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"Taking the soft option . . .

uite often the questions we get asked from customers are not about if they should have a Water Softener, they often have already been convinced they should have one by friends or relatives; but practical ones such as;"we would love to have a softener, but they are great big ugly things that have to go in a utility room aren't they?" or "aren't they very complicated and fiddly to use?" or "don't you have to lift huge bags of salt?".

We take great delight in explaining to customers that whatever pre conceptions they may have had about Water Softeners of old, that modern, efficient, compact and well designed Water Softeners are now available that can often fit conveniently in any kitchen , they can be fitted , neat and tidy, in a few hours by our skilled fitters with no fuss. Approximately the size of a computer tower unit the softeners are stylishly designed to fit in in the minimum possible space and on our free no obligation site survey we will discuss the various options and possibilities depending on the specific plumbing and kitchen layout in the customer's home.

Are they complicated to use? Well, they used to be, with dials and meters and plugs and sockets and programmes to input, but ,although this type of softener is still available, worry not! there are modern, simple, eco friendly units that are kinetically powered by the water, these units are pre- programmed and the only attention they need is topping up with salt every now and then.

Softeners of old tended to be of the type that required to be filled from large 25 kilo bags of Salt Tablets or Granules and this could be difficult for some customers, I am pleased to say that whilst as stated above this type of softener is still available, modern compact Water Softeners take compact, handy sized salt blocks that are easily stored and convenient to use.

The comfort benefits of soft water for bathing, hair washing, and soft, fluffy laundry are well known to Softener owners and it is often this as much as the cost savings, protection of appliances and pipe work and even the easier cleaning that they enthuse about to family and friends.

Water softeners work 24 hours a day to protect your home from limescale and provide beautifully soft water as well as saving you money, with more efficient and longer lasting appliances, and make the chore of cleaning the shower screen a breeze!

Please give me a call if you have any questions; we offer a free no obligation site survey- testing water hardness, customer requirements and checking the plumbing to recommend the best solution.



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In Cottingham and District

Beverley Flower Club

Monday 4th September - Are having a demonstration by Kath Gibson from Tyne and Wear, at 7.30.p.m., her title is 'Around the World'. Kath enjoys traditional and contemporary deigns which she incorporates into her demonstration. Beverley Flower Club meet at Longcroft Lower School the first Monday in the month except Bank Holidays, when our meeting is held on the second Monday. Visitors are very welcome, the cost to see Kath Gibson is £6.00, and payment can be made at the door on the evening. We are sure it will be a very enjoyable evening, please come and join us.

The Back Care Group

Tuesday 5th September - Speaker: Alan Bowman. First Tuesday in the month - Everyone welcome. Refreshments available. Raffle. The Back Care Group meet at the Boulevard Village Hall (near St. Wilfreds Catholic Church), from 1.30pm. Membership is £5 per annum or £7.50p for a couple.

Haltemprice Art Group

Tuesday 5th September - Social and Enrolment Evening Tuesday 12th September - Transport Theme

Tuesday 19th September - Sketching Night - Still Life or Model Meetings take place at the Cottingham High School, Harland Way, in the Art Room on the first floor, 7.00 pm. to 9.00 pm. Old and new members are welcome at any of our meetings.

Cottingham Men's de Luda Society

Wednesday 6th September - Jim Shaw - Cinemas of Hull, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Skidby Branch of the Yorkshire Countrywomen's AssociationThursday 7th September - They will meet at 7-30 pm in the Village Hall when the speaker will be Dave Roberts from Humber Rescue.

Cottingham Ladies Circle

Thursday 7th September - Social Afternoon, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm. *PLEASE NOTE NEW MEETING TIME!*

East Yorkshire Group of the Hardy Plant Society

Thursday 7th September - at 7.30 pm in St Mary's Parish Hall, North Bar Within, Beverley. Janette Merilion 'Tints of Autumn'. Further information from Lois Scott 01482 494276.

Cottingham Branch of the Royal British Legion

Saturday 9th September - Sequence Dance in the Darby & Joan Hall, Finkle Street from 7.00 pm to 10.00 pm. Tea/coffee, harvest supper, raffle, etc. "Great Music", so come and enjoy yourselves. Tickets £5.00 each. Tel. Allen 01482 841604.

East Yorkshire Embroidery Society

Saturday 9th September - Bronte Quilt - Sarah Williamson, in the Darby & Joan Hall, Finkle Street, at 2.15 pm. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits. www.eyes-embroidery.co.uk. Contact: eyes.eyes@outlook.com.

Front cover: Harvest Time, Castle Road, Cottingham. Photo: Paul Lakin.



Cottingham Catholic Women's League

Monday 11th September - Speaker: Liz Pacey - "Growing Old Disgracefully", in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 p.m.

Cottingham Women's Institute

Tuesday 12th September - Hull Animal Welfare. Competition: Animal jewellery, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church hall

Tuesday 12 September 2017 - Outside visit - Night Photography - 7.30pm

Tuesday 26 September 2017 - 7.30pm

Interested in photography? Why not give our friendly group a visit? New members welcome. All levels. Contact for further details:- John on 842169 or john@jcmhome.karoo.co.uk

Cottingham Green Women's Institute Evenings

Thursday 14th September - Yvette Grindley - The Community Orchard. Competition: Fruit related item. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

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Thursday 14th September - Philip Walker - Being British, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

Wold Lace Makers

Saturday 16th September - Annual Lace Day, speaker Scilla Stephenson '400 years of Lace, Tickets £3.50, at 10.00 am to 4.00 pm, in the Marist Hall, Church and Parish House, 119 Cottingham Road, Hull HU5 2DH. Members £1.50; Non-Members £4.00; Everyone welcome. Disable Access.

East Yorkshire Woodturners.

Tuesday September 19th - 6.45pm: Demonstration by popular professional woodturner & magazine author, Sue Harker from Bridlington. Meetings are every third Tuesday each month at Skidby Village Hall. Visitors are always welcome, whether woodturners or just interested. £3.50 on the door. For further information please contact David Taylor, Secretary, 876702. cotters@cotters.karoo.co.uk

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

Tuesday 19th September - AGM, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com.

Hull and East Riding Antiques and Fine Arts Society

Tuesday 19th September – Matthew Williams "William D. Morgan, A Victorian Art Potter", 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 657574.

Cottingham Evening Townswomen's Guild

Wednesday 20th September - Social Evening, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street.

Cottingham Men's de Luda Society

Wednesday 20th September - Tony Featherstone - Village Life in the 30's, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Continued on page six

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Continued from page five

Cottingham Ladies Circle

Thursday 21st September - Pam Trays - Her Breast Friends Charity, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm. *PLEASE NOTE NEW MEETING TIME!*

Hull Alpha Probus Club

Thursday 21st September - Coffee Morning at 10.00 am. This is a social club for retired Business and Professional persons. We meet every two weeks at the King William IV, Hallgate, Cottingham. We usually have a short talk by one of our members on a subject of their choice. If you would like to join us for any of these events, please advise the Secretary, tel. 01482 815132, or the Treasurer, tel. 01482 844125, before 12 noon on the Tuesday prior to the event.

East Yorkshire Association of the National Trust

Thursday 21th September - AGM followed by an illustrated talk, in the Cottingham Civic Hall, 7.30 p.m. Non-Members welcome.



Cottingham Men's de Luda Society

Sunday 24th September to September 27th - Visiting the *Mary Rose* in Portsmouth.

East Riding Flower Club

Monday 25th September - Carys Harrison from York will give a flower demonstration called "Have Passport will Travel. In the Pavilion Suite, Willerby Manor, at 2.00 pm. Visitors welcome, £5 at the door. Enquiries 876279.

Wednesday Social Club

Wednesday 27th September - Quiz, in the small hall at the Darby & Joan Hall, at 2.00 p.m.

St Michael's Church, Skidby

Friday 29th September, 10-30 am - 12 noon, coffee morning in church. Join us for our monthly coffee morning and enjoy coffee, home made cakes and friendly chat. All proceeds towards the upkeep of the church.

National Vegetable Society,

East Yorkshire District Association

Monday 1st October - Annual Show. We meet at The Beverley Conservative Club, Wylies Road, Beverley, commencing at 7.30pm. A light supper is served. Raffle. Fees at £2 per meeting. A pay car park is available with fees redeemed when purchasing from the bar.

Bishop Burton Gardeners' Club at Beverley

Tuesday 3rd October - World of Ferns - Neil Timm. At 7.45 pm in St Mary's Church Hall, North Bar Within, Beverley. You are welcome to join us for a talk by Janette Merillion entitled 'Spring Fever'. Entry for non members £4 which includes tea/coffee and biscuits. For more information contact 01482 865432. New members welcome.

Cottingham Local History Society

Wednesday 4th October - Talk by John Phillips - Redating the Minster - Beverley in a New Light, in the Red Hall, Hallgate Primary School, King St, Cottingham starting at 7.30 p.m. Meeting fee, members £1; non-members £2. Contact: Peter McClure 01482 845734.

Cottingham Men's de Luda Society

Wednesday 4th October - John Tilson - Stonewall Jackson, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Cottingham Ladies Circle

Thursday 5th October - Tony Pace - Hebridian Holiday, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm. *PLEASE NOTE NEW MEETING TIME!*







The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held outdoors in the summer months and indoors in the winter months. Club competitions and social gatherings form an important part of the Club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email revtrev2@revtrev2.karoo.co.uk

Hull Folk Dance Club

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Tuesdays 7:30 to 9:30 pm; Darby & Joan Hall, Finkle St. Cottingham. Enjoy a free tea/coffee and biscuits and get to know the members. Come alone or bring a friend for light exercise in a friendly environment. All dances are walked through before being set to music. No experience is necessary, beginners are welcome. Your first visit is free. More information from Keith Alexander 01482 509751 or Jan Gray 01482 840367. www.folkdance.me

Kirk Ella & Willerby Short Mat Bowls Club

St. Andrew's Memorial Hall, Beverley Road, Kirk Ella, HU10 7QA, (opposite the Police Station). Sessions on Mondays & Thursdays 2.00 pm - 4.00 pm. NEW MEMBERS VERY WELCOME! Fun, social short mat bowls club with a tea and biscuit break! £3 per session, FREE first session. Club woods available to use, just bring clean flat—soled footwear. Come along to any future session and give it a try! (aim to arrive around 1.45 pm so we can source bowls for you) For more information contact Ian/Brenda on 01482 650157 or email bgih@hotmail.co.uk.

Continued on page 29



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

JJ's SMART Repairs is a family firm based in Station Road near the Cottingham station. And since opening, father and son John and Jack Allen (hence JJ's) have welcomed a succession of satisfied customers.

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

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

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

JJ's specialise in Bumper Scuffs, Smart Alloy Wheel Repairs, Power Polish, Headlight Polishing and Summer and Winter Waxings.



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Property News from Martin English of Homelink

Cleaning' - deposit disputes (Part II)

he type and size of the property is an important factor when deciding whether cleaning costs are reasonable. For example, a 5 bedroom house would take longer to clean than a 1 bedroom flat.

Similarly, the cleaning of a bathroom mirror would not require an equal amount of cleaning as a bath or shower. For this reason 'Standard Charges' are often considered unreasonable by an adjudicator, unless these are specifically explained to the tenant in writing at the start of the tenancy and agreed to by the tenant in writing. A landlord can also support their claim by producing invoices or receipts for work carried out by a professional cleaning contractor, as costs are usually balanced against market rates and geographical location.

Where landlords charge an hourly rate to clean the property themselves, this can be more problematic for adjudicators because it is harder to justify the rate against the time spent cleaning. Tenants also complain that regardless of their efforts to clean the property themselves deductions are made no matter what the state of the property at the end of the tenancy.

It is important to remember that the tenant is only obliged to return the property in the same state of cleanliness as at the start of the tenancy, after allowing for fair wear and

It can be left tenants stuff as well as cleanliness

When it comes to cleanliness often disputes arise between landlord over what has not been done in terms of the level of cleaning or cleanliness. However, this topic is often wrapped up with what the tenants leave or fail to take away from a rental property. Any landlord who has had the task of having to clean out a buy-to-let will know that cleaning out a fridge freezer, or loft of discarded trainers, food is both time consuming and can be un pleasant. If the items amount to an old sofa, bed or set of drawers these are not only difficult to dispose of but can be expensive. The hire of a van or a man with a van is not an insignificant amount of money so on left tenants stuff, where do I stand?

Clearly, the costs of removing unwanted items from a rental property at the end of a tenancy are legitimate deduction from a tenant deposit. The essential thing is that the landlord can evidence the fact that the items were not there at the start of the tenancy.

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



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Old school hints & tips and some food for thought . . .

Well here we are, September already, this year is flying by. As its back to school month, when colleges and adult education centres start running their computer courses, I thought it would be a good idea to feature some 'old school' hints and tips.

Firstly, something I am often asked about is saving files, where to put them and how to find them. If you use Windows 7 you'll be used to seeing your folders on the right-hand side of the Start Menu i.e. My Documents, My Pictures etc. Well in Windows 10 (and 8.1) they don't appear in the same way; you may have a shortcut to Photos and that's it. The idea in Windows 10 is to use File Explorer (the yellow folder icon on the bottom taskbar). Here you will find all your folders, just double click to open. A quick shortcut to this is to hold down the Windows key on your keyboard and then press E.

If you wish to customise the Start Menu in Windows 10 you can remove any unwanted tile by right-clicking on it and click unpin from Start. Conversely, if you want to add a folder/s to the start menu, like Documents etc, just open File Explorer and right click on the folder and click Pin to Start. You will usually find the tile will go to the bottom of the Start Menu, so find it and drag it further up if required.

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Unpinning a tile doesn't uninstall the program. In order to do this, you can either go to Control Panel, and Programs and uninstall. Or click the Start Button, then the Settings icon on the left, and click Apps (remember Apps and Programs mean the same thing).

The taskbar is the black or grey bar at the bottom of the screen. If yours has moved to another part of the screen inadvertently and you want to move it back then left click on the bar and drag it back to the bottom. If it won't move it must be locked, so right click on it and select Properties and untick 'lock taskbar'. Then click to lock it again when you have moved the bar

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Most computers come with a choice of web browsers. The one that's always been there of course is the familiar blue e of Internet Explorer. However, this is starting to show its age now and many users have been experiencing 'script errors' and other annoyances. In Windows 10 the new browser is Microsoft Edge, this confusingly uses a similar blue e icon. Other browsers available are Google's own Chrome, Firefox from Mozilla, others such as Opera, and even Safari from Apple, all are available and free to use. My personal favourite is Chrome which is also available for other devices such as smart phones and tablets. The advantage there is that if you sign up for Gmail too, you can share your bookmarks and browsing history across all your devices.

Tip: ESET banking & Payment module works with Chrome and Internet Explorer, and Firefox, but does not work with Edge because of the way Microsoft has programmed it. You may want to change to another browser, this is what Windows calls changing your default browser. To do this just type Default into the search box next to the Start Button and click on Default apps. Click on the name of the current browser then from the menu that appears, choose the name of the one you want to change to.

Windows Creators update which I mentioned in previous articles is still rolling out, and many people have asked me about the question of reviewing privacy settings. This basically means the amount of information sent to Microsoft from your computer. You will be asked to choose yes or no to various settings – your choice.

Now a very serious subject - who owns digital data when you pass away? We all know what happens to our physical assets when we die - our homes, money, and belongings are passed on as we request. But what about our digital estate? Many of us have purchased digital content over the years and you may have built up quite a collection of books or music tracks for instance from iTunes, Kindle, Amazon etc., but who owns it? The terms and conditions you agreed to (that nobody ever reads) state that you own this digital data during your lifetime but it cannot be given away or sold on. This has turned into bit of a legal minefield. Whilst your family might not be interested in your collection of Barbara Cartland novels or your Al Jolson music collection, what about all your family photos? If they are stored on your own computer that's no problem, but if they are on an iPad and stored in iCloud and you no-one in the family knows your Apple ID and password, that's when it becomes difficult. We all write a will, so the best advice is to compile a list of all your usernames and passwords in case the worst ever happens. I noticed recently that Amazon even sell a little book morbidly named 'I'm dead, now what?' for this very purpose!

On a lighter note, if you want someone to talk to at home who always give you an honest answer, well most of the time anyway, get yourself a digital assistant like Amazon Echo or the cheaper Echo Dot. These neat little units connect to your Wi-Fi router and await your command. The voice is called 'Alexa' and she can answer questions, provide news and sports updates, add things to your shopping list, remind you to do things and provide a timer or alarm, and even tell jokes. She always responds when her name is called, so if you have anyone else in the family called Alexa, they may have to change their name!

Last month saw a good uptake of my article 'things to consider when buying a new computer. If you would like a copy, just drop me an email.

Richard Mills
RDM Computers
Cottingham

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12 September - www.cottinghamtimes.co.uk

Wordsearch - Golf

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



Find the words in the letters above:

Albatross, Approach, Back Nine, Backspin, Ball, Birdie, Bogey, Bunker, Caddie, Cart, Chip, Clubhouse, Clubs, Condor, Course, Divot, Driver, Driving Range, Eagle, Fairway, Flagstick, Fore, Green, Grip, Gross Score, Handicap, Hole In One, Holes, Hook, Iron, Net Score, Par, Putter, Rough, Rules, Shot, Slice, Stroke, Swing, Tee Off, Trees, Water Hazard, Wedge, Wood.

Wordsearch courtesy of http://www.puzzles.ca/wordsearch.html

Sudoku No. 128

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

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





MARIONOWENTRAVE





September is about to be upon us. write this month from our sailing along a French canal. A super leisurely time had by all. There are six of these modern barges plying the French canals throughout the summer months. All inclusive with

the most interesting of excursions included. If you would like to know more just give myself or Lynne a call.

Iceland is very popular. January is now full flying from Humberside so a new date has now been added, departing 16th February 2018 to the North of Iceland. From £699 for 3 nights B&B including a Northern Lights excursion, plus a full day of Fire & Ice. There are plenty of optional tours, Whale watching and bathing in beer are two pressing my buttons! Don't delay I am sure this date will also sell out fast.

Secret Gardens of Tuscany a fabulous itinerary visiting gardens of the Ducal Palaces 6 days of gardens including lunch (1 free day to relax in Montecatini Terme). Our hotel is the 4 star Toretta hotel located in a super setting departs on 4th June 2018 for 7 nights. Sit back and relax from the moment you leave home and enjoy a great week. All meals included except one lunch, fully guided and all entrances £1726 per person twin share, limited singles please ask.

TOP TIP: I know many people carry medication already sorted into weekly or monthly daily doses. Please remember that when doing this you do not have the full details of your prescribed medication. In the case of an emergency either you need to have everything written down handy or take along the empty cartons. This will allow the hospital to get on with your treatment quickly. Otherwise your medication will have to be established before they can commence treatment. Travel insurance: when travelling in the UK we have a special policy with no age or medical conditions excluded as long as you are not travelling against doctors orders. For example for a 2 day holiday it is just £8.05

Do remember we are a full travel agency, we book financially protected holidays and you never have to worry about the security of your holiday. Why book direct with an operator when it costs no more to book with us and have our help in the event of unforeseen circumstances both before or when you are travelling with our 24 hour service.

We have a wealth of first hand knowledge travelling around the world by land, sea & air. We have the answers to make your travel simple & hassle free, leaving you to enjoy your

holiday. All you need to do is pick up the telephone or visit us in our office.

We look forward to creating your special memories when we book your next holiday where ever in the world you have on your

"Book it List"... Marion.

Our very own exclusive holidays by coach, experience the difference

Harrogate Autumn Flower Show - Day Outing 4 Sep Historic & Scenic Southern Wales 6 days Half Board a very interesting & special inclusive itinerary of sightseeing. 5 Oct Hroom HB+. A moving tour of many sites also includes the Last Post. 15 Oct Harrogate, Shopping & afternoon tea 1 night at the Majestic HB £ 1 and Doct HB+. A moving tour of many sites also includes the Last Post. 15 Oct Harrogate, Shopping & afternoon tea 1 night at the Majestic HB £ 1 and Doct Hall 3 night weekend "Big night Live ~ the Troubadours" £ 2 and Doct Hall 3 night weekend "Big night Live ~ the Troubadours" £ 2 and Doct Hall 3 night weekend "Big night Live ~ the Troubadours" £ 2 and Doct Hall 3 night weekend "Big night Live ~ the Troubadours" £ 2 and Doct Hall 3 night weekend "Big night Live ~ the Troubadours" £ 2 and Doct Hall 4 and Doct Hall 4 and Doct Hall 4 and Doct Hall 5 and Doct Hall 6 and Doct Hall 7 and Hall 6 and Doct Hall 7 and Hall 8 and Ha	COa	icn, experience the allierenc	Je	,
Historic & Scenic Southern Wales 6 days Half Board a very interesting & special inclusive itinerary of sightseeing. Sites of WW1 - Ypres Salient & the Somme - 6 days HB+. A moving tour of many sites also includes the Last Post. HB+. A moving tour of many sites also includes the Last Post. Nidd Hall 3 night weekend "Big night Live ~ the Troubadours" £ 20 Nov Chatsworth House & Christmas Market - Day outing £ 10 Dec Edinburgh Markets, Botanical Gardens & Whiskey 2 nights with an extensive breakfast in the heart of the old town The Correct Christmas Market Dash, via North Sea Ferries £ 2018 Our programme for 2018 is now being released The Sales" at Boundary Mills just for the day £ 2018 World of Rhubarb, talk & 3 course lunch Just for the day £ 2018 Mar Thoresby Hall 3 night weekend "Big night Live" Latin Tempo £ 2018 Mar Thoresby Hall 3 night weekend "Big night Live" Latin Tempo £ 2018 Mar Harry Potter & RAF London: entries & 1 night DBB £ 11 Apr Crazy for You - Bradford's Alhambra great seats for matinee £ 2018 May Matthew Bourne's Cinderella, matinee Bradford Alhambra £ 2018 May Llandudno 3 nights half board & full sightseeing programme £ 2018 May Llandudno 3 nights at the lovely Tyndale Hotel Half board £ 2018 May Warner's Littlecote & Highclere Castle 5 days half board £ 2018 Star break Alexander Armstrong at Thoresby Hall 3 night B& 2114 Sep Star break Alexander Armstrong at Thoresby Hall 3 nish £ 415 Nov Thursford Christmas Spectacular - 2 days & best seats £ 10 Nov Thursford Christmas Spectacular - 2 days & best seats	08 Sep	Lundy Island, Worcester, Bideford & Eavesham 4 days	£	385
very interesting & special inclusive itinerary of sightseeing. 05 Oct Sites of WW1 - Ypres Salient & the Somme - 6 days HB+ . A moving tour of many sites also includes the Last Post. 15 Oct Harrogate, Shopping & afternoon tea 1 night at the Majestic HB £ 120 Oct Nidd Hall 3 night weekend "Big night Live ~ the Troubadours" £ 220 Nov Chatsworth House & Christmas Market - Day outing £ 110 Dec Edinburgh Markets, Botanical Gardens & Whiskey 2 nights with an extensive breakfast in the heart of the old town 11 Dec Warner's Alvaston Hall ~ midweek 5 day Festive Party £ 21 Dordrecht Christmas Market Dash, via North Sea Ferries £ 2018 Our programme for 2018 is now being released 11 Jan "The Sales" at Boundary Mills just for the day £ 12 day weekend dinner B&B £ 13 day world of Rhubarb, talk & 3 course lunch Just for the day £ 14 day for the day £ 15 day for the day £ 16 day for the day £ 17 day world of Rhubarb, talk & 3 course lunch Just for the day £ 18 day for the day £ 19 day weekend dinner B&B £ 19 day for the day £ 10 day for the day for the day £ 10 day for the day £ 10 day for the day fo	17 Sep	Harrogate Autumn Flower Show - Day Outing	£	39
Sites of WW1 - Ypres Salient & the Somme - 6 days HB+. A moving tour of many sites also includes the Last Post. 15 Oct Harrogate, Shopping & afternoon tea 1 night at the Majestic HB £ 120 Oct Nidd Hall 3 night weekend "Big night Live ~ the Troubadours" £ 220 Nov Chatsworth House & Christmas Market - Day outing £ 10 Dec Edinburgh Markets, Botanical Gardens & Whiskey 2 nights with an extensive breakfast in the heart of the old town 11 Dec Warner's Alvaston Hall ~ midweek 5 day Festive Party 2 nights with an extensive breakfast in the heart of the old town 12 Dec Dordrecht Christmas Market Dash, via North Sea Ferries £ 15 Dec Dordrecht Christmas Market Dash, via North Sea Ferries £ 2018 Our programme for 2018 is now being released 11 Jan "The Sales" at Boundary Mills just for the day £ 12 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 13 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 14 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 15 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 16 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 17 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 18 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 18 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 19 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 10 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 10 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 10 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 10 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 10 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 10 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 10 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 10 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 11 Dec Dordrecht Grubarb, talk & 3 course lunch Just for the day £ 11 Dec Dordrecht Grubarb, talk & 4 Dec D	24 Sep	Historic & Scenic Southern Wales 6 days Half Board a	£	499
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Edinburgh Markets, Botanical Gardens & Whiskey 2 nights with an extensive breakfast in the heart of the old town 11 Dec Warner's Alvaston Hall ~ midweek 5 day Festive Party 15 Dec Dordrecht Christmas Market Dash, via North Sea Ferries 2018 Our programme for 2018 is now being released 11 Jan "The Sales" at Boundary Mills just for the day 27 Jan Celebrating Burn's Night 2 day weekend dinner B&B 8 feb World of Rhubarb, talk & 3 course lunch Just for the day 02 Mar Thoresby Hall 3 night weekend "Big night Live" Latin Tempo 13 Mar Harry Potter & RAF London: entries & 1 night DBB 11 Apr Springtime in Norfolk 4 nights at the Links Country Park superb itinerary inc. Blickling, Felbridge, Kings Lynn, rail & sail 11 Apr Crazy for You - Bradford's Alhambra great seats for matinee 13 May Matthew Bourne's Cinderella, matinee Bradford Alhambra 13 May Isle of Man, 5 nights half board & full sightseeing programme 13 May Llandudno 3 nights at the lovely Tyndale Hotel Half board 22 Jul Tatton Park Flower Show & Renishaw 1 night DBB 24 D6 Aug Warner's Littlecote & Highclere Castle 5 days half board 25 D6 Sep Isles of Scilly - this 8 day holiday is 6 night HB & 1 night B&B 26 Sep Isles of Scilly - this 8 day holiday is 6 night HB & 1 night B&B 26 Sep Isles of Scilly - this 8 day holiday is 6 night HB & 1 night B&B 27 D8 Star break Alexander Armstrong at Thoresby Hall 3 nts 28 D8 Star break Alexander Armstrong at Thoresby Hall 3 nts 29 D8 Thursford Christmas Spectacular - 2 days & best seats	20 Oct	Nidd Hall 3 night weekend "Big night Live ~ the Troubadours"	£	285
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11 Jan "The Sales" at Boundary Mills just for the day 27 Jan Celebrating Burn's Night 2 day weekend dinner B&B £ 1 08 Feb World of Rhubarb, talk & 3 course lunch Just for the day 02 Mar Thoresby Hall 3 night weekend "Big night Live" Latin Tempo £ 2 03 Mar Harry Potter & RAF London : entries & 1 night DBB £ 1 11 Apr Springtime in Norfolk 4 nights at the Links Country Park superb itinerary inc. Blickling, Felbridge, Kings Lynn, rail & sail 11 Apr Crazy for You - Bradford's Alhambra great seats for matinee £ 06 May Mike James Orchestra & Nottinghamshire 2 days HB £ 1 09 May Matthew Bourne's Cinderella, matinee Bradford Alhambra £ 13 May Isle of Man, 5 nights half board & full sightseeing programme £ 3 14 May Llandudno 3 nights at the lovely Tyndale Hotel Half board £ 2 15 Jul Tatton Park Flower Show & Renishaw 1 night DBB £ 1 16 Aug Warner's Littlecote & Highclere Castle 5 days half board £ 2 16 Sep Isles of Scilly - this 8 day holiday is 6 night HB & 1 night B&B £ 1 16 Sep Star break Alexander Armstrong at Thoresby Hall 3 nts £ 4 16 Nov Thursford Christmas Spectacular - 2 days & best seats £ 1	15 Dec	Dordrecht Christmas Market Dash, via North Sea Ferries	£	99
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Thoresby Hall 3 night weekend "Big night Live" Latin Tempo Thoresby Hall 3 night weekend "Big night Live" Latin Tempo Thoresby Hall 3 night weekend "Big night Live" Latin Tempo Thoresby Hall 3 night weekend "Big night Live" Latin Tempo Thoresby Hall 3 night weekend "Big night Live" Latin Tempo Thoresby Hall 3 night weekend "Big night Live" Latin Tempo Thoresby Hall 3 night weekend "Big night Live" Latin Tempo Thoresby Hall 3 nights at the Links Country Park Thoresby Hall 3 nights at the Links Country Park Thoresby Hall 3 nights Latin Park Flower Show & Renishaw 1 night Dable Thoresby Hall 3 nights at the lovely Tyndale Hotel Half board Thoresby Hall 3 nights at the lovely Tyndale Hotel Half board Thoresby Hall 3 night Ball 1 night Ball 2 night Ball 3 nts Thoresby Hall 3 nts	27 Jan	Celebrating Burn's Night 2 day weekend dinner B&B	£	115
Harry Potter & RAF London: entries & 1 night DBB £ 1 Apr Springtime in Norfolk 4 nights at the Links Country Park superb itinerary inc. Blickling, Felbridge, Kings Lynn, rail & sail Apr Crazy for You - Bradford's Alhambra great seats for matinee £ Mike James Orchestra & Nottinghamshire 2 days HB £ 1 May Matthew Bourne's Cinderella, matinee Bradford Alhambra £ May Llandudno 3 nights half board & full sightseeing programme £ 2 May Llandudno 3 nights at the lovely Tyndale Hotel Half board £ 2 Jul Tatton Park Flower Show & Renishaw 1 night DBB £ 1 May Warner's Littlecote & Highclere Castle 5 days half board £ 2 May Bles of Scilly - this 8 day holiday is 6 night HB & 1 night B&B £ 1 May Star break Alexander Armstrong at Thoresby Hall 3 nts £ 4 Mo Nov Thursford Christmas Spectacular - 2 days & best seats £ 1	08 Feb	World of Rhubarb, talk & 3 course lunch Just for the day	£	49
Springtime in Norfolk 4 nights at the Links Country Park superb itinerary inc. Blickling, Felbridge, Kings Lynn, rail & sail 11 Apr Crazy for You - Bradford's Alhambra great seats for matinee £ 106 May Mike James Orchestra & Nottinghamshire 2 days HB £ 113 May Isle of Man, 5 nights half board & full sightseeing programme £ 114 Sep Star break Alexander Armstrong at Thoresby Hall 3 nts £ 115 Nov Thursford Christmas Spectacular - 2 days & best seats £ 116 Links Country Park £ 126 Aug Springtime in Norfolk 4 nights at the Links Country Park £ 127 Links Country Park £ 128 Links Country Park £ 129 Links James Creating Felbridge, Kings Lynn, rail & sail 129 Links James Creating £ 130 Links James Creating Felbridge, Kings Lynn, rail & sail 140 Links James Creating Felbridge, Kings Lynn, rail & sail 150 Links James Creating Felbridge, Kings Lynn, rail & sail 151 Links James Creating Felbridge, Kings Lynn, rail & sail 152 Links James Creating Felbridge, Kings Lynn, rail & sail 153 Links James Creating Felbridge, Kings Lynn, rail & sail 154 Links James Creating Felbridge, Kings Lynn, rail & sail 155 Links James Lynn, rail & sail 156 Links James Lynn, rail & sail 167 Links James Lynn, rail & sail 168 Links James Lynn, rail & sail 168 Links Lynn, rail & sail 17	02 Mar	Thoresby Hall 3 night weekend "Big night Live" Latin Tempo	£	259
superb itinerary inc. Blickling, Felbridge, Kings Lynn, rail & sail 11 Apr Crazy for You - Bradford's Alhambra great seats for matinee £ 106 May Mike James Orchestra & Nottinghamshire 2 days HB £ 109 May Matthew Bourne's Cinderella, matinee Bradford Alhambra £ 113 May Isle of Man, 5 nights half board & full sightseeing programme £ 121 May Llandudno 3 nights at the lovely Tyndale Hotel Half board £ 122 Jul Tatton Park Flower Show & Renishaw 1 night DBB £ 125 Aug Warner's Littlecote & Highclere Castle 5 days half board £ 126 Sep Isles of Scilly - this 8 day holiday is 6 night HB & 1 night B&B £ 127 Star break Alexander Armstrong at Thoresby Hall 3 nts £ 138 Aug Varner's Littlecote & Highclere Castle 5 days best seats £ 149 Sep Star break Alexander Armstrong at Thoresby Hall 3 nts £ 150 Nov Thursford Christmas Spectacular - 2 days & best seats £	03 Mar	Harry Potter & RAF London : entries & 1 night DBB	£	149
Mike James Orchestra & Nottinghamshire 2 days HB £ 109 May Matthew Bourne's Cinderella, matinee Bradford Alhambra £ 113 May Isle of Man, 5 nights half board & full sightseeing programme £ 5 114 Sep Star break Alexander Armstrong at Thoresby Hall 3 nts £ 110 Nov Thursford Christmas Spectacular - 2 days & best seats £ 11	11 Apr	. •	£	449
13 May Isle of Man, 5 nights half board & full sightseeing programme £ 5 31 May Llandudno 3 nights at the lovely Tyndale Hotel Half board £ 2 22 Jul Tatton Park Flower Show & Renishaw 1 night DBB £ 1 06 Aug Warner's Littlecote & Highclere Castle 5 days half board £ 2 14 Sep Star break Alexander Armstrong at Thoresby Hall 3 nts £ 4 10 Nov Thursford Christmas Spectacular - 2 days & best seats £ 1	11 Apr	Crazy for You - Bradford's Alhambra great seats for matinee	£	59
13 May Isle of Man, 5 nights half board & full sightseeing programme £ 5 31 May Llandudno 3 nights at the lovely Tyndale Hotel Half board £ 2 22 Jul Tatton Park Flower Show & Renishaw 1 night DBB £ 1 06 Aug Warner's Littlecote & Highclere Castle 5 days half board £ 4 06 Sep Isles of Scilly - this 8 day holiday is 6 night HB & 1 night B&B £11 14 Sep Star break Alexander Armstrong at Thoresby Hall 3 nts £ 4 10 Nov Thursford Christmas Spectacular - 2 days & best seats £ 1	06 May	Mike James Orchestra & Nottinghamshire 2 days HB	£	125
31 May Llandudno 3 nights at the lovely Tyndale Hotel Half board £ 22 Jul Tatton Park Flower Show & Renishaw 1 night DBB £ 106 Aug Warner's Littlecote & Highclere Castle 5 days half board £ 406 Sep Isles of Scilly - this 8 day holiday is 6 night HB & 1 night B&B £11 Sep Star break Alexander Armstrong at Thoresby Hall 3 nts £ 410 Nov Thursford Christmas Spectacular - 2 days & best seats £ 1	09 May	Matthew Bourne's Cinderella, matinee Bradford Alhambra	£	59
22 Jul Tatton Park Flower Show & Renishaw 1 night DBB £ 1 06 Aug Warner's Littlecote & Highclere Castle 5 days half board £ 4 06 Sep Isles of Scilly - this 8 day holiday is 6 night HB & 1 night B&B £11 14 Sep Star break Alexander Armstrong at Thoresby Hall 3 nts £ 4 10 Nov Thursford Christmas Spectacular - 2 days & best seats £ 1	13 May	Isle of Man, 5 nights half board & full sightseeing programme	£	595
06 Aug Warner's Littlecote & Highclere Castle 5 days half board £ 4 06 Sep Isles of Scilly - this 8 day holiday is 6 night HB & 1 night B&B £11 14 Sep Star break Alexander Armstrong at Thoresby Hall 3 nts £ 4 10 Nov Thursford Christmas Spectacular - 2 days & best seats £ 1	31 May	Llandudno 3 nights at the lovely Tyndale Hotel Half board	£	299
14 Sep Star break Alexander Armstrong at Thoresby Hall 3 nts £ 4 10 Nov Thursford Christmas Spectacular - 2 days & best seats £ 1	22 Jul	Tatton Park Flower Show & Renishaw 1 night DBB	£	179
14 Sep Star break Alexander Armstrong at Thoresby Hall 3 nts £ 4 10 Nov Thursford Christmas Spectacular - 2 days & best seats £ 1	06 Aug	Warner's Littlecote & Highclere Castle 5 days half board	£	485
10 Nov Thursford Christmas Spectacular - 2 days & best seats £ 1	06 Sep	Isles of Scilly - this 8 day holiday is 6 night HB & 1 night B&B	£	1125
	14 Sep	Star break Alexander Armstrong at Thoresby Hall 3 nts	£	449
08 Dec Thursford Christmas Spectacular - 2 days (+ 11th Dec) £ 1	10 Nov	Thursford Christmas Spectacular - 2 days & best seats	£	185
	08 Dec	Thursford Christmas Spectacular - 2 days (+ 11th Dec)	£	185

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04 August 2018 * during Battle of the Flowers £799

22 Sept 2018 always a popular date £699 Deposit £100 per person * 1 x single room only £25 supplement

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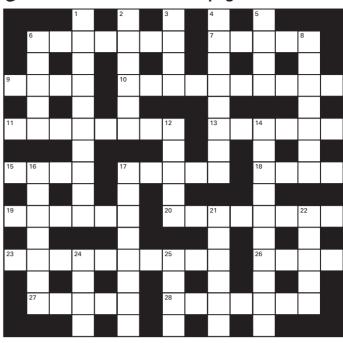


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Crossword - Solution on page 46



Across:

- 6. Ultimately (7)
- 7. Fertile area in a desert (5)
- 9. Polynesian dance (4)
- 10. Loathing (10)
- 11. A moon of Jupiter (8)
- 13. Inflow (6)
- 15. Forms on a wound (4)
- 17. A plot of parish land (5)
- 18. Matured (4)
- 19. Admiration (6)
- 20. Shows (8)
- 23. Bagpipe (10)
- 26. 3 feet (4)
- 27. Cut (5)
- 28. Aerial (7)

Down:

- 1. Incapable of error (10)
- 2. Stays on a liquid surface (6)
- 3. A type of story (4)
- 4. Mute (archaic) (8)
- 5. Nature of being (4)
- 6. Animal wildlife (5)
- 8. Keep away from others (7)
- 12. Overweight (5)
- 14. Showy (10)
- 16. Tariffs or duties (7)
- 17. Wagerers (8)
- 21. A suit of playing cards (6)
- 22. Latin for "Earth" (5)
- 24. Prima donna (4)
- 25. Islamic prayer leader (4)

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Simple chicken paella

Preparation time: 5 minutes
Cooking time: 25 minutes
Total time: 30 minutes. Serves: 4

Ingredients

1 tbsp olive oil
400g pack Cooks' Ingredients Soffritto Mix
400g pack essential Waitrose British Chicken Breast Chunks
300g Waitrose Bomba Paella Rice
400g can chopped tomatoes
600ml chicken stock
Pinch saffron strands
200g frozen peas
2 tbsp chopped fresh parsley
1 lemon, cut into wedges, to serve

Method

- 1. Heat the oil in a large pan and cook the soffritto and chicken for 5 minutes until the chicken is browned on the outside.
- 2. Add the rice and cook for a minute then stir in the tomatoes, stock and saffron. Bring to the boil and simmer for 15 minutes until the chicken is cooked through.
- 3. Stir in the peas and cook for a further 3-4 minutes until the rice is



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tender and the liquid has been absorbed.

4. Spoon into bowls, scatter with the parsley and a good grinding of black pepper and serve with a wedge of lemon for squeezing over.

Lime & garlic chicken with roasted cauliflower

• Low Fat

• Gluten Free

• Cooking time: 30 minutes. Serves: 2

Ingredients

Zest and juice 1 lime

2 cloves garlic, finely chopped

330g pack essential Waitrose British Chicken Breast Chunks

1 essential Waitrose Cauliflower, cut into small florets

1 onion, sliced

1 red pepper, sliced

25g pack chives, chopped

2 tbsp mixed seeds

1 thsp Kalamata olive & sun-dried tomato tapenade

1 tbsp extra virgin olive oil

Method

- 1. Preheat the oven to 200°C, gas mark 6. Mix together the lime zest, juice and garlic and add the chicken (cut any large pieces in half). Set aside.
- 2. Place the cauliflower, onion, pepper, chives and seeds on a large baking tray and toss in the tapenade and oil. Roast for 20 minutes or until tender.
- 3. Meanwhile, thread the chicken onto 4 skewers and place under a preheated grill for 12-15 minutes, turning occasionally or until cooked through with no pink meat. Serve the kebabs with the cauliflower.

Chicken, olive and caper ragù

A lighter version of the Italian classic; serve with rice or pasta.

Preparation time: 10 minutes
Cooking time: 40 minutes
Total time: 50 minutes. Serves: 4

Ingredients

1 tbsp essential Waitrose pure clear honey

2 tbsp sun-dried tomato paste

400g can essential Waitrose chopped tomatoes

100g Unearthed black pepper and rosemary olives

2 tbsp nonpareille capers, drained

Small handful flat leaf parsley, roughly chopped

Method

1. Heat the oil in a casserole dish, then add the onion. Cook for a few minutes, until beginning to soften. Add the garlic and rosemary; cook for a further minute. Turn up the heat, add the chicken and toss with the onion. Cook for about 5 minutes, until turning golden.

2. Pour in the red wine and cook over a high heat for 1 minute, scraping the base of the pan. Add the honey, tomato paste and chopped tomatoes. Half-fill the empty can with water and add this too. Stir in the olives and capers. Cook, partially covered, for 20–25 minutes, until the chicken is cooked. Bubble with the lid off for 5 minutes more, until the sauce has thickened. Scatter with the parsley and serve with brown rice, if liked





Speedy jacket potatoes with crispy bacon and salmon

A cheap and easy midweek dish, on the table in 30 minutes

• Preparation time: 5 minutes • Cooking time: 25 minutes • Total time: 30 minutes. Serves: 4

Ingredients

- 4 essential Waitrose baking potatoes
- 1 tbsp olive oil
- 3 essential Waitrose smoked British bacon streaky rashers
- 400g essential Waitrose natural cottage cheese
- 1 tbsp chopped flat-leaf parsley
- 1 tbsp chopped chives
- 100g Cooks' Ingredients smoked salmon flakes

Method

- 1. Preheat the oven to 220°C, gas mark 7. Prick the potatoes with a fork, place on a plate and microwave on high (900W) for 3 minutes. Turn them over and microwave for a further 3 minutes. Transfer the potatoes to a baking sheet and brush with the oil. Season and bake in the oven for 20 minutes.
- 2. Meanwhile, place the bacon on a separate baking sheet and cook with the potatoes in the oven for 6-8 minutes.
- 3. Crumble the bacon and mix into the cottage cheese with the remaining ingredients; season. Once the potatoes are cooked, cut them open, add the topping and serve.

Vegetable shepherd's pie

Total time: 40 minutes. Serves: 4

Ingredients

250g Love Life Soup Mix

- 1 tbsp oil
- 1 onion, chopped
- 2 sticks celery, diced
- 1 vegetable stock cube
- 400g can chopped tomatoes
- 2 tbsp Worcestershire sauce
- 700g King Edward potatoes, cut into chunks
- 150ml skimmed milk

Method

- 1. Soak the soup mix in cold water overnight. Drain and rinse.
- 2 Heat the oil in a large saucepan and fry the onion and celery for 3-4 minutes. Add the soup mix, stock cube, tomatoes and Worcestershire sauce. Cover and simmer for 30 minutes, stirring occasionally. Place in a heatproof serving dish.
- 3. Meanwhile, cook the potatoes in boiling water for 10-12 minutes or until tender, drain and mash with the milk and seasoning. Spoon on top of the bean mixture and place under a preheated grill for 4-5 minutes until golden.

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Pear Crumble with Chocolate Chunks and Hazelnuts

Serve these individual desserts with their luscious mix of fruit, chocolate and nuts, on Easter Sunday.

- Preparation time: 20 minutes
- Cooking time: 35 minutes to 40 minutes • Total time: 55 minutes to 1 hour. Serves: 6

Ingredients

- 1kg (4-5) ripe pears, peeled, cored and chopped into 1cm pieces
- Grated zest and juice of 1 unwaxed lemon
- 100g milk chocolate, roughly chopped
- 50g light brown soft sugar
- For the crumble
- 100g plain flour
- 50g butter, chilled and diced
- 50g light brown soft sugar
- ½ x 100g pack Waitrose Roasted Chopped Hazelnuts

Method

- 1. Preheat the oven to 180°C, gas mark 4. Grease 6 x 250ml ovenproof teacups or ramekins. (Don't use your finest china cups.) In a medium bowl, mix together the pears, brown sugar, lemon zest and juice, and half the chocolate. Divide the mixture between the teacups or ramekins, spooning over any juice.
- 2. To make the crumble, place the flour and butter in a medium bowl and, with your fingertips, rub together until the mixture resembles fine breadcrumbs. Stir in the sugar, hazelnuts and remaining chocolate.
- 3. Spoon the crumble over the pears and press down lightly. Place the crumbles on a baking tray and bake for 35-40 minutes until golden and bubbling. Serve with a spoonful of Waitrose Madagascan Vanilla Ice Cream.

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www.cottinghamtimes.co.uk - September 17



FOOD & DRINK

FOOD & DRINK

ON THE GRAPEVINE

WITH ROY WOODCOCK

The Viticulture range available at House of Townend

East Yorkshire wine merchant House of Townend has worked with growers and wine-makers throughout Europe to create a range of wines celebrating Hull's status as City of Culture 2017.

Embracing the theme which marked the very first "season" of City of Culture, Made in Hull, the wines reflect the great spirit of the city and will be on sale until the end of the year.

The Viticulture range includes a Shiraz, Sauvignon Blanc and a Grenache Rose, which have been produced by Xavier Roger one of House of Townend's most trusted winemakers, with whom they have worked for well over 15 years.

The grapes for the Shiraz and Grenache Rosé come from vineyards near Minervois in the South of France, whilst the Sauvignon is produced from grapes grown in the South West area of Côtes de

The Viticulture range is completed by a sparkling Prosecco, which is from the third generation of the family, Casa Vinicola Botter in northern Italy. "It's fresh, crisp and fruity it is the perfect platform for us to use to showcase Hull as we welcome everyone and 'tell the World!'," said House of Townsend managing director John Townend.

"We've been trading from Hull for well over 100 years and we really wanted to shout about our commitment to Hull and contribute to the Hull 2017 story in the best way we know. We've brought our expertise to the party by sourcing some great wines, and we've added our own dash of vibrancy and fun."

Founded and originally based in Hull, House of Townend moved to purpose-built headquarters at Melton Business Park in 2011, a complex which also includes a retail outlet called The Cellar Door. The Viticulture range is on sale there, with £1 from the sale of each bottle being donated to the City of Culture Legacy Fund and it is hoped this will raise at least £25,000 for Hull-based arts projects in the future.

The wines are also on sale at Tesco outlets across the area, at Sewell Retail shops, Hull Truck Theatre, The Deep, the Ferguson Fawsitt at Walkington and on P&O North Sea Ferries.

The rose, Sauvignon Blanc and Shiraz all retail at £8.99 and the Prosecco at £9.99. House of Townend was recently named regional merchant of the year for 2017 in the International Wine Challenge Awards.

· Discount supermarket Aldi, no stranger to scooping awards for its wine and spirits selection (did everyone get their world-beating gin which went on sale recently?), has launched a new range of low alcohol wines.

Called the Featherweight selection, they retail at £2.99 a bottle and carry a calorie count of just 52 - 57 per glass

The range includes white Sauvignon Blanc and Pinot Grigio's as well as a red Merlot and a rose

Tony Baines, joint managing director of corporate buying at Aldi UK, said: "We have seen over the last year a real appetite from wine drinkers in the UK for lower calorie and ABV wines to moderate their alcohol intake.

"At Aldi we ensure that we are offering our customers the products they want and so have introduced our Featherweight wines as a lighter choice for our shoppers."

Sadly not all the new wines are available across the country, with the Merlot being the only one stocked nationwide

Aldi shelves are always worth perusing with a really good wine selection - the supermarket's recent accolades included two gold and 11 silver medals at the Decanter World Wine Awards and the International Wine and Spirits Challenge.

And the gin I mentioned is well worth snapping up, if you can still find it. The London Dry Gin is marketed under the Oliver Cromwell label and nabbed a silver medal at the Spirits Gin Masters competition. National publicity has ensured brisk sales.

Meanwhile, UK discounter Lidl has unveiled its latest autumn French Wine Cellar collection, which concentrates on white wines and a few "quirkier" choices, according to wine buying manager Anna Krettmann – but the collection is more than a third smaller than last year's line-up.

This year's "cellar" will feature 26 wines (11 white, 8 red, 3 rose, 2 sparkling and 2 dessert wines), down from 42 wines last year.

Alongside the 22 French wines, the collection includes a Chardonnay blend from Rex Goliath in California, and a Sauvignon Blanc Reserva Privada from the Central Valley in Chile (both on sale at a recommended price of £4.99).

BEST BUYS

Bonpas Réserve Côtes du Rhône

Where: Sainsbury's When: Now, until September 19 Why: Harmonious blend of Grenache, Syrah and Mourvèdre has powerful aromas of black fruits, coffee cream and spices. Expressive, rich and smooth, it can be enjoyed with spicy dishes, large game, lamb or red meats and cheeses.

£6.25 (was £7)



Fruit Orchestra Chenin Blanc-Viognier

Where: Co-op When: Now, until September 5 Why: An award-winning South African white wine that can do little wrong at this price; if fact it deserves to blow it's own trumnet! Lots of floral notes and citrus - try it with roast chicken.

£5.99 (was £7.99)



Tempus Two Silver Series Sauvignon Blanc

Where: Waitrose When: September 6 - October 3 Why: From the Adelaide region of South Australia, this is a fresh, crisp style packed full of gooseberry and herbaceous characters complemented by rich tropical fruit notes. Partners perfectly with a range of seafood dishes.

£5.99 (was £7.99)



Hereford Tempranillo-Malbec

Where: Co-op When: Now, until September 5



Why: Meaty Argentinian red with more than a touch of Spain (Tempranillo is the main grape in Rioja) then this is the one for you. At this price, it's an absolute bargain - a good match for aromatic foods.

£4.99 (was £6.99)







Haltemprice Lions' - a busy time ahead

ummer is drawing to a close and the members of Haltemprice Lions are organising the Autumn, Winter and Spring programme. Apart from their own social activities the members arrange fundraising events and service activities to ensure, where possible, they can meet the needs and calls for support to local good causes

They also have a national and international commitment to work hand in hand with other Lions' members to meet the financial needs of disasters throughout the world such as the current cholera outbreak in the Yemen area.

On a local basis don't forget we have the Message in a Bottle initiative, a simple idea where you are provided with a small plastic container to keep details of medication etc. This is then placed in a known safe place (usually a refrigerator) in case of fire or incapacity helpers or the security services then have access to important information to assist you if you are incapacitated. The service is free and simple to use - let us know if we can help.

Gradually our programme of events is coming together. Apart from our member's monthly business meetings and social evenings for our members and friends we have the following activities pencilled in:

10th November, a Race Night at the Back Room, Cottingham.

25th November, Christmas Craft Fair, Civic Hall, Cottingham

3rd December – A stall at the Cottingham Christmas Festival

16th December, Christmas Band Concert with the East Riding of Yorkshire Band at St. Mary's Church, Cottingham

17th February, 2018 – A Murder Mystery night presented by a leading local theatre group

February, 2018, date to be confirmed, a Popular classical Music Concert at possibly the Hull Minster presented by "Hull's Diva" Sharon Nicholson-Skeggs and supporting professional artists

Easter, 2018 - Young Persons' Fun Run, with prizes, around the Snickets in Cottingham.

Watch the Cottingham Times for details of all these future events or contact David Whincup, email: dwhincup@dwhincup.karoo.co.ul

Why not join us as a member or friend and support your local community? Use the same contact for further details.

Cat Homing Show in the Darby & Joan Hall, Finkle Street on Saturday 30th September

The Hull and District Cats Protection will be holding a Cat Home Show on Saturday 30th September, in the Darby & Joan Hall, Finkle Street, Cottingham from 11.30 am to 1.30 pm.

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

Refreshments will be available and stalls will include cakes, jams, cards, gifts, cat accessories and a tombola.

We will also be at the Cottingham Market on Thursday 21st September and in the Charity tent at The Lawns Caravan Show over the weekend of 2nd and 3rd September.

For more information, please call 01482 790284. Neutering vouchers are available for those on benefits or low income, by calling 01482 657650.

Dagger Lane Singers and Friends Concert on Saturday 21st October for Poppy Appeal

The Dagger Lane Singers and Friends are holding a Concert on Saturday 21st October, in the Darby & Joan Hall, Finkle Street, Cottingham from 7.30 pm to 10.00 pm-ish.

To launch the 2017 Poppy Appeal for the Cottingham Branch of The Royal British Legion. Tea/coffee, cakes, biscuits, etc., raffle.

An enjoyable night, not to be missed. Come and sing along and support the Poppy Appeal.

Tickets £6.00 each from Colin on 01482 875440.

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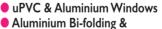
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Sticks and Shoes Afloat!

I wonder if this lovely weather is going to continue? Will it last and be like 2013 with long hot balmy days or a case of blink and we miss it. I hope not...there is nothing nicer than getting home after a long day at work to sit in the garden with a cool drink and take in the last rays of the day. OR better still, as Bill one of our lovely clients suggested as a place for me to get inspiration for the next article, is to relax in the Jacuzzi at the local health club, drinking in the lovely scenery of the nearby golf course. Something to look forward to when I retire maybe?

Back to reality and the heat!

For all dog owners, I am sure you are well aware of what troubles the heat may cause our four legged friends with profuse over heating, so what better way to cool off than water. Now I do not mean that wonderful idea of a Jacuzzi but a trip to the coast or local stream maybe enticing to our 'hot' dogs. Most of us will take a ball or as in the case of my dog Teal, she found it fun chasing down the stream after my grandsons waterproof shoes at Thornton-Le-Dale last weekend. If we don't have a ball to hand, how many of us pick up a stick to throw? You maybe thinking this is not a problem but my daughter Kath and partner Matt found out the hard way with their dog Baxter, a cross Belgium





Shepherd.

His favourite toy is the stick. Now, it can be any old stick...a twig perhaps or even the size of a branch that is so big it has to be dragged along. In fact, anything which resembles or tastes of wood which Baxter can get his jaws around will do. One of their favourite walks is Hessle Foreshore where Baxter is in seventh heaven collecting every shape and size of drift wood imaginable. At the time they never thought anything of it ...UNTIL ...one autumn morning they noticed a soft tissue swelling in front of his larynx. Worried by what they saw, they made an appointment at our Park Street surgery that morning.

On examination, Kate Maguire (a clinical director who was on duty that day) could not see anything under the tongue but prescribed a pain killer advising to return in five days or sooner if the lump got any worse. It didn't get worse but improved, leaving just a small raised area on the right hand side of Baxters jaw. They left happily with a course of antibiotics and an appointment for a further five days. On their return, Kate could still feel a small raised area and also a rough patch, this time on the right of Baxter's tongue where she thought it could be the entrance to a foreign body. They were advised to keep Baxter on the antibiotics for another week before a follow up appointment.

Four weeks after the first time Baxter was seen, he went for his annual booster vaccination and once again Kate noticed the lump was still present but not giving any discomfort or pain. He had to return in two weeks and on doing so it was noticed the lump had grown. An exploratory operation was booked and on the 4th December Baxter was admitted to Park Street. During the operation, Kate found a very small piece of stick that had lodged itself under the tongue. The piece was removed, cavity flushed and a small drain was sutured into place (this enables any surplus fluid to escape). It was not a pretty sight and poor Baxter looked like Frankenstein of the canine world.

On the 17th December the drain was removed and he was to continue on the antibiotics for a further week but sadly they returned three days later when the area swelled up and burst. The following day, poor Baxter was admitted for a second but more exploratory operation where a further piece of stick, which had obviously migrated, was found under his tongue. A swab was also taken and sent to the laboratories to be tested for any further infection.

So our poor gentle giant spent his Christmas looking like a patch work quilt (which I hasten to add doesn't show at all now, and the hair has grown back perfectly). On the 27th December, two months after the swelling was first noticed, Baxter got the all clear.

Needless to say, sticks are definitely not encouraged but a KONG SAFESTIX is now the temptation. Swimming is an excellent form of exercise for our pets, especially if on a weight loss programme or following a hip operation to gain muscle strength as in Baxter's case.....AND that's another story!

If you are interested in the SAFESTIX, please pop into our COTTINGHAM surgery where a selective range can be seen.



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page twenty one.indd 1





"The Tooth and Nothing but The Tooth"

Chris ' Dr. Smile Maker' Branfield

A flash of inspiration can change it all

ello again. I hope that you are well and had a great summer.
Who on earth was the **first** to come up with the idea of using an *ARTIFICIAL* tooth root to replace a missing natural tooth? The idea of replacing a missing tooth with someone else's *NATURAL* tooth goes back to ancient Egyptian times. But it didn't work very well! In fact, transplanting a tooth from one person to another has never really worked, even nowadays with all the advances in transplant medicine.

But we DO know who had the bright idea for an artificial titanium dental implant!

It was an orthopaedic surgeon (NOT A DENTIST!) in Sweden, Professor Per-Ingvar Branemark.

And the year was 1957. Dental implant history starts here.

Dental Implant History

Branemark was doing research into bone healing. A major problem in orthopaedic surgery is getting bones to heal, (after surgery for road traffic accidents and similar problems) especially where there are metal screws and plates holding the

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22 September - www.cottinghamtimes.co.uk

bones in place after a car crash (for example). The human body does not like foreign materials, and tries to "reject" them by refusing to heal right next to the material. Like a splinter in your finger. The human body tries to "reject" the foreign material.

As part of Professor Branemark's research, he had fitted small pieces of titanium into the leg bones of rabbits. At the end of the research period, he wanted to remove these titanium pieces, to examine them.



To his astonishment, he found that it was impossible. THE BONE HAD BECOME FUSED TO THE TITANIUM. Or, more accurately, *the bone had grown around the titanium*, and the bone cells had actually grown into the microscopic pits and fissures of the titanium surface. This had never been seen before, and at first Branemark thought his experiment had been ruined!

But in a flash of inspiration, he realized that this might be a way of anchoring artificial tooth roots, to replace missing teeth. THIS WAS A REMARKABLE MENTAL LEAP - he was not a dentist, remember! It was a similar flash of inspiration that launched the first antibiotic - penicillin - by Alexander Fleming.

Branemark came up with the phrase "osseo-integration" to describe what he had seen. You might hear your dentist talk about an implant "integrating". He means "becoming fused to the bone".

But then Branemark had problems getting other surgeons and dentists to accept his ideas! They didn't believe him, and thought he was crazy and just trying to attract attention. Dental implant history almost stalled!

The situation was so bad that when he went to dental conferences to talk about his findings, other dentists and surgeons openly laughed at him and ridiculed him!

It sounds incredible, now that dental implants are widely accepted as "normal" dental treatment. But Professor Branemark did NOT have an easy time of it, and we have to thank his self-belief and persistence for the opportunities we have today to replace missing teeth.

In 1965, he carried out the first-ever titanium dental implant operation, on a Swedish patient with jaw deformities. It was a success. But he *still* had an uphill struggle to persuade the dental world that titanium dental implants could be a reliable way of replacing teeth without dentures!

Time moved on, his reputation grew, and business investors became interested in this new technology. Branemark eventually became involved in the commercial manufacture of dental implants, under his own name. The rest is history, as they say.

Until next time. Take care and be good.



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 24 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 humanitarian work go here now www.castleparkdental.co.uk



Hull CHA Rambling Club

We are a friendly walking club established 1911, whose members enjoy walking in the Yorkshire Wolds, Howardian Hills, North Yorkshire Moors, Yorkshire Coast, occasionally to Lincolnshire and Derbyshire, and walk throughout the year.

Sunday rambles are once a fortnight. Travel by coach to the starting point. Fare £10

We pick up at on route to the city centre at Bilton and Holderness

Pick up at City Centre is now 0830 am for the spring and summer months continuing Beverley Road and onto Beverley.

Walks with leaders.

A walk 10 to 12.5 miles. B walk from 7 to 9 miles

Sunday 3rd September 2017 - Osmotherly

A. (Osmotherly - Nether Silton - Kepwick - Cleveland Way -

B. (Osmotherly – Oakdale – Cleveland Way – Nether Silton Moor Nerthern Silton – Over Silton - Osmotherly)

Sunday 17th September Falcon Inn

A. (Falcon Inn - Keasbeck Hill Farm - Breckenhurst - Howe Beck – Jugger Howe – Green Dyke – Falcon Inn)

B. (Falcon Inn - Rudda Farm - Island farm - Keasbeck Hill Farm - Breckenhurst - Hardwick farm Falcon Inn)

For further information and book a place on the coach, please contact Joint Rambles Secretary Sue O'leary on sue@sueoleary.co.uk telephone 07767 420646.

Pauline Borger on Pauline.borger223@btinternet.com telephone 07929 933323

Check out the website www.hullcharambling.wix.com/hull-charambling

Find us on face book. Hull CHA Rambling Club You will be very welcome.

Phoenix Walkers

If you like walking in the countryside/a social day out then why not join Phoenix Walkers. We are a very friendly walking group with walks on Sundays in picturesque areas of Yorkshire, Lincolnshire and Derbyshire.

The coach picks up on Ferensway Hull then through to Cottingham Green, coach fare £10.

Three levels of walks.

- A) Walk 8-10 miles
- B) Walk 5-7 miles
- C) Walk 'The Strollers' a very leisurely 3 miles or so.

Sunday 3 September Oakworth Bronte Country Sunday 17 September Maybeck-Ruswarp North Yorkshire.

For further information and pick up times please ring Dulcie Hartley 01482 509000.

Wykehykers Walking Club

We've had some lovely walks so far this year with more to come: Sunday 10 September Haworth; 24 September Farndale; 8 October Brimham Rocks; 22 October Grosmont.

Choice of guided walk each time of around 4 or 8 miles. This friendly long established club offers a warm welcome to all; come and have a walk or two before deciding whether to become a

We pick up from Ferensway to Beverley via Beverley Road when Northbound or Beverley High Road, Ferensway, Anlaby and Boothferry Roads when Westbound starting at 8.30am and usually home around 6pm to 6.30pm. Coach fare is £10.

For further details call Alan on (01482) 850997 or Keith on (01482) 782917. For further details call Alan on (01482) 850997 or Keith on (01482) 782917. A warm welcome awaits.

Cottingham High School

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Please join us for our Year 6 Open Evening on Wednesday 27 September 6:30 - 8:30 pm where prospective parents and students will have the opportunity to find out about our school, now rated as Good in all areas by Ofsted.

The Open Evening will commence with a presentation in the Hall. This will then be followed by a tour of the school to visit each subject area and to meet some of our teaching staff and students. Year 12 and 13 students will act as tour guides and will answer questions as they take you around the school.

If you are unable to attend the evening event, please join us for our Year 6 Open Morning on Thursday 28 September 9:30-11:00am

We look forward to welcoming you.

We chose Cottingham High School because it feels like a community a feeling that was lacking when we visited our catchment schoo

"I am so pleased with my daughter's start to Year 7. She has made a group of friends very quickly and she has been smiling! She told me the other day that she wished she had been able to see into the future because she wouldn't have got so worried about the move to High School. It was a big step leaving Primary School friends behind so I am really pleased that she has settled in so quickly.

Thank you ever so much for your support."

Cottingham High School, Harland Way, Cottingham, HU16 5PX office@cottinghamhigh.net :: www.cottinghamhigh.net Tel. 01482 847498 Contact: Amanda Wing – Head of Year 7.

Cottingham High School and Sixth Form College

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Celebrity Silhouette® 07th Oct 18

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Promotion applies to new bookings made between 1st September 2017 – 14th November 2017 on selected 2018 European & Abu Dhabi sailings for eligible ocean view staterooms and above only. Interior staterooms are not applicable to the promotion. The second guest on any eligible booking occupying the same stateroom as a full paying guest shall receive a saving of 50% off the full price of the cruise fare only. The first two adults will also both receive a free classic alcoholic drinks package. Age restrictions apply. Additional guests in the same stateroom (guests 3, 4 or 5) will each receive a saving of 50% off the cruise fare only. Further terms and conditions apply, please ask for details.

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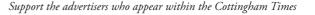
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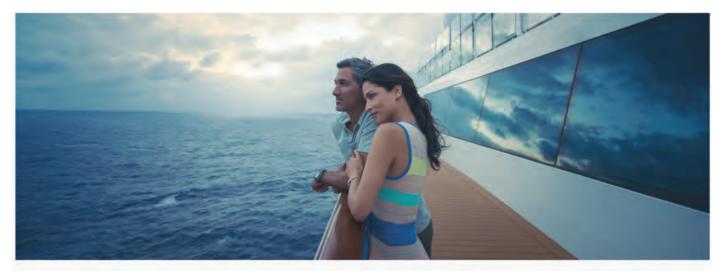
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23/08/2017 10:35





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Celebrity Constellation® 28th Jul 2018 7 Night Greek Isles Includes flights with

Venice, Italy - Dubrovnik, Croatia - Corfu, Greece - Santorini, Greece - Mykonos, Greece - Naples, Italy - Rome (Civitavecchia), Italy

Ocean View: Guest 1 £1,779 Guest 2 £1,165

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page twenty five.indd 1













eptember is generally a cooler month than August although if we are lucky the Summer will extend into Autumn months and of course the days are noticeably shorter. There's still plenty to do 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. If you want lovely grass in the Spring now is the time to give your lawn some TLC. There is also the offering of lovely Autumn colour in your garden from Autumn bedding the smiley faces of violas and pansies are always a welcome addition. Why not refresh your hanging baskets with some ivy, grasses and cyclamen for beautiful autumnal shades.



Autumn lawncare

There are many treatments you can do to your grass in Autumn that will ensure it is at its best the following Spring. One or more of the tasks below might be required.

Scarifying

Regular raking (or scarifying as it known) keeps levels of thatch (old grass stems, dead moss and other debris) at an acceptable level. Layers of thatch greater than 1cm (3/8in) deep can impede water and fertiliser penetration.

To remove thatch, rake vigorously but carefully with a spring-tined rake. For larger areas powered tools are available as single units or mower attachments.

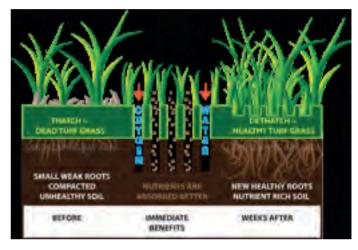
Note: Turf is damaged if scarified too deeply.

26 September - www.cottinghamtimes.co.uk

Aerating (spiking)

Aerating (or spiking) lawns allows better movement of air and water in the root zone. A well-aerated lawn will manage better in periods of drought or waterlogging. For an average lawn, aeration every two to three years should be adequate. Concentrate on areas that receive the most wear and those that are compacted.

Small areas can be spiked with a garden fork, spacing holes 10-15cm (4-6in) apart and deep. On clay or waterlogged soils use a hollow-tine aerator every three to four years. This extracts plugs of soil from the lawn. After hollow-tining, sweep up the plugs and then rake a top-dressing (see below) into the holes to improve air and moisture penetration. At coletta and Tyson we have a great heavy duty aerator for just £16.99.



Top-dressing

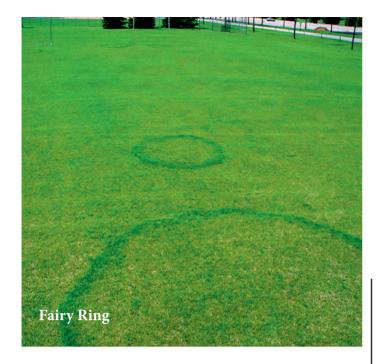
Top-dressing is the application of loam, sand and well-rotted organic matter to a lawn in order to correct surface irregularities and improve the texture of difficult soils. This encourages greater rooting and thickening of turf.

The top-dressing mix is three parts sandy loam, six parts sharp sand and one part compost or leaf mould.

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. Refresh Summer hanging baskets & containers with Autumn bedding
- 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 Smoke fumigators are ideal for this
- 9. Cover leafy vegetable crops with bird-proof netting
- 10. Plant spring flowering bulbs





Flattening

To correct bumps and troughs, use an edging iron or spade to slice through the turf and roll it back. Fork over the underlying ground and add or remove soil as needed. Replace the turf, pressing the edges together, and water thoroughly.

Problems

Lawns can suffer from a variety of fungal problems including red thread, fairy rings and take-all patch. Damage created by lawn pests such as leather jackets and chafer grubs, as well as their predators, can be really devastating. Worm casts are also a nuisance in wet weather.

Autumn is a good time to repair damage caused by fungal diseases or pests.

At Coletta and Tyson we have a great product for autumn lawns — Autumn all in one is specially formulated as a granule to keep your lawn healthy over the winter months and will eradicate moss and prevents dis-colouring. It can revitalise any problem areas by adding essential nutrients. It is also high in potash and ferrous sulphate.

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(11)



28 September - www.cottinghamtimes.co.uk

Your Stars for September 2017

By Kay Gower

Aries (Mar. 21- April 20)

There are people who spend an unhealthy amount of time on social media who find it difficult to refrain from the dangers of comparison. You are unique, no one else is you, so what is there to compare?

Taurus (Apr. 21- May 21)

Most people are not mind readers, but some people are. You will be surprised by someone and what they have sensed about you without you saying a word.

Gemini (May 22-June 21)

A special someone is thinking fondly of you, and through some mysterious way this has a way of lifting your spirits. You are cared for more than you know.

Cancer (June 22-July 22)

Something you had hoped for might be derailed, but because you are well versed in the art of making the best of things this may set in motion a delightful and unexpected twist to this month's plans.

Leo (July 23-Aug 22)

For every echo no matter how tiny there is an origin. You will be the origin this month and your smallest whisper will have resonance over the coming weeks.

Virgo (Aug 22 - Sept. 23)

You will be up to something and people will be watching. People respond. Sometimes it's favorable, but not always. At least you're doing something! Many aren't.

Libra (Sept. 24 -Oct. 23)

The planets indicate impatience, and this could have the potential to work against you especially around the 12th September. Turn a boiling pot to simmer (so to speak), set the timer and come back to it later.

Scorpio (Oct. 24 - Nov. 22)

You're willing to go into battle, yet it's best to avoid it if you can. When you look back you will find that it wasn't worth fighting over anyway and, besides, mid month brings the change you're looking for.

Sagittarius (Nov. 23 -Dec. 21)

You're 100% genuine, and you're always there when needed. People know they can count on you, and they will. You'll have your hands full, but you'll also love being in the thick of things.

Capricorn (Dec 22.- Jan. 20)

You have choices this month. The squeaky clean choice will appeal for obvious reasons. There will be another choice. This one will have more texture to it.

Aquarius (Jan 21 - Feb 19)

All your hard work has paid off, and now you can chill out and reflect on the strange path that brought your unpredictable success. Life is smiling on you.

Pisces (Feb. 20-Mar. 20)

This whole vast cobweb of mysteries called life - it doesn't want to be discovered it wants to be danced with! There is no need to rush to conclusions this month, it's now a time to slow down and enjoy the dance.



Continued from page seven

Alcoholics Anonymous Meeting

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

ALANON Meetings

Thursday evenings at Holy Cross Church, Carrington Ave Cottingham HU16 4DU. The meetings start at 7.30 pm until 9.00pm every Thursday evening, it is an open meeting for relatives or friends of the alcoholics and who are being severely affected by someone else's alcoholism. This fellowship is an International one, there are no .dues or fees for joining all new comers will be told that they will remain strictly anonymous and anything they share at the meeting would not be discussed elsewhere. Any further information on 01482 508231

Alternative Aquatics

Alternative Aquatics is a local charity and self-help group. We provide gentle exercise and relaxation for people with back pain and associated mobility problems, in wonderful warm water and a friendly atmosphere. We meet on Thursdays at 5-6 pm during term time, at the hydrotherapy pool at Frederick Holmes School on Inglemire Lane, Hull, and the cost is £39 per school term. We have a few places available so if you would like more

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Soduku Answer from page 12

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information, or would like to come along for a free trial session, ring Karen on 01482 807072 or Ann on 572011.

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.

Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 28 teams (17 Boy's teams at under 8 to under 18 level, 4 Girl's teams at under 10, 12 and 14 level, 2 Men's teams, 2 Veterans teams and 3 Ability Counts teams), as well as an academy for 4 to 7 year olds and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website 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. *Get Fit, Have Fun!* £2.50 Adults; Students £1.00 per evening. For more information telephone Telephone Fiona/Steve on 01482 870906.

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

Cottingham Bridge Club

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

The Alzheimers Society

Hold a variety of Activity Groups and Memory Cafes for people with dementia, their families and carers. For more information please contact the Hull and East Riding Alzheimer's Society on Tel 01482 211255.

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 6. We run 4 Saturday sides, and teams at U9, 11, 13, 15, 17 and 19 and also Girls Teams. All new players of any ability are welcome. Training starts in January with Indoor Nets at Sirius Academy North for all age groups and Seniors on Wednesday evenings 6.00 pm till 8.00 pm and at Cottingham High School (Sports Hall), (tennis ball/kwick cricket ball) for ages 6-15, on Saturdays 12.30 pm till 2.30 pm till Easter. Summer training for Juniors is Friday evenings and Seniors is on a Wednesday. For more information and details contact Rob Rhodes on 842215. Or email cottinghamcc@hotmail.co.uk

Calligraphy, Quilling and Folk Art classes

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

Continued on page 36





North York Moors Walk Roseberry Topping and Captain Cook's Monument

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

National Park - North York Moors

County/Area - Redcar and Cleveland & North Yorkshire

Author - Jim Farrow

Length - 6.3 miles / 10.2 km

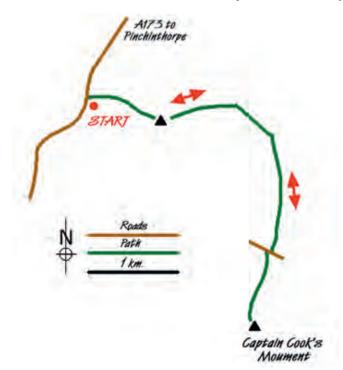
Ascent - 1700 feet / 515 metres

Grade - easy/mod

Start - OS grid reference NZ570128 Lat 54.507317 // Long -1.121217

Postcode TS9 6QS (approx. location only)

This enjoyable route combines two notable features of the northern part of the North York Moors National Park into one walk. The first objective, Roseberry



30 September - www.cottinghamtimes.co.uk



Topping, can be very busy with visitors so if you value your peace and quiet then make an early start. Having gained some height the onward route to Captain Cook's Monument provides good views.

We started at the car park (Grid ref. NZ570128) on the A171 road and followed the path (Roseberry Lane) easterly. We took the direct path to the summit of Roseberry Topping (Grid ref. NZ578125). Descending eastwards follow the Cleveland Way behind Slacks Wood and down to the car park (Grid ref. NZ592109) on the lane above Great Ayton station. Leaving the car park, and the ice cream van, it was south and uphill to Captain Cook's Monument (Grid ref. NZ589101) where we watched the paragliders and did a bit of exploration. The return follows the outward route.





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Cottingham Civic Hall latest update

t the end of July, the Village Trust had a meeting with East Riding Council officers to discuss the business plan we had presented to them at the beginning of June. As a result of the meeting, the following statement was issued by East Riding Council and Cottingham Village Trust:

Ian Burnett, head of asset strategy at East Riding of Yorkshire Council, said:

"Council officers have recently representatives with Cottingham Village Trust following the submission of their business plan and proposals to take over Cottingham Civic Hall as a community facility.

"The meeting was very positive and both parties are working together to agree the detail for a transfer of the facility as a going concern.

"In the meantime, it is very much business as usual for Cottingham Civic Hall and if agreement is reached the matter will be referred to the Council's Cabinet for a decision on the proposal.'

Ian Start, Chair of the Cottingham Village Trust said:

"The Trust is pleased that its business plan was favourably received by the Council's officers and we look forward to working with them to ensure a successful transfer.

Over the summer, we have been working with the Council officers, who will have to prepare a paper for the East Riding Council Cabinet to consider, which will probably be in October.

So everything is moving in the right direction, but we won't know for sure which way it will go until Cabinet has made its

Katrin McClure, Cottingham Village Trust.







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23/08/2017 10:43





Dame Mary Peters celebrates with retirees in Cottingham at the Laureates official opening

uests joined former British Olympic Champion, Dame Mary Peters CH DBE RNR, to celebrate the grand opening of McCarthy and Stone's Retirement Living development, *The Laureates*, in Cottingham.

The decorated Olympian, who won the pentathlon gold medal at the 1972 Olympic Games, joined retirees and their relatives at the new Retirement Living development on Newgate Street. After a guided tour of the beautifully

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furnished show apartments and communal areas, Dame Mary marked the official opening with a talk on her sporting past, before chatting and meeting homeowners and prospective purchasers.

Dame Mary, commented: "It was a pleasure to mark the grand opening of McCarthy and Stone's *The Laureates* development. I've been an ambassador for McCarthy and Stone for many years now, and I hear first-hand from homeowners about the improvements that downsizing to a more manageable property has had on their lifestyle. *The Laureates* is a stunning development; it's the combination of friendly staff and lovely communal lounge that ensures homeowners can socialise whenever they choose and that makes living here a very attractive option."

Liz Green, Regional Sales and Marketing Director at McCarthy and Stone North East, commented: "We were thrilled to welcome Dame Mary Peters, as well as so many familiar faces from the local area, to The Laureates to mark its official opening. *The Laureates* is a stunning contemporary development, benefiting from an in-house management team, designed so that homeowners can enjoy their independence for longer.

"We are committed to delivering an exceptional lifestyle at *The Laureates* and, as such, the development has a beautiful setting with landscaped gardens and luxuriously-appointed accommodation. What's more, with the maintenance of all external and communal areas taken care of, homeowners can spend more time enjoying their retirement with family and friends."

Exclusively aimed at people aged 60 and over, *The Laureates* features a stylish collection of 32 one and two bedroom apartments, currently priced from £179,999 and £259,999 respectively.

Facilities at *The Laureates* include a stunning homeowners' lounge, ideal for socialising with friends, landscaped gardens fully maintained by a team of professionals, plus a convenient guest suite should homeowners have friends or relatives to stay. A dedicated House Manager takes care of the day-to-day running of the development; and a security entrance system and 24 emergency call points provide homeowners and their families with additional peace of mind.

McCarthy and Stone, the UK's leading retirement builder, has recently received the full Five Star award for customer satisfaction from the Home Builders Federation for the twelfth year running. McCarthy & Stone is the only UK house-builder of any size or type to achieve this accolade since the awards began.

For further information about Retirement Living at The Laureates, please call 0800 153 3716 or visit <u>www.mccarthyandstone.co.uk.</u>

Pictured top left: Dame Mary Peters with new McCarthy and Stone resident Richard Moore and his daughters Karen Park (left) and Denise Wilson..



The Laureates

Newgate Street, Cottingham HU16 4ED









Join us for our **OPEN DAY** to find out more about life at The Laureates

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www.cottinghamtimes.co.uk - September 33

For more information call 0800 810 0154 or visit mccarthyandstone.co.uk/thelaureates







Melanie Watson of Skidby Livery Stables with the latest of her monthly articles www.instinctivehorsetraining.co.uk

Helping all animals cope with veterinary procedures

uite a big part of my work is breaking down fears associated with veterinary procedures or body invasive work like farriers, clipping or worming. In most cases the procedure was forced on the horse the first time around and in an unsympathetic way which then created a bad memory. When the owner wishes to repeat that task, the horse remembers the process used which is what they start to fear. The two things then go hand in hand.

Fear associated with clipping will then start with the noise of the clippers, the approach of the noise and proximity to the clippers. If the human persists when such fear is present, the touch of them vibrating on the skin will send that horse way over threshold and into escape behaviours. It is very easy to cut a horse's skin with the sharp blades, which is another reason for them to learn to fear their touch. Horses twitch their skin as a way of removing biting flies.

It is an involuntary reaction which makes clipping even more difficult because the feel of the vibrating blades is aversive and the horse wants to remove that feeling. The key to easy clipping is to train the horse to relax using systematic desensitising and then adding counter conditioning. Many owners need to have their horses sedated by their vet to make clipping possible. Sedating the horse adds big expense to the process but does not cure the problem.

Depending on the horse, it may fight that sedation because the fear of clipping is so huge. Some relax immediately and the process is then easy all round. However, sedating does not cure the emotional problem. It simply disables the horse and prevents it from escaping. Many horses, and dogs for that matter fear the vet. No

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different from children fearing a doctor after remembering a forced inoculation. Visiting the vets with your dog for absolutely no reason is a perfect way to habituate them. The staff will always treat them with nice goodies if you ask them to...it requires effort and time but is worth its weight in gold when your dog starts to feel safer there. I ask visiting vets to pet my fearful horses or hand feed them and give them a scratch, if the horse allows. These little stolen moments require a bit of planning but again, they help to create good memories. By building up trust accounts like this will reap huge benefit when real treatments need to be administered later.

Identify what your horse or dog fears and try to plan some small incremental training opportunities to start to help your pet cope in the future. Food treats and little pleasures like petting (or ball play with a dog) will all help to make that difference.

I recently put up a video on social media of my rescue pony Toby, who has been trained to participate in worming with a tube which goes into his mouth and the contents get squirted at the back of the throat. I was amused to see it receive over 30,000 views! Horses fear the process attached to being wormed rather than the actual wormer. A lot of force or trickery is usually needed to worm a so called "Bad Horse". The owner knows that sight of that tube will elicit violent escape behaviours so will have the horse restrained first. Most restraint processes in horses equate to actual physical pain and so the cycle continues.

If you are interested in seeing the footage, follow this link or type it into You tube. https://youtu.be/lKIYHWENno8

Please feel free to contact me to talk about ways of helping your pets cope with the scary side of life.

Email: melanie@instinctivehorsetraining.co.uk



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Dove House Hospice Colour Run - sign up now!

ove House Hospice is thrilled to bring back their Colour Run for a 4th year. On Saturday 16th September and in its exciting new home of Driffield Showground, people across East Yorkshire will once again have the chance to be involved in the brightest fun run around! The 3K colourful route can be jogged, danced, skipped or cartwheeled – it's less about your quickest mile and more about having some colour fun!

Anita Brien, Events Coordinator for Dove House Hospice, said "We are very excited to be bringing our Colour Run to Driffield Showground. It's a fun day for the whole family and the most colourful way to support your local hospice." You can sign up through their website and then start fundraising straight away.

Dove House Hospice is a local charity which provides exceptional care for adults in Hull and East Yorkshire living with terminal illnesses, as well as supporting their families and loved ones throughout the illness and after bereavement. 2017 marks 25 years since the official opening of the hospice on Chamberlain Road in Hull by HRH Diana, Princess of Wales. Dove House Hospice remains the only place in the East Riding of Yorkshire that offers this type of specialist care. They rely on the support of the local community to ensure they can continue to provide their care whenever it's needed.

Anyone wishing to take part in the Colour Run is advised to register online at www.dovehouse.org.uk/colourrun where you can also find out more information about the event.

For any further information about Dove House Hospice, the services they provide or other fundraising events, please visit their website at: www.dovehouse.org.uk.

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Continued from page 29

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.

Hull and East Yorkshire Happiness Group

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

Cottingham Food Bank

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

Scottish Country Dance Club

We meet on Mondays in Arlington Hall, Cottingham, 7.30pm - 10.00 pm. Everyone is welcome, beginners (for the first hour) and dancers with experience. It's a fun night with an RSCDS qualified teacher. For more information phone Lynne Brooks 840301 or Joyce Cochrane 871790. Your first night is free so come along and have a go!

Loudhailer Acoustic

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

Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 pm. and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on philmee79@gmail.com for further information.

Hull Zingari

Hull Zingari Cricket Club (est 1896) will be holding indoor net sessions for junior and senior players and new players will be made very welcome. JUNIORS Haltemprice Sports Centre, Springfield Way, Anlaby. 10 Sundays 6pm - 8pm starting February 12. £4 a session. Fully qualified ECB coaches in attendance. Hard ball and softball. Equipment can be provided. Ring Steve on 447568 to book a place. SENIORS Hymers College Sports Hall, Hymers Avenue, Hull. 9 Fridays 6.30pm - 8.30pm starting January 27. 3 sides playing weekend cricket in the York and District Senior Cricket League. Excellent playing and social facilities. If you are new to the area or looking to play in a higher grade of cricket then contact Ron Biggs (Hon Sec) on 571205 for details of how to join the City's longest established cricket club. www.hullzingari.play-cricket.com and on facebook and twitter

East Yorkshire Climbing and Mountaineering Club

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

Cottingham Methodist Church hall, Hallgate

Card making class held every Monday (Except Bank Holidays) - 1.30pm - 3.30pm. Classes re-start on Monday 4th September 2017. All levels welcome. Contact for further details - Ann on 07932 833578.

Arterian Singers

"Would you like to join a friendly group of men and women who enjoy singing? We meet during school term time at the Methodist Church on Hallgate, Cottingham on Tuesday evenings at 7.30pm. We present three concerts a year; the music ranges from folk songs to songs from the shows to religious works to carols at Christmas. There is no audition, and although it helps it's not essential to be able to read music. Musical Director is Julian Savory. If you think you might like to join us, why not come along one Tuesday evening? You will be made welcome! (If you would like to contact a choir member first, then please ring Maria or Alan Tel 442758).

The deadline for entries in the October 2017 "What's On" section, is no later than the 18th September.



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ver the last few years the Cottingham Times has reported on the successes of Cottingham residents who are members of Special Olympics City of Hull swimming team. Those galas were part of the lead up to the Special Olympics National Summer Games which were held in Sheffield this year. The country's largest multi-sports event for athletes with learning disabilities kicked off on August 8th. Special Olympics GB is part of a global movement that provides year-round sports training and athletic competition to nearly five million children and adults with learning disabilities in more than 170 countries. The GB National Summer Games is the showcase event and takes place every four years. This is the 10th event and the second time it has been held in Sheffield – the first was in 1993.

Taking a photo with Ben Pipes (above) when he came to support the team are the four boys from Cottingham, from L-R Adam Loubani, Owen Garsides, Timothy Wong, Ben Pipes and Thomas Waterhouse. They were chuffed with the 14 personal bests the whole team had achieved this week as well as 6 gold medals, 2 silver and 6 bronze. Not a bad tally from a squad of 11.

Back at base we then discovered that the four City of Hull gymnasts were also celebrating their four gold medals, six silver and three bronze. See photo below.

We had a very mixed team, Sophie Carter, West Hull, was our youngest athlete at 13 years of age and for whom this was her first national games. Duncan Burdass, Driffield, was the oldest at 49 years of age. Nine athletes were at their first ever national games. Three are from Hull, four from Cottingham, a brother and sister from South Ferriby and two are from Driffield. All of them supported each other enthusiastically both on and off poolside. All of them thrived in the Special Olympics atmosphere and bonded with fellow athletes. They loved the support of all their families, who were there in person and those who couldn't make it in person emailed, sent messages of support on social media and also proudly sent links to the media reports coming from Ponds Forge.

The success and pride experienced at an event like this does not happen randomly. It happens because parents/carers bring their athletes week after week to training, transport them to competitions and help them understand how the completions work. It happens because volunteer coaches give up their time 48 weeks a year, coaching, encouraging and mentoring. It happens because local communities have responded generously to fundraising drives and activities which mean that we can subsidise kit and travel to overnight events. Westfield Primary School just last December donated £600 raised by year 6 pupils to enable our club to buy new kit. It happens because beyond our local club, volunteers at regional and national level have spent four years planning this event. It happens because we have fantastic athletes of all ages, who support each other and want the best for each other and train week after week, practising and honing their skills.

The experience can best be summed up by Patrick Donohoe, who achieved three personal bests this week: "So often in regional events we have to consider each other rivals - after this we are all friends".

Continued overleaf

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we are all friends".



The experience can best be summed up by Patrick Donohoe, who achieved three personal bests this week: "So often in

New members are always welcome. Volunteers and coaches

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Yorkshire Building Society "Avenues Agency" introduces new Manager

The Yorkshire Building Society Agency based in the "Avenues" at 195 Chanterlands Avenue is now approaching its 7th anniversary and continues to welcome clients from Hull and the West Hull villages.

With its proximity to Cottingham and easy parking, the Agency continues to prove to be popular for the village residents who have seen their local bank and building society branch numbers drastically reduce over the past few years.

The Yorkshire Building Society continues to offer competitive savings rates, which include a range of Fixed Rate and Instant Access savings accounts and ISAs.

New Manager Ray Hogan has recently joined the Agency from The Bank of Santander and has immediately noticed the change from a Banking culture to working in a Mutual Society.

"We focus on an individuals savings needs whether it be short term or longer. We have accounts to suit most investors including some for children or clients who wish to save on a monthly basis. We have some very competitive Fixed Rate accounts and offer a wide range of variable rate plans which include the popular Triple Access Account.

The recent increase in the ISA allowance to £20,000 has given our clients much more opportunity to shelter savings in a tax free account. Our Savings Review Service allows us to sit down with a prospective or existing customer, discuss their needs and hopefully offer savings solutions where we can."

Outside work Ray is involved with local charities including "Life for a Kid" for which he recently boxed at the KC Stadium and he recently ran in the Jane Tomlinson Hull 10K. "One of the things that attracted me to working with the Yorkshire Building Society was their commitment to the YBS Charitable Foundation and the Avenues Agency is actively involved with local charities"

Ray and his team welcome both existing and new savers to the Avenues Agency and appointments can be made by contacting him on Hull 440191.



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Yorkshire Building Society is a member of the Building Societies Association and is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Yorkshire Building Society is entered in the Financial Services Register and its registration number is 106085. Head Office: Yorkshire House, Yorkshire Drive, Bradford BD5 8LJ. ybs.co.uk



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Fitmums & Friends register as a charity

thletics club, Fitmums & Friends is now a registered charity after the Charity Commission for England and Wales approved its application. Its new status will enable Fitmums & Friends to support more people to become more active through its range of friendly and supportive activity sessions.

Fitmums & Friends provides a range of running, walking, cycling and buggy sessions to help improve fitness and provide an opportunity to socialise with like-minded people. Its ethos is to support everyone no matter what their ability and to do so in a friendly and nurturing environment. Chief Officer and founder, Sam Barlow BEM explains: "We have very specific support systems which mean we can support those who have never been particularly active as well as those who have a good standard of fitness, with all participants being appropriately challenged."

Its new charitable status puts Fitmums & Friends in an even stronger position to support members of the community to become more active. Sam continues: "I am incredibly excited that Fitmums & Friends is now a registered charity – our new status will enable us to do what we do even better and for more people. It will allow us to access more funding which will support the development of new clubs – for example those currently launching in Grimsby and Harrogate – and new activities, while enabling us to keep our costs to members as low as possible."

Fitmums & Friends began in 2009 as an informal run session from Sam's driveway, but quickly grew. Today, there are eight Fitmums & Friends clubs across Hull and Yorkshire catering for more than 850 members. The clubs offer a wide range of activities, including running (group runs and coached sessions), fitness walking, buggy walks and a buggy boot camp, a cycle squad, junior athletics and even an inter-generational choir. In addition, its In The Pink support scheme provides one-to-one support for anyone who needs a helping hand to be more active.

As a charity, Fitmums & Friends will be governed by four trustees who bring a wealth of experience in administration, finance, law and public engagement across the sport, health, youth and charity sectors. Chair of Trustees, Tony Sutton adds: "Our role is to guide and support the development of Fitmums & Friends and we are all personally committed to continuing the group's growth and positive impact."

To find out more about Fitmums & Friends, to offer financial or practical support, or to try out one of our clubs, please visit www.fitmums.org.uk.

World Barge Pulling Championships at Beverley Beck on Sunday 24th September

he annual event of the World Barge Pulling Championships is due to take place on Beverley Beck at 11.0am on the 24th of September 2017.

Organised by the Beverley Barge Preservation Society in association with Teamac, we hope to build on the success of previous years.

Teams of four men, women, or mixed will pull the barge 'Syntan' (weighing in at 64 tons) a distance of 200 metres - in the fastest possible time. Sounds hard, but once she's moving....

All competitors are rewarded with a specially designed medallion, members of the winning team each receive a championship cup and share a £200 cash prize. A perpetual trophy will be engraved with the name of the winning team and held aboard 'Syntan' until the 2018 championships.

Throughout the day entertainment will be provided with music, stalls, tea and coffee etc, Duck race, and raffle, with a chance to win a boat trip.

So come on down to the Beck and enjoy a great fun day.



Bestselling author John Connolly coming to Beverley for the hidden story behind half of Hollywood's most iconic comedy duo

or lovers of the silver screen, this year's Lit Up Festival gets off to a great start on Friday 8 September, with the number one bestselling and award-winning author, John Connolly.

John will be finding time in his hectic schedule to come to the Parkway Cinema in Beverley at 8.00 pm on 8 September to talk about his latest book, he- his most intimate and personal book to date. He is an extraordinary story about Stan Laurel, one of the greatest screen comedians the world has ever seen.

The event will also include the screening of a Laurel and Hardy short film, 'The Music Box'.

In 1999, when John Connolly was visiting a friend in LA, a derby hat was mentioned in the course of a conversation - one given as a gift by an ageing comic actor to the friend, who was then a young boy. The hat was lost, but that conversation planted a seed.

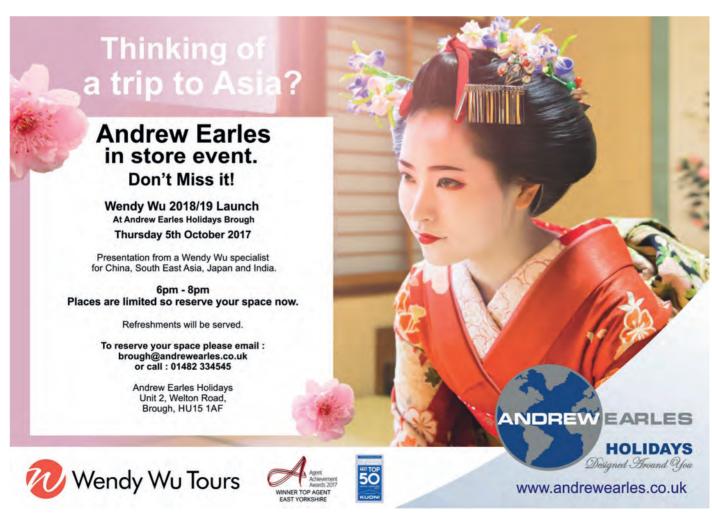
he is about a man who knew both adoration and humiliation; who loved, and was loved in turn; who betrayed, and was betrayed; who never sought to cause pain to others, yet left a trail of affairs and broken marriages in his wake... Stan Laurel.

John Connolly says: "I am of a generation that grew up with Stan Laurel and Oliver Hardy as part of their lives, as fixtures on morning television and images on the walls of bedrooms

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EYMS 'Poppy Bus' now in its fourth incarnation

ast Yorkshire's well-known 'Poppy Bus', first decorated to celebrate the centenary of the start of WW1 in 2014, has just been re-liveried again to mark 100 years since Passchendaele, also known as the second Battle of Ypres, which took place between July and November 1917.

EYMS chief executive Peter Shipp said 'The bus was so well received when it first appeared to mark 100 years since the beginning of the First World War that each year since then we have redesigned it to mark another poignant anniversary – firstly VE Day in 1945 and last year the Battle of the Somme which took place in 1916'.

'Having thought hard about what would be most appropriate for this year we chose Passchendaele which was another long battle in WW1 when again many lives were lost'.

'I hope it will have some significance for the many who lost friends and relatives in that battle including those from the Hull and East Riding area.'

As before, the new livery was designed by the company's in-house design studio and the new vinyls were applied in the EYMS main workshops at Anlaby Road in Hull. It took to the streets of Hull in its new incarnation last week and will work out of the Hull depot on local routes for the time being.



Swanland's Upcoming Events

Swanland Heritage Centre Open Days

eritage Open Days are the first week in September and during this time the Swanland Heritage Centre will be open extra times.

Friday 8th 2.00 - 4.00pm and Saturday 9th September 10.00 until Noon and 2.00 until 4.00 pm and on Sunday 10th 2.00 until 4.00pm. There are village books and cards for sale.

During Sunday, the Village Hall will also be open for The Halls Walks.

Christ Church is having a coffee morning on Saturday 9th September serving coffee and cakes from 10.00 am until 12 noon.

Please note the new additions to our website about the local farms, there are more photos and information about our village.

Do come and join us. You will be very welcome.



The Swanland Show Saturday September 9th

wanland Show will be held on Saturday September 9th. Entries to be in by 11.00 am and public viewing will be allowed at 2.00 pm. £1 entry and children free.

Please come along and see the wide variety of things on display, from Handicrafts to Photography, to Fruits, Veg and flowers, including a Children's section. We will have a popular "Paper-Craft for all ages" demonstration, refreshments and a sales table which includes cakes.

Prizes are given out at 4.00 pm. For more information and the schedule see our web site www.swanland-show.uk



La La Land - on Saturday 16th September at 7.30 pm

he winner of six Oscars, is coming to Swanland Village Hall at 7.30 pm on Saturday 16th September so make sure to note this in your diary now. The story of two proper L.A. dreamers, a suavely charming soft-spoken jazz pianist and a brilliant vivacious playwright, while waiting for their big break, attempt to reconcile aspirations and relationship in a magical old-school romance.

This is just the first film of the season so make a note of 7.30 pm on the third Saturday of each month when you will be able to watch other films such as Dunkirk, Lion, Victoria and Abdul. Tickets available on the door which opens at 7.00 pm. Adult cost £4 Schoolchildren £2. Refreshments available at the interval. For details of this and future films please visit http://www.swanlandvillagehall.info/forthcoming-events.htm.



Ricardo Spanish Flamenco on Saturday 7th October

A fter a summer break, Swanland Village Association are pleased to announce that there will be three wonderful and diverse shows during the autumn season in Swanland Village Hall - see this magazine in the coming months for further details.

We are delighted to announce that Ricardo will be bringing his Spanish flamenco music and dance on Saturday 7th October. He brings a highly skilled performance and a deeply evocative touch of firey Spain to the show.

Ticket prices are £8 (adults) and £4 (children) with a discount for SVA members paying in advance - from Yvonne on 01482 634863. Please see http://www.swanlandvillagehall.info/forthcoming-events.htm for further details.

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

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.

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

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





Cottingham Food and Drink Festival on Sunday 17th September

his year, on Sunday 17th September, from 10.30am-4pm, will be the fifth annual Cottingham Food and Drink Festival and we can't wait to host another fun-filled day for all the family! The Festival will include cooking demonstrations from chefs including Saturday Kitchens's Brian Turner and Steph Moon. You will also be able to visit a large number of stalls from around Yorkshire selling local produce. Stalls will be situated in the Market Green, King Street and Hallgate.

The event which is held in Cottingham village centre will be the largest so far, with around 90 stalls attending with products ranging from artisan breads, cured meats, cheeses, locally produced beers and wines and much more! There will also be, in the Civic Hall, the chance to try Afternoon Tea from Cottingham's own Smith's Deli.

On the Market Green, be sure to check out the cookery demonstrations held throughout the day from four of Yorkshire's best chefs. Last year, Ready Steady Cook and Saturday Kitchen star Brian Turner proved to be a hit with the audience, and we are pleased to say he will be back by popular demand this year. On the stage in the Market Green, we will also have Great British Menu finalist Steph Moon, John Robinson from White's of Beverley and Shoot the Bull's Chris Harrison. They will be showing you some creative ways to prepare some of the ingredients you will see sold by producers, and is sure to be one of the best bits of the day!

Free parking is available at Cottingham High School on Harland Way, Cottingham, where a free Park and Ride bus will be transporting visitors to and from the Festival, where you will be picked up by a vintage EYMS bus and taken to the village centre, which will be closed off throughout the event, ready to try (and buy!) the best food and drink our region has to offer.

The event is self-funded and relies upon the generous donations of our fantastic local sponsors. Sewell on the Go, Swift Caravans, EY Events and Graham and Rosen solicitors are the reason we can run the non-for-profit event and we thank them for their wish to help local businesses in Cottingham and food and drink producers from the region, as has been the aim of the festival since its creation.

So on Sunday 17th September if you fancy treating yourself to a few culinary delights, learning a few tips for the kitchen and helping our local food and drink producers, come down to the festival!

We'll see you there!

For further information about the event, visit www.cottinghamfoodfestival.co.uk, follow the Festival on Twitter @CottFoodFest or find us on Facebook and Instagram.



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HARDY PLANT SOCIETY NATIONAL LECTURE DAY

Hosted by the East Yorkshire Group Saturday 30th September 2017, 9.45am to 4.15pm



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Bishop Burton College Bishop Burton, East Yorkshire, HU17 8QP

Prof. Alastair Fitter – Botanist, University of York. When will it flower? Phenology in a Changing Climate.

Lizzie Balmforth – Head Gardener at Mount St. John, Thirsk. Planting Combinations at Mount St. John.

Dr. John Grimshaw – Director of The Yorkshire Arboretum. What is a Perennial?

Matthew Wilson – Award winning designer, writer and broadcaster. New Gardening: How to Garden in a Changing Climate.

Nurseries attending: Garden Blooms, Mires Beck Nursery, Westshores Nursery, Woodland Plants. Stalls: Members Plants, Sundries.

Ample parking on site including disabled parking. For parking please use village entrance.

Tickets £25 including tea and coffee.
Buffet Lunch £12 (must be pre-ordered)
or bring your own.
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ne walled garden will be open at lunch time to

The walled garden will be open at lunch time to visit.

Members gardens open on Friday 29th September and Sunday 1st October.

Additional details and booking forms are available from East Yorkshire Hardy Planters Face Book page or the national website www.hardy-plant.org.uk

Or write to : Keith Scott, 31 Park Avenue, Hull, East Yorkshire, HU5 3EW

Tel: 01482 494276 email: klscott@klscott.karoo.co.uk
Payment by cheque payable to:-

HPS East YorkshirePlease enclose a stamped addressed envelope for ticket



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and college dormitories. Because of the roles they played, I think there is a tendency to sentimentalize them, and confuse the artistry with the reality. But they both led complicated, adult existences with their share of trauma and tragedy. What sustained them, I think, was their loyalty to each other, which grew deeper as the years passed."

Born in Ulverston, Cumbria, Stan Laurel became one of the greatest comedy actors of the silver screen. He was a prodigious letter-writer, but, for someone who composed so many letters, he actually revealed very little of himself. He was a product of Victorian times, and so kept his feelings largely hidden: about the women in his life, about the losses he suffered, and about Chaplin, with whom he had a very complex, conflicted relationship.

For more information and to buy tickets (priced at £8 and £7), visit www.litup.org.uk/john-connolly.

Cottingham Times is no longer available in Waitrose at Willerby Shopping Park

The *Cottingham Times* is no longer available within Waitrose at the Willerby Shopping Park. This is due to a recent Head Office directive to no longer allow any free magazines within the store for Health and Safety reasons.

Copies of the *Cottingham Times* can be obtained from ChemDryWickseys Dry Cleaners (next door to the Santander bank), who specialise in shoe repairs, key cutting, engraving, and fashionable items from some of the top designers. Bags, Purses, Watches and Luggage.



Crossword solution from page 14



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Getting and Staying Well

If you have been ill then naturally you want to get well. But you do not just want to get better, you also want to maintain your health once you reach that point.

Let us look at some useful suggestions for getting well and from there, staying well.

Move your body however, whenever and wherever you can! Physical activity is important because the body was designed to move. Whether you walk, bike, dance, skate, work out at the gym or play a team sport, move your body often as this improves your health and makes you more flexible.

Massage is very therapeutic for your body and your mind. It can relax your muscles and joints and it is very good for the psyche. Get a massage as often as you can to relieve stress in your body.

Better nutrition is essential to helping you to get better and to stay better. You will heal faster if you provide your body with the necessary raw materials. Eat a healthy and well balanced diet every day. Commit yourself to eating the healthiest foods that you can afford. Buy local produce and start your own garden if that is a possibility for you. Eat as much "raw" fruits and vegetables as you can as this is the best way of getting nutrients into your body.

Drink more water. Your body is made up of mainly water. You lose water frequently through sweat, urine and tears so you need to replenish it every day. It is imperative that you consume enough water every day. If you eat lots of raw foods – not meats – then you'll get a lot of your water requirements this way.

So many people do not get enough sleep every night. Are you one of them? Restful slumber is important for your health and well-being. It is rejuvenating and restorative for everyone. You need to get enough sleep every night so your body can make the repairs it needs to make. During sleep the body works to heal itself.

Cut back on the caffeine you consume. Just like other drugs, caffeine is a drug that affects your nervous system. You need to drink less coffee and fewer soft drinks. Caffeine as well as many of the other harmful ingredients found in soda pop has been linked to numerous health problems. Drink less soft drinks or preferably give them up all together.

Drink alcohol in moderation. When you do so you can enjoy the health benefits but heavy drinking will negatively impact your health and the efforts you are making to get well and stay well.





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