Hall : 19<sup>th</sup> – 20<sup>th</sup> September 2014

Following a successful series of workshop sessions on the Cottingham Neighbourhood Plan, the Parish Council Steering Group has organised an Exhibition to seek the views of local residents on the draft proposals drawn up at these events.

The Exhibition will feature the ideas and suggestions put forward by local residents for the various future development sites proposed in the East Riding of Yorkshire Council's Submission Draft Local Plan (January 2014) and will be open from 11am to 6pm on Friday 19<sup>th</sup> and 10am until 4pm on Saturday 20<sup>th</sup> September at the Civic Hall, Market Green, Cottingham.

### Proposals will be on display for the following sites:

Cot-A	(Harland Rise)
Cot-B	(Park Lane)
Cot-C	(Harland Way)
Cot-D	(Ferens Hall)
Cot-E	(Station Yard)
Cot-F	(Castle Road/Willerby Low Road)
Cot-G and H	(Longmans Lane)
Cot-J	(Needler Hall)
The Market Green	

In addition details of a proposed Design Handbook covering the whole Parish will also be on display.

Local residents and anyone else interested in the future of the village are invited to attend the Exhibition to view the draft proposals that have been drawn up and to make their views known before the Neighbourhood Plan proceeds through to its final stages.

For further information on the Cottingham Neighbourhood Plan please contact the Parish Clerk on 01482 847623 or David Hickling, the Neighbourhood Plan Co-ordinator on 01964 551017 or via e-mail: [dave@plancoop.co.uk](mailto:dave@plancoop.co.uk)

8 September - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

## Proposed Boundary Change – Referendum

Hull City Council has established a Commission of Inquiry to consider the following options:

- Combining Hull and East Riding Councils into a single authority
- Extending the city's boundaries to include the wider 30-minute Hull travel-to-work area (this will include the parishes of Anlaby with Anlaby Common, Bilton, **Cottingham**, Elloughton cum Brough, Hedon, Hessle, Kirk Ella, North Ferriby, Preston, Swanland, Welton and Willerby).
- Extending the boundaries of Hull to cover the immediate neighbouring built-up areas in the East Riding
- Keeping two councils but combining certain functions eg planning, economic development and regeneration.

East Riding of Yorkshire Council has resolved to '**strongly resist any attempts by the (Hull) city council to expand its administrative boundaries into the East Riding and to hold a referendum in some of the areas potentially affected by any such review.**'

### Cottingham residents will be included in the referendum process which will be as follows:

- East Riding of Yorkshire Council will provide you with a letter including a short factual statement about why the ballot questions are being asked.
- The referendum will be **postal only** but you will have the option of returning your ballot papers in the envelope to the Customer Services Centre on the Market Green.
- Postal ballot packs will be sent to all registered local government electors in Cottingham.
- A pre-paid envelope will be provided.

**Your referendum pack will be sent to you from Monday 8 September 2014 – postal votes must be returned by Friday 26 September 2014.**

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# Latest tech news and questions & answers



Similar in shape and size to a house brick, weighing in at just over 500g (1.1lb), with a battery life of about 1 hour and costing \$899. Happy 20<sup>th</sup> birthday to the IBM Simon personal communication device! This was the

'smartphone' of its time and sold 50,000 units in the USA back in 1994. The chunky green-screened telephone device also had a calendar & was able to send emails. The Simon will go on display at the Science Museum this October as part of the Information Age exhibition. More than 800 objects will be on display, illustrating how far communication has come over the past 200 years – should be interesting. **Scam phone calls.** Just a reminder that you should **never** act on a phone call received from a call centre purporting to be Microsoft or Windows support. **This a scam,** they will try and get you to give them remote access to your computer and then tell you that there are numerous problems and that your security is inadequate. Their parting shot is usually 'lifetime support' for around £120, which requires you to pass over card details. So be warned, don't do it!!

**Windows 7 is still available at the moment on our new PC builds,** however sales of the popular operating system may be discontinued soon. But in the long term, Microsoft has now released the date for end of support as 14<sup>th</sup> January 2020. As a matter of interest, the end of support date for **Windows Vista** is 11<sup>th</sup> April 2017.

**Windows 7 Update issue.** MS14-045 update, which was one of nine released on August 12<sup>th</sup>, has been reported by **some** computer users as causing a stop error, or blue screen crash (known as the blue screen of death). Windows 7 (64bit ONLY) users have been advised by Microsoft to uninstall this particular update, to avoid any crashes.

**BBC Weather is a useful website which can be customized** to your own or more than one area. [www.bbc.co.uk/weather](http://www.bbc.co.uk/weather) just add your own or a favourite city or postcode to get the 5 day forecast. There is also a free app for iPad/iPhone and Android tablets and phones.



**Windows 8.1 - are you still trying to get to grips with Microsoft's newest incarnation?**

Well, fear not, we can customize it for you. Install a (third party) start button, change the screen layout, increase the size and give you some helpful hints and tips of working your way round it. There's nothing scary about Windows 8, it's just different to previous versions, but once you get used to it, there are some great features and it really can be fast and slick to use.

## Q & A section. A few often asked questions:

**Q: Should I leave my laptop plugged in to the power all the time?**

**A: No.** A rechargeable battery only has so many 'charge cycles' so if you leave it trickle charging all the time, it will eventually overcharge. The result is that after a time, if you unplug the laptop you may find that the battery only lasts for about 20 minutes.

**Q: Why has McAfee security scan suddenly appeared on my Desktop?**

**A:** This often appears after doing an Adobe Reader or Flash update. It will be shown as an option (tick box), which you can untick. Or after installation you can go into Control Panel, Programs, Uninstall a program, and uninstall from there.

**Q: My home page on the internet has changed to MSN or Ask etc.**

**A:** This can happen after an update to Internet Explorer or Java. To change it back to your favourite page, go into Control Panel, Internet Options and change the address of the home page. Make sure you type it correctly, or you will get the dreaded 'page cannot be displayed' message every time you go online!

**Q: What is Java & Flash anyway, and why do I need to update?**

**A:** Both of these are apps that make web pages work properly. The reason for the updating is to address possible security issues that could be exploited by hackers or malware to compromise your computer, so as always it pays to be safe.

**Q: When I open my email program I get a message saying 'server pop.karoo cannot be found'**

**A:** This normally means your computer has lost its internet connection and therefore cannot get to the mail server. Check your router.

**Q: I always turn my internet router off every night, is that a good idea?**

**A:** Routers are designed to be left on all the time, particularly wireless routers, so that the internet is always available. The only time it is a good idea to turn off (and on again) is when you experience problems with your internet connection or speed.

**Q: My Eset security product is expiring soon, what do I do?**

**A:** Just call or email RDM for the discounted renewal price, and we can then handle it for you.

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

**Next month the feature will be: love it or hate it, can't live without it - yes Broadband!**

**Richard Mills**

**RDM Computers, Cottingham**

**01482 875666 or 07850 105424**

**Web: [www.rdmcomputers.co.uk](http://www.rdmcomputers.co.uk)**

**Email: [richard@rdmcomputers.co.uk](mailto:richard@rdmcomputers.co.uk)**

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## Wordsearch - Eating Out

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

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

Find the words in the letters above:

Al Fresco, Banquet, Barbecue, Bars, Bistro, Brasserie, Breakfast, Buffet, Cafe, Campfire, Canteen, Club, Coffee House, Collation, Diner, Dinner, Drink, Eating House, Feast, Food, Grill, Hotel, Lunch, Meal, Motel, Picnic, Pubs, Repast, Restaurant, Rotisserie, Sandwich, Snack, Supper, Tavern, Tea Shop.

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

## Sudoku No. 92

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

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

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# MARIONOWENTRAVEL

Autumn seems to be approaching, perhaps it is time to think about booking a winter sun break? There is a huge choice around to suit all tastes & budgets. How about Goa or a Nile river cruise, both offer a cultural experience without costing much more than a holiday in the Mediterranean. We have a fly cruise from Tenerife to the Caribbean departing on 30th December, you can celebrate New Year in Style. Flying from Manchester prices start at just £1157 per person for 14 nights!

The world is now a much smaller place and getting from A to Z these days is just as easy as from A to B, all you need to do is ask a real travel agent. As well as booking easy packages we enjoy making up the more complex itineraries. It is now time to think about your summer itineraries to Canada & Alaska an area of the world we are very passionate about!

Closer to home... this year our own tours are almost sold out! We have added a number of new tours next year including four special departures in conjunction with our "Art Historian Fiona Irwin". Fiona will be travelling on our tours and gives easy to understand explanations and lectures.

Also we have a new tour taking in Jersey & Weymouth to ensure you are not travelling at any strange hours of the night! Remember I travel along with you on all of our tours.

Warner's Leisure hotels just for adults. We have a great programme of departures lined up for next year, ask about our past guest discounts too!

Shows with tickets, we only have tickets guaranteed for a limited time. White Christmas, unless they are kind, will be on request as you read & Edward Scissor Hands will be released soon. Remember our lovely coach only carry's 30 guests, it is very special.

Ever fancied trying a Mega Cruise ship? We have a 1 night break next year giving you ample time to savour NCL's new ship Escape. Have a night of Las Vegas style entertainment plus enjoy free time in Oxford on your return journey from just £169 per person.

**Gift Vouchers, days out or even a holiday are always a welcome gift for any occasion, Christmas, Birthday, Anniversary or Honeybonds for those getting married.** Our vouchers can be used on any holidays giving total flexibility to the receiver.

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

Below, are a selection of exclusive air holidays & cruises in conjunction with our trade partners. Air holidays are fully covered by ATOL. Our own tours are financially protected by ABTA.

<b>20 Feb</b>	<b>In Search of the Northern Lights evening</b>	<b>£199.95</b>
<b>25 Feb</b>	<b>Hurtigruten Norwegian Coastal Voyage 12 days</b>	<b>£ 1549</b>
<b>30 Mar</b>	<b>Vietnam &amp; Cambodia 18 days - inclusive tour</b>	<b>£ 3850</b>
<b>18 Apr</b>	<b>APT Tulip cruise all inclusive 6 star! Via NSF 9 nts</b>	<b>£ 1895</b>
	this cruise will exceed expectations (sample 24 Oct)	<b>all inc.</b>
<b>31 May</b>	<b>NCL 7 night Med. Cruise flying direct from Humberside</b>	<b>£ 899</b>
<b>05 Jun</b>	<b>Danube River Cruise - flying from Humberside</b>	<b>£ 1645</b>
	Tips, excursions & drinks with meals inc.—7 nights	
<b>29 Aug</b>	<b>NCL Eastern Med Cruise from Humberside</b>	<b>£ 929</b>
	Fab itinerary sailing from Venice aboard the Jade	
<b>01 Oct</b>	<b>Authentic India - cruise along the lower Ganges</b>	<b>£ 3295</b>
	Boutique ship 40 guests. 16 days Another adventure with Marion. Early booking offer second person flies free inc.	
<b>Nov 15</b>	<b>New Zealand Getaway - 16 day tour north &amp; south island</b>	<b>POA</b>

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<b>18 Sep</b>	<b>Well Dressing &amp; Flea Market in Chesterfield</b>	<b>£ 29</b>
<b>19 Sep</b>	<b>Warner's Nidd Hall - 3 night weekend single no supp</b>	<b>£ 279</b>
<b>21 Sep</b>	<b>Isle of Wight - 5 nights quality half board special theme</b>	<b>£ 429</b>
	walking (non walkers welcome 3rd year of this tour)	
<b>29 Sep</b>	<b>Highgrove &amp; Laskett Gardens - 2 days (2 seats)</b>	<b>£ 195</b>
<b>07 Oct</b>	<b>Carlisle to Settle on the railway day outing</b>	<b>£ 55</b>
<b>20 Oct</b>	<b>Warner's Alvaston Hall 5 days single room no sup</b>	<b>£ 291</b>
<b>24 Oct</b>	<b>Luxury Amsterdam dash &amp; lunch &amp; tour of Ama Bella</b>	<b>£ 169</b>
<b>31 Oct</b>	<b>Thoresby Hall 5 days signature rooms, singles no sup</b>	<b>£ 269</b>
<b>17 Nov</b>	<b>Alvaston Hall 5 day Turkey &amp; Tinsel - single no sup</b>	<b>£ 298</b>
<b>18 Nov</b>	<b>Chatsworth at Christmas - house &amp; Market</b>	<b>£ 39</b>
<b>11 Dec</b>	<b>German Markets Aachen, Cologne &amp; Dusseldorf</b>	<b>£ 249</b>
<b>17 Dec</b>	<b>White Christmas (Tom Chambers) London by rail</b>	<b>£ 99</b>
<b>16 Jan</b>	<b>Warner's Nidd Hall 3 nt weekend : drinks inclusive</b>	<b>£ 223</b>
<b>24 Jan</b>	<b>Bletchley &amp; IWM with "Art Historian Fiona Irwin" 2 days HB</b>	<b>£ 125</b>
<b>03 Feb</b>	<b>World of Rhubarb, day out inc. 3 course Rhubarb meal</b>	<b>£ 45</b>
<b>09 Feb</b>	<b>Warner's Cricket St Thomas 5 days singles no supp</b>	<b>£ 275</b>
<b>25 Feb</b>	<b>Mathew Bourne's Edward Scissor Hands matinee</b>	<b>£ 49</b>
<b>02 Mar</b>	<b>Warner's Sinah Warren 5 days singles no supp</b>	<b>£ 299</b>
<b>13 Mar</b>	<b>Warner's Nidd Hall 4 day weekend - single no supp</b>	<b>£ 223</b>
<b>25 Mar</b>	<b>Northumbria with "art historian Fiona Irwin" 3 days HB</b>	<b>£ 269</b>
<b>25 Apr</b>	<b>Harrogate Spring Flower Show</b>	<b>£ 39</b>
<b>26 Apr</b>	<b>Keukenhoff Bulb Fields - 2 nights North Sea &amp; Entry from</b>	<b>£ 129</b>
<b>10 May</b>	<b>Isle of Arran, Castles &amp; gardens of Ayrshire 5 night tour</b>	<b>£ 525</b>
<b>04 May</b>	<b>Warner's Alvaston Hall 5 days singles no supp</b>	<b>£ 299</b>
<b>22 May</b>	<b>English Battlefields day out with "Art Historian Fiona Irwin"</b>	<b>£ 45</b>
<b>27 May</b>	<b>Orkney &amp; Norway 8 night cruise aboard the Funchal</b>	<b>£ 874</b>
<b>21 Jun</b>	<b>"Best of Ireland" 8 night fabulous tour half board</b>	<b>£ 895</b>
<b>26 Jul</b>	<b>RHS Tatton Park &amp; Cheshire Halls &amp; Garden's 3 days</b>	<b>£ 279</b>
	half board at the 4 star Shrigley Hall Hotel	
<b>09 Aug</b>	<b>Edinburgh Tattoo - 2 nights B&amp;B &amp; god seats</b>	<b>£ 269</b>
<b>15 Aug</b>	<b>Rhine River Cruise, 9 nights - 7 night cruise from</b>	<b>£1199</b>
<b>27 Aug</b>	<b>Barge Hotel Strasbourg &amp; the Alsace area 8 nights all inc.</b>	<b>£2350</b>
<b>21 Sep</b>	<b>Jersey &amp; Weymouth 7 days no early starts NEW</b>	<b>£ 499</b>
<b>16 Oct</b>	<b>WW1 Ypres &amp; Diksmuide with Art Historian Fiona Irwin</b>	<b>£ 275</b>
<b>27 Oct</b>	<b>NCL's new Mega Cruise ship - 2 days inc. Oxford from</b>	<b>£ 169</b>
<b>18 Nov</b>	<b>Thursford Christmas Spectacular 2 nights HB &amp; top seats</b>	<b>£ 239</b>
	Inc. Springfield & Lincoln, also departs 24 November	
<b>21 Nov</b>	<b>Thursford Christmas Spectacular 1 night HB &amp; top seats</b>	<b>£ 159</b>
	Also 27 November, 01 or 03 December	

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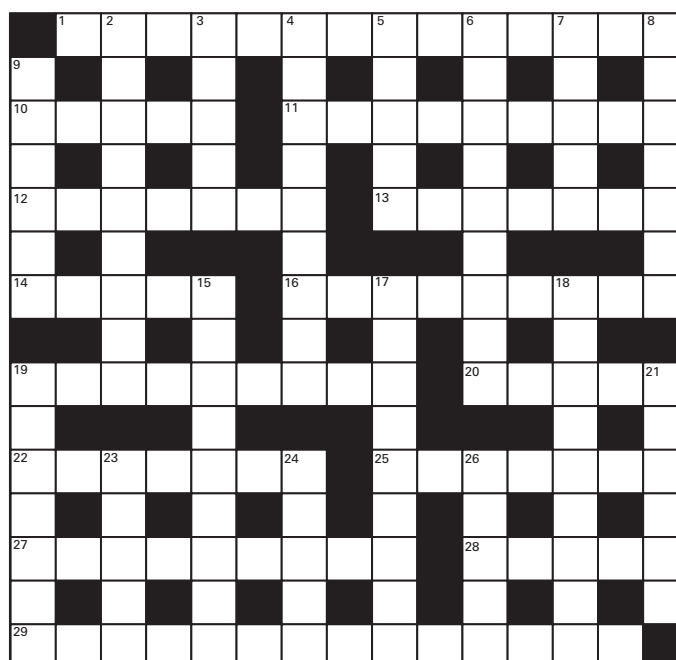
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## Crossword – Solution on page 46



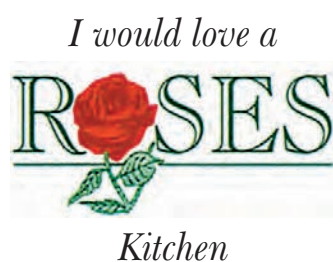
### Across:

1. Certification (14); 10. Earlier in time (5)
11. Exclusive (9)
12. A fire-breathing monster of Greek mythology (7)
13. A perforated sheet used in duplicators (7)
14. Sends out (5); 16. Piety (9)
19. Chastise (9); 20. Backs of necks (5)
22. Army reserves (7); 25. Wedge-shaped (7)
27. Timber workers (9); 28. Labor organization (5)
29. Sins (14)

### Down:

2. Heat, water and electricity (9); 3. Steed (5)
4. Longing for something past (9)
5. Runs an engine in neutral (5)
6. Accumulation (9)
7. Relating to the lower body (5); 8. Pins (7)
9. Native American tribe (6)
15. Speed (9)
17. Bandages (9)
18. Increasing in size (9)
19. King Arthur's capital (7)
21. A trigonometric function (6)
23. Vampire (5)
24. Knights wore this (5)
26. Nymph (5)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)



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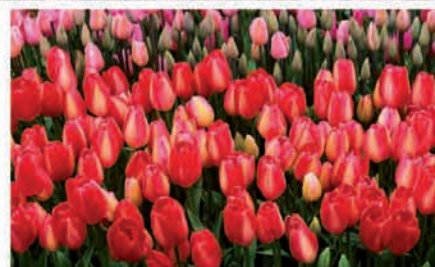
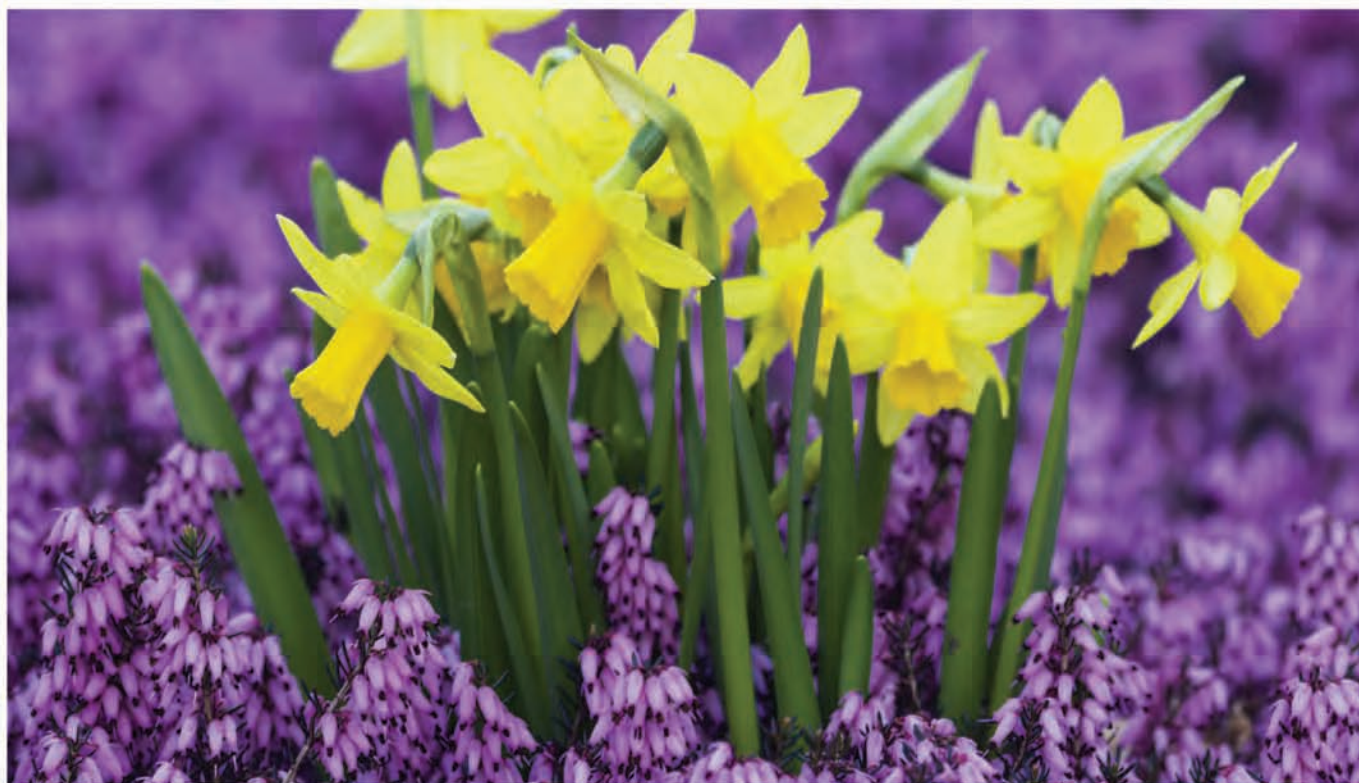
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# In the Kitchen



## Potato Breads with Leeks and Bacon

### Ingredients

- 500g potatoes, peeled + diced
- 1 tsp salt
- 50g butter, plus a little extra for frying
- 100g plain flour, plus extra for dusting
- 2 large leeks
- 8 rashers of bacon; smoked streaky is good, but use whichever you prefer

### Method

1. In a large pan of salted boiling water, cook the potatoes until tender (about 10 mins). Drain and mash; use a potato ricer if you have one, as you want it to be as smooth as possible. Place the mash in a large bowl while still warm and stir in the butter and the salt.
2. Once all the butter has melted and combined, add the plain flour and gently mix. On a lightly floured work surface, carefully roll the potato mixture to a circle the size of a large dinner plate (about 9 inches). Lightly dust the top with flour and cut into eight triangles.
3. In a frying pan, heat a little more butter and fry the leeks and bacon until cooked through. While the leeks are frying, dust the inside of a heavy based non-stick frying pan with just enough flour to coat.
4. Heat over a low to medium heat until the flour is just starting to colour, then add the potato triangles, frying each one for about 2-3 mins on each side, until golden. Cook them in batches and keep them somewhere warm if your pan is not large enough to hold them all.
5. Serve with the leeks and bacon.

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

## Spinach and Mushroom Lasagne

### Ingredients

- 2 tbsp olive oil, plus a little extra for greasing the baking dish
- 300g spinach
- salt + freshly ground black pepper to season
- 300g mushrooms, sliced
- 2 cloves garlic, finely chopped
- 1 x 400g tin chopped tomatoes
- basil + oregano (handful of fresh or a tsp of dried)
- 300g lasagne (fresh or non pre-cook sheets)
- 400ml crème fraîche
- ½ tsp freshly grated nutmeg
- 150g cheddar cheese, grated

### Method

1. Preheat the oven to 180°C / gas mark 5. Heat half the oil in a large pan. Add the spinach leaves and cook for a couple of minutes until the spinach has wilted.
2. Remove the spinach from the pan into a large bowl and season with salt and pepper. Add the rest of the oil to the pan with the mushrooms and garlic and cook for 5 minutes or so until the mushrooms are browned. Stir in the tomatoes and herbs, bring to the boil and cook for a couple of minutes more.
3. Remove from the heat, season to taste. Add to the spinach. Mix the crème fraîche with the nutmeg and season. Lightly oil an ovenproof dish. Starting with the lasagne sheets first, layer with the mushroom and spinach mixture, the crème fraîche and cheese (at least a couple of layers of each). Finish with a final layer of lasagne and spread over a little crème fraîche and cheese to cover.
4. Bake for 30-40 minutes or so until the lasagne is tender and the top golden brown.



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## Oven Baked Pork Chops with Savoy & Apple

- If you have bone-in pork chops with a lot of fatty skin on, fry the chops on their fatty edge to crisp up before placing in the baking tray.

### Ingredients

- 4 pork chops
- 4 apples, cored + cut into quarters
- ½ large savoy cabbage, cut into 4 wedges, core left in
- 12 sage leaves, roughly chopped
- olive oil
- butter

### Method

1. Mix the pork chops, apple, cabbage and sage leaves together in a roasting tray. Drizzle over a little olive oil and dot the cabbage with a little butter.
2. Season with salt and pepper and roast in the oven at 190°C for about 25 -30 mins, turning everything once, until the pork is cooked through and the cabbage is just tender



## Runner Bean Soup

### Ingredients

- 1 tablespoon butter
- 1 large onion, finely chopped
- 300-400g runner beans, chopped very small
- 1 litre well flavoured chicken or veg stock
- 1 heaped tablespoon flour
- 2 tablespoons chopped thyme and/or savory
- 1 wineglass sherry

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### Method

1. Melt the butter in a saucepan on a low heat and cook the onion in this until it is soft. Stir in the flour, cook for a minute or so, then blend in the stock. Bring to the boil, stirring and add the beans and herbs. Simmer uncovered, for 15-20 minutes. Pour in the sherry, check the seasoning and reheat to serve.

## Apple and Cinamon Cake

### Ingredients

- 125g margarine/ butter
- 225g self raising flour
- 1 tbsp ground cinnamon
- 175g caster sugar
- 2 dessert apples
- 125g cream cheese
- 50g walnuts, chopped
- 2 medium eggs, beaten
- 40g icing sugar

### Method

1. Preheat the oven to 170C°/ 325°F. Grease and line an 18cm round cake tin.
2. Peel the skin from the apples and then chop them into small pieces with a sharp knife.
3. Rub the margarine and flour together with your fingers in a large bowl until the mixture looks like fine bread crumbs.
4. Stir in the cinnamon, sugar, apple, 25g of the cream cheese, walnuts and eggs. Mix until smooth.
5. Spoon the mixture into the cake tin and bake for 60-75 minutes until firm to the touch. Allow to cool before removing from the tin.
6. Mix the remaining 100g of cream cheese with the icing sugar and spread over the top of the cake. You can also top the icing with walnut pieces.



Recipes courtesy of  
Riverford Chef Kirsty Hale at  
[www.riverford.co.uk/recipes](http://www.riverford.co.uk/recipes)



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## Has living in an area prone to flooding given you a headache?

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## Flooding Nightmare not over yet for homeowners in Cottingham

Seven years on, the legacy of the 2007 flood is still causing an insurance nightmare for residents of the East Riding including Cottingham. The Humber Tidal Surge at the turn of the year, whilst not affecting Cottingham directly, brought the region back to the attention of insurers and the recent flash floods in Cottingham - which severely affected Harland Way & The Green - has served to remind us that the peril of flood can quickly bear down on the village and will no doubt reflect in insurance premiums before long.

Hedon Insurance reports that refusal of cover, high excesses and, in some cases, refused claims (due to failure to disclose the flooding risk) are still being encountered by local residents. Paul Welsh, a director of Hedon Insurance, based at the firm's Cottingham Branch, advises that it is more important than ever to be careful when you are applying or renewing for home insurance to disclose all relevant and known facts - as insurers will quite legitimately sidestep claims if customers have failed to disclose a known risk of flooding.

Insurers ask questions such as: 'Do you live near water?' or 'has your home ever flooded?' or 'is it at risk of flooding?' A lot of people in the Cottingham area would have to answer 'yes' to one of those questions now - but amazingly people are still trying to pull the wool over insurer's eyes.

One quite astonishing revelation from Hedon Insurance is that they know of a number of people who have been 'online', encountered a question about flooding - answered truthfully that flooding has been experienced - then find that the system declines to quote. So, they just change their answer so that they can get a quote!

Part of the blame lies with the websites. The imperative to provide a quote before a customer gets bored means that online insurers frequently don't make adequate provision for customers to disclose facts, instead relying heavily on a list of *assumptions* which customers accept when they 'click' that they have read the terms and conditions. This will often include references to flooding.

Clicking through may result in a low premium being quoted - but, if you fail to disclose relevant facts it will also result in the policy being worthless in the event of a claim. How much would it cost you to restore your home if it flooded - and your insurance didn't pay out? How would you explain that one to your husband or wife?

Paul Welsh advises that the key to getting the best terms for cover - that will stand up to the test of a claim - is to be absolutely honest when answering all the questions on the insurance proposal form. If you have made a claim previously - remember to mention it and include the important details. People who live in an area that has flooded in the past or is known to be prone to flooding - such as Cottingham - really should consider utilising the services of a good local insurance broker, someone who understands local factors and the 'attitudes' of insurers.

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

Hedon Insurance has an office at 195 Hallgate, Cottingham. For further details call (01482) 707 800 or visit their website [www.hedoninsurance.co.uk](http://www.hedoninsurance.co.uk).

## East Yorkshire Holidays

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## New Season Launch for East Riding County Choir

**M**onday 8 September sees the start of the new season for the East Riding County Choir, when members begin rehearsing Haydn's *St. Nicholas Mass* and Benjamin Britten's *St. Nicholas Cantata* for their winter concert in Beverley Minster on 6 December.

As usual at the start of the new term, the choir is looking to recruit fresh members. Although the choir was very successful in attracting ladies last year, it is still seriously short of male voices! This is a real problem, as low numbers of tenors and basses (and in particular tenors) begins to restrict the type of work the choir can perform. If there are gentlemen out there who would like to join us, the first rehearsal is there as a 'taster' to get a feel for the choir and decide whether they would like to commit themselves further! If so, at the second rehearsal (22 September) they will be given a voice check to see where best they will fit in with the choir. We would also welcome students (both male and female) who would be interested in developing their musical skills and cv by singing with a large (but very friendly) choir – and there are no subs for student members. Incidentally, while this is the East Riding County Choir, membership is open to any singers who live outside the county – there are at least two members from across the Humber in Lincolnshire!

Rehearsals are held in the Hexagon Centre (next to Swinemoor Primary School) off Coltman Avenue in Beverley at 7.30pm, and finish at 9.30pm. There is ample parking, both in front and at the rear of the centre.

For further information, please visit the choir's website [www.eastridingcountychoir.co.uk](http://www.eastridingcountychoir.co.uk) or contact Janet Tierney (Publicity Secretary) tel. 01652 628364/07929 600863 or email [janet.tierney@bosworth85.plus.com](mailto:janet.tierney@bosworth85.plus.com)



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- EPC Rating E

### Cottingham

**£450pcm**

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- Neutrally Decorated
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- Rear Courtyard
- Double Glazing
- Gas Central Heating
- Cottingham Location

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## The Voice of the Golden Age

The first rays of sunshine break through the curtains signalling a new day has begun. With great gusto I leap out of bed....well, maybe a bit of exaggeration going on there and it is more like sit on the edge, stretching my legs so that my knees are prepared for the long day ahead. How many of us have aches and pains that were not there a few years ago? Sadly, this comes with age and I am sure there is not one person, over time, who does not experience an odd twinge or two.

So what do we do about it? There are many groups and associations giving sound advice, on exercise and supplements to take which don't stop the process but help ease and slow it down. That is all very useful to us but what about if we cannot voice our pain, voice that we are a bit forgetful or voice that our appetite is not as it used to be?

Our family pet (like baby's) rely on us when they are young, to guide and nurture them into adult hood and it is human nature to think that this difficult stage is over...BUT...one of our most treasured possessions is so relying on us be their voice, that sometimes, it may go unnoticed and be thought it is "just old age".

First thing to remember, ageing is not a disease but a gradual



decline in the delicate inter-relationships between the body systems, which predisposes them to acquired change. Symptoms of age-related change can be subtle and may go unnoticed so no matter how insignificant a change may seem, it is better to seek advice rather than wait and see if the condition worsens. Recognition of even the slightest change in a pet's habits ie: activity level, appetite or behaviour may be the sign of an underlying condition and simply not attributed to "old age".

Elderly pets can become quite fussy about what they eat and this can be mistaken for anorexia. How often are we faced with a large meal and just cannot finish it all. Like us, smell and taste sensations are reduced with age, so it is important to see how your pet responds to the food. Try feeding highly aromatic diets or warming food to body temperature prior to serving, to enhance palatability also reducing the size of the meal and making them more often. As pets age, their digestive system often becomes less efficient, so a good quality, highly digestible diet is desirable. Obesity is commonly observed in the ageing pet due to a reduction in metabolism, so it is important to feed your pet fewer calories than it had when younger and it is crucial to pay attention to your pet's teeth and gums - particularly if it is refusing or having difficulty eating. There is also an increased incidence of constipation which may be alleviated, in part, by increasing the fluid content of their food.

Surprisingly, ageing pets can become less interested in grooming and, while this can prove a problem in cats, ageing dogs may require help to keep clean and well groomed. A gentle touch is required here as I discovered with my 15 yr old dog, Tammy, who had arthritis. She hated her legs being groomed which was most difficult with her being a Cross Bearded Collie so the easiest way round the problem was to have her clipped short. Over exercising arthritic pets may possibly accelerate the condition so moderate exercise is encouraged to keep the joints flexible and maintain muscle tone.

Ageing dogs often suffer a decline in cognitive brain function and may be less mentally alert. This may be mistaken for "old age" stubbornness but it is important to realise this impairment can be disorientating for the older dog and effect their behaviour so therefore patience, time and social interaction along with veterinary advice, is required as your pet ages.

We at KINGSTON offer many nurse clinics but one especially is for the elderly pet. Here, one of our many qualified nurses can offer advice on weight, exercise etc plus if any other medical query arises an appointment can be made with a vet. Please do not hesitate to call.

Our pets belong within the family from puppy/kitten hood, to puberty, and finally pensioner age. We are their sole companion but more importantly their voice so please remember the earlier you seek veterinary advice, the more likely it is we will be able to help your treasured companion enjoy their pensioner years.

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## The Royal British Legion Women's Section present Gold Award to Brenda Waterson

The Royal British Legion Women's Section held a presentation on Wednesday 13th August, for Mrs. Brenda Waterson, of a Gold Award and Certificate for everything that she has done for the R.B.L.W.S, by the County President Mrs. Gladys Lewis.

Mrs. Lewis was accompanied by the Chairman of the County Mrs. Jean Aldfield and three members from the Hedon Branch, who were also Gold Award recipients.

The R.B.L.W.S. meets on the 2nd Wednesday in the month, in the Cottingham Memorial Club, Finkle Street, at 2.00 pm.

*Pictured above: Mrs. Brenda Waterson (second from right), County President Mrs. Lewis (second left), and Mrs. Aldfield (third from left).*

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

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

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

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

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

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

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

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

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

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10am - 1pm

25 September, 23 October & 27 November

Monthly clinics are also held in Hedon & Withernsea

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

**01482 325242**

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Andrew Jackson Solicitors are authorised & regulated by the Solicitors Regulation Authority: Ref 51781

[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - September 21



## “The Tooth and Nothing but The Tooth”

by

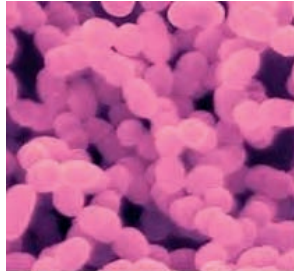
Chris ‘Dr. Smile Maker’  
Branfield

## Do We Need A Vaccine?

It's not been a bad summer. Getting a bit cold now as I write mind. We took our caravan to Cornwall. A bit of an adventure with some of the narrow roads. Here to tell the tale though, phew.

### What Vaccine Am I On About?

When I was at dental school (some 20-odd years ago now) and probably way before that there has been a search for a vaccine to prevent tooth decay. We know that bacteria are involved and most of the type bacteria that are involved. We know that if you feed them sugar they produce acid that causes tooth decay. We were taught that once the bacteria got through the enamel outer shell of the tooth they digested the collagen protein of the dentine underneath.



**Streptococcus mutans**

## Back In The Big Smoke

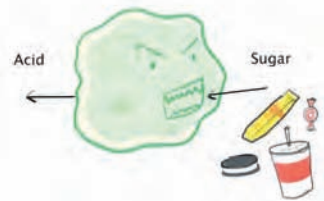
Well, I was at a full day symposium at the Queen Elizabeth II conference a few Saturdays ago (what an anorak I am). The theme of the was minimal interventional dentistry. It was really good. The current evidence suggests that the collagen breakdown in the dentine is not by bacteria but by our own enzymes in a reaction to the bacteria. Almost like an auto-immune disorder. How things change.

## Natural Bacteria

Only 10% of the cells in our body are ours. The rest are bacteria and we only know 10% of those. How mad is that. These bacteria have evolved with us and been with us for millions of years. They are what we call commensal bacteria. Now, if we wipe out some bacteria with a vaccine then that upsets the status quo and creates a place for something else. Now this something else may be horrible. It's a bit like ousting one government for a horrible dictator to take over and make people's life a misery.

## It's A Lifestyle Thing

Now, modern day living involves a lot of processed high sugar foods. We know this causes decay. We also know that an acid environment increases tooth decay. We know that Xylitol (a natural sugar substitute) prevents decay. You can get 100% xylitol mints, sweets and gum as well as granules. Fluoride (in toothpaste and professionally applied) and something called stabilised amorphous calcium phosphate help prevent and even reverse decay. Even rinsing with bicarbonate of soda can help, believe it or not.



So, these poor bacteria get the blame but it's our modern day lifestyle and diet that is the problem. With some lifestyle advice, product advice and professional fluoride application to teeth we can control decay and prevent fillings even if decay has started. No kidding. This is exciting stuff and a real paradigms shift away from the just drill and fill dentist thing. I know I'm anorak again.

## Out Of The Blue

I was on my hols in the caravan when I got a message that I had been nominated and short-listed for (get this) “Unsung Hero” in the Hull Daily Mail Awards in the Business In The Community section. Mad!!! Anyway, the whole team at Castle Park Dental Care all buzzed up and really proud so we're all going to the awards. I'm actually in London doing part of a Mastership in Dental Lasers course until that day so will have to get there a bit later. Fingers crossed eh.

I'm listening to Hull City playing Belgium on the radio tonight. Come on Hull Let's have another good season

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

*Chris*

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 21 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's charity work go here now [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk)



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

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*Chris "Dr Smilemaker" Branfield*

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*Continued from page seven*

#### **North Ferriby Gardening Club**

Monday 15th September - Propagation and Growing Techniques - Paul Robinson (Bridlington), 7.30 pm in the North Ferriby Village Hall.

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

Tuesday 16th September - AGM. Meetings are held at the Endsleigh College Centre, Beverley Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Brenda Tennyson on 01482 708525.

#### **Cottingham Evening Townswomen's Guild**

Wednesday 17th September - Social Evening, at 7.30 pm in the Darby & Joan, Finkle Street.

#### **Cottingham Men's de Luda Society**

Wednesday 17th September - Paul Schofield - Pubs of the Old Town, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

#### **Beverley Fine Arts Society**

Wednesday 17th September - Charles Hajdamach\* Emille Galle and Rene Lalique: Masters of Art Nouveau and Art Deco. We meet on the third Wednesday of the month, excluding August and December. Our talks begin at 10:30 am, lasting for about an hour, with an opportunity to ask questions at the end. Meeting are held at: The Willerby Manor Hotel, Well Lane, Willerby, HU10 6ER. If you would like to join us, or possibly try us out for a meeting with a view to joining, then contact our Membership Secretary on 01482 843356 who will be pleased to provide more detail. (or if unobtainable, phone 01430 422114 to speak to another committee member) Website <http://beverleyfinearts.wix.com/bdfas> or Email: [BeverleyDFAS@hotmail.com](mailto:BeverleyDFAS@hotmail.com)

#### **Diabetes UK**

Thursday 18th September - Heather Whight/Bev Colley (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 18th September - AGM followed by Presidential Address by Rodrica Straker, in the Cottingham Civic Hall, 7.30 pm. Non-members welcome.

#### **The Inland Waterways Association**

Friday 19th September - Amy Howson - Essentially Centenary by Dave Parker of the Humber Keels and Sloops Society. 8.00 pm to 10.00 pm in the Cottingham Methodist Church Hall, £2.00 including refreshments.

#### **Cottingham Ladies Circle**

Wednesday 24th September - Mrs. A. Massam gives a talk entitled 'Looking at Lavender', in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm.

#### **Wednesday Social Club**

Wednesday 24th September - C. Richardson - Fate of Eight, in the Darby & Joan Hall, at 2.00 pm.

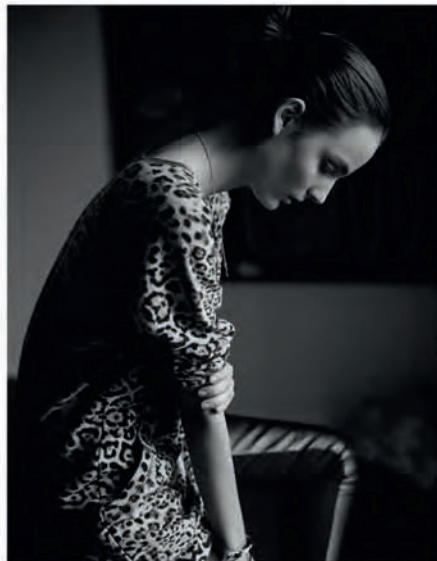
#### **Cottingham Churches Pupil Worker Trust**

The diary dates for the next few months for our monthly supper quizzes, held at the King Billy Pub Hallgate are as follows: Wednesday September 24th.

7.45 pm for 8pm start, £6 entrance, great food, prize raffle, good company. Contact: Keith Gibson on 842597 or email: [gibo1@supanet.com](mailto:gibo1@supanet.com) for additional information.

*Continued on page 29*

# BOURNE



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

This month his destination is Huggate

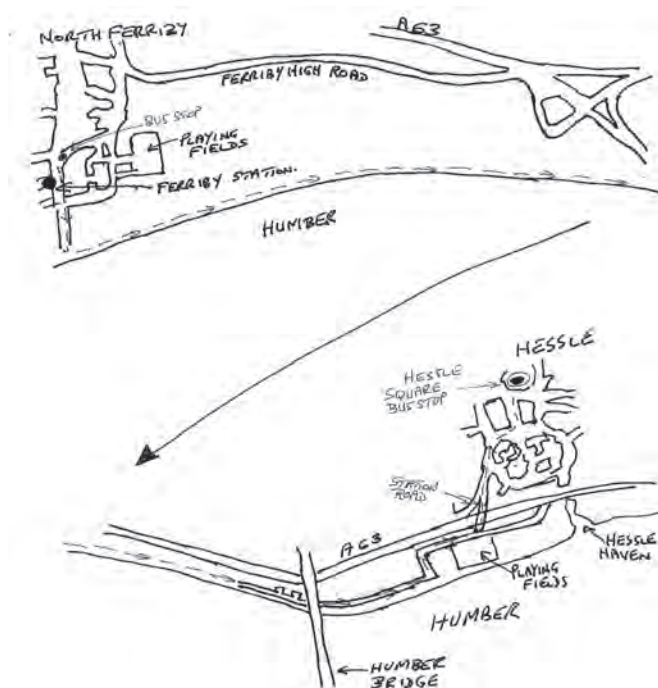
*The map is for a general guide only. Please use an Ordnance Survey Map or similar if possible when walking.*

#### MAP EXPLORER 293

Distance 3.8 Miles

Start at Bus Stop on New Walk, Ferriby GR SE986256.

Leave the bus stop on New Walk and turn left and walk down station road, cross over the railway line via the foot bridge and then walk down Humber Road towards the river and take the first turn to the left into Ings Lane. When the road turns sharp left into Church Road follow this round and then immediately before the Railway Bridge turn right into Riverside Walkway then



shortly turn right heading for stables. Immediately before a wooden gate, turn left and pass through a squeeze stile and emerge on a stone surfaced track take the first right off this track and head for the river bank.

On reaching the river bank there is a timber out-line of a bronze age boat in memory of Ted Wright who together with his brother discovered the remains of two boats in 1937 and Ted discovered the remains of a third boat in 1963. Dating these boats indicated that they were probably 4000 years old and from the Bronze Age.

Turn left at the river bank and follow a grass track as it heads towards the Humber Bridge which at this point is in full view. Eventually this grass track again meets with the earlier stone



surfaced track (which is the Trans Penine Route) and this track comes close to the River. On reaching the end of this path pass through a squeeze stile and continue along the main path ignoring a small path that passes under the railway line. Pass through a second squeeze stile and emerge in the car park of The Country Park Inn, bear right and keep the Inn on the left, pass the Country Park Lodge, the Windmill and the Head Quarters of the Humber Rescue Service on the left and pass under the Bridge. Continue

walking along the side of the river, pass the beacon erected for the Queens Diamond Jubilee and when the road turns sharp left follow the road round. At the next junction, turn right into Redcliffe Road. Shortly turn left into Station Road, cross the A63 and the Railway lines by the Foot Bridge, and then continue straight ahead on Station Road. Follow the road as it sweeps to the right and then turn left into South Lane. Bear right on reaching the roundabout and then right into Prestongate to arrive at Hesse Square and the bus stops.

**How I did it Bus No. 153 Depart Hull Interchange 10.45am, arrive North Ferriby 11.25am.**

**Completed walk at 1.00pm. From Hesse Square there was frequent busses back to Hull namely No. 57 and No. 56.**

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## Artwaves Festival Open Art exhibition launched

The Spa Bridlington has launched their Open Art Exhibition as part of the ArtWaves Festival, taking place on Saturday 4th and Sunday 5th October 2014.

The theme for the exhibition is 'The Life and Colours of Coastal East Yorkshire' and artists of all ages and abilities are invited to submit their artwork for consideration. Selected pieces will also be exhibited in the Spa Gallery during the Festival weekend.

A panel of judges will select one piece of work that best captures the theme, with the winning piece receiving a cash prize of £300 and published in the national magazine, The Leisure Painter.

Over the weekend members of the public will also be voting for their 'People's Choice'. The winner of this award will also receive a £300 cash prize.

There is no cost to enter and artists are asked to submit their photographed works via email to [info@artwavesfestival.com](mailto:info@artwavesfestival.com)

Portia Simpson, ArtWaves Festival Director said "We are really pleased to be able to invite artists to take part in the ArtWaves open exhibition and to shine a light on the East Yorkshire through our exhibition theme.

"ArtWaves is about celebrating the wealth of talent in our region and are delighted that The Leisure Painter have offered to publish our exhibition winner as part of the prize."

More information about the ArtWaves festival can be found at [www.TheSpaBridlington.com/artwaves](http://www.TheSpaBridlington.com/artwaves)

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## Graham Porter

BDS

**Caring Family Dentistry**

To celebrate the success of our first six months Graham Porter Caring Dentistry will be hosting a coffee morning as part of 'Macmillan Cancer Support's Biggest Coffee Morning In The World' on Friday September 26th from 10.00am to 1.00pm.

Please come along, enjoy a coffee and a chat and help raise as much money as possible for this invaluable organisation.

Mr Porter would like to point out that, contrary to misinformation you may have been given (and there has been much), he has no intention of retiring in the foreseeable future and will continue to work for as long as health permits and his patients remain a pleasure.



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With the summer almost over and autumn upon us the gardens will begin to transform. With autumn bedding already at the garden centre it is time to plant for the next season. Due to the wet weather we usually get in a British autumn, now is an ideal time to plant trees and shrubs in the garden.

Not only do trees and shrubs provide a vital service to the environment by cleaning the air, they can become a beautiful focal point providing cooling shade and shelter from blustery winds. Trees have been proven to aid gardeners by absorbing harmful toxins from the soil and converting it into something less harmful. Trees and shrubs, especially those with evergreen foliage are often used as hedging and to create privacy to open areas.

When planting trees and shrubs it is best to give them the best start so they are able to establish and grow healthily. It is best to plant between October and April when the soil will not dry out as quickly in hot weather and are then easier to care for.

Container grown plants can be planted at any time of year. They are easier to care for when planted in autumn or winter as they need less watering. They can grow well when planted in spring or summer if they are given plenty of water.

Bare-root and root-ball trees and shrubs are best planted in autumn and winter when they are usually available. They should be planted immediately to prevent the roots drying out.

With any plant they will not thrive if there is not enough air in the soil, if the soil lacks moisture or if there is a low amount of nutrients. To give your plant the best start it is best to prepare the site you want to plant your tree or shrub first.

To prepare the site;

Loosen the soil using a garden fork this will eliminate compaction and improve drainage.

Mix in a fertiliser or organic matter to improve the soil quality.

If your soil becomes waterlogged over winter consider installing added drainage as excess moisture can kill finer roots or make them more susceptible to disease and root rot.

### Improving Your Soil

To improve the quality of soil there are a number of products that will be able to benefit your plant. When planting a tree and shrub, we advise you to dig in a rose,

tree and shrub planting compost. The compost will help improve the quality and encourage your plant to establish well. We also recommend using a handful of bone meal, which will aid the growth of the roots.

### Step By Step Guide To Planting

- Dig a hole that is about 4 inches bigger all around the root ball of the plant you have purchased.
- Turn the bottom of the hole over with a garden fork and mix in a rose, tree and shrub planting compost.
- Dust the hole with a handful of bone meal and water thoroughly.
- With your garden fork make holes in the walls of the hole.
- Remove anything covering the plant (ie. fabric or plastic) unless otherwise specified.
- Place the root ball into the hole. It should be about an inch below the soil level.
- Mix rose, tree and shrub planting compost and a handful of bone meal with the soil taken from the soil.
- Fill in the hole with this mix of soil and firm lightly with your foot.

Water the plant and soil. If the soil sinks a little just add some more of the compost/soil mixture and press lightly once again. Water again.

Water morning and night for the rest of the season using about a watering can each time. If the plant is larger double the amount of water it is given.



### 10 Jobs for this month

1. Divide herbaceous perennials.
2. Plant spring flowering bulbs.
3. Plant trees and shrubs.
4. Continue to water new plants even if it has rained.
5. Cover leafy crops with bird-proof netting.
6. Fill gaps in borders with autumn flowering bedding plants.
7. Remove any old crops that have finished and clear away weeds.
8. Plant garlic bulbs for cropping next year.
9. In the greenhouse, water early in the day to prevent botrytis on cool, damp nights.
10. Create a new lawn with turf or seed. Autumn is an ideal time for good lawn establishment.





#### Plant of the Month: Chrysanthemum (Pot Mum)

Chrysanthemums are a popular autumn bedding because of their bright flowers and easy maintenance. These bedding plants flower from September until late October.

When planting your Chrysanthemums it is best to improve the soil quality with well-rotted organic matter from a compost heap. Alternatively try growmore or blood, fish & bone to get the best out of your freshly planted Chrysanthemums.

Chrysanthemums adapt to many soils types but do best in organic soils and prefer a sunny spot in the garden. If grown in partial shade they may become leggy.

In the Coletta & Tyson Garden Centre you can fill your garden with these beautiful plants with our great offers: find our 3L Chrysanthemums for £4.99 each or buy 2 for £8.00 saving £1.98.



#### History

Chrysanthemums were first cultivated in China as a flowering herb as far back as the 15th century BC. Over 500 cultivars had been recorded by the year 1630. The plant is renowned as one of the Four Gentlemen in Chinese and East Asian art. The plant is particularly significant during the Double Ninth Festival. The flower may have been brought to Japan in the eighth century AD, and the Emperor adopted the flower as his official seal. The "Festival of Happiness" in Japan celebrates the flower.

Chrysanthemums entered American horticulture in 1798 when Colonel John Stevens imported a cultivated variety known as 'Dark Purple' from England. The introduction was part of an effort to grow attractions within Elysian Fields in Hoboken, New Jersey.



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## Your Stars for September 2014

By Kay Gower

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

You wouldn't judge a mole by its ability to fly anymore than you would judge a bird by its tunneling prowess. Your own abilities are very different to those of others. Use your own gifts without comparing them.

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

Sometimes people say what they don't mean. More often though, they say what they do mean and then backpedal. Keep your distance from drama Kings and Queens this month.

### Gemini (May 22-June 21)

You have a special way with words that can create a soft warm glow around whatever you speak of. This is all part of your charm which will be lit up like a firework all month.

### Cancer (June 22-July 22)

When people are in an unfamiliar situation and don't know how to behave, their first instinct is usually to copy others. Unfortunately, those 'others' may not know what they're doing! If in doubt this month, take a step back and think things through.

### Leo (July 23-Aug 22)

You're deeply perceptive this month, but don't go looking for hidden meanings where there are none or suspicions will take over your life, especially where love and money are concerned.

### Virgo (Aug 22 – Sept. 23)

Relationships are shaken by strange moods. Be careful, the best way to combat this is to talk it out, so speak up this month. Give yourself time to form opinions and don't push yourself to make fast choices.

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

Stop looking for an easy way to fix an ongoing problem and instead go to the source. If you can pull this "weed" up by its roots, it won't come back anytime soon.

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

You have the dreams, and all the talent and drive you need to make them real. You'll be the best leader for the job, so don't wait to be invited - step forward in September.

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

Everything starts off as a tiny seed of an idea, and wishful thinking is just that - so take action! Someone could give you a little push off of the diving board, but it will be up to you not to belly flop this month.

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

You'll be on a roll all month, and the momentum will continue to build just as long as you don't interrupt it. Stay focused on what's good in your life, and the good will keep on coming.

### Aquarius (Jan. 21.- Feb. 19)

It could be a confusing month. If you're disturbed or frustrated by something someone is doing, you'll have to speak up. There's no point keeping your mouth shut. If you do you'll send out mixed messages and that could make everything worse.

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

Something that was once exciting has lost its charm. When it all gets a little too familiar, you feel the impulse to move on. You may one day come back with new inspiration, but for now, you're peacefully "over" it all.



**Cottingham Methodist Church**

Friday 26th September - Free Film Night, 6.40 pm for 7.00 pm.  
Popcorn, ice and chocolate for sale.

**Hull and District Cat Protection League**

Saturday 27th September - Cat Homing Show. From 11.30 am to 1.30 pm in the Darby and Joan Hall, Finkle Street. Come and meet the cats and kittens looking for loving, permanent homes. Stalls will include cakes and preserves, gifts, cat accessories, Tombola. Refreshments will also be available. For further information about this or cats available for adoption please call 01482 790284.

**Wold Lace Makers**

Saturday 27th September - Annual Lace Day, Mary Moseley and Avril Edmundson on Ripon Lace. Anne Weston of Needlepaws on 21st Century Lace. At the Cottingham Road Baptists Church, Chanterlands Avenue, at 10.00 am until 4.00 pm. Admission £3.50.

**East Riding Flower Club**

Monday 29th September - Glenda Green (Sheffield) will be performing a flower demonstration called 'Inspired by Constance', at 2.00 pm, in the Civic Hall, Cottingham. Admission £5.00 (at the door). Visitors welcome. Enquiries 876279 Judith Robinson.

**Cottingham Local History Society**

Wednesday October 1st - Peter Reid - Getting Rid of Water: The History of Draining the River Hull Valley. Meetings monthly at 7.30 p.m. at Hallgate Primary School, entrance via King Street. Please arrive before 7.30 p.m. as the doors cannot be manned once the meeting has started.

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

## Vacancies available at the Darby & Joan Lunch Club, in Finkle Street, Cottingham

The Darby & Joan Lunch Club meets every Friday in the Darby & Joan Hall, Finkle Street, Cottingham, for a meal, freshly cooked on the premises.

We have some vacancies and new members would be very welcome to join us.

After lunch there is time to chat and then, either entertainment or a game of bingo.

Why not join and have a meal in the company of a very friendly group? There is a small membership fee.

For more details ring Mrs. Jennifer Hodge on 01482 849077 or call at the Hall on a Friday.

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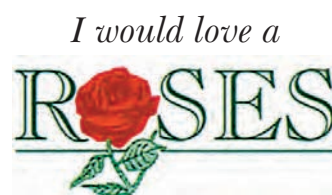
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### Sudoku Answer from page 12

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



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

**H**ello and welcome fellow anglers to this month's fishing news. The date is 20th August. Once again the summer hols are about to finish, sadly, but that does not matter as the fishing goes on, hurray!! Anyway we hope you have all had a great summer of fishing. Remember just because the nights are now drawing in a little now that the fish are still in the water so catching them can still be a bucket load of fun. Let's face it that is what it is all about having a good time. This month I am going to explain a little about boilies, as I am always being asked questions about them by my customers.

First of all what are boilies made off? Well they are usually made up with a mixture of ingredients such as semolina, soya flour, milk protein(whey) and sometimes bird seed. When this lot is mixed together and combined with eggs it forms dough. This is then formed in to your desired size and shape and then it is boiled for a couple of minutes. The boiling process not only cooks the ingredients it toughens them up as well. This then has its desired affect and makes it harder for small fish to pick up and eat. This in turn gives you confidence that your bait is a lot better for your desired quarry to eat ,Carp.

The shops are full of two types of boilies, shelf life and fresh frozen. The main difference between them is preservatives. Both are good but obviously the fresh ones take the edge for

quality. The other type of boilie used alongside the hook is a pop up. Yes you guessed it they do what their name suggests, they float. Ingredients like a mall of amount of cork are added to the boilie mix to make this happen. The principle of using the pop up boilie is to make this one boilie that is sitting among fifty or so on the lake bed, stand out from the crowd. Hopefully this is the one your quarry will want to eat first. Both the manufacturers and the home boilie maker have a multitude of flavoured boilies. As like you, you do not want the same flavoured food day in day out. When you choose to fish with boilies take more than one flavour with you.

**Does size matter?** Well the answer to that is yes , but not necessarily a larger size. I have friends whom swear on ten mm boilies whilst feeding 15mm freebies, and some who fish with 18mm on the hook and a smaller size for freebies. A different shape can also make a difference. I personally believe this is because as we all know Carp are very curious. If an odd shape boilie gets you your desired Quarry then so be it. I am often asked why some anglers who fish with the same flavoured boilies as them catch moor, well the answer to that is usually simple and that is because the angler in question is doing something different to you. This could be that he is adding a different flavour to his bait or maybe wrapping the boilie into a paste. Some people crush their loose offerings up to release more flavour quickly. Some people take a brown boilie and make it bright pink even though it is still the same flavour as yours. So like I said the answer is simple the angler who catches more than you but is still using the same bait as you is usually doing something different. Believe me there is a lot you can do to be a lot different. Anyway my advice is simple try to be different with your baits no matter what you use and most of all enjoy your fishing.

**Sea scene:** my diggers are still bringing in quality bait. Order by a Wednesday and your bait for Friday/ Saturday pick up is 95% guaranteed. If it is a last minute decision for you to go beach fishing still give us a ring I as we sometimes have spare bait that is not ordered. If not we always have a good selection of frozen sea baits in stock all the time. On that note I am telling you this as there are a lot of fish being caught all over our east coast and even in our river Humber. So once again get yourself out of the house, grab a rod and get fishing.

Last month we told you that we are selling plants. This month we have a good selection of perennials, autumn to spring bedding and winter flowers. In addition we have tropical plants such as Date Palms, Trachycarpus fortunei and banana plants all home grown in your local village, Cottingham. There will be a good selection of autumn to spring hanging baskets and planters.

***That's it once again for this month so from me Chris and the Catchmoore crew tight lines till next month.***

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## Hallgate Schools - continued

by Peter Railton (Author and Local Historian)  
The Year is 1948.

The pressure of numbers was being felt at Hallgate Schools. In the girls' department, seniors had to make use of the Congregational Church Hall in Hallgate, in November the previous year; this class had been using the school hall permanently, now and it was being redecorated, so everyone moved, lock, stock and barrel - all the equipment used in the class had to be transferred to the far end of the village.

Using the school hall was a retrograde step, back to the days when it was just a 'big room' housing two or more classes at a time. This pressure of numbers was to worsen and this, coupled with the proposals for secondary education for all pupils and the raising of the school leaving age to 15, made the provision of a purpose-built secondary school, plus other junior schools in the area to cater for the increasing population and new housing developments, a matter of urgency which was to result in significant changes in the 1950's.

Miss M. Porter joined the staff as Art and Needlework Mistress to the senior forms when the new term commenced. Miss Wright, Miss Obridge and Miss Selby took a group of 86 girls to attend a concert given by the Yorkshire Symphony Orchestra in the Queen's Hall in Hull. This was a very good orchestra, its conductor was Maurice Miles and it attracted many distinguished soloists as guests, including Paul Tortellier the French cellist, Moira Lympny, pianist, and Cyril Smith and Phyllis Sellieti, the husband and wife piano duetists - I never missed a concert if I could help it; they changed the venue to the City Hall in the 1950's.

Work proceeded as usual during February - thankfully there was no repeat of the severe weather of the previous year at the time. In March, Miss Stickney's mother was taken ill and she had to take some time off to be with her. During the Easter holidays, Miss Buttery had an accident which resulted in a broken left wrist and she too was off school when the new term began; Miss Stickney returned but was absent again later in the month due to her mother's illness.

Various activities were organised in April in aid of the United Nations Appeal for the Children of Europe. A bring and buy sale and a puppet show and school plays raised £28-12s-6d which was Sent to County Hall in Beverley, and Miss Stickney was away again due to her mother's ill health; a half day holiday was given on the afternoon of Monday 26th of April in honour of the Silver Wedding of King George VI and Queen Elizabeth.

Some staff changes were noted - Miss Boothroyed left to teach in Huddersfield and was replaced by Miss Miller and Audrey Burrell the junior clerk left to go to work in the Ministry of Agriculture Office in Beverley and was replaced by Mrs. MacDonald.

The senior and the junior netball teams went to Driffild to play their counterparts and both were successful. A gas leak was discovered in the front playground and workmen arrived to trace and replace the faulty pipe.

The school was rather taken by surprise when on Friday the 28th of May, Miss Stickney ended her Headship in the department. Various members of staff were aware that the illness of her mother had prevented her from taking up at least two appointments at other schools that were away from their home locally. Miss Stickney had felt that the upset of moving would be too much for her mother in her final days and she left the school to nurse her. Miss Buttery, as Deputy Head, was then responsible for the school until a new head was appointed.

Ten girls were to proceed to secondary schools that autumn - W. Benn, B. Clark, M. Erington, P. Fleming, K. Kilvington, L. Leedham, L. Stephenson, J. Stephenson, A. Utley and P. Davey. Mrs. Ridley commenced duties as a supply teacher on the 31st of May; she was the wife of the Minister of the Methodist Church in Hallgate and lived in South Street.

The school dentist made his annual visit and examined the teeth of all the girls - this was one visit that the pupils did not look forward to!

The County Sports for Seniors was held at Beverley on Thursday evening the 17th of June and Sheila Tunley and Betty Sturdy repeated their former successes. Later in the month, the Holderness School Sports were held on the Ellerman's ground in Woods Lane and, along

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with the boys' department, the combined school won the Dr. T. C. Jackson Challenge Trophy with 96 points - the runners-up gained 65 points, so the Cottingham teams had a very clear victory.

On the afternoon of the 23rd of July, Mr. Panke, the Head of the boys' school, invited the senior girls to join the boys in watching a film of the 1936 Olympic Games held in Berlin. This went very well especially at the time because the 1948 Olympiad were being held at Wembley and all present listened to the official opening by the King.

Reports were sent home, signed and returned. The girls were told which classes and teachers they were going to next term; the top infants went to take part in the final assembly on Friday afternoon the 30th of July.

When the department opened on the 6th of September, it had a new Headmistress, Mrs. D. Eileen Fletcher who became a very popular and much-loved figure and was to stay at the school for the next 20 years. There were 285 girls on the roll; Miss Obridge had gone to Norton School and Mrs. Ridley was appointed to a full-time position

in the department - but was immediately struck down with laryngitis - not a good start!

Three outings were undertaken during the autumn term - 24 girls plus Mrs. Fletcher and Mrs. Ridley went to Tranby House and entertained to tea; Miss Selby took nine girls to a lecture at the University given by coaches of the Amateur Athletics Association, and others went with Miss Adamson and Miss Porter to an exhibition at Ferens Art Gallery.

On the 24th of November, 16 children from the displaced persons camp at Hessle plus their teachers visited the school and watched a display of country dancing, and they responded with displays of Ukrainian, Latvian and Lithuanian dances. Then everyone enjoyed large helpings of buns, cakes and lemonade. Parties and concerts were held in December and the staffs of the boys' and infants' departments were invited to 'tea' one afternoon and a combined girls and boys Christmas party was held - Mrs. Fletcher was already making her mark.

More space has been given to the girls' log as the boys' log book is extremely thin at this time. Senior boys attended the symphony concerts in the Queen's Hall also. A jumble sale and staff whist drive raised £54-5s-0d for the Lord Mayor of London's United Nations Children, Appeal. On the 29th of April, the boys won the Holderness Football Trophy beating Hornsea School in the final by five goals to nil; boys began attending Albert Avenue Baths each Thursday during the summer, a coach collected them at 9.35 am and returned at 11.15 am from Hull.

Miss M. W. Brown (young Miss Brown) left to go to St. Nicholas Primary in Beverley she received a Swan fountain pen and pencil set from the staff, and the names of Mr. Altas and Mr. Nicholson appear in the log book as new teaching staff for the first time.

*Photograph above with names supplied by Mr. Bunson with thanks.*

*Back row left to right - ? Grab, Norman Sleight, Mr. Clark, Peter Stroder, Frank Atkinson, Ken Herdsman.*

*Front row left to right - Adrian Atkinson, Geof Bird, ? Kettlewell, Ron Leveridge, Cyril Leaf.*

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

[www.instinctivehorsetraining.co.uk](http://www.instinctivehorsetraining.co.uk)

### Horses touch your soul

**V**ery many riders and horse owners hit a crisis point re their own personal confidence somewhere along the line. It's a really big issue in the horse world because horses are unpredictable and can react swiftly and violently in certain circumstances. Being thrown off their backs, being bolted off with, bitten, trodden on....it does not really matter what the actual circumstance or experience is, the end result can be that the person is left feeling fragile emotionally.

Helping people gain confidence along with arming them with lots of tools in their proverbial tool bag is a massive part of my business.

This spring I was approached by a local lady with a 12 year old son who had been trying to learn to ride. His passion was horses but he had fallen foul of people's best intentions. Friends had let him have a sit on their ponies thinking they were doing him a favour however the reality was that these ponies were not suitable for such a nervous child. These feelings transfer to the horses and the horses themselves then feel unsafe. End result was that this boy had suffered a broken collar bone/shoulder and wrist....at different times! Dreadful!

Adam came to see me after his Mum realised that I was a local trainer to them. They had seen my name as a demonstrator at a big event down south which they were going to called 'Total Confidence'. This whole event is aimed at giving ordinary horse owners more confidence, knowledge and skills and is run by a top magazine called "Your Horse". I invited them down to my yard to meet me and my amazing Toby pony.

Talk about love at first sight! Adam was completely hooked after learning how to play football with Toby! He started to have riding lessons at a local riding school on quiet, reliable ponies and came to me to play with horses.

As our relationship built and his confidence in general improved Adam had the chance to buy a wonderful pony called Simba. At 19 years old Simba has been round the block. He was a very good BSJA competition pony in his day and has always known kind humans. As such this pony has so much in his soul to give a loving child.

Knowing how quickly things can go wrong simply because you cannot always control environment stimuli and innate reactions from horses the plan was for Adam and Simba to come to me for a few weeks to get them together as a team..... this was months ago and he is still with us!

My yard is not really a place for children but Adam has fitted right in. His parents are wonderful people who support him wholeheartedly. Between them all they have created a whole new facet to our little diamond of a community. My liveries have all taken him under their wings. They ride out with him and keep

him safe. They play with their horses in the school with him. As such Adam has developed at an amazing rate. I taught Adam how to jump poles, which led to a single small jump, which led to 2 jumps and so on.....He is now jumping whole courses of show jumps at a really decent height.

This last weekend at Cottingham show Adam and Simba did everyone proud jumping round a whole 65cm track clear! Fantastic.

Simba has been simply the most perfect pony. He is gentle, patient, gives Adam enough help to keep him learning. What a gorgeous character he is. They have both been so lucky to find each other.

It has been a pleasure to have this family share the summer with us. The yard will be bereft (If, as and) when they go to their Aunts yard, which was always their original plan. We are all secretly hoping they will keep finding excuses not to leave. The whole yard and my staff have taken this young man under their wings, how wonderful is that!

We just had to have an old horse on our yard put down. **Humpy** has been in my care for 12 years ever since he came out of racing at 11 years old and his passing has hit us all very badly. Adam, bless him, was bereft. He has got to know all our horses so well and helps everyone care for their horses. He will now lead out and bring in all the toweringly huge gentle livery horses. He spends time being loving with some of the troubled horses and ponies that come in for training. He will just be about for them. It is lovely to watch the love and the care he offers and how these horses react and gain from his gentle soft attention.

This huge old horse held all our hearts and was part of the fabric of our daily lives. Adam spent time cuddling his two huge field friends (Norman and Slim) because he, alongside us all, was so sad for them too. They have all lived together for 10 years and were a complete unit together. Watching this child holding onto the necks of these 2 huge gentle horses towering over him made me realise just what a journey we are all on and how horses can touch your heart, mind and soul in a way nothing else can.



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## £20m cancer target for North and East Yorkshire residents

A cancer charity has launched an appeal for the public in North and East Yorkshire to help it raise over £20m - by drinking coffee and eating cake.

Macmillan Cancer Support wants this year's World's Biggest Coffee Morning to be the biggest ever.

The charity is hoping 4500 coffee mornings will take place across North and East Yorkshire, raising over £473,000.

Across the UK Macmillan hopes to raise over £20m from the event to beat last year's total.

The charity's appeal for locals to sign up is being backed by the team at Castle Hill Queen's Centre, where Maggie Simkiss, a Macmillan Palliative Care Specialist Nurse is famous for her home baking.

The Macmillan Specialist Palliative Care Team have been hosting a coffee morning for the last 8 years, raising more year on year, peaking at a grand total of £1098 in 2013! But the team don't stop at sweet treats; they have a tombola, a savoury selection for lunches, and even gift boxes for cupcakes.

Macmillan's fundraising manager for North and East Yorkshire, Crystal Ness, said: "We want to make sure no one has to face cancer alone but we can't do it without the amazing people who fundraise for us.

"Last year we raised a record-breaking amount of money from the World's Biggest Coffee Morning and we really hope we can repeat that again this year.

"We're asking people to once again invite their friends, relatives or workmates to come for coffee and cake and help support Macmillan.

"It's a fun and easy way to raise money to help Macmillan be there for people with cancer and their families when they need us most."

Fundraiser Maggie Simkiss, who has already started making her dough in preparation for the event, added "It's amazing how generous people are. I get up at 5am on day of the coffee morning, to make sure all of the cakes are as fresh as they can be!"

"Every pound raised by those taking part in events like World's Biggest Coffee Morning helps to fund Macmillan's vital services."

The official World's Biggest Coffee Morning day is on September 26 but events can be held any time.

To find out more visit [www.macmillan.org.uk/coffee](http://www.macmillan.org.uk/coffee) or call 0845 602 1246.

To access support from Macmillan visit [www.macmillan.org.uk](http://www.macmillan.org.uk) or call 0808 808 00 00.



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## Is it Autumn yet?

Meteorologically; reaching the 1<sup>st</sup> September means we're in Autumn already however, I prefer the Astronomers view, that this year, Autumn doesn't start until September 21<sup>st</sup> **I'll keep Summer going as long as I can thank you.** However, whether its summer or autumn there's a lot going on this month at the Half Moon so let's get on with it.

Saturday September 13<sup>th</sup> from 5.30pm **A Charity BBQ and Party** to welcome Skidby's Mike Callis home after a 7,000 mile bike ride from Dubai. (*what's wrong with a plane was my first thought as well*) but in all seriousness Mike has done brilliantly, traveling through 12 countries on his "mikeride" home, raising money for "Medicins sans Frontieres". We are absolutely delighted to have been asked by his family to host his homecoming event, so get down to the Half Moon on Saturday tea time and support Mike and "Medicins sans Frontiers". With 100% of the BBQ proceeds and 10% of the Bar takings that evening going to the Charity.

Saturday September 20<sup>th</sup> from 4.30pm onwards it's my 2<sup>nd</sup> **"Anniversary Party Night"**. Has it been two years already? We'll be starting at tea time with discounted drinks and bar nibbles, then into the evening with some great live music more discounted drinks and a buffet laid out in the Pool Room, *sorry lads no pool table that night*. Everyone is more than welcome, and as everything is inside I don't have to worry about our great British weather.

Friday September 26<sup>th</sup> from 10.30am onwards the **Macmillan Coffee Morning**. Once again the Half Moon are delighted to be partaking in "The world's biggest coffee morning" in aid of Macmillan Cancer Support. It's a very relaxed morning for a chat or a "gossip" (*in Skidby, I don't believe it*). The Half Moon will be providing the coffee and plates hopefully to be filled with contributions of home baked cakes and fancies from some kind volunteers. (*Did anyone notice the subtle hint there?*) Last year over £350 was raised, can we beat it this year?

Finally, although I started with a question "is it Autumn?" I end with Winter. Before we know it Christmas will be upon us and by now we should have completed our Christmas Festive Menu's and will be starting to take bookings for the Festive season so if you're planning a party of friends and/or family over the Festivities it's a good time to start planning.

As always, many thanks to all customers and staff, which reminds me, congratulations to **Laura**, who's starting University later this month, we wish you all the best and if the student loan is looking a little dodgy I'm sure we'll have some hours available during the Christmas Hols for a quick top up.

Cheers for now, Mike

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

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## Cottingham Food and Drink Festival 2014

**21st September 10.30 am until 4.00 pm**

**Market Green Cottingham**

## Cottingham Food and Drink Festival - Sunday 21st September

The Cottingham Food and Drink Festival is back for its second year.

Following the success of last year I'm pleased to be organising the second Festival. Last year we had thousands of people visit the festival and enjoyed the day and I hope this year it will be bigger and better.

The event will be held on Market Green, King Street and Hallgate from 10.30am to 4.00pm on Sunday 21st September. Throughout the day there will be cookery demonstrations on the main stage, which will be hosted by BBC Radio Humberside's Phil White.

All our Chefs are returning, along with a few new additions, to make a great culinary team showcasing East Yorkshire's finest ingredients from both land and sea. The Chefs are all going to be set a special challenge to help promote the fantastic shellfish we land on our coast line. They are going to be asked to demonstrate a dish in 10 minutes using local crab.

Chefs include; Colin McGurran, finalist from the BBC's Great British Menu World War Two veteran's Banquet celebrating 70 years since D Day, as well as Michelin Star chef James MacKenzie, who appeared on Saturday Kitchen and his now famous and fabulous pickled onion rings, Celebrity chef Nigel Brown, John Robinson of Beverley, Rob Porter from Scarborough, Ben Cox from the Star at Sancton, Thierry Condette from Beverley, Head Chef from Indian restaurant Tapasya in Hull and Judy Newlove from Sugar and Spice here in the village.

Last year we had a large selection of stalls covering a wide range of food and drink from East Yorkshire and this year it will be even better, as I have managed to find some new producers selling local products including organic vegetables, game, organic meat, artisan bread and also local cheese.

We will again be having award-winning Miller's Tearooms in the Civic Hall.

This year there will be parking at the Lawns with a Vintage bus service from there to Hallgate, so we will have plenty of parking available.

The whole day is set to be a great family day out with activities for all ages. This is a great way to promote our Village and to showcase the best of East Yorkshire has to offer, and to boost our own economy.

I look forward to seeing you on Sunday the 21st September.  
Councillor Helen Green



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## Check BBQs to avoid food bugs

**E**ast Riding of Yorkshire Council's food standards team has some advice for those who insist on taking command of the barbeque but are not so handy in the kitchen.

Cases of food poisoning almost double during the summer with research showing the main reasons are undercooked meat and contamination.

Councillor Jackie Cracknell, portfolio holder for community involvement and performance, said: "This is the time of the year we enjoy putting some food onto the barbeque. But the person taking command is often not someone who is normally in charge of the kitchen.

"Meat that looks charred and burnt isn't necessarily cooked through and if it is not the consequences for your family and friends may be a nasty food bug which sometimes can be as serious as salmonella and E.coli."

The food standards team has a few tips:

- Pre-cook the meat or poultry in the oven and then finish it off on the barbecue for flavour.
- Make sure that burgers, sausages, chicken and all meats are properly cooked and that none of it is pink and that any juices run clear.
- Disposable barbecues take longer to cook food
- Avoid cross-contamination by storing raw meat separately before cooking and using different utensils, plates and chopping boards for raw and cooked food.
- Don't wash raw chicken or other meat, it just splashes germs.

Those most at risk are children and older people. For more information visit [food.gov.uk/lovebbq](http://food.gov.uk/lovebbq)

Research by the government's Food Standards Agency shows that 56 per cent of men say they are the main cook at a barbecue, compared with 21.4 per cent of women; 28 per cent don't check that burgers and sausages are cooked all the way through before serving; and 32 per cent don't check that chicken is cooked through.

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17th Turkey & Tinsel Isle of Wight - 5 days - **£259**

### NOVEMBER

- 24th Turkey and Tinsel in Southport - 5 days - **£259**  
29th Pamper and Shopping Weekend - 3 days - **£165**

### DECEMBER

- 3rd Thursford Christmas Spectacular and Lincoln Market - 3 days - **£259**  
4th German Christmas Markets - 6 days - **£349**  
7th Three Countries -  
Four Christmas Markets - 7 days - **£495**  
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# Moving Abroad?

A monthly column by Nick Russell

## FIESTA SEASON

We are now well into August and the fiesta season is in full swing. At the beginning of the month the first local one was in the village of Villanueva Mesia, where the kids go to school. It lasts for 4 nights and it doesn't really kick off until about 11 pm each night, which is why many of the local businesses close for the duration. The kids love it and in Katie and Aidens school playground, the school had a foam party to start the first day of the fiesta, with the foam provided by the local fire brigade. All of the local kids turned up and had a great time, coming home very exhausted.

The main attractions at all these fiestas are the fun fair and the live music on the stage. Usually there are a selection of live acts to suit all tastes, but they don't usually start to play until midnight and by the time the last person leaves it could be 6am.

The following weekend it moved on to our village, much the same attractions as before but at least we could walk up and not have to worry about drink driving. We are slowly learning about not getting there too early and this year arrived at about 10.30pm instead of 8pm which we did for the first couple of

years. The village was still relatively quiet but was starting to get busier by about 11pm, The kids enjoyed the funfair and we enjoyed the food and drink and the fireworks at midnight which, this year, were really good. We left about 2 am and, even at that time, more people were arriving than leaving.

We could still hear the music at 7 am the next morning and the disco finished at around 10am, thank god we live a mile outside the village and not in the square!!

It's now moved on to the next village, Alomartes and then on to Illora and for the last weekend it finishes in the village of Bracana, which has the best fireworks.

## FRUIT CROPS

We still continue to get figs and at the last pick we got about 15kgs. As we already have a freezer full we gave most of them away to friends and to a couple of bar owners in the village to use in tapas.

For the first time since we have been here we also picked a few kilos of peaches and nectarines, which were really nice and juicy.

## MORE BREAKDOWNS

I was only saying to Rita at the start of August how well things seem to be going, with no major disasters for a while and then guess what.

Firstly the oven packed up so we couldn't cook anything. We bought it from Ikea when we first moved here so fortunately it is under a 5 year guarantee.

We called Ikea and reported the fault and two weeks later the engineer came out and replaced the element so we now have heat but no fan. We are still waiting for him to return to fix that.

Then my car wouldn't start so I had to buy a new battery.

Then the water pump to the house started to over heat and finally packed up 3 days before Rita's family were due to arrive. Fortunately we have been able to "T" into one of the other pumps as a temporary repair until we can get a new pump.

And finally one of our houses that we rent out in Hull had some damp issues that had to be resolved. So all in all an expensive month that we could have done without.

## MORE VISITORS

Since last month we have another 3 confirmed bookings for this year and another 2 reviews on [www.holidaylettings.co.uk/1388972](http://www.holidaylettings.co.uk/1388972) and a couple of enquiries for next year already so 2015 is shaping up to be a good year. Anyone interested in coming out then e mail me on [nickruss@hotmail.co.uk](mailto:nickruss@hotmail.co.uk) for more details.

## DANCING

Katie has been doing more dance shows this month and has had a new flamenco dress for this next year. Her group are really improving and the last show was one of the best she, and they, have done. We always enjoy going to see the shows and am always amazed how many people go to watch. Unless you get there early you cannot get a seat.

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## Cottingham Day 2014

**A**s always, the group of hardy volunteers arrived well before 6.00 am to find a very wet village centre with the rain still falling steadily. Fortunately, by the middle of the morning, blue skies appeared and the crowds began to gather.

The Chair of East Riding of Yorkshire Council, Councillor Pat O'Neill, officially opened the Day at noon. With her consort, she toured the various attractions for over two hours and talked with many of the exhibitors and stallholders. Before leaving she said the event was far larger than she had expected and that it was one of the best shows she had visited.

A full programme of music and entertainment was provided from a large stage in the Market Green by Africa Studios. This was enjoyed by large crowds throughout the day.

All the cafes, pubs, restaurants and shops appeared to be very busy as were the stalls and children's attractions. The Civic Hall and the Darby and Joan Hall were extremely well attended and the Day was well supported by the churches. The classic cars and motor cycles were star attractions and the birds of prey were as popular as ever.

The dog show attracted plenty of the local pooches. The prize winners were as follows:

Best in Show - Charlie, Owner Nancy Law.

Class 1 Prettiest Puppy,

1. Holly - Labrador
2. Rocky - 13 week Boxer
3. Tilda - Chihuahua (late award)

Class 2 Best Veteran,

1. Charlie - 10 year old Collie/Springer
2. Badger - 15 year old cross
3. Ellie - 10 year old Dalmation/cross

Class 3 - Waggiest Tail,

1. Arnold - Sproctor Spaniel
2. Badger - Cross
3. Joel - Labrador

Class 4 - Prettiest Bitch,

1. Lola - Collie cross
2. Bella - Long haired Jack Russell
3. Sandy - Cross

Class 5 - Most handsome male

1. Howie - Collie/Lurcher
2. Billy - Jack Russell
3. Joel - Labrador

Class 6 - Best Crossbreed

1. Gusto - Cockerpoo
2. Maisy - Shoodle
3. Jane - Ridgeback/Weinerama

Best Rescue

1. Badger 15- year old cross
2. Arnold - 17 month old Sproctor Spaniel
3. Daisy - Yorkie

Congratulations to all the winners and thank you for all those who took part in this event.

Already there has been a de-briefing meeting to discuss what went well and how things can be improved. We try to refresh the event each year with some new attractions particularly for next year as it will be the tenth anniversary of Cottingham Day. We expect to have bunting in the streets for the anniversary and hope to see the return of the popular cycle race at the end of the day. We are also hoping to have a small parade before the opening as we did some years ago and would welcome any volunteers who would like to participate.

Cottingham Day is aimed at the whole family and we like to make as many events as possible free of charge. So let us make 2015 another memorable day for the village.



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## What is it to be a Haltemprice Lion?

**M**any people ask – What do the Lions do – the following may help.

### *I'm a Lion*

I have helped a child to see, I have helped to build a school,  
I have brought people nourishment where hunger was the rule.

I have helped a young child to hear and brought a mother joy,  
I have helped at Christmas time to bring a child a toy.

I have helped raise funds for Guide Dogs and then watched with pride,

As a blind person walks to work each day, with my dog by his side.

I have battled drug abuse and conquered river blindness,  
I have helped the old and lonely with simple acts of kindness.  
I have sold more raffle tickets than any man can count,  
And even packed shoe boxes in staggering amounts.  
I am helping now worldwide, the orphans in despair,  
They need our love and kindness, be sure that we'll be there.

If I could see in every face a pair of eyes that shine,  
It would be quite enough for me, you see my friend, "I'm a Lion".

And if that friend should ask me why I give up so much of my time,

I will not have an answer, I'll just say "I'm a Lion".

And when my life is over and I can do no more,  
I'll leave behind some younger cubs I've taught to mind the store.

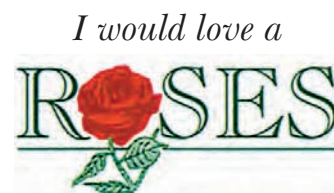
And as I stand before my maker, accounting for my time,  
I'll say I have no balance sheet, you see,

*I'm just a Lion.*

The Haltemprice Lions recently celebrated their 41st Anniversary and I have been an active member since day one – and enjoyed the active participation in voluntary work ..... and created everlasting friendships. Have you time to spare?

Why not contact me and see what the Haltemprice Lions do? If you are interested Please contact me on Telephone 01482 847367 or email; [dwhincup@dwhincup.karoo.co.uk](mailto:dwhincup@dwhincup.karoo.co.uk)

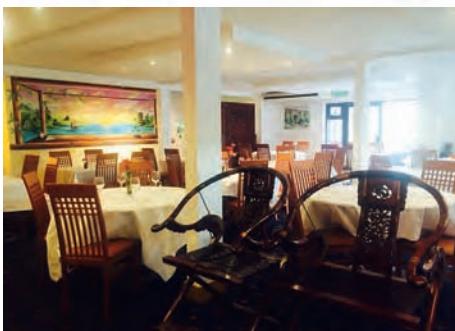
You don't have to live in Cottingham - the Lions serve Hull and East Yorkshire.



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## Hull Male Voice Choir in joint concert with The Maureen Hunter Singers on Saturday 18th October

In the magnificent setting of Kingston upon Hull's Guildhall, on Saturday 18th October 2014 the Hull Male Voice Choir – which celebrated its Centenary during 2011 – is proudly presenting a concert with Guest Artists The Maureen Hunter Singers during the year of its 30th Anniversary Celebrations.

Says Hull Male Voice Choir's Public Relations Officer, Terry Wallis:

We are greatly looking forward to our special concert to be held in the splendour of Hull's Guildhall on Saturday 18th October 2014 when the fabulous and very popular Maureen Hunter Singers will be our special guests: they have been giving musical pleasure since being formed in 1984 and now have more than 70 young ladies in the Senior Choir (as well as over 40 children in the Junior Singers) ! Every year of their Choir's existence has been marked with outstanding concerts, competitions or international tours and 2014 has been no exception, having enjoyed a concert tour to the Rhineland area of Germany and also performed in Cologne Cathedral as part of their 30th Anniversary Celebrations. So Hull Male Voice Choir is delighted that the Maureen Hunter Singers accepted our invitation to participate in this joint concert during their special milestone year – a major achievement upon which they have to be heartily congratulated and wished every success for the future!

In view of the popularity of The Maureen Hunter Singers, the purchase of tickets in advance of our concert is strongly recommended.

Our concert commences at 7.30pm and tickets – Price £8 (children £4) - will be available from early September from Gough & Davy of 13 Paragon Street in Hull, our Choir Members or by calling 01482 656869.

(Photo below courtesy of Ivor Innes Ltd.)



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## New season of films begin at the Swanland Screen

Swanland Screen is happy to report that a new season is about to start of local cinema in Swanland Village Hall at 7.30pm on the third Saturday of every winter month, beginning at 7.30pm on 20th September with "Saving Mr Banks" starring Tom Hanks and Emma Thompson, from the studio that brought you Mary Poppins.

Disney has released a biopic about the author of the original novels, P.L Travers. Saving Mr. Banks is the story of her battles with Walt Disney, who wants the rights to the film adaptation, in a dramatic comedy that is both witty and sentimental

Price £4.00 adults and £2.00 for schoolchildren. For further details see [www.swanlandvillagehall.info/future-events.htm](http://www.swanlandvillagehall.info/future-events.htm).

## Cottingham and District food bank

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

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

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

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

The Food Bank will be open once a week on Wednesdays from 11-00a.m. to 1-00 p.m. The first opening date will be Wednesday 17th September 2014.

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

Further information can be obtained by telephoning 845920.

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

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

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

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

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

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

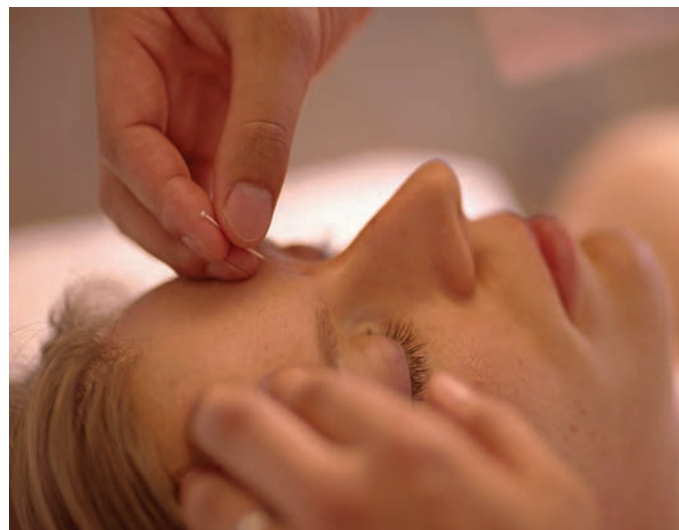
The channels are related to the internal organs, which if out of balance is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

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



### Muscular, Neurological, Skeletal and Vascular:

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

### Internal:

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

### Men's Problems:

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

### Women's Problems:

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

### Ears, Eyes, Nose and Throat:

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

### Cancer and Tumour:

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

### Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

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

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## Council and bus operator introduce new real-time information service for passengers

**E**ast Riding of Yorkshire Council, working in partnership with East Yorkshire Motor Services (EYMS), is pleased to announce the launch of a new real-time information service for bus passengers across the local area.

Every EYMS bus has been fitted with a tracker which transmits information about its location. This information is used to calculate how long it will take for a bus to arrive at each stop along its route and allows passengers to see exactly when their bus is due to arrive.

The aim of the service is to improve the passenger experience by making users aware of any delays and reducing waiting times at stops.

Councillor Symon Fraser, cabinet portfolio holder for environment, housing and planning, said: "It is excellent to see new technologies helping passengers to make better use of the network; these improvements will make a difference to residents of the East Riding and Hull.

"These new services have been organised through partnership working with EYMS, using Nextbus, and is an important part of the council's transport investment to encourage more people to use public transport."

The Nextbus real-time service can be accessed from a computer or mobile phone with internet access. Visit [www.nextbuses.mobi](http://www.nextbuses.mobi) and enter information about your bus stop to

receive real-time information for EYMS bus services. A wide range of journey planning apps using the Nextbus service are also available on Android, BlackBerry, iPhone and Windows. The system provides scheduled bus times for passengers travelling on buses not fitted with trackers, using information provided by the council.

The service is completely free to use, apart from any data charges made by your mobile phone operator. Access to the service is subject to the quality of your network connection.

The cost to set up the scheme was met by the council as part of its £1.8 million Local Sustainable Transport Fund project, following a successful funding bid to the Department for Transport. The ongoing annual license costs will be paid for by EYMS.

EYMS has also re-launched its website, [www.eyms.co.uk](http://www.eyms.co.uk), to feature real-time information about when buses will arrive at its stops. The new site, which has a responsive design meaning that it works equally well on desktop computers, mobiles and tablets, also contains a real-time feed about disruption, so passengers can access up-to-the-minute information about road works, accidents and weather-related issues as they travel around the East Riding.

Bob Brackley, commercial manager of EYMS, said: "Our new website gives passengers access to more bus information than ever before, and should mean that it's now even easier to travel by bus in the region. We already receive over 100,000 visitors to our website a month and we hope that this will increase now passengers can access real-time information too."

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## CHINESE BANQUET

SUNDAY 19<sup>TH</sup> OCTOBER 2014  
@ WOKSOEVER, COTTINGHAM

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



Woksoever



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### Crossword solution from page 14

	1		2		3		4		5		6		7		8
	A	U	T	H	E	N	T	I	C	A	T	I	O	N	
9	A		T		O			O		D		C		L	
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	A		L		S			T		E		R		A	D
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## What is Yoga Really All About?

Yoga is something you may or may not have tried. Perhaps you practice yoga all of the time and wouldn't want to live without it. Or maybe you find it a little strange and put it into the category of "new age" therapies that are not for you. It helps to gain a better understanding of what it is really all about in order to demystify it. Let us delve into the philosophy that underlies yoga.

Yoga is a holistic therapy that has as its purpose the redirecting of negative energy and stress in order that stress will not have the opportunity to build up in the body and lead to problems in the form of disease and illness. In fact the preventative approach is what makes up most holistic practices.

Yoga practitioners feel that what we want most from life is to find joy and happiness.

However they believe that many people settle for so much less. They feel that at some point in time the desire for deeper and lasting happiness is something that everyone wants to find. This is what yoga seeks to do – discover a deeper feeling of bliss that comes from inside, as opposed to fleeting pleasures that come from the outside.

If a person feels that their life is lacking in bliss, joy and a sense of purpose then yoga can help them to find meaning that comes from within, as opposed to meaning that is sought through external avenues such as their work or the money they earn. Yoga is something that can be practiced at any age but many people do not make it a part of their lives until they find themselves needing more from their lives than they presently are receiving.

As the spirit evolves in your life (which is what yoga taps into – the spirit that lies within everyone) an individual can discover a greater sense of both peace and tranquillity within themselves. This comes from the core of what makes you who you are.

As your life progresses and your spirit grows wiser and more insightful you are brought to a new stage of your life in which you yearn for a greater sense of well-being, and want more happiness, joy and peace. Yoga can help bring you that. You can work towards renewing and enriching your spirit and this can motivate you to higher stages of growth.

Practicing yoga regularly and not just once in a while can benefit you physically in that it helps with balance and poise as well as helping to keep the body strong and healthy. It helps you to grow, develop and thrive. It works well when combined with a healthy lifestyle of eating nutritiously and getting plenty of physical activity. Yoga can centre your mind and keep it calm, serene and clear which will enable you to turn your focus inwardly to listen to your spirit.

Yoga can help many to discover a path they didn't know existed and which leads to true happiness and fulfilment.



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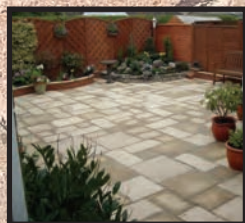
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