

Gottingham Times

Issue 97 - December 2009

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THE COTTINGHAM TIMES

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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 50p (including biscuits). A warm welcome ensured.

We also have S.A.L.T. Lunch (Share a Lunch Together) every Tuesday in the Mark Kirby Hall, 12.00 noon to 1.30 pm.

Mary's Village Pop In - The small hall at the Village Hall, Skidby

Tuesdays and Fridays 10.00 to 4.30 pm. Adults, Children and Young People Welcome. Call in at any time for a drink and a chat. Tea, Coffee, Hot Chocolate, Biscuits, Crisps and Sweets.

Age Concern East Riding of Yorkshire

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

Yoga/Pilates Classes

Tuesdays 1st December to 22nd December. Beginners-Intermediate, 6.00 pm to 7.00 pm. Intermediate-Advanced 7.15 pm to 8.30 pm. At Cottingham High School. Telephone 07771 873457.

Haltemprice Art Group

Tuesday 1st December - Food Night

Tuesday 8th December - Christmas Festivities with seasonal fare. Entertainment and Art Book sale.

Tuesday January 5th 2010 - Sketching - Wendy and Wedding Dress/Rosie Baines

Cottingham Men's deLuda Society

Wednesday 2nd December - Christmas Lunch with Ladies, in St. Mary's Church Hall, Cottingham, at 2.00 pm

The Cottingham Wild Space Group

Wednesday 2nd December at 7.00 pm, Cottingham Parish Council Office. The meeting is to discuss events for next year and how to put the project described in the Natural Environment Chapter of Cottingham Parish Plan into action. All welcome.

The Yorkshire Countrywomen's Association (Skidby Branch)

Meet the first Thursday of each month in Skidby Village Hall at 7.30 pm. As well as speakers, we have outings, luncheons, coffee mornings and join in regularly with inter-branch activities across Yorkshire. Thursday December 3rd Speaker Kay Fryer (Decorations for Christmas).

British Sugarcraft Guild

Saturday 5th December, "Have A Go" - Workshop for marzipan modelling with Christmas in mind, equipment list provided so please bring along required tools and materials, 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

Front Cover Picture: A view down the snicket near St. Mary's Church, Cottingham. The photograph was taken and supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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Haltemprice Lions

Saturday 5th December - Christmas Craft Fair, Cottingham Civic Hall, from 10.00 am. A variety of stalls and refreshments available all day.

The Cottingham Wild Spaces Group

Sunday 6th December, Millbeck Wildlife Area and King George V woodland, 10.00 am.

North Ferriby Gardening Club

Monday 7th December, Christmas Meal to be held at Elizabeth Hotel, North Ferriby.

Cottingham Women's Institute

Tuesday 8th December - Christmas Traditions by Margaret Brooker, at 10.00 am upstairs at the Civic Hall, Cottingham

Skidby and Little Weighton Methodist Churches

Tuesday 8th December - Christmas Concert with the Priory Park Singers. Audience participation expected. Collection to be taken.

Cottingham Men's deLuda Society

Wednesday 9th December - Geoffrey Gray - Presentation to members, in St. Mary's Church Hall, Cottingham, at 2.00 pm

U3A

Thursday 10th December, Marry Scaife "What's it 4", in the Darby & Joan Small Hall, Finkle Street at 2.00 pm.

Cottingham Green Women's Institute

Thursday 10th December, Christmas Party, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Skidby Soup Lunch

Friday 11th December - Mary's Pop in the Village Hall, will host a Soup Lunch from 11.30 am. Everyone is welcome to call in for soup and a roll. With proceeds going to Village Hall funds.

East Yorkshire Embroidery Society

Saturday 12th December, Eliza McClelland (London), "To Bead or Not to Bead Two", 2.15 pm in the Darby & Joan Hall, Finkle Street, Cottingham. Members £1.00; Visitors £2.00 (includes cup of tea and biscuits). (Membership £6.00 per year).

Cottingham Wildlife Watch

Sunday 13th December, 11.00 am to 1.00 pm. Millbeck Nature area. Meet at the allotment car park. Tree planting, Make Christmas Decorations out of willow and fir cone bird feeders..

Cottingham Catholic Women's League

Monday 14th December, Christmas Social, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Men's deLuda Society

Wednesday 16th December - Men Only Christmas Lunch, in St. Mary's Church Hall, Cottingham, at 2.00 pm

Cottingham Ladies Circle

Wednesday 16th December, Social Evening, 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

Cottingham Evening Townswomen's Guild

Wednesday 16th December, Charity Speaker and Social Evening, at 7.30 in the Darby & Joan, Finkle Street.

Skidby and Little Weighton Methodist Churches

Sunday 20th December - Christmas Carol Service 4.00 pm.

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“Wills, plain and simple”

Most people over 55 years old know they should have a Will.

They know that a Will ensures that when they die, the people they have chosen will take care of their estate and benefit from it.

Yet many still have not got around to making a Will, often because they are put off by the costs involved, and understandably so.

A Will is an important legal document. If the price is too low, people wonder whether the adviser has adequate knowledge or expertise; too high, and people wonder whether their Will requires the level of expertise the price implies.

The result for many is that they never get around to sorting out their Will.

That is why Andrew Jackson Solicitors have launched the Wills, *plain and simple* scheme for the over 55's.

Under this scheme, the price of Wills are fixed at £150 plus VAT for a couple. For a single person the price is just £100 plus VAT.

Additionally, if you attend our Wills clinic at Cottingham then we are offering a free initial consultation with no obligation if you decide you do not want to proceed at the end of the appointment.

The *plain and simple* label indicates that this scheme is aimed at clients whose requirements are straightforward.

You will still benefit from being advised directly by a solicitor, but provided your requirements are uncomplicated, the price will be in line with the *plain and simple* scheme.

If your requirements go beyond the limits of the scheme, for instance if you need tax advice, or your Will needs to include trusts or more complicated arrangements, we will tell you so and let you know what the cost will be for the Will before we start work.

This means that you will always know the maximum cost of your Will.

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Feeding times for the Reindeer are 10.00 am; 2.00 pm and 4.00 pm. weekdays and weekends. The Grotto is open weekday afternoons from December 1st.

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Precept

Residents will be delighted to know that the Parish Council has reduced the precept to £100,000. The Council has kept the precept at the same level for the last two years but through prudent financial management and stewardship of funds a reduction for the next financial year has been made possible.

Binding Minutes

For the benefit of future generations Council has decided to have the Minutes of its meetings bound in hardback volumes and stored securely and safely in the East Riding archives. These will provide historic reference to decisions and actions taken by the Council over the last 10 years.

New Projects for 2010/2011

At this time of year our thoughts are with those servicemen and women who are serving around the world in theatres of conflict. Councillors have agreed on two capital projects with this in mind. We intend to clean and refurbish the war memorial which is central to the Remembrance Service held in St Marys Churchyard. Also, we intend to refurbish the Memorial Garden gates and update the Roll of Honour which is fastened to them. Permissions have been granted for these works to take place.

Bus Shelters

Work will soon take place to refurbish the two badly damaged bus shelters – Endike Lane and Hull Road. The pvc panels will be removed and partially replaced with metal panels to provide shelter for residents and public transport users and make it more difficult for them to be vandalised again.

Web Site

The new Cottingham Parish Council website went live on Tuesday 17 November. You can access the site by using the following link www.cottinghamparishcouncil.org.uk. Although there is a lot of work yet to do you will see that some information is already accessible. It is hoped that within the month you will be able to access and download a full colour copy of the Community Plan which was finalised during the autumn following extensive consultation with residents of Cottingham. If you do not have access to a computer you can obtain a copy from the library or ERYC Customer Services or call into the Parish Council office.

Christmas Close Down

The Parish Council office will close at 12 noon on Thursday 24th December and reopen on Monday 4 January.

Tree Planting

Once again the Parish Council will undergo a tree planting programme during the winter months. If you have any suggestions of where you think suitable sites would be please contact the Parish Council office; remember you cannot plant a tree on a narrow grass verge or where there are services.

Salt Bin

A salt bin had been put in place outside no 6 Kirby Drive as requested by the residents

St. Mary's Church Bells

Following a circular letter from St Marys Church asking for donations towards the repair work to the bells; Councillors felt that this was the sort of project that should be supported. They have promised £2000 towards the Church's efforts to raise the required sum.

Sadly we would like to report that Keith Allison passed away earlier this month, Keith was a valued member of the Allotment Association Committee who will be sadly missed by us all.



Section 137 Grant presented by Councillor Ann Abel and Councillor Gary Cooper to Mr. Don Maskell on behalf of Cottingham Methodist Church.



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Windows 7 has been around for over a month now, with no major problems and feedback is all positive. This is probably as a result of an exhaustive testing procedure before launch, with millions of users testing it and reporting back, and that seems to have paid off. So what's good about this latest version on Windows? Well graphically it does look superb, especially on a new flat screen, and as mentioned previously they have improved the memory management a great deal, meaning it is quicker to start and shut down, and more importantly is much more responsive in use. Some of the nice features that appeared in Vista, like the Aero Desktop and thumbnails of open windows on the taskbar have been tweaked, and a good addition is called Snap, where you can lock two windows side by side and compare, and even type in one without the other disappearing.

Despite what was announced previously, Internet Explorer is included, as in all previous versions, but the main thing missing is an email application – no Outlook Express or Windows Mail. This means downloading an alternative like Live Mail or Incredimail. However if you only use an online email service like Hotmail, Yahoo or GoogleMail, you won't need anything else.

So should you go for it? Well yes, if you are buying a new computer then you will probably get it anyway. If you presently have Vista, Windows 7 looks almost identical, but is more polished and does have some useful additions and performs so much better. Upgrading is a good idea if your computer is only a year or two old; any older and you are probably better waiting until you are in the market for a new one. Just give us a call for further advice.

There have been reports saying Microsoft based a lot of the new enhancements on the Mac operating system. For those not familiar, Mac OSX is the operating system that makes Apple Mac computers work. In fact they launched their latest version a few months ago. Those who use a Mac tend to be quiteand would never use anything else. It is different to Windows in many respects, but is still a point and click system, based on icons etc. Macs it has to be said are very aesthetically pleasing, encased in their trademark shiny white or aluminium casings, which you do pay a premium for. Do you go for a Windows Pc or an Apple Mac? Well the jury is still out on that one. In terms of numbers, Mac has only about a 10% share of the computer market worldwide, but an extremely faithful following. If you've never used a PC before then it would be easy to pick up a Mac, but if you've always used Windows you would find it a bit of a learning curve to change.

Google Chrome is my favourite web browser at the moment, if you haven't tried it yet, get it free from the Google website. It is very easy to use

and is very customisable. Taking it one step further, the search giant intends to launch a whole operating system based on Chrome next year. This will be in direct competition to Windows and Mac, and will at first be loaded onto netbooks designed mainly for internet use. The thinking behind it, as I've mentioned in this column before, is that in the near future all you will need is just means of getting online, and the Chrome OS will fulfil that.

Do you do any online shopping? There's a good chance you have, as a recent survey suggests that a staggering 90% of computer users will shop online for this Christmas. If you haven't, now is the time to try, with everyone looking for a bargain, there are certainly lots of money saving items available online. Many of the big names offer bigger discounts than in-store, and often will let online shoppers get a head start a day before cut prices appear on the high street. You can normally use your loyalty card to collect points and even money-off coupons if they have an online promotion code. Often you'll get free delivery too for a minimum spend. And of course it beats fighting your way through the crowds in town. For tips on using your credit card online see: www.shopsafeonline.org.uk

Security is the key to doing anything online of course, so make sure you have up to date anti virus/anti spyware protection, and that your firewall is turned on (in Control Panel, Windows Firewall). The other key element is to ensure you have all the latest Windows security updates, these are not optional. You should have updates turned on to automatic (again shown in Control Panel). If you are not sure go to the top of your Programs menu and click on Windows Update. This will go online and check if you need anything else. Other updates appearing from other companies recently that you should accept are: Java, Adobe Reader, and Flash Player, these are quite safe to do.

If you thought the dreaded computer virus was a relatively new and unwelcome phenomena, news broke this week that the first virus was written 26 years ago! A Dr Fred Cohen announced on the BBC World Service that he was studying computers in California back in the 1980's when he discovered that malicious code could reproduce itself across a computer's programs after being introduced via a 'trojan horse'. He never released the code for fear it would be copied and used, but he published his findings, and the rest is history – unfortunately!

Need more help getting to grips with your computer? Then sign up for our new monthly Plain English computer help feature, for which we have had a good response since advertising it last month. Get three issues delivered by email for only £9, or £12 posted. Plus get a free glossary of computer terminology (techno-speak!), and an explanation of how your computer works, and what to look for in a new one. First issue is going out this month.

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NEW: Like to get valuable hints & tips delivered to your inbox every month?

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Subjects like making the most of the Internet, how to easily send photographs and other attachments by email, creating and arranging files & folders, and looking after your computer, to name but a few.

Yes you can go out and buy a magazine or a book, but sometimes they are not easy to follow and can be full of adverts.

To launch this new feature, everyone who signs up will get a free glossary of computer terminology (techno-speak!) and what it all means; and an explanation of what to look for in a computer, or even understanding your own. The launch price of this will be just £9 for three issues delivered by email, or add £3 if you would like it posted. Payment can be made by cheque.

To take advantage of this, or for a free sample feature to demonstrate how you could benefit, just email us with the subject line: computer feature; and we will email straight back.

Friends of KGV Cottingham say “Thank You” to all who attended the Halloween Woodland Trail

The Friends of KGV Cottingham would like to thank all those families who attended our Halloween Woodland Trail on the 31st October 2009. The event attracted over 250 people who enjoyed solving the clues hidden in the woodland, the fancy dress competition and the firework and Chinese lantern displays. The haunted hot dogs, beastly burgers and spooky soup certainly helped warm the spirits on a cold night and once again the children left with prizes, choccies and most importantly a smile on their wonderfully made up spooky faces.

Having raised close to £300 towards the pavilion refurbishment and just like the Summer Family Fun Day the Halloween trail has now become an annual community event which just grows and grows each year and we would like to thank all those who helped, attended and supported us once again.

By the way did anyone see the unusual and unexplained lights flickering across the sky in strange triangular formations over Cottingham and Dunswell on Halloween night? I wonder what happened to those Chinese lanterns.

Other Lives Productions present Doodlebugs and Decorations at Skidby Village Hall

Other Lives Productions presents Doodlebugs & Decorations at the Skidby Village Hall on Thursday 10th December at 8.00 pm. Doodlebugs & Decorations, a Winter In Wartime: A seasonal medley of readings and semi-dramatisations across the ages.

This is followed by the World Premier of “Epiphany” by Richard Avery. In which an ex-mineworker, who has served time in prison, and a blacksmith, who fought in the First World War and was one of the ‘Lions led by Donkeys’, come together as ARP fireguards in the Christmas of 1941. Their respective faiths, Christianity and Socialism, are tested in a comic and moving clash of views which ends in an epiphany for both men

The show will last about 90 minutes, and refreshments will be served in the interval. Entrance is £7.00 Pay at the Door or for Advanced Seat Reservation Ring 01482 862752 or 07780 734330 or email otherlivesproductions@yahoo.co.uk

HERIB Resources Centre moves to its new home in the old charity shop

HERIB has been changing its facilities with the Resource Centre moving from a small room to a spacious area in the front part of the building. This occupies the old charity shop which closed in June. There is now a wider display of living aids such as clocks, watches, phones and low vision equipment for people to assist them with their everyday needs.

Also HERIB has a new internet café with 3 computers which all have accessible software for people with sight loss to surf the internet, do shopping or to meet up with old and new friends. There are facilities for people to have a “cuppa” or to stay for lunch. The Resource Centre and Internet café are open Monday to Friday from 9am to 4pm.

If you would like more details, please phone HERIB on 01482 342297 and we will be more than happy to help!

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Wordsearch - Rough and Smooth

Can you find the hidden words in the puzzle below, they maybe horizontal, vertical or diagonal, forwards or backwards.

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

Find the words in the letters above:

Boisterous, Bumpy, Burnished, Coarse, Crude, Flat, Flowing, Fluent, Fluid, Glossy, Grating, Harsh, Irregular, Jagged, Legato, Liquid, Pugnacious, Refined, Ridged, Rocky, Rough, Satin, Serrated, Silky, Sleek, Slick, Smooth, Staccato, Suave, Wrinkled.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 36 -

This is an easy challenge this month

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



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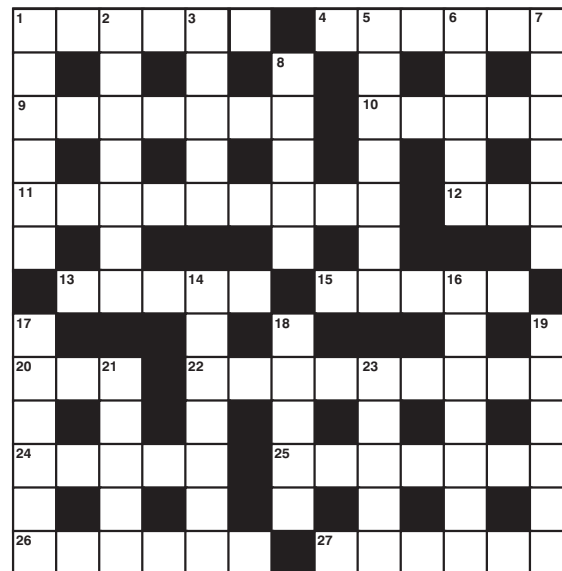


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Crossword - Solution on page 46



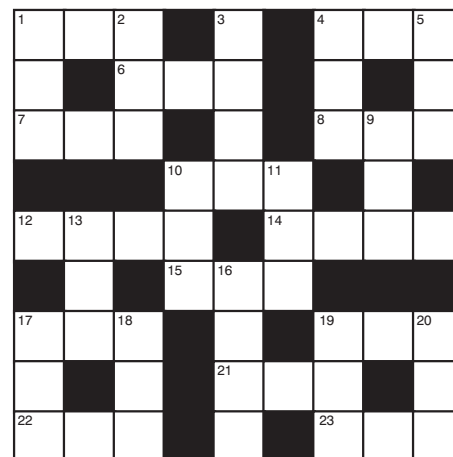
Across

1. Pub (6)
4. Take for granted (6)
9. Weird (7)
10. Take Place (5)
11. Expiation (9)
12. Sense Organ (3)
13. Stage Whisper (5)
15. Paragon (5)
20. Sphere (3)
22. Vortex (9)
24. Tine (5)
25. Ameliorated (7)
26. Cure (6)
27. Extremely Bad (6)

Down

1. Tropical Bird (6)
2. Asinine (7)
3. Ambit (5)
5. Yelled (7)
6. Relative (5)
7. Mistakes (6)
8. Varities (5)
14. Injured (7)
16. Foreshorten (7)
17. Barrel Maker (6)
18. Wild and Savage (5)
19. Blot (6)
21. Flower (5)
23. Part of a Play (5)

Number Cruncher



Across

1. 13 down minus twenty-eight
4. 23 across plus thirty-one
6. 18 down plus twenty-nine
7. 10 down minus 188
8. 5 down doubled
10. 22 across times six
12. Five times 21 across
14. Minutes in four days
15. Seconds in three minutes
17. Seven times 22 across
19. 19 down plus seven
21. Three times 1 down
22. Months in nine years
23. 9 down doubled

Down

1. Twelve dozen
2. 17 down minus twenty-eight
3. 14 across plus 4
4. 10 across minus 191
5. Minutes in six hours
9. 15 across plus twenty-six
10. 4 across plus 158
11. 19 across minus eighty-one
13. 22 across plus forty-seven
16. 3 down plus 2980
17. 17. across plus thirty-five
18. 2 down minus 155
19. Seven times 20 down
20. Months in eleven years



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In the Kitchen



How to prepare a turkey

If you have bought a frozen bird do make sure it is well defrosted first. Check by putting your hand inside the body cavity to see if there are any ice crystals left. Smaller turkeys (up to 7 kg) take about 24 hours to defrost in a cool place (around 18 °C), larger birds up to 48 hours.

If possible, remove it from the plastic packaging and re-wrap in aluminium foil as the plastic tends to make the bird "sweat".

Make sure you remove the giblets (if present) from the cavity and neck areas and wash the bird inside and out under cold running water. Don't stuff the body cavity. Instead lift the neck flap and press your stuffing up against the wishbone, replacing the flap of skin and securing with metal skewers, wooden toothpicks or sewing up with a needle and thread. Any remaining stuffing can be placed in a well greased shallow baking tin or made into balls then covered with foil and cooked separately.

For extra flavour place half an onion and/or half an orange in the body cavity (both with the skins still in tact) and pour some medium/sweet sherry all over the bird before placing in the oven. The resulting juices are a good addition to the gravy.

For a tasty and attractive finish, sprinkle the turkey with ground paprika and crushed thyme or dried mixed herbs before cooking and don't forget to season all over the bird with salt and pepper.

Before placing in the oven, smear the breasts with plenty of softened butter and protect with foil. Better still, cover the breasts and legs with LOTS of streaky bacon secured with wooden toothpicks then cover loosely with foil until the last 45 minutes of the cooking time.

Turkey Quantities and Roasting Times

Allow 20-25 minutes per lb (50-55 minutes per kg) plus an extra 20 minutes at 180C, 350F, Gas Mark 4 and remember to include the stuffing weight when calculating the timing. Some say to start it off breast side down which isn't a bad idea as the

cooking juices flow downwards into the breast helping to keep it moist. If you are going to use this method, don't smear the breasts with butter at the start as it will just melt and run into the roasting tin. Use the streaky bacon method below instead and still cover loosely with foil. It should be noted that very good results are still achieved just roasting the bird on its back for the entire cooking time.

Approximate cooking times (make adjustments to suit your own oven in particular for fan assisted ovens):-

Servings are approximate and sufficient to have leftovers

2.7kg/ 6 lb (serves 4+)

2 hours 50 minutes (plus 20 minutes resting)

4.5kg/ 10 lb (serves 6+)

4 hours 30 minutes (plus 20 minutes resting)

5.4kg/ 12 lb (serves 8+)

5 hours 20 minutes (plus 20 minutes resting)

6.8kg/ 15 lb (serves 10+)

6 hours 35 minutes (plus 20 minutes resting)

8.1kg/ 18 lb (serves 12+)

7 hours 50 minutes (plus 20 minutes resting)

9.4kg/ 21 lb (serves 14+)

9 hours (plus 20 minutes resting)

If using the above method, half way through the cooking time, turn the bird onto its back, baste well with the cooking juices, then re-cover loosely with foil before returning it to the oven. If you feel so inclined, you can baste the bird every 1-2 hours, however if you use the foil method, basting 3-4 times during cooking is sufficient.

About 45 minutes before the end of the cooking time, remove the foil (and bacon if you prefer), baste with the cooking juices and continue to roast. This will allow plenty of time for the bird to brown.

Check the meat is cooked by parting the skin between the leg and breast. If it is still a little pink then allow an extra 20 minutes on top of your calculated time. When pierced with a skewer at the thickest part of the thigh the juices should run clear not pink.

Before Serving your Christmas Turkey

Transfer the bird to a large serving platter, making sure you drain any juices which will have collected inside the cavity. You can add these juices to the gravy for extra flavour.

Leave the cooked turkey to stand in a warm place for about 20 minutes before carving. This may seem a long time but trust us - just cover it loosely with a foil 'tent' to retain its heat. You'll be surprised how hot it will remain and this resting time makes carving a doddle. This extra time can be used to finish cooking all the accompaniments.

An Age Concern Information and Advice Service for Cottingham

As people get older they may have worries and concerns about a variety of issues such as their health, housing situation, money, benefits or their ability to access services. Getting help, advice and information about your problems or concerns isn't always easy, especially if you would like to talk to someone face to face rather than over the telephone.

To try and help the older people of the Cottingham area, Age Concern East Riding of Yorkshire has now set up an Information and Advice surgery in Cottingham that will take place weekly on Friday mornings.

The surgery takes place at the Cottingham Methodist Church on Hallgate, Cottingham and operates between 10:00 am and 11:30 am each Friday. If you have any worries or concerns relating to any issues being faced by older people please feel free to drop in and see the Information and Advice worker. Tea and coffee will be available and should you need to talk to the Information and Advice worker privately, there is a private "quiet" room that can be used at the back, where privacy will be assured. The service is free of charge and confidential.

If the Information and Advice worker is not able to answer your queries immediately, he will be happy to find out the information you need afterwards and will then contact you at an agreed later time. He will also have a wide range of Information booklets available for you to take away.

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Having just arrived back from Germany I am really feeling that Christmas is just around the corner. The smells of wood burning and the typical wooden stalls displaying festive wares really warms up the dark dull winter days adding a hint of excitement.

Both myself and Lynne have been out to Germany to experience a new cruise line we are starting to work with AMA Waterways. The ships are all newly built and are operated for the English speaking market, sailing the rivers of Europe plus Russia & the Mekong. We have special group departures planned for 2010 and 2011 including: Vietnam, Cambodia & Laos departing January 9th 2011 and the lower Danube from Budapest to Bucharest departing 4th June 2011 (through the Iron Gates). For 2010 we have a Benelux cruise travelling via North Sea Ferries departing on 2 April (Easter). Please ask for details.

AMA offers very special touches, for example on arrival at the ship you are welcomed aboard immediately. Excursions are included in your cruise, and they offer different walking levels/paces, e.g. four groups that allow everyone to enjoy to the port of call to the best of their ability. Wine is included at dinner too! There is a gym on board too but as Lynne & I did not visit we are now dieting to shed those extra pounds we put on!

My hot tips tend to go down well so here are a few snippets:

ESTA: this is an electronic entry required by all travellers visiting the USA. It must be done a minimum of 72 hours before arrival and is valid for 2 years from issue. At present it can be obtained free of charge over the web. Next year there is talk of a \$10 charge being introduced so you may wish to apply in advance.

Car Hire: This year in Spain and Portugal cars where in short supply due to the credit crunch banks are not handing over the cash for companies to purchase additional cars. It is anticipated 2011 will be the same so, book early you can always cancel your reservation if you change your mind a week or so before you travel.

Flights: On scheduled airlines flights can be booked up to 11 months in advance, taxes are creeping up all the time, book and pay in full as early as possible to save on the increases coming.

Great news KLM are to start an Economy comfort class. For a supplement you can purchase extra leg room and more recline on your seat prices from 80 to 150 Euros each way.

Weddings: abroad are limited. Getting married abroad is a popular option and weddings are limited in most places not like a conveyor belt. Reservations are now being taken into 2011 if this is your intended way to tie the knot give Susan a call and she will furnish you with details.

Christmas gifts: stuck for a present for your loved ones, how about a surprise holiday or if you cannot commit to definite dates a voucher portraying your idea of where to go. Please give me at least a couple of days notice to be creative for your gift card. You may want anything from a day trip on the Orient Express in the UK to a luxurious holiday worldwide. If someone has already booked their holiday how about a holiday pre paid holiday extra e.g. a pre booked excursion, private limousine transfer to the hotel, airport lounge, Theatre tickets etc. Vouchers are also available year round for Birthdays, Anniversaries and Honeybonds for newly weds!

UK hotels: Warners for adults are offering Strictly Come Dancing weekends & midweek breaks. If you enjoy luxury hotels in the UK, these I have recently enjoyed are: the Randolph in Oxford, simply the best English breakfast ever, a hotel with great character and the famous "Morse Bar". The Royal Bath in Bournemouth has an enviable position overlooking the Sea, it is a great retreat out of season I could have enjoyed more than my 2 nights. Finally the Grosvenor in Chester very opulent rooms and right in the centre of this historic city. All 3 are a real treat.

Louis Cruise Lines: cheap and cheerful Mediterranean cruising. This winter no single supplements on Louis Majesty and 3rd & 4th sharing for just 50p. A great way to see an array of cultural sights.

Royal Caribbean's Independence of the seas will sail out of Southampton in 2010 for an 18 night Christmas & New Year cruise to the Mediterranean. Not a particularly different Christmas itinerary but a totally different ship to those normally on offer sailing from the UK without any flying over the festive season. Hurry cabins are selling fast.

Christmas Opening hours: we will be closed Sat 19th, Thurs 24th, Fri 25th, Sat 26th, Sun 27th, and Friday 1st January reopening on Monday 4th January 2010.

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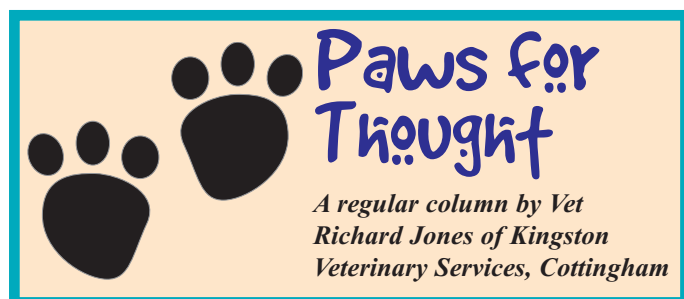
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Letters for Christmas

In another one of Ruth's "from the dog's point of view" articles she puts a different spin on the old expression "a dog is for life not just for Christmas." The message is still the same, however.

Dear Mama Labrador,

I have settled in nicely and growing up fast. I have a lovely den to sleep, chew and eat in and a massive garden. My family are nice – Dad and I play lovely games – we hunt the treat box and fetch the toy. (He says when I grow up we are going to do competitions together which sounds exciting).

We have started going on BIG DOG walks – the children run away and hide, and I have to find them – I smell them out! I play with Billy Boxer on the park then come home and sleep.

I have started school and can do sit, lie down, walk the plank, zigzag round cones, big dog recalls and proper lead walking. The family and I practise every day on our walks and I am getting better and better. It is very tiring but fun.

Happy Christmas from your son.

Dear Mama Labrador,

I am having a lovely time. I have a sofa and 2 beds to lie on and chew. I also have a garden which I am redesigning, it now has holes and puddles, and much pruned plants, we don't have pots any more! When I am busy in the garden my family get very excited and chase me round which is fun.

Another good game is finding something on the floor or table and playing chase. (I got an i-phone yesterday, which caused a great and exciting game of



chase me). If I bark my family start shouting and barking with me, we play this one when I get bored.

We went out for a few walks when I was smaller but now they say I am too strong and dangerous – which is a shame. Never mind – I have lots to chew if I am bored – the doors and skirting boards are satisfying, and I have just discovered wallpaper – its great to peel off and shred. A bit like dismembering cushions – again cause for excitement in the family. After these games I am taken to the garden so they must need me to do some more digging and pruning.

Happy Christmas from your son.

When thinking about having a dog, as well as considering what you like, it is advisable to think of what your potential dog will need. Working breeds such as Labradors, Border Collies, and Spaniels etc have been bred for generations to be able to work all day. Some dogs that present with "problem behaviours" are simply very bright energetic working dogs that have found ways to express what they have been bred to do in an inappropriate way – Labradors – chewing and destructive, Collies - chasing cars, joggers, shadows etc.

Working breeds bred from show lines may be more suitable as pets. I have a Border Collie (lovely when tired), bred from showing stock. He is pretty energetic, however needing less exercise and entertainment than a farm collie with generations of dogs for whom a 20 mile run is a mere walk in the park.

Our receptionist Maggie has a "working" Labrador, who is nicely, tired when doing the job she was bred for, when not working her destructiveness is liable to resurface.

As these two letters home show we need to plan well in advance when thinking about getting a new puppy, not just can we cope with a new dog but also how will a dog fit in with our lifestyle. Advice and help is always on hand though, Ruth Bryant and Louise Norman our behaviour counsellors are always there for advice so please speak to them first before deciding what kind of puppy is best for you.

Think of the Homeless at Christmas

Every year at this time at the Kingston Veterinary Group we hold an appeal for Hull Animal Welfare.

Each week Hull Animal Welfare use 150kg dried dog food, 200 pouches of cat food, 75 tins of dog food and plenty of rabbit and guinea pig food.

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It just remains for me to wish everyone a Merry Christmas and a Happy New Year from all at Kingston Veterinary group.

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Life Changing Dentistry – Filling The Gaps – Part 1

Hello again. I hope you are all well. I know I have mentioned it before but where does the time go? Summer over, kids back to school, Christmas, DONE. I think we've all been over exposed to Gordon Ramsay.

Now That You Are All Relaxed

Over the last few months I have written about some strategies and techniques to help overcome dental anxiety. I have also mentioned a few things in the past about how dentistry can really make a difference and be a life changing experience. The examples given included the improvement of overall health and well being including early detection and subsequent early treatment of mouth cancer. Also the detection, treatment and prevention of gum disease that has been linked with cardiovascular disease, low birth weight babies and even sterility. Not to mention the relief from chronic toothache.


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Filling In The Gaps And Then Something Different

A major way of improving your quality of life if you have missing teeth is to fill in the gaps. This can give an enormous boost to your self esteem. There are several ways of replacing missing teeth. Some are more successful than others. Some are more "lookers" than "chewers". With some you can look great and chew great. Options available are dental implants, bridges and dentures.

Now For The Different Bit

You may well be fed up with me rambling on about how absolutely, excellently, superb modern day, 21st century dentistry is and 'bigging us up' and patting us on the back. I thought that I would change tack and have a look at some dentistry from the past. Tooth replacement goes way back and some of it is really ingenious.

In 1931 a jaw bone was found in Honduras. It was believed to be the jaw of a Mayan. The Mayas were a very sophisticated ancient society originating in about 2500 B.C. They reached their cultural heights in from about 300 A.D. to about 900 A.D. The find was believed to be from about 600A.D. The jaw has three pieces of shell that had been shaped into a wedge design and been implanted into the lower jaw to replace some missing incisor teeth. Two of the shell implants had evidence of bone growing around them. I doubt that the long term success rates were that great though. Many different types of materials have been used to implant into the jaws to try and replace missing teeth including shell, ivory, bone and teeth from dead and living animals and humans. There was no modern anaesthesia/analgesia back then so a whole lot of hypnotherapy would have been needed. Mind you I don't know what 'herbs' would have been available back then.

A Rooster With A Tooth In It's Comb!

In the 18th century John Hunt, one of the greatest surgeons of his time, performed an experiment. He transplanted a 'living' human tooth whose root had not yet fully developed (i.e. a child's tooth) into the comb of a live cockerel. The blood vessels from the cockerel grew into the tooth and it became firmly rooted into the comb. Now get this bit! Hunter then advocated that when a tooth was to be transplanted into the socket of a missing tooth that there should be several young donors present. If the first tooth extracted from a child donor did not fit the socket, then one from the next donor would be tried and so on until a good fit was achieved. The practice died out after repeated reports of failure and the transmission of disease had been recognised, especially syphilis.

You've never had it so good

I know I said that I wouldn't go on about modern dentistry but compared to that lot I reckon it's not that bad today. I'll zip it now. Honest.

I hope that you found this a bit interesting (maybe for a change) and that it has really put you in the mood for the Christmas and New Year festivities.

A little aside

My daughter started playing football this year. She is playing for a team and really enjoys it. It is a great team with good team spirit and no pressure to win. You do see some teams under pressure from coaches. Anyway, they had just been beaten 8-1 (I think it was 8-1 we lost count) to a team with one less player. After the game we got into the car and she says to me "Their number nine, I really liked her hair".

It's the taking part that counts, I chuckled all the way home and then some.

Thanks for reading. Have a great Christmas and all the best for the New Year!

Take care

Chris 

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 848428. He has been in dental practice for 17 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry. www.castleparkdental.co.uk



Two sets of indoor bowls presented at AGM of Cottingham Bowls Club

The members of the Cottingham Club held their Annual General Meeting recently. After the election of the new Management Committee, Maureen Lindsay, a member for many year, presented two sets of indoor bowls to the Club's President, Alan Woodeson.

Also pictured is Alan Smart, the recently elected Chairman of the Indoor Section.

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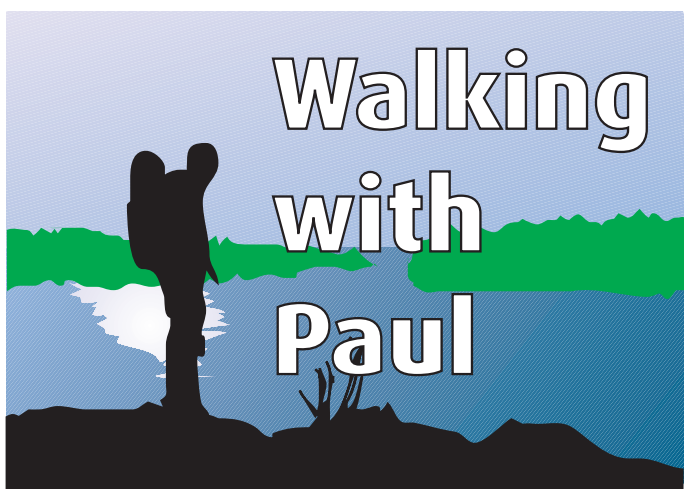
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Here is Paul's latest walk in his series of monthly rambles. This month his destination is North Cliffe

Map: EXPLORER 293 and 291

GR 874370 :: Distance 4.0 Miles.

Start at the east side of the road at North Cliffe on a wide grass verge in front of cottages known as War Agricultural Cottages.

Leave the car park area and walk up the track in an easterly direction keeping No. 1 War Agricultural Cottage on the right. This is an enclosed tarmac track at the start which rises steeply up Cliffe Hill. At the end of the enclosed section, enter a field and continue in the same direction with the hedge on the left. When the hedge ends,

turn right and follow a field track as it sweeps to the left and continue to enter a wooded area.

At the first major junction, turn left and continue on this track for about one mile until it emerges into a field. Walk with the hedge on the right and cross a stile and pass through two metal gates to enter a boggy area. Cross this area with care and pass through a kissing gate to emerge on a road. Turn left and after a short distance, turn left onto the access road for Castle Farm. Pass through the farm first turning right, then left then right again and pass through a wooden gate to enter a field and follow the track with the hedge on the right.

Walk with the hedge on the right and on reaching a gap in the hedge some 20 metres from a wooded area, pass through the gap and then walk with the hedge on the left to cross over a wooden foot bridge, then turn left and follow the field boundary with the hedge on the left.

When there is a gap in the hedge, pass through and then walk in the same direction but with the hedge on your right. Bear left at the corner of the field and on approaching a wooded area, locate a stile on your right, cross the stile and descend steeply down the bank to cross a stile and emerge on the road. Turn left and follow the road back to North Cliffe.

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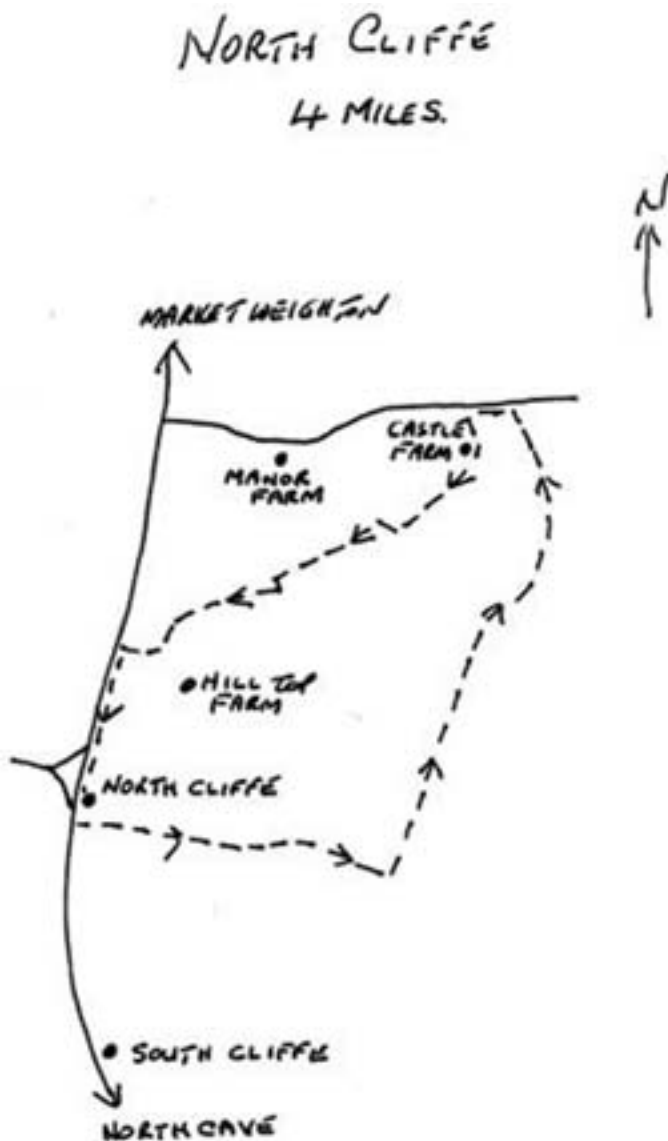
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In the Garden



Houseplants

Reduce watering and feeding of houseplants as the days shorten. Ensure that there is adequate ventilation in the greenhouse or conservatory, perhaps opening vents for an hour or two on milder days to encourage air circulation.

Remember that cacti need very little water, and no feeding, over the winter. Keep them barely moist until the spring, when they will be coming up to flowering and will therefore appreciate extra water and feed.

Clivia benefit similarly from a dormant period over winter, with less watering, feeding, and lower light levels.

Check that light levels are sufficient for houseplants. They will need light to carry on over the winter, and can easily be forgotten in a back or spare room that receives little natural light, or with the curtains left drawn. They are best moved to sunny windowsill until March next year.

Pot up Hippeastrum (amaryllis), and bring them back into active growth with regular watering and feeding. They should give you beautiful flowers for the new year.

If your Christmas cactus (Schlumbergera truncata and S. x buckleyi) failed to set flower buds, it may be that the temperature is too high (above 18°C/65°F), or that the plant is

Top 10 jobs

- 1 Check your winter protection structures are still securely in place
2. Check that greenhouse heaters are working OK
3. Prevent ponds and stand pipes from freezing
4. Prune open-grown apples and pears (but not those trained against walls)
5. Prune acers, birches and vines before Christmas to avoid bleeding
- 6 Harvest leeks, parsnips, winter cabbage, sprouts and remaining root crops
7. Deciduous trees and shrubs can still be planted and transplanted
8. Take hardwood cuttings
9. Keep mice away from stored produce
10. Reduce watering of houseplants

receiving light from an artificial light source after dark. Try moving the cactus into cooler conditions or away from night lighting.

Cyclamen persicum (often given as a winter pot plant) appreciates a cool room with good light. It is best watered from below (i.e. into the saucer, not the pot), as wetting the leaves can easily result in fungal infections and rotting off.

Cool conditions and regular watering will help keep potted indoor azaleas looking good for longer. Remember to water azaleas with rainwater collected in a rain butt, not with tap water.

Avoid buying poinsettias that have been accidentally chilled, particularly those sold from street stalls on cold days. Once home, place them in a warm, light place, away from drafts, to ensure they last for as long as possible.

Place hyacinths in a cool, bright place in the home. If it's too warm, the leaves will elongate and the flowers will fade quickly.



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In the Greenhouse

Put up insulating material such as bubble wrap on the inside of the greenhouse, if not already done.

Check that greenhouse heaters are functioning properly. Invest in a maximum-minimum thermometer to enable accurate monitoring of the temperature in your greenhouse.

Clear leaves and twigs from greenhouse and shed gutters.

Pest and disease watch

Keep an eye out for overwintering pests such as whitefly or red spider mite and treat accordingly. Nooks and crannies, and the bark of woody houseplants and vines, can harbour mealybugs and scale insect nymphs, for example.

Regularly deadhead winter-flowering plants in the home and greenhouse, to prevent problems with grey mould (Botrytis). Cyclamen are particularly prone to this problem.

Occasionally ventilating the greenhouse or conservatory for an hour or two on mild days will help reduce fungal infections.

This is a good time to clean all your old pots and seed trays, so that they are ready for next spring's flurry of activity. Thorough cleaning will reduce pest and disease problems, and will reduce your propagation and sowing problems.

Regularly pick and sweep up fallen debris to prevent disease appearing and spreading.



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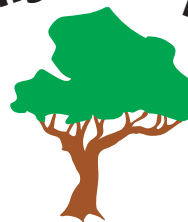
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Your Stars for December 2009 -

By Kay Gower

Aries - (Mar. 21- April 20)

This month is all about preparation, not only for the Christmas holiday, but for the real and welcome challenges that are to come in the New Year. Working quietly and objectively, you'll finish off what needs to be done in time to enjoy the party atmosphere.

Taurus - (Apr. 21- may 21)

The end of the year is approaching rapidly, chances are that since you are a Taurus, everything that can be done in advance has been done. As a result, the only thing that remains is to begin enjoying yourself. There may be less pressure on you in a professional sense.

Gemini - (May 22-June 21)

The focus all month is on communication, especially with people you haven't had a great deal to do with previously. You know how to have a good time this month and will be willing to put yourself out to please others.

Cancer - (June 22-July 22)

Getting your own way seems to be your greatest strength at this time. Routines will go out of the window as you choose to make things up as you go along. If compromises need to be made you give the impression of playing ball- but you still manage to get what you want! A great month.

LEO - (July 23-Aug 22)

Some of you may be in for an exciting present or a fresh source of income. Make sure that all opportunities that crop up this month are thoroughly investigated before they are turned down.

Virgo - (Aug 22 - Sept. 23)

It's not a good idea to take on any commitment that you are not certain you can carry through to its conclusion. As December advances, you will find the more carefree side of your nature will tend to predominate.

Libra - (Sept. 24 -Oct. 23)

This should turn out to be the sort of month you really love. The signs are that those you care for the most are attentive, but not demanding. There will be moments when you can just stand and watch - but mostly you will be involved and plugging away at life.

Scorpio - (Oct. 24 - Nov. 22)

There is a huge risk of boring yourself. Even good habits, brilliant decisions and healthy meals can be overdone. Luckily, you have enough sense to make sure you take a few days (or more) off this month.

Sagittarius - (Nov. 23 -Dec. 21)

Communication is highlighted. Any type of get together can work out extremely well for you now. The time is right to speak your mind - stay as confident as you can.

Capricorn - (Dec 22.- Jan. 20)

Don't be surprised if you find yourself subject to a great deal more in the way of good luck this month. You can play this trend for all it's worth. Definitely a great time for getting away from routines and seeking out excitement.

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

Don't take yourself or anyone else too seriously this month, and try to have real fun. Refuse to be held back or in any way squashed by others. Your infectious determination to have a good time will spread quickly.

Pisces - (Feb. 20-Mar. 20)

You probably need no encouragement to make the most of the beneficial influences around you. With the planets occupying their present position in your chart you can capitalize on a generally high-spirited period, and one that allows you to make the most favorable of impressions on others.



Christmas with the Windmill Walking Club

The Windmill Walking Club was formed ten years ago to provide for its members, rambling opportunities of varying distances in Yorkshire and the surrounding area. Over the Christmas period there are four events to which we invite anyone to attend.

A Christmas Carol Service will be held in the Zion & Newland United Reformed Church (Hallgate, Cottingham) at 7.30 pm on Wednesday 9th December at 7.30 pm. Members of the club will be taking part by reading lessons, poems and seasonal items. Feel free to bring your family and friends with you, to sing some favourite carols and catch an early glimpse of the deeper meaning of Christmas.

Why not join us over the festive period for "taster ramble". Choose from either the Annual Boxing Day Walk (4.5 miles) from South Cave Clock Tower at 10.30am, or the Annual New Year's Day Hang-over Hike ((6 miles) from Cottingham Green at 1.30 pm. You will be made most welcome.

If you are considering joining a Walking Club in the New Year, the Windmill Walking Club holds its AGM on Saturday 9th January 2010 at 2.00 pm in the Half Moon Inn at Skidby. Please contact the Secretary (Kelvin Young 843446) for a free copy of our January 2009 Newsletter.

Pictured above: Windmill Walkers on the summit of Whernside in June 2009.

Christmas Brass Band Concert at St. Mary's Church, Cottingham with the East Yorkshire Motor Services Band

The East Yorkshire Motor Services Band, current North of England Brass Band Champions, will be celebrating Christmas in Concert at St Mary's Church in Cottingham on Saturday 12th December, commencing at 7.30 pm. The programme will feature a mixture of Christmas music and music from a range of genres including traditional and modern brass, film music, and swing as well performances from several of the Band's featured soloists.

Proceeds from the concert will be donated to St John Ambulance.

Tickets priced £8 each (£6 concessions) for the concert can be purchased from Gilly's Balloon Co., 173 Hallgate, Cottingham; or by calling 01964 624877

Further details about the Band and future engagements can be found at the Band's website www.eymsbrassband.co.uk.

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... and join us this New Year's Eve with all hands to the pumps, there'll be trouble if it's just me again this year!! On the pumps this month we have Ringwoods "Best Bitter", a rich brown ale with a sweet bitter balance, Brakspears "Oh Be Joyful", a dark rich fruity beer guaranteed to warm you through, and still with us is that pesky Hobgoblin!! ~ Andy

The Blue Bell

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Have you ever been to a party where you don't know anyone? If you are a shy person, that can be a nightmare. From my recollection it can happen all too easily when we are asked to join our partner at their works Christmas party. They know everyone, and we know no-one. Worse still, have you ever been to a birthday party, as a guest, when you haven't known the person whose birthday it is? You are called to make the right noises, effuse in the right way, but without a connection, without history or interests that you share, what do you say beyond the usual small talk? Of course neither scenario is quite so bad if there are others at the party that you already know and especially if they can introduce you properly to the person whose birthday it is. And yet, every year at Christmas, people across the world celebrate the birthday of someone they don't know. Some of them may not even have twigged that they are celebrating someone's birthday, they are simply happy to go along with the festivities. For Christians, the whole point of our festivities is that we celebrate



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the coming of God as man, the birth of Jesus Christ into our world. We celebrate the unprecedented and amazing reality that God lived along us, and that he died for us, was resurrected and through the Holy Spirit remains very much alive to us.

Those birthday parties are much more fun, and much more fulfilling when we know the person with whom we are celebrating, because it is their life, and their impact upon our lives that we celebrate, together. Part of the joy comes from the memories we share, and the anticipation of more life together to come. Wouldn't this Christmas be more fulfilling for you if you actually knew Jesus? And if you aren't sure whether you are ready to meet Jesus yet, then why not get to know some of the people who already know Jesus personally? Why not come to church? Why not join us at one of our Christmas events this year and start to appreciate what more there can be to this year's celebrations? And if you discover you want to know more, then we'll be more than happy to help you.

Rev Andy

**A Happy and
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 To You All
 from**



Family Christingle Services

Methodist	19 th Dec	6:00pm
St Marys C of E	24 th Dec	3:00pm

Carol Services / Concerts

Zion URC Big Sing (Christian Aid)	10 th Dec	7:30pm
St Mary's (9 lessons and carols)	20 th Dec	6:30pm
Methodist Carol Service	20 th Dec	6:30pm
Zion URC Carol Service	20 th Dec	6:00pm
Holy Cross Carol Concert	23 rd Dec	6:30pm

Christmas 'Family Special' Celebration

Community Church (Darby & Joan)	20 th Dec	10:30am
Christchurch	20 th Dec	5:00pm

Christmas Eve 24th Dec Midnight Services

Methodist (with URC & CCC) (Communion)	11:30pm
St Marys C of E (Eucharist)	11:30pm
Holy Cross (Mass)	Midnight

Christmas Day 25th Dec Services

St Mary's C of E (Communion)	8:00am
St Mary's C of E (Family Eucharist)	9:30am
Christchurch (Family Service)	10:00am
Holy Cross (Mass)	10:00am
Zion URC (Family Service with Methodist & CCC)	10:30am



"The virgin will be with child and will give birth to a son, and they will call him Immanuel"—which means, "God with us."

Matthew 1:2

Christmas starts with Christ - See you in Church

Join with Dove Hospice on a fantastic trip to Lincoln Christmas Market on Saturday 5th December

Join Dove House Hospice this Christmas for a fantastic trip to the famous Lincoln Christmas Market on Saturday 5th December. Enjoy 300 stalls of food, gifts, entertainment and the fabulous atmosphere that the market has to offer.

The coach will collect from outside the Holiday Inn Express in Hull City Centre at 9:30am and from the Humber Bridge Car Park at 9:45am – arriving into Lincoln around 11:30am. The coach will depart from Lincoln at 5:00pm arriving back to the Humber Bridge Car Park at 6:30pm and the Holiday Inn Express at 6:45pm.

Maya Liversidge, Fundraising coordinator said “Last year was really successful; we had lots of great comments and are hoping for the same success this year. We only have 12 places left, so please call the fundraising office to book your place to avoid missing out”.

The coach will drop you off just a short walk from the Market stalls, so there will be no struggling with your bags! Tickets are £17.50 and include return coach travel and a light refreshment on the journey to Lincoln. All proceeds will go directly towards Dove House Hospice which provides specialist care for patients with life limiting illnesses in Hull and East Yorkshire. To reserve your place, please call Maya on 01482 785743 or email fundraising@dovehouse.org.uk



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Marion Owen Travel was voted Elite Travel Agent of the Year by tour operators and cruise lines for their commitment and passion to the travel industry.

Marion said "This is a fantastic achievement for my team, and a fabulous marker for my 30 years as a Travel Agent, the whole team are thrilled".

Jane Gallagher of Cottingham wins Wilburn Memorial Trophy

The Wilburn Memorial Trophy winner this year was Miss Jane Gallagher of Cottingham for her exhibit entitled 'Grecian Chapel' in gouache and mixed medium. This exhibit proved to be the most popular in the adult section of the exhibition. A public ballot during the week of the exhibition takes place to decide upon the winner.

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News Updates from the Cottingham Post Office

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Inland Normal: (under 100g) 1st Class/2nd Class: Is an A5 size card with no "lumps, bumps or badges on or smaller. If it has, please use a large 1st or 2nd class stamp or Royal Mail with surcharge. Minimum surcharge will be £1.08. Do not let the person you are sending your card to, have to pay extra postage on delivery. Check with the Post Office to avoid this.

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Friday 4th December

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Western Europe Friday 11th December

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Gary, June & Staff



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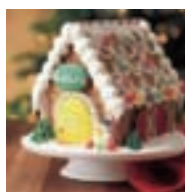
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Melanie Watson of Skidby Livery Stables with the latest of her monthly articles

Retraining Owners

Undeniably as important as training a horse, is the time, energy and care that myself and my team put into the owners. It is not just the animal that arrives traumatised or damaged but often the owner and or the rider too.

It is true that owners can occasionally and unintentionally allow their horses to develop bad habits. More often though, it is that life throws unexpected, undeserved and confidence ruining accidents and incidents at all of us at times, no matter what walk in life we take.

Partnerships between people and partnerships between animal and owner are no different.

Once trust in the other has gone then the damage is very real, hurtful, saps ones confidence and needs careful thought as far as your future together is concerned.

The owner loves that horse with all their heart, they want to keep the horse but it has to mend its ways and mutual trust with viable expectations must be created. That's where I come in . . . An equine marriage councillor no less!, although I've never quite thought of it in that light before.

My retraining of any horse is always open to spectators. We do nothing behind closed doors. It is very important that I share as much information as is possible with the owners especially if they cannot always be present.

Distance and work commitments mainly limit the time that they can be actively involved. Hence the time that I do get to share with the owners is very important. All applicable methods are taught and testing the trust by creating scenarios which push the partnership.....eg, fear of large traffic and being able to be positive where there had only been fear (on both sides).

Making sure that it is the owner in charge throughout all those times or circumstances where previously the horse had been holding its owner to ransom.

Considering I went in to horse training in my early working days with the blinkered vision of my becoming some form of Mother Teresa for horses, thinking that all the wrongs which an individual horse had endured at the hands of its owner could be blamed on cruelty or ignorance, I was so very wrong.

The people I meet care deeply. Their love for their horse has been sorely tested but they hang on in there despite both personal and, sometimes, physical injury. Apart from as a result of an unavoidable accident, I have rarely met an owner who is the original cause.

You will have read in past editions that most problems are inherited at point of sale. Sometimes an inability to cope or an incorrect but understandable reaction from the handler or rider can compound the issues already there.....but they are rarely the cause.

I was delighted last week to receive a letter from a lovely woman called Cath. In this letter was her profound thanks to both Carlie (my head girl), and myself for the care, time and patience we showed her earlier on this year. As a result of which Cath is back riding again, which she had previously thought physically impossible.

Her impish but delightful horse Harvey is now showing her great respect and gentleness where before he had been on his own agenda and that as a result of which she has just had the most perfect summer ever in her eyes. Fantastic.... If I ever wonder why I do what I do then the lovely people that I meet, like Cath, simply confirm that (despite the wind and the rain)....It is a good life!





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Gino's is a bright, clean and friendly premises, and there is a small well-lit waiting area. There is an excellent choice of Pizzas, Burgers, Kebabs and Fried Chicken, and the meals are of ample proportion, even for the biggest appetites. There is also a Gino's Kids Club menu.

NEW!!! A superb range of new pasta dishes are now available at Gino's. These dishes consist of variety of pastas including such fillings as King Prawns, minced beef, spinach, garlic, mushrooms, fresh cream. Call in Gino's NOW and enjoy these new superb pastas.

The meals are of excellent size and quality and the Mega Meal at £11.99 is superb value for money.

Gino's is now open from 4pm till midnight every day, and is open till 1.00am Fridays, Saturdays and Bank Holidays to provide his customers with good food for longer.

There is a local delivery charge of £1.00 (subject to change). Visit Gino's soon.

You can now download Gino's Menu from the Cottingham Times website www.cottinghamtimes.co.uk under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.

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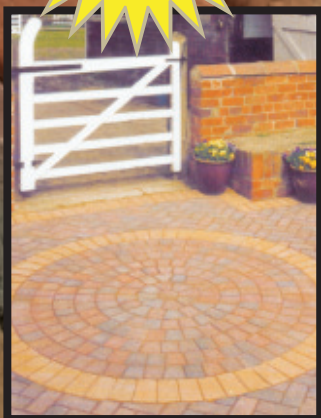


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An Egg for Christmas Dinner

By Peter Railton

When my parents were first married, they lived with Dad's mother and sister in Cornwall Gardens, Raglan Street, on Newland Avenue. This was a little two-up and two-down terraced house and Grandma and Edna had one bedroom and Mother and Dad the other. Apart from that, they all shared the rest of the accommodation and the ladies took turns in cooking, cleaning, etc.

It was 1927 and Grandma worked part-time in Brown's bookshop, which was in King Edward Street then, to supplement her meagre pension, Edna earned a poor wage as a milliner, Dad had just got his foot on the lower rung of the Civil Service ladder and Mother had had to leave her office job at Sissons Paint Works because of their policy of not employing women once they married.

Christmas approaches

Christmas was approaching and money was tight. Everyone was trying to put a 'bit' aside for presents but it was not easy. Dad and Grandma shared the household bills for rent, gas, coal and food but, like many other families at that time they 'were hard up'!

Then salvation beckoned - Bladons were advertising for part-time assistants for the Christmas period, so Mother went along and got a job on one of the gift counters and it seemed that money worries were over for the time being anyway. But as so often happens, hopes were dashed when Edna along with other girls, was made redundant when the milliners' shop went bankrupt and they were back to 'square one' again.

However, it was resolved that they were going to have a good Christmas come what may, so shopping for the essential ingredients for Christmas cake, mince pies, jam tarts, lemon curds, etc. got under way; the cake was made by Grandma as the executive officer, with the assistance of Edna and Mother who weighed and washed the currants, raisins, sultanas etc, sieved the flour, softened the margarine in front of the fire and so on and eventually the mixture was put into the baking tin, after everyone had a stir with a wooden spoon, while it was in the mixing bowl, and eventually it was placed in the gas oven.

A few days later, the baking gear came out again for the pastries and everything was thus made ready for Christmas tea - now, what to do about Christmas dinner? A chicken of course - it's Christmas, was the general consensus.

Christmas Chickens came with all their feathers

Now, in those days chickens, rabbits and other would-be Christmas dinners came with their feathers or furs on, as the case may be and it was usual for the buyer to prepare the unfortunate creature themselves and Grandma was no stranger to this job. So on Christmas Eve morning, Grandma and Edna went to the shops on Newland Avenue - Mother and Dad were both at work - and bought the potatoes, sprouts, onions, carrots etc., then on to a meat and poultry shop where Grandma exercised her experience, as she carefully chose a large enough chicken for the four of them - not an easy task when it still had all its feathers on. They were all going round to Grandma's sister Emily and brother in law Joe's house on Boxing day, so there was no need to get a large bird with meat over for that day.

Back home, the vegetables were put away and the serious business of plucking the chicken and drawing (i.e. removing its insides) began - a nasty, messy job as one can imagine. A large cloth was placed across the kitchen table and Grandma set to work; the poor thing was be-headed and de-feathered, then had its internal organs taken out - reminiscent of the crowd - pulling attraction of hanging, drawing and quartering a political opponent, so popular in medieval times.

The hapless creature was then washed and placed in a large bowl of water to soak overnight - salt was added to the water 'to get the blood out' - a good handful of salt. Perhaps it was the tradition of Grandma's sea-faring ancestors where all meats were preserved in salt, that was passed down but she was extremely liberal with salt in everything especially meat. My dad and his sister were used to it and even added more to their dinners, but Mother hated it and rarely touched meat while they lived at Grandma's.

Christmas Day Dawns

Christmas Day dawned and everyone turned to. Grandma was up early and washed the bird and just to 'make sure, immersed it again in salted water for a while. Stuffing was home-made with sage leaves and finely chopped onions and added to the chicken which was put into the cooking tray and placed in the oven. Next, the vegetables were peeled, chopped,

soaked for a while then consigned to their pans, the potatoes prepared for roasting and a little salt sprinkled on top to make them crisp, then they too went into the oven.

Then the biggest mistake ever - Mother and Grandma were upstairs making the beds and Grandma called down -

"Jack - Edna - will one of you put a bit of salt in the pans of sprouts and carrots - it will give them a better flavour."

Now, it transpired that unknown to each other both Dad and his sister added a 'bit of salt' to the pans.

The proof the pudding is in the eating

At last it was dinner time - the table was set, the vegetables put into the turines, the chicken placed on its dish and everyone sat down amidst the mouthwatering aromas of Christmas dinner. Dad carved the chicken and they helped themselves to the vegetables and the usual salt was sprinkled on them. As I have explained, Dad and his family were used to liberal doses of salt in their meals, but even they were defeated by the super-abundance of the stuff which became apparent in everything. Mother gave up after the first mouthful - even the chicken was inedible, and the gravy made matters worse.

"Oh Lord," a favourite expression of Grandma's, "we've put too much salt in." The understatement of the year. After a great deal of blame apportioning, dinner was abandoned. What could they have instead? No chicken, which left only its progeny - an egg; this was the only solution at that moment - there were no spare vegetables left, so four eggs were put into a pan to boil.

Needless to say, the traditional cheer and excitement of Christmas dinner was distinctly absent from that meal. But at least Christmas tea could be looked forward to? thankfully that went without a hitch - salt had not found its way into the mince pies, jam tarts and lemon curds, and the cake was spared the ignomy of being put into the dustbin along with the dinner.

Boxing Day was spent at Aunt Emily and Uncle Joe's house in Alexandra Road - the funny side was eventually seen, but that Christmas dinner of 1927 or rather lack of it, remained a family joke for many years and was firmly etched in my Mother's memory for ever - an egg for Christmas dinner!



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Thurs 17th Dec - 9.30am to 8pm	Thurs Xmas Eve - 8am to 4pm
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News from Cottingham Little Theatre

Review of 2009

Here we are at the end of another successful year. We would like to thank our Friends, audience members and volunteers who support us so much during the year. We hope you have enjoyed our offerings in 2009 because, without you, there would be no Cottingham Little Theatre.

2010 is our 90th Anniversary and we are already making plans for a special production in November. But our next play will be "Breath of Spring" by Peter Coke and performances will take place on Thursday 7th May, Friday 8th May and Saturday 9th May, 2010, so make a note of the dates in your diaries. Casting auditions for Members will be held on Sunday 13th December.

We are already aware of increasing costs for the hire of rehearsal rooms next year, so, having kept our ticket prices stable for the last four years, we may be faced with a making a small increase next year. We are sorry that we may have no option but to do this, but we will keep any increase to a minimum.

Finally, we would like to take this opportunity to wish everyone a Very Merry Christmas and a Happy New Year and we look forward to meeting you all again in 2010.

Play Readings

There will be no play reading in December so the next time we meet will be on Monday 4th January, 2010 at 7.30 pm in the Old Brewery Bar at the King Billy Inn in Hallgate, Cottingham. We are always pleased to welcome new guests to these Open Sessions. For more information give Sue a ring on 01482 842250.

Social Events

Our next event is the Christmas Party Night at the Ferguson Fawcett Arms in Walkington on Friday 4th December. Then in January we will be holding our Annual Dinner, probably at a venue in the village, and on 20th February there will be a Quiz night in The Back Room in Hallgate. More information about these latter two events next month.

New Members and Friends

We were delighted to welcome half a dozen or so new Members and Friends during the year, since we started writing these Articles, so if you fancy joining us, either as a Friend or a Member, have a look at our website www.cottinghamlittletheatre.co.uk where you can find out a lot more about us. Or e-mail us at clt1920@hotmail.co.uk

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Do Sound Effects, Prompt,
Do Props, Do Costumes,
Do Front of House, Make
Refreshments,
Be a Gofa**

This month our Mystery Diners visited The Millhouse Restaurant & Bar at Skidby *Great Food! - Great Location!*

It is a long time since I have visited The Millhouse Restaurant & Bar, and, having read in the *Cottingham Times* about the new, vastly experienced chef, I thought it was time to try it again.

Some of you may remember the old 'Francos' Restaurant above The Westfield Club (now Fair Maid) from 20 years ago. Well, Franco then had this purpose-built restaurant constructed to replace the old restaurant. Now run successfully by his son Marco Ciuffetelli. The restaurant offers the complete dining experience, whether a special occasion or just a meal out with family and friends.

On arrival on a wet Saturday evening the large car park was already half full even at 7.30 pm, which is a good sign of its popularity.

The restaurant building itself is a very impressive white Mediterranean style building. As you walk in through the coffee shop and then into the impressive bar area, you get the feeling you are in for a quality evening. The decor is tasteful dark wood and comfy chairs. A piano player tinkles the ivories for background music and it is very relaxed and comfortable.

Our party took a seat in the bar area with our drinks and perused the menus.

A comprehensive list of starters and main meals, including vegetarian options, made it an interesting read. Our party finally chose Organic Salmon Fish Cakes with Spring Onion, Sweet Chilli and Lime dressing (£6.50), Duck and Fig Terrine with fruit chutney and toasted Brioche (£5.95) and Grilled Black Pudding on a bed of Mustard Mash, topped with a Poached Egg (£5.25) which was absolutely delicious. For the main course we chose Honey Roast Half Duck served with Orange and Cointreau (£15.50) which came with a beautiful crispy skin, Monkfish & King Prawn Curry with spiced Chicken, Cumin Rice and Popadoms (£18.95), which my wife said was delicious, Sautéed Escallops of Dutch Veal with White Wine and topped with Sage and Parma Ham (£15.95).

The dining room area is large, light and comfortable with the tables far enough apart to be able to talk normally to each other without being overheard. On our visit the restaurant was fully booked, but still felt very relaxed and intimate.

We were shown to our table and quickly served our starters, all of which were very tasty, with nothing left on the plates.

Our wine, a Spanish Tempranillo Red at £17.50 was smooth and tasty. Just a comment on the wine list - it is very comprehensive and needs to be read thoroughly, because the choice is massive and so is the price range.

The main courses came with a selection of vegetables and a side order of chunky chips, all hot and well cooked.

Once again everything was cleared off the plates and the general opinion was one of satisfaction. The desert menu came around with a very tempting range of sweets and coffees.

We plumped for the cheese board (£7.50) and a Peanut Butter Cheese Cake with Old School Peanut Brittle and Peanut Butter Ice Cream (£5.95) The cheese cake was superb as was the ice-cream, but just a comment about the cheese board. The choice of cheese was lovely but the portion size, four thin slices and

four crackers, was I felt, not enough for the price paid and was the only disappointment in an otherwise flawless evening.

We also had two Liqueur Coffees (£4.95 each) and two named coffees (£1.95 each).

The service throughout the whole evening was First Class as you would expect from a restaurant of this calibre and could not be faulted from start to finish.

The bill for the whole evening was just under £170, which isn't cheap, but for the four of us including wine, liqueur coffees and cheeseboard, it is to be expected for the quality of food and service.

There are also many other menu choices available such as the Table de Hoté Menu, a two course meal with 125ml glass of house wine £16.95, and also a three course for £22.95, and a selection of Bar Meals from the new Autumn/Winter Café Bar Menu.

The Millhouse Restaurant & Bar is a well established top class restaurant and much of its long standing success must go to Marco and all his staff, as well as the choice and quality of the food.

If you are looking for a restaurant, where great food, superb service and a fantastic location are important, then this is the place to go.

If you haven't been yet then give it a try.

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Teenage leukaemia patient urges community to save lives

A Skidby teenager faces a race against time to find a matching bone marrow donor to provide the lifesaving transplant she needs to beat leukaemia. Doctors have told Emily Pierce, 18, that she desperately needs a bone marrow transplant after being diagnosed in September with acute lymphoblastic leukaemia (ALL).

Now Emily is appealing for people to attend a special session set up by The Anthony Nolan Trust to join the charity's bone marrow register, in the hope that her lifesaver can be found. The session will take place where Emily works, at Cottingham Parks Golf and Leisure Club, Woodhill Way, Cottingham, HU16 5SW between 4 and 8pm on Tuesday 8th December.

For more information, or to speak to a donor from the area, please contact Victoria Moffett in the press office for The Anthony Nolan Trust on 020 7424 6619/07825 937920 or Victoria.moffett@anthonymolan.org.uk

Everyone involved with the

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and a Peaceful
and Prosperous New Year*



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May I take this opportunity to wish all my clients, past, present and future, a very happy, healthy and peaceful Christmas and my good wishes for the New Year

Stuck for present ideas, then it is still not too late to get your Gift Vouchers

To everyone who called in on Monday 23rd November for Mince Pies and Mulled Wine, and donated to Rugby Tackling Teenage Cancer, Thank You Very Much!!

Seasons opening times will be displayed on the door

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Crossword Solution from page 14

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Winter Blues

One in 100 Britons becomes depressed in winter and suffers from Seasonal Affective Disorder (SAD). Millions more have low spirits during the winter months.

So, if the short, dark days are getting you down, what can you do to feel like yourself again?

If you're going through a bout of winter blues, lack of daylight is probably playing a big part.

Keeping active by 30 minutes exercise three times a week is effective against depression, and anecdotal evidence that lighter exercise will have a beneficial effect too. Go for a walk or take up Yogi, or Tai Chi (Michael Maduro pg 46) or join the local gym (there are many locally to choose from). Try joining a dance class, any exercise that keeps you moving and alleviates the stress and boredom of winter.

If you have a tendency towards SAD, outdoor exercise will have a double benefit, because you'll gain some daylight.

Exercise is believed to change the level of the mood-regulating chemical serotonin in the brain. It can also help by providing a pleasant change of scene, and helping you to meet new people.

Keep your home warm. the main rooms you use during the day at a minimum of 21°C (70°F) and your bedroom at a minimum of 18°C (65°F) at night when you're asleep.

Wrap up warm. Several thin layers of clothes are better than one thick layer. Don't forget to wear hats, gloves and scarves. Remember head, hands and feet, to retain body heat. If possible, stay inside during a cold period if you have heart or respiratory problems.

Move around at least once an hour and don't sit down for long periods of time. Even light exercise will help keep you warm.

Look out for elderly friends and neighbours. Check they're safe and well throughout the winter. Make sure they're warm enough, especially at night, and have stocks of food and medicines so they don't need to go out during very cold icy weather.

On average we sleep six-and-a-half hours a night, much less than the seven to nine hours recommended. But in winter, we naturally sleep more, due to the longer nights. Use the time to catch up.

Eat more fruit and vegetables. When it's cold and dark outside it can be tempting to fill up on unhealthy comfort food, but it's important to ensure that you still keep your diet healthy and include five portions of fruit and veg a day. If you find yourself craving a sugary treat, try a juicy clementine or satsuma instead.

Try new activities for the whole family. Don't use the cold winter months as an excuse to stay in and lounge. Instead, get out with the whole family to try out a new activity, maybe ice skating or taking a bracing winter walk on the beach or in the country. (See Pauls Walk pg 24) Regular exercise helps to control your weight, boost your immune system and is a good way to break the tension that can build if the family is constantly cooped up inside the house.

Have a hearty breakfast. Winter is the perfect season for porridge. Eating a warm bowl full on a cold morning isn't just a delicious way to start your day, it also helps you to boost your intake of starchy foods and fibre, which give you energy and help you to feel fuller for longer, stopping the temptation to snack mid-morning. Oats also contain lots of vital vitamins and minerals.

Eat a balanced diet and don't skip meals and keep your immune system perky all winter. Choose foods with high antioxidant levels like oranges, strawberries, kiwi fruit, broccoli, carrots and cabbage. Many experts believe that antioxidant vitamins, like vitamin C, vitamin A and vitamin E can help give your immune system a big boost and reduce the risk of serious illness. So go ahead and eat up! Say goodbye to colds and flu.

A simple way to get more antioxidant vitamins into your diet is to drink green tea. People in the East drink green tea regularly and many people believe it to be the secret of longevity.

VILLAGE BATHROOMS & KITCHENS

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Christmas will be here and gone in the blink of an eye. The time has arrived for the move or improve decision. So let's improve.

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Village Bathrooms & Kitchens are again offering an 800 or 900mm quadrant enclosure and tray for less than £300.

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We are offering a full bathroom suite, to include taps, waste and panel for less than £250.

You can probably buy cheaper, but not better quality for the price.

Our Christmas closing times are as follows.

Closed Dec 24th at 12:30 and re-open Jan 4th at 8:00am

In 2009, Village Bathrooms & Kitchens removed 57 baths. We fitted 53 shower enclosures and 59 bathroom suites. We replaced 22 toilets and seven basins. 103 sets of taps were replaced and 17 sets of taps were re-conditioned. 23 kitchens were re-modelled and 8 sets of doors were replaced.

As a company Village Bathrooms & kitchens have been busy and hope to see 2010 as a third busy year for us. We therefore, would like to wish all our past customers and of course our current and new customers, A Very Happy Christmas and a Prosperous New Year.

Should you wish to have a quote for your bathroom and kitchen, please ring me, any time.

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