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Issue 145 - December 2013



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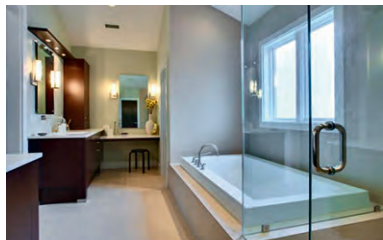
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Front cover picture: A view down Castle Road, Cottingham. Photo by Paul Lakin, 9 Dixon Court, Cottingham, HU16 5BN. Tel. 01482 846804.

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Zion United Reformed Church, Hallgate

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

Viewfinder Photographic Society

Meets Monday evening every week in the Skidby Village Hall. Secretary: Mr. Peter Smith, 149 Grovehill Road, Beverley. Tel. 01482 867450.

Scottish Country Dancing Club

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

Walk & Buggy Burn Club

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45am (term time only) and at KGV Pavillion, Cottingham: Wednesdays 7.00 pm; Fridays 6.15 pm & Buggy Burn Thursday 10.00 am. Suitable for men & women of all abilities. www.fitmums.org.uk

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Cottingham Bridge Club

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

The Alzheimers Society

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

Cottingham Cricket Club

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

Calligraphy, Quilling and Folk Art classes

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

Cottingham Methodist Church Hall

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

Cottingham Tennis Club

From December 1st. we have offers to play as often as you like until March 31st for £57 - Students/U.23/65+ £25./U18: £20,U12: £10; U8 £3. Plus a new pilot offer for adults to play weekdays 9a.m.-4p.m. for £25. Tel . John Stones 847080

Skidby and Little Weighton Methodist Churches

Tuesday 3rd December - Christmas Concert at 7.30 pm in the Skidby Methodist Church. Guests will be the Esperion Singers from Beverley. Refreshments will be served and a collection will be taken for Action for Children (Formerly the National Children's Home). All welcome to come and join in the start of the Christmas Celebration.

Cottingham Ladies Circle

Wednesday 4th December - Christmas Lunch, in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm.

The Cottingham Local History Society

Wednesday 4th December - Paul Schofield 'Pearson Park and the Avenues'. The Society meets every first Wednesday in the month (except January, which is on the second Monday), in the Red Hall of Hallgate Primary School, Hallgate, Cottingham, commencing at 7.30 pm. Entrance is via the King Street entrance to the school. **Please arrive before 7.30 pm as the doors cannot be manned once the meeting has started.**

Cottingham Men's de Luda Society

Wednesday 4th December - Christmas Lunch (with Ladies), in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Continued on page six

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Continued from page five

Hull Alpha Probus Club

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

5th December - Christmas Lunch

19th December - NO MEETING

Lunches are from 12.00 p.m. onwards and are followed by a talk from a guest speaker. Coffee mornings are from 10.15 a.m. onwards. If you are retired, live in and around Cottingham and would like to meet new friends, please contact the Club Chairman on 01964 624238 for more information.

Yorkshire Countrywomen's Association (Skidby Branch)

Thursday 5th December - Wrapped in Style - Lynda Mills. Meetings held in the village hall, Skidby on the 1st Thursday in the Month at 7.30 pm.

British Sugarcraft Guild (Hull and Holderness Branch)

Saturday 7th December - 'Mice' - A demonstration by Robert Whitten. Meetings held at the Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham between 2.00 and 4.00 pm. **Please note due to distance demonstrator has to travel meeting will start at 1.45 pm.**

St. Michael's Church, Skidby

Saturday 7th and 8th December - St Michael's Church Skidby will be holding its third Christmas Tree Festival in the church over the weekend of December 7th and 8th. Trees will be decorated by groups within the village to represent their own activities, and prizes will be awarded for the two best adult and two best junior entries. All are welcome to come and see the decorated trees. Entry £1. There will also be a raffle which will be drawn on the Sunday afternoon. All proceeds towards the upkeep of the church.

Cottingham Methodist Church

Sunday 8th December - Christmas Gift Service at 10.00 am.

Sunday 15th December - Carol Service at 4.30 pm.

Friday 20th December - Christingle Service at 6.00 pm. Followed by free film night for children at 7.00 pm.

Tuesday 24th December - Christmas Evening Communion Service at 11.30 pm. Joint service with Zion United Reform Church, at Cottingham Methodist Church.

Wednesday 25th December - Christmas Morning Service at 10.30 am. Joint service at Zion United Reform Church.

Cottingham Women's Institute

Tuesday 10th December - Christmas Party with Castaway - Goole (Drama and Musical Group), at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

St. Anthony's Church, Beverley High Road, Hull

Tuesday 10th December - Christmas Concert at 7.30 pm with the 'New Park Singers' in aid of Church Funds. Tickets £4.00 and include refreshments and raffle.

Cottingham Evening Townswomen's Guild

Wednesday 11th December - Charity Speaker/Social Evening, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Catholic Women's League

Monday 11th December, Christmas Social, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Men's de Luda Society

Wednesday 11th December - 'Men Only' Christmas Lunch, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

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Property News from Martin English of Homelink

A winter checklist for landlords

It is well and truly winter. The days are getting shorter, the cold is setting in, and the Christmas decorations are going up. Every year we see many weather related property incidents at this time of year, and there is a lot that can be done to safeguard against this.

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 01482 875248 or contact through *Cottingham Times* directly.

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www.cottinghamtimes.co.uk - December 9

What do you buy the computer person who has everything? and some security hints and tips

Well here we are, the last article of the year, doesn't time fly! In a very fast moving business like IT, a lot happens in a year. We've had a raft on new processors that make computers and tablets go faster, quieter and cooler. Leaps in memory (RAM) technology, and 64 bit software that can make the most of it. Amounts of 8 or 16 Gigabytes would have been unimaginable just a few years ago, but now they are easily affordable.

You will probably be reading this around the time of 'Cyber Monday'. So called for it is predicted to be the busiest online shopping day by one of the giants of the industry - Amazon (notice how it is pronounced now in a U.S. twang now: 'Ama-zon'). Last year Amazon's UK site saw more than 3.5 million items ordered on the site, at a rate of around 41 items per second. To meet customer demand they are hiring more than 15,000 people across the UK for the seasonal push. So what will be the big sellers this Christmas? Probably at the top of the list will be tablets; *iPad*, *Samsung Tab*, *Kindle Fire* and even *Tesco Hudl*. Believe it or not it is three years since Apple revolutionised this space by releasing the first *iPad*, now on its fifth re-generation and called the *iPad Air*. Another big seller, will doubtless be Windows 8.1 laptops, with more models available with touch screens.

So what do you buy the computer person who has everything? One idea, and although it may not be the most exciting, it may be something they thank you for later, is a backup device. The more people use computers, the more stuff they tend to store and accumulate: family history, thousands of photographs, music tracks, videos to name but a few. Well imagine the doom and gloom if all that disappeared though a disastrous hard drive failure.

Back up devices can be anything from the humble memory stick, now available in a range of huge storage sizes, or even better an external hard drive. These come in sizes to equal or exceed the storage capacity of any computer, and they just plug in and work. Some even come with

their own built-in backup software to do it all for you.

Other gift ideas are: a new wireless router, Office 2013 software, Eset security software, or a computer service!

Stop press: there is a new particularly nasty piece of malware appearing now that encrypts all your data and demands money for a decryption key. At this time there is no known way of working around this, so make sure you keep all your important data (including pictures/music) backed up, and disconnect your back up device immediately if you think you have been hit. We recommend Malwarebytes as an effective additional layer of security.

Now some more security hints and tips. On my travels visiting customers and working on their computers I come across lots of unwanted software that has planted itself somehow, and can cause problems or generally just gets in the way. So here are a few things to look out for. When doing updates on any genuine software like Adobe and Java for instance (and these are important to do), watch out for any tick boxes offering extra toolbars etc., and deselect them. More importantly, do not click on anything that says 'check your PC for errors' or 'is your PC slowing down', 'someone is watching you' etc. These are usually scams designed to worry you into downloading and buying and invasive software. As a general rule, don't buy registry tweak, system optimizers, or other so called 'PC tools', most of them point up more problems than they can fix. **If you want your computer optimized or speeded up with no catches – you know who to call!**

Another pop-up you will often see on your screen is when you click on an icon or link and a message says 'do you want this program to make changes to your computer?' This is a component of Windows called *User Account Control*, and is designed to stop software installing itself, all you have to do is click OK if you trust the program concerned.

Sometimes on Internet Explorer you will see a window pop up saying 'speed up browser by enabling/disabling add-ons...' Click to open and disable any item that you don't want. One you might see is 'do you want to enable Adobe document handler' and you can click ok to this.

Eset security products 3 years for the price of two! To finish off the year nicely, our friends at Eset are offering an extra year free on all new 2 year licences purchased by December 31st. Now some people might say 'why should I pay for an anti virus program when I can get it for free?' Well the answer is that old adage 'you get what you pay for'. Free is fine until it goes wrong or doesn't protect you, then you have no comeback to the provider because they don't offer support. Eset is supported both by RDM and Eset's UK office located in near Bournemouth. Ask anyone who uses Eset; they always renew every two years.

****Version 7 is now available for download****

Have you upgraded to Windows 8.1 yet? From the Windows 8 start screen, just click on Store, and it should offer you the free update. One of the added features of this is the ability to shut down without using the charms menu (side bar). When you press the Windows key and letter X, a shutdown option is now included.

Epson is offering an extended 3 year warranty on its printers now for £22, see www.epson.co.uk/warranty You may have noticed also that the printers are coming up with more incompatibility messages when using non-Epson ink, this seems to have been through recent software updates.

If you set up a Microsoft account in order to download Office 2013, it is most important to keep the details safe in case you ever need to repair or re-install Office.

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Wordsearch - Circus

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

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

Find the words in the letters above:

Acrobat, Animals, Arena, Audience, Balance, Band, Big Top, Clowns, Costumes, Dogs, Elephants, Fire Eater, Hoops, Horses, Juggler, Lions, Music, Parade, Ringmaster, Rings, Safety Net, Sideshow, Strongman, Swing, Tent, Tigers, Tightrope, Trapeze.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 83

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

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

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Season's Greetings



Christmas opening hours

We are having a holiday - our office will be closed

Monday 23 December to Thursday 2nd January

As the year draws to an end we have another year to look forward too. I hope that you are in the festive spirit and about ready for the holiday.

Having just enjoyed Thursford Christmas Spectacular with 200 guests and more to travel, we are well into the festive mood. It is now time to book for this special show in 2014 although early this guarantees you top show tickets for the evening show. This would make a great Christmas present. Don't forget we do gift vouchers too.

Thursford 2014 - 2 days £149
19 & 23 November : 4 & 6 December

- 1 night half board at the Links Country Park
- Top evening show tickets included
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Thinking of warmer climes our adventure in India last month was amazing, plus the sunshine was a real tonic. I am planning another tour to a different area of India in 2016 register your interest now.

Vietnam and Cambodia our special offer departing on 30 March 2015 has been honoured until the end of the year. A few of our regular group guests have said 18 days is a bit too long. As an alternative you can now join me for a shorter version 13 days including a deluxe balcony cabin on the cruise ship at £2540 per person based on 2 sharing. This is a fabulous inclusive holiday departing from your door on 3 April 2015 a deposit of £400 secures your place.

New Big Bands & Dutch Bulbfields tour - via North Sea Ferries and includes reserved dining with live music for dinner followed by a ticket only evening of big band sounds with Lynne Fox & the Dave Windle Orchestra on both sailings, plus breakfast, a full day tour and your entrance to Keukenhoff great value at £199 pp.

Skiing - looking for somewhere a little different, we now have an option to ski in the Himalayas price from £1755pp. Please ask for further information.

Closer to home we have a wide choice of options in Europe via air, coach or self drive. Do you have your own ski home or visit friends? We can offer exceptional packages on the ferry crossing either from Hull or Dover. Call for details.

I ski mainly in Europe but my favourite destination has to be the USA & Canada, here we can arrange you a super multi centre to give you a great experience.

We look forward to hearing from you when ever you need your next travel booking whether just for a complete rest or your next wonderful adventure.

December is always a little quieter in our office hence it's a great time to pop in and spend time planning for 2014 or even 2015. We will have mince pies & coffee with donations for MacMillan (to date we have raised £1048 for our charities and thank you for your support). Remember we book all tour operators and anything you book with us you know your monies are secure.

Season's greetings and every good wish for the New Year

Marion, Lynne, Kayleigh, Hayley & Elle our new team members and last but not least our tour driver **Dave**

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08 Jan	Downtown January Sales shopping day	£ 18
12 Jan	Experience a New Ship Norwegian Getaway	£ 295
14 Jan	Potters World Bowls 3 days of bowling /3 nights Leisurely start 1 night half board 2 nights full board	£ 269
24 Jan	London sights & shopping 2 nights half board Phantom £45, Warhorse £70, bar £1 per pint or wine	£ 129
03 Feb	Torquay - Fabulous Hotel Gleneagles 4 nights full board, super rooms & food - 3 hours FREE BAR each night excursions Plymouth, Exeter - great value!	£ 249
26 Feb	Liverpool & 7 Brides for 7 Brothers 2 days HB	£ 119
17 Mar	Blackpool, Tower tea dance 2 nights at the Queens Hotel breakfast & dinner with a glass of wine	£ 139
27 Mar	Carlisle & railway to Settle just for the day	£ 55
04 Apr	Cornwall Flower Show & Gardens 5 nights	£ 399
13 Apr	Keukenhoff Bulbfields & Big Bands 2 nights	£ 199
24 Apr	Paris - 5 nights with Art Historian Fiona Irwin	£ 415
07 May	Quaker Tapestries & lunch in Kendal	£ 45
11 May	Castle of Mey & Orkney 6 nights - super tour	£ 649
20 May	Brewery Tour & Lunch - North Yorkshire Moors	£ 49
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24 May	Disneyland Paris 5 nights- family of 4	£1190
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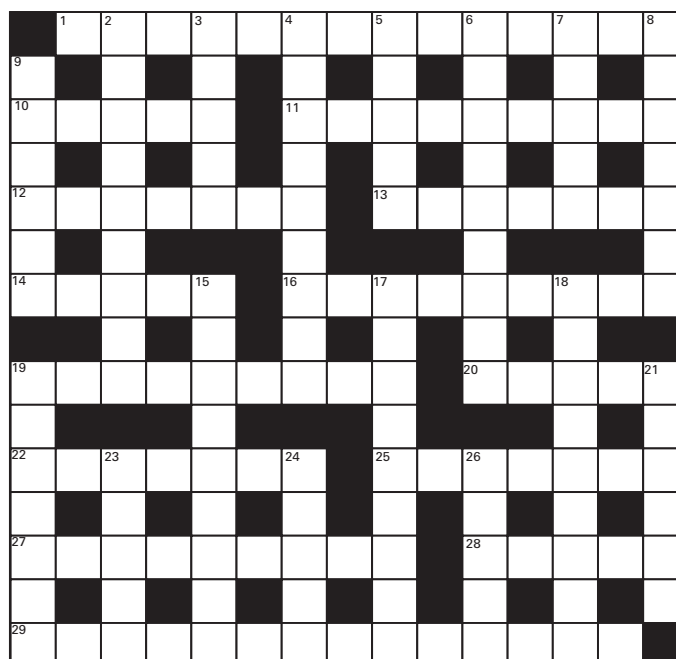
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Crossword - Solution on page 46



Across

1. Dissenters (14)
10. Metal bar (5)
11. Glades (9)
12. Midday meals (7)
13. Raise up (7)
14. Confused (5)
16. Catch (9)
19. Plant adapted for limited water (9)
20. A type of floral leaf (5)
22. Reverses the tape to the beginning (7)
25. One who examines processes (7)
27. Not extreme in climate (9)
28. Sporting venue (5)
29. In accordance with fundamental law (14)

Down

2. Arranger (9)
3. Nab (5)
4. Required (9)
5. Overweight (5)
6. Killers (9)
7. Ringworm bush (5)
8. Temporarily expel (7)
9. Worked the soil (6)
15. One who relies on another's support (9)
17. Encountered generally (9)
18. An abnormal condition of the lungs (9)
19. Dry (7)
21. Capable of killing (6)
23. Adult females (5)
24. Intelligent (5)
26. San Antonio fort (5)

Crossword courtesy of www.crosswordpalace.com

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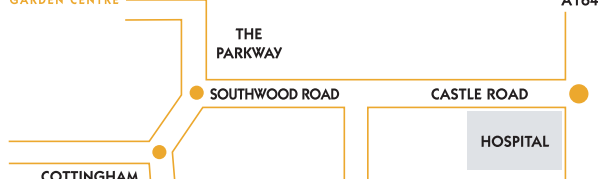
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In the Kitchen



Christmas 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
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 tsp 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 unroll 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 tsp Yeast Extract (such as Marmite)
- 1 tsp Honey
- 1 tsp Dried Mixed Herbs
- 2 tsp Lemon Juice
- Salt and Pepper

Instructions

1. Preheat the oven to 180C, 350F, Gas mark 4 and grease an 850ml/1 1/2 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.

www.cottinghamtimes.co.uk - December 17

Continued from page six

Cottingham Green Women's Institute Evenings

Thursday 12th December - Wrapping Christmas Presents Demonstration, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 12th December - Peter Smales - Occasional Music, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

Beverley Film Society

Friday 13th December 2013 - A Royal Affair (2012) Cert 15 Drama/History/Romance (Denmark). Director: Nikolaj Arcel. Oscar nominated, 18th century story of British Princess

Caroline, who is unhappily married to King Christian VII of Denmark. She falls in love with the new Royal physician - a quietly idealistic man of the Enlightenment - and together they start a revolution that changes an oppressive nation forever. Their affair proves a tragic mistake as their enemies use it to exact revenge. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley

East Yorkshire Embroidery Society

Saturday 14th December - Paula Bell - Doll Making. In the Darby & Joan at 2.15 pm. Memberships Fees £8 per annum. Meeting fees: Members £1.50; Visitors £2.50. Includes tea, coffee and biscuits.

Cottingham Ladies Circle

Wednesday 18th December - Christmas Social Evening, in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm.

Cottingham Men's de Luda Society

Wednesday 18th December - Robin Russell - The Way of the Roses, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

KGV Friends Group

Sunday 22nd December - Christmas Party from 2.00 pm - 4.00 pm. 3 - 11 yr olds (7 and under to be accompanied by an adult) £2 per child (includes entertainer, cold buffet and a gift from Santa). Limited places. Tickets to be purchased from the office at Cottingham Sports Centre, Northgate before 18th Dec.

Because of Christmas Print Schedules the deadline for entries in the What's On Section for January Edition is the 14th December.



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Amrit Dhesi becomes double Gold Medal winner at the British International Karate Championships

On Saturday 7th September, 7 year old Amrit Dhesi was a double gold medal winner at the British International Karate Championships in Glasgow. His sister Charan, 9, won a bronze medal the same day. Along with brother Teerth, the Dhesi trio of siblings train jointly at the East Hull Woodford club, and the Cottingham club based at the Cottingham Pavilion.

None of the three are strangers to podium finishes, but this competition was the biggest and most challenging so far. With

competitors from all over the UK and many others from around Europe and even South America, the competition was of a very high standard.

Training three nights a week and competing many weekends has certainly paid dividends. This result though was the best and most pleasing so far. Karate competition in the main is split into two sections, Kata (Forms), and Kumite (Fighting). Amrit was on great form as he progressed steadily through the rounds, leaving himself in the final of both disciplines. The finals were played out much as the earlier rounds, as on each occasion he came out on top, crowning him the 2013 British International Open Karate Champion for both Kata and Kumite.

Charan meanwhile managed to add to the Dhesi success by earning herself a bronze medal in her Kata section. An excellent day for the young pair of Karate-Ka, and one which we hope can be built on for more success in the future.



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The festive season is here again

How time flies! The festive season is here again. Presents are bought and wrapped, cards written, turkey and decorations prepared and Christmas stockings are put up.

As well as buying for my three grandsons, I can even buy an advent calendar for my pets (not human chocolate of course), but who puts a stocking up for them? We do in our house. Softies I know....two dog and two cat stockings are hung up already for Christmas eve.

The thought has not entered our heads to leave them out... the picture of their sad eyes longingly looking on Christmas morning, does not bare thinking about but how many of us have spared a thought for all the strays out there who do not have a loving family to call their own? They still long for a good meal, they still wish to laze by the fire on a cold winters night, they still crave the company of humans no matter what ill fortune went on in





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their past but most of all....they still possess those 'bright eyes' that reflect a longing to find a loving family they can call their own.

The Hull Animal Welfare Trust (HAWT) at South Cave are full of 'bright eyes' belonging to various shapes and sizes of our four legged friends. They are all waiting to find their special family to give them the love and trust they so rightfully deserve.

Have you ever wondered who looks after them until this happens? It is the wonderful volunteers at the HAWT who willingly give up their time and energy every day of the year to provide a temporary home for our 'friends'. How hard it is to imagine what would happen if centres like this were not around. Maybe more would be destroyed? Have you ever spared a thought of how they are run?

The HAWT is not government funded but rely solely on public donations. It is these donations that supply constant heating, food, vaccinations and the day to day running costs of the centre. After speaking to AMY, the manageress, I was shocked to learn just how much they have to find a month, to keep the centre open.



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“The Tooth and Nothing but The Tooth”

by

Chris ‘Dr. Smile Maker’
Bransfield

Dental Mavericks up in the Rif ending daily dental pain for children

Hello again, I hope you are well. We have now really settled into our new home at Castle Park Dental Care on Castle Road, Cottingham. Thanks to everybody for your compliments, kind words and best wishes. We hope to be here for a long time to come now.

Bumpy Journey To Project No 2

As you may know for the last four years I have been going to El Jabah in North East Morocco with Dental Mavericks to get children out of daily dental pain.

This year we returned there but also took on a new project up in the Rif Mountains. We went to the village of Merchekella. It was a heck of a journey on the hard mud tracks in the 4x4 vehicles that were needed to get there. We were working with the help of another charity called Rifcom. They do community



and health projects in the Rif Mountains for the impoverished that live there.

What An Eye Opener

Now I thought that the kids in El Jabah were poor but this was another level. Some were really mucky, had sores on their faces and clothes that were ready for the bin really. We stayed and were based here in a B&B that was basic but very nice. The rest of the village was a different kettle of fish. Half finished houses all over the place. How they sleep, I don't know. With vehicles, dogs, donkeys and cockerels all night long.

Children “Queueing up” Outside

Heart Breaking

The level of decay in the kids' teeth was incredibly high. We had to prioritise children in pain, taking teeth out from children as young as three years old. Bless them. It was really emotional for us not to mention the kids involved. I nearly cried a few times. BUT, no pain dentistry can be done even in these situations. I took a few teeth out on one girl who was only four years old. She was a real beauty. Anyway, as we were numbing up her teeth we had her laughing. What a great moment.



Award Winning

What really capped off this trip for me was being given a certificate for being “the most inspirational Dental Maverick” as voted by the rest of the team. I was choked.

Next year we hope to visit more villages like Merchekella as there is a real need to what we do. If you would like to donate to help then give

a call, pop in for a coffee or go to our website.

Some were only little tots

Until next time. Take care and be good.

Chris

Chris Bransfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 20 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's charity work go here now www.castleparkdental.co.uk.

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Isn't Life Interesting . . .

by Paul Smith

“Will our country ever be great again?”

My son asked me that last week. My reply: The whole world enjoys playing the most popular sports - football, rugby, tennis, boxing, darts, snooker, ping pong and netball (which were all invented here), everybody in the world is desperate to learn the language that our island speaks (invented here) and in 100 years time the entire world will speak it, along with their own local language, they use pencils, Christmas cards, Valentines cards, typewriters, postage stamps, lawn mowers, plasticine, tanks, trains, trial by jury, and join the scouts (all invented here). They love our television - Top Gear is the world's most widely watched factual television programme, and almost every single country in the world watches Match of the Day. Our comedies are watched the world over - nearly every country in Europe has watched Hyacinth Bucket and Fawlty Towers. In the cinema, one-third of the world's population has watched James Bond. The world is fascinated by our aristocracy - Downton Abbey is presently watched in over 100 countries. The world loves our pop music, the most successful countries in the world have governments and elections based on our parliament, we have the world's best hymns, the world takes an avid interest in our royal family, we invented industry (the industrial revolution began here) and only 100 years ago we had the biggest empire in all of history, and countries which weren't even part of our empire now want to join the Commonwealth. The countries which are our children (USA, Canada, Australia, New Zealand) are all thoroughly stable, happy and prosperous. The English people were appalled by the horrors of our Civil War in the 1640s, and after the time of Oliver Cromwell we became and have remained a really moderate and tolerant people - ever since then we have enjoyed well-meaning democratic governments (unlike most other countries, ruled by dreadful dictators), we keep religion completely out of politics (unlike for example some countries in the Middle East, which suffer a great deal of religious killing as a result), we shun extremism (unlike Germany, who suffered because of Hitler, or Russia and China, who suffered great damage and huge famines from communism), we like our monarchy (unlike the French, who killed off all of theirs). Our civil service is totally incorrupt (yes, alright, don't mention some of our MPs), unlike many countries in Africa and Asia where you have to pay bribes to get anything done, our health service and schools are free, unlike many countries

where you have to pay, our Conservative and Labour politicians shout at each other in Parliament but in reality they like and respect each other, we are wonderfully tolerant of political and religious difference (I don't know the politics or religion of any of my neighbours, and I don't care - and I bet you're just the same). We are remarkably inventive - all the top world's universities are either here or in the USA, and the list of the inventions made by our scientists and engineers is massive. Just look at: http://en.wikipedia.org/wiki/List_of_English_inventions_and_discoveries

All in all - wonderful. How lucky we are. We are the most successful state in history. We will always be great.

“Your Dad's horrible, a really awful man.”

A girl of 18 had never known her Dad. When she was two, her Dad had left her mother and she had been brought up alone by the mother. All her life the mother told her how obnoxious her father was. Anyway, when she got to 18 she decided to trace her Dad. She took the view that even if he was unpleasant, he was still her Dad, and she wanted to get to know him.

After a lot of work she eventually traced him to a terrace house in Bournemouth. She didn't find it until about 5pm on a Saturday evening, and with some trepidation she knocked on the door. A kindly man answered the door. “I'm your daughter”, she said. “Come in”, he said. They got on really well. She cooked him a meal, and she said he did daddish things like smoking his pipe and watching Match of the Day.

He was nice. Then she realized that her mother was so embittered by the desertion that all her life she had poisoned her daughter's view of the father as an act of revenge.

Life is full of these ironies.

The joke at the end - some reflections on life:

You know you are getting old when the candles cost more than the cake.

The Bible tells us to love our neighbours and also to love our enemies, probably because they are usually the same people.

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

This month his destination is Skidby

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

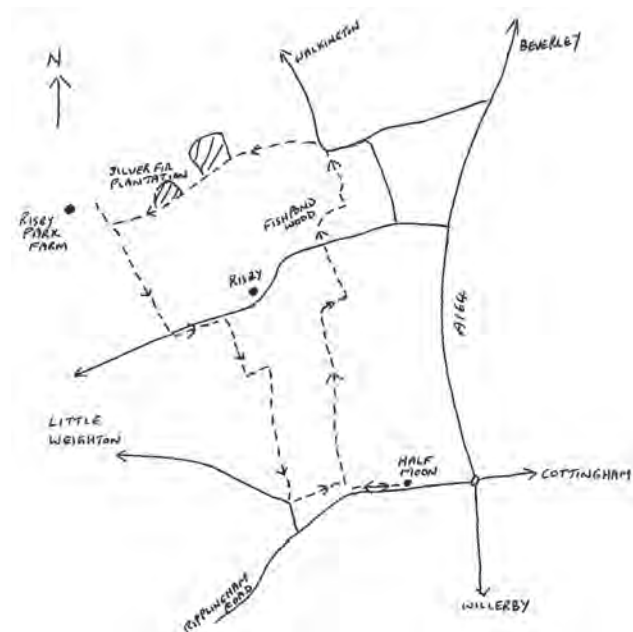
Maps:- EXPLORER 293

Start at GR. 015337 Main Street, Skidby.

Distance 5.0 Miles.

Leave your vehicle and walk to the village hall and turn right into Church Rise. On reaching a gate, pass through the gate into a field, cross this field to a second gate which you pass through, and then follow a well defined track eventually turning right and then left to follow the field boundaries to reach Risby road.

Cross the road and walk down the side of Fishpond Wood but keeping outside the wood. Follow this round and cross a ditch then walk along a well defined track climbing gently to



meet the Bentley to Walkington road. Turn left on reaching the road and then left again through large gates and follow the track eventually keeping the hedge and woods on the left.

After crossing a stile at Silver Fir plantation, follow the track on the left and keep the hedge on your left to reach the road a short distance to the south of Risby Park Farm. Turn left and follow this track/road to reach a gate and emerge onto the Little Weighston/Bentley road.

Turn left on reaching the road and after about 500 metres locate a stile/opening on the right, pass through the hedge and follow the path with the hedge on your right. At the top of the field, turn left and then after about 200 metres cross a stile on the right and follow the path to reach the Skidby/Little Weighston road on a bend. On reaching the road turn left and then immediately left again and walk on a path with fields to the left and houses to the right. Continue on this path to Church Rise, turn right and then turn left at the Village Hall and walk back to your vehicle.

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Christmas Time

For centuries, Christmas has been celebrated by bringing nature into the home. Plants offer natural beauty and wonderful fragrances. As well as the real Christmas trees and exotically coloured houseplants on sale at our garden centre, you can decorate your home with bowls of pine cones or colourful leaves, twisted stems or teasels in a vase, garlands of ivy, holly and mistletoe, and natural tree decorations such as cinnamon sticks tied with ribbon and studded oranges. So for a greener Christmas, why not add a little natural country charm to your decorations – and get the kids to help!

Selecting and decorating the Christmas tree is one of the key festive traditions, and nothing compares to the wonderful fresh pine scent, appearance and texture of a real Christmas tree.

The traditional Christmas tree is the Norway spruce which we have available 4ft-12ft, but as an alternative we also have the beautiful Nordmann and Frasier Fir available in 4ft-8ft. Just remember to give your tree plenty of water and follow our simple steps to ensure that your beautiful natural tree takes pride of place in your home this Christmas. Plus when you buy any tree over £20 you will get a £5 voucher to spend in January.

Before you buy your Christmas tree, make sure you know how much room you've got to house it. Measure the ceiling height and width of the space and take a tape measure with you.

- Look for a green tree with no sign of brown needles. Check that the trunk is sturdy and straight and the tree has a good, even shape with well-spaced branches and no obvious gaps. Needles should stay fast if you gently run your fingers down one of the lower branches.

- Once home, place your tree in a cool, dry place out of the wind in a bucket of water until you're ready to decorate.

- Before you bring it into the home, saw 2.5cm (1in) off the end of the trunk.

- Place the tree in as cool a position as possible – ideally well away from radiators and open fires.

- Christmas trees keep best in plain water rather than soil or sand, which block the pores in the bark, so use a specially designed Christmas tree stand.

- Top up with water with a little sugar added – you may find your tree needs as much as 2 litres (3 pints) a day.

Festive Plants

Flowering and colourful plants are always a joy to give and receive at Christmas. Their bright, cheerful appearance, especially those with red flowers, bracts and stems, lifts the spirits and epitomises the season.

Follow these simple guidelines to help your festive plants perform superbly right through the Christmas season and well into the new year.

CYCLAMEN

Cyclamen are one of the most charming winter-flowering plants with exotic-looking swept-back flowers in intense shades of red, purple, pink and white with heart-shaped, silver-veined foliage.

They are easy and rewarding houseplants, provided you meet their requirements – a cool spot (12-15°C) that's brightly-lit, but out of direct sunlight. Overwatering is one of the chief causes of their demise. When the compost surface feels dry immerse the pot in a bowl of rain water for 20 minutes then pour the excess away.

CHRISTMAS ROSE

Said to have sprung from the tears of a young girl who had nothing to offer the Christ child, the Christmas rose (*Helleborus niger*) blooms in the darkest months of the year, making them a valuable asset to any garden. Native to Europe, the Christmas rose grows 38cm (15in) high and bears single white flowers about 8cm (3in) in diameter from December to March. Grow in a sheltered position, in soil with plenty of added organic matter

AMARYLLIS

Hippeastrum or amaryllis is an indoor plant producing large, colourful showy flowers on tall stems in winter. Give plants plenty of light so the stems don't become too leggy. Support stems with a short stake to keep them upright under the weight of the flowers. After the blooms have faded keep the bulbs in a warm place and resume watering the next autumn.

POINSETTIAS

Their name comes from Joel Robert Poinsett, who introduced them to the USA from Mexico, about 1828. And even though poinsettias now come in different colours, the red and green classic is the most popular. Poinsettias are easy to care for. To enjoy them as long as possible put them in a bright, warm spot, around 20°C without draughts. Do not overwater by leaving water in the saucer – water only when the potting mixture is almost dry.

FORCED HYACINTHS

Bowls of forced hyacinths that have been grown in the dark to encourage them into early flower add a delightful scent to the home. To prolong flowering, place in a sunny spot away from draughts and radiators. Stand the pots on shallow trays of moist gravel. Cut off the flowers when they die and give the bulbs some liquid feed until the leaves begin to fade. Gradually dry off the bulbs and plant them out in the garden to enjoy in years to come.

Make your own Wreath

Wreaths are a lovely way to enhance the festive atmosphere in your home, welcoming Christmas visitors at your front door. They are quite simple to make and most of the materials are freely available.

- You will need a wire frame made from two circles of wire looped together or a length of wire mesh (rolled into a sausage shape and bent to form a circle) or a readymade wire ring from your local florist; florist wire; some greenery (ivy, laurel leaves, leylandii,

Lawson's cypress and holly work well); and berries, cones and seedheads.

- First attach a length of florist wire securely at the top of the frame to hang your wreath.

- Cut small bunches of foliage to 25cm (10in) lengths and wrap a piece of wire around the lower end of the bunch. Attach the foliage to the ring with another piece of wire. Keep repeating the procedure a little further down the frame, ensuring the bunches overlap, leaving no obvious gaps.

10 Jobs for this month

1. Check greenhouse heaters
2. Protect any tender plants with horticultural fleece
3. Prune acers, birches & vines before Christmas to avoid bleeding
4. Reduce water for houseplants
5. Increase feed and provide plenty of fresh water for the birds
6. Continue to deadhead pansies and violas to encourage flowering through the mild weather
7. Plant Winter flowering shrubs to add colour to your garden
8. Harvest leeks, parsnips, winter cabbage, sprouts and remaining crops
9. Check that your Winter protection structures are set up and in place
10. Clean up and cover you garden furniture to protect over the Winter

- At first you may find the foliage slides around a little, but the more you add, the more stable it will become. Keep your work flat on a tabletop to prevent movement.

- For a really full wreath, fill both the inner and outer parts of your frame with foliage. The more you add, the better it will look.

- Attach your decorations by twisting wire around the base of the cones, berries and seedheads. Twist the ends firmly together and push the wire into the wreath frame. Secure by twisting the ends again at the back of the wreath.

- Finally, attach the finished wreath to a nail on your front door for all to see and admire.

- You can create beautiful natural garlands in a similar way. Use florists wire to attach overlapping bunches of evergreens and decorations to a length of rope.

Alternatively if you haven't got the time to make your own we have taken the hard work out for you and have a beautiful range of wreaths real and artificial dressed to enhance your home and doors this Christmas.



Events at Coletta's

We are open every Thursday until 8pm every night through until Christmas. Our grotto is open every day from the 30th November 11am-4pm.

From 5pm-8pm we will have festive delights, special offers, Christmas cheer and some very exciting events and demonstrations. Come and view our Christmas displays, animations and great Christmas range all at great prices. Plus our Oasis Café will be open serving delicious hot dishes, festive dishes and sumptuous cakes, why not come for your tea?

30th-1st Dec – weekend

KCfm roadshow on Saturday 30th 11am-1pm they will be presenting the show from the garden centre, H.e.r breast friends charity stalls, launch of the teacup ride, launch of the grotto.

5th December 5-8pm, café 4-7pm

Ladies night, Yankee candle evening Spend £25 on Yankee and get a medium jar free, Reflexology free taster sessions, Claire knitting and festive cheer.

7th-8th Dec -Weekend

Grotto, Leukaemia & Lymphoma research charity with stalls, teacup ride and cakes with our chef Lee.

12th December 5-8pm, café 4-7pm

Birds of Prey and demonstrations.

14th-15th Dec- weekend

Grotto, Festive choir and band with the cutest little pony singing and raising money for H.A.R.P on the 14th and the British Heart foundation on the 15th plus our teacup ride

19th December 5-8pm, café 4-7pm

Christmas extravaganza

Julie- wrap your Christmas present demonstration

Free mulled wine and mince pies on arrival

Remember that at Coletta & Tyson garden centre our Christmas Displays are now open. We have some new and exciting themes, a large range of decorations, trees, glassware, candleware, lighting, garlands, wreaths and so much more. You are bound to love our Christmas as much as we do. All at great prices, why do anywhere else?

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Your Stars for December 2013

By Kay Gower

Aries (Mar. 21- April 20)

Your opportunities will be numerous and exciting. The next five weeks bring home improvements and possible lifestyle upgrades. You get to meet people in authority and make a favourable impression.

Taurus (Apr. 21- may 21)

You just love to swoop in and save the day, but what is really needed is teamwork. Just remember that if all the glory goes to one person, then all the blame and resentment will go to that person, too! It might be a good idea for you to get everyone to pull together this month.

Gemini (May 22-June 21)

You say the right thing at the right time. But what is perhaps even better is that you avoid saying the wrong thing or to saying too much. Your use of silence is genius especially around the 15th.

Cancer (June 22-July 22)

There's something you want that you've been unable to afford. Is it really necessary, though? Think about this: Your life shines through the things you create, not the things you buy.

Leo (July 23-Aug 22)

You will see the way someone does it and think, "I could do better." Perhaps it's the truth. Probably it is. But you'll never know until you actually attempt to do it. The stars are on your side this month.

Virgo (Aug 22 - Sept. 23)

Just because someone has a good idea doesn't mean it's a good idea for you, too. Be wary of signing up for new responsibilities, services or even credit. Weigh up your options especially around the 11th and 12th.

Libra (Sept. 24 -Oct. 23)

You'll break new ground this month. The adventure begins when you seize an unusual opportunity, and a good relationship becomes even closer. Late December could bring a financial risk - and reward!

Scorpio (Oct. 24 - Nov. 22)

Even a social creature like you feels like being 'home alone' once in a while. This Christmas will be the perfect time for going into your own private world without feeling the need to explain yourself.

Sagittarius (Nov. 23 -Dec. 21)

Sometimes you use your head; other times you lead with your heart. December will be best navigated by doing a little bit of both.

Capricorn (Dec 22.- Jan. 20)

What matters is not whether the decision was a good one, but whether it was made for a good reason. You don't have to worry about which next step to take you just have to come from a good place - and you do.

Aquarius (Jan. 21.- Feb. 19)

Though you are curious as to what everyone is talking about, some conversations are best avoided, especially the ones that centre on gossip and scandal. It's difficult to un-know once you're 'in the know'.

Pisces (Feb. 20-Mar. 20)

Don't worry about the mistakes you may or may not make in life. A joyful life is filled with mistakes. There is no thrill in living without risk. 2014 is nearly here, and it looks good.

Waitrose through the Grapevine

Tom Greef, Wine Specialist, Waitrose Willerby
*Hello everyone and welcome
to my monthly column.*

December arrives, the Christmas tree goes up, the wreath hangs on the door, Santa is busy prepping all the gifts, you endure some Carol singers but of course most importantly you have to decide what to drink this Christmas! That's where I come in. This month I've selected some extra special wines to suit all your festive needs.

So you've got the family coming for Christmas dinner and you want to start things off with a bang. Look no further than a bottle or six of fizz. Prosecco is a great way to start a party and to celebrate special occasions with friends and family. **Waitrose Prosecco (75cl, £8.99)** is full of apple and a soft nutty taste that'll get any celebration underway. Or if you wanted to treat yourselves, why not try an English sparkling wine? **Nyetimber Classic Cuvee (75cl, £29.99)** is full of rich buttery brioche flavour and hints of citrus which go to make this one of the finest English sparkling wines out there!

You're all sat down ready to eat, and now you need a perfect wine for the big meal. I've chosen two wines that really are a treat, but its Christmas so why on earth not, right!? Pinot Noir is a fantastic match for a plump goose. **Dom Heresztyn VV Gevrey Chambertin (75cl, £28.99)** takes its grapes from 65 year-old vines, which help give the wine great depth. Its gentle raspberry, blackberry and blackcurrant flavours suit the majesty of a goose to a tee. If you're like me though and you like a Turkey for Christmas dinner then you must try **Gerard Thomas St Aubin Premier Cru (75cl, £19.99)**. Red is traditional with everyone's favourite Xmas bird but that doesn't mean you shouldn't try something a little different. It's got rich aromas, plenty of fruit flavour and a creamy edge which is all really well balanced.

You've had to undo a belt buckle or two, somehow you managed to rip your hat that you got from your cracker and decided to take one from that moody relative who won't wear one, you cracked a cheesy joke that makes everyone groan and you've just found a use for an over-sized plastic paperclip. Now it's time for dessert (which we always seem to have room for). Christmas pudding needs something that's going to match its rich, sweet flavours. **Warre's Otima 10 Year-Old Tawny (50cl, £13.49)** will do just that. This Port has got sweet raisin, touches of spice, fresh acidity and flavour that will stay with you. If you wanted something a touch richer and sweeter then look no further than **Campbell's Rutherglen Muscat (37.5cl, £11.99)** which oozes honey and golden raisin, juicy plum and shows signs of oak.

So that's it. You're thoroughly stuffed. You couldn't eat another thing (apart from maybe some chocolate or a mince pie) and now you just want a nice glass of something to help send you to sleep in the armchair – snoring is optional. **The King's Ginger (50cl, £21.50)** will do just that. It uses a recipe that was created for King George VII. Its great served chilled with a squeeze of lemon or better still, add it some whisky or mulled wine.

On Friday 13th December, Waitrose Willerby we will be holding a Christmas day between 12pm-5pm. We have invited some local suppliers to come to the branch and carry out tastings. Our very own Specialists will also be doing some sampling (including myself of course) and it'll be a great time to come and say hello, try some festive treats and pick up your Christmas shop. On behalf of everyone at Waitrose Willerby I wish you all a very Merry Christmas and I look forward to seeing you all very soon!



Popular free Christmas parking scheme to cover Small Business Saturday

East Riding of Yorkshire Council will again be running its popular scheme which gives shoppers free parking in the run up to Christmas, starting on Saturday, 7 December.

For the past four years, those preparing for Christmas by shopping in the East Riding have benefited as the council suspended parking charges at its car parks during the three weekends leading up to Christmas.

Once again, pay and display machines in the council's car-parks and on-street parking locations will be clearly marked to let shoppers know there is no charge for these weekends leading up to Christmas.

However, this year East Riding of Yorkshire Council will be combining the start of the parking scheme with 'Small Business Saturday' a national day that aims to promote the importance of small and independent traders, particularly relevant in the East Riding which has a number of market towns.

Councillor Jane Evison, cabinet portfolio holder for economy, investment and inequalities at East Riding of Yorkshire Council, said: "The council recognises that due to the current economic climate we are all having to watch our expenditure and it is really pleasing that we will once again be able to run this scheme which is well-received by both residents and businesses.

"It is quite fitting that the first day of free parking will coincide with Small Business Saturday, a national initiative that we are delighted to support to help boost the local economy.

"The East Riding is home to some of the most vibrant and diverse market towns in the country and this will be the fourth year that we have suspended parking charges to help bring shoppers to the East Riding in the run up to Christmas.

"The council is still happy to promote schemes like this which have a real and tangible benefit to local businesses."

The free parking will apply on Saturday 7, 14 and 21 and Sunday 8, 15 and 22 December. Normal parking rules still apply such as those around disabled parking bays and maximum stays.

All council car parks will be free from 8am on Saturday until 8am on Monday.

Sudoku Answer from page 12

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



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

Hello and welcome once again fellow anglers to this month's fishing news, I hope you are all well. It is the 14th November. The weather; it was bl---y cold when I wrote this but never mind. I just made myself laugh really as I am always telling everyone there is no such thing as cold weather but there is such a thing as the correct clothing. I am feeling it a little now (could be old age coming!!) but when I go fishing I am all toasty because I am wearing the correct clothing. If you are planning to fish through winter like I do wrap up and be comfy. The comfier and happier you are the better you will fish.

Anyway now that you are all wrapped up have you all taken heed of last month's tip of scaling down your terminal tackle, no well if you don't you will be blanking quite often.

Now is the time to start targeting silver fish again, as you are probably aware the Carp are getting caught less and less now. Fish such as Roach, Skimmers and Chub tend to feed throughout the colder months, so pick your venue accordingly.

Another tip for winter fishing is to put your pole away and go back to rod 'n' line only. Apart from the fact you are more likely to catch more fish as you are not creating a great big shadow on the water, you will find you are more comfortable. The pole can become very cold to hold where as a rod butt made from cork or foam is warmer on the mitt. You can still shot a waggler float to be just as sensitive as a pole float should you wish to do so. If you prefer to use a feeder rod but it is a little too windy use a butt indicator and sink your rod tip below the surface a couple of inches. When you are using a butt indicator remember to point your rod in the direction of the bait. Strike at the slightest



movement of your tip, but don't be violent, strike gently.

Here is one for you to check out once again, I know you have been there before on my advice but it is different yet again. Where am I talking about? Our beloved Sam Hosticks at Woodmansey. Do you remember a couple of months ago I mentioned a match I organised on Moat, well it was thick with weed but I still caught 90 odd lbs. Well since then Sam, Val and crew have been very busy, they have removed 95% of the weed, this is such a good thing as the weed was causing a lot of problems for anglers. They have replaced the bridge. The bridge is now a solid causeway which is good as the fish can no longer reside underneath it.

Nearly all of the far side willow trees have been cut down, a great relief to some pole anglers as some poles were being smashed when a bonus fish was hooked and took off at great speed past the willow trees!

Sam and Val have had a major restocking program too last week. Most of the fish were put into Moat and Island pond and some went into Kingfisher. Not just small stockies either, but fish weighing up to 14lbs. My friend Jacko was there at the time and watched as tub after tub of fish were being poured in. My hat goes off to Sam and Val for trying their hardest to give you all a local fishery to be proud off.

Sea scene: wow! Have you heard or checked out the forums? There are good Skate and large Cod everywhere. I have had reports from Scarborough right to Skegness and they are all saying the same thing. It is about time! Fisherman who are not in matches and those that cannot really cast are all either catching or standing next to somebody who is catching. The baits are flying from my fridges so please order early to avoid disappointment.

I know I always stock plenty of back up frozen baits, but you can't beat live Lug or Rag worm, and it is the same price as last year.

Just a reminder that gift vouchers are available in store, so if you don't know what to buy your loved one you do not have to make a mistake when choosing a gift for them, buy them a gift voucher and let them choose their own gifts.

I am taking this opportunity to have a quick plug for the shop. I have started selling Protein Supplements for all Body builders out there. I am stocking brands such as: O.N, Gaspari, Myofusion, Muscletech, Effective and Pharma Freak and I can get all the other brands out there as well.

Every product is at very competitive prices with bargains to be had too.

Finally this month the Brid wall challenge:

Captain Pugwash 5 – Eric the Viking 2

I told Eric the Viking to put a hook on next week ha.

From Chris and the Catchmoore Crew A Very Merry Christmas and "tight lines" till next time.

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News and forthcoming events from Little Weighton village hall

Many of you will know, progress of a sort has been made as we are now in a position to apply for permission to apply for a grant from the BIG Lottery Reaching Communities grant scheme. The photo shoot we organised was well attended and many thanks to you all.

It didn't take too long did it? The Petition in the shop is ongoing at this moment but we have already more than 100 names which is wonderful. The photos have turned out well.

We chose one of them to send together with photos of the area for the disabled access and where the extension to the kitchen, store room and Dr's Surgery will go, pictures by little ones and the Petition. Now we just wait....

Fundraising goes on. The flower arranging was our first for the Autumn season and everyone enjoyed it very much. We are hoping to persuade Susan to do another one next year. The Bad Apple tickets are going well and we are hoping for another full house. Next year there will be a Magical Mystery evening on February 14th February, March brings an 80's Disco, April is

the Bad Apple Theatre Company again. That's enough for the moment, but there are already ideas forming!

If we get the chance to apply to Reaching Communities this will be the big one and success at this will see us ready to have detailed drawings of electrical wiring, tenders being called for etc. It sounds very exciting. So think positive and hope.

In the meantime, we give all our thanks to everyone who help in many ways. If anyone else feels inclined to join in there is always help needed.

To get down to the more business side of the Hall, Monday and Tuesday have become available for hire. The details are on our website including a booking form to print off. Photos of the hall are also on line. For other days mornings except for Thursday are free at present. Phone Prue for information on 01482 844461.

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Aunty Gladys, Hitler and Christmas Eve

by Peter Railton.

Aunty Gladys was not a real Aunt - she was a childhood friend of my mother's, but I was brought up to address her as 'Aunty Gladys'. She lived most of her life in Park Road, round the corner from Park Grove between Princes Avenue and Beverly Road in Hull. The old Hornsea railway line used to pass quite close to the front gardens along there, just before Stepney Station; a bungalow development occupies the site now.

Mother lived in May Street and attended Lambert Street School and so did Gladys and they became friends in the infant department and remained so for life. Gladys was the eldest of several brothers and sisters and was always looked on as a second mother by her siblings and as a help and support by her mother.

Left school at 14

Mother and her left school when they were fourteen, just prior to the 1914-18 war, mother into the office of Sisson's paint works and Gladys onto the haberdashery and knitting wool counter at Willis' on the corner of Carr Lane and Waterhouse Lane in Hull. I remember going into Willis' with my mother before the Second World War and seeing Aunty Gladys at the back of the counter - another assistant worked at that counter too - Miss Woolhouse - I could see the rather odd connection then - Miss Woolhouse sells wool to the customers!

In those days Thursday was half-day closing in town and Gladys made the most of her brief liberty by going to the park or to a matinee at a cinema, and later, coming to Cottingham when we moved here to New Village Road in the early 1930's, when Gladys gratefully accepted the regular invitation to come to our house after work on Thursdays and stay to tea, this arrangement continued for years.

I always looked forward to Thursday afternoons because Aunty Gladys came equipped with a bag of sweets for me - she came by bus and I always looked out of our front room window for her to appear when she got off the bus on Thwaite Street - no buses down New Village Road in those days.

'She's here' I would call to my mother. Gladys was a fairly tall, very slim person, always smartly dressed, dark hair in a 'bun' at the back, carrying her knitting in a small case - she was a prolific knitter, churning out jumpers and cardigans for her nephews and nieces and anyone who wanted a hand knitted garment: she was such a rapid knitter that the work literally took shape as I watched her fingers fly across the clicking needles and the ball of wool growing smaller and smaller, chatting with mother as she worked. She only stopped when it was time for tea and then continued until it was time for her to go home and resume the rather monotonous, routine. All her siblings were married and living away - one brother was a clergyman who never failed to remind Gladys that it was her duty to remain single and stay at home with her mother - evidently, she had no right to a life of her own!

Life changed in 1939 with the outbreak of war

However, things were about to change with the outbreak of war in 1939 - Gladys continued her Thursday afternoon visits but was always worried about her mother on her own in case the air-raid sirens sounded early, which they sometimes did; she would hastily pack her knitting and rush off to catch a bus - they ran every quarter of an hour then - we had no telephone and neither had Gladys at home, so naturally the level of tension was high even if no raid transpired, just an alert, then the 'all clear' would sound usually as she was on the bus on her way home. Visits were often cut short like that.

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THE GREEN, COTTINGHAM

In the summer of 1942 Gladys's mother decided to accept the invitation from one of her married daughters to go and live with her while the worst of the bombing continued - she was somewhere in the Lake District I believe. This gave Gladys more flexible time and my mother suggested that she could stay overnight when she wanted to - she would still get to work easily by nine o'clock. I liked this arrangement as there was someone else also to wind up the Hornby train engine or fix the lines when they came apart or play snakes and ladders', but above all else the knitting was priority with her as she and my mother chatted.

Now, Aunt Gladys was a well organised person, very methodical, and continued her 'blitz routine' as she called it, when she stayed the night, we all went to bed fairly early to get some sleep before the 'buzzers' sounded later on. The living room, kitchen and the two main bedrooms were covered by plywood shutters each night by my father or mother and care had to be taken not to switch on the lights in any other part of the house and attract the attention of the ever watchful air-raid wardens. Consequently, I had to get undressed in the darkness of the small bedroom taking care to fold my clothes neatly on chair in the right order to put on in a hurry if the sirens sounded.'

Gladys had the advantage of the electric light in her bedroom and was able to carry out her careful routine. The hair grips and slides, necklace, glasses, bracelets, watch, ear rings, two or three finger rings of assorted shapes and sizes were all neatly placed at vantage points on the dressing table and the light covering, of lipstick was removed with whatever she used to remove it with, then preparations made to change into nightwear at which point my mother, who usually went upstairs as well, said goodnight and left her to it.

I think the Luftwaffe knew Aunt Gladys came to our house on Thursday's, because the sirens often sounded and we all had to reach for our clothes, get downstairs and under the table or under the staircase; but Gladys would not be hurried - on went the hair-

grips, slides, necklace, glasses, bracelets, watch, earrings, finger rings, lipstick applied, all clothes on neat and tidy as she would carefully descend the stairs accompanied by the bangs and thuds and flashes overhead and take up her precious knitting sat on a chair in the living room while we looked on in wonder from our hiding place under the table.

"Gladys - come under the table - I'll go and sit under the stairs," my father would say. "Certainly not Jack, I wouldn't be able to get on with my knitting under there - I won't be put off by some Germans" was her reply. Sometimes the alert lasted for a short time, sometimes for several hours, sometimes two or more alerts in a night, but Gladys's routine was always the same - occasionally she would be halfway down the stairs when the all-clear sounded and the whole process was repeated with comments like "they have no consideration", or "what a nuisance".

The nights of Sunday the 20th and Monday the 21st of December 1942 saw raids on East Hull with some casualties, but the following nights were quiet, giving hope of a raid free Christmas - but the alert sounded on Christmas Eve and Gladys was spending the Christmas with us. Calls upstairs of "come on Gladys" and "hurry up Gladys": where to no avail. She appeared, immaculate as usual. "If we get bombed and killed, Hitler is not going to see me in my nightwear," she proclaimed. "Gladys, I don't suppose Hitler will give a damn what you're got on", my father retorted.

Thankfully, there was no raid and we were able to enjoy a rabbit pie dinner next day, with the sprigs of holly round the picture rail and the little artificial Christmas tree on the sideboard - no paper decorations in case of fire.

Soon after, Gladys went as a cook in a Woman's Land Army hostel in Alnwick, Northumberland and enjoyed a new life surrounded by dozens of friends. She died in Hull in the 1970's, back to her solitary life once more.



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

www.instinctivehorsetraining.co.uk

My yard is a little community

Now that the cold weather has really arrived all the horses in my care are now stabled at night. Some of my residents have been with me for years and years and will live out their days in my protection.

Their routine is **everything** and understanding what makes each and every one of them tick is paramount to having a cohesive and peaceful yard. My staff have to get to know their foibles and quirks quickly as the care regime we give each one is individual and unique to that particular animal.

The first through the yard gate is **Slim**. He is a 16.3hh, 21-year-old ex-racehorse. He is fragile in character and relies heavily on routine, and his pals (Norman and Humpy) for peace of mind. He has been in my care for around 10 years now and has to be treated gently at all times, because he is the most sensitive of all the horses. He worries about life, the universe and everything. Haunted by his past, his little brain works in overtime most of the time. He is the most polite horse I have ever met and always tries so hard to please...he pre-emptively what he perceives you would like him to do, or where you would like him to be. He has no intention of growing old gracefully however..... refusing to be retired, loves his work and is a pocket rocket to ride at times! Arthritic changes in his legs mean we have to be cautious about how we approach his work these days.....no trotting on hard roads for example.....however, you try stopping him once he gets those old legs of his on grass! He is hilarious!

Because Slim is of a nervous disposition he is hard to keep weight on. He cannot ever be left on his own. If we want one or both of his pals in from the field then all three have to come in together! He worries his little head off out in the field until the group is reunited so its best just to simply think about his peace of mind and bring him in too. You can take him away from them but not so in reverse! His owner, Alison, is a very caring person, gentle in all ways and adores her old boy....perfect partners.

The next box is bedroom to **Humpy**. I have written about this complicated old horse in the past. He is a 17-hand 21-year-old ex-racehorse who retired from racing at 11 and has never left my care since. He came for re-homing but because of his panic attacks and health issues he simply stayed because no one else was prepared to take on such a complicated horse. Alongside the usual insecurities which ex-racehorses commonly suffer from, Humpy wind sucks! This is a bad habit developed in the early days of confinement and over feeding as a young racehorse and is an established habitual behaviour...boredom, stomach and gut ulceration and indigestion from the unnaturally high protein diet in racing is the usual cause. He gets hold of the door, gate, field fencing... any available purchase place and sucks in air. This damages the whole digestive system by filling it with air leading to serious health issues. Frequent and life threatening colic attacks are common and the symptoms of which my staff are always on the lookout for, an inability to maintain weight because his system is ruined and the fact that at this grand old age he has no upper teeth left at all! We have to provide hay out in the paddocks all year round because he would starve as he cannot graze short grass. That means all the horses get hay because you cannot give it to one and not all the others.....costs me a fortune!

Humpy is a gentleman to handle most of the time but can still react to a soul deep fear from something way back in his youth.....he can suddenly and for no apparent reason fly off in a massive violent panic at being restrained. As a result of which I taught him to stay where we put him (untied), so bless him, we can abandon him on the yard and he simply waits for us to get back to him! We don't need to tie him up for the farrier, for clipping or grooming or tacking up. He is such a sweat heart! Humpy

falls into the same fragile place that Slim occupies in that he relies heavily on his buddies for security, we can take him away from them but we cannot take them away from him.....so they all come in togetheragain! Pam took on Humpy as her own when her wonderful 29-year-old horse Hawkeye had to be put to sleep. She has been keeping her horses with me for 21 years too..... 21 is a recurrent theme in this article!

Then there is **Norman**! I bred Norman myself, here in Skidby21 years ago out of a brilliant but complicated jumping mare called Vicki. I produced him for Eventing and show jumping as a young horse and we competed at high level competitions countrywide. Always of a nervous disposition and flighty (like his mum) he was an amazing horse cross country and was pure joy to compete on. However, we did "part company" on a few occasions at high speed because he would spook at the sudden appearance of a PERSON in what he considered the wrong place! This led to some serious personal injuries on my part (which still hurt and remind me of that time) At 8-years-old I sold him to Lord Nelson (because he had long legs and could stay on!) Norman became a "landed Gentry" horse for a few years and competed nationally and with great success. Five years later Norman came back home to me with a grumbling lameness and an end to his career as an Event horse. My friend Jackie became his owner and has learned so very much from this partnership. They gel as a team beautifully and Norman takes great care of his mum. He is such a content horse because he is home! He goes with the flow as far as his care is concerned, trying to keep Humpy and Slim feeling safe.

Stella is a bit of a grumpy sort of mare but it is all play acting! She tries to keep "her" staff knowing our respectful place! She came to me too many years ago for me to remember now as a city horse needing a country life.....as to the manor born! Standing at 16.2 and yet again 21-years-old now, she causes no trouble providing we keep her hotel accommodation just right! She lets us know "our place" and keeps us dancing attendance as is her right! Bless her, such a wonderful old mare with high standards... our Prima donna! Jean has owned her all her life so their relationship is very special. They are the best of friends but even Jean is reminded if Stella considers that the standard of care is slipping! Funny!

Our "newbie" is **Al Ghalla**. At 19 (a mere spring chicken in comparison to the others) he has spent all his life out in the deserts of Dubai until this summer when his mum Gaile relocated back to the UK. God was kind at first, giving us a lovely warm summer for him to acclimatise to life in Skidby. However, for him it was Iceland at first. He has tasted fresh grass for the first time ever.....he loves the green paddocks, beats sand any day! Great care has been taken with this old horse to make sure we get his needs right. This wet cold weather is all new to him so we constantly monitor his temperature. He arrived very thin and has the worst teeth I have ever seen. Gross neglect of them in his early days has left him with only a very small grinding surface with which to chew. As horses need a high fibre diet we have to feed him the softest hay and he has four feeds a day of very good quality available energy and easily digestible fibre. We have started to address the teeth issues which will take time to try to reconcile. He has put weight on well and is fighting fit inside his head! The cold weather is making him very sparky so he rushes about a lot, playing and interacting well with his field mate Toby. This behaviour worried his mum at first because she is used to the lethargy and calmness that high external temperatures bring about. His diet is providing him with the energy he needs to come to terms with our climate and we keep him very warm with rugs. Much to his mums amusement I have bought him some horse bed socks to wear on these cold nights too!

I am so looking forward to seeing how he reacts to snow for the first time in his life but dreading him on ice. Fingers crossed he does not panic. My oldies all know to go steady on ice; Al Ghalla has much to learn.

So there you all have an insight into life on my yard re caring for several of my liveries. All these oldies need extra care because of their physical as well as mental issues. I add milk powder (readily available protein for body building) and oil (should help go into weight storage as well as coat condition) to their diets. They are very expensive to keep as a result of their age but are a total joy to have about. They are my geriatrics in body but no way would any one of them consider themselves as such in nature! They keep myself and my staff on our toes all the time.....they have come to expect and demand high standards by Gove!

As a footnote here, I must add that the hierarchy starts with the yard cat Bruno. He oversees all things and his opinion matters.....let's face it, nothing happens on my yard before he is fed. He is commander-in-chief and lets no one forget it!



Family, Friends and Festivities: it's Christmas

Well November 5th certainly went off with a bang, unfortunately the wind was in the wrong direction for us to light the Bonfire but I thoroughly enjoyed acting the little Pyromaniac, running around setting off the fireworks. I hope all of you who came enjoyed the display, I'm assured by many that it was spectacular, but I must apologise to those who waited a long time in the cold due to my quote of, starting around Dusk, in my last article. Sorry.

Another apology goes to the many people who supported our first MacMillan Coffee Morning back at the end of September which I didn't mention in my last article. Many thanks to all of you who made the day a success raising £320 for MacMillan. Thank you.

So into the Festive Season (where did that year go) Our December bookings for our Festive Menu are looking good, thank you, but there's still plenty of room so if you're thinking of a small gathering of friends or family for some great festive food in traditional surrounds during December, call in and pick up a menu. If you prefer some live music and dancing why not book a Friday evening and stay on to enjoy the night with our lively Friday revellers. Or stay on later on a Thursday for our quiz night. Whichever way you choose to enjoy your evening you'll be most welcome.

On Christmas Day I have promised my family that I will have Dinner with them, this year at home, so after our last customers leave following their Christmas Day lunches the Half Moon will be closing for the evening. Therefore, yet more apologies this time to those who will miss their evening tippie, but we are open normal hours with a full bar and restaurant service on every other day over Christmas so thanks for your understanding.

However you choose to celebrate, I, my wife Judy and everyone at the Half Moon wish you all a fantastic Christmas. Spread a little Happiness.

Cheers, Mike

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HERIB Christmas craft and gift fayre in the Cottingham Civic Hall

A Christmas Craft & Gift fayre has been organised to raise money to support local people who are blind or partially sighted. The fayre will take place at Cottingham Civic Hall in Market Green, Cottingham, on Saturday 7th December from 10am to 4pm with all proceeds going to HERIB (Hull & East Riding Institute for the Blind).

A range of handmade crafts from cards to jewellery, candles to cakes will be available to buy on the day, but the charity is also seeking any new and unusual crafts to add to the ever popular event. Further information or to book a table, which costs £20, is asked to call Angela Gregory, Fundraising Manager at HERIB, on 01482 342297.

Popular exhibition at Beverley Art Gallery to be extended

Popular and intriguing exhibition 'Send Three and Fourpence', a visual communication between eight Yorkshire artists, will remain on show at Beverley Art Gallery until Saturday, 14 December.

The idea for this novel show emerged 18 months ago, when a group of artists decided to explore their creative potential by engaging in an 'artistic game of Chinese Whispers.'

Each artist completed one piece of work, which was wrapped and secretly passed to another artist in the group. The receiving artist produced a new work in response. The new work was then wrapped and secretly passed on to the next artist in the chain and so on.

Over a period of 18 months, 64 works were produced, all of which are on display and a mythical tale provided the title for the show. According to tradition, during the First World War, the military leader of a campaign passed a message to a fellow officer with instructions that the message be discreetly passed to the rank-and-file. The message was: "send reinforcements, we're going to advance." When it eventually reached its destination, a mystified soldier was told to "send three and fourpence, we're going to a dance." A clear illustration of the creative possibilities of a muddled message.

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Local group offers cancer survivors a new lease of life

There are over 2 million people living with and beyond cancer in the United Kingdom. This figure is set to rise to 4 million by 2030. It is a great cause for celebration that more people than ever are surviving after a cancer diagnosis but we know the impact of cancer does not suddenly stop when treatment is over. People who have finished cancer treatment often tell us that they have difficulties financially, emotionally, practically and medically.

We believe far more can be done to improve the lives of cancer survivors. Support for people living with or beyond cancer should not finish after treatment but should continue into a phase of supported aftercare.

Hull and East Yorkshire Hospitals NHS Trust works jointly with Macmillan to provide support specifically to people who have experienced cancer, as Claire Walker, Clinical Support Worker with the Macmillan Survivorship Programme based at Castle Hill Hospital in Cottingham explains: "Everyone's reaction to having cancer is different, so adjusting to life after cancer treatment, or living with cancer, can provoke strong emotions and possible fears for the future."

The Macmillan Survivorship Programme aims to help cancer patients who have completed active treatment with all aspects of their recovery, health and well-being, by focusing on the individual needs of the patient. The programme offers a whole host of options for patients including a monthly support group, a well being course, one to one support with a clinical nurse specialist, telephone support, email support and a free 12 week exercise programme. Each package of care is tailored to the individual patient.

On top of the opportunity for cancer survivors to share their experiences with others, members of the group also take part in activities which have previously included trips to Lincoln Christmas Market, relaxation sessions, and professional beauty advice.

Anna Binks, Macmillan Survivorship Programme Manager, says "We are based at the Queen's Centre at Castle Hill Hospital however we

do hold clinics across Hull, East Riding, North Lincolnshire and North East Lincolnshire. We often have patients coming in, looking nervous and vulnerable, who just want to speak to someone who understands the journey they have been on. To see the relief on their faces by simply sharing their worries with their Nurse Specialist or to see them smile and make friendships from sitting down at a support group and having a cup of tea with their peers is extremely rewarding".

If you have experience of cancer and would like support from the Survivorship Team please contact 01482 461091 or email anna.binks@hey.nhs.uk.

Maureen Hunter singers begin rehearsals for their 'Christmas Voices & Brass' concert

The choirs have just begun rehearsals for their 'Christmas Voices & Brass' concert, to be staged at the City Hall in Hull on Saturday 14 December at 7.30 p.m. This concert will again feature the superb Hammonds Saltaire Band – one of the top brass bands in the Country.

This will actually be the 23rd year for this extremely popular annual event!

As always, the programmes of both senior and junior choirs, and that of the band, will be chosen to provide 'something for everyone' – with the ultimate aim of sending the audience away full of seasonal joy. And of course, there is the good chance that musical director Maureen could appear in yet another new dress – despite the UK's continuing financial problems!

Tickets priced from £7.50 are available from the City Hall box office. (Tel: 01482 - 300300).

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Moving Abroad?

A monthly column by Nick Russell

Making cakes

We quite regular go to the village for a drink at our favourite bar, Plaza Café, and, as with a lot of bars in the area, they also sell cakes. They always look tasty but are really quite bland and either very dry or very sloppy. Now, my wife Rita and daughter in law Adel decided to suggest to the bar owner Mamen that she should sell coffee and English homemade cakes and that they would bake them for her. I don't think they really expected her to say yes but she did.

The first week they baked four cakes for her to try, a Victoria sponge, a coffee and walnut cake, a carrot cake and a chocolate cake, to see which ones sold best. It turned out that the carrot cake and the coffee and walnut were the most popular from the first batch and after trying several others, a cola cake is now the third cake of the regular weekly order. So every Thursday our kitchen looks like something from the Great British Bake Off, with Rita and Adel baking these cakes ready for the week end. We don't make any money from them, just cover our costs but its nice to think we are bringing a bit of Britain to our little village.

The price that Mamen charges for a coffee and a piece of cake is only 2.20 euros yet when we were last at the coast, a coffee and cake was almost double that. Just shows how much cheaper living away from the coast can be.

The cake production is only a winter thing so it will probably end at the end of March when it hopefully starts to warm up again.

Short Break

Before our last guests of the year arrived in the second week of November, we decided to have a short break of a few days at our house on the coast at Calahonda. Rita and I had to go down for the Community AGM on the Thursday and Tom, Adel and the kids came down on the Friday afternoon after school. We had a nice break as it is a bit busier down there. The weather



wasn't too bad and the kids managed to go for a paddle in the sea while Tom and I stayed at the house to do some repair work and painting to some of the internal walls. It was nice to go out and have a choice of restaurants and bars to use in the evening, but it was strange that the main language was English!! I have to say that it was a bit more expensive than around our area and you don't get free tapas with your overpriced drinks!!


It was a nice four days but we were all glad to get back home and get ready for our next guests.

Weather

The weather for November has been really quite remarkable. Last year it rained a lot throughout the month but this year we have mainly sunny days with the temperature in the low to mid 20s most days but it does get a bit chilly at night. The weather has been that good that I decided to get the conifers that go around half our garden trimmed and cut. They haven't been done for a couple of years and had got a bit out of control. As I don't have the proper equipment to do the job I asked our builder, Charlie, if he knew anyone that would do it for me. He said he did and organised for Harry to come round and have a look. We agreed the price and he started work the next day. It was all planned to finish before our next guests arrived but that looked unlikely when his chain saw packed up and he was out of action for three days. He finally had to buy a new one and managed to get the job done the day before our guests arrived. It was a really difficult job as he had to take about 4 ft off the height and trim both sides, as well as burn all the cuttings from over 100 trees. Anyway job done and it looks great so I have booked him for next year.

A visitor on the pond

Last year we had a problem with the fish in the pond and we lost about 50 fish. This year we haven't had a problem and they all seemed to be doing well until the other week. We were all



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sat outside having a cup of tea when this huge grey bird landed at the side of the pond and sat waiting. We scared it off and got the internet going to see what type of bird it was. We also put some pics on Facebook and the consensus was that it was a heron and it came back on a regular basis and I am sure it has had a few of my fish for its tea. It hasn't been around for the last few days as the locals have been out shooting rabbits and frightened it off, but I am going to have to rig up some sort of net across the pond if it comes back.

Last visitors of the year

We have just said goodbye to Barbara and Gordon, our last visitors of the year. They are from Cottingham and have been reading my article from the start and decided to come out for a week. Barbara's cousin, who she hasn't seen for a number of years, also lives in Spain about five hours from us so she asked if it would be ok for him and his wife to come down and stay for a couple of days while they were here.

We organised a lunch and a couple of bottles of fizz for them and they had a great time getting to know each other and then spent the next couple of days going out sightseeing. The nice thing is that both parties said they want to come back next year for a holiday, which is great, and fortunately the weather was really nice so they could spend time outside.

Getting ready for Winter

As I am writing this towards the end of November the weather has certainly turned cooler especially on a night when the temperature has dropped 1 or 2 degrees. Its still sunny during the day but only around 12 degrees now so because of this and the fact that we have no more guests we decided to pack up all the outdoor and poolside gear. We packed away all the bar equipment, music system, TV, DVD and brought all the sunbeds under cover. We have also put the pool cover on so it all looks a little bit bare now but it will soon be time to put it all out again.

Parties and football

As well as dancing, our grand-daughter has also started going to football training twice a week, along with my grandson. So with birthday parties most weekends, they have a better social life than us adults!!



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Cottingham Evening Townwomen's Guild celebrates its 55th birthday, and it's a birthday surprise for Ethel Higham

When members of the Cottingham Evening Townswomen's Guild celebrated its 55th birthday with a lunch at Rowley Manor in early October there was also cause for another celebration. A very surprised Ethel Higham, who was only days away from celebrating her 100th birthday, was presented with a floral arrangement by the Chairman, Mavis Batty.

Above: from left to right, Sue Topping, Ethel, Guild Chairman Mavis Batty and seated Enid Poskitt.



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British Empire Medal awarded to Jeannette Harrison of Cottingham

Jeannette Harrison of Cottingham was recently presented with the British Empire Medal for services to the Red Cross by Mrs Susan Cunliffe-Lister, Lord Lieutenant of the East Riding of Yorkshire, at a ceremony at Burton Constable Hall.

Jeannette has been a volunteer with the Red Cross since 1985 during which time she has carried out many hundreds of first aid duties at local events, taught first aid and First Aid at Work to hundreds of people, helped raise thousands of pounds for local services and been on the night and weekend on-call rota for the Fire and Emergency Support Service, which helps victims of fire or flood by providing immediate practical help and support until the Social Services and others can take over.

In addition she gives help and support to retired Red Cross members by taking them to appointments and helping them with other needs as appropriate. She also organises 2 coach holidays a year so that they get a break which they otherwise would not be able to do.

Get in the Festive mood with a Christmas Band Concert!

The Haltemprice Lions have organised a Christmas Band Concert to be held at the Hallgate Methodist Church, Cottingham on Saturday 7th December, at 7.30 p.m. There are a few tickets available but it is anticipated it will be a sell-out. Contact Fred Cawood Tel 01482845132.

The proceeds for the concert are to support one of the Lions' chosen Charities – OPSA – Overseas Plastic Surgery Appeal – a very worthwhile voluntary service operated by local plastic surgeons and staff to children with medical problems such as cleft lip, burns etc. in Pakistan.

Finally a reminder for the young musicians (15 years – 21 years) to participate in the Young Musicians Competition to be held at the same premises on Saturday, 22nd March, 2014. All schools in Hull and the East Riding have details, otherwise contact Fred Cawood on the above telephone number.

Finally, best wishes to everyone and thank you for your interest and support of Haltemprice Lions.

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Christmas with the Windmill Walkers

The Skidby based Windmill Walking Club has planned a variety of Christmas events. The season begins with the Annual Carol Service on Wednesday 11th 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.

There is an open invitation to anyone who wishes to bring family and friends along to sing some favourite carols and catch a glimpse of the deeper meaning of Christmas. Seasonal refreshments will be served afterwards.

Boxing Day Walk - Thursday 26th December at 10.30am. 5 miles Boxing Day Charity Walk, meeting at the Clock Tower in Market Place, South Cave. (Grid Ref: SE 923 313).

New Year's Day Walk - Wednesday 01st January at 1.30pm. 5 miles Annual Hangover Hike, meeting at Cottingham Market Green car park. (Grid Ref: SE 045 328).

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: Windmill Walkers during a previous Boxing Day Walk at Little Wold Plantation near South Cave.

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Brassed Off

For a good Yorkshire film, you can't get much better than *Brassed Off*, starring Pete Postlethwaite. This is the film being shown at Swanland Village Hall at 7.30pm on Saturday 21st December. Everyone is welcome so please join us for a convivial evening with friends and neighbours. Tickets available at the door for £4 adults and £2 children. For details see www.swanlandvillagehall.info/future-events.htm or call Yvonne on 634863.



Swanland Heritage Centre

The new Centre, based in The Institute next door to Christ Church, opened its doors for the first time on the 30th November. Opening times for the public will be restricted during the winter months but the Centre will be staffed from 2 - 4pm on Tuesday 3rd, 10th and 17th and Friday 13th December.

The Heritage Centre will be managed and staffed by volunteers and it is hoped will be self financing, by supporters becoming "Friends of Swanland Heritage Centre". The cost is £10 per person per annum and cheques, made payable to "Swanland Heritage Centre", should be paid to the Treasurer, John White at 1, Mill Road, Swanland, HU14 3PJ. (Tel 01482 634222)

Watch your *Cottingham Times* for further news in 2014.

Carols by Candlelight at Toll Gavel United Church on Thursday 12th December

Locrian Ensemble are making a welcome return to Toll Gavel United Church, Beverley on Thursday 12 December 2013 at 7.30pm, to present Carols by Candlelight.

The Locrian Ensemble are some of London's most respected and in demand classical musicians who feature in films such as *Gladiator* and *Harry Potter* and in studios from Abbey Road to the biggest musical hits in the West End.

Nothing gives them more pleasure than performing their theatre shows, dressed in sumptuous period costume and lit in stunning candlelight setting.

Carols by Candlelight features many beautifully arranged carols and Christmas favourites performed with harp, strings and the crystal clear voice of Phantom of the Opera star, Jill Washington who sings tunes from Handel's *Messiah* to *White Christmas*, *The 12 Days of Christmas* and *Walking in the Air*, accompanied by shimmering strings and thrilling harp playing.

This is the ideal way to get into the true spirit of Christmas.

Tickets cost adults £14, concessions £12 and are available from Beverley Tourist Information Office on (01482) 391672 or <http://events.eastriding.gov.uk>.

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Second Course

Crispy duck

Main Course

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Beef in oyster sauce
King prawns in black bean sauce
Yeung chow fried rice

For 3 people

Crispy chilli beef

For 4 people

Roast duck in plum sauce

For 6 people

Fried plaice fish fillet with black pepper corn sauce

Christmas Menu - £28.00 per person

Starter

Minced pork & wild mushroom spring rolls
Pork spare ribs BBQ style :: Prawn & chicken meat toast
Crisp seaweed :: Chicken skewered

Second Course

Chicken lettuce wrap

Third Course

Crispy duck

Main Course

Sweet & sour chicken
Fillet steak in black peppercorn sauce
Four kinds of vegetables & king prawns
Yeung chow fried rice

For 3 people

Thai style roast pork with Thai chilli & lime sauce dip

For 4 people

Roast duck in plum sauce

For 6 people

Deep fried halibut with spring onion

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

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

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

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

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

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

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63rd Haltemprice Art Exhibition Wilburn Trophy Winner

At the recent Haltemprice Art Exhibition which was held at the Civic Hall, Cottingham from 18 to 21 October 2013 the winner of The Wilburn Trophy was Mr Glynn Barker for his painting entitled 'Beverley Playhouse'. The exhibit was decided by a public ballot by visitors to the exhibition.

The Chairman, Councillor Claude Mole, presented the trophy to Mr Glynn Barker on Thursday 14 November at The Guildhall, Beverley at 12.30pm

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Crossword solution from page 14



Winter Skin

Winter is not always kind and gentle to skin. Not all seasons affect the skin in the same way. While getting sunburned is not a worry during the cold winter months there are other concerns that you must think about.

For instance during the coldest months of the year low humidity levels outdoors combined with dry heat indoors can lead to skin that is itchy, dry and on the irritated side.

To treat your skin in the best way possible you need to take the natural approach to keeping it healthy. That means taking care of it from the inside out as well as from the outside in. Your skin needs to be nourished by the foods you eat but also by what you do to it externally.

What then should you do in terms of seasonal skin care?

One of the most important things you can do is to make sure that your skin care regimen includes exfoliation. This is essential for both your face and your body. By skipping this essential step in your skin care process you can easily end up with skin that is dry, flaky and not very flattering. Exfoliating at least once a week will get rid of the layers of dead skin cells and will allow the newer and smoother cells to shine through.

You can exfoliate your face using an exfoliating scrub that is soft and gentle. You can exfoliate your body in the shower using a soft loofah or scrub.

Another option is to do dry skin brushing or a dry brush exfoliation on your body right before you take a shower. Not only does this get rid of dead skin cells but it is also a form of detoxification for the skin. Doing this also improves blood circulation and it reduces puffiness of the skin. It is also believed to be very soothing for the nervous system. Just make sure that you choose a soft natural bristle brush that will not bruise your skin.

Do not spend too long in the shower or bath or take really hot ones. This can dry out your skin. Once you are finished bathing before you dry off, lather a rich moisturising cream on your body that will lock in moisture and will make your skin feel softer.

Your skin is the largest organ of your body and needs to be treated right.

Apply almond oil, coconut oil or jojoba oil to your skin. Or look for a lotion that contains one of these softening ingredients for your winter skin. Other excellent options are lotions that contain cocoa butter, Shea butter. These oils will make your skin look great and they will make it feel even better!

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