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Issue 157 - December 2014

STEPHEN RICHARDSON

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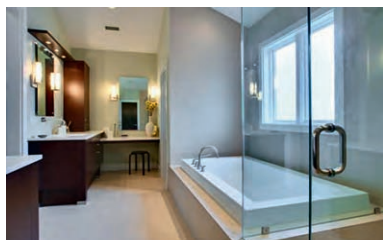
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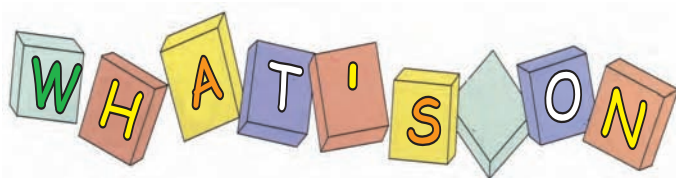
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Cottingham Bridge Club

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

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Cottingham Rangers AFC

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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.

Play Badminton

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

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.

Fitmums & Friends Run, Walk

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

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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.

Humber Raiders Basketball Club

Training sessions are held every Wednesday evening between 7.00 pm and 9.00 pm and on a Saturday afternoon between 1.00 pm and 3.00 pm. If you would like to join us for a free starter sessions we would be pleased to hear from you on recruitment@humberraiders.co.uk or 07789 986323.

The Cottingham Whist Club

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

The Green Ginger Garland Dancers

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

Writing Circle

A friendly and supportive group of aspiring writers meet weekly on a Monday at 10.30am, at Pearl's Place on Hallgate, Cottingham. New members are welcome. This is not a teaching class but we offer gentle critique and bags of encouragement if you want to write a novel, poetry or just flash fiction and personal journaling. No Charge. Contact: Lynne 07866850400

Hull and East Yorkshire Happiness Group

Everyone could do with a bit extra Happiness in their life. To find out how, join us for lots of laughter, the company of diverse but like-minded people (and cake) at Pearl's Place on Hallgate, Cottingham on the FIRST Wednesday each month at 6pm. No Charge. Contact: Lynne 07866850400 or Pam 07966091513 heyhappinesgroup.weebly.com

Continued on page six

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Continued from page five

English Country Dancing

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Cottingham Singers

Singers Wanted! The Cottingham Singers meet every Wednesday at Bricknell Methodist Church, Bricknell Avenue, from 7.30 pm to 9.30 pm. They are looking for, Altos, Tenors, and Basses to join. The Singers covers a variety of music including Folk Songs, Spirituals, Choral Works, Songs from the Musicals and they perform a concert at Christmas and in the Summer, as well as concerts for different charities if asked.

Cottingham Tennis Club

Members are still playing through the year on our all-weather courts, warding off any winter-weight gain. New members are very welcome to join at reduced subscription rates: Adults £60; over 65's £50; under 23 £40; under 18 £25, to play until the end of April.

East Riding Flower Club

Monday 1st December - Christmas Floral Demonstration by Lesley Devalle, 2.00 pm in the Civic Hall, Cottingham, no admission before 12 noon. Refreshments 12.30 pm to 1.30 pm. Tickets £10.00 includes refreshments. Enquiries Judy Robinson 876279.

Cottingham Men's de Luda Society

Wednesday 3rd December - Christmas Lunch (with the ladies), in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Cottingham Local History Society

Wednesday 3rd December - Christopher Oughtred 'From Corner Shop to Corner Shop in five generations' (The Story of William Jackson Stores). Meetings monthly at 7.30 p.m. at Hallgate Primary School, entrance via King Street. Please arrive before 7.30 p.m. as the doors cannot be manned once the meeting has started.

Hull Alpha Probus Club

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

4th December - Ladies Invitation Lunch

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 Country Women's Association (Skidby)

Thursday 4th December - Jewellery and Scarves, Jill Harris, in the Village Hall, Skidby, at 7.30 pm.

Skidby Parish Council

Saturday 6th December - Skidby lights up for Christmas on Saturday 6th December at 6.30pm on the Church Green - Join in the festivities at the Village Hall and the Half Moon Pub.

Cottingham Catholic Women's League

Monday 8th December, Christmas Social, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

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Cottingham Women's Institute

Tuesday 9th December - Christmas Party. Competition: Christmas table decoration, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 9th December at 7.30 pm

Tuesday 23rd December at 7.30 pm

Tuesday 6th January 2015 at 7.30 pm

Why not pay us a visit and join a friendly group. Members are always happy to offer help, advice and support to new members. New members welcome. Contact for further details - John Tel No: 842169 or john@jcmhome.karoo.co.uk

Cottingham Evening Townswomen's Guild

Wednesday 10th December - Charity Cheque Presentation and Social Evening, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Ladies Circle

Wednesday 10th December - A Christmas lunch is to be held at Thwaite Hall, 12 noon for 12.30 pm.

Cottingham Singers Christmas Concert

Wednesday 10th December - The Cottingham Singers will be performing their Christmas concert. This will take place at Bricknell Methodist Church, Bricknell Avenue at 7.30pm. Tickets (priced £4) will be available on the door or in advance from the Secretary, Janet Burton (Tel 442894).

Continued on page 18

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www.cottinghamtimes.co.uk - December 7



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.

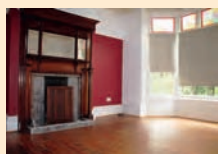
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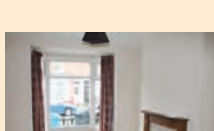
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What technological treats await us in 2015?

Well here we are, we've nearly it made through another year, and I wonder what technological treats await us in 2015! Well how about this for starters:

Windows 10 preview. Somehow Windows 9 that everyone was talking about a few months ago, has evolved into 10. The reasoning behind this shift varies between a few complicated theories to do with coding dating back to Windows 95 & 98, to a perhaps more outlandish theory that number 9 is considered unlucky in Japan – a big market for Microsoft! However, whatever the reasoning, the Technical Preview of the new operating system (due out mid 2015) has been released and I have just installed a copy on a laptop to try it out. First impressions are surprisingly good, and guess what – the start menu is back, no doubt due to popular demand! This new menu is a cross between the traditional pop up menu found in earlier versions of Windows, with some of the new-style tiles bolted onto the side. See an image of it [here](#) * I will be using Windows 10 Preview over the coming weeks and will report back in my next article – next year already!

*Tip: If you read the online version of this article on my website, you will be able to click on any links: <http://www.rdmcomputers.co.uk/news/>

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Mobile phone contracts are set to achieve a record total of 7.1bn worldwide in 2014, 2.7bn of these being smartphones.

Cyber Monday is scheduled to be the very day this publication is due out - December 1st. This is reputed to be busiest day for shopping online shopping and follows on from Black Friday when (in the USA) stores are said to 'go into the black' thanks to huge pre-Christmas spending. Amazon and other multi-national stores have used this theme to have their own big sales.

Intel profits up as PCs sales rise 8% beating analyst estimates. This is an interesting fact when the big sellers are actually smartphones, tablets and laptops. My own experience in selling PCs is that a lot of people still like using a traditional PC, they find there's something familiar and comforting about sitting down at a desk and using a normal keyboard and mouse and big screen.

TripAdvisor is an extremely popular site: www.tripadvisor.co.uk that you may have used to help plan your next holiday, i.e. knowing where or where not to stay. If you're not familiar with this website, the

idea is that anyone can post a review, good or bad, on anywhere they have stayed. An interesting story broke as I was writing this, and may have developed further by the time you read it. A couple stayed in a small hotel in Blackpool and decided afterwards to post a bad review; the hotel management saw it and charged the couple's credit card a 'fine' of £100! When they complained to the hotel they were told they should have read the booking conditions that clearly stated that would be the result of any bad online review! The case continues.

iPads and iPhones are the device of choice for many people, and following an earlier software update some users experienced problems with internet connectivity. This seemed to have occurred after the first IOS update 8.0.1. If this happened to you and your device is still on this version, try updating to 8.0.2 or more likely now 8.1, and hopefully this will rectify the situation. If your device refuses to update because you do not have enough spare space, plug your device into a computer with iTunes installed and do the update that way. Secondly, if you get a message that it can't back up to iCloud because you have exceeded your storage limit, you can increase from 5GB to 20GB for just 79p per month.

Cloud storage – what's all that about then? A question I am often asked. The best way to describe it is 'someone else's computer'. For instance the iCloud storage I mentioned above is an amount of secure storage space on Apple's own computers (known as servers), and thanks to the wonders of the internet, these could be located anywhere in the world.

Microsoft Office users, and Google account holders also get a generous 15GB of storage for their documents and photos etc. The advantage of this kind of storage is that it can be made accessible to someone else if you choose, i.e. if you want to share some photos or a document with someone else, you upload them to the cloud, then send an invite to the person to securely view them. Easier than trying to email photos nowadays when file sizes are so massive owing to the high quality of photos produced by today's devices.

File size - how to find it. This is important, certainly if you want to attach more than one item to an email as all providers have a limit, and I believe Karoo is under 10MB. All you have to do is go into the folder where the item is stored, let's say My Pictures, then right click on the item and click Properties, this will then display the size in MB or KB (1,000KB = 1MB).

Public Service Announcement: Spoofs, scams etc. – a timely reminder, as the bad guys will be out to make money this time of year! If anyone rings you saying your computer has a problem: **Don't do it, don't let them into your computer** and **NEVER** give them a credit card. Legitimate computer support companies **NEVER** phone around touting for business. Keep your passwords complex and safe (try not to use the same one!). For other tips on staying safe and secure visit: www.getsafeonline.org

Windows 8 or 8.1 - if you want to disable that pesky charms menu that pops out whenever you point to the top right of your screen, or the recent apps from the top left, do the following. Go over to the Desktop, right click on the taskbar at the bottom of the screen and click Properties. Then click the Navigation tab, and untick the one/s you want rid of, and click OK.

Malwarebytes. There has been a couple of program updates recently and these don't happen automatically, so if you have the Pro (paid for) version, double click to open it, and click update, and let it install the latest version. If you only have the free version and want to purchase a licence so it protects your computer in real-time; as an official re-seller we can supply that to you for around £20. Remember this is in addition to an anti virus program, not instead of.

ESET is rolling out a new version 8 of their home products. Again it won't happen automatically, so open the ESET windows, click on update, and then click check Program version, and the if it offers version 8, click to install. **And if your licence is due for renewal just call us and we can do it for you at the same price as online.**

Finally, best wishes for Christmas and New Year to you all!

Richard Mills

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Wordsearch - Christmas

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

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

Find the words in the letters above:

Angel, Bells, Bethlehem, Candles, Candy Cane, Carols, Decorations, Eggnog, Family, Frankincense, Friends, Fruitcake, Gabriel, Gifts, Gold, Greeting Cards, Holly, Icicles, Jesus, Joseph, Lights, Manger, Mary, Mistletoe, Myrrh, Ornaments, Poinsetta, Santa, Shepherds, Skates, Sleigh, Snowflakes, Snowman, Stable, Star, Stocking, Three Wise Men, Toboggan, Toys, Tree, Wreath.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 95

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

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

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Season's Greetings

As the year draws to an end we have another year to look forward to.

Christmas opening hours

We are having a holiday - our office will be closed

**Tuesday 23 December Thursday 1st January
re opening on 2nd January 2015**

As usual we are closed Saturdays during December

Well, November has proved to be a busy and exciting month for us here at Marion Owen Travel. There are so many fabulous cruise offers 2 for 1 etc. it is more like a January booking period than November.

We are delighted to announce that we now work with CRUISECO and there very special portfolio of exclusive offers. These can be viewed on our website under the cruise banner or if you do not use the web or like to have a more friendly human approach you can always telephone or call into our office. Just to give you an example: - a 5 night Celebrity Cruise including port taxes & gratuities during the Whit school holidays. A nice veranda cabin from just £470 per person twin share why not take an extra 1 or 2 along sharing adult of child for just £190 (lower grades cabins available).

We have a wonderful Rhone River Cruise taking you to lovely towns & cities inc. Arles, Avignon & Lyon. Steeped in history & vineyards this 7 night cruise is all inclusive of excursions, house drinks, gratuities & flying from Humberside starting at just £1252.

Zanzibar we have a great all inclusive offer for 1 week departing in April or May from just £869 per person staying at the Blue Beach resort and Spa. This is a wonderful opportunity to visit this island.

As you read Kayleigh is experiencing South Africa, Lynne & myself also have first hand experience to help guide you to your perfect itinerary when visiting this vast and intriguing country.

Having just recharged my batteries with a drop of Caribbean sunshine, I am busy with Thursford and Christmas markets. Don't delay get yourself booked for next year now to ensure the very best show seats. It makes a great Christmas gift too as do our holiday vouchers for all occasions that can be used on any holiday. Remember we book all tour operators including Saga, Great Rail, Titan, Omega, Newmarket, Diamond, Viking... at no extra cost to you, our service comes included in your price.

Any of our day outings make an ideal gift and our Northern Lights evening flight experience is a great suggestion. Tell us your budget and we will give you ideas. I am sure it is better to give a lovely experience and create special memories than perhaps give an unwanted present.

Back to my recent holiday we had a wonderful time aboard a Regent cruise, swimming with dolphins, tours on segways & bicycles, Mayan ruins, an airboat ride, all along with good food, wine. Very recommended for adults of all ages call for more details this itinerary is repeated in March.

I have just released details of a new exclusive tour to Burma in February 2017, this gives plenty of time to plan and save but you need to book now and pay your deposit taking advantage of the huge discount - second guest sharing flies for free.

Wishing you all a very merry Christmas and every good wish for a happy healthy new year.

Marion, Lynne, Kayleigh, Natalie & Dave.

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25 Mar	Northumbria with "art historian Fiona Irwin" 3 days HB	£ 269
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27 Oct	NCL's new Mega Cruise ship - 2 days inc. Oxford from	£ 169
18 Nov	Thursford Christmas Spectacular 2 nights HB & top seats Inc. Springfield's & Lincoln, also departs 24 November	£ 259
21 Nov	Thursford Christmas Spectacular 1 night HB & top seats Also departs 27 November, 01 or 03 December	£ 169
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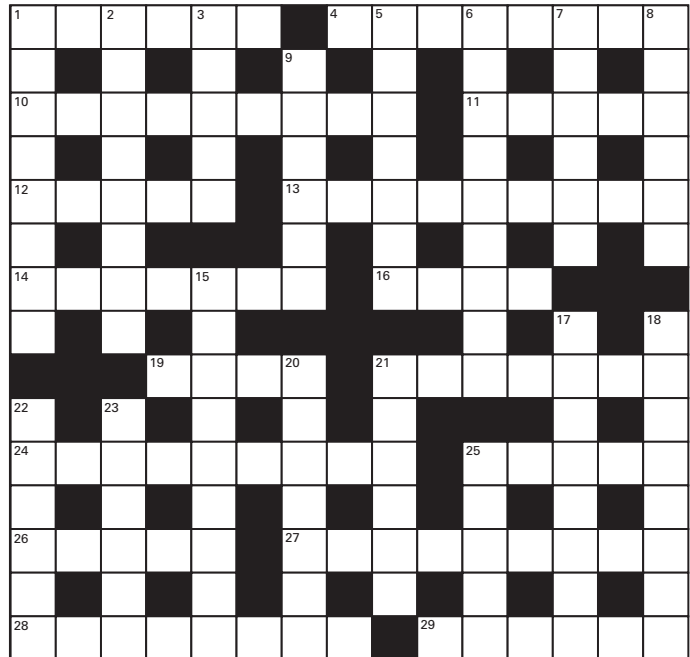
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Crossword – Solution on page 46



Across:

1. Responsibilities (6)
4. A broad range of related ideas (8)
10. Inmates (9)
11. Illumination (5)
12. An edible tropical gastropod (5)
13. Good repute (9)
14. Give a title to someone (7)
16. Not difficult (4)
19. Yucky (4)
21. See (7)
24. Gestation (9)
25. Belief (5)
26. Nigerian monetary unit (5)
27. Imprecisely (9)
28. Salvage (8)
29. Abstain from sex (6)

Down:

1. Described or pictured (8)
2. Of hair, its gradual loss (8)
3. Long period of time (5)
5. A journey by ship (7)
6. Falls in (9)
7. Personal freedoms (6)
8. Having reached full natural development (6)
9. Save from harm (6)
15. Concave on both sides (9)
17. Warships (8)
18. Unit of computer memory (8)
20. Tugging (7)
21. The gas we need to live (6)
22. Expends (6)
23. City in Saskatchewan (6)
25. The end of life (5)

*Crossword courtesy of www.crosswordpalace.com
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Molescroft Grange Farm, Grange Way – Weds 5.45pm

Costello Stadium, Anlaby Pk Rd – Weds 7.30pm

Cottingham Civic Hall, Market Square – Weds 6pm & Thurs 10am

Hill Top Sports & Social Club, Willerby Low Rd – Thurs 12.30pm

Anlaby Village Hall, Hull Rd – Thurs 5.30pm

Swanland Village Hall, Main St – Thurs 5.30pm

St. Andrews Community Centre, Ennerdale – Thurs 5.30pm

Brandesburton Methodist Church Hall, Main St – Fri 10am

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In the Kitchen



Winter cabbages are a good source of nutrients. They have great flavour and crunch and as British farmers and consumers, we should be proud of them.

Winter minestrone

serves 4, prep 10 mins, cook 30 mins

- 2 tbsp olive oil
- 1 onion, peeled & finely diced
- 1 garlic clove, peeled & finely chopped
- 1 leek, finely shredded
- 2 celery sticks, finely diced
- 2 carrots, peeled & diced
- 1 tin chopped tomatoes
- 600ml good veg or chicken stock
- ½ a green (any type) cabbage, leaves shredded
- 1 bay leaf
- ½ tin cooked white beans, rinsed & drained
- 100g small pasta shapes eg. orzo, or spaghetti broken into small pieces

- handful of chopped fresh parsley
- handful grated parmesan

Heat the oil in a large pan. Add the onion, garlic, leek, celery and carrot. Fry for 10 mins on a low heat, stirring now and then. Add the tomatoes, stock and bay leaf. Season and simmer for 10 mins. Add the beans, cabbage and pasta. Cook for 10 mins or so, until the pasta is just cooked and the cabbage wilted. Check the seasoning. Stir in the parsley to serve and sprinkle the parmesan on top.

Savoy cabbage thoran with sticky jasmine rice

serves 2 as a main, 4 as a side, prep 10 mins, cook 30 mins

Thoran is an Indian dish, originating in Kerala. Traditionally, the recipe uses fresh coconut, but that can be hard to find. You can use other greens apart from cabbage, eg. kale. Serve with sticky jasmine rice, or simple boiled basmati, for a light, healthy supper.

- 2 tbsp coconut oil
- 1 onion, peeled & finely sliced (or use a shredded leek)

- 2 tsp black mustard seeds
- 1 tbsp dried curry leaves
- 3cm fresh ginger, peeled & finely grated
- 1-2 red chillies, depending on your preference for heat, or use some dried chilli flakes
- ½ tsp freshly ground cumin seeds
- ½ tsp turmeric
- ½ a very large or 1 small savoy cabbage, shredded, tough core & ribs removed
- 50g creamed coconut from a block, chopped or grated
- handful dried coconut chips/shreds, toasted in a dry frying pan until golden
- handful coriander leaves (optional)

Heat the coconut oil, add the onion and fry on a low heat for 10 mins until softened, stirring now and then to stop it catching. Turn the heat up a little. Add the mustard seeds and curry leaves and fry for approx 1 min, until you hear the seeds start to pop. Add the ginger, chilli, cumin and turmeric and stir for 30 secs. Then add the cabbage, creamed coconut and 2 tbsp water. Season and stir for 1 min or so to mix the ingredients together, then cover and cook on a lowish heat for approx 5 mins, stirring occasionally, until the cabbage has softened. Add a splash more water if the cabbage starts to catch on the bottom of the pan. Check the seasoning. Scatter over the coconut chips and fresh coriander, if using.

for sticky jasmine rice for 2:

- 200g jasmine rice
- salt

Put the rice in a saucepan with twice the volume of water and a good pinch of salt. Bring up to the boil, cover and cook for 10 mins. Turn off the heat. Leave it covered to let the rice steam while you make the cabbage thoran. Once the cabbage is cooked, fluff up the rice with a fork; all the liquid should be absorbed and the rice sticky and tender.

Braised savoy with pancetta

serves 4, prep 10 mins, cook 40 mins

- knob of butter, approx 25g
- 1 piece of pancetta (250g), cut into 2cm dice
- 1 onion, peeled & finely diced
- 2 carrots, peeled & finely diced
- 2 celery sticks, finely diced
- 1 bay leaf
- 6 sage leaves, finely shredded
- 1 medium savoy cabbage, outer leaves removed, quartered
- 1 pack (500ml) ready-made chicken stock

Melt the butter in a heavy-based casserole style pan, one with a lid. Add the pancetta and fry, stirring now and then, until browned. Turn the heat to low, add the onion, carrots and celery and cook, stirring occasionally, for 15 mins (this helps render the fat in the pancetta down). Add the bay leaf, sage and cabbage wedges. Pour in the stock and season with salt and pepper. Bring up to a simmer, cover and cook for approx 20 mins, until the cabbage is tender. Check the seasoning before serving.

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Quick scandi-style red cabbage

serves 4, prep 5 mins, cook 50 mins

Many red cabbage recipes take a good couple of hours to cook. This Scandinavian inspired recipe has lots of warm spicy flavour but takes less than half the time so, as well as serving alongside cold meats, it's good for a mid-week supper. Try it with pork chops and creamy mashed potatoes.

- 1 tbsp rapeseed or sunflower oil
- 1 red onion, peeled & very thinly sliced
- ½ a large red cabbage, tough core & ribs removed, leaves finely shredded
- 3 juniper berries, bashed with the flat of your knife
- ½ tsp allspice
- ½ tsp caraway seeds
- 1 bay leaf
- 1 tbsp red wine vinegar
- 100ml red wine
- 2 tbsp cranberry sauce
- 1 good sized eating apple, cored & thinly sliced

Heat the oil in a large wide frying pan, wok or casserole, one with a lid (or you can cover the cabbage with a layer of foil instead). Add the onion and cabbage and fry for 10 mins on a low to medium heat, stirring now and then. Add the juniper, allspice, caraway, bay leaf, vinegar, wine and cranberry sauce. Season, cover and cook on a low heat for 20 mins. Add the apple and cook for a further 20 mins, stirring now and then to stop it catching. Check the seasoning before serving.



Aloo gobi

serves 4, prep 10 mins, cook 35 mins

Some aloo gobi recipes call for cooking the potatoes and cauliflower together, but I find parboiling (partly cooking in a pan of salted boiling water) the potatoes speeds up this dish; they can take ages otherwise, and the cauli just ends up overcooked and mushy. Serve with warm naan bread, mango chutney and yogurt or raita.

- 2 tbsp coconut oil
- 1 very large or 2 small onions
- 2 garlic cloves, peeled & crushed
- 3cm fresh ginger, peeled & finely grated
- 2 tsp black mustard seeds
- ½ tsp turmeric
- 1-2 fresh chillies, deseeded (leave the seeds in for more heat) & finely chopped, or use chilli flakes
- 1 tbsp curry leaves (you can buy these dried)
- 600g potatoes, peeled & cut into rough 2-3cm chunks, parboiled for 6-8 mins, depending on size, until almost tender
- 1 medium cauliflower, chopped into bite sized florets, plus any inner light green leaves
- 2 large tomatoes, diced
- 1 lemon
- salt
- handful fresh coriander leaves (optional)

Heat the coconut oil in a large heavy-based pan, one with a lid (or use a piece of foil). Add the onion and fry on a low heat for 10 mins, stirring now and then to stop it catching. If it does start to catch and burn, add a splash of water and turn the heat lower. Add the garlic, ginger, mustard seeds, turmeric, chilli and curry leaves. Turn the heat up slightly and fry until the mustard seeds start to pop. Add the potatoes, cauliflower, tomatoes and the juice from ½ the lemon. Season with a little salt, cover and cook on a low to medium heat, stirring now and then, for 10-12 mins, until the cauli and potatoes are tender. It shouldn't be too wet a mixture, but add a splash of water if it starts to catch on the bottom of the pan. Check the seasoning and add a little more lemon juice to taste. Sprinkle over the the coriander leaves to serve, if using.



Recipes and images courtesy of
Riverford Chef Kirsty Hale at
www.riverford.co.uk/recipes



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Cottingham Men's de Luda Society

Wednesday 10th December - Men Only Christmas Lunch, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

East Riding Cricket Society

Wednesday 10th December - Dennis Amiss, Warwickshire and England, in the Brewery Bar, King William IV, Hallgate, 7.45pm Annual membership £15. Guests always welcome £5. Prize raffle - £2/ticket - includes vouchers for free tickets to watch County Champions Yorkshire CCC at Headingley in 2015. At King William IV, Hallgate, Cottingham (New Venue) at 7.30 pm for 7.45 pm.

Cottingham Green Women's Institute Evenings

Thursday 11th December - Christmas Celebrations. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 pm, second Thursday of each month.

Hull and East Riding Glaucoma Group

Friday 12th December from 2pm till 3pm, when we will be pleased to welcome Pat Savage, the Glaucoma Nurse Practitioner from the Eye Clinic as our guest. Pat will be talking to us about her work in the Glaucoma Clinic, as well as answering any questions the group might have. Join us at HERIB at the usual time of 2pm. Entry is £1.50 per person. We look forward to seeing you. For more information and to book your place, please call HERIB on 01482 342 297

Beverley Film Society

12 December 2014 - Nebraska (2013)

Cert 15, Drama (USA) Director: Alexander Payne

Oscar nominated road trip movie, shot in monochrome, about a tempestuous Missouri father who's convinced he's won a million dollar magazine sweepstake. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley. Membership costs only £30 for the whole season, that's £3 per film for a 10 film season, Sept to June. There is also a bar so it is a perfect meeting place for a drink and a film with friends. Members can join online at www.beverleyfilmsociety.org.uk, on a film night or by contacting the Membership Secretary T: 01482 870751.

Cottingham Branch of the Royal British Legion

Saturday 13th December - Sequence Dance at the Darby & Joan Hall, Finkle Street, 6.30 pm to 10.30 pm. Admission by Ticket £8.00. Raffle, Fish and Chip Supper including tea or coffee. Tickets available from Barkers or telephone Alan on 841604. All proceeds to the Poppy Appeal 2014.

East Yorkshire Embroidery Society

Saturday 13th December - Joan Drake "Around the year in 40 Quilts. EYES member Joan will demonstrate her love of quilting at 2.15 pm in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits.

Cottingham Methodist Church Christmas Services

Sunday 14th December - 10am - Family and Gift Service
Sunday 14th December - 4pm - Carols by Candlelight
Friday 19th December - 4pm - Christingle Service, followed by a Family Film Night.

Sunday 21st December - 6.30pm - Inspire, a contemporary act of worship to celebrate Christmas.

Wednesday 24th December - 11.30pm - Christmas Eve Communion, joint Service held at Zion URC

Thursday 25th December - 10am - Christmas Day Celebration, joint Service held at the Methodist Church with Zion URC Everyone Welcome.

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

Tuesday December 16th - Christmas Do - Meetings are held at the Endsleigh College Centre, Beverley Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Brenda Tennyson on 01482 708525.

Cottingham Men's de Luda Society

Wednesday 17th December - Morecambe and Wise, Terry Richards, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Friends of KGV

Sunday 21st December - An afternoon of fun and entertainment and a visit from Santa.

Skidby & Little Weighton Methodist Churches

Sunday 21st December - Carol Service at 4.00 pm. All welcome.

The deadline for entries in the January "What's On" section, is Monday 15th December.

Cottingham Calendars with photographs by John Dewing on sale at Barkers

John Dewing who has taken many of the excellent photographs featured on the cover of the *Cottingham Times* over the past eight years, has produced an A4 full colour calendar for 2015 with a marvellous selection of Cottingham Views.

The calendars are on sale in Barkers, Hallgate, Cottingham.



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Christmas Day Lunch £25 per person

Minimum of two people :: From 12 noon to 4.00 pm

Starters

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Enoki Mushroom & Turkey in Black Bean Sauce
Roast Duck & Vegetable with Glass Noodle Rolls
Sirloin Steak & Mushroom in Chilli Spicy Salt

Second Course

Aromatic Crispy Duck served with Pancake & Dressing

Main Course

Sweet & Sour Chicken :: King Prawn with Chinese Pak Choi
Fine Bean & Ham Fried Rice

For Three People

Fillet Steak in Black Pepper Corn Sauce

For Four People

Deep Fried Halibut in Ginger & Spring Onion Sauce

For Five People

Roast Pork in Honey with Chilli & Coriander Lime Sauce

For Six People

Quick Fried Scallops in XO Sauce

New Year's Eve Banquet £31 per person

Minimum of two people

Starters

Hand Cut Chicken & Needle Mushroom in Black Peppercorn Sauce
Breadcrumbs Garlic King Prawn with Chilli Seafood Hoi Sin Dip
Roast Duck & Glass Noodle
Indonesian style Grilled Satay Chicken Skewer (17)
Rib Eye Steak in Light Soy Sauce with Ginger

Second Course

Minced Pork with Basil & Mint Lettuce Wrap

Main Course

Sweet & Sour Chicken :: Fillet Steak in Black Bean Sauce
Mixed Seafood Fried Rice

For Three People: King Prawn in XO Sauce

For Four People

Deep Fried Halibut with Ginger & Spring Onion Sauce

For Five People

Roast Pork in Chinese Cantonese Sauce

For Six People: Quick Fried Scallop with Broccoli



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Baxter's Journey

I am often asked the question "how do I think of what to write in the articles?" Usually, it is what is occurring during the time of year such as Easter and the potential hazard of chocolate poisoning or November 5th and the fear of fireworks but also everyday things that happen either within my family or friends lives brings ideas to mind.

You will know by now, from past articles, my 'dread' of learning new technology, which brings me to shame when I see my 3 year old and now my 18 month old grandsons whizzing around an iPad. So you can imagine my reluctance, at the time, when my daughters persuaded me to change my faithful old mobile phone to a more up to date iPhone. Learning has been slow but I am getting there with a little extra tuition from an unlikely source...my mum. Not unusual you may think but at 87 she can scroll around her own iPhone just as quick as my grandsons on their iPads and even prints photos sent to her mobile, via her printer. So, technology does have many advantages as my eldest daughter found out.

You may have read about the exploits of Baxter, Kath and her partner Matt's cross Belgian Shepherd but this time it isn't accidental. They have been noticing just recently, that Baxter had been stumbling on the 'odd' occasion but more so recently. On a visit to our Park Street surgery they saw one of our excellent orthopaedic vets Rob Williams, who explained he was showing signs of a possible neurological



problem. He was immediately referred to see a specialist at the Animal Health Trust Hospital in Newmarket, which is where we went last Monday. On arrival, we were made to feel most welcome by not only the warm greeting by the receptionists but also the lovely nurses, who both showed their compassion for animals. This is also one of the things that makes working at KINGSTON worthwhile.

After a brief consultation, we left Baxter there to have his bloods taken and then a general anaesthetic for an MRI scan. It felt like the longest 5 hours of our lives but eventually we got the call Baxter was ready to go home. On his discharge appointment with the consultant, we were shown his findings. The scan showed 2 small ligaments pressing slightly on Baxter's spinal cord. At the moment he is only showing slight discomfort but if left, it may possibly progress. The treatment is either lifetime medication which eventually may not be enough or an operation to remove the pressure but as you can imagine, at great cost not only monetary but the operation does come with risks. We were told not to decide there and then but to go home and think about which route to take. Breathing space is what Kath needed...she had the whole day to go through with Matt who sadly couldn't come with us due to work commitments. After a well deserved nights rest, things became clearer.....the only way is to go ahead with the operation and hopefully make the rest of Baxter's years, pain free. Also the trusted iPhone came to the fore once again when the consultant sent the scan photos to Kath's mobile via e mail to show Matt. So today, Kath rang the hospital to book the operation and once again Baxter will be making the long journey down to Newmarket ready for his operation on Monday 1st December. It wasn't an easy decision for them...not only because of the high risks but also it is a highly delicate costly operation. Latest technology is expensive!!

This is where Pet Insurance is a saving grace! Thankfully, Baxter is insured so this helped greatly in the decision to help him lead a 'normal' life. How many of us think not to insure our pets and put the money aside for 'if' and 'when' the time comes but no amount of 'pots' hold enough for that extra emergency like Baxter's which will run into thousands. I think this is something we all should take into serious consideration when getting a pet.

So in our case, I will admit that technology is a great thing, either from iPhones and photos to MRI scans.

We are not looking forward to December 1st but know it is the only way forward for Baxter...I will keep you updated with his progress.

So, from us all at KINGSTON VETERINARY GROUP, we wish you and all our four legged friends a very MERRY CHRISTMAS and A HAPPY and HEALTHY NEW YEAR.



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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile Maker'
Branfield

It was like The Pied Piper

Hello again. Now then, it's been another whirlwind week. I was invited to give a lecture for an implant company as part of their so-called "expert panel". It was up in Glasgow. 6 hours there and then 6 hours back. It went all right, the feedback was very good. I was nervous at first but once I got nattering on the nerves went.

What Was Like The Pied Piper

Last month I explained about the challenges old and new about the last Dental Mavericks trip to Morocco. The second village we visited in October was called Khizana. We stayed in a Gite and our host was a really great character called Mohammed. It was 7 to a room and I shared a double bed. We were really well looked after but no hot water and the mattress was so hard, when I rolled over I thought that I had broken my hip.

Anyway, on day one in Khizana we saw lots of children in pain. It was a great success and word had got out. On day 2 we asked Mohammed if he would be at the clinic. He smiled his big smile and said that he if wasn't there we wouldn't see any

kids. I don't know if that was true but when we had just arrived at the clinic we could see in the distance a large group coming down the hill into the Valley. As they started up the hill again closer to us we could make out Mohammed with loads of children behind him. Incredible sight, like a scene from a film.



Please Sir, Can I Have Some More

It was amazing. There were children coming back on day two in Khizana who had teeth out on day one. They asked for more teeth out as they realised that they were relieved of their pain. Parents walked good distances to bring their children for treatment. This is what makes all our efforts worthwhile.



A Different Kind Of Health Care

There was a female nurse who lived and worked at the small clinic we worked at. She had dinner with us after the first day. She explained via a translator how she had never seen health care how we did it. She explained how the children are usually so frightened because they are usually just told to be quiet and still with no other communication. We brought fun to the situation and made friends. We built trust and cared. We all felt so proud after hearing what she said. This project is a keeper with full support from the local headmaster. We have a good feeling about this one for our teeth for life programme.

Even More Proud

My son, Edward who is 18 came with us. He just got stuck in, and wasn't phased one bit. He had only been working as a trainee dental nurse at my place for three weeks before he went. He was voted unanimously by the group as the most inspirational Maverick. Good lad.



Until next time. Have a great Christmas and a happy New Year. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 21 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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Castle Park Dental Care is a Private Independent Practice and is the trading name of Castle Park Limited Registered in England, company number 06703803



Swanland Screen presents “The Grand Budapest Hotel”

Swanland Screen is pleased to be showing “The Grand Budapest Hotel” at 7.30 pm on Saturday 20th December at Swanland Village Hall. This is a modern comedy, starring Ralph Fiennes, about the adventures of Gustave H, a legendary concierge at a famous hotel from the fictional Republic of Zubrowka between the first and second World Wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend.

Tickets cost £4 adult and £2 schoolchildren. For further details see www.swanlandvillagehall.info/future-events.htm or call Yvonne on 01482 634863.

How to help hedgehogs this Autumn

10 hedgehog-friendly gardening tips for the months ahead

The People’s Trust for Endangered Species (PTES) and British Hedgehog Preservation Society (BHPS) have together produced a free guide of 10 tips to make your gardens hedgehog-friendly this autumn and help this small British mammal in decline. Their top tip: check and make your gardens accessible!

Gardens and urban green spaces provide a vital habitat for hedgehogs to live in, but their numbers have fallen by more than a third over the last 10 years. By making your garden more hedgehog-friendly this autumn you will be helping animals prepare for hibernation, a critical time for any hedgehog. The ten tips offer advice and easy practical tasks for all the family to get involved in, whether green-fingered or not, for example:

Link your gardens - Hedgehogs roam between 1-2km each night in search of food, shelter and potential mates. They can also change nesting sites more than once during their hibernation period. It’s therefore critical that they can access a wide range of gardens and placing a 13cm x 13cm hole in your garden walls

or fences will let hedgehogs through, but be too small for most pets. Once you’ve made a hole in your fence you can add it to the national map on the Hedgehog Street website.

Food and water - Hedgehogs really benefit from extra food, using it as a supplement to their natural diet. Meaty cat or dog food, hedgehog food, meal worms and chopped, unsalted peanuts are all suitable. Hedgehogs are lactose intolerant and should only be given water to drink.

Henry Johnson, Hedgehog Officer at PTES says: “In autumn months hedgehogs will be foraging for food to store up their fat reserves and seeking out suitable shelter in preparation for hibernation. This coincides with a generally busy time in the gardening calendar so it would be great if people can spare a thought for hedgehogs while they are pruning and mulching. Making log piles and storing leaf litter in a quiet corner of the garden creates natural nesting and feeding sites for them – and it’s so easy to do.”

To download your free copy of ‘10 tips for encouraging hedgehogs in your neighbourhood’ and to find out more about other ways in which you can help them visit www.hedgehogstreet.org.

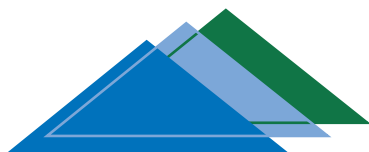
Apology by the Haltemprice Lions

The Haltemprice Lions wish to apologise for the mistake in their advertisement last month, stating that the 2nd Young Persons’ Music Competition was on Saturday 7th March 2015, it is in fact on **Saturday 28th March 2015**.

They are sorry for any inconvenience caused.

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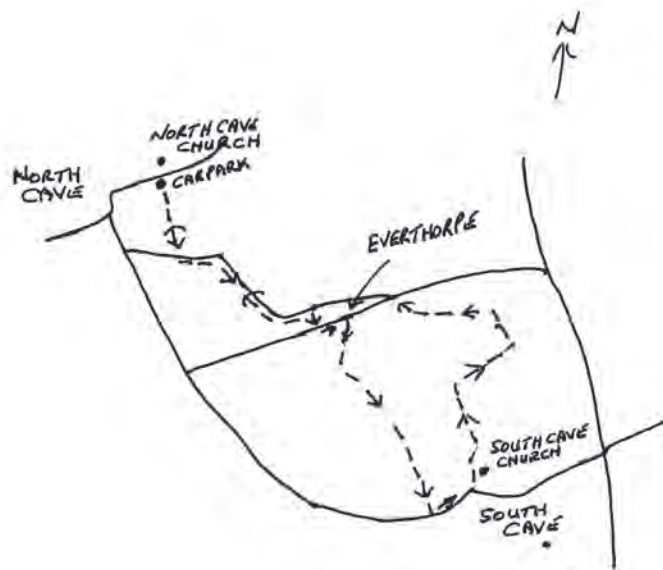
Here is Paul's latest walk in his series of monthly rambles. This month his destination is North Cave

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

Map :- EXPLORER 293

Start at GR. SE897327 Car park opposite Church.
Distance 5.0 Miles.

Leave the car park heading south to enter the playing fields. On entering the playing fields turn left to reach a hedge and then turn right and walk with the hedge on the left. On reaching a fence, pass through and continue walking



in the same direction. On reaching the tarmac road (North Cave to Everthorpe) turn left and follow this to the village of Everthorpe. Immediately after the first of the houses, take the road on the right and then at the next junction turn left. After about 180 metres, locate a hidden footpath sign on the right and pass through a kissing gate and then cross a short paddock to a further gate which pass through and walk with the fence on the left. On reaching a large tree, keep the hedge on the left. At the end of this field, cross a wooden footbridge and continue ahead with the hedge on the left.

At the end of this field enter a narrow plantation and turn right then after a few metres turn left and cross a wooden footbridge and then follow a distinct path towards houses. Cross a wooden footbridge before entering an enclosed path, cross a stile and walk down a surfaced path to emerge on an estate road. Turn left and then immediately right to enter a snicket, cross a further road and then emerge on the main road passing through South Cave. On reaching this road, turn left and walk towards Cave Castle.

On reaching the entrance to Cave Castle, turn left and follow this road as it winds its way towards Castle Farm Court housing estate. Immediately on approaching the estate, bear left and pass through a wooden gate then turn right and walk with a hedge on the right then veer to the right and pass through a kissing gate and cross over a chalk lane and follow a distinct grass track which becomes gravel. At the end of this gravel track turn right and follow a line of trees across the golf course eventually with a ditch on the right.

At the end of this line of trees cross an open area to a second clump of trees then turn left and aim for a way marker (difficult to locate) and then cross a footbridge and then walk with the line of trees on the left. At the end of the trees veer right and then immediately turn left and cross a footbridge and cross a stile then walk straight ahead across a slightly raised part of the field heading towards a hedge.

On reaching the hedge, continue in the same direction keeping the hedge on the right. At the end of the field, pass through a kissing gate and turn right on the grassy track. Immediately before reaching the road, turn left and pass through a kissing gate and walk parallel to the road. On reaching the first gate on the right pass through a kissing gate to emerge on the road. Turn left and follow this road back towards North Cave to eventually meet the track back towards the playing fields and the car park.

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The Christmas tree has become an iconic tradition at Christmas time with people choosing from freshly cut, pot grown and artificial trees. Popularised in the UK by Queen Victoria and Prince Albert, the Christmas tree was bedecked with candles, sweets, fruits, nuts, homemade decorations and small gifts.

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 5ft-10ft, but as an alternative we also have the beautiful Nordmann and Frasier Fir available in 5ft-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.

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.

- Keep topped up with water. Don't forget to add a little sugar.

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 Poinsettia, 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.

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 your garden furniture to protect over the Winter

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Plant of the month

Poinsettias are our Plant of the Month for December. This festive houseplant is beautiful and makes a lovely gift. Flowering from December to January the Poinsettia is ideal for winter colour. Kept in a bright spot and out of draughts your Poinsettia will thrive at home. Be careful when transporting it as the cold weather can damage the plant and cause it to wilt. Ask a member of staff at our tills to place your Poinsettia in a plastic bag or cover the flower with paper to ensure it is protected for the journey home.

Prices start from only £1.99.

What's Happening at Coletta & Tyson's?

We are open every Thursday until 8pm every night through until Christmas

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 fantastic 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?

Every Thursday in December we will also be hosting Tea with Santa. Your child will dine with Santa and decorate their own Christmas bauble before visiting the Grotto to get a special Christmas present. Bookings are now being taken. Call 01482 677521 today or visit our website for more details.

Thursday 4th December, 4pm – 8pm

Yankee Candle Night is back again with amazing offers; spend £15 and get a free votive holder. Spend £25 or more and get a free small Yankee Candle jar worth £7.99. Plus mulled wine and mince pie on arrival. Perfect for late night Christmas shopping.

Saturday 6th December

We have some special guests in the garden centre on this day; local stain glass artist Jonathan Dearlove will be talking about his work as well as selling some unique gifts. Plus we will have a Ceilidh band in the centre playing music with their dancing pony.

Thursday 11th December, 4pm – 8pm

On this late night we will have the East Yorkshire Falconry team in with some of their amazing birds of prey. Take a break from Christmas shopping and visit the team.

Saturday 13th & Sunday 14th December

Volunteers from the Leukaemia & Lymphoma Research charity will be in the centre to raise awareness and funds for the charity.

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 go anywhere else?

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Your Stars for December 2014

By Kay Gower

Aries (Mar. 21- April 20)

You're quite a mystery this month, and others will be trying to figure you out. Flattered by their attention, you'll enjoy the perks of popularity. The New Year brings new work and new faces. Keep your eyes peeled for financial opportunities.

Taurus (Apr. 21- May 21)

Because your mind is full with a loved one's pressing needs, you may forget your own. So who is taking care of you? If no one else is asking you how you're feeling, you need to tend more closely to yourself. Make time for yourself during this last month of 2014.

Gemini (May 22-June 21)

The stars are winking at you because you're a winner! Good things begin to happen even when you least expect them to do so. Pick up on this natural good fortune and run with it.

Cancer (June 22-July 22)

Count your blessings, and more will show up to be counted. There will be changes in 2015 and life improvements will follow the change. December ends a dispute and celebrations will bond a family.

Leo (July 23-Aug 22)

If a situation becomes heated don't succumb to the agitation around you. Stay very calm so you can recognise the opportunities that disruption always creates.

Virgo (Aug 22 - Sept. 23)

You value tact and diplomacy, and yet, there are times when a swift confrontation is best. It clears the air and each person knows where he or she stands. If you come across such a problem early December nip it in the bud quickly.

Libra (Sept. 24 -Oct. 23)

When intelligence goes hand in hand with an easy-going attitude, the result is a personality that many enjoy and seek out to add to their group. This explains your recent popularity.

Scorpio (Oct. 24 - Nov. 22)

There's a rush of excitement around you. Whether or not you want the attention this month, it will be yours. You can either move away from it - or use it to your own advantage.

Sagittarius (Nov. 23 -Dec. 21)

Good things are coming down the pipe this month, the planetary positions offer you plenty of scope to create some great memories. You could now be reaping the benefits of actions taken earlier in the year.

Capricorn (Dec 22.- Jan. 20)

People who smile aren't always happy. You easily see through the masks that people wear and into the pain below. You are careful and kind in your dealings being fully aware of how fragile most people really are. During December and well into the New Year, good fortune will come to you from out of the blue.

Aquarius (Jan. 21.- Feb. 19)

If the action you are contemplating this month is likely to make 10 people happy and one person mad, will it be worth it? Remember this.... a lot will depend on who that one person happens to be.

Pisces (Feb. 20-Mar. 20)

Sometimes the person standing by the gate might not be the gatekeeper. Walk straight on through and see what happens. If you look like you know where you're going, most people will step aside to let you through. It's true!



News from the Cottingham Bowling Club 2014

At the Club we have just had our annual lunch and prize presentation. November 12th was not only the date on which we held the Annual General Meeting but it also marked a very special place in our calendar.

For the first time in our almost 100 year's history we elected a lady to be the Club President. On my retiring as President I chose Shirley Gibbons to be my successor. Both Shirley, and her husband Eric, are stalwarts of the club and can always be relied upon to get 'stuff' done.

We also welcomed on to the Management Committee some new blood. Dorothy Hakney is the new Ladies President and Chris Lambert the incoming Ladies Captain. The Club President – elect is Fred Flynn, a very well known person to the bowling fraternity of the area.

The Club Captain is Jeff Lewis, supported by his Vice Captain - Peter Ward. Also elected to the Committee was David Stephenson and another person elected to the Management Committee was Trevor Holborn, another well known person locally.

Personally, I commenced my 15th year as Club Secretary but 'handed in my notice' at the same time. Next year you will be getting pearls of wisdom from someone else!

Some time ago Fred Flynn and I were invited [as 'Cottingham representatives'] to attend an event at the Hull Marina Bowling Centre to celebrate the excellent work that their Committee have done over the past 20 years. Whilst we were there Fred and I were in conversation with an internationally known bowling personality, Greg Harlow. [If you ever watch bowling on the telly you will know whom I mean]. We found him to be a thoroughly likeable person without any lofty ideas. I managed to get a photo of Fred and Greg. [that's Fred wearing the dark shirt].

Don't forget – if you fancy bowling give me a call on 01482 – 847303.

Brian DeVine, Hon. Secretary

[As it's winter, we are bowling indoors, but don't let that put you off!]

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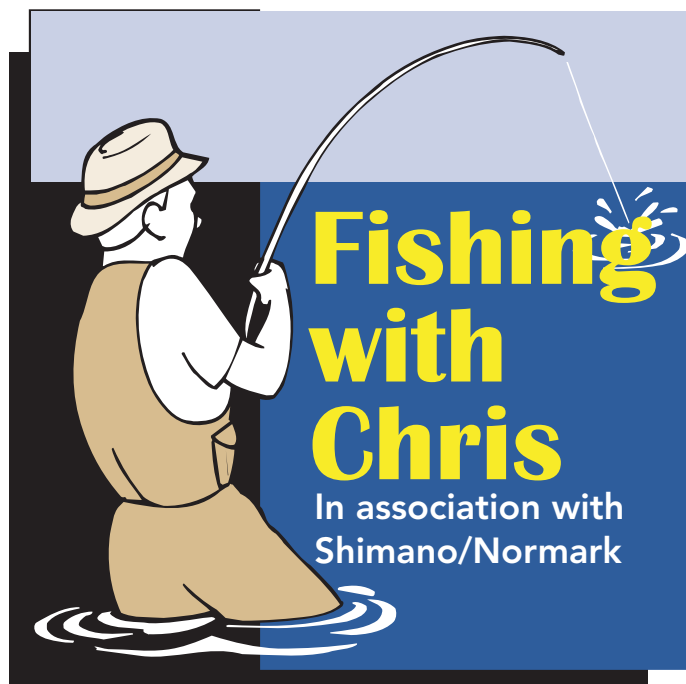


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Sudoku Answer from page 12

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



Here is the last article from Chris Moore who has reported monthly for the past four years with news and tips from the world of fishing

Hello once again fellow anglers to this month's article.

I Chris and the Catchmoore Crew would like to wish you all a very Merry Christmas and a very Happy New Year.

As announced in last month's article this is the last article from me for the fishing page. I am and will be always available in the shop to give you sound advice all year round. It will always be a pleasure to do so. You will never be under any pressure to buy anything be it advice on how to fish or where to fish. Come and have a cuppa and gab, apart from the match days that is what the Catchmoore Crew do!

The article this month is so special in so many ways and I would like to share something with you all.

Let me start at the beginning. It is my sad duty to inform you all that we lost one of our members of the Catchmoore Crew on the bank on Remembrance Sunday. I have written about him a few times over the past months and years.... his name to us was Lou or Louie. May I personally say he was one of the best and definitely one of a kind. You will never again meet a fishing character like he was. He had so many funny sayings. Allow me to share some of them

with you and some funny experiences too.

Whilst In the shop he would pick up on what additives people were choosing to mix into their ground baits, he would then wind us all up as he had some "secret condiments" to mix in. That's not all. He used to call brazem powder "custard" because he kept forgetting its correct name.

This is the guy that we nicknamed "Plummet", yes you guessed it; it was Louie who fell in Rainbow Lake remember. He had many nicknames; from Me Plummet was the politest believe me. Ha Ha!

Whenever you were fishing and you heard the crunch crunch of footsteps along the bank as you were fishing the margins I might add you could always 100% guarantee it would be Louie with a sandwich in his mouth spying on what everybody else was doing. You could be pegged on peg one and you could still hear Louie either laughing or cursing on peg 23. He cursed many a time as he was very prone to getting his hook and line caught in a tree trying to cast out, he would announce "I'm shaking the bush, shaking the bush".

When Louie first started fishing his technique of landing fish was so very funny and farcical. He would hold up his landing net and handle in mid-air underneath a fish dangling from his rod and line!!

He would always be one of the first to shout Cuckoo as one of the club members lost a fish. It didn't matter if you were an England International angler or a complete novice, Louie's first words would be "listen son you know you're coming second because

I'm gonna kick your **** today, an this is cos' you ain't got any of my "condiments"". Every now and then, god knows how, but even Louie really did get a result. Bless him.

He was 66 years old and he did a little work voluntarily for me. So I called him the oldest YTS in Britain. This always made him smile.

On our last match we were at Stannilands at Thorne on the Air and Calder Canal. It was very hard fishing but he got a Roach 10 minutes before the end to his great delight. I promised not to blank him as he didn't weigh it in. This put a massive smile on his face.

Sadly on the way back to the car he suffered a fatal heart attack.

So my final words are to you all wherever you are "tight lines" and to Louie..... Night Night Louie, miss you loads son and that's not just from me but from everyone you ever knew.

"Tight lines son don't forget your condiments"!!!

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Cottingham decorator announced as finalist in national competition

Sue Warren, a decorator from East Yorkshire, has been announced as a finalist in the Dulux Trade Ultimate Professional Decorator Awards 2014.

Cottingham-based Sue has been shortlisted for the nationwide competition by the paint manufacturer as part of its annual campaign to recognise the UK's most professional decorators.

The Ultimate Professional Awards have seen homeowners across the UK nominate local painters and decorators who they felt embodied excellent service and consistently delivered high quality, professional workmanship, while going above and beyond.

Sue stood out to the judges as a creative professional with a great attitude towards her work and clients who is always more than willing to work out of hours and weekends to meet her customers' needs.

Sue will now go through to the final stage of the competition, where she will compete against nine other finalists for the title of the UK's Ultimate Professional Decorator 2014. In recognition of their achievement, the overall winner will receive the Ultimate Prize – either VIP tickets to a sporting event or a relaxing luxury spa experience.

Samantha Balloch, Marketing Manager for Dulux Trade, commented: "We launched the Ultimate Professional Decorator competition to support the sector and highlight the hard work of decorators across the UK who work with pride, passion and professionalism.

"Sue stood out to us as she has a fantastic attitude to work and genuinely loves what she does. It is great to be able to declare her a finalist at the Ultimate Professional Decorator Awards 2014."

The final awards ceremony will take place late November when the overall winner will be announced from the 10 shortlisted entries.

For more details of Dulux Trade's search for the UK's Ultimate Professional Decorator, go to www.duluxtradepaintexpert.co.uk/ultimate

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Hallgate Schools - continued

by Peter Railton, Author and Local Historian

The Year is 1949

The year began with Mr. Panke away ill again and Mr. Bailey was appointed Assistant Head in July. His duties as set down in the log book were quite formidable

1. To deputise for the Headmaster when sickness or duties necessitate the latter's absence from school.

2. To keep in touch with all school activities, changes, individual problems and correspondence.

3. To consult with the Headmaster on school policy, planning of timetables and distribution of teaching staff.

4. To act as liaison between headmaster and staff on all problems.

5. To have a full knowledge of the details of the working of the school bank, school milk, school dinners, requisitions etc.

6. To see that all school equipment is in good repair and easily accessible when required.

7. To superintend the projection of films during lessons which necessitates use of the projector.

8. To be responsible (under the Head) until such times as a woodwork instructor be appointed, for all woodwork tools and equipment including timber stored, and for the present to take the woodwork instruction in the two senior classes.

9. To generally supervise all singing instruction throughout the school, to take singing lessons as per timetable.

There are no more entries in the boys' school log book for that year.

Mention was made in the 1948 article of the urgent need for more school places and the using of the Congregational Church rooms - also pressed into service was the old National School, King Street Rooms, on the corner of King Street and Finkle street, used again for educational purposes. A rising birth rate nationally prompted the new Labour government to meet what was foreseen as a country-wide emergency alongside the need to replace town schools destroyed in the air raids, with the supply and erection of temporary school classrooms for L.E.A.'s and Cottingham to receive some. The grass paddock between the boys school and the old Vicarage was acquired and the construction began of several H.O.R.S.A. Huts - Hutting Operation for the Raising of the School Age. This was ongoing during the winter of 1948 to 49. The supply of S.F.O.R.S.A. furniture followed - School Furniture Operation for the Raising of the School Age. Military jargon at work? More about that later.

Early in January there was a burglary at the school and the desks of Mrs. Tether and Mrs. Ridley were tampered with in the girls' department, but nothing had been taken.

Two students from the University College, Miss Sugarman and Miss Darrell went to the school on teaching practice.

Mrs. Fletcher was stricken with a severe bout of flu and was absent for three weeks in February and early March, leaving Miss Buttery (who's handwriting in the log book is impeccable) in charge of the school. On the 6th and 7th of April, the juniors and the seniors entertained their parents with some of their work in music and dancing; some 200 parents attended and enjoyed these displays.

Three girls went on to further education - Sheila Giles was accepted at the College of Commerce in Brunswick Avenue, and Mary Collinson and Pauline Youhill at the College of Art in Hull. After the Easter holidays 251 girls were on the role and French classes were started under the tuition of Mrs. Hall. The school was closed on the 10th of May because the hall was to be used for voting in the Urban District Council Elections.

On the 13th of May, Mr. Acaster, the Schools Gardening Organiser called and discussed plans for making a school garden and got the enthusiastic support of Mrs. Fletcher, who was a keen gardener at home anyway. It was decided that the areas around the newly erected pre-fab classrooms should receive attention and the worst of the left-over building materials and rough grass were removed and then Mrs. Fletcher and her 'girls gardening club' took over. The

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soil was dug over, stones cleared, then raked and levelled, grass seed sown and roses planted; other types of flowers were added over the years and the girls were responsible for cutting the grass with shears and a push along lawn mower. Most of the pre-fabs were used by the senior girls at first, but over the years the juniors and some infant classes used them from time to time. Many Heads and teachers leave a legacy of something good in a school and this was Mrs. Fletcher's legacy which lasted until the buildings were removed and the Further Education building erected on the site.

Thirteen girls had been selected to go to secondary schools in the autumn: M. Bennison; C. Buffey; E. Corner; M. Dry; M. Kirkness; V. Laud; C. Lawton; C. Rodmell; S. Skinner; R. Tennison; S. Brown; S. Gibson and J. Clark.

On the 25th of May, Senior 1 and Junior 5 girls were taken by Miss Selby and Mrs. Akeroyd to the Dorchester cinema to see 'Scott of the Antarctic' and a few days later two teams of netball junior girls went to Penshurst School in Hessle - one team lost and the other one drew and they were entertained to tea in the school later. The next day, a senior netball team went and took on their opposite numbers and avenged the defeat of the Hallgate juniors by winning 11-4. Four teams of girls took part in the Folk Dance Festival held at Tranby Lodge Hessle in June and on the 7th of July, competitors, staff and spectators journeyed to Bilton for the Holderness Schools Sports. Cottingham Schools came second in the Senior sections.

Doreen Kutchinson, Jean Kilvington and Doris Needham were accepted for the pre-nursing course at Thoresby High School in Hull. On the 27th of July an open day was held when parents and friends were invited to the junior art, needlework and hand work displayed in the hall, senior work in the annexe (the pre-fabs) and cookery in the domestic science room. About 160 parents looked around this very successful event'. The term ended with the departure of Miss R. A. Wright after 23 years at the school, to take up a post at Longcroft School in Beverley. She was presented with a travelling case by the staff and pupils and was described by Mrs. Fletcher as a most valuable and dependable member of Staff.'

Workmen had been in the school during the summer holidays renewing the ceiling in four of the classrooms and the girls returned to find a fully redecorated building. Numbers were steadily increasing with 294 on role compared to 285 the previous year. 56 pupils went up from the infants; there were 10 classes, six junior and four senior. Three new teachers began their duties in the department - Mrs. M. Wilson, Miss M. Bell and Miss A. Gledhill. How many ex-pupils remember gathering rose-hips that autumn? Some 5451bs. were gathered and sent to Newcastle to be made into Rose Hip Syrup, a vitamin-rich liquid for babies and small children.

A milestone was reached on the 25th of October when about 60 parents went to the school and met with staff members and it was agreed to form a parent-teachers group. Mrs. Fletcher records that it was a very wet evening and she was surprised that so many people turned out. The future employment of her pupils occupied her thoughts too and representatives of the Labour Exchange in Hull visited the department that autumn. The term ended with the usual parties and carol concerts - the end of term and the end of another decade at Hallgate Schools.

Photo: Girls creating the Pre-Fab garden. Photo courtesy of Mrs. Fletcher.

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THE GREEN, COTTINGHAM



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

www.instinctivehorsetraining.co.uk

Why the word “NO” is not helpful

I have been studying hard over the last 2 years to better understand how to train any animal, as well as my horses using science based fact.....not mythical fog. The overriding factor is that most training techniques concentrate on corrective methodology.

I was recently doing 2 days of Lecture/Demo's down in Ipswich at The East Anglian Equine Fair.....where I took my pony to show how Positive reinforcement training works in real life. I followed a talk/demo by a Natural Horsemanship trainer who was talking about how to deal with unwanted behaviours. The horse at her side was unsettled and kept nudging forward so she kept twitching on the rope to make it move back. No sooner had it moved back then it moved forward again...so the scenario was repeated. This horse could not learn to stand at that particular moment in time because it was worried and confused in that environment (in a pen surrounded by the show goings on around it and the audience in front of it)

Eventually the pressure she used increased on the horses sensitive head and it shot back and kept going back....so she then pulled it forwards! This form of using aversive training or “pressure on” simply just had to increase until the horse worked out that when the pressure was off it should be glad to stand in order to avoid it happening again. At no time did she praise the horse for standing where she wanted it to nor did she give the horse any information about it being okay to feel unsafe and that by staying quietly with her was the safe place to be. This training kept the horse worried, the environment kept the horse worried and gave the horse no information about what she did, actually, want it to do. Corrective training does just that. It tells the animal, child, dog, horse exactly what you do not want but gives no information to the animal what is you would like and can simply increase the emotional state forcing the behaviour to happen in the first place. “No” is simply not helpful to the animal at all.

If you look at this situation from another angle of MARKING the absolute second in time where the animal is where you would like it to be and then be able to reinforce it with something the animal finds highly reinforcing (praise with a child, a good fuss with a dog, a bit of apple or carrot for a horse, a treat of some sort for any species really) then the likelihood of that behaviour being repeated is very likely! The way to mark that second in time is to use a BRIDGE! This word means a noise, distinguishable from all other noises, bespoke (Classically conditioned) attached to (paired with) something really good. A clicker is commonly used in dogs and horses, a whistle is used in Marine Mammal training, a clucking noise, the word GOOD used in a special tone

consistently said. The animal needs to know 100% that bridge is the promise of a reinforcer. Pavlov discovered this many moons ago and it is called Classical conditioning.

Once that is in place then the animal is going to try hard to earn that bridge.....not the food! The bridge is the information it needs to know that has just done something you are really happy with, something you would like the animal to repeat or marks an emotional state you are happy with. Emotions are behaviours of course and stress brings on a whole load of trouble re behaviours.....so if you concentrate on marking and reinforcing calm feelings or relaxed feelings then the animal will benefit so very much in the long term....and so will you! Reinforcing eh?!!!!

Training your dog not to pull on its leash is a classic example of the use of aversive.....it pulls so you pull it back and so on and so on. You get cross and frustrated and the dog simply learns to pull away from you more and more. Try instead marking any time spent next to you at your leg and back it up with a treat as well as praise. Attach the word “come” or “here” (or whatever you decide would be the command for the dog to return to you or stay with you) and always reinforce it with a treat. Very soon your dog will no longer pull and will learn to stay with you or come back to you happily. Do this training away from any stressful stuff. At home in the back garden for instance. By training any animal to be calm and happy next to you will then arm you for the situations when the environment around the animal gets tough on it or causes it fear.

I choose to train trailering or clipping or injection desensitizing or worming horses before I need them to experience the situation in real life.

Pairing something really good with something physical or a noise that potentially would be stressful or fearful is such a brilliant way to train and means that your pet can find training enriching in its own right, as well as keeping you all safe. In science it is called Systematic desensitizing and Counter Conditioning!

Positive reward based training is happening with our educating young children, in dog training clubs and in Zoos internationally. It is my wish to promote it in the UK Horse training Industry as it is in the USA.

At present there are no rules or guidelines to using ethical techniques with horses. There is more and more information coming through on the internet but horse people inherently believe that dominance and corrective methods have always been the way and are therefore the way of the world. Not so I say! Dare I use the word “NO” in this context!



Have a very Happy Christmas and a fantastically reinforcing New Year!

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December - Festivities and Memories

Today, Tuesday 18th of November is a very difficult day at the Half Moon. I should be preparing an article full of brightness and enthusiasm about the Christmas Festive Season, but my thoughts are on the passing of Ian “Blackie” Blackburn this morning, a much loved Skidby Character and Half Moon regular.

I have only known “Blackie” for three years and although he could be exasperating at times, barred one minute and welcomed with open arms the next, he was, behind his bravado, a lovely, gentle, man who I’m proud to have known, even for a short time.

Already many past stories, told with humour and much affection, have started around the bar which I’m sure will continue way beyond the time you’re reading this article in December. One thing is for certain, stock orders for Jim Beam will have to increase at the **TOP** bar. Cheers Blackie.

Preparations for the Festive Season are going well with a tremendous response to our Festive Menu to the extent that many days in December are already full.

I’m still hopeful that by hook or by crook our painting and decorating will be finished for December, although a few more nights are needed yet.

I and my team look forward to serving you throughout the Festive Period. Thank you

Cheers

Mike and all the Staff at the Half Moon “Skidby’s Village Pub”

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Routine and Complex Dentistry

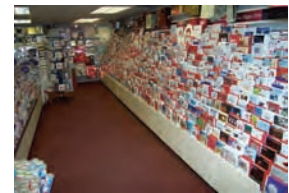
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www.caringdentistry.co.uk

8/9 Castle Green, Green Lane, Cottingham, HU16 5JU

GDC Registration Number: 51131

Cottingham and District food bank will be open Christmas Eve and New Year's Eve as normal

Recent demographic information made the Cottingham Council of Churches aware of the problems of poverty in Cottingham and surrounding area, poverty not just among the unemployed but also among those working for poor rewards.

After a number of meetings at which representatives from the Cottingham Churches attended it was agreed to support a Food Bank for this area.

From the representatives at the meetings a small Management Committee was formed.

The Churches are being asked to provide suitable foods, money, and people to staff the Food Bank. The Bank will be based in the Zion and Newland United Reformed Church, situated in Hallgate, Cottingham.

The Food Bank will be open once a week on Wednesdays from 11.00 a.m. to 1.00 p.m.

Basic foods will be provided for a small donation to people who can demonstrate that they live in the area.

Further information can be obtained by telephoning 845920.

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Cottingham Clean-Up

Once again we were so lucky with the weather; I spent the previous week hanging on to every word that Paul Hudson uttered (of Look North fame). Bearing in mind it was school half term we had a good attendance and Kin Granger's dog joined us to complete the turnout. We decided this time to major on weeding and just do a litter pick as and when we spotted anything.

One team of 'weeder' tackled the Co-op Car park which if you looked carefully was neglected in parts. The second team – equally importantly 'did' Hallgate. Everyone returned back to base loaded up with black bin liners, there would have been more but one team managed to off load some of their rubbish onto the Council Street Cleaner. In case you're worried they didn't physically tip their rubbish over him, it went in his bin!!

Erica, of Cottingham Wild Spaces, also joined us and supervised a smaller team who weeded most of the garden in the library grounds and gave the area a good litter pick – a helping hand to Cottingham in Bloom.

Geraldine and Ros tackled The Green and the immediate area of King Street, removing a large quantity of moss and weeds, alive and dead, not to mention cigarette ends! All this is now ready for composting so our recycling figures will benefit.

A big 'thank you' to everyone who took the time to join us, Kim Granger, Scout Leader with her Monday Club, Erica and the 'oldies', and for making Cottingham an even better place to live in.

Ros Jump

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64th Haltemprice Art Exhibition, Wilburn Memorial Trophy winner

At the recent Haltemprice Art Exhibition which was held at the Civic Hall, Cottingham from 16 to 20 October 2014 the winner of The Wilburn Trophy was Kate Gendle for her painting entitled 'Archie'. The exhibit was decided by a public ballot by visitors to the exhibition.

The Chairman, Councillor Pat O'Neil, presented the trophy

to Kate on Tuesday 11 November at The Guildhall, Beverley at 12.30pm.

Quote from the Chairman "She was delighted to present the trophy to someone so talented"

Caring Christmas Hamper Appeal

Once again, Age UK East Riding is launching its annual Caring Christmas Appeal. The charity is urging people throughout the East Riding to get involved by donating a shoebox sized Christmas hamper. The hampers will then be distributed just before Christmas to isolated and vulnerable people in the region.

Last year residents of the East Riding donated several hundred hampers which were distributed by Age UK East Riding staff, volunteers and community groups.

The hampers are always very much appreciated by the older people who receive them. One elderly resident said: "It was lovely to receive such a kind gift. The items will be very useful over Christmas and the New Year. It was nice to know that someone had made such an effort just for me."

The shoeboxes should be filled with non-perishable food such as tins of soup, fish or fruit as well as items such as tea, coffee, biscuits and a luxury item (home-made food products and alcohol cannot be accepted). Food items must have a 'use-by' date of at least February 2015. Donors can also include a Christmas card with a festive greeting.

The box and lid should be wrapped separately with Christmas paper, or left unwrapped with a piece of wrapping paper enclosed.

The boxes should be delivered to the Age UK East Riding office at 16 North Bar Within, Beverley, HU17 8AX by Monday 8th December 2014, or may be taken to any Age UK shop in the East Riding.

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How would you cope with a fire in your home

Imagine, you wake up at 01:30 coughing and your eyes stinging, then you realise there's a fire downstairs, you can hear it and smell the acrid smoke. You manage to rouse the family and get them out of the house; you're all coughing and shivering; you've remembered to take the dog. A neighbour has called the fire service and they arrive quicker than you thought they would, thank goodness.

The fire fighters soon have things under control and put the fire out. They are very kind and sympathetic, they reassure you that although there is black smoke damage throughout the house, the main damage is confined to the kitchen – it looks like the fire may have started in the dishwasher. As much as the fire fighters would wish to be able to stay and help you, they can't, they have to get ready for their next call. One thing they can do for you however is call out the British Red Cross Fire and Emergency Support service (FES).

Once requested, two FES volunteers will meet up at the Central fire station in Hull to collect the FES camper then make their way to you. They will offer you shelter from the cold, plus clean, warm clothing, food etc for you dog, and they will make you all hot drinks and snacks. They will look after you. The volunteers have lots of practical experience so they will be able to help you make some urgent decisions about such things as where you will be able to stay. If you have insurance, chances are you will be covered to stay in a hotel for a short time, giving you chance to make longer term plans while your home is being repaired. Arrangements will also need to be made to make sure your home is secure. It could be that you can go to a relative's home for the rest of the night; the FES volunteers may be able to transport you.

The volunteers are very good at helping you with practical decisions. They are equally good with the emotional support they

give. Again, experience and training gives the volunteers the skills they need to comfort you. They understand how terrified you must have been when you discovered the fire and how relieved you must be feeling that your family got out safely, plus all the other emotions in between. They are very good at what they do and they care that you and your family feel supported.

Before the volunteers leave you they will give you a booklet that contains useful advice as well as details of how to contact various agencies and organisations if you need to replace any documents, or inform someone about the fire.

Some incidents of fire or flood that FES attends in Humberside are more serious, some less so – the one thing they all have in common is the care, support and understanding the people affected receive from the FES volunteers. We have been in partnership with Humberside Fire & Rescue Service for more than twenty years, supporting hundreds of adults and children and often their pets. The relationship between the two agencies is excellent and mutually supportive.

Three of the FES volunteers live in Cottingham. If you think you would like to volunteer for FES, here are some facts: currently FES is offered between 18:00 and 06:00 weekdays, and full weekends and bank holidays, though we respond to most day time calls as well; we operate a rota system that allows for the volunteers to plan their time on call - there is no expectation that volunteers be available for a minimum number of hours per month, though some level of commitment is desirable; ideally volunteers will live within about a 30 minutes drive from Central fire station; full training and support is provided to ensure that volunteers feel equipped to support people in crisis; out of pocket expenses are paid; full uniform is provided. Volunteers learn the protocol for being on a fire ground and receive training on driving the camper, if they so choose. A DBS check is mandatory. All training, uniform and checks are free to our volunteers.

While FES volunteers don't provide this service for their own benefit, the reward they feel after they've been able to support someone is remarkable.

If you'd like to learn more please contact me on 01482 499830, 07974945810 or DeePhillips@redcross.org.uk

Maureen Hunter Singers present 'Christmas Voices Plus' at the Guildhall, Hull on Saturday 13th and Sunday 14th December

The Maureen Hunter Singers present their 'Christmas Voices Plus!' concert, to be staged this year in the magnificent setting of the Guildhall in Hull on Saturday 13th December at 7.30 p.m. AND on Sunday 14th December at 3.00 p.m. These concerts will also feature the superb Mike Brown Band, who will be entertaining us with Big Band and Swing Music – guaranteed to get your feet tapping!

This will actually be the first year that this extremely popular annual event will be staged in the Guildhall, but 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 audiences away full of seasonal joy.

Tickets priced from £8.00 are available from Mrs. Margaret Talbot, 26 Churchill Avenue, Cottingham, HU16 5NL (Tel: 01482-846550), or from Gough & Davy's music shop in Paragon Street or via Choir members.

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Back to where it all started and loving it

In 1984 Chris Lee started his carpet fitting apprenticeship at P&D Carpets in Cottingham.

Now, 30 years later, he is going back to his roots - literally. After recently moving from his shop of 12 years on Chants Ave, Chris was looking for a new location to run his carpet business from and found it due to a problem with his wife's vehicle;

"Annette was having trouble with her car and with us now living in Cottingham I took it to Cottingham MOT at Station Mills and whilst there I saw that the very unit I started my carpet career, was up for rent. I knew this would be perfect for me due to the size and location, so I immediately told the agent I was interested, we met up and I walked into the building for the first time in fifteen years.

The last time I was in the unit was while I was still contracting to the late Keith Donkin at P&D Carpets. It brought back lots of memories; standing at Keith's desk every morning while he gave us our days work, cutting the carpets up ready to be fitted, binding off-cuts into mats. Lots of good memories came flooding back."

A year ago Chris decided he would not renew the lease on his shop on Chants Ave as it was too tying for what he wanted to do. "I've been self-employed for twenty five years this month and I've spent most of my time visiting my customers in their homes, then they visited the shop. I really enjoy it that way, to be honest; Most of my customers ring up and after a chat I would have an idea of what they want and visit their home or office with my van full of samples and this way they get to see the colours, textures and quality of their new carpet in the area it is to be installed and I can measure up and give an immediate quote. I will also be constantly updating my website so customers can visit me online and see which manufactures I deal with and do a bit of research themselves before I arrive with the actual samples."

I've only just got the keys to the unit and I'm already very busy with the run up to Christmas so not too much will happen at Station Mills for a couple of weeks, but my plan is to set up my showroom in one area of the unit, here I will display full ranges by companies such as Axminster Carpets, Alternative Flooring, Brockway, Cavalier, Penthouse and Victoria Carpets, among others. Customers can arrange to meet me here by appointment as I don't want to be tied



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"I'm feeling really excited about the new direction my business is going."

down like I was in a high street shop. I will also hold stock to suit all budgets and all deliveries will go to the unit. Everything will be under one roof."

"I'm feeling really excited about the new direction my business is going. I can't wait to get started and I am really looking forward to 2015."



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Young dancers on Look North with Strictly star

Mini dancing duo Lewis Tutty from Cottingham and Olivia King from Sheffield (who were featured in the October edition of Cottingham Times) had a day to remember forever recently when they met strictly professional Robin Windsor at the Rhythm and Dreams Dance Centre.

Lewis and Olivia were given the opportunity to perform a jive in front of the star which was also filmed by BBC Look North. Following the demonstration Robin gave them some top tips to improve their dancing even further. Robin said that it was good to see that there were still up and coming juvenile dancers as British talent was running out and Lewis and Olivia were perfect examples of what is British talent and that they should continue to go all the way and he couldn't wait to see their progress.

Following their performance and the interviews - Robin gave his second master class of the day to Rhythm and Dreams dancers during which they all learnt the technique required to perform a cha cha cha which was a great success and thoroughly enjoyed by all those taking part.

Vicki Smith, the Principal of the dance school, said that it made a lot of difference to her students to see someone who performed a lot and particularly to Lewis who is only used to female dance teachers. She said it made a lot of difference for him to be taught from a male perspective.

When asked by Look North what he thought about his experience to dance in front of his idol Lewis said that all though it was scary for him Robin was really nice and that Robin was an inspiration to him.

When Look North asked what Olivia's dreams were she said she wanted to go on strictly and be one of the best dancers in the world!!!

The interviews were aired several times the following day on Radio Humberside and the young duo in action the interviews and the master class were shown on the three Look North programmes the following day as well.

40 December - www.cottinghamtimes.co.uk

Great Uncle George and the Christmas Chicken

by Peter Railton.

Great Uncle George lived in Barton upon Humber and was my Dad's uncle. He was one of a family of boat owners which stretched back into history, plying their trade to Europe and along the coasts and inland waterways in the days of sail.

Uncle George lived down Waterside Road in Barton with his wife and two sons and operated a Sloop - a sailing barge. I remember on one of our visits to Barton before the Second World War, being taken along with my father to see one of the vessels on a slipway in the Haven and men clearing barnacles from the enormous hull and applying a thick black tarring substance to protect and seal the woodwork. Barton Haven is silted up now almost to its full length and boats can only get into the mouth at high tide - mountains of mud are slowly blocking that now and it looks as if it will follow the fate of Hedon Haven - even Hessle Haven is looking threatened too, as layers of mud line its sides. A pity to see these old places of early industry choking to death.

My Dad's Mother was one of George's sisters and often went across from Hull to visit the various family members; on one visit in early December in the late 1930's, she mentioned that she was spending Christmas with us in Cottingham - she was a widow and sometimes went to her daughter's and sometimes to us. Uncle George promised that he would send us a chicken from his collection of backyard fowls and that we would receive it on Christmas Eve.

The quickest route from Barton to Cottingham in those days was via the steam train from Barton Station to New Holland Station - then the train would slowly puff its way on to the long pier amid a lot of creaking and clanking until it reached the end where one of the ferry boats would be waiting; it was a duel pier, i.e. there was a narrow road section for cars which could drive straight on to the stern section of the vessel. Three ferry boats were operated by the L.N.E.R., (London and North Eastern Railway), the Lincoln Castle, Wingfield Castle and Tattershal Castle - two did a shuttle service between Hull Victoria Pier and New Holland Pier, usually passing in mid-river, while one was kept in reserve at New Holland in case of breakdowns.

These were fascinating vessels with side paddles - you could see into the engine room at the pistons working and there was a comfortable lounge and buffet and good views from the deck on fine days. Clouds of black smoke issued from the funnel and the paddles churned up the water on each side - an unforgettable experience.

The unfortunate chicken was sacrificed early on Christmas Eve morning and began its journey to our dinner table, courtesy of train - ferry - and carriers cart. Carriers did a thriving business collecting parcels and goods of all kinds around the Hull area and delivering them to where they were destined. There were stands for carriers, carts - horse drawn or motor vehicle - along South Church Side of Holy Trinity Church and at various other places in the 'old town'. Some had been notified that their services were required, while others turned up at the Pier office on chance of a delivery job.

W. W. Grantham and Son of Cottingham were carriers and had a stand in South Church Side. Both father and son had the same Christian names and to avoid confusion the son was always known as 'Dick! Now, whether Granthams had been notified or not I do not know, but anyway they were to be the final transporters of our Christmas dinner. The chicken, complete with feathers and an addressed brown luggage label tied to its legs with string, had been put on to the ferry - but, as was often the case, bad weather and poor visibility took a hand - a freezing fog hung over the Humber, the bane of all sloops and other vessel owners, no radar in those days to make matters worse the ferry clung to the Lincolnshire bank for a good way up-river to avoid the sand banks which have always plagued the shipping on the Humber.

The captain made his turn at last but too soon, the vessel got stuck. I can imagine the groans from the passengers because we had been stuck like that once; if you were lucky the captain could reverse away, or else you were stuck there until high tide floated the vessel off. Grandma and her sister made frequent trips to see their

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The Lincoln Castle: Photo made available by kind courtesy of degakh under Creative Commons Licence.

relatives in Barton and sometimes got stuck on a sandbank. "I'm sure they wait until I'm crossing", she would say, as if some evil spirit of the sandbank was waiting to capture her in the middle of the Humber!

Meanwhile in Cottingham, 'the clock was ticking - tea time came and went and no Christmas dinner appeared. "I hope our George has remembered," Grandma said anxiously. "Well grandma, if it doesn't arrive we'll have to have Boring Day's rabbit instead, Mother replied. Thankfully the rabbit had been prepared at the butcher's, (Edwin Hatfield in King Street, where 'Costa Coffee' is now) and she was secretly wishing that she had done the same with a chicken - it would have been plucked and drawn and in our pantry awaiting the next morning's appointment with the gas oven.

Six o'clock, seven o'clock -then just after half past seven came a knock at the front door - was it the missing chicken? Yes - a sigh of relief as my parents with me pushing in between them, opened

the door to see a cold, foggy darkness and in the light shed by the hallway bulb, a very wet Dick Grantham holding up an equally wet and bedraggled chicken by its legs.

"E're you are missus - boat was late and I 'ad a lot of calls to make and lorry brok' down", the tales of woe went on and on and all the while the foggy drizzle ran down the feathers of the hapless chicken making it look more miserable. Dad paid the few shillings for delivery and closed the door with a "Merry Christmas" to Dick who unenthusiastically muttered the same.

The chicken was now going to have to be made ready for the next day. Dad's offer to help consisted of carefully spreading several sheets of newspaper on the kitchen table, then going into the living room and tuning in the wireless to listen to Christmas Carols. "You can leave the door open if you like, to listen," he said generously, as Mother and Grandma set to work. They were old hands at this - off with the feathers first, a lot of the very small ones drifted about as I watched and I remember thinking that this seemed very cruel - could the poor thing feel its feathers being pulled out? Then when it came to cleaning it out and taking its head off, I joined Dad in the living room and tried to enjoy listening to the Carols with their messages of peace and joy to one and all - but not to chickens evidently.

Christmas Day dawned and the ladies got busy - the chicken received the obligatory sage and onion stuffing and put into a roasting tray, then into the oven. Vegetables were prepared, the table laid with a holly and ivy motif paper table cloth over the usual one, knives, forks, spoons and a Christmas cracker each and dishes made ready for the steaming Christmas pudding, while I was examining the things that good old Father Christmas had brought me.

Delicious smells drifted in from the kitchen, and soon the dinner was served and everything tasted lovely. The worries of the previous day were forgotten and everyone voiced thanks to Great Uncle George and for the eventual arrival of the excellent Christmas Chicken.



Bobby Mandrell's Christmas Show
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'What a Gift' A special art exhibition

The Haltemprice Art Group and CC Coffee, Cottingham are working together on a Special Art exhibition in the hope of raising money for local charities at Christmas time. The local artists will produce artwork entitled 'What a Gift!' and all of their 'Gifts' will be exhibited in CC Coffee, King St from December 8th.

Members of the public are invited to view the pictures which will be on show when the shop is open. The pictures will be on sale until Christmas and all proceeds will be for charity.

One of the Trustees of CC Coffee, Steven Honey, said 'We are very excited about this joint venture and are looking forward to seeing the artists' interpretations. Together we hope to raise money for good causes. The charities supported are ones which we associate with those in need, particularly at this time of year.'

Pastor Scott Tones, whose wife Giovanna runs the coffee shop, explains "Something we feel is very important as a church is that it is not about getting people into a building on a Sunday morning, but to work and be part of the community. Christ Church Community Coffee is not just an extension of a Sunday service at Christ Church Cottingham, but rather it's our heart beat, it's who we are during the week, not just Sundays. We know most of our regulars by name and extend the very same warm welcome that we do on a Sunday morning".

We have an amazing team! We teach our staff and volunteers that the café is a creative, enjoyable environment, serving the growing village of Cottingham.

The coffee shop also houses a collection point for the

Cottingham Food Bank, a Community Notice Board and a Prayer Box for any visitors to use.

The charities supported are the Homeless and Rootless Project and Samaritans. For further information contact Steven Honey 01482 473491.

Shoppers benefit from free parking

SHOPPERS visiting towns across the East Riding this Christmas will be able to park for free.

East Riding Council's cabinet yesterday approved proposals for free parking in council car parks in towns such as Beverley, Bridlington and Goole in the run-up to Christmas.

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 weekend car parking, starting on Saturday, December 6.

Beverley Chamber of Trade chairman Julian Minshall said: "This is superb news for shoppers in the East Riding.

"The news will be very well received by traders who are doing everything they can to make sure people shop locally this festive period.

"The free car parking will also go along way to make sure this year's Christmas celebrations in Beverley are bigger and better than ever."

All council car parks will be free on Saturdays, December 6, 13 and 20, and Sundays, December 7, 14 and 21.

There will be no charges from 8.00 am on the Saturday to 8.00 am on the following Monday.

Normal parking rules will still apply, such as those around disabled parking bays and maximum stays.

Suspending payment for weekend car parking will cost the authority in the region of £40,000.

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East Riding County Choir - A concert for St. Nicholas's Day, Saturday 6th December at the Beverley Minster

The 6th December is the feast day of St. Nicholas, the 4th century bishop of Myra, in what is now Turkey. Nicholas, who is the patron saint of both Russia and Green, is also (very appropriately for a Christmas concert!) the original Father Christmas – Santa Claus being a corruption of his name!

Joseph Haydn wrote the St. Nicholas Mass to be performed for the Name Day of his patron, the fabulously wealthy and intensely musical Prince Nicolaus Esterhazy of Hungary, and the choir will be singing this joyous work on the 242nd anniversary of its very first performance on 6 December 1772. It was one of the few choral works that Haydn wrote before his 50th birthday; most of his output at the time was either orchestral or instrumental, with his great choral masterpieces being written during the last 15 years of his life.

In complete contrast to the mass, the choir will be performing Benjamin Britten's St Nicolas Cantata. This was written to celebrate the centenary of Lancing College in Sussex and had its first (unofficial) performance at the very first Aldeburgh Festival in June 1948. The part of Nicolas was sung by Britten's partner, Peter Pears, an old boy of Lancing. The cantata tells the story of the life and works of the beloved bishop, some real, some legendary, centred around his care of the poor and downtrodden. One of these tales – where Nicholas resurrects three small boys who, in a time of dreadful famine, had been murdered and pickled in brine by a wicked butcher – was the basis for the tradition of giving presents to deserving children.

The soloists for the St. Nicholas concert will be the distinguished Irish tenor, Ross Scanlon (who will be singing the part of Nicolas in the Britten cantata) Judith Cunnold (soprano) Rachel Wyllie (contralto) and Benedict Williams (bass). The 'pickled boys' will be sung by four boys from Hull Collegiate School. East Riding County Choir will be conducted by its musical director, Colin Wright, and accompanied by the East Riding Sinfonia (leader Patricia Mitchell).

Tickets for the concert are £16, £12 and £8, and are available from Beverley Tourist Information Centre, 34 Butcher Row, Beverley tel: (01482) 391672

For further information, please contact: Janet Tierney (Publicity Secretary): Email: janet.tierney@bosworth85.plus.com. Tel: 01652 628364.

Cottingham Churches Christmas Star Trek

On Saturday December 6th from 4.00 pm - 8.00 pm the three churches on Hallgate will be open with crafts, cakes & toys for sale, tombola, bran tub, entertainment and refreshments. Follow the star trail from Zion U.R.C. to the Methodist Church and on to St. Mary's, solve the clues and win a prize.

Come and sing your favourite carols with our organists, Occasional Folk and the Salvation Army band. There will be a colouring competition for children. A chance to see the Cottingham lights from the top of St. Mary's tower can be booked by ringing 848041 in advance.

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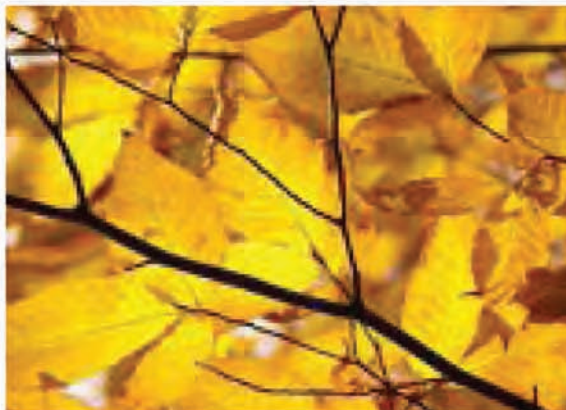
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The Traditional Chinese method of Acupuncture treats the whole person, body and mind, and not just the symptoms

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

Dermatological:

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



Muscular, Neurological, Skeletal and Vascular:

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

Internal:

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

Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

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

Cancer and Tumour:

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

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

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

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

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



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East Riding Lifestyles receive top awards!

Lifestyle teams from across East Riding of Yorkshire attended the prestigious Humberside Police Lifestyle Awards at the Hull City Hall on Wednesday 12th November. An audience of over 1,200 guests heard about their amazing community endeavours over the summer months, which made significant differences to their local communities.

The air of excitement was amazing as teams came up onto the stage to be awarded certificates and prizes ranging from days trips to Alton Towers and Silverstone, to PGL adventure experiences in Wales and France; all made possible due to the generous support of the many sponsors of the Humberside Police Lifestyle project.

Lifestyle Awards Supporter, Paul Lyons from Arco said, "Just when you think Lifestyle can't get any better, it does. The young people involved never cease to amaze. The sheer range and scale of the projects, the dedication and commitment of the teams, the guidance from adult advisers, the support from Humberside's business community, the superb professionalism of the Humberside Police Youth Engagement team and the imagination, energy, hard work and selflessness of the Lifestylers. All of these combine to form a hugely positive force for Humberside, its youth and its communities. A true jewel in Humberside's crown."

Paul continues, "Arco continue to be extremely proud to be a sponsor of this project and, in particular, the award ceremonies, where outstanding project work is acknowledged and rewarded. A huge well done, to everyone involved in Lifestyle 2014!"

Winners of Lifestyle 2014 'Born This Way' from Hull, were crowned overall Lifestyle Champions by Chief Constable, Justine Curran as a result of their project which raised awareness of the need for targeted bereavement support for young people in schools. Whilst doing this, they also raised funds for Dove House Hospice and Macmillan Cancer Support. They were invited to become members of a committee dealing with bereavement support in schools and organised a bereavement support event, featuring specialist guest speakers and invited local schools to attend. To help support their project, the team created an awareness film. A remembrance garden was created leaving a legacy of their project enabling young people a safe place where they can go to reflect and tie a ribbon to remember their loved ones.

Lifestyle's Principal Supporter Diana Taylor, from BP said, "Once again all the Lifestylers should be immensely proud of what they have achieved. They have shown amazing compassion and understanding of difficult issues faced by people every day. They have given their time generously and shown a determination to make things happen. This year's winning team, Born This Way, amazed us with their empathy, energy and commitment, overcoming challenges to deliver a real difference to the community and facing issues that all of us struggle with. They have held true to their vision, bringing lots of people together to work together to leave an ongoing legacy which will be far reaching."

Born This Way – Overall winners

Joe Irwin, Becca Irwin, Holly Wiles, Bella Wiles and Amber Wiles

Born This Way decided to tackle a very difficult subject for their project this year; to raise awareness of the need for targeted bereavement support for young people in schools. Whilst doing this, they raised a

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substantial amount of funding for Dove House Hospice and Macmillan Cancer Support to thank the charities for the support given to local families.

They undertook a number of fundraising activities which ranged from a sponsored walk across the Humber Bridge, holding stalls and tombolas at fun days and bag packs.

The team conducted a lot of research and met with Bereavement Charities and specialists in education and were given leaflets and information sheets to use during their projects. They were invited to become members of a committee dealing with bereavement support in schools. The team also organised a bereavement support event, featuring specialist guest speakers and invited all Hull Schools to attend, along with representatives from health and other charities.

Born This Way wanted to leave a lasting legacy with their project and create a space where people could go and remember a loved one. They decided to create a remembrance garden in Cottingham where people can go and tie a ribbon to remember their loved ones. The team negotiated with Cottingham Paris Council and were given permission to create the garden. They also made a bereavement video to be used in schools.

The team say "We have learnt how to work together, how to negotiate with adults and how we can make a change by making lots of small steps to get to our goal".

Schools: Endsleigh Holy Child RC Primary School, Endike Academy, Cottingham High School and St. Mary's College

Daisy Chains – I PAD's

Maisie Allenby, Chloe Allenby, Bridget Allenby and Aimee Hatton

The Daisy Chains' slogan is 'Seed, sow, soil, grow'. The aim of their Lifestyle 2014 project was to encourage people to get planting and grow flowers and vegetables. They contacted companies and were sent hundreds of packs of seeds which they made into 'growing packs' to give out free to children and adults of all ages. The Daisy Chains also made a bug-hunt for the local pre-school children to learn and enjoy the great outdoors. They also created a growing and insect colouring book and gave these out along with packs of crayons.

They raised money by holding two stalls, selling buns, face painting and holding a sweet tombola and used these funds to write and illustrate the next book in the 'Daisy Dino' series. Following the success of the bug hunt the theme for this book is 'Daisy Dino goes on a bug hunt', to accompany the book the team spent a great deal of time making 'story sacks' which were filled with their handmade puppets. The team donated the 'story sacks' to local children's centres and pre-schools.

In their log the team say that "teamwork is key to success, with enthusiasm, creativity and hard work you can achieve amazing things".

School: Cottingham High School.

Winners from Cottingham also included The Biking Bunch and the Bubble Buddies, whose team members are listed below.

The Biking Bunch – Silverstone

Amy Jenkinson, Jack Jenkinson, Millie Jenkinson, Elyssa Cappleman and Leonie Cappleman. School: Cottingham High School

Bubble Buddies – Alton Towers

Lucy Musgrave, Summer Hobbs, Hannah Conyers and Leah Clancy. School: Cottingham Croxby Primary School.

Pictured top left: Overall winners 'Born This Way' and below 'The Daisy Chains'.



Everyone involved with the
Cottingham Times



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for their support during the past year
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*A Very Merry Christmas
and a Peaceful
and Prosperous New Year*



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Crossword solution from page 14

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Alternative Health

It is that time of year again (groan!). Welcome to the cold and flu season. Your first inclination may be to head to the closest chemist and stock up on tissues and cold medication. If you dread the thought of a runny or stuffed up nose, sneezing, sinus congestion, a headache, the chills and a dry scratchy throat, be proactive.

How can you accomplish that? Get regular physical activity (even walks will fit the fitness bill in the winter months) and improve the work of your overworked immune system by paying attention to your nutrition.

Here's how:

One – Think healthy protein:

One of the many tasks of protein is to improve the body's ability to produce antibodies that fight diseases and infections. Choose high-protein foods that are also made up of healthy fats. Examples of these include ground turkey breast, white-meat chicken, beans, fish, nuts, tofu and non-fat dairy. Cut down on fatty red meats and dairy foods that are high in their fat content. These foods promote inflammation around the heart and should be avoided.

Two – Enjoy a cup of black tea:

To improve your body's ability to fight viruses, drink more black tea. Those who consume five cups (approximately three mugs) of black tea on a daily basis, produce 10 times more "virus-fighting interferon" than those individuals who drink coffee.

Three – Add some color to your diet:

Fruits and vegetables come in every color of the rainbow- well practically! Load up on as many colors as you can. Bell peppers, broccoli, kiwi fruit, oranges, strawberries and tomatoes are all excellent sources of vitamin C and flavonoids. These essential substances support the body in sending out protective immune cells. You need these foods so eat up as often as possible!

Four – Choose cereals that are 100 percent whole-grain:

Oatmeal and shredded wheat are two whole-grain cereals that are rich in the nutrients beta glucan, selenium and zinc. These three nutrients are particularly beneficial in the winter months because they enhance the work of the immune system.

Five – Fight illness with spiced up chicken soup:

Even with the best efforts, it is still possible to catch something during the cold and flu season. If you do come down with something, turn to the old standby, chicken soup. Chicken soup has the potential to shorten the duration of your illness by as much as 50 percent.

There have been many theories proposed as to why this may be the case. One of the theories has to do with an amino acid called cysteine. When chicken is cooked, it releases this amino acid, which is chemically similar to a drug for bronchitis called acetylcysteine.

To enhance chicken soup's power to fight the flu and a cold, add some garlic and hot red pepper to your soup. Garlic is excellent at fighting viruses while hot red pepper contains capsaicin, which is a very strong decongestant. Chicken soup with a little dill added to it can also do your infection a world of good.

Stay well!

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