

# Cottingham Times

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Issue 166 - September 2015



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Telephone: 01482 840035

Editor: Keith Teale

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Enquiries: Advertising

Tel: 01482 840035

Editorial and Contributions

Tel: 01482 840035

Accounts: Tel: 01482 840035

Website: [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

E-mail: [media@cottinghamtimes.co.uk](mailto:media@cottinghamtimes.co.uk)

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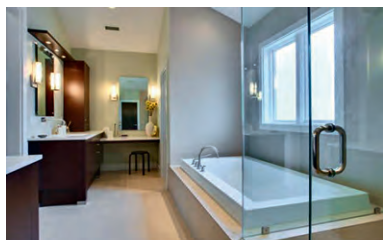
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## In Cottingham and District

### Cottingham Men's de Luda Society

Wednesday 2nd September - Robert Bell - Hull and East Riding in the First World War, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

### Beverley Flower Club

Monday 7th September there will be a demonstration by Carris Harrison, entitled 'Have Passport, Will Travel' We meet at Longcroft Lower School 7.00pm for 7.30 pm. cost for the demonstration is £4.00. We are a friendly group who enjoy friendship thro' flowers and guests are very welcome.

### Cottingham Women's Institute

Tuesday 8th September - 100th Birthday, Vintage Party with Lunch, featuring Sherie Lawrence (singer). **Please note time of meeting 10.30 am to 1.00 pm.** Competition: A Vintage Item. in the Methodist Church Hall, Hallgate, Cottingham.

**Front cover: A view down Southwood Road from Burton Road.**

**Photo by: Paul Lakin.**

### Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 8th September at 6.30 pm Outside visit (7.30 pm if wet)

Tuesday 22nd September at 7.30 pm

Tuesday 6th October September Outside visit (7.30 pm if wet)

Want to learn more about using your digital camera now? Why not give our friendly group a try? New members welcome.

Contact for further details - John Tel No: 842169 or [john@jcmhome.karoo.co.uk](mailto:john@jcmhome.karoo.co.uk)

### English Country Dancing

Tuesday 8th September & every Tuesday thereafter at Darby & Joan Hall, Finkle St., Cottingham, 8.00 pm until 10.00 pm. Beginners welcome. For further information please ring Fred Smith on 01964 550297.

### Cottingham Ladies Circle

Wednesday 9th September - Mr. Hallam to give a talk and show entitled 'Birds - Bempton and Beyond', to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

### Cottingham Singers

Wednesday 9th September - The Cottingham Singers will be resuming rehearsals at 7.30pm on Wednesday 9th September. Rehearsals take place every Wednesday at Bricknell Methodist Church, Bricknell Avenue. New members will be very welcome, especially Bass, Tenor or Alto. Please contact Jeanne Fenton (membership secretary) telephone number Hull 658195 for further information or simply turn up. You will be very welcome.

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### Cottingham Green Women's Institute Evenings

Thursday 10th September - Sugar and Spice - Cake Icing Demonstration. Competition: Fairy Cake. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 pm, second Thursday of each month.

### East Yorkshire Embroidery Society

Saturday 12th September - Julia Soames "Enter the World of Jane Austen", Regency costumes, design, construction and the completed items displayed, to be held at 2.15 pm in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits. [www.eyes-embroidery.co.uk](http://www.eyes-embroidery.co.uk).

### Cottingham Catholic Women's League

Monday 14th September - Speaker Elizabeth Rodgers - "Seeing How the Other Half Live", in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

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

Tuesday 15th September - AGM plus embroidery with Sequin Waste - Marion . Meetings are held at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Brenda Tennyson on 01482 708525.

### Hull and East Riding Antiques and Fine Arts Society

Tuesday 15th September - Julia Hesslewood "Three Artists from the First World War". At 10.45 a.m., Willerby Manor Hotel (Pavilion Suite). Non-members welcome. Guest tickets £5.00. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 57574.

### Beverley Decorative and Fine Arts Society

Wednesday 16th September - Bertie Pearce - Wonder Workers and the Art of Illusion. We meet at the Willerby Manor Hotel (just beyond the Waitrose roundabout), on the third Wednesday morning of each month at 10.30 am. Coffee available from 10.00 am.

### Cottingham Evening Townswomen's Guild

Wednesday 16th September - Social Evening, at 7.30 pm in the Darby & Joan Hall, Finkle Street.

### Cottingham Men's de Luda Society

Wednesday 16th September - A Stab in the Dark - Bill Bromwich, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

### Diabetes UK

Thursday 17th September - Dr. Jane Patmore (Consultant Diabetologist). Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

### East Yorkshire Association of the National Trust

Thursday 17th September - Cottingham Civic Hall, 7.30p.m. AGM followed by talk by Terry Frazier: 'The Neptune Coastline Campaign - 50 Years'. Non-members welcome.

### Skidby & Little Weighton Methodist Church

Friday 18th September - Will hold a Soup Lunch on Friday 18th September from 11-30 am onwards.. Delicious home made soup and bread rolls will be served for a donation for Christian Aid. All welcome. Harvest Festival will be celebrated on Sunday 20th September at 10-45am "Come ye thankful people come"

*Continued on page six*

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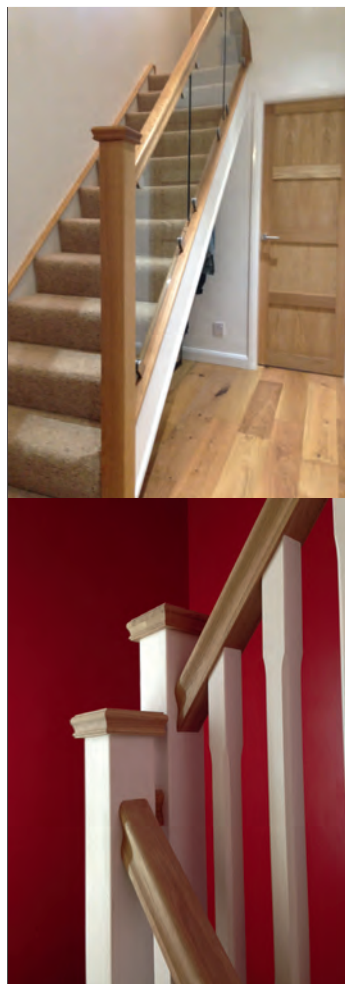
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*Continued from page five*

## Wold Lace Makers

Saturday 19th September - Annual Lace Day, at the Marist Hall, Church and Parish House, 119 Cottingham Road, Hull HU5 2DH. 10.00 am until 4.00 pm. Speaker Alexandra Stilwell "My Journey Through Bucks Point Lace". Come and have a go at Lacemaking on our practice pillow.

## KGV Playing Fields, Northgate, Cottingham

Saturday 19th September - Party in the Park, A showcase of local talent. Entrance by programme £2.00. Adults £2.00; Children £1.00; under 5's FREE. 2.00 pm to 10.00 pm.

## North Ferriby Gardeners' Club

Monday 21st September - Sweet Peas and Grow Challenge, John Mabbett. North Ferriby Gardeners' Club meetings are held in the Village Hall, starting at 7.30 pm. (unless otherwise stated)

## Cottingham Ladies Circle

Wednesday 23rd September - Mr. Smales to give a talk re-music entitled "It's Up His Sleeves", to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

## Wednesday Social Club

Wednesday 23rd September - Speaker: Mr. Trevis - Facts and Fantasies Continued, in the Darby & Joan Hall, at 2.00 pm.

## Cottingham Methodist Church

Friday 25th September - Free Film Night, 6.40 pm for 7.00 pm. Popcorn, ices and chocolate on sale.

## Little Weighton Village Hall

Friday 25th September - Shiftipig is coming by popular request to Little Weighton Village Hall on Friday 25th September at 7.30pm. Shiftipig perform traditional folk, ethnic and world tunes and songs with a celtic flavour. Instruments including fiddles, cittern, flutes, hurdy gurdy, highland bagpipes and more. Bring your own drinks and nibbles. Tickets £5 from the shop/post office or phone 844171.

## East Riding Flower Club

Monday 28th September - Kate Riley from Doncaster will give a floral demonstration called "Designs for Now", in the Civic Hall at 2.00 pm. Tickets £5.00 at the door. Visitors and new members always welcome. Contact 876279 Judith Robinson.

## Cottingham Men's de Luda Society

Wednesday 30th September - World War II, Mike Covell, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.


## Viewfinder Photographic Society

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

## Friends of Thwaite Gardens

Tuesday October 6th 7.30pm 'Friends of Thwaite Gardens' AGM followed by 'Trees and Us' a talk by Professor Rowlands Ennos. Methodist Church Hall, Cottingham. Refreshments. Members free. Non-members very welcome £2.


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### The Cottingham Bowling Club

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

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

Zumba - Mondays 7pm Zion Church Hall, Cottingham

Fridays 10:15am Walkington Village Hall

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

Wednesdays 1:30pm Skidby Village Hall

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

Fridays 12:30pm Zion Church Hall, Cottingham

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First session free on production of Septembers *Cottingham Times*

### St. Mary's Church, Cottingham

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

### AgeUK East Riding

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

### Cottingham Rangers AFC

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

### Zion United Reformed Church, Hallgate

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

### Play Badminton

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

### Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.30 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm; Fridays 6.15 pm. Suitable for men & women of all abilities. [www.fitmums.org.uk](http://www.fitmums.org.uk)

### Cottingham Bridge Club

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

*Continued on page eight*

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*Continued from page seven*

### 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 2015 we will be running four Saturday sides, an U18 side on Sundays, an U19, T20 side and team at U9, 11, 13, 15 and 17 and all Girl teams at U11 and U13 and possibly U15. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Tuesday evening 6.00 pm till 8.00 pm and at Cottingham High School on Saturday mornings. Summer training for Juniors is on a Friday evening and Seniors is on a Wednesday. For more information please contact Rob Rhodes on 842215.

### Calligraphy, Quilling and Folk Art classes

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

### The Cottingham Whist Club

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

### Cottingham Methodist Church Hall

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

### The Green Ginger Garland Dancers

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

### Writing Circle

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

### Hull and East Yorkshire Happiness Group

Everyone could do with a bit extra Happiness in their life. To find out how, join us for lots of laughter, the company of diverse but like-minded people (and cake) at Pearl's Place on Hallgate, Cottingham on the SECOND Thursday each month at 6pm to 8.00 pm. No Charge. Contact: Pam 07966 091513 [heyhappinessgroup.weebly.com](http://heyhappinessgroup.weebly.com)

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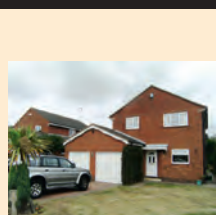
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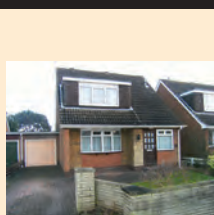


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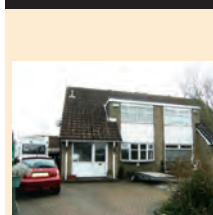


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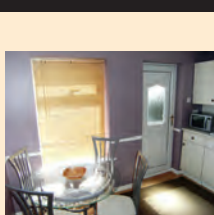


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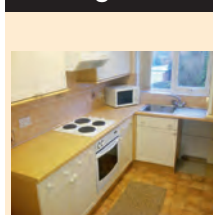


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But help is at a hand in the form of your conveyancer, a capable property professional who will support you and help you through the twists and turns and pitfalls of the property buying process. Or is it?

This life changing commitment is being trusted to someone you have never met, from an office you have never seen, about whom you know next to nothing with no idea of whether they actually are any good at their job. Would you use a car mechanic to service your car without checking they were good at their job? Would you let just anybody install your new boiler? Would you let anyone plan your wedding?

The sad truth is that many people do just that. They hand this massive financial and personal commitment over to someone they don't know, without even reading reviews, asking their friends for recommendations or even checking if the person is qualified to do it.

Your local estate agent may offer to "sort out the legal work for you". Really this means they want to sell your details to a solicitor who may not even be local, with sums of up to £250 changing hands for your details. It may not be the solicitors

paying the agents though. You are being sold and worse, you may even be paying for it higher legal fees.

You may be lucky. The agent may have done a deal with a reputable local firm who do a great job, but equally your house purchase could be handled by a high school leaver in an anonymous call centre with hardly a solicitor in sight. Is that a risk you really want to take when buying the roof over your head?

My advice? Say thanks but no thanks to the estate agents, let them sell the house, not you. Choose your own solicitors. Speak to your friends and family, ask them if they can recommend anyone. Go online and check out several local firms and ask them for quotes. Find out whether they give you your own qualified conveyancer to handle your home purchase and ask if they have any "hidden extras" to charge.

Yes, it is more work than letting the agents sell you to the highest bidder but its worth it to get a qualified professional that you can trust and who will be there for you through the twists and turns of the buying process.

Choosing your own good conveyancer will save you money and time as well as supporting and guiding you through this alien process. It is your family home you are buying. Don't you deserve the best? There are good conveyancers out there ready to help you, take the time to find them, you won't be disappointed.



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# Windows 10 has arrived and some mayhem has ensued, and Q&A....

 **W**indows 10 has arrived and it is fair to say a good deal of mayhem has ensued! We have had crashed computers, blue screens, password lock-outs, lost email, printers and scanners. But some people (apparently) have upgraded with no problems. So my advice based on all this, is to hold off, don't go for the free upgrade yet. Wait a while for all the bugs to be sorted out.

Now the good news is that Microsoft has graciously given users of Windows 7 and 8 until July 2016 to make up their minds whether to go for the free upgrade. You can register for it any time by clicking on the Windows icon in the corner of your screen, but you don't have to install until a time of your choosing, and you can't just upgrade by accident! See the Q&A section at the end for more info.

Now don't get me wrong, I certainly don't want to appear a naysayer, there is nothing wrong with Windows 10 itself. It does have quite a slick new interface (techno-speak for nice look and feel!). Most people will certainly find it an improvement on Windows 8, and we'll be confident in selling you a new Windows 10 computer, and you shouldn't have any problems. It is quite a refreshing change and there is less confusion now as you boot straight to a Desktop, and it is nice to see the Start Menu back. The blue Windows 8 start screen with the giant tiles has gone, the only remnant is having some small tiles attached to the side of the Start Menu, but these are removable or customisable to your choice. There is an alphabetical programs list, now called 'All Apps', a file explorer and shut down options, just like on the old classic Start Menu. And if you want to talk to your computer, with the aid of a microphone, there's Cortana to answer your questions! So if you're ready for a new computer, go on give it a go, just call us for a free quotation. For more info on Windows 10 features go online to: <http://www.microsoft.com/en-gb/windows/features>

Is it possible to un-Google your life? This was an interesting item on the Jeremy Vine show on Radio 2 recently. It is true to say that Google has become part of our daily lives, not least as both a noun and a

verb. The internet has always been a vast place to try and find anything, even in 1998 when Google started to offer search results. True there are alternative ways of searching, like Bing (Microsoft), Yahoo, Ask etc., but for my money Google offers the most accurate and immediate search results every time. The other companies also offer free email accounts and online storage in competition with Gmail and Drive. But I think we are all creatures of habit so if one company can do all this stuff for you, including filling in forms, remembering passwords (where applicable) and learning what you like then why not. The trade-off is targeted advertising based on those likes, but then that's why the internet is free!

**Lightning never strikes twice or so the saying goes.** Google was particularly unlucky when one of its data centres in Belgium was hit four times recently resulting in a loss of data, which was subsequently restored, fortunately.

**The other weekend I went out on my bike without my smartphone in my pocket,** maybe I forgot, or perhaps I had the unconscious desire to be away from it all. It is quite liberating, with no need to stop and take photos or send texts or post Facebook updates or take calls! Ah the freedom.....now where did I put my phone....?

**British Gas has brought out a new version of its Hive** remote managed central heating service. An alternative is also offered by Google called Nest. Something else you can do whilst you're out and about with your smartphone!

**MSN Food & Drink, MSN Health & Fitness and MSN Travel apps will be discontinued this autumn.** In the unlikely event you have any data stored by these apps, you will need to make other arrangements.

## Questions and answers:

**Q: Why is the Windows 10 logo not appearing in the corner of my screen?**

*A: Make sure you have done all Windows updates. Also you will need to be running a genuine version of Windows 7 or 8 or 8.1 (not a copy).*

**Q: I have received a notification that Windows 10 is available for my computer. If I decide to upgrade now, what should I do first?**

*A: It would be sensible to make a backup of your data just in case. If you have Eset as your anti-virus, make sure you have the latest version 8.*

**Q: Should I disconnect my printer?**

*A: Based on the issues that some people have had, I would disconnect your printer and any other USB items. Then when the upgrade has completed, plug items back in one at a time and see if Windows accepts and/or installs them. If you have a very old printer, you may have to replace it.*

**Q: My computer is running Windows XP or Vista, can I upgrade?**

*A: No sorry, it's time for a new computer!*

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

**Richard Mills**  
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## Wordsearch - Take a Break

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

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

Find the words in the letters above:

Calm Down, Catnap, Chill Out, Comfort, Cool Off, Daydream, Doze, Ease, Freedom, Holiday, Leave, Leisure, Loosen Up, Luxuriate, Peace, Picnic, Quieten, Recess, Relax, Relief, Repose, Reprieve, Respite, Rest, Sabbatical, Serenity, Settle Down, Siesta, Simmer Down, Sit Back, Slacken, Sleep, Slumber, Take A Break, Take It Easy, Time Off, Time Out, Uncoil, Unwind, Vacation.

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

## Sudoku No. 104

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

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

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# MARIONOWENTRAVEL



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Having just finished my river cruising this year I am looking forward to my missing stretch on the European Rivers sailing from Budapest down to the Black Sea 11 June for 10 nights, why not join me. It is a great way to have a multi city break and only have to unpack the once.



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Our next tour with space is the WW1 combined with the Diksmuide Beer festival to lighten the mood on the Saturday night. Our driver guide has a real passion for WW1 and has lots to show you.

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05 Nov	Gothic Whitby with Art historian Fiona Irwin 1 nt B&B	£ 149
11 Nov	Elf the musical & London 2 days B&B inc top tickets	£ 179
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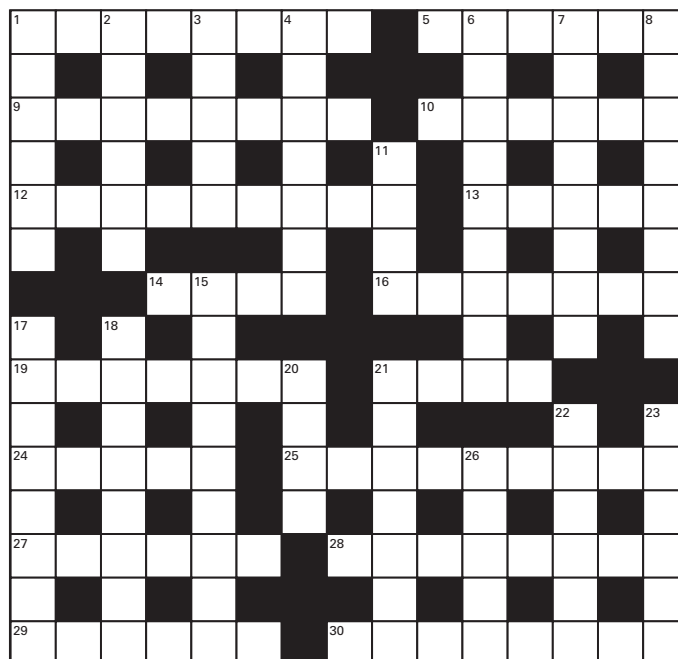
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## Crossword – Solution on page 46



### Across:

1. In a strong manner (8)
5. A Hindu festival (6)
9. Dressing gown (8)
10. Seasonings (6)
12. Usurp authority (9)
13. Diameters (5)
14. Neuter (4)
16. Unsinkable ship (7)
19. Madison Square \_\_\_\_\_ (7)
21. A star in the constellation Cetus (4)
24. Classical music theatre (5)
25. Opulent (9)
27. Equipped (6)
28. Shouter (8)
29. Military trainees (6)
30. Unfriendly (8)

### Down:

1. Some winners get a blue one (6)
2. In some mysteries, he did it (6)
3. A small fatty European fish (5)
4. Freedom (7)
6. Emperor (9)
7. Collision (8)
8. Inherent aptitude (8)
11. Strike (4)
15. Encountered generally (9)
17. Uncertain of religious truths (8)
18. Land ownership (8)
20. Pout (4)
21. From Mexico (7)
22. Pertaining to the universe (6)
23. Stellar (6)
26. Genus of rhubarb (5)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)  
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# Cottingham Parks celebrates its 21st anniversary

Since it opened its doors on the 1st August 1994 the club has continued to grow, improve and develop. Now celebrating its 21st birthday we take time out to look back and reflect on the progress from farmland to a multi facility complex.

An extensive tree planting and landscaping programme coupled with man made water features helped to create the picturesque setting it has today.

Following the course construction, the health club, complete with gym, studio, pool, steam room, sauna and Jacuzzi were added. These facilities were soon complimented with the introduction of the Fairways holiday lodges and Skidby Lakes golf course to make a 36 hole offering. Boasting over 2,000 members in total the club continues to go from strength-to-strength.

More recent developments have seen the full integration of the existing Cottingham Parks equestrian centre along with a full refurbishment to create a brand new state-of-the-art driving range.

Other facilities on offer to complete the package include the Gingerlily hair and beauty salon, Steve Osbourne Remedial masseur and the Fairways Café and Bar.

As part of their development Cottingham Leisure have also looked to improve their Carbon footprint by installing both biomass and solar energy on site.

Chris Gray, general manager at Cottingham Parks Golf and Leisure Club, said: "When we look back at where we started in 1994, we are very proud of how far we have come and what we have achieved during that time. We employ a team of staff who are all dedicated to giving our members and non-members the best possible experience when they visit."

As part of our future plans we are keen to encourage kids to take up sport and offer a 'Get Juniors into Golf' scheme. Part of this scheme offers free golf to the children of full paying members".

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www.cottinghamtimes.co.uk - September 15

# In the Kitchen



Many people pass over British cheese for French or Italian cheese, but with over 700 cheeses being made in Britain today, and with a very long history in cheese-making, they shouldn't. So hats off to British Cheese Week. Not only is the UK still producing traditional and new British cheeses but our cheese-makers have gone a few steps further and today there is more mozzarella produced in the UK than in Italy. We also produce our own Parmesan, Brie, Camembert and Gruyère.

## General British Cheese History

Whilst cheese has been made in Britain for thousands of years, it was during Roman times that the processing techniques were refined. During the 11th Century, much of the cheese-making in Britain was carried out by monks, whose monasteries were thriving following the Norman invasion.

Their experimentation gave us, at the least the foundations of many of the cheeses made today. An excellent example of this is Wensleydale which can be traced back to the twelfth century when it was made by the Cistercian monks at Jervaulx Abbey in Yorkshire.

From the 16th century onwards, cheeses were being known by the name of the region in which they were made and by the early 19th century the British Cheese industry was booming with cheese was being made in farmhouses across the length and breadth of the United Kingdom. However, two factors were to have profound affects on British Cheese-making.

The Industrial revolution with its vast railway networks made the transport of fresh milk over great distances possible, making it more profitable for dairymen to sell milk rather than make cheese, resulting in local cheese-making taking a nose-dive.

## World War II Rationing

World War II brought rationing to Britain with the weekly allowance per person being only 50g/2oz! And as if that wasn't bad enough, The Ministry of Food stipulated that only one type of cheese could be manufactured - the National Cheese - the final nail in the coffin and by the end of the war only a few varieties were being made.

It wasn't until the 1970's that British cheese-making had something of a revival with the happy re-discovery of old recipes and the development of new cheeses and techniques bringing us to the present day thriving industry.

Cheddar has always been and still is Britain's favourite cheese. It gets its name from the Cheddar Caves in Somerset, UK where it was first stored in the 15th Century. Here are a few interesting facts about Cheddar:-

- There are six main varieties of Cheddar - mild,

medium, mature, extra-mature, vintage and West Country Farmhouse Cheddar. The main difference between them is the time they are aged – usually from two months for mild to 24 months for vintage

- Cheddar is the UK's favourite cheese, accounting for 55% of the market
- It takes 10 litres of milk to make one kilogram of Cheddar
- A matchbox sized piece of Cheddar contains about 30% of the recommended daily calcium intake for adults
- West Country Farmhouse Cheddar has a PDO (Protected Designation of Origin) and can only be produced in the West Country - Devon, Dorset, Somerset and Cornwall
- By the reign of Charles I, records show that the demand for cheese made at Cheddar was so high that it was "bespoke" and already sold before it was even made.



## Welsh Onion Bake

### Ingredients:

- 675g/11/2lb Potatoes, peeled and thinly sliced
- 350g/12oz Onions, thinly sliced
- 100g/4oz Butter
- Salt and Black Pepper
- 100g/4oz Caerphilly Cheese

### Instructions

1. Preheat the oven to 190C, 375F, Gas mark 5.
2. Line a baking tray with parchment paper butter generously and layer with potatoes and onion, dotting butter and seasoning between each layer ending with a layer of potato. Dot remaining butter on top, cover with foil and bake for 1 1/2 hours.
3. To serve - turn out onto a warm serving dish, peel off the parchment, sprinkle the cheese over the top and melt under a preheated grill. Serve immediately.

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## Cheese and Onion Tarts

### Ingredients

200g/7oz Shortcrust Pastry  
15g/1/2 oz Butter  
1 Onion, chopped  
75g/3oz Cheddar Cheese, grated  
1 large Egg  
90ml/3 fl.oz. Milk  
Salt and Pepper

### Instructions

1. Preheat the oven to 190C, 375F, Gas Mark 5. Divide the pastry into four and use to line 4 x 10cm/4 inch tart tins. Place on a baking tray.
2. Melt the margarine in a pan, add the onion and sauté gently until soft and transparent.
3. Divide the onion between the 4 tarts and sprinkle the grated cheddar over the top.
4. In a jug, beat together the milk and egg and season with salt and pepper.
5. Pour the egg mixture over the cheese and onion in the tarts and bake for 30 -35 minutes until set and golden.
6. Transfer to wire racks and allow to cool. Refrigerate until ready to serve.



## Cheese and Meat Loaf

### Ingredients

500g/1 lb Minced Beef  
150ml/5fl.oz. Water  
1 large Egg  
Salt and Pepper  
100g/4oz Fresh Breadcrumbs  
1 Onion, chopped  
1 teasp Dried Mixed Herbs  
100g/4oz Cheddar Cheese

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### Instructions

1. Preheat the oven to 180F, 350F, gas Mark 4 and line a loaf tin with parchment or greaseproof paper.
2. Put mince, breadcrumbs, water, onion, egg, mixed herbs, salt and pepper into a bowl. Mix well.
3. Cut cheese into 12mm/1/2" squares and stir them through the meat mixture.
4. Turn the mixture into the loaf tin and bake for approx 1 to 1-1/2 hours.
5. To serve - invert onto a serving platter and serve hot or leave in the tin until cold.

## Chocolate Coconut Cheesecake

### Ingredients

For the base

75g/3oz Butter  
225g/8oz Digestive Biscuits, crushed

For the filling

175g/6oz Dark Chocolate  
450g/1lb Cream Cheese  
275g/10oz Caster Sugar  
5 Eggs  
120ml/4fl.oz. Whipping Cream  
2 tbsp Plain Flour  
2 teasp Vanilla Extract  
1/2 teasp Almond Extract  
125g/5oz Desiccated (flaked) Coconut

### Instructions

1. Preheat the oven to 170C, 325F, Gas Mark 3 and lightly grease a 22cm/9-inch springform tin.
2. Melt the butter in a large saucepan, add the crushed digestive biscuits and mix well. Press into the bottom of the greased tin and bake for 10 minutes. Allow to cool.
3. Meanwhile, break the chocolate into a small heatproof bowl. Set the bowl over a small pan of very hot water and stir until melted. Set aside.
4. Place the cheese and sugar in a large mixing bowl and beat until smooth then beat in the flour and eggs one at a time.
5. Add the cream and extracts and mix well then stir in coconut.
6. Pour the filling onto crust then drizzle the melted chocolate over filling swirling with a skewer to create a marbled effect.
7. Place cheesecake in a large baking tin with enough hot water in the tin to come 2.5cm/1 inch up sides of cake tin. Bake for about 1 hour.
8. Remove the cake tin from water and allow to cool before refrigerating. Chill for at least 2 hours before unmoulding. Serve cold.



[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - September 17

## ON THE GRAPEVINE

## WITH ROY WOODCOCK

## The power of TV on the sales of wine

Hopefully many of you will already have discovered one of the area's newest eating places, which opened a few months ago just over the Humber Bridge at South Ferriby. I'm talking about the Hope & Anchor pub, which was unfortunately forced to close following the tidal surge and floods of 2013 and has since been given a transformation by Great British Menu double winner Colin McGurran, owner and head chef at nearby Winteringham Fields.

After a couple of abortive efforts we made it there with friends during August and I have to say the £500,000 renovations are stunning, with unrivalled views over the Humber from the main dining room.

I mention all this because we were there on the Glorious Twelfth, the start of the grouse shooting season and grouse was on the menu as the "star" of the specials board. But what to drink with it - and game in general?

The traditional answer is a "bottle of good, old red burgundy", but apart from the difficulty of finding a good one, the age of it probably won't come into play - early on in the season the birds can't possibly have been well hung so you won't be trying to match the intense, rich, flavours that develop later on.

Depending, of course, on what the bird will be served with (in our case the grouse was roasted whole and served with red cabbage, potato and celeriac puree and an Old Peculiar gravy) this leaves you able to choose something like a good Pinot Noir from Australia or, better still, New Zealand.

We chose a Languedoc blend with lashings of the local grape, Carignan, which was available by the glass, so we could have changed our minds if it had been disastrous. It wasn't.

If you like game as much as I do then respected wine suppliers Berry Bros & Rudd, of London, carries a great section on food and wine matching on their website, with a whole page devoted to game, including wood pigeon, pheasant and partridge as well as grouse.

Visit [www.bbr.com](http://www.bbr.com)

The power of TV, even daytime TV, was illustrated perfectly recently when a little known Portuguese red sold by Majestic was recommended by Master of Wine Susie Barrie on the popular cookery show Saturday Kitchen. It subsequently sold out within hours, causing the merchant's website to crash.

Barrie said the 2012 vintage of "Porta 6", a Tinta Roriz, Castelão and Touriga Nacional blend from the Vidigal winery near Lisbon, would work "just brilliantly" with a barbecued lamb dish and the show's host, James Martin, agreed calling it one of the best reds he'd tried in the 10 years he'd worked on the programme.

He added that he'd bought three cases online and Majestic stores were "inundated" with orders as a result and traffic to the website was so heavy that it crashed briefly at 11am.

Majestic reported that it took over 1,000 orders for the wine by midday in the "busiest hour in its website's history" and had completely sold out three hours after the show had finished. Furthermore, it collected orders and reservations for a further 30,000 bottles over the course of the weekend.

This caused Majestic to order all the remaining stock of the 2012 vintage and order a shipment six times larger than the last consignment to meet demand.

Holly Ninnies, Majestic's buyer for Portugal, said: "I'm delighted that Susie Barrie recommended Porta 6 on Saturday Kitchen and, of course, with the response it received.

"I brought this superb red into our range six months ago - it's typically Portuguese, but even more approachable and fruit-driven in style. I hope customers enjoy it and it leads them on to discover more great wines from Portugal."

Porta 6 is now back in stock.

Date for your diary: House of Townend's Cellar Door at Melton hosts a charity wine tasting from Dove House Hospice on Thursday September 24, from 7.00 pm to 9.30pm. Tickets cost £10 and are limited to 100 places. More details on 01482 638899 or email [stuart.shenton@houseoftownend.co.uk](mailto:stuart.shenton@houseoftownend.co.uk)



## BEST BUYS

**Mission Estate Syrah 2013**

**Where:** On-line sales from [www.lebonvin.co.uk](http://www.lebonvin.co.uk)

**When:** Now

**Why:** From New Zealand's oldest winery, and worth searching out, comes this choice, fruit driven, red with dark berry, spice and black pepper overtones. Great with grilled or barbecued lamb.

**£14.50**

**Mission Estate Sauvignon Blanc, 2014**

**Where:** On-line sales from [www.lebonvin.co.uk](http://www.lebonvin.co.uk)

**When:** Now

**Why:** Mission Estate is now the most successful New Zealand brand in restaurants and bars, having recently topped Cloudy Bay from the number one slot. Superb white that pairs beautifully with asparagus, seafood and salads.

**£11.50**

**Chateau Fonguillon, 2012**

**Where:** Tesco

**When:** Now

**Why:** Traditional Claret style red that would pair well with game. Summer fruits come through on the nose and palate, mingled with spicy notes.

**£9.99**

**Chateau La Croix Saint-Pierre, 2011**

**Where:** Waitrose

**When:** Now

**Why:** A Bordeaux blend of Merlot and Cabernet Sauvignon that's drinking beautifully now with juicy red fruit and a hint of spice.

**£8.99**



# AN INTRODUCTION TO *Cruising by* *Andrew Earles*

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## Could you be a Puppy Parent?

What it is to have a helping hand don't you think? Someone you can turn to when things get a little tough...to tell your troubles to or help out with the shopping and household chores. Sometimes these 'hands' appear from the most unusual circumstances and that is how I met Susan, a lovely lady in her early fifties, who had been in a wheelchair for the past two years, after a dreadful car accident. With no-one at home, she was finding it difficult to adjust to an 'able bodied' way of living. Her bungalow had been customised accordingly for Susan's needs but she still needed that extra pair of 'hands'. At the beginning of the year, Rebecca, a close friend of mine, introduced me to Susan whilst she was visiting the place I was residing at the time.

At first I saw the wheelchair. I suppose it is something we 'able bodied' are always drawn to see but then I saw Susan. On the outside she came across a confident lady but also looked a little in denial that she actually needed an out stretched 'hand'. After all, it was only two years ago when Susan was looking forward to a two week holiday in Spain. It was the being involved in an accident on the way to the airport that took her independence away. As I looked beyond all this and into her eyes, there told a different story....a picture of sadness and a cry for her long lost independence to be regained. It was on this day our bond formed. Here was someone who needed my help, my abilities were

slightly limited...but even so. Over the following months, Susan made the journey to see me once or twice a week until it was time for me to return home.

On returning to Hull, Rebecca immediately took me to see my new found friend. With great pride, Susan showed me around her little palace, pointing out all the useful aids that had been fitted to make it more adaptable and comfortable. The cupboards had been lowered, doors widened and a special ramp had been built up to the front door for her wheelchair. "I know we are worlds apart and so different which may lead to slight frustration and I also have a lot to learn, but do you think you can help me?" Looking into the deep blue eyes I first saw all those months ago, I didn't have to acknowledge...Susan knew from my reaction, we had found a true friendship.

My first challenge came in the morning. I had to help Susan get out of bed, something we all take for granted but for someone who lives most of their life in a wheelchair, it can prove quite difficult. I brought her the training aid I had been shown and with a careful tug, Susan was sitting on the edge of her bed. Her clothes laid neatly on the chair so I took each garment to her marvelling at how she had been able to cope in the past but also hoping I am giving her that extra bit of help and confidence.

Today was also our first day to tackle shopping and it was here that Susan explained that we will see a different side to the 'Human Race'. "It's bad enough being small like you but for someone on their own in a wheelchair, people (some but not all) seem to put me into insignificance" she explained. But on this day, whether it was my presence, things slightly changed along with the help I could give her. Doors were opened by people who were more than willing for this 'unlikely pair' entering the shop. I was able to help take items off the shelves and put them in the basket, which is something Susan had only been able to do with the help of the shop assistant. Payment was also made easier a I 'handed' the bank card to the lady on the till. "You've got a good help there" she exclaimed to Susan. The beam on her face said it all. The next challenge was the cash point. Once again, popping Susan's card into the machine made it so much easier (why the banks don't accommodate wheelchairs I do not know). The only thing I couldn't help with was the pin (for security reasons of course) much to the amusement of the couple standing behind us in the queue.

So the list is endless, from waking in the morning to going to bed at night, I will be there for Susan...as her friend, helping 'hand' and confident. Someone she can tell all her stories, troubles and future ideas to. Someone who knows, will listen and not criticise. Someone who has unconditional love no matter what the future holds. "Come on, Faye, time for bed". So as I laid my head on the edge of my basket next to Susan's bed, I looked up. Seeing those loving blue eyes and feeling the warmth on her outstretched hand as she stroked my head, I knew I had come home.

CANINE PARTNERS is a national charity who train and then find loving homes to assist wheelchair bound people, and are always keen to find and take on new PUPPY PARENTS. This involves a 'parent' to foster an eight week old puppy and to comply with the charity's training and adapting to everyday events throughout its first year. The puppy will then complete its final training at the charity's Head Office where it will be united with a suitable partner.

If you feel you have all the qualities and time to become a puppy parent or a foster carer (someone who looks after the puppy whilst the parent is on holiday etc), please contact Puppy Head Office 08456 580480 or Angie Hall (Area Co-ordinator) 07825 294918.



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## "The Tooth and Nothing but The Tooth"

by  
Chris ' Dr. Smile Maker'  
Branfield

### Should it Stay or Should it Go?

**H**ello again, I hope that you are well. Well I survived towing my caravan to Cornwall and back. It's always an adventure though. One road got narrower and narrower. Just managed to squeeze through, phew! Hull City have made a fair start to the season. I'm off to the Fulham game tomorrow night so fingers crossed.



#### Staying Proper Toothy

I'm staying on the same theme as last time about making the decision when a tooth's time is up or not. Oh my word two articles on the bounce about TEETH! I'll have to lie down.

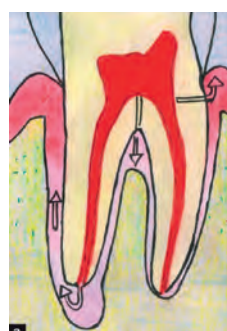
#### Perio-Endo Lesions

So, what's this double Dutch jargon then? Well let me explain a bit. Odontology is the study of teeth. Latin I think. The supporting structures **around** teeth are the **periodontal** tissues. Peri meaning "around", "surrounding" or "enclosing" like perimeter.



endo first

perio first



Dealing with inside the tooth is **Endodontics**. Just like endoscope is an instrument for looking inside. Usually endodontics is doing root canal treatment, treating the inside of a tooth to try and save it. Periodontal treatment is treating the gums and bone around teeth usually treating gum disease.

Us dental lot are a bit lazy with English language (you may have noticed). So, we refer to things short hand e.g. perio for gum work, endo for root canal treatment.

Oh, there is ortho as well. Orthodontics is dealing with tooth position and movement (braces). *Left: both going on.*

#### Getting Back On Track

So, back on track. A tooth that has a perio-endo lesion is getting a right old battering as there is a problem around it and inside it. Often this is infection and bone loss. Sometimes the endo problem comes first and then affects the perio second and vice versa. Depending on the extent of the problem this can sometimes be treated but it might take a bit of doing. Other times there is both a perio and endo that just join up. These can be catastrophic and quite a lot of the time there is nothing you can do, especially if the tooth gets loose.

#### Rain, Rain Go Away

It's raining today and in 2 days time we're off to Tribfest at Sledmere (3 nights in a tent). Oh, I really hope it doesn't rain. Later in September Edward, Gillian and myself are off to Northern Morocco again to get kids out of pain. We are also sponsoring a kids football team in a tournament as part of a fun, trust building event.

*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 22 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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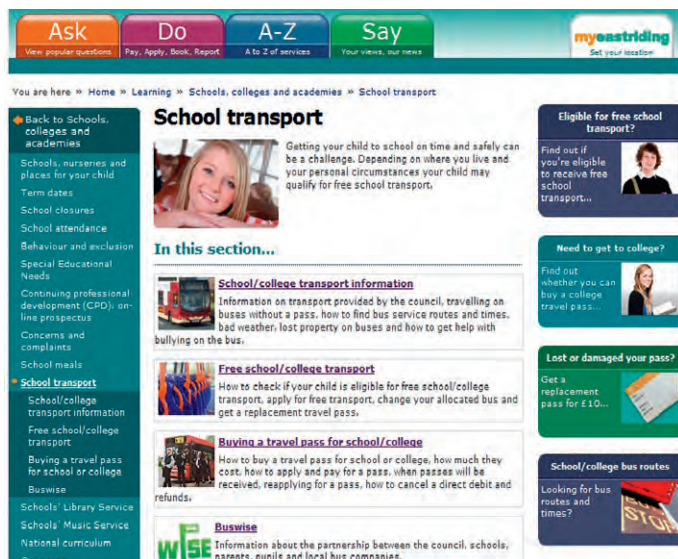
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## Parents can now apply for school transport quicker and easier online

All the information students and parents need about local school transport can now be found in one place – thanks to the launch of a new webpage.

The page on East Riding of Yorkshire Council's website [www.eastriding.gov.uk/schoolstransport](http://www.eastriding.gov.uk/schoolstransport) has been redesigned and updated for the summer holidays to make it quicker and easier to access school transport information for people whose children are starting school or changing school in September.

Parents are now being encouraged to visit the webpage to make sure they apply for school travel passes in plenty of time for the start of the new term.

The site also has useful information for people with children already travelling to school, such as bus routes and times, and allows them to ask questions and report any problems.

Using the new website, people can:

- Find out if their child is entitled to a free travel pass.
- Apply for a school or college travel pass for their child by completing an online form.
- Buy a travel pass by applying online.
- Apply for a replacement bus pass if theirs is lost, damaged or if their child has changed schools or moved address.

• View a list of the all bus routes for schools in the county – useful for parents to see which route would be the best one for their child.

• Report any problems on school transport, such as damage and bullying, to the council's Buswise scheme that deals with misconduct on school transport.

• Or just to send an online enquiry to the council's school transport team.

Councillor Andy Burton, the council's portfolio holder for planning, highways and transportation, said: "The summer holidays can be a busy time for any mums and dads preparing to send their children to a new school, and school transport is one of the important jobs they need to arrange early.

"So we hope parents will find our new webpage very useful in answering any questions they have, and allowing them to make applications quickly and easily."





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

## This month his destination is Walkington to Beverley

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

**Map. EXPLORER 293**

**Start at GR. SE997371 Bus stop near Dog and Duck pub. Walkington. Distance 4.4 Miles.**

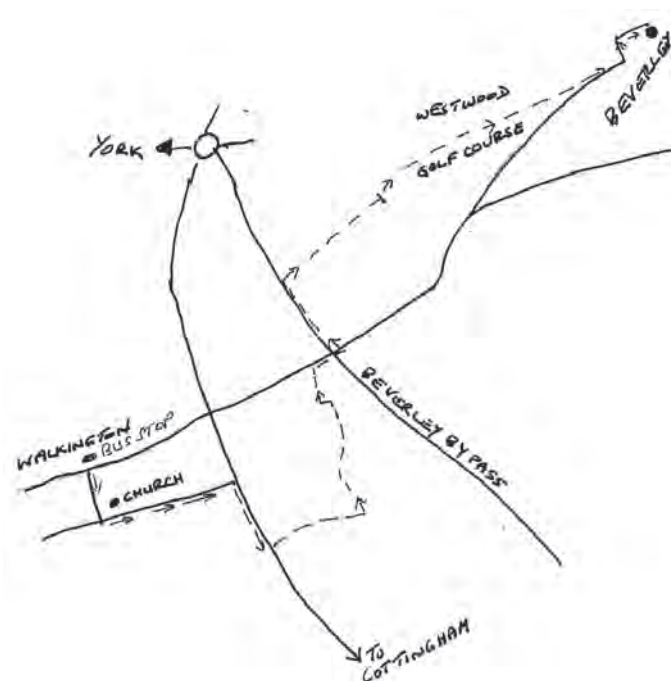
From the bus stop adjacent to the Dog & Duck public house, cross the road and walk up Kirk Lane to the

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junction and turn left to walk along the path at the back of the church. Ignore the path that turns off to the right but continue ahead passing a play area on the right and at the end of the path bear left and then immediately right and walk with the hedge to the right to eventually emerge on the Walkington to Bentley road. Turn right and after about 500 metres cross the road and enter Moor Lane to the left of Bentley Park Farm.

Continue down this lane for about 500 metres and after passing through the plantation locate a wooden foot bridge which cross and then pass through a Kissing Gate and walk with the hedge on the left, At the end of the field pass through a second Kissing Gate and then continue in the same direction again keeping the hedge on the left. At the end of the second field cross a foot bridge and continue in the same direction. At the end of the third field pass through another Kissing Gate and enter an enclosed path and continue to emerge on the Beverley to Walkington road near East Wood. Turn right and follow the road towards Beverley and immediately after crossing the bridge spanning the A1079, cross the road and take the path to the right of the A1079.

Take this path as it descends gradually and locate a Kissing Gate on the right which pass through and walk along the field headland keeping the hedge on the left. On approaching the Westwood, bear left and then right and pass through a Kissing Gate. Walk in an easterly direction and on sighting Black Mill head straight for it. Pass the Mill and then aim for Westwood Road. Walk down Westwood Road into Newbegin and into Beverley, take any of several routes to the bus station.

### HOW I DID IT.

Depart Hull Interchange at 9.08 am on Bus No. 61.

Alighted at the Dog & Duck at Walkington and commenced walk at 10.05 am.

Completed walk at 12.00 pm and boarded Bus No. X46 at 12.35 pm back to Hull Interchange.

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

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

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

Day/Date	Time	Start Location	Distance	Grid Ref.
Wed 09 Sept	10:00am	Millington Wood (Public Car Park)	5 miles	SE 838 529
Wed 16 Sept	10:00am	Brandesburton (Dacre Arms)	5 miles	TA 115 476
Sun 20 Sept	10:00am	Rudston (on Burton Fleming Rd Lay-by)	9 miles	TA 095 679
Wed 23 Sept	10:00am	Harswell Lane (off Market Weighton Rd A614)	6 miles	SE 827 400
Wed 30 Sept	10:00am	Great Hatfield (Wrygarth Inn car park)	5 miles	TA 182 430

## Hull CHA Rambling Club

Sunday rambles once a fortnight by coach.

Coach fare £10. Pick up Beverley Road and Beverley. Walks on the North Yorkshire Moors and the Wolds. The party splits into two groups each with an organised leader.

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

### 6 September

A: Pickering to High Horcum  
B: Fox and Rabbit to High Horcum

### 20 September

A: Golden Acre Park circular  
B: Golden Acre Park circular

## The Phoenix Walkers -

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Sunday walks once a fortnight. Coach picks up from Ferensway through to Cottingham Green leaving Cottingham at 9am. Coach fare £10. Three levels of walks:

A Group 8-10 miles,

B Group 5-7 miles and

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

**September 13th: Rosedale - Yorkshire Moors**

**September 27th: Saltaire - West Yorkshire**

**Contact Dulcie Hartley: 01482 509000**

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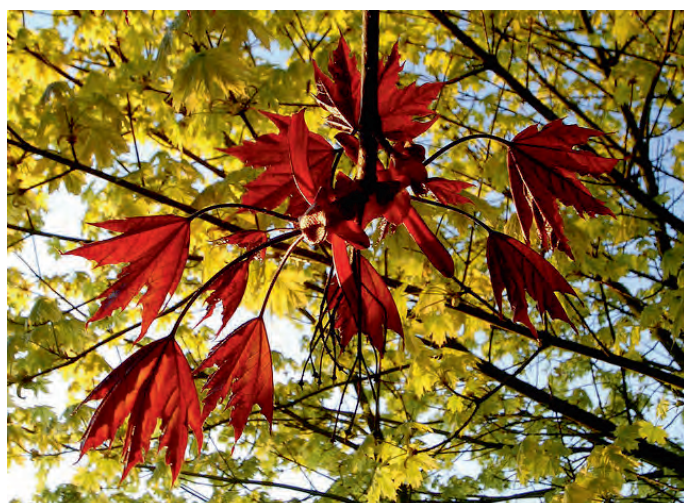
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KINGSMEAD





September is generally a cooler, gustier month than August and the days are noticeably shorter. While there's not as much to do in the ornamental garden at this time of the year, if you have a fruit or vegetable patch, you'll be busy reaping the rewards of harvest. It's also time to get out and start planting spring-flowering bulbs for next year. Make the most of the remaining warmth while you can. Plus September is the perfect time to plant shrubs and trees and treat your lawn.



### Herbaceous Border

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

### Preparing a new border

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

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

impact, herbaceous borders need to be at least 1.2m wide.

- Dig the area over. Remove all weeds, including any with deep roots, and all large stones.
- Sprinkle a balanced fertiliser over the area such as bonemeal, dig in plenty of compost or well-rotted manure and leave the ground to settle for a fortnight.
- Rake over the ground to make it as level as possible.
- Remove the lower branches of any trees to allow light, rain and air through to your new plantings.
- Planting is best carried out from autumn until spring when the soil is dry enough to work but before conditions become too dry as plants may fail to root even if you water night and day. Container grown plants can be planted at any time of the year, weather permitting, but tender perennials should only be planted out once all danger of frost has passed.



### PLANNING

- Consider the soil and aspect and find out what will grow best in your garden.
- Consider the colour scheme you want to achieve – pastel lilacs and pinks; hot reds and golds; cool blues and whites; modern blacks, limes and oranges. Work to ensure the balance is neither too bland nor too chaotic.
- Visit shows and gardens for ideas that appeal and jot them down in a notebook. Notice what grows well in local gardens in your neighbourhood.
- Plan your scheme on paper, starting with small groups of plants that work well together and build them up until you have filled your border with several combinations. Use groups of plants in large blocks of odd numbers for greater impact, repeated along the border to help provide continuity

### 10 Jobs for this month

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



of colour and form. Avoid planting singly, except for specimen trees, grasses or shrubs.

- If your garden is small, keep your choice of plants to a few species and repeat them. However, you don't have to include only low-growing plants – larger plants will have greater impact in a small space.
- Use your borders to the full by including spring and autumn bulbs in between herbaceous plants and beneath deciduous trees and shrubs, and plant climbers up fences or walls. Choose plants with more than one season of interest such as autumn foliage, unusual bark, seed heads or berries and ensure your plantings are chosen to give a succession of interest.
- Try to include plants that enliven all the senses – textural foliage such as downy Stachys or spiky Yucca and Acanthus; decorative stems or bark such as cornus or climbing hydrangea; fragrant flowers or foliage including lavender or geranium; bamboos and grasses for movement and sound; and a few attractive edibles such as chives, fruit trees and strawberries.
- Vary the height and overall shapes of your chosen plants, ensuring taller growers are placed at the back and ground covering plants at the front – in island beds place tall plants in the centre. To lead your eye along the border, use architectural plants or splashes of red. Ensure you have a good mix of foliage colours and include a mixture of evergreen and deciduous shrubs. When the soil is ready, position your plants in their pots on the soil first to ensure you are happy with the effect and have enough room – or plants.
- Position large shrubs, trees and architectural plants first, then surround with groups of herbaceous perennials followed by low-growing plants and bulbs.
- Leave about 30cm between plants to give them room to reach their full potential, flower well and continue to perform in future years.
- When you are happy with your scheme, dig planting holes and firm in your plants.
- Water in well and mulch with fine bark or cocoa shells.
- Continue to water in dry spells and hand weed as necessary.
- As plants start to grow, support taller ones with stakes if necessary but you may find that close spacing means the plants largely support each other.



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- Deadhead regularly to prolong flowering, unless you specifically want the seedheads.
- Grow a selection of plants in containers that can be used to fill any gaps that appear.

#### Maintenance

- Thin more vigorous plants to maintain a balance through the growing season
- Remove any plants that are diseased, not flowering well – or simply in the wrong place, and fill any gaps with new ones.
- Remove the lower branches of trees and shrubs to allow light through to the plantings below and keep weeds in check.
- In winter provide a top dressing of well-rotted compost or manure to nourish the soil.

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## Your Stars for September 2015

By Kay Gower

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

Planetary activity is playing havoc in your chart. September may see you beginning to loosen the bonds of some friendships or activities. Something is coming to an end. Look forward to a new and exciting phase in your life.

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

It feels nice to be included, especially by people you find interesting. So be outgoing. You'll have to make an effort around the beginning of the month, but soon you'll find that you fit right in. A busy and highly rewarding month lies ahead.

### Gemini (May 22-June 21)

There are times when we all feel like we've been there and done it all. But we haven't. Shake off the weary feelings and be willing to see life with fresh eyes. Life will begin to glitter for you this month.

### Cancer (June 22-July 22)

It's only human nature to remember what has been left undone. Your mind keeps going back to a certain place, trying to tie up loose ends on a particular scene. Tie up as many as possible mid month, so you can finally move on this autumn.

### Leo (July 23-Aug 22)

Greed, jealousy and revenge may be perfect themes for a soap opera, but in real life they hold no appeal for you. During the middle weeks of September it may be wise to avoid people whose lives seem preoccupied with this kind of drama.

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

Don't stand on the edge watching everyone else enjoy themselves – good times are for you, too. The new moon in your part of the sky is about to give you a push onto the dance floor of life. Enjoy!

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

Deal with life's events as they happen instead of stressing about possible outcomes. All you can do is handle today's work and trust in the spirit of goodness that guides your tomorrows.

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

You do all you can, and that's all you can do, now sit back and allow Lady Luck to play her part. Listen to what she tells you - Luck loves a good listener.

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

There may be an outburst of emotion around you, and it's likely that you'll get caught up in the drama of it all. Keep in mind that feelings are never right or wrong. They just are.

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

You're caught between two worlds; cut off from what you are leaving behind, but not yet connected to your new future. Take a step forward - you're doing the right thing. Just keep moving.

### Aquarius (Jan 21 - Feb 19)

Most of the paths we journey on in this life will twist, dip and climb, making it impossible to keep the destination in our view. Then we become lost. Look then through the lens of the heart, and let hope lead the way.

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

What's broken will be mended, what's missing will be found, and what's done is done! Don't panic. Assume an easygoing stride and let it take you as far as you need to go.

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### Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 10.30 am to 12.30 pm, and Saturdays from 10.30 am to 12.30 pm, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

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

## KGV Playing Fields Friends Group to hold 'Party in the Park' on Saturday 19th September

**K**GV Playing Fields Friends Group are hosting a 'Party in the Park' on Saturday 19th September, between 2.00 pm and 10.00 pm. Many local bands will be entertaining, and a few spaces are still available.

There will be fun for all the family, with craft stalls available for hire, refreshments will also be available.

Volunteers are needed to help out on the day. Admission is: Adults £2.00; Under 16's £1.00; Under 5's Free. Please contact Jan Tweedale on 07746 454456 for further information. See our facebook page for further details.

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### Sudoku Answer from page 12

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



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## Hallgate Schools - continued

by Peter Railton (Author and Local Historian).  
The year is 1954

There are no entries in the boys' log book for that year for some reason that I have been unable to discover, so this record deals with the girls' school only.

At the end of January, Miss Hopkinson left to go to St. Mary's School in Beverley. A presentation was made to her by the staff and pupils; she was replaced by Miss Kirby.

Netball and hockey inter-house matches were played in early April as an opener to the season, and on the 9th of the month a concert was given to parents during the afternoon and the choirs and orchestra took part and Junior 4 gave an example of choral speaking, then the school broke off for the Easter holiday.

Three parties of children were taken to see "Alice in Wonderland" at the Hull New Theatre on the evenings of the 26th, 28th, and 30th of April. During that month Mrs. N. N. Thompson took over the teaching of French on Tuesday, Thursday and Friday afternoons.

The Haltemprice Netball Rally was held in early May and the Senior and Intermediate teams both won their events and finished with first places and the Juniors took second place in their events - a very successful rally for the Cottingham girls, though the venue is not recorded.

On the 18th a Traffic Warden was appointed to conduct pupils across the road at Market Green bus stop on their way to and from school; this was from the Duke of Cumberland corner and across the road to what was then the Gas Showrooms - later a furniture shop, then successive stores.

The Warden was introduced to the girls by Sgt. Dawson who took him to the school and explained the importance of obeying his instructions at the crossing - unfortunately, his name is not recorded; at that time there would have been more children approaching the crossing from the direction of South Street and Bacon Garth because their school was not yet built and all Cottingham children attended Hallgate Schools, hence the constant struggle to find room for everyone.

Junior 3 along with their teacher Miss Kirby and also Miss Selby, went by special bus to Huggate. The class had been studying a 'Wolds Village' in their environmental work and went equipped with questions to which they had to find answers. They left school at 9.00 am and returned at 7.00 pm - a long day.

On the 3rd of July the East Riding Folk Dance Festival was held at Market Weighton County Secondary School and about 30 girls, accompanied by some teachers, took part. Two days later, 20 girls and boys set off for a weeks Youth Hostelling in the Lake District, along with Miss Selby and Mr. Lacy. Mrs. B. Waters and Miss M. Bell left the school at the end of term - Miss Bell was to teach at Aldborough County Primary School.

School re-opened with 379 girls on the roll - another increase on the previous year; no doubt the boys' department will have seen significant increases in numbers, but the figures were not available. The department had been re-decorated and looked 'fresh and inviting' to quote Mrs. Fletcher and an extra junior class had to be formed and put into the hall. The organisation then was thus - Senior 4 room 10 Prefabs with Mrs. Barr; Senior 3 room 9 Prefabs with Mr. Lacy; then in the main building - Senior 2 room 6 with Mr. Waters; Senior 1 room 4 with Mrs. Cox; Junior 6 room 5 with Mrs. Evans; Junior 5 room 7 with Mrs. Auty; Junior 4 room 2 with Mrs. Nellis; then the new class named 'Remove' sandwiched between Juniors 3 and were in room 1 with Miss Porter; Junior 3 room 3 with Miss Kirby; Juniors 2 and 1 were in the hall, designated as room 8 with Miss Anderson and Mrs. Lythe.

Miss Selby was in charge of P.E. and Mrs. Clark of domestic science; Mrs. Thompson, a peripatetic teacher of French, attended on Tuesday, Thursday and Friday afternoons and a Mr. Craig, peripatetic teacher of music on Wednesday afternoons.

Mrs. Barr, Mrs. Cox and Mrs. Lythe all began duties on the 13th of September, when the new term began and 69 girls went up from the infants plus six more whose parents had moved into the area - everyone looked forward to the opening of the new Secondary

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School due to be opened in January the following year. Although there are no records of the situation at the boys' school, they must have been feeling the pressure of numbers just as the girls' school was. Only six girls remained at the school of those who had taken violin lessons in the last term, so two new groups of juniors were formed after consultations between the Head, Mr. Hart and Mr. Craig.

Nurse Hoggard pronounced all girls were 'clean and well cared for' after her visit that September. The weather turned very cold and Mrs. Fletcher asked the Authority for permission to use the heating, and the school photographer, Mr. Doran arrived and took photos of the children.

Five girls were due to leave at the end of October half-term holiday and Mrs. Hodgkiss, the Youth Employment Officer, went to the school to interview them; she then addressed the rest of Senior 4 on the kinds of jobs open to them after leaving school. Attendance in September and for the remainder of October was around 94%.

On the 4th of October, Mr. Stern from Hull University French Department discussed the possibility of forming a French group from Senior 1 as a demonstration class for students, the class to be held on a Saturday morning. The lessons would start the girls on their French course and 15 of them joined.

On the evening of the 18th October the first P.T.A meeting of the season was held, all the staff 'were at home' to about 70 parents and discussions concerning the children were held between parents and staff - the precursor to 'open nights' for parents now.

Mrs. D. McDonald who had been school secretary for the previous six years left the school in late October and was succeeded by Mrs. S. M. Wheeler.

On the 23rd of October, Senior 4 along with their teacher paid a visit to the newly opened Cottingham branch of Waddington's, glove manufacturers whose main factory was on Cottingham Road in Hull. The Cottingham branch, which provided jobs for a small workforce, was situated down the pedestrian way between the 'King William IV' public house and the present betting shop



and was located in the rear part of what was a much older building before the betting shop was opened; one of the first Cottingham supermarkets, then Ashton's garden shop, then Woodhead's the bakers and cafe all succeeded it over the years - further back still it was Brocklesby's grocers.

Colds and 'flu were keeping the percentages down to around 81% - this dropped to 74% in mid-month and 60% toward the end of the month. Six members of staff were absent at various times during the month, all contracting the 'bug'.

A significant meeting of the P.T.A. was held on the evening of the 8th of November, when a large audience heard Mr. E. Greenwood, M.A., due to be the Headmaster of the new Cottingham High School, talk about the arrangements that were being made and the progress towards its opening - now set at Easter, not January, 1955.

The main Christmas entertainment for that year was the Christmas Cantata 'The Flower of Bethlehem'; the choral and spoken parts were provided by the Junior girls - a very ambitious undertaking. A dress rehearsal was given to the school first and to parents on the evenings of the 14th, 15th and 16th of December. Three teachers left the school at the end of term, Mrs. Barr, Miss Kirby and Mrs. Waters

The Christmas holidays were from the 21st of December to the 5th of January 1955 - a significant year in the presentation of these records. *Photograph. The recorder group courtesy of Mrs. Fletcher.*

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

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

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### Celebrate the region's finest at the Cottingham Food and Drink Festival

The award-winning Cottingham Food and Drink Festival will return to the village for a third year, with cooking demonstrations from a line-up of top chefs and dozens of stalls selling local produce on Sunday 20th September, 10.30 am - 4.00 pm.

The festival has proved a big hit since its creation, with thousands visiting the event to celebrate the best in East Yorkshire food and drink.

Chefs lined-up so far, include 'Great British Menu' finalist and chef from Winteringham Fields, Colin McGurran, Michelin star chef James Mackenzie, from the Pipe and Glass Inn at South Dalton, and Ben Cox from The Star @ Sancton. All will demonstrate cooking techniques and prepare recipes in the marquee, in Market Green.

Councillor Helen Green, festival organiser, said: "Supported by a grant from the council's High Street Fund, it is great that the festival will run again and build on the success of the last two years.

"The previous festivals have generated a great amount of positivity in the village and also provided a timely boost for the East Riding food and drink industry, supporting jobs in a sector that plays a vital part of our local economy."

Further information about the event, visit [www.eastriding.gov.uk](http://www.eastriding.gov.uk) or follow the event on Twitter @CottFoodFest

Supported by a grant from the council's High Street Fund, a new and exciting Christmas event will take place in Cottingham on Sunday, 6 December for the first time this year, with further details to follow.

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An introduction to ceramics for people who want to learn the basics of ceramic craft for the first time. Work with a qualified tutor and learn the processes and techniques of clay preparation and hand building. Discover coils, slabs and the pinching method and learn about centering and pulling a wall to make a vessel using a pottery wheel.

Monday evenings, 6.30-8.30pm, starting 28 September 2015

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Tuesday evenings, 6.30-8.30pm, starting 29 September 2015

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Tutor Jess Richardson will be bringing some new contemporary ideas to our Cottingham ceramics classes

**What will you do next?**





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

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

### Memories of an interesting summer.

This year has brought in such a variety of horses with a huge variety of behavioural issues. They hail from far and wide....Swindon to Patrinton, Guildford to North Ferriby, Port Talbot, South Wales to Harrogate.....

It is such a fascinating world to work in. Not only is the variety of horses with their myriad of associations, historical influences and bespoke genetics a challenge in their own right but so is helping all their owners. They all need to gain personal confidence, to understand new ideas and techniques and master them too. My aim is that when they go home they will be a partnership and be fully able to carry on with all the future training.

1- This is Ron from Harrogate. He was an ex racehorse who came in with a history of bucking. His back was damaged from being forced to race at too young an age. After all treatments were carried out and he was pain free, my training started. Here Charlotte is riding him out for the first time!



2- This is Ron now, some 5 months later back home! He is schooling beautifully and Charlotte is competing him at jumping, dressage and showing. All these dreams and aspirations are finally coming true. Fantastic for them both.

3- Paisley (20 years old from Holderness) came in very frightened of traffic, especially tractors and large



vehicles. Helen had lost all confidence as a rider on her because she napped (refusing to go forward) ran backwards and spun to gallop home when confronted with a bus or lorry. Here we are training her at liberty, so she is free to leave at any time, with a noisy, smelly tractor and lots of positive reward.



By changing associations and working at the emotional level of the horse, we were able to change how Paisley felt and gave them both confidence in new techniques. Helen is now riding routes at home she has never attempted for 2 years ...all of them on bus routes and farm traffic routes. Paisley is rewarded at exactly the right moment in time for coping, for trying and for being calm. Perfect.

4- Prince from Guildford was an angry horse, unriden for 2 years because of his behaviour. He was with me to change all that and send home a horse Gillian could ride again and have fun with, together as a partnership. He had



lots of challenging behaviours all to do with historical associations so he defended himself. As the barriers came down such a nice horse appeared. Gillian is now riding him regularly and is learning to put in place all that she learned with us. Prince now has a certain future and she adores him.





## September = "Party Month"

Well I hope you're all reading this early in the Month otherwise the two main events in September, here at the Half Moon, will have passed into history, ----- which has suddenly made me start thinking all philosophical about future, present and past.

With two of my staff Laura and Lydia off to Uni. in Newcastle and three of my new staff Sam, Lily and Charlotte excited with their recent great GCSE results, congratulations to all of you, the future for them stretches way ahead, let alone my gorgeous grandchildren, two of whom have only just started primary school, while all the time I'm thinking Mike, you've got a lot of past lad! -- I've got to scroll down a very long way when registering my DOB on the Internet. But while embracing the past I hope I look to the future with an equally positive outlook as they do which is why I signed a new 5 year tenancy contract today. Sorry but you've got to put up with me a little longer yet.

Enough of this philosophising, back to the present and what's happening this month. First there's our Family Fun Day on Sunday 6<sup>th</sup> September featuring the "Skidby Bake Off" with best Victoria Sponge prizes for adults and Best Decorated Cupcakes for under 12's and under 16's. With Arts and Crafts competitions for Adults and under 12's. Children's sports competitions and not forgetting the Skidby Dog show, which was a great success last year. Which dog looks most like their owner? We'll soon know. Please see notices in the Pub, on our Facebook page and elsewhere for more details.

With a bouncy castle, giant slide, gladiator mat and giant games sighted in the paddock before 12 o'clock on Saturday until late Sunday evening we're planning a fun weekend for all.

Secondly there's my Third Anniversary Party on Saturday 12<sup>th</sup> September with free buffet, discounted drinks and a Disco to dance the night away. An opportunity for me to say thank you to all my customers and friends for their support. We've had some great nights the last two years I look forward to another one at "Skidby's Village Pub"

So let's all have a great September with hopefully an Indian Summer before the onset of Autumn, fingers crossed.

Lastly, for all my customers waiting patiently, I have promised that with the return from holiday of my head chef Nick that the Festive Party Menu's will be complete and published during the first week of September.

That's it, it's late, I'm finished, my deadline for publication was yesterday so I hope this will not be in vain and you won't be looking at a blank space below a picture of the Half Moon.

Cheers and thank you

Mike, and all the staff at "Skidby's Village Pub"

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## Public to have say on Council's dog breeding policy

**E**ast Riding of Yorkshire Council is urging residents to be careful when choosing a new puppy and warning dog breeders to make sure they follow the law.

Residents are also being invited to give their views on the council's dog breeding policy, which is under review.

The council's licensing team enforces dog breeding legislation to protect the welfare of dogs used for breeding and is reviewing dog breeding policy to strengthen controls and promote animal welfare.

The policy out for consultation sets out minimum standards expected by the council of dog breeders relating to issues such as accommodation, food, water, bedding exercise, disease control and transportation as well as limiting the number of litters a female can have and the minimum age for breeding.

The council is currently investigating eight allegations of illegal breeding and is warning people to be aware of the dangers of buying a puppy from someone who is not registered or from a puppy farm, which can often bring misery if the dog falls ill.

Some puppies may be illegally imported into the UK and are often sold online or via newspaper adverts or in pub car parks.

Sometimes, they are accompanied by incomplete or forged documents that leads the buyer to think the dog has been imported legally.

Before buying a puppy, the council advises:

- to check the puppy has been vaccinated but be aware that vaccination cards are easy to fake – if the vet's contact details are not visible or has a non-UK address the card may be false
- imported puppies must have a pet passport or a vet's certificate confirming it is microchipped, vaccinated against rabies, treated for worms and was over three months and 21 days when it was imported
- buyers should always see a puppy with its mother and it is best to buy from a local licensed breeder
- ask to see the father too, or at least a photo of the father, and be suspicious if the breeder cannot show you the mother or father
- pedigree certificates are not a guarantee for the condition of the dog and may not even mean the puppy is pure-bred – contact The Kennel Club for details of the accredited breeder scheme.

Councillor Shaun Horton, portfolio holder for community involvement and community partnerships at East Riding of Yorkshire Council, said: "Dog breeding can be a lucrative business and those unlicensed breeders who run a business will often cut corners and sacrifice animal welfare."

"Anyone thinking of buying a puppy should check the legitimacy of the breeder."

"The law on dog breeding is very clear and is in place for two key reasons – to ensure a high standard of welfare for animals and to give peace of mind to members of the public that they are buying from a reputable breeder."

A licence is also required for those who breed dogs as a business – selling two or more litters in a year is automatically considered to be a business but those breeding as a hobby do not need one.

Councillor Horton added: "Anyone found to be operating a business without a licence may face the possibility of prosecution or a fine as well as any proceeds from the sale being seized under the Proceeds of Crime Act."

The consultation will run until Wednesday, 30 September and can be accessed via the council's website – [www.eastriding.gov.uk](http://www.eastriding.gov.uk)

Details of The Kennel Club's accredited breeder scheme can be found at <http://www.thekennelclub.org.uk/breeding/assured-breeder-scheme/>

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## The Lawns Caravan Show - Another bumper weekend anticipated

**THE 2015 CARAVAN EXTRAVAGANZA WEEKEND**  
**Saturday 5th and Sunday 6th September**  
**at The Lawns, Harland Way, Cottingham,**  
**East Yorkshire HU16 5SQ**  
**open from 9am to 5pm each day**  
**admission: £3 per person, £7 per family**  
**(dogs admitted, but must be on a lead on the showground)**

**T**HE annual Caravan Extravaganza Weekend at The Lawns in Cottingham, run by the Hull and East Riding of Yorkshire Caravan Manufacturers' Association (HERCMA), is one of Britain's biggest caravan exhibitions and is the first place where members of the public can view the new season's models.

Nearly 25,000 people attended the two-day event from all across the UK last year and the organisers are anticipating at least as many coming along this year.

In addition to more than 140 touring caravans, about 160 caravan holiday homes, park homes and lodges will be on show from most of the country's leading names, many of them based in East Yorkshire.

More than 50 other companies and organisations will display products and feature services ranging from awnings to decking, verandahs and motor movers, plus finance and insurance, security products and almost every kind of accessory associated with caravanning.

There's something for everyone, so if you are looking to buy a new caravan or just something to use in or outside one, or looking for great places to stay, this is the place to go.

In addition to the well-stocked accessory shop run by Catterick Caravans, many dealerships such as Kenmore Caravans, Wandahome Knottingley, Wandahome South Cave, Yorkshire Coast Caravans and Catterick Caravans will have their own outdoor stands while representatives from many other dealers will be available to talk to on the stands of various manufacturers.

To keep the youngsters occupied, there will be a bouncy castle, face painting and balloon modellers, and there will be live music, with both a jazz band and a leading brass band entertaining the crowds.

A free show guide is also given out to all visitors to help them find their way around the huge showground.

Full details can be found on the website, [www.lawnsandbeaulieushows.com](http://www.lawnsandbeaulieushows.com).



## Ambassador Holidays

45 Woodlands Road, Hull HU5 5SE

**2015**

### Blackpool Illuminations

Friday 16th/17th October & Friday 6th/7th November  
 3 Days, 2 Nights D/B/B £119.00 Kensington Hotel  
 December Shoppers 3rd/6th Lincoln £19.00 :: Skipton £22.00  
 5th/12th/19th Grassington Dickensian £24.00  
 Meadowhall £18.00

### Earlybird - 2016

Edinburgh & Britannia, 2-Day 15th/16th May :: Sat 9th/10th July  
 Sat 6th/7th August :: Sat 10th/11th September  
 One Night D/B/B £139

### **\*\*By Popular Demand - Valentine's Special 2016\*\***

3 Day Valentine's Special at the Shap Wells Hotel, Cumbria  
 with "Champagne Reception" - 2 Nights D/B/B £112  
 Departs Sunday 14th, Returns Tuesday 17th  
 Love Yorkshire - 4 Day tour of Yorkshire Holiday Inn D/B/B £139  
 Snowdrops at Hodstock Priory February 6th and 28th £29  
 Isle of Wight Monday 14th March for 5 Days Quality Hotel £189  
 Easter in the Cotswolds - 4 Days, 3 Night D/B/B £148

### **Cruises 2016 - Sailing from Hull - Marco Polo**

Fjordland Splendor 8 Days, Sunday 15th May  
 Twin Inner £1,289; Ocean View £1,609 (P612)  
 Baltic Cities and St. Petersburg - 12 Days  
 Twin Inner £1,929; Twin Ocean View £2,419 (P613)  
 Iceland and Northern Isles - 12 Days Saturday 4th June  
 Twin Inner £1,749; Twin Ocean View £2,419 (P614)  
 Scottish Isle of Faroes, 6 Days, Thursday 16th June  
 Twin Inner £939; Twin Ocean View £1,279 (P615)

**For all sailing times and Itineraries, tel. 01377 241777 or 249260**

*We also have great pleasure in promoting the 'Open Gardens' season of East Yorkshire 2016. Invitations are cordially invited for entries with Ambassador for the forthcoming 2016 season.  
 Please call the above numbers.*

## Calling young dancers across the East Riding

**F**or young residents of the East Riding who are passionate about dance and have the talent and want to realise their potential – East Riding Youth Dance County Company is the place to be.

Auditions are to be held on Sunday 27 September 2015 at The Arts Garage 2, Tokenspire Business Park, Woodmansey. Rehearsals throughout the year take place (fortnightly) on Sundays from 10.15am to 2.15pm.

Artistic Director, Dawn Holgate, former dancer of Phoenix Dance Theatre, said: "Become a member of this company and enjoy a challenging working environment where you will learn new skills and develop your dance technique. Auditions will take place in September and we are looking for young talented dancers who want to develop their dance skills to new and exciting levels.

"Successful applicants will have the opportunity to create their own dance work, enhance their skills and perform to audiences across the region. You will also have the amazing opportunity to work with world class Dance Companies and have performance opportunities."

The group regularly represent the East Riding at local, regional and national performance events.

For more information, to book a place, or receive an application pack for County Company please call 01482 395320, or visit the web site on [www.eryd.co.uk](http://www.eryd.co.uk).

## Haltemprice Lion's "Young Persons Music Competition"

The Music Competition organised by the members of Haltemprice Lions Club will take place on Saturday, 7th November, 2015 at the Cottingham Methodist Church, Hallgate, Cottingham.

This is the second occasion the Lions have organised the event, on the first occasion all places were allocated within a short period of advertising and a similar number of applicants were left disappointed as all places had been taken, the advice is - if you intend applying do so immediately by telephoning 01482 847367 or email: [dwhincup@dwhincup.karoo.co.uk](mailto:dwhincup@dwhincup.karoo.co.uk) for an application form.

The total prize money will be approximately £1,200.00 for all classes and the competition is open to solo or group performers aged 12 to 18 years old. The performances will be assessed by an experienced and qualified adjudicator. Waste no time apply for your application form now.

## The Lions' Dinner to be held at the Lazaat Hotel on Thursday 12th November

Following the success of The Lions' Dinner held earlier this year, the Haltemprice Lions have organised another dinner to take place at the Pavilion Suite, Lazaat Hotel, Cottingham, at 7.30 p.m. on Thursday, 12th November, 2015.

The two speakers will be former England Test cricketers Chris Cowdrey and Geoff Miller, together with Hull's own Olympic Gold Medallist, Luke Campbell. Luke is promoting his own Foundation to support young people in Hull and East Yorkshire

to achieve their own ambitions and he has agreed to outline his initiative at the dinner.

The proceeds from the dinner will be in support of the Luke Campbell Foundation and the local Cystic Fibrosis Organisation to assist them with their initiative in supporting their members in the Hull Royal Infirmary. The Lions are grateful to the sponsorship given by Yorkshire Bank and others to be announced later. Tickets are £38.00 each or £350.00 for a table of ten, dress is black tie (or lounge suit) and the entertainment is attractive to all.

For further details please contact David Whincup by email: [dwhincup@dwhincup.karoo.co.uk](mailto:dwhincup@dwhincup.karoo.co.uk) or telephone 01482847367. If you cannot attend the dinner but wish to support the initiatives the Lions will welcome your donation or by supplying prizes suitable for an auction or raffle.

## Hull and District Cats Protection Homing Show on Saturday 26th September

Hull and District Cats Protection will be holding a Cat Homing Show on Saturday 26th September from 11.30 am to 1.30 pm in the Darby & Joan Hall, Finkle Street, Cottingham.

Come and meet the cats and kittens looking for loving, permanent homes.

Stalls will include cakes and preserves, cards and gifts, cat accessories and a tombola. Refreshments are available.

We will also be at The Lawns Caravan Show on the 5th and 6th September, and at Cottingham Market on 17th September.

Neutering vouchers are available for those on low income/benefit by calling 01482 657650.

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## Rotary Club of Holderness to hold Craft Fair at the Civic Hall on Saturday 24th October

Members of the Rotary Club of Holderness will be holding their annual Craft Fair at Cottingham Civic Hall on Saturday 24 October 2015.

Are you a crafter who would like to take part? If so, please email Janice on [redshaw@cottl.karoo.co.uk](mailto:redshaw@cottl.karoo.co.uk) for all the details. The fair is an established event which raises much appreciated funds for Rotary charities. There will be a good selection of refreshments available on the day, provided by the Inner Wheel members.

## Could your home be a green open home?

Have you installed solar panels on your home, or perhaps a wood burning stove or a heat pump? If you have had anything fitted to your home to lower bills and make it more eco-friendly, then it could possibly become a Green Open Home.

The Humber and Wolds Rural Community Council (HWRCC), working with East Riding of Yorkshire Council, are looking for green residents to take part in a series of events this autumn.

Called Green Open Home, the events work in a similar way to open gardens, where householders who have installed low-carbon measures, open their doors on a given day to interested members of the public and share their experience. Similar events have been very successful in other parts of the country and have inspired many of the people that have visited the properties to go on and install measures as well.

"People that have made green improvements to their home are in the best position to tell others about the benefits of doing the work but can also warn of any issues they found with the process," said Peter Hirschfeld, energy advice officer from Humber and Wolds Rural Community Council. "We plan to hold around 10 events in total and we are hoping to get a good mix of different types of technologies to see."

Councillor Symon Fraser, cabinet portfolio holder for asset management, housing and environment, said: "The council is pleased to be working in partnership with HWRCC on this project and would encourage any resident who has had green technology installed and would like to talk about their experience

to come forward and volunteer as a Green Open Home.

"Low-carbon, eco-friendly and cost-effective green technology is becoming a key part of meeting energy needs and of course it also saves people money on their energy bills. Accessing local advice will help residents make an informed decision on what would be suitable for their home."

Training and support will be provided to all households volunteering to hold an event. If you think you could be a Green Open Home or would like to be added to the list of residents interested in taking part in this event, contact Matt Lewer, special projects officer (housing), on (01482) 396113 or email [matt.lewer@eastriding.gov.uk](mailto:matt.lewer@eastriding.gov.uk)

For further information on the concept of Green Open Homes visit [www.greenopenhomes.net](http://www.greenopenhomes.net)

## Residents needed to help council's bid for innovative heating project

East Riding of Yorkshire Council is asking residents who heat their homes with oil or LPG systems to contact them as they try to secure funding for an innovative pilot project.

The council, in partnership with Community Energy Solutions, (CES) is just one of a handful of local authorities across the country who have been invited to bid for additional funding from the National Energy Action's innovation fund.

If successful, the money would provide hi-tech heat pumps in private homes which were previously ineligible due to the limitations of the technology.

In order to make the bid, the council would like to hear from residents who:

- have an oil or LPG heating system
- live off the gas network in a larger than average property
- live in an older property with solid walls
- are struggling to heat their homes due to the cost of fuel.

The council and CES will then assess the enquiries to see which could benefit from this project.

Over the last seven years, the partnership between the council and CES has enabled more than 130 air source heat pumps to be successfully installed into private sector homes off the gas network replacing existing systems and reducing fuel costs.

It is due to the success of this project and other successful schemes run by the council to reduce fuel poverty that they have been invited to bid for this funding.

Councillor Symon Fraser, portfolio holder for asset management, housing and environment at East Riding of Yorkshire Council, said: "I'm proud that due to the council's track record of helping people reduce their fuel costs that we've been chosen to help pilot this project.

"It is hoped that this funding will enable us to widen our work which helps East Riding residents to reduce their energy costs and live in a much improved home environment."

Tom Shepherd, project manager at Community Energy Solutions, added: "Heat pumps are a cost-effective way of heating homes and have lower running costs than oil or LPG.

"If you reduce the oil or LPG used and run a heat pump instead people will reduce their overall heating costs."

\* Anyone who has an oil or LPG heating systems, lives off the gas network in an older property with solid walls and are struggling to heat their home due to the cost of fuel should contact East Riding of Yorkshire Council on (01482) 396301 or email [energyefficiency@eastriding.gov.uk](mailto:energyefficiency@eastriding.gov.uk)

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## Beach restrictions reminder for dog walkers

**D**og walkers are reminded there are a number of restrictions on where they can walk their dogs on the county's beaches. The restrictions, enforced by East Riding of Yorkshire Council, will run until Wednesday, 30 September and the four beaches which fall under the restrictions are:

Bridlington north beach – from the northern end of North Marine Promenade to a line extending east from Limekiln Lane

Bridlington south beach – from the south pier to a line extending east from Kingston Road

Hornsea beach – from the concrete ramp at Headlands View to the steps south of Sands Lane

Withernsea beach – from the access ramp opposite Seaside Road to the beach access steps 100 metres south of Pier Towers.

Dog wardens are patrolling the restricted areas and so far have issued five fixed penalty notices of £75 to people breaching the order on the areas in Bridlington.

Councillor Shaun Horton, portfolio holder for community involvement and partnerships at East Riding of Yorkshire Council, said: "The East Riding has around 30 miles of beautiful coastline for people to explore and enjoy.

"These restrictions are on a limited section of beaches allowing families and visitors to enjoy the seaside without being bothered by nuisance dogs or dog fouling."

Anyone caught walking their dog in the restricted areas during the period of the ban may be issued with a £75 fixed penalty notice.

Anyone with information about dogs on beaches during the restricted period or to report dog fouling should contact East Riding of Yorkshire Council's dog warden team on (01482) 396301 or email [dog.warden@eastriding.gov.uk](mailto:dog.warden@eastriding.gov.uk)

## An invitation to get social this Friendship month

**T**he Oddfellows in East Yorkshire is hosting a number of special taster events to celebrate Friendship Month this September.

The Society's awareness month, now in its sixth year, aims to bring communities closer together and to highlight the importance of friendship to the nation.

Steve Duke, Branch Secretary, said: "We want to create opportunities for people to get out and about and do something, with someone – to have fun together and hopefully start new friendships. Everyone's welcome to come along to our events. They're a great opportunity to enjoy a taste of what the Oddfellows can offer as a friendship group."

The Society's events are either free or inexpensive to attend and this September includes:

Humber Wolds Walking Club/Walk. Cloughton/Hayburn circular walk of six leisurely miles, followed by a drink in the Café in Cloughton; 21 September; meet at the Café in Cloughton Village 10.30am. All welcome.

Quiz & Bingo. A light hearted quiz with two games of Bingo, followed by a buffet supper.

18 September at Beverley Conservative Club, Wylies Road, Beverley, 7.30 pm. Quiz £1 per person Bingo £1 per ticket of two games, each for a line then full house. All welcome.

To find out more about these and other events, call Howard Cole on 07732 585186/01430 879301 or email [cole3@yahoo.co.uk](mailto:cole3@yahoo.co.uk). For further information about Oddfellows Friendship Month and to enter a free prize draw to win a luxury cream tea hamper visit [www.friendshipmonth.com](http://www.friendshipmonth.com).

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## HALLOWEEN DINNER & DISCO

**Friday 30th October  
(fancy dress optional)**

**£28.50 per person**  
£140 to stay over including event,  
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## MURDER MYSTERY with It's Murder!

**Friday October 16TH –  
PSYCHIC INTERFERENCE  
Friday November 20TH –  
MASKED MURDER**

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## Local pensioner takes on marathon challenge!

**A**fter many years of running and raising thousands of pounds to support local charity HERIB, pensioner Carol Winter has finally hung up her running shoes. At least that's what everyone at HERIB thought.

Instead, Carol has decided to come out of running retirement and with support from her family and friends; Danielle Winter, Lizzie Ducker and Andrew Fellows-Freeman, will be taking part in this year's Hull Marathon as part of a four person relay.

The RB Hull Marathon takes place on Sunday 13th September 2015 and will see runners take on 26.2 miles of a flat and fast course along the historic streets of Kingston upon Hull. The route also takes in East Park, the KC Stadium and

the world famous Humber Bridge before Carol herself will complete the final leg and have the satisfaction of crossing the finish line for Team HERIB.

"Sadly ongoing injury means I simply can't run the entire race myself, but sharing the experience with my family and friends is the next best thing," said Carol who is hoping to once again raise vital funds for HERIB; a local charity which helps visually impaired people in Hull & the East Riding.

"Carol is a real inspiration to all of us," commented Angela Gregory, HERIB's Fundraising manager. "At an age when most of us would be putting our feet up and relaxing, she is continues to push herself to help others in need. We hope as many of our members and supporters as possible will make their way down to the race to cheer her on."

If anyone would like to support Carol's fundraising efforts, donations can be made at HERIB's centre on Beverley Road or at Winters 4 Shoes shop, Hallgate, Cottingham.

For more information about HERIB and its services please call 01482 342297 or visit: [www.herib.co.uk](http://www.herib.co.uk)

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## Helping households to keep warm and healthy

**A** public sector partnership is keen to hear the views of residents and local communities on a new affordable warmth strategy.

East Riding of Yorkshire Council, working with a range of other local organisations, such as NHS East Riding of Yorkshire Clinical Commissioning Group and East Riding Age UK, has developed a new draft affordable warmth strategy.

The new strategy will build on the success of the 2012 strategy and provide a strategic framework for all action in the East Riding on the issue. It recognises the importance of helping residents to insulate their homes, access the cheapest energy available to them and reduce their energy bills. The draft strategy also includes actions to raise awareness of the issue of fuel poverty, particularly in rural communities off mains gas.

Living in a cold and damp home can have serious impacts on health and wellbeing. This is especially true for people with an existing health issue, over 65s or children under five-years-old. Respiratory conditions, such as asthma and bronchitis are exacerbated by cold conditions. Other issues include increased risk of heart attack and stroke.

Councillor Jonathan Owen, deputy leader of East Riding of Yorkshire Council and chair of the East Riding Health and Wellbeing Board, said: "The council and our partners recognise that they have an important role to play to work together to tackle this very serious issue.

"By training frontline staff to be more aware of the signs that someone needs help, we hope to make every contact count, ensuring those in need get referred through to the right support."

The draft affordable warmth strategy is available to view at <http://bit.ly/ERAWS>

Any questions or comments should be sent to Matt Lewer, special projects officer (housing), at [matt.lewer@eastriding.gov.uk](mailto:matt.lewer@eastriding.gov.uk) or on (01482) 396113.

The consultation ends on Monday, 14 September 2015.

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# H.A.G.

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## Maps encourage cyclists to get on their bikes and explore the East Riding

Cyclists in East Yorkshire can try out dozens of new leisure cycle routes starting from the various locations across the East Riding using free maps produced by the council's transport policy team.

The maps are designed to encourage people to get on their bikes and try cycling as a healthy and sustainable way of travelling around the local area. There are town centre walking/cycling maps for key towns showing the walking routes most likely to have dropped kerbs/tactile pavings and to be treated in extreme winter weather and the cycle routes in the area. These are available for; Beverley, Bridlington, Driffield, Goole and Haltemprice.

There are also maps showing circular leisure cycling routes with rides of between 1 and 30 miles, suitable for everyone from novice cyclists to experienced riders. These are available for the Beverley, Driffield, Pocklington, Goole and South Holderness areas.

Councillor Andy Burton, cabinet portfolio holder for planning, highways and transportation at East Riding of Yorkshire Council, said: "We have been extremely pleased with the popularity of our walking and cycling maps and leisure cycle maps.

"Cycling is a great way to get active while exploring the beautiful East Yorkshire countryside and we hope that local and visiting cyclists will enjoy the rides included on these maps."

The maps can be downloaded for free from the transport policy page on the council's website or copies can be requested by emailing [transport.policy@eastriding.gov.uk](mailto:transport.policy@eastriding.gov.uk)

Copies can also be obtained from tourist information centres or by calling the transport policy team on (01482) 391756.

## Chamber Music in Hull and the East Riding

Lovers of chamber music in our area can look forward to great feasts of music in the coming months.

The Beverley Chamber Music Festival runs from Wednesday 23rd to Saturday 26th September at St Mary's Church, Beverley, and features a stellar line-up. The Carducci String Quartet will be in residence, teaming up with viola player Rachel Roberts for Mozart's String Quintet in C major and with American cellist Ralph Kirshbaum for Schubert's sublime String Quintet. Other highlights include the return to this area of the Canadian clarinettist James Campbell and Italian pianist Alessandro Taverna, a harp recital by Louise Thomson, and a special lunchtime concert in memory of the violinist Peter Cropper, given by Festival Director Martin Roscoe and cellist Moray Welsh. There are also masterclasses at the Hexagon Music Centre for young players of the viola and clarinet, and a grand gathering of aspiring harpists.

For further information see [www.beverleychambermusicfestival.org.uk](http://www.beverleychambermusicfestival.org.uk) or telephone 01229 861325.

Hull Chamber Music ([hullchambermusic.org.uk](http://hullchambermusic.org.uk)) starts its new season at 7.45 pm on 15 October in the Lindsey Suite at the University of Hull, with an evening of music by Bach, Tabakova and Mozart given by the Artea String Trio. Over the following months we shall welcome the award-winning Brook Street Band; the Fine Arts Quartet ('one of the gold-plated names in chamber music'); acclaimed young cellist Jonathan Bloxham playing Bach Cello Suites, the Brentano Quartet (whom you may have heard playing in the film A Late Quartet); and Ensemble DeNOTE, specialists in chamber music of the classical era.

Tickets may be obtained from The Music Office, University of Hull, tel. 01482 465148, email [sdms@hull.ac.uk](mailto:sdms@hull.ac.uk); or from the Hull City Hall Booking Office.



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BDS

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Following on from the stunningly successful event last year and all your positive comments, Graham Porter Caring Dentistry will again be hosting a coffee morning as part of the **'Macmillan Cancer Support Biggest Coffee Morning In The World'** on Friday September 25th from 10.00 am to 1.00 pm.

Please come along, enjoy a coffee and help raise as much money as possible for this most worthy of causes.

Another reason to pop in? We shall be introducing the latest addition to the team. Exciting times!



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



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## Beverley Friary Open Day - 5th September

The Beverley Friary is having an open day between 10.00 am and 16.00 pm on Saturday the 5th September 2015 when it opens its doors for a browse around. The Friary is situated in Friars Lane adjacent to the Minster and is a 600 year old building set in its own Gardens. A renovation project was completed three years ago however many original features remain within the building including the Great Hall.

An exhibition room has been established to outlining the full history of the building. The Friary is run by the Youth Hostel Association and has so much to offer. It can accommodate 32 guests at any one time having three of its rooms with ensuite facilities and is ideal for guests of all ages.

You do not need to be a member of the YHA to stay rooms are available for anyone although members receive a discount. Bookings can be made for 1 or more nights, exclusive hire for weekends or midweek and it is a wonderful wedding location ideally for day time guests of around fifty. So why not come to our open day and view the Friary and its facilities.

We hope to see you at the open day when refreshments entertainment and much more will be available.



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*For Membership details Ring Theresa on 823032*

### Crossword solution from page 14

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## Stress

If you feel stressed to the extreme a great deal of the time and you yearn to increase your level of productivity both at home as well as at work then what you require is a more effective means of managing your time. Here we look at some tips for time management that can help you to feel less overwhelmed.

Developing effective time management skills is so important for everyone. The skills that involve time will make it easier for you to accomplish what needs to be done. This can then help to reduce the amount of stress you feel and it will also lead to a happier, healthier and more satisfying life.

### Plan and Write Up a To-Do List:

Planning ahead can help put you back into the driver's seat of your own life. How do you do that?

It is simple really. Write up a to-do list and put the most significant tasks at the top of the list. Mark each item off as you get it done. It also helps to keep a record of your schedule in regards to appointments, meetings, deadlines, etc. In this way you are more prepared and are less likely to be flustered or harried.

Now it is time to take the to-do list one step further. In other words, you should give each and every one of your tasks the priority they deserve. To use an example, of all of the items on your list today what must be accomplished as soon as possible and absolutely cannot wait until tomorrow? What can wait for another day? If you can prioritize items and tasks in black and white then you will be calmer, more relaxed and more centred.

This equals less stress and reminds you that everything on your list is not do or die. Plus life is about more than just 1-2-3 on a list.

### Seek Balance in Your Life:

Figure out what is most significant and then get to it first.

This is especially important if it is something that you are not looking forward to doing. You want to be as fresh as possible when you tackle such a task so pencil it in for early in the day. Then once it is over you can get on with the rest of your day and you will not have to worry about it anymore. Keep in mind too that some things you need to do will take up larger blocks of time than will others.

Balance in life is essential to not having to cope with a stress overload. Strive for this balance when it comes to how you manage your time. You have your personal life and your professional life and both matter tremendously. Do not let work take over your life to the point where you leave yourself no time for loved ones and friends and no time to enjoy pursuing your favourite activities.

Take a close look at all of your responsibilities, your work related tasks, your family unit, and your social activities and find ways to balance it all out. Overdoing anything to the exclusion of other things can lead to neglect of something significant in your life or even worse-burnout. Manage your time well and the same can be said for stress management.

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