

# Cottingham Times

Issue 109 - December 2010

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## THE COTTINGHAM TIMES

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## In Cottingham and District

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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.

### Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Simon Ecclesley, Club Chairman on 01482 840367 or visit our website [www.cottinghamrangers.co.uk](http://www.cottinghamrangers.co.uk).

### Zion United 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.

### Yorkshire Countrywomens Association (Skidby)

Thursday 2nd December - Beverley Town Hand Bell Ringers, in the Skidby Village Hall at 7.30 pm.

### St. Mary's Church, Cottingham

Saturday 4th December - Christmas Coffee Morning, 10.00 am to 12.00 noon. In aid of new kitchen equipment for the Church Hall. Cake Stall, Preserves including Jams, Marmalades, Chutneys. PLEASE COME ALONG

### Cottingham Wildlife Watch

Saturday 4th December - Cottingham High School Youth Centre, 10.00 am to 12 noon. Build Hedgehog Nest Boxes, and bird boxes, Christmas Craft Activity. Yes, it's inside. No wind, or rain to contend with. Car park on the left, follow the signs for the 6th form youth centre.

### Beverley Brass Band

Saturday 4th December - 10.00 am - 11.30 am Morrisons (Beverley);

Saturday 4th December - 1.30 pm - 3.00 pm Tesco (Beverley)

Saturday 11th December - Christmas Concert in the Swanland Village Hall, at 7.30 pm. Tickets £5.00. For reservation of tables and tickets contact Iain Colquhoun on 01482 634752. In aid of the Teenage Cancer Trust

Sunday 12th December - Festival of Christmas, Beverley (opp. Burtons), 11.00 am - 12.30pm

Sunday 19th December - Carols at Coletta & Tyson Garden Centre, 11.00 am - 12.30 pm; 1.30 pm - 3.00 pm.

Front Cover Picture: A view down Priory Road.

Photo by Paul Lakin, 9 Dixon Court, Cottingham HU16 5BN. Tel. 846804.

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### North Ferriby Gardening Club

Monday 6th December, Christmas Meal, Held at the Elizabeth Hotel, North Ferriby.

### Cottingham Methodist Church, Hallgate - December Events

7th December 7:30 Cottingham Methodist photography club - all welcome.

8th December 10:00am in Wesley Room - Celtic morning prayer

**15th December 7:30pm Churches Together Buffet and Quiz at**

### Cottingham Parks Golf Club

16th December 7:00pm Carol singing around the pubs - starts at the Fair Maid.

18th December Midday - Carol singing on the church steps.

19th December 6:30pm Carol Service (Nine lessons and carols)

21st December 7:30 Cottingham Methodist photography club - all welcome.

22nd December 6:00pm Christian Service - a great family service

24th December 11:30pm Christmas Eve Communion at Zion

25th December 10:30am Christmas Family Service at the Methodist Church.

### Cottingham Evening Townswomen's Guild

Wednesday 8th December, Charity Speaker and Social Evening, at 7.30 pm in the Darby & Joan, Finkle Street.

### Cottingham Men's deLuda Society

Wednesday 8th December, Christmas Lunch with Ladies, in St. Mary's Church Hall, Cottingham at 2.00 pm.

### Cottingham Green Women's Institute

Thursday 9th December, Members Christmas Party, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

### U3A

Thursday 9th December, Joan Osborne Group, Light Entertainment, in the hall at the Darby and Joan, Finkle Street, Cottingham at 2.00 pm.

*Continued on page seven*



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# Property News from Martin English of Homelink



## A winter checklist for landlords

**I**t is well and truly winter. The days are getting shorter, the cold is setting in, and the Christmas decorations are up.

As a landlord, winter poses some unique problems. Your property is at its most vulnerable during the coldest months, and you need to take steps to protect it. As well as helping you fulfil your obligation to provide reasonable accommodation to your tenants, these simple steps will help to ensure that you avoid major problems further down the line.

### Check the pipes

Frozen pipes can cause major damage to your property. Pipes are more likely to burst when they are frozen, and this can cause flooding and water damage. This is an expensive prospect.

You can minimise the potential for damage of this kind by making sure that all outside pipes are properly clad. You can clad pipes yourself, and the material to do so is cheap and readily available from DIY shops.

If you notice cracks or fissures in pipes, make sure they are dealt with as a matter of urgency. These will only get worse, particularly in cold weather.

### Service the boiler

You have a range of legal responsibilities when it comes to the boiler in your property, including a requirement to secure an up-to-date "Gas Safe" certificate. In addition, though, you must make sure that this piece of equipment is fully functional – and this never more important than during the winter months.

You should consider having the boiler serviced before the winter. As well as keeping your tenants warm, a properly working boiler will help to ensure that your pipes do not freeze.

### Instruct your tenants

Properly informed tenants are your most useful tool in the battle against winter. By making sure that your tenants have the information they need you can significantly reduce the potential for damage.

Consider preparing an information pack that outlines things like how the boiler works, and the location of the stopcock. You should also suggest that they leave the heating on at a low setting if they intend to leave the property empty for a few days, for example over Christmas. This will help to ensure that the pipes do not freeze.

### Consider void periods

An empty property can begin to degrade remarkably quickly over the winter. If you are currently suffering from a void period, make sure that you visit the property regularly to do some simple maintenance.

Windows should be opened to air the property, and the heating system should be turned on regularly. Some systems feature automation that will perform this task for you. You should also make sure that the pipes have not frozen, and that the taps work correctly.

### Clear the gutters

Blocked gutters can cause water to accumulate, and ice to form. This in turn can increase the chances of overflows or frozen pipes. You should therefore make sure that the gutters around your property are clear of leaves and other detritus, particularly if you anticipate heavy rain or very cold conditions.

Winter property maintenance might seem like a hassle, but it is very much part of the landlord's job. By taking a few simple steps before the cold weather sets in, you can help to minimise the potential for bigger problems later on.

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](mailto:menglish@home-link.co.uk) 01482 875248 or contact through *Cottingham Times* directly.



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For more information on our properties contact Homelink at 01482 875248  
[www.home-link.co.uk](http://www.home-link.co.uk)

*Continued from page five*

#### **East Yorkshire Embroidery Society**

Saturday 11th December, Gail Lawther - Glimses of New Zealand, in the Darby and Joan, Finkle Street, 2.15 pm. Members £1.00; Visitors £2.00 including refreshment.

#### **Cottingham Catholic Women's League**

Monday 13th December, Christmas Social, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

#### **Cottingham Women's Institute**

Tuesday 14th December - Christmas Social, Sherry and Mince Pies, Hostesses: The Committee Competition, Christmas Tree Ornaments, at 10.00 am upstairs at the Civic Hall, Cottingham

#### **Cottingham Ladies Circle**

Wednesday 15th December, Social Evening and the Occasional Group, in the Zion United Church, Hallgate, 7.30 pm.

#### **Cottingham Men's deLuda Society**

Wednesday 15th December, "Men Only" Christmas Lunch, in St. Mary's Church Hall, Cottingham at 2.00 pm.

#### **The Cottingham Singers**

Wednesday 15th December, The Cottingham Singers Annual Christmas Concert, will be held at the Bricknell Avenue Methodist Church. Concert starts at 7.30 pm. and consists of Christmas Songs and Carols, with several solos and audience participation. Tickets £3.50 including refreshment and can be purchased at the door. For further information please call 01482 506643 or 01482 654535.

#### **Cottingham Men's deLuda Society**

Wednesday 22nd December, Ms. Audrey Hickey, The Victorian Music Hall, in St. Mary's Church Hall, Cottingham at 2.00 pm.



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Teaching and practice sessions are held on Tuesday nights from 8pm-10pm in the church hall at Cottingham Methodist Church in Hallgate.

You will be most welcome to join us.

For more information and contact details, please see our website at [www.green-ginger-morris.co.uk](http://www.green-ginger-morris.co.uk).

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# Cottingham Parish Council



## Councillor Angela DeVine

It was with great sadness that Council was informed of the death of Councillor Angela DeVine on Wednesday 17 November. Cllr DeVine became a Councillor in April 1999 when the Parish Council was inaugurated and became Chairman in May 2003; a role she undertook until her death. Cllr DeVine was an excellent ambassador for Cottingham and for the Parish Council and was involved in all aspects of the work of the Council. She represented the Parish Council on the Darby & Joan Building Trust, at the Association of Businesses in Cottingham and District, ERYC Local Action Team for Haltemprice; the Neighbourhood Action Team and many, many more.

Our thoughts are with Angela's family at this sad time – she will be missed.

## S137 Grants

At its November Finance Committee Meeting, the Parish Council was pleased to support the Cottingham Golf Junior Development programme, The Kids Café and the Cottingham Fitmums & Friends with money towards equipment which will help these organisations develop.



Above: Presentation of a S137 grant to Junior Development Golf Club - Left to right: Jess Drinkall, Ben Tutty (Junior Captain Organiser), Joe Marsden and Jim O'Brien.

Below: Presentation of a S137 grant to Cottingham Fitmums & Friends. Left to right: Councillor Judith Leatham, Councillor Win Knight, Sam Barlow, Councillor Ann Abel, Fiona Griffiths.



## Precept 2011/2012

The Council approved a budget for the financial year 2011/2012 of £126,500 with a precept of £100k (the same as the financial year 2010/2011). Councillors were very mindful of the continuing economic problems faced by Cottingham residents and had resolved not to increase the precept for the coming financial year.

## Memorial Gardens, Hallgate

The Council was investigating the possibility of taking over responsibility for the Memorial Gardens from the East Riding of Yorkshire Council. Initial discussions with ERYC were positive and Councillors had set up a working party to look into landscape designs for completely refurbishing the gardens.

## Nuisance Fires

The Humberside Fire & Rescue Service would like to make residents aware that there has been a number of small nuisance fires in the Cottingham area, involving rubbish, wheelie bins and areas of open grassland.

Residents are asked to be extra vigilant and report any suspicious activity to the Police immediate.

- Please keep your wheelie bins stored in your back garden and only put them out on the street on the morning of collection.
- Keep your garages, sheds and garden gates locked.
- Dispose of unwanted, bulky household items via Council collection or recycling services.
- Report any suspicious behaviour immediately.
- Provide information confidentially by sending the Humberside Fire & Rescue Services a text to their arson hotline on 07940 737141.

If you would like any further advice or would be interested in a FREE Home Fire Safety Check then please contact Louise Marritt on the telephone numbers given below:

Louise Marritt 07967 232076

Community Safety 01482 398539

Alternative, email Louise at [lmarritt@humbersidefire.gov.uk](mailto:lmarritt@humbersidefire.gov.uk)

## Graffiti and Criminal Damage

If you see anyone defacing property or causing damage please report it to Humberside Police either by telephoning 0845 60 60 222 or by e-mail (with a photograph if possible) to [safe.communities@eastriding.gov.uk](mailto:safe.communities@eastriding.gov.uk). You can also use the form at 'contact us' on [www.humberside.police.uk](http://www.humberside.police.uk). Many thanks to the Neighbourhood Action Team who during their recent clean up day cleaned off a lot of the graffiti.

## Contact Details

Should you wish to speak to a Parish Councillor, contact details are displayed in the noticeboards around the village. Alternatively, you can ring the Parish Council office on 01482 847623.

Keep up to date with what is happening around the village by visiting [www.cottinghamparishcouncil.org.uk](http://www.cottinghamparishcouncil.org.uk)





## Successful Community 50+ event held in Cottingham

East Riding's Local Action Team organised a very successful community event in the Civic Hall on the 3rd November. Not only did the event attract local residents but some came out from Hull and a number from across the Haltemprice area and Skidby. The variety of stands enabled older people to use the event as a 'one stop shop', with advice ranging from Department of Work and Pensions to Stroke prevention and how to deal with the effects of a stroke. One of the local pharmacies was on hand to offer advice along with ERYC's Sport & Play team.

Volunteering opportunities ranged from working in Thwaite Gardens, joining U3A, the Needle Work society or joining the Bell Ringers. For those who wanted more out and about activities you could sign up to the WRVS or join a Walking Group and there was advice being given on public transport. LINK, ERVAS and Age UK were represented along with ERYC's Falls Prevention team.

The chair aerobics provided the unplanned entertainment, with several East Riding Councillors being put through their paces along with their facial expressions. It's impossible to mention all the 39 stall holders by name but their presence was certainly appreciated and

worthwhile. Most visitors were leaving very satisfied and with well stocked carrier bags full of useful information.

In true community spirit Judith and Tina kindly joined the team in the refreshment area leaving a suitably worded note on the Parish Council office door. John, our ever patient Traffic Warden was his usual cheerful sensible self and managed to organise the car parking without any blood being shed. This wasn't easy as we had in excess of 200 visitors, plus all the personnel manning the stands. The visitors I spoke to were full of praise for the ideal venue and the range of stands. One Hull residents bemoaned the fact that they didn't have anything like this where she lives. All the more reason to live in Cottingham said I.

As East Ridings Portfolio Holder for Community Engagement may I offer a big 'thank you' to everyone who attended and all those who spent a very busy day manning their stands. Not forgetting, of course, the team providing every one with homemade refreshment and a chance to have a good natter and rest some very tired feet.

*Ros Jump*

## The Arterian Singers Christmas Carol Concert to be held at the Zion United Reform Church on Saturday 11th December

THE ARTERIAN SINGERS (conductor: Julian Savory) are holding a community Christmas Carol Concert on Saturday 11th December at Zion United Reform Church, Hallgate, Cottingham at 7.30 pm. There will be a chance to sing some of your favourite carols as well as enjoying other Christmas music from the choir. There will be refreshments and a collection will be taken.

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Steamed Shetland Mussels with Bulmers, smoked bacon & double cream	£11.95	£5.95
Oven Baked Mixed Seafood Pancakes gratinated thermidor & parmesan sauce	£12.50	£6.25
Freshly Prepared Soup of the Day	£4.50	
Fishcake of Codling, Haddock & Smoked Salmon served on a bed of lemon hollandaise sauce	£10.50	£5.25
Crispy Deep Fried Whitebait with homemade tartare sauce	£5.25	
Wild mushroom & white truffle risotto (V) with parmesan foam & parmesan tulle	£10.50	£5.25
Chilled Galia Melon with seasonal wild berries (V)	£4.95	
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Pressed Game Terrine of Rabbit, Pheasant & Mallard with candied walnuts, gooseberries & toasted walnut & date bread	£5.95	

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The “Mills” Prawn, Grapefruit & Avocado Salad	£11.95

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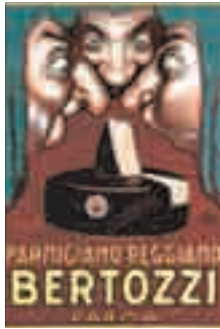
#### WRAPS

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Fish Cakes of Codling, Haddock & Smoked Salmon with creamed greens & poached egg	£10.50
--	--------

The “Mills” Hamburger with dill pickle & club sauce served with French fries & garnish	£10.95
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“Bangers & Mash” wild boar & apple bangers with bubble n squeak, red wine & thyme gravy & paprika French fried onions	£11.95
---	--------

Our version of Steak & Mushroom Pie traditional recipe topped with short crust pastry, honey roasted vegetables, chunky chips & bloody Mary ketchup	£11.95
---	--------

Seasonal Vegetable “Hot Pot” (V) topped with crispy potato & herb crust	£10.25
---	--------

Crispy Confit of Lunsdale Duck served Cantonese style with steamed pancakes, spring onions, cucumber & Hoi Sin dip	£12.95
--	--------

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## Wordsearch - Silver Screen 2

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

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

Find the words in the letters above:

Alan Ladd, Cary Grant, Charles Boyer, David Niven, Errol Flynn, Fred Astaire, Garsy Cooper, Henry Fonda, Humphrey Bogart, James Mason, John Wayne, Lawrence Harvey, Lawrence Olivier, Leslie Howard, Ray Milland, Robert Donat, Robert Mitchum, Robert Taylor, Ronald Coleman, Tyrone Power, William Powell

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

## Sudoku No. 48 -

This is an easy challenge this month

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

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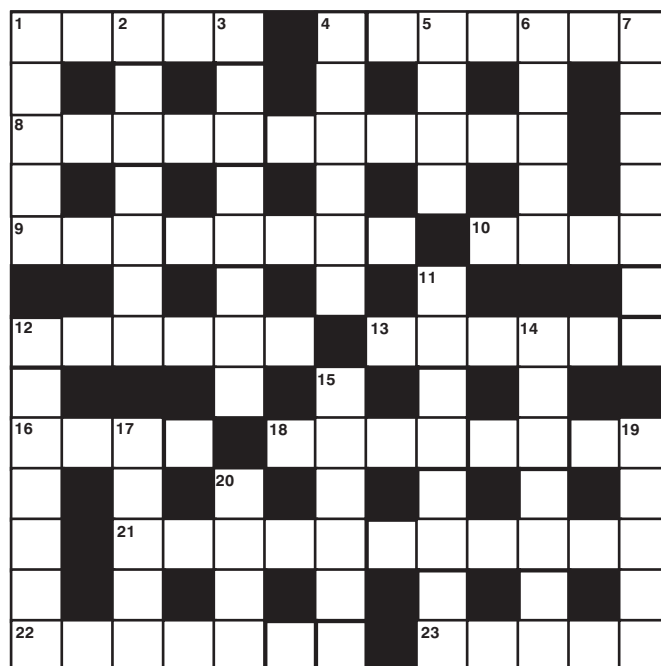
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## Crossword - Solution on page 46



### Across

1. Young person (5)
4. Sharp pointed implements (7)
8. Butterfly larva (11)
9. Exhilarated (8)
10. Yield (4)
12. Humble (6)
13. Ineffectual (6)
16. Movable barrier (4)
18. Drover (8)
21. Glorious (11)
22. Scaling devices (7)
23. Surface boundaries (5)

### Down

1. Luxury craft (5)
2. Articulated (7)
3. Innocuous (8)
4. Disturbances (6)
5. Snakelike fish (4)
6. Big (5)
7. Earnest (7)
11. Sudden unexpected event (8)
12. Sorcerous (7)
14. Mass of frozen water (7)
15. Furniture items (6)
17. Diffident (5)
19. Days of the month (5)
20. Fiend (4)

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



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# In the Kitchen



**C**hristmas or Plum Puddings have a firm tradition at Christmas in the UK, despite taking hours to cook and, ideally, having to be cooked at least a month before Christmas so the flavours mature. On Christmas Day, the pudding is re-steamed for between 2 to 4 hours, depending on its size and is served hot for dessert.

## Christmas Pudding and Plum Pudding History

Christmas Pudding or rather Plum Pudding dates back to the middle ages but was originally a Christmas porridge called Frumenty which contained wheat or corn which was boiled in milk. Over the years other ingredients were added such as dried plums or prunes, eggs, and meat and it became known as Plum Pudding. Then during 11th Century, when spices including cinnamon, cloves and nutmeg were introduced to Europe from the Middle East, these were also added to the puddings, probably originally as a sign of wealth.

Although the recipe evolved further over hundreds of years, with ingredients being added and taken away, it was only established as an essential Christmas food in the 1800s when Queen Victoria's husband, Prince Albert's love of it made it fashionable throughout the country.

## Christmas Pudding Traditions

There are many traditions associated with Christmas or Plum pudding, including:

It should be made with 13 ingredients to represent Jesus and His Disciples

Coins are added to the pudding mix and then every member of the family should take a turn to stir the pudding with a wooden spoon, making a wish as they stir then whoever gets a coin in their portion on Christmas Day will have their wish come true

A sprig of holly is often used to decorate the top of the pudding to represent the crown of thorns worn by Jesus on the cross

## Traditional Christmas Pudding

### Ingredients

175g/6oz Sultanas  
175g/6oz Seedless Raisins  
50g/2oz Ready to Eat Dried Prunes, chopped  
50g/2oz Glacé Cherries, halved  
75g/3oz Dried Figs, chopped  
50g/2oz Candied Peel, chopped  
90ml/3fl.oz. Brandy  
1 Apple, grated  
The grated zest and juice of 1 Orange  
3 Eggs, lightly beaten  
125g/5oz Shredded Suet

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175g/6oz Soft Dark Brown Sugar  
1 tbsp Black treacle  
125g/5oz Fresh Breadcrumbs  
125g/5oz Self Raising Flour  
1/2 teasp Mixed spice

## Instructions

1. Place the sultanas, raisins, prunes, cherries, figs and candied peel and in a large mixing bowl, mix well and leave to soak for 6-8 hours, turning once or twice. Don't be tempted to add any more brandy as the whole lot will be going into the pudding.
2. After the soaking period, add the remaining ingredients to the soaked fruit mixture and mix very well.
3. Well grease a 1.5L/2 1/2 pt heatproof pudding basin with butter, then turn the pudding mixture into the bowl.
4. Cover with a large piece of greaseproof paper and a double layer of foil, both with a centre pleat to allow for expansion and secure with string.
5. Place the pudding in a saucepan with sufficient boiling water to come just below the rim of the basin and steam for about 3 1/2 hours until firm to the touch, topping up the pan with extra boiling water as necessary.  
Allow the pudding to cool a little before turning out.  
Once cooked, they can be stored for 1 – 2 months in an airtight tin. When you're ready to serve the pudding simply re-steam for about 3 hours.

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## Christmas Chocolate Log Recipe

### Ingredients:

#### For the Sponge

- 3 eggs
- 75g/3oz Light Brown Sugar
- 75g/3oz Plain Flour
- 2 teasp Ground Cinnamon
- 1 tbsp Warm Water

#### For the Butter Cream

- 225g/8oz Butter
- 450g/1lb Icing Sugar
- 2 tbsp Cocoa Powder
- 2 tbsp Milk
- Icing Sugar for dusting

### Instructions

1. Preheat the oven to 190C, 375F, Gas mark 5 and grease and line a 17cmx27cm/7x11 inch Swiss-roll tin with greaseproof paper.
2. In a large mixing bowl, whisk together the eggs and brown sugar until light and creamy.
3. Sift in the flour and cinnamon and gently fold into the mixture.
4. Turn into the greased tin and shake gently to even it out. Bake for 15 to 20 minutes until golden brown, risen and firm to the touch.
5. Whilst still hot, turn the sponge onto a piece of greaseproof paper and place another piece of greaseproof paper on the top.
6. Roll the sponge up tightly, starting at the short end and leave, rolled up, until completely cold.
7. Meanwhile, make the filling by creaming the butter sifted icing sugar and cocoa powder together in a large mixing bowl until smooth and soft.
8. To assemble - once the cake is cold, gently un-roll and remove the paper. Spread a thin layer of the butter cream over the inside of the cake then re-roll. Transfer to a serving platter.
9. Spread the remaining butter cream over the top and sides and use a fork to make a "log" effect, dragging it lengthways over the topping.
10. Dust with a little icing sugar (snow) and decorate with holly, Robins etc.

## Glazed Ham with Pineapple

### Ingredients

- 2.2kg/5lb Joint of Gammon
- 10 Whole Cloves
- 1 x 400g/14oz tin Pineapple Rings in heavy syrup
- 50g/2oz Dark Brown Sugar
- 8 Whole Maraschino Cherries



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### Instructions

1. Stick the cloves into the ham and place in a large saucepan. Cover with cold water, bring to the boil then reduce the heat, partially cover and cook for 2 hours. Make sure the water is only just bubbling as too fast cooking make the meat tough.
2. Preheat the oven to 170C, 325F, Gas Mark 3 and drain the juice from the pineapple rings into a medium bowl and stir in the brown sugar. Set aside.
3. Remove the ham from the saucepan, cut off the rind, score the fat into large diamond shapes, place the ham in a deep roasting tin then coat all over with half the sugar mixture.
4. Arrange the pineapple rings over the outside of the ham, place a maraschino cherry in the centre of each pineapple ring, and secure with a toothpick.
5. Brush the remaining sugar mixture over the top of the ham and pineapple then roast for 40-50 minutes, basting frequently. A nice alternative at Christmas

## Nut and Carrot Roast

### Ingredients

- 250g/9oz Carrots, coarsely grated
- 100g/4oz Cashew Nuts
- 100g/4oz Walnuts
- 100g/4oz Granary Bread
- 50g/2oz Butter
- 1 Onion, finely chopped
- 90ml/3 fl.oz. Hot Vegetable Stock
- 2 teasp Yeast Extract (such as Marmite)
- 1 teasp Honey
- 1 teasp Dried Mixed Herbs
- 2 teasp Lemon Juice
- Salt and Pepper

### Instructions

1. Preheat the oven to 180C, 350F, Gas mark 4 and grease an 850ml/11/2 pint shallow ovenproof dish.
2. Grind the cashews, walnuts and bread together with a food processor until fine. Place in a bowl.
3. Melt the butter in a pan, add the onions and fry gently for a few minutes until soft and golden. Add the carrots and cook, stirring, for a further 5 minutes. Remove with a slotted spoon and add to the nuts mixture in the bowl.
4. Mix the hot stock, yeast extract and honey in a bowl and stir until dissolved. Add to the nut mixture together with the herbs and lemon juice. Mix well and season to taste.
5. Turn the mixture into the prepared dish and bake for 45 minutes. Serve hot or cold straight from the dish.

A festive dish for Christmas





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## Christmas with the Windmill Walkers

The Skidby based Windmill Walking Club has a wide and varied selection of events planned for the Christmas period. The season begins with the Annual Carol Service on Wednesday 8th December at 7.30pm at Zion United Reformed Church in Hallgate, Cottingham. Members of the club will be taking part in the service by reading lessons and poems. Feel free to bring your friends and family along to sing some favourite carols and catch a glimpse of the deeper meaning of Christmas. Seasonal refreshments will be served afterwards.

### There are three planned pre-Christmas rambles.

Wednesday 8th December at 10am. 5miles starting at Cottingham Recreation Field.

Saturday 11th December at 10am. 10miles on the South Bank starting at the Humber Bridge North Car Park.

Wednesday 15th December at 10am. 5miles starting from "The Bay Horse Inn" at Cherry Burton.

### Three further rambles are planned for after Christmas:

Sunday 26th December at 10.30am. 4.5miles from South Cave Market Place. (Annual Boxing Day Walk).

Saturday 1st January at 1.30pm. About five miles from Cottingham Green. (Annual Hangover Hike).

Saturday 8th January at 10am. 7 miles from "The Half Moon Inn" at Skidby. (Pre-AGM Walk).

Please come and join us for a "taster ramble" on any of the above events. You will be made most welcome. If you are considering becoming a member of the Windmill Walking Club in the New Year, please contact the Secretary (Kelvin Young 843446) for further details.

Pictured above: The Windmill Walkers during last years Boxing Day walk, at Little Wold Plantation, South Cave.

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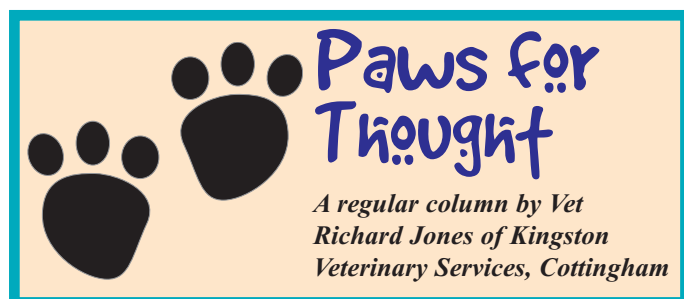
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## The Perils of Christmas!

It's the season to be jolly (but sadly not for Holly)!!! Cold crisp winter days and if we are lucky some snow, family and friends sitting down for a roast dinner and Christmas pudding the wonderful aromas making your stomach groan when suddenly you realise....

Holly has gone A.W.O.L and has been very quiet especially with all this food around. On entering the kitchen you notice two things.

1. The Christmas cake is gone! Not good considering its the family favourite and they are waiting to be served.
2. Holly is sitting proudly in front of what used to resemble a cake admiring her handy work with a slightly enlarged belly and a muzzle full of crumbs.

You reach quickly for the phone and dial the veterinary surgery number!

Christmas and New year is a wonderful time of the year in general but also a very busy time in a Veterinary practice as we get increasing amounts of cases coming in around this time with accidental poisonings and foreign bodies.

Most people do not realise that raisins or grapes and processed chocolates can be harmful to their pets health. Christmas wrappings and sparkly tree decorations are eye catching even left over bones from the afternoon meal are prime items to be ingested and potentially can



get stuck somewhere in the digestive tract.

Chocolate is very tasty and attractive especially to puppies, young dogs and cats. If eaten in certain amounts it can cause vomiting/diarrhoea/restlessness/frequent urination and possibly stiffness/excitement and seizures. If possible have at hand the ingredient information and description and amount potentially ingested to aid the veterinarian.

Grapes or raisins can be toxic to dogs depending on the amount ingested. Vomiting and diarrhoea / abdominal pain / lethargy and renal failure can occur within 24hours to several days. These can be found in many Christmas cakes and chocolates.

Foreign bodies come in all shapes and sizes from needles and pins right through to sticks, bones and Christmas decorations. Typical signs can vary greatly however persistent vomiting in the beginning with lethargy/depression and abdominal pain can be evident.

If you suspect that your pet has ingested anything that could be poisonous please contact your Veterinary surgeon as soon as possible for advice as any delay could result in potentially fatal consequences. There is treatment available for all these conditions but this relies on prompt recognition by you as the owner and treatment being started as soon as possible at a Veterinary surgery.

So remember as much as Holly enjoys the Jolly in December its important to make sure that these potentially dangerous materials are not within easy reach of mouth or paw, otherwise they may have to spend this time in a Veterinary hospital rather than be at home with you.

*Merry Christmas and a Happy new year to you and your pets.*

*Ryan Lotter.*

Christmas is coming upon us once again and at this time we need to remember the animals which have no homes to go to. Every year at all our surgeries we collect food for the local animal charities, so please when buying food, toys or treats for your own pets buy one extra for the homeless pets and pop it into one of our surgeries. Every week I go to Hull Animal Welfare in South Cave where there are over 80 kittens and countless adult cats which need homes and I vaccinate 10 new dog arrivals. Without these volunteer organisations many animals would be destroyed every week, so please help as much as you can.

*Merry Christmas, Richard Jones*



NEW

# MARION OWEN TRAVEL HOLIDAYS



We book all types of land and sea based holidays, but our real expertise lies in cruising the rivers & oceans and tailor-made itineraries (previously to the worldwide destinations of Canada, USA, Australia and New Zealand). We can tailor make any holiday to suit your budget and the time you have available.

We are now offering our own European tours by coach; following the 2 Japanese endurance tests my body experienced earlier this year! Whilst away, I sent a text to one Managing Director asking if he was trying to kill me and that I was one of the younger travellers! I followed by making suggestions of how the itinerary should be operated.... It fell on deaf ears.

Hence the birth of Marion Owen Travel Holidays ABTA no Y2812 & Euro Cruising Ltd, our exclusive transport company, offering adventures in Europe, similar to those you have experienced with me in Alaska and Canada. Travelling to Europe by North Sea Ferries with our experienced driver Dave, who has helped with the design of our itineraries, having been an International and British coach driver for the past 20 years; we will all have a wonderful time, with plenty of time to relax or see the sights everyday..... I look forward to you joining us.

## The Isle Of Wight

Plus Stratford Upon Avon & Oxford

20th April - 6 nights £395 per person

Half Board - limited singles no supplement  
Pattington, Haddon, Beverley, Cottingham & Hull

Join us on our island adventure, enjoying the delights of the beautiful Isle of Wight. We will be stopping overnight each way, making the whole holiday a leisurely affair. Visiting Stratford Upon Avon the first day before travelling on the next day to Portsmouth for our short ferry crossing & Oxford on the return journey. You will enjoy 4 nights on the Isle of Wight staying at the Kestis Green Hotel in the lovely resort of Shanklin.

Whilst on the island you have the opportunity of visiting Alum Bay and the Needles, Newport, Ryde and Godshill, but of course, you are free to just relax if you wish.... We look forward to your company.

## Belgium Highlights

via P&O North Sea Ferries

12th May - 5 nights £339 per person

2 nights on the Ferry, 2 berth inside cabin

Staying 3 nights in Ostend B&B

various pick up points available between  
York & King George Dock in Hull.

3 excursions are included:

Antwerp, the capital city Brussels & Bruges.

Plus an optional excursion will be on offer to the

WW1 battlefields of Ypres. €10 pp

or perhaps you would prefer to just relax and  
enjoy the coastal resort of Ostend?

Deposit to secure your place - £85 per person

Prices per person 2 sharing:

Single room supplement £95

Meal package on the Ferry £45 pp

Outside cabin with flat beds on the ferry £20 pp

## Dead Rats Ball

Enjoy this  
Annual  
Ostend Ball



Dress code fancy

dress of Black tie

Theme of 2011: Land of the Rising Sun

Depart P&O North Sea Ferries

Friday after work. Includes:

1 night B&B in Ostend

Return transfers

Free time in Ostend

Ticket to the ball

Returning Monday morning.

11 March 2011 £169

based on 2 sharing; meals on ferry £45

## PARIS £325

AUGUST BANK HOLIDAY

Thursday 25th August - 5 nights

Departing via P&O North Sea Ferries

Overnight sailing to Zeebrugge

Friday: en route to Paris, time to enjoy the city  
of Arras before arriving at our hotel 3 nights B&B

Saturday: enjoy the sights of Paris by coach  
before free time for you to explore yourself  
in the evening we return to the Latin Quarter for  
you to have the opportunity of dinner in the area.

Sunday: you are taken to Versailles, where you  
have the opportunity to visit the fabulous palace  
followed by Giverny and the home of Monet.

Monday: en route to Zeebrugge, you will have time to  
enjoy the city of Lille before your overnight sailing back  
to Hull in time for work on Tuesday morning.

based on 2 berth inside cabin / twin room

Deposit to secure your place £85 per person

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BIKSMUIDEN BEER FESTIVAL

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via P&O North Sea Ferries

£169 per person based on 2 sharing

Friday: Check in at 5pm

Saturday: enjoy free time in  
Ostend before our evening  
departure to the Beer Festival.  
Overnight B&B

Sunday: enjoy a leisurely  
breakfast and this afternoon  
enjoy Bruges before checking  
in for the overnight ferry

Monday morning arriving back  
to King George Dock

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your door on many cruises.  
If you fancy tiger spotting in March  
why not join me in India.....?

Marion

All prices per person based on 2 sharing and correct at time of going to press and subject to availability at the time of booking.





## "The Tooth and Nothing but The Tooth"

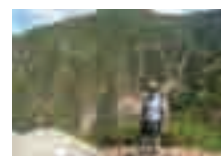
by  
Chris 'Dr. Smile Maker'  
Branfield

### Life Changing Dentistry Abroad - Dr. Smile Maker On Tour

**H**ello there. As I write there are only 32 days to Christmas!! It creeps up on you doesn't it? Hands up if you are all sorted and ready for the festive period in good time and well done for being so organised. Good luck if you are not.

Hull City have managed a couple of wins in a row! Hooray. Let's have a few more lads and the best of luck to the new owner.

Last time I was explaining about my Moroccan charity adventure and had gotten as Abdul's place in between the mountains. Off we set again over a second mountain but this time more off the beaten track and with the help of a young donkey we named Geraldine. Hats off to donkeys they are amazing creatures. The trek took us within site and ear shot of some monkeys which was fantastic. Our charity expedition continued towards 'God's Bridge' a natural arch built upon Farda River. The path narrowed to only a few centimetres at times and there were sheer drops from the cliff edge. It was scary at times. We managed



the steep descent with loose ground underfoot into the village of Akchour and had a welcome cup of tea. Oh my legs!

The next day we were in the van for part of the way and made our way at first to Bab Baret. Bab Beret is a small town that trades in one of Morocco's biggest exports, hashish. Although we did not stop here, we drove through this cowboy town high up in to the mountains! And some of us then cycled 50 km downhill into El Jebah, a quaint little fishing village on the Mediterranean coast not yet ruined by tourism! This was where we were to educate and treat some Berber kids the next day. The real reason for being there. The next day I was walking like Robo Cop as my legs were so sore and stiff. One poor guy had been quite ill, probably something from Abdul's kitchen.

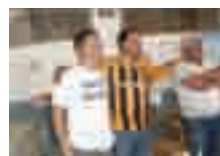
At 9am sharp we were taken to a school nestled in the Rif Mountains and met by Luke the Belgian counsel to Morocco who had been our go between with Morocco. A real gentle caring man who resembled Rene from Allo Allo. Next we were introduced to an extreme humanitarian Dr Banani: the founder of a group of international medics 'Ranks of Honour.'

He and other medics travel to hard to reach villages in Africa and set up camp to treat all kinds of illnesses and disease. We were quickly introduced to Dental Professor Tiress from Morocco and her team of young dentists. Supplies were unloaded, courtesy of Henry Schein, Optident and GC and placed on an old wooden table. Small groups of excited children were assembled in a basic classroom.

And it was here they were educated on brushing and caring for their mostly rotten teeth. After an inspection by a Moroccan Paediatric dentist they were sent to get fillings or to have teeth extracted to alleviate constant daily pain. On further investigation we discovered about 20 percent had a toothbrush at home but how many of them actually used it was another question. The decay in some of the children was so bad there were just abscessed roots left which had to be extracted.

I was posted at the tooth extraction station. I will admit that I was very nervous first. We had to follow the lead of our Moroccan dental team. There was the obvious language barrier. However, after a while we found a way with a little broken French, a little Marcel Marceau and a lot of TLC. The kids were terrific. We had kids laughing and smiling even after they had their teeth out at times. It was exhausting, emotionally, but well worth it. It may sound a bit cliché but it was one of those trips that you learn things about yourself.

At the end of the most humbling of days, I presented a Hull City football shirt to Reduan 'Mr fix it' and former Mayor of El Jebah. I gave a flashlight to Mouad the roving, charity worker Pharmacist.



Reouan and Mouad



Chris Working



Kids of Jabah

Thanks again for all the donations, it has been great. We aim to go back next year and also fund on-going dental education to keep up the good work. You can donate at the practice or via our website [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk).

I wish you a very happy festive season and all the best for the new year.

Take care and be good.

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](http://www.castleparkdental.co.uk)

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Jean Taylor



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# Online shopping, Christmas fun and security tips

**I**f you are shopping online or comparing prices, try doing 'shopping search'. Open Google ([www.google.co.uk](http://www.google.co.uk)) and then click at the top the word Shopping, then type in the name of the item and you will be presented with a list of sites and prices. Or use a price checking site. A good place to get some great cash saving ideas and even discount vouchers is: [www.moneysavingexpert.com](http://www.moneysavingexpert.com)

**If you find a product you like on a website and want to see who else sells it**, highlight the product name or description, then right click and select search with Google. Or copy it, then go to your favourite search engine (Google/Ask/Bing etc.) and right click and paste into the search box.

**Another good tip when shopping around**, if you find the product at the best price online, print it out showing the price, and take it along to a store and see if they will match it or beat it!

**All web browsers have a facility for saving your favourite websites**, called either Favorites or Bookmarks. But since browsers are getting better at anticipating what you are typing we often forget they are there. To keep you most visited sites in front of you, they can now be saved onto a bar at the top of your browser. Using *Internet Explorer*, go to your website, then click on Favorites (top left) then click 'add to Favorites', then 'add to Favorites Bar' and it will be pinned on just below the address bar. In *Chrome*, click the star on the far right of the address bar, and then click the down arrow to select Bookmarks Bar.

**Then again, the old adage that 'whenever there's anything good, there's always someone there to spoil it'**, certainly holds true where the internet is concerned. At this time of goodwill to all men, one doesn't like to be the bearer of bad tidings, but the last month or so has seen a resurgence of computers being infected by malware. This can be picked up whilst just browsing around; it appears from malicious code planted on some websites. The main problem is that this insidious software purports to be a form of 'security centre' and often uses *Microsoft* colours, or those of leading anti-virus companies. Another one uses the name of *Thinkpoint*, which is absolutely nothing to do with *Microsoft*.

**The best advice is that if you see one of these appear on your screen**, switch off immediately. Clicking on anything: Close/Exit/No etc. will cause the software to install itself, and once on, it has to be

professionally removed, as you can't normally get past it to do anything on your computer. Anti-virus products unfortunately do not block this kind of threat as it is different to a virus, but ironically ends up causing as much of a problem. There are anti-malware programs available that give some protection against this kind of threat, and the best one to my knowledge is *Malwarebytes*, for whom we became a reseller earlier this year. The cost is only £21 and there is even a free version available (although that is only a scanner, not live protection), see [www.malwarebytes.org](http://www.malwarebytes.org) or ring us for details.

**Also on this theme, the telephone scam has also reared its head again recently**. I mentioned this a few months ago, and it is one to watch out for. If you receive a telephone call from a call centre in the sub-continent, telling you they are working for Microsoft or are following up error reports, or there is a security problem with your computer, **tell them you're not interested. Microsoft does not gather any contact information from user's PCs, and they do not make cold calls to customers using Windows**. The Police do have a file on this, and if you have been affected or have paid out any money in this respect you should contact them and report it.

**Now on a much lighter and more festive note**, there are lots of Christmas treats on the internet every year. A popular one for children, and anyone else who can't wait for the big day, is the *Santa Tracker*. This plots the progress of Santa's sleigh each day starting on December 1st using Google satellite imaging. You can see it at: <http://www.norad-santa.org/>

**For a bit of Yuletide computer fun**, upload your own pictures for you and yours to become dancing elves for the day! This has been around for a couple of years now, and always raises a laugh; pop along to: <http://www.elfyourself.com/>

Best wishes to all for a most enjoyable Christmas and New Year, and do stay safe and secure!

Richard Mills

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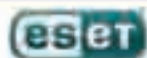
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# Walking with Paul

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

Map:- EXPLORER 292 & 293

Start close to the Nags Head Public House GR 187309.  
Distance 6.0 Miles.

Leave the car and head towards the Church. Turn left into Kirk Road and at the junction, turn left. Follow this road as it swings to the right and then on reaching Eastend Road, turn left and continue on this road as it sweeps to the right then left and then right again. Eventually pass between a farm house and a farm building and then bear right and continue on a farm track.

On reaching a derelict building, turn left and follow a track to reach a footbridge, cross the bridge and walk towards a man made large pond. On reaching the pond, turn right. Follow this path and then bear right and then immediately left to keep a fence on the left. On approaching a farm gate, do not pass through this gate but turn right and walk with a small plantation on the left. At the end of the plantation walk diagonally to the left to a small wooden gate. Pass through this gate and continue diagonally across the next field to a further small wooden gate and then continue with the hedge on the left.

At the cross road of paths, marked with a way mark post, continue straight ahead. Near the end of this field, pass through the hedge and turn right heading for the foot bridge crossed earlier in the walk. Once again cross the footbridge and on reaching the man made pond, turn left and keep the hedge on the right. At the corner of the field turn right and again keep the hedge on the right, then turn left again with the hedge on the right. Follow this track to the corner of the field and then turn left. Follow this path as it passes some boggy ground to the right. Cross over a wooden plank bridge and turn left. Turn left after the farm buildings then immediately right before the gates and walk diagonally to the right across the field aiming for farm buildings. Cross a stile and walk diagonally to the left and cross a second stile to emerge on Eastend Road and turn right and follow this road back to Preston and the start point.

## Organic Cleaning Services

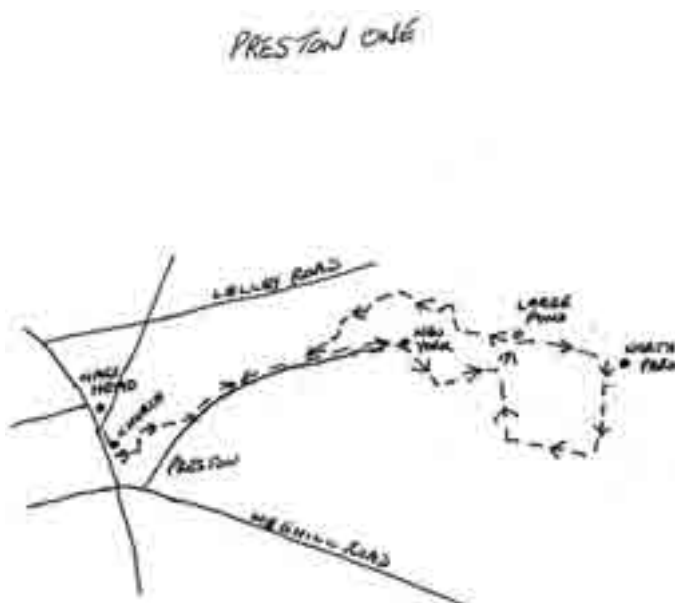


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## East Yorkshire National Trust Talk on 'Lady Jessica and Sir Tatton Sykes'

In 1874, the 18 year-old Jessica (Jessie) Cavendish-Bentinck married Sir Tatton Sykes, 5th Baronet of Sledmere, who was 30 years her senior and seemingly of a diametrically opposed character. In a fascinating talk, Dr Gerardine Mulcahy, explored the subsequent story of conflict and search for purpose in the lives they (hardly) shared for almost 40 years.

At first Jessie tried to adapt and immerse herself into her role as Lady of the 'Big House', but her extravagant tastes quickly outstripped her purse, and she fell into an ever-increasing spiral of debt from which she was never to escape. Her jewellery became very familiar at the pawn brokers, with much remaining unreclaimed at her death. She sought emotional consolation (as well as money) from a series of lovers, most notably Lucien de Hirsch, who shared many of her interests in art and literature, in contrast to her nightmare foreign travels with Sir Tatton.

For his part, her husband sought purpose in generous philanthropy to the local village communities, especially with his unique programme of church building and restoration in the Wolds, which are his lasting legacy. Lady Jessica failed in her attempt to sue for divorce, at great personal cost of public shame regarding her private life. She converted to Catholicism, followed in this respect by her only child, Mark, destined for a distinguished diplomatic career.

In 1899 she sought escape from her deeply unfulfilling married life by journeying to South Africa to help nurse sick and wounded soldiers in the Boer War, keeping a diary that was later to form a book. Following her early return home in 1900 due to ill-health, she developed a varied literary career, with novels including *The Macdonnells* (1905), with its thinly veiled attack on her formidable mother, whose ruthless social ambition had much to answer for in her daughter's subsequently troubled life.



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# In the Garden



## It's getting colder

**F**rost, rainfall and winds are increasingly common, sunshine hours are much reduced and it can be bitter with a risk of snow. You may not want to be working outside at this time of year, but luckily there's not a lot to do. Keep an eye on winter protection, and if you have a greenhouse, make sure the heater works. It's time to think about pruning apples and pears too.

### 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

## 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



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 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 rain-water 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.

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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.

### Trees and Shrubs

#### Planting and moving

Continue to plant bare-root deciduous hedging plants and trees. Put rabbit guards around newly planted trees and shrubs to protect the bark from damage.

Plant roses, but avoid areas where roses were previously grown as this can lead to problems with replant diseases.

Move established deciduous trees and shrubs, provided the ground is not frozen or soggy.

Protect newly planted trees, hedges and shrubs from cold winds and frosts, which can loosen and lift the roots. Gently re-firm them in if you notice this problem, and erect a temporary netting windbreak if there is no natural shelter. Thick dry mulches will protect the roots from cold, and branches can be covered with fleece, or even packed with dry straw and then covered with fleece, for tender plants. A wooden frame with clear polythene stretched over it does a similar job for evergreens without blocking the light, but don't let the polythene touch the leaves, as condensation could freeze or cause rots.

#### Pruning and training

Tie wall shrubs and climbers onto their supports to protect them from wind damage.

Pruning and renovation of many deciduous trees, shrubs and hedges can be carried out from now throughout the dormant season. It is easier to see what you are doing when the branches have no leaves. Suitable examples are: Fagus (beech), Corylus (hazel), and also roses.

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Exceptions are evergreens and tender plants (these are best left until spring), and Prunus species (e.g. ornamental cherries, plums and almonds), as these are vulnerable to silver leaf when pruned in autumn or winter.

If your trees are too large for you to manage the pruning alone, then you may need a tree surgeon. Otherwise take care not to damage the tree when sawing off thicker branches.

Ensure any pruning of Acer and Betula is completed before the end of the year to avoid bleeding of sap from cuts.

#### Propagation

Take hardwood cuttings of ornamental shrubs such as Berberis, Buddleja, Salix, Forsythia, Ligustrum and Rubus. Many deciduous climbers can also be propagated in this way (e.g. Fallopia and Lonicera).

Check hardwood cuttings taken last year. They may need planting out or potting on.





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## Your Stars for December 2010 - By Kay Gower

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

The picture of who you want to be is shaping up in your mind, and the more specific you are, the better your choices get. December shows you traveling in style. There's a drop of magic in the air and something that happens around the 19th will open new doors for you.

### **Taurus - (Apr. 21- may 21)**

Writing, teaching, learning, or even taking a new class - all forms of communications are highlighted and well starred this month. Let your instincts lead you towards the people who will help you to succeed.

### **Gemini - (May 22-June 21)**

Stay light hearted. Relationships are moving along nicely. Instinct points you in the right direction this month, and plans begin to come together in a brilliantly fitting manner.

### **Cancer - (June 22-July 22)**

You're only about 10 steps away. Rally the troops to sprint to the finish line!

Destiny is in your hands now. Strike the words "maybe" and "perhaps" from your vocabulary. Now, you're either doing it or not doing it. Success relies on embracing that simplicity.

### **LEO - (July 23-Aug 22)**

Should you make an agreement with someone this month? Can you trust this person?

You may have to make a decision mid month or early in the New Year. If you're wondering how a person will act within some kind of agreement, it will be the same as he or she is acting now - only slightly worse.

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

Focus your attention on work related issues this month. The good news is that your mind is in brilliant form, and you'll come up with some original ideas that could improve your working life considerably. A health regime that you take up in the New Year will lead to a new and healthier you.

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

Your gift is eloquence and a talent for persuasion. This you do without ulterior motive or crafty intent. Rather, you speak from the heart, and so that is the response you inspire. A wonderful month.

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

Your words are far more potent than you realise, Scorpio. With one sentence, you can wound or heal. Mindfulness and restraint are needed, especially when you're interacting with the more sensitive souls around the 15th.

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

Creative ideas you hadn't considered in the past are put into action this month, solving a few problems. December sees you letting go of old thought patterns and embracing a new, easy-going style.

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

Take life at a slightly slower pace and remember that you are not responsible for other people's misery or moods, this way you'll retain your sanity as well as making some progress over the coming three weeks.

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

You are emotionally honest, socially mature and environmentally conscious. And still certain someone isn't satisfied. Don't allow anyone to push your buttons. Ignore them, and enjoy the holiday season.

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

Developments happen quickly, and for a change you're having fun being so busy. You're boosted toward a dream that you once thought was completely unreachable. A good end to the year.

## The Cottingham Singers Annual Christmas Concert to be held at the Bricknell Avenue Methodist Church on Wednesday 15th December

The Cottingham Singers annual Christmas concert will be held at Bricknell Avenue Methodist Church on Wednesday

15th December 2010.

The concert starts at 7.30p.m. and consists of Christmas songs and carols, with several solo's and audience participation.

Tickets for the event cost £3.50 including refreshments and can be purchased at the door.

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

**H**ello again and welcome to this month's fishing news. I hope your fishing last month was productive, and I sincerely hope you did better than I did; I have just had my first blank of the season at Southfield Reservoir! Ah well that's fishing. On a good note a couple of months ago I reported to you Risby ponds unfortunate problems, I am now pleased to report things are back on form even at this time of year. Three weeks ago in the Tench pond a match was won with 68lb with very good back up weights, and two weeks ago a match on the Carp pond was won with an amazing 113lb. They now have dip tanks in place for your nets and everything looked nice and tidy. Well done Anthony and everybody else concerned.

Have you all scaled down your tackle yet? As I stated last month it's the time to do so.

Now is the time your bait approach should change. Try things like black groundbaits or baits that do not have a high feed content. Small amounts of "choppy" (worm n caster) is also a good choice at this time of year. Try pinkies instead of maggots, and remember do not feed too much.

**CASTER HOOKING TIPS:** there are two good ways of undertaking this, first of all choose the correct hook; a fine to medium wire razor sharp, 18 -20 should do the trick. If the fish are feeding shyly try and bury the hook completely into the caster. This is achieved by choosing a size 20 hook and placing the point on the edge of the blunt

end of the caster. Pierce the caster and turn the bend of the hook into the caster; be careful not to bring the point of the hook back out. Simply push the rest of the shank and the spade into the caster. If the fish start to feed more confidently try a size 18 hook and leave the hook point exposed. Use a size 18 hook for double caster and hook the blunt end, but near the edge and push the point out of the side straight away, this should leave enough hook protruding out to pierce the second caster through the side and out of the top. This gives good presentation.

**SEA SCENE:** things are looking good guys with good reports coming in thick and fast. Brid wall is still producing good bags of Whiting and Flaties. On the beaches, Hornsea North, Withernsea North and the last steps south, Runnels, Ompton. Out Newton and Easington all had Cod and Whiting reported with Ompton (sewer pipe) producing loads of Cod to 7lb. Humber Old Hall has been producing smaller Cod to 4lb but again quite often. Vicky Dock to Makro is producing Whiting, Rockling and Flaties with an odd Cod coming in.

Next month I will report on good winter league venues that have been producing, on the sea scene I will have the results from the Daiwa match the first prize being £3,000.

Please note we are now stocking Fresh Lug and Rag, with plenty of frozen baits available.

The festive season is now upon us. In store we have many Christmas special offers and some sale items. We do sell gift vouchers plus a savings scheme is available all year round.

**The Catchmoore crew wish you all a very Merry Christmas and a Happy New Year.**

*"Tight Lines"*



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## The Sweetness of Insomnia

By Kay Gower

When I was a youngster, (more than a few moons ago) I had a favourite place in Cottingham to which I would often walk. This place was full with many varieties of wildflowers and provided me with a sense of comfort and security. Many a sunny afternoon on school holidays would find me dancing through a carpet of dandelions, daisies, and the yellowiest of buttercups, or cloud gazing at a sky that was so deliciously blue I wanted to drink it with a straw.

Recently, during a night of insomnia, memories of this place came unsolicited to my mind, and when I began to remember, it was as if I was actually back there again. Recalling those days of childhood felt so good, and I'm thankful that I had this special place all those years ago, for without it, I would have had no delicious memories in which to revel during the long hours of the night.

This morning, I returned to my current reality with no illusions.

The place of my childhood is no longer there. The wildflowers have long since been replaced by bricks and concrete, and even if by some miracle they had somehow managed to survive the so called progress of the 'human species' I doubt the place would have been the same.

After all, even Mr. Whippy ice creams doesn't taste as good now as they did then.

Unlike the night, this day goes by quickly, and as to how a window of time has been gifted to me to pen these lines, I don't know. Perhaps God held his breath and stilled the world for a few minutes . . . and now my telephone's ringing, and there's someone knocking at my door, and all too soon I'm back in this world of rush.

Later I switch on the radio. I hear someone ask, if there were such a thing as time travel where would you go?

I wonder, should I tell them of a place that no longer exists, where I once danced on a carpet of buttercups and daisies . . .

## Calendar of Events 2011 Wedding Open Evening

Thursday 27th January  
5.00 pm - 8.00 pm

## 70's & 80's Boogie Nights

Saturday 29th January

Saturday 26th February

Friday 18th March

2 Course Dinner with Disco

£16.00 per person

## TRIBUTE evening

Lee Lard - Comedy tribute to  
Bolton's funny man, Peter Kay

Friday March 11th

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## Christmas shopping getting too much? . . . . Paws for Coffee

The hustle and bustle of packed High Streets, the indecision of which presents to buy, the tedious queues to pay for gifts, not to mention the last minute food shop - Christmas shopping can be quite a stressful experience! That's why Hearing Dogs for Deaf People is encouraging people to "Paws for Coffee" this Christmas and help raise funds so that the Charity can provide the invaluable gift of independence, confidence and companionship to more deaf people.

Getting together with family, friends or work colleagues and holding a fundraising coffee event is not only a relaxing and fun thing to do at a notoriously busy time of the year, it also helps the Charity to train more hearing dogs to alert their deaf owner's to household sounds and danger signals such as the doorbell, alarm clock and smoke alarm in the home, at work and in public buildings.

You can "Paws for Coffee" whenever it suits you. Whether it's a leisurely mid-morning event, a welcome end to a day's shopping or just a quick coffee at work, anyone and everyone can join in. It doesn't matter if you raise, £5, £50 or £500 - every penny helps us to transform the lives of more deaf people.

A free supporter pack containing everything you need to make the most of your "Paws for Coffee" event, including invitations and recipes and many exciting ideas to use such as how to cook Flapjack Russells or Springer Spaniel Sponges, is available by calling 01844 348136 or email [pawsforcoffee@hearing-dogs.org.uk](mailto:pawsforcoffee@hearing-dogs.org.uk).

Hearing Dogs receives no government funding and relies on the generosity of members of the public, trusts and companies to continue its important work.

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**Paws for Coffee**  
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**Hearing Dogs for Deaf People**

## Caring Christmas Appeal 2010 by Age UK

**A**GE UK East Riding is launching its annual Caring Christmas Appeal.

The Beverley-based charity is urging people throughout the East Riding to get involved and donate a shoebox size Christmas hamper. The hampers will then be distributed to isolated and older people across the region.

Last year the charity (formerly Age Concern East Riding) donated several hundred hampers, which really made a difference to people who received them.

One elderly couple said: "The Christmas hamper was the nicest thing that has happened to us this year. We're very old and very disabled now and you've no idea what your parcel has meant to us."

Mark Rounding, Chief Officer of Age UK East Riding said: "Many of our older population will once again face spending Christmas alone. Individuals and local companies can help brighten up their Christmas by contributing to our Caring Christmas appeal and are being invited to donate a festive-wrapped shoe box size hamper containing a variety of small non-perishable goods such as tinned soup, meat, fish, vegetables, fruit, puddings, tea, coffee, biscuits, sweets and one or two luxury items.

"It is important that all items donated are well in date and have sell-by dates of February 2011 or later."

Hampers should be wrapped in Christmas paper and taken to Age UK East Riding's offices at 16 North Bar Within in Beverley, or any Age UK shop in the East Riding, before Friday December 10 2010, so that the hampers can be distributed to older people before Christmas.

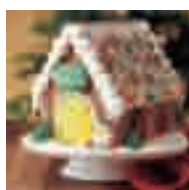
Money donations to the appeal can also be made. These should be sent by cheque, made payable to Age Concern East Riding of Yorkshire. Please indicate that they are for the Caring Christmas Appeal and all money received will be used to purchase items for hampers.



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## Never the same approach

**I**t is extraordinary that despite all the years of experience that I have gained, I can never presume to "fix a problem" in any blasé or "one way fits all" approach. It would be so beautifully uncomplicated if that were so. Each and every horse can arrive with apparently the same habitual violent or terrified reactions and behaviour. They are invariably extreme cases, as I have said before.

When faced with each individual, an in-depth case study must be built up with as much background information as is possible to



glean. The cause will stem from many different bases....past injury, bad treatment, accident or maybe just as simple as an emotionally weak or mean temperament.

This summer we have been presented with three similar problems in three different horses....they all bolted off when being mounted. With each one we have had to take a completely different tack....as the reasons behind these reactions were from a different set of circumstances affecting completely different individuals.

The pony we have in just now is terrified of your leg coming over his back, so we are feeding him a piece of carrot at the same time as I lift my foot over. Instead of running for the hills, he has to turn his face towards my foot on his right hand side and stretch towards my foot for the tempting treat. That way he is starting to accept the unacceptable. The downside is that we are in danger of making him greedy but one step at a time I say! If we get the result that we are after then the problem of being mounted goes away and he becomes happy....with the added bonus of him becoming extremely flexible!

One of the others we had to approach by slow but sure desensitisation of the rider's weight. She took fright at the sight of the rider being above her head. She was a very tough horse to teach to let go of that all-encompassing fear. Not nice to be up there that was for sure! She came round by sheer repetition in the natural rope halter technique which allowed us to keep her in a spin until she could stand and breathe away the tension. If we had once fallen off then all would have been lost.

The other pony had to be kept in a small space so that bolting off was not an available option. His confidence came by our calm use of voice filling his head with reassurance. He was so scared that if you touched him he felt that you had given him an electric shock. Poor thing, he came to enjoy the feel of our hands and took strength from the sound of our voice.

Life on our yard has had to be profoundly changed with the introduction of one of our latest additions....*WOW!*....in more ways than one! Wow is a purebred, rising 4 Irish draught stallion who hails from Barnsley. He has come in to be broken in, ridden away and ultimately produced for the National Irish Draught Stallion Grading in February. I have never produced a stallion for that before so yet another learning curve on its way! He is a lovely boy and is not too much trouble. However, on an open yard like mine, there are new rules to follow for everyone. No loose horse's on the yard is the most obvious one as we need to keep rape to a minimum!

Joking apart we do need to make sure that no one is complacent when dealing with him directly or by making the mistake of bringing other animals in too close. If you ever walk through Skidby then chances are that you will meet him. His favourite occupation is hanging his great big head over the ménage wall to greet pedestrians on the foot path and to watch the world go by! Skidby Main Street is his very own, personal Coronation Street!

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## Bacon Garth School

### Remembers the Fallen

On 11th November the children of Bacon Garth School remembered those who gave their lives for this country in a unique way.

Members of Year had been studying the First World War since September. The topic formed a basis for teaching and learning in English, Art and Drama. The children designed recruiting posters, wrote imaginary letters home from the trenches and composed poems about the war. The climax was the writing of the script for a play about events in the war and making props and costumes. On 11th November the class performed their play in front of their parents and the rest of the school.

Mrs Elizabeth Fieldhouse, class teacher said, "This has become an annual event and one which the children enjoy immensely. They are inspired by the poetry and art from the war and by the experiences and sacrifices of those who fought in terrible conditions."

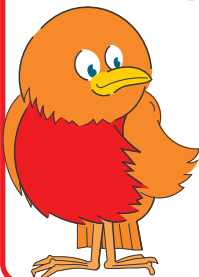
Following their performance of the play, the class went to the war memorial at the parish church where they laid a wreath and held two minutes silence at 11 o'clock. Prayers were then said by Tony Briggs, the Chair of Governors at the school.

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He has won the coveted Outstanding Achievement Award for Distinction for Excellence in maintaining High Standards of Quality and Customer Service, by The Good Food Guide 2005.

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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](http://www.cottinghamtimes.co.uk) under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.

OUTSTANDING ACHIEVEMENT AWARD OF DISTINCTION  
FOR EXCELLENCE IN MAINTAINING HIGH STANDARDS OF  
QUALITY & CUSTOMER SERVICE  
By The Good Food Guide 2005

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FREE Garlic Bread with Spicy Tomato or  
one item of the extras on orders over £15

Drums  
Chicken

## Winter rugby, good for our game?

The wet and cold conditions reduced both of these good teams to playing one man rugby.

Bob Downs for Cottingham was in sparkling form and after being denied an early touch down, the loose forward picked up from the back of the scrum to score a spectacular 40 metre try to give the Tigers a well-deserved 6-0 lead at half time.

The second half was pretty much the same with both teams not completing sets and making slow progress.

Myton did produce a break and only an excellent cover tackle by Cooke saved a certain try.

Downs scored his second try of the game, converted by James Prest for a 12-0 lead.

Cottingham captain James Barr was the pick of the forwards, but even his defence couldn't hold out a late Myton try. Cottingham won 12-4.

## Look Ahead Database

Parents and carers of children or young people with additional needs who live in the East Riding are being invited to sign up to a service which offers them specialist support.

Previously known as Impact, Look Ahead, was launched last June and is a service for parent carers of children or young people up to the age of 19. Any young person over 16 can independently join Look Ahead and a professional who knows the family will verify all application forms.

Registering with the Look Ahead service allows families access to short break funding, information evenings and discounts.

To find out more about the service ring the Families Information Service (FISH) (01482) 396469 or email [fish@eastriding.gov.uk](mailto:fish@eastriding.gov.uk).

## Family History Help Desk

Have you ever thought about your ancestors . . . What were their occupations, where they lived or who their children were? Why not start looking now? The East Riding of Yorkshire Family History Society may be able to help you.

Visit the Cottingham Library, Market Green, for further details or telephone 01482 392762.

## Cottingham Lights 2010

Mini Van Limited Edition of 50 only - Last Year of Production

**£10.00** each  
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Thank you to all my customers, over £400 donated to the Cottingham Lights over the years of producing the Limited Edition Mini Models



**St. Mary's  
Church  
Cottingham**

St. Mary's Church Hall  
10.00 am - 12 noon

**Saturday 4th December 2010**

*In aid of New Kitchen  
Equipment for the  
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**Christmas  
Coffee  
Morning**

**Cake Stalls, Preserves  
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Sunday breakfast, a choice of classes on both days and  
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Sharing in a twin/double (£10 single suppl.)

**Valentine's Ball**

**Saturday 12th February 2011**

Arrive on the red carpet where you will be greeted  
with a glass of sparkling wine, followed by a  
romantic three course dinner and entertainment

**£32.50 per person**

Stay overnight, dinner, bed and breakfast with  
strawberries and truffles in the room

**£150.00 per couple**

**Romantic Valentine's Dinner**

**Monday 14th February**

Enjoy an intimate 4 course candlelit dinner in the  
Windsor Restaurant with the romantic sound of our Jazz Duo  
Champagne and Canapés on arrival

**£39.95 per person**

**Murder, Mystery Nights**

**Friday 11th March, Saturday 19th November**

**£32.00 per person**

**Murder, Mystery Weekend**

**Weekend 7th and 8th October - £170 per person**

**Dine in "The Windsor Restaurant"**

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**every Thursday night - Steak Night**

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Two Platters from our menu including a bottle of house wine

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This offer will be valid from the Wednesday 1st December 2010 till the 24th December 2010



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## Thompsons Christmas Eve

by Peter Railton.

My Uncle Ron described Thompson as the most disreputable cat he had ever seen - half a tail, one eye, most of one ear missing, his black and white coat frequently torn through fighting with his friends and other equally disreputable cats, Thompson, a large muscular cat, was not a pretty sight to the general beholder but he was the light in the lives of his two doting mistresses Miss Annan and Miss Ireton.

These two retired ladies, one an ex-school teacher and the other an ex-librarian, shared a house in London before the second world war. They became friends when Miss Annan borrowed books from the library run by Miss Ireton and they would go to concerts, the theatre, the ballet etc. together. Both were north of England ladies and each had decided to 'come home' when she retired.

### Big Move North

So in 1936 or 37 they made the great move north along with their feline companion Thompson, who was no longer the cute cuddly kitten they had bought from a pet shop and who had already gained a fierce reputation among the London cats over the few previous years. They were due to move into one of a row of terraced houses built in Northgate in Cottingham between the King George playing field and the entrance to Park Lane, formerly the site of a girls' private school Park House. However, their house was not quite ready to move into and, so they took temporary accommodation; this turned out to be a disturbing experience for the three of them although the presence of an abundance of mice and the prospect of new cats to fight had its compensations for Thompson, for this was the old house which stood in St. Mary's Church yard near where the vicarage is now.

When the ladies were in bed, voices could be occasionally heard downstairs and the sounds of someone playing a harmonium drifted upwards. They covered their ears with bedclothes, and Thompson's one and a half ears and half tail stood upright and he froze - terrified, a new sensation for him.

Eventually to their relief, the house on Northgate was ready to occupy and the ladies were pleased to see Mr. Grantham's lorry chug its way up the path to the old house. Furniture, boxes, pots and pans etc. were loaded and Thompson was persuaded to relinquish a newly caught mouse among the gravestones, be picked up and settled on the knee of one of the ladies and away they went.

It was decided to confine Thompson to the house for a day or two to accustom him to his new surroundings. A sand tray was put into the porch backway along with some toys, but Thompson was eager to sallie forth to new horizons and new adventures. At last the great day came, the back door was opened and he cautiously descended the two steps and slowly examined every shrub, every flower, every ornament left by the previous tenants and left his trade mark on most of them. This occupied him for most of that day; a suitable toilet was found in next door's garden and Thompson declared himself pleased with his new home - so far anyway and as long as the steady supply of fresh haddock from Cassons in King Street, cooked to his satisfaction continued, he would be a happy cat ( he looked with distain on tinned food - that was for lesser cats ).

### Ten-foot pathway to explore

A ten-foot pathway runs at the back of those houses and gardens and a high wooden fence once screened them from the tennis courts and the rest of the playing field. Thompson made the scaling of this obstacle an absolute priority and made several attempts to scramble up it before finally succeeding and peering over, his front paws grasping the top and his back paws firmly dug into the wood.

He was delighted with all he saw - there must be thousands of mice in there to be caught - numerous trees to climb, bushes to explore and there had to be new cats to fight, and probably dogs to steer clear of too; Thompson disliked dogs intensely - noisy barking things, and not at all as kind and considerate as him.

Thompson's first year in his new surroundings passed tolerably well; the playing field offered frequent fresh places to explore among the trees and long grass along the perimeters and there were mice, but

not in profusion as he had hoped - those wretched local cats had depleted the numbers obviously - Miss Annan and Miss Ireton witnessed a decreasing number of mice being brought home. When Thompson was not actually fighting other cats - the howls and-meows could be heard afar - he would adopt the usual confrontational position when a rival appeared in the ten-foot, swishing tails, low throaty growls, arched back etc. Jones' tabby and Wilson's ginger were the main protagonists a three cat scramble over garden gates and fences usually ensued and a triumphant Thompson would stroll home where the ever-loving ladies and a dish of fresh haddock awaited him.

#### Feeding Time

Now, Thompson usually knew when it was food time and was not far away as a rule but sometimes he had dozed off in the playing field or in a nearby garden, stretched out in the sunshine and the clock in his stomach failed to wake him. When this happened Miss Annan and Miss Ireton grew quite worried - where could he be? its not like Thompson to miss his food and they would call of him one after the other - "THOMP—S—O—N" with the "emphasis on the last three letters of his name "THOMP—S—O—N", "THOMP—S—O—N". He would appear eventually to the relief of the ladies who always assured him that his tea was ready and he was naughty to disappear like that.

Summer gave way to autumn then winter. Thompson tended to stay nearer the house then, although a pleasant fight or a careless mouse could be enjoyed on a nice day. Even so, snow had its attraction and he would jump up and down and try to catch falling flakes - whether he saw them for what they were or he pretended that they were so many white mice is unclear, but anyhow he seemed to derive a lot of pleasure that way.

#### Christmas Eve Pre-War

It was a Christmas Eve just before the outbreak of the second world war. Uncle Ron was going home from work and it had started snowing in the afternoon, gently at first but by the time he had walked from

Cottingham station, along Northgate and reached the ten-foot at the back of their houses, it was falling steadily. As he rounded the bend into the ten-foot he could hear Miss Annan and Kiss Ireton calling repeatedly - "THOMP—S—O—N", "THOMP—S—O—N" and as he got nearer to the end of their garden he saw that they were standing just outside the porch in the snow which was covering their heads and cardigans. Again - "THOMP—S—O—N", "THOMP—S—O—N" rang out. Uncle Ron paused - there, sat on top of the porch just above their heads and peering down at them, sat the offending cat.

#### "Behind You!"

"Ladies - he is there look - just above you," Uncle Ron called to them trying not to laugh at the same time, it was such a comical sight. With cries of joy they beckoned Thompson down - at first he would not come and moved cautiously from one side of the porch roof to the other. He had been outside most of the afternoon chasing other cats or playing in the snow and had scrambled on to the porch top after deciding to stay out longer.

After more persuading and promises of freshly cooked haddock for his tea, Thomson leapt down into the welcoming arms of Miss Annan who staggered and nearly fell in the snow - Thompson was no light weight. With calls of "thank you" to my Uncle, the porch door closed behind them and they disappeared into the kitchen telling Thompson how worried they had been about him. Thompson was a little unsure about whether he had done the right thing coming home too early - but there - its Christmas, he reasoned.

#### Safe and Warm

He took up his allotted place on the little stool against the French windows and gazed at the flakes of snow that were floating gently down; soon he was outlined against the glow of the Christmas tree bulbs behind him, the curtains were slowly drawn across and the three of them settled down to enjoy a happy Christmas Eve.

## A Happy and Blessed Christmas To You All from



Churches Together  
in Cottingham

### Family Christingle Services

Methodist	22 <sup>nd</sup> Dec	6:00pm
St Mary's Church of England	24 <sup>th</sup> Dec	3:00pm

### Carol Services / Concerts

St Mary's (9 lessons and carols)	19 <sup>th</sup> Dec	6:30pm
Methodist (9 lessons and carols)	19 <sup>th</sup> Dec	6:30pm
Zion URC Family Carol Service	19 <sup>th</sup> Dec	6:00pm
Holy Cross Carol Concert	19 <sup>th</sup> Dec	6:30pm

### Christmas 'Family Special' Celebration

Christchurch	19 <sup>th</sup> Dec	6:30pm
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### Christmas Eve 24<sup>th</sup> Dec Midnight Services

URC (with Methodists) (Communion)	11:30pm
St Mary's C of E (Eucharist)	11:30pm
Holy Cross (Mass)	Midnight

### Christmas Day 25<sup>th</sup> 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
Methodist (Family Service with URC)	10:30am



He's on  
His way

'For to us a child is born  
to us a son is given,  
and the government will  
be on his shoulders.  
And he will be called  
Wonderful Counselor,  
Mighty God,  
Everlasting Father,  
Prince of Peace' Peace.'  
Isaiah 9:6

Christmas starts with Christ - See you in Church



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**9.30 am - 4.30 pm**



**Below: Answer to Sudoku problem  
 No. 47 from the November issue.**

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

## News from Cottingham Little Theatre

### 90th Anniversary Production

#### "A CHRISTMAS CAROL" by Charles Dickens

At the time of writing this article, the first night is still one week away and all the tickets for all four evenings were sold out by the beginning of last week (two weeks early). As we were still receiving requests for tickets we started a waiting list and eventually, by one means or another, we managed to find enough returned tickets to meet that demand. But it has been a close run thing.

If you were unlucky enough not to be able to get tickets and so missed the show, we are really sorry about that, but we thought that tickets would sell very quickly and recommended everyone "to book early to avoid disappointment". In the event, demand exceeded even our wildest expectations.

We hope to have a report on the production in the January issue of the Cottingham Times with maybe a photo or two.

### Programme for 2011

We have now finalised our programme for 2011 and we have managed to increase the number of productions to include a play in July. A Leaflet containing details of the dates and the titles of the plays has been printed and is available from various premises around the village including the Parish Council Office, Library, Darby & Joan Hall, cafes and business premises. Look out for it and make particular note of the amended dates for the July show as they differ slightly from the dates shown in the Programme for "A Christmas Carol".

### Play Readings

The next play reading will be held on Monday 3 January 2011 starting at 7.30 pm in our usual venue, the Old Brewery Bar of the King Billy Inn, Hallgate, Cottingham. We are always pleased to welcome new guests to these Open Sessions either to take part or just to listen or to find out more about us. For more information give Margaret a ring on 01482 846796.

### New Members and Friends

If you fancy joining us, either as a Member or as a Friend, and would like to help us as we move towards our 100th Anniversary, please have a look at our website [www.cottinghamlittletheatre.co.uk](http://www.cottinghamlittletheatre.co.uk) where you can find out lots more about us. Or e-mail us at [clt1920@hotmail.co.uk](mailto:clt1920@hotmail.co.uk) or you can contact our Secretary, Val, on Tel. No. 01482 440588.

**Act, Direct, Produce,  
 Stage Manage, Do Lighting,  
 Do Sound Effects, Prompt,  
 Do Props, Do Costumes,  
 Do Front of House, Make  
 Refreshments,  
 Be a Gofa**



## Green Footprints Lifestyle Team win adventure trip to France at Lifestyle Awards 2010

**W**ell done to The lifestyle team Cara Pedley, Claudia Laverack, Phoebe Law, Megan Preston and Lydia Stocks for becoming winners to an adventure trip to France at the Lifestyle Awards 2010. Over the summer they produced a wonderful booklet of 'Family Friendly Trails' around Cottingham to encourage fitness and fun with the family.

The team organised a whole host of fund raising events to produce and print 500 copies of the 32 page booklet, which have been sold and also donated to schools and community groups for them in turn to sell to the benefit of their organisations. Local businesses supported the venture by paying for advertising space and the team certainly planned every aspect of their project meticulously.

The team embarked upon a 15 mile sponsored walk, held cake stalls and bric a brac stalls, and also organised a very successful fun day for local children as well as gardening and jobs in the community.

Other charities close to their hearts have benefited from their actions including Asthma Uk and a Beehive was purchased to help the future survival of the species. Green Footprints have made their mark and say that anything is possible if you work very hard and you feel so good when you achieve it.

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## HERIB's Victorian Fayre at the Civic Hall, Cottingham on Saturday 18th December

**H**ERIB's Victorian Craft Fayre to be held at the Civic Hall Saturday 18th December 10am until 4pm.

There will be an abundance of stalls all selling those last minute gifts for Christmas. We will have Harry the HERIB bear with us to hand out gifts and balloons to the children so please come along with cameras for a photo with Harry. There will be tea coffee all home made pastries cakes on our tea bar. And our well stocked tombola.

All proceeds go towards HERIB Hull and East Riding Institute for the Blind Adults 50p and children 20p

For more information ring Ann Massam 01482 342297 all stall are taken.

## Beware of new Credit Card Telephone Scam

**C**redit card holders are being warned about a telephone scam which East Riding of Yorkshire Council's trading standards service has been made aware of.

The caller claims, falsely, to be from Visa or MasterCard, in order to get the 3 digit security number on the back of credit cards.

The scam can be very convincing. The caller says they are from the security and fraud department of Visa or MasterCard, calling about an unusual purchase pattern.

The caller then asks if the victim has bought an anti-telemarketing device for £497.99, from a company in London.

Clearly this is a bogus transaction and the caller offers to credit the victim's account. Worryingly, the caller already knows the victim's address and asks them to confirm it. Finally and most importantly, the caller asks the victim for the three digit security number on the back of their card.

This scam involves the person who receives the call saying very little. The caller already has their name, address, telephone number and card number, the only piece of information they want is the security number on the back of the card.

Those who give their security number find the £497.99 has been taken from their account within minutes of the scam telephone call taking place.

Colin Briggs, the council's trading standards service manager said: "By understanding how this telephone scam works, residents will be better placed to protect themselves.

"Anyone who receives a call from someone claiming to be from Visa or MasterCard and asking for the security number on the back of their credit card, should refuse to give it and call Visa or MasterCard to report the incident immediately."

Advice to anyone who receives a call about their credit card is:

- Ask the caller for their name and ID then use the telephone number on the back of the card, to contact the credit card company and check the information is correct.
- Never give unsolicited callers any personal or financial information.
- New scams are invented everyday so be cautious
- If a bogus caller has the credit card security number for any cards call the credit card company and inform the police.

Councillor Jane Evison, portfolio holder for public protection, said: "We urge consumers to protect themselves against scams of all kinds but it is especially important that they protect their bank and credit card details."

Anyone who requires general consumer advice can contact Consumer Direct on 08454 040506.

## Getting Married in 2011?



**Place your order before the end of November 2010 with a small deposit and we will honour the price to beat the VAT rise and price increase due in January 2011.**

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## Hull City's First Team Players visit Cottingham Rangers Under 8's training session

In the summer of 2010, two new Cottingham Rangers Under 8's teams were formed to join the Hull Boys Sunday Football League. Many of the boys involved have trained with the mini-soccer group (run by Cottingham Rangers AFC) since the age of 4 or 5. There are 22 boys who signed up, so we formed two squads of 11 players to play in the 7-a-side Sunday League matches. The teams are managed by Jez Huyton & Simon Fisk & coached by John Burke & Paul Shipley.

We train once a week & during the winter months the training sessions are held indoors at St Mary's College. As a surprise & a treat for the boys, we arranged for two of Hull City's first-team players to join one of our training sessions in October. The players were Mark Cullen & Daniel Ayala, who is currently on loan at Hull from Liverpool.

Mark & Daniel answered the boys' questions before signing autographs, shirts & balls. The boys then had the opportunity to have their photographs taken with the players, who then stayed around to watch our training session.

Established in 1972, Cottingham Rangers consists of around 20 teams playing in the Hull Boys Sunday Football League and the East Riding Girls Football League. The Club is affiliated to the East Riding County Football Association and is an FA Charter Standard Club.



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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

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



### Muscular, Neurological, Skeletal and Vascular:

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

### Internal:

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

### Men's Problems:

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

### Women's Problems:

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

### Ears, Eyes, Nose and Throat:

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

### Cancer and Tumour:

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

### Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

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

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

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



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## Stirling performance by Cottingham Tigers Under 14's against Hull Dockers to win 24-8

**A**n excellent kick off by Hull Dockers forced Cottingham Tigers to drop out, and from the resulting pressure Dockers scored the opening points of the game.

A tough battle up the middle developed due to the inclement weather, and towards the end of the first half Cottingham applied enough pressure to score their opening points by man of the match Matt Southwell who used great leg drive to power over the line.

A last tackle and a piece of individual opportunity by Cameron Haywood saw him step his way over the try line next to the posts for Kyle Fowler to convert.

The second half started with Cottingham piling all the pressure on Hull Dockers and scoring two quick try's through Southwell and Zach Norton.

During the next bout of pressure from Cottingham a pass was intercepted on the Dockers line and he sprinted away from the defence for what looked like a certain try only to be tackled metres from the line by Matt Southwell, from the ensuing play the ball Dockers registered their second try.

The scoring was completed by Norton going over for his second try of the game and Fowler again converting.

Credit must be given to both teams for the entertaining way they played their rugby in such cold and wet conditions.

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Pictured above left to right: Councillor Don Hardwick (Acting PC Chairman), Sam Clarke, Joel Bolton and Councillor Ann Abel, presenting a S137 Grant Cheque made out to The Kids Cafe. The two boys have started a youth club at The Pavilion, KGV.





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 Tuesday at 9.45 am

*For Membership details Ring Theresa on 823032*

### Crossword Solution from page 14

1	Y	O	U	T	H		4	N	E	E	D	L	E	S
	A		T		A			O		E		A		I
8	C	A	T	E	R	P	I	L	L	A	R			N
	H		E		M		S		S		G			C
9	T	H	R	I	L	L	E	D		10	C	E	D	E
			E		E		S		11	S				R
12	M	O	D	E	S	T		13	F	U	T	I	L	E
	A				S		15	C		R		C		
16	G	A	T	E		18	S	H	E	P	H	E	R	D
	I		I		20		A		R		B		A	
	C		21	M	A	G	N	I	F	I	C	E	N	T
	A		I		R		R		S		R		E	
22	L	A	D	D	E	R	S		23	E	D	G	E	S



### 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.

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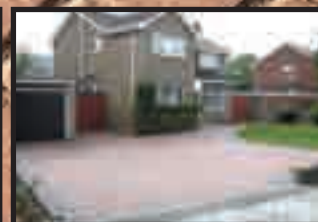
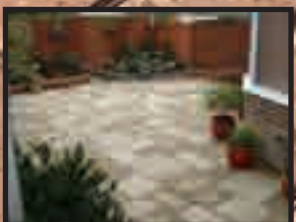
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