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Issue 169 - December 2015

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In Cottingham and District

Skidby & Little Weighton Methodist Church

Tuesday 1st December - Christmas Por Pourri at 7-30pm. Something for everyone including refreshments. Collection for Action for Children All welcome.

The Cottingham History Society

Wednesday 2nd December - The Headscarf Revolutionaries - Brian Lavery, in the Red Hall, Hallgate Primary School, Cottingham starting at 7.30 pm. Meeting fee, Members £1.00; non-members £2.00. Contact Peter McClure 01482 845734.

Cottingham Men's de Luda Society

Wednesday 2nd December - Christmas Lunch with Ladies, in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

Canine Partners - Amazing Dogs ... Transforming Lives

Saturday 5th December - Christmas Fair in the Darby & Joan Hall, Finkle Street, 11.00 a.m. to 3.00 p.m. Stalls for Tombola, Books, DVD's, Jigsaws, Games, Prizes. Something for adults and children. Refreshments available. Admission FREE.

Front cover: Thwaite Hall Grounds
Photo by: Paul Lakin

Cottingham Methodist Church

Saturday 5th December - Craft Fair and Coffee, at 10.00 a.m. to 3.00 p.m.

Skidby Parish Council

Saturday 5th December - at 6.30pm on Church Green, Skidby - Skidby lights up for Christmas join in the festivities at the Village Hall and the Half Moon Pub

Skidby Village Hall & Institute

Saturday 5th December - will be holding their Annual Xmas Craft & Gift Fair on Saturday 5th December 10am -3pm. Crafts, Gifts, Tombola and Refreshments will be available throughout the day. Xmas Shopping at its best FREE ENTRY .

Cottingham Methodist Church

Saturday 5th December - Coffee and Crafts, 10.00 am to 3.00 pm.

North Ferriby Gardeners' Club

Monday 7th December - Christmas Wreath Demonstration - Make your Own with Jill Thomkinson. Refreshments and Festive Fayre. North Ferriby Gardeners' Club meetings are held in the Village Hall, starting at 7.30 pm. (unless otherwise stated)

Cottingham Women's Institute

Tuesday 8th December - Christmas Celebration with the Castaways (singers). Competition: Christmas Poem, 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Evening Townswomen's Guild

Wednesday 9th December - Charity Cheque Presentation, Social Evening, at 7.30 pm in the Darby & Joan Hall, Finkle Street.

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Cottingham Ladies Circle

Wednesday 9th December - Christmas Lunch at Thwaite Hall.

Cottingham Men's de Luda Society

Wednesday 9th December - Christmas Lunch (Men Only), in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

East Riding Cricket Society

Wednesday 9th December - Champions Evening - Mark Arthur, C.O. Yorkshire CCC plus 1st XI players. Meeting in the Brewery Bar, King William IV, at 7.30 p.m. for 7.45 p.m. All welcome! £5 on the door. More information contact ercsoc@gmail.com or phone Maggie Sumner 01482 861848.

Cottingham Green Women's Institute Evenings

Thursday 10th December - Christmas Celebrations. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

North Ferriby Flower Club

Thursday 10th December - Andrew Grisewood, demonstration "A Touch of Fantasy", in the North Ferriby Village Hall, 7.00 pm for 7.30 pm. Tickets £10.00 available from Margaret Hobson 01482 634114 (preferably after 4.00 pm)

U3A

Thursday 10th December - Musical Interlude with the Cottingham Singers, at 2.00 p.m. in the hall at the Darby and Joan Hall, Finkle Street.

Hull and East Riding Glaucoma Group

Friday 11th December - Because of Christmas arrangements our next meeting will take place at HERIB on Friday 11th December at 11am, when we will be pleased to welcome Pat Savage, the Glaucoma Nurse Practitioner from the Eye Clinic as our speaker. Always a very welcome guest, Pat will be keeping us up to date about her work in the Glaucoma Clinic, as well as addressing concerns and questions raised by members of the group. Join us at HERIB on Friday 11th December at 11am. Entry £1.50 per person. For more information and to book your place please call HERIB on 01482 342 297.

Beverley Film Society

Friday 11th December - Of Horses and Men (Iceland) 2013 Cert 15 Drama/comedy/romance. Award-winning tales, highlighting the relationship between humans and horses where love and death are interlaced in a sometimes hostile environment for locals and visitors aide. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley. Members: £30 for whole season. Guests (of members): £4.50 per screening.

East Yorkshire Embroidery Society

Saturday 12th December - Lynne Lewis - Lateral thinking and creative skills, to be held at 2.30 p.m. in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits. www.eyes-embroidery.co.uk.

The Royal British Legion (Cottingham Branch)

Saturday 12th December - Are holding a Christmas Sequence Party Dance, at 6.30 pm till 10.30 pm., at the Darby & Joan Hall, Finkle Street. Ham, tea, coffee, party supper. Tickets £6.00 each from Allan 01482 841604.

Cottingham Catholic Women's League

Monday 14th December - Christmas Party, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 p.m.

Continued on page six

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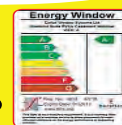
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Hull and East Riding New Stitchers (H.E.N.S.)

Tuesday 15th December - Christmas Party, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com.

Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 15th December - at 7.30 pm.

Tuesday 5th January 2016 - at 7.30 pm.

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Cottingham Men's de Luda Society

Wednesday 16th December - Terry Richards - Events, in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

Cottingham Singers

Wednesday 16th December - The Cottingham Singers will be performing their annual Christmas Concert at Bricknell Avenue Methodist Church, Bricknell Avenue. This year's charity is the Ellie-Mae Fund. Tickets priced £4 (including refreshments) are available on the door or by ringing (Janet) 01482 442894. There will be items performed by the choir, plus guests The Dagger Lane Society, as well as a chance to join in well loved carols. Please come and join us and get into the spirit of Christmas.

Skidby & Little Weighton Methodist Church

Sunday 20th December - Carol Service at 4.00pm led by our minister Rev Margaret Asiedu. Come and celebrate Christ's Birth.

Joint Service held at Cottingham Methodist Church with Zion URC

Thursday 24th December - Christmas Eve Communion.

Joint Service held at Zion URC with the Methodist Church

Friday 25th December - Christmas Day Celebration at 10.00 am.

Wednesday Social Club

Wednesday 6th January - Luncheon, in the small Darby & Joan Hall, at 2.00 p.m.

The Cottingham History Society

Wednesday 6th January - Robb Robinson - Far Horizons, from Cottingham and Hull to the End of the Earth, in the Red Hall, Hallgate Primary School, Cottingham starting at 7.30 pm. Meeting fee, Members £1.00; non-members £2.00. Contact Peter McClure 01482 845734.

The Cottingham Bowling Club

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



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AgeUK East Riding

First Friday in the month from 10.00 a.m. to 11.30 a.m., call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and other services available. Tea and Coffee available. Telephone 01482 869181 for further details.

Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Dean Banyard, Club Secretary, telephone 01482 840924, or visit our website www.cottinghamrangers.co.uk.

Zion United Reformed Church, Hallgate

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

Play Badminton

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

Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.30 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm; Fridays 6.15 pm. Suitable for men & women of all abilities. www.fitmums.org.uk

Cottingham Bridge Club

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

The Alzheimers Society

Hold a 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.

English Country Dancing

Every Tuesday at the Darby & Joan Hall, Finkle St.. Cottingham. 8.00 pm until 10.00 pm. Beginners welcome. For further information please ring Fred Smith on 01964 550297.

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.

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.

Continued on page 38

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Property News from Martin English of Homelink

A winter checklist for landlords

So far we have been fortunate with the weather this year however winter is upon us. 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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Easy Come . . . (but not so) Easy Go -

Adam Waller, Head of Property at Graham & Rosen discusses the minefield of residential tenancy repossession..



Recent legislative changes have placed more obstacles in a Landlord's path, making it harder to repossess your property.

Getting In ...

Installing tenants in a second property can seem an ideal way to secure extra income. Downloading "free" tenancy agreements from the internet or non-legal suppliers is not ideal way to do it.

Getting Stuck ...

Most Landlords will know about deposit protection schemes but what do the changes created by the new Deregulation Act mean?

- A Notice to End the Tenancy (S.21 Notice) can no longer be served in the first four months of an Assured Shorthold Tenancy. Those Landlord who serve the Notice at the start of a tenancy, to terminate it at the end of the contractual term, will need to think again.

- You cannot serve a S.21 Notice unless before doing so, you have given the Tenant the following:-
 - An Energy Performance Certificate
 - A Gas Safety Certificate
 - A copy of the DCLG booklet "How to Rent : The checklist for renting in England".

Getting Out ...

You now have only six months from the date the S.21 Notice was served. A new Notice must be served if possession proceedings have not been issued within that period. Even the form has changed; use the correct form or the courts will throw your claim out

Getting it Right ...

For more information about tenancy agreements and commercial property law contact Adam at our Cottingham office on 01482 840201, or Hull office on 01482 323123 or afw@graham-rosen.co.uk or go to www.graham-rosen.co.uk



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Exciting new developments and news from Microsoft

Lots of exciting developments to tell you about this December. Last month I attended our industry's annual trade show which was conveniently held at the Royal Armouries in Leeds. Presenters included Microsoft, Intel, Cisco, and GfK who monitor trends in consumer spending, in other words what sort of technology/gadgets we all like buying!

So let me start with Microsoft. Obviously I've been talking about Windows 10 for some months now, and for those of you who have taken the plunge and upgraded, the first major update is now rolling out, which apparently contains 200 new capabilities. Having just downloaded the update onto a new computer, I can tell you it does take some time to install, but do it anyway. To help you find your way around Windows 10 there is a helpful 'Get Started' app on the start menu, which is a video tutorial. Or of course you ask Cortana, the new voice-activated assistant. 'Hey Cortana tell me a joke' Response: 'Why didn't the spider go to school?' ...'Because she learnt everything on the web!' Well you get the idea, you can ask what the weather will be or anything else really!

Microsoft hardware was being demonstrated at the trade fair too, and they have some very useful keyboards that work with any device. There is actually a button on there that lets you select Windows, Apple or Android. One has a built-in stand that would take an iPad or other tablet, and one folds in half like a large wallet, which makes it very mobile friendly! And for anyone with a very recent Windows tablet or Windows 10 laptop, they offer an HDMI connector for a Smart TV that lets you wirelessly stream your content, be it PowerPoint, photos or even movies straight to your TV screen!

Office 2016 – The latest version of Office (Word, Excel, PowerPoint etc.) is now available, and those of you who subscribe to Office 365 will be offered this automatically. To check, just click File, Account and then Updates. Anyone else with an older version, particularly pre- 2007 should think about

purchasing this new version. There are some useful help features in all the programs, called 'tell me' – just type in what you are trying to do and it will bring up the answer or method. Also new in 2016 is the ability to **edit** PDF files (not just Save As), which will probably upset Adobe, but save you hundreds of £'s! Lastly on this subject, it's a common misconception that Office (especially Word) is included with Windows, but sadly this is not the case, even on a brand new computer. There is only a link to redeem a code or purchase it, so bear that in mind if you are buying a new computer. We can of course supply & install Office, just give us a call for a price.

I had an interesting conversation with a European manufacturer of computers based here in the UK. They have an excellent range of traditional PCs, all-in-ones, Laptops and mini PCs. So I look forward to working with them, more news next month.

Talking of Adobe – they have introduced a really good **free** mobile app that once you've signed up to, lets you see all the recent PDF files you have created on any device. So if you have created a document on your PC or laptop and when you're out want to see a copy on your smartphone, you just open the app and there it is.



Windows 10 – As it's four months since launch, and with the release of the major update mentioned above, the upgrade process should now be more reliable. But be prepared to put a bit of work in, and based on past experience **things are not always guaranteed to go smoothly**. We can offer to fix any problems after the event as we have done for lots of customers, just let us know and we can quote you. But if you prefer not to take a chance, then call us if you want to take the hassle out of it and drop off your computer and have us do it for you. Give us a ring for advice and pricing. Make sure you have a licensed version of Windows 7 or 8 first and then check the few points mentioned in last month's article, that you can find here: <http://www.rdmcomputers.co.uk/news/>

You may have used the DVLA website to renew your road tax by now. Another useful feature on there is a 'driver summary check code'. The code which is valid for 21 days, can be used when you are hiring a car and tells the rental company everything they need to know about your licence.



Last month I mentioned that ESET has launched version 9 of its Nod32 and Smart Security products. Both offer an enhanced level of security to your computer and are compatible too with Windows 10. Call us for pricing or for a free trial just go to: www.eset.co.uk

If you are thinking about a new PC, we can supply a new tower that will suit all your needs, with a choice of Windows version, either 7, 8.1 or 10. All our computers come with the latest Intel processors, branded components and genuine software and include delivery to your own home (in the local area of course). The latest versions of Office can be supplied and installed at the same time. And importantly we can arrange to back up all your data and emails etc. and transfer it all to the new computer. If you decide to buy a laptop or tablet, we also offer a set up service. Please call us for advice.

As always, for information, PC quotes or to book an appointment for a home visit for service or repairs, just call or email. More news on developments next month.

Thanks for reading & best wishes for a Very Merry Christmas and a Happy New Year!

Richard Mills

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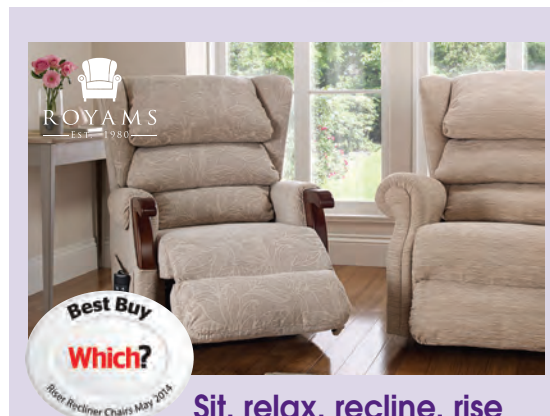
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Scandinavian innovation at its best – that's the Raana chair, just one of more than 40 chairs you can try in our new Comfort Zone. It features the unique Sitbest easy recline system which doesn't need a hand control, it simply reacts to light pressure from your back so that you position yourself for real comfort from top to toe. Relax to the smooth action and inbuilt footrest. Come and try it out!



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Wordsearch - Twelve Days of Christmas

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

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

Find the words in the letters above:

Calling Birds, Drummers, French Hens, Geese, Golden Rings,

Ladies, Lords, Maids, Partridge, Pear Tree, Pipers, Swans,

True Love, Turtle Doves, Twelfth Day.

Wordsearch courtesy of www.wordsearch-puzzles.co.uk

Sudoku No. 107

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

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

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MARIONOWENTRAVEL

As the New Year is looming I am busy with our Christmas tours. This is generally a quiet time in the office but bookings are still rolling in. Perhaps a holiday is taking priority over tradition Christmas presents this year. Booking early and having a break to look forward to can be a tonic in itself.

We are looking forward to our Christmas break..

Our office will be closed from 23 December 2015 and we will be reopen on Monday 4th January 2016.

We have a smashing selection of city breaks available from Humberside airport next year and as I always say if they are well supported then we will get more departures.

Why not join me for a weekend in Iceland for two action packed days? Departs 5th March and the price is from £399.

Bordeaux is a fabulous city offered for the first time from Humberside as a weekend break on 10 June.

For a week in the summer how about a week in Austria, Italy or Southern Spain? There are also two cruises 27th August to the Greek Islands on offer, do call for more details.

The options are endless if you travel via Amsterdam. For example we have an exclusive cruise circumnavigating the Greek Peloponnese (includes transiting the Corinth Canal) aboard a 49 guest Motor Sailor - as Lynne says "it is just like a pirate ship". With lectures & excursions to all the ancient sites included this will be a fabulous adventure, 8 nights departing on 03 November from £1673.

If you prefer rivers to the Ocean we have an all inclusive Rhone River Cruise departs Humberside 01 July from £1614. The Rhone is one of my favourite rivers in Europe and you would not be disappointed.

Closer to home Jersey, we can book any holiday to this fabulous island but we also offer three special departures in 2016 with a pick up from your door, flying from Doncaster. The flight is only just over an hour you are met on arrival and will enjoy 7 nights half board at the Mayfair Hotel in St Helier. Departing 28 May £699, 27 August £725 (2 single rooms*) & 17 September £689 (2 single rooms*) * just £20 supplement.

Should you not wish to travel by air or sea the opportunities in our country are vast, Apartments in cities are popular and can be booked from just one night, how about a log cabin with a hot tub for total relaxation? Re live your childhood days with a week by the seaside, we have a good selection of hotels by the sea by car or coach if you wish to sit back, relax and let someone else take care of you.

Our own tours are something special not to be compared with other coach holidays, I accompany all departures to ensure you are taken care of from start to finish. Having just 30 VIP seats book early to ensure you do not miss out.

Remember when you want to get away we are just a call away, also personal visits to our office are always welcome.

I would like to wish all readers Season's greetings and a Happy New Year.

Marion

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07 Jan	Boundary Mills, January Sales just for a day	£ 15
08 Jan	Warner's Nidd Hall 3 night 50's weekend Half board	£ 209
13 Jan	Millstones super day out inc. food, dancing, singing & fun	£ 43
17 Jan	Harrogate, shopping & afternoon tea Majestic Hotel 1 night HB	£ 99
20 Jan	"The Girls" musical overnight B&B Manchester—2 days	£ 129
22 Jan	Alvaston Hall 3 night Big band Jazz weekend - half board	£ 235
22 Jan	Alvaston Hall, Afternoon tea & a look around just for the day	£ 45
27 Jan	World of Rhubarb - day outing inc. tour & 3 course lunch	£ 49
28 Jan	World of Rhubarb—day outing inc. tour and 3 course lunch	£ 49
24 Feb	Matthew Bourne's Sleeping Beauty - Bradford, matinee	£ 48
09 Mar	Anton & Erin - Just gotta dance - Bradford, matinee	£ 59
14 Mar	Torquay 4 star hotel half board & excursions	£ 329
01 Apr	Taster Cruise on m/v Megallen overnight from	£ 139
10 Apr	BBC Good Food Show - Harrogate	£ 39
18 Apr	Norfolk in Springtime, 4 busy days, Links Hotel half board	£ 318
24 Apr	Harrogate Spring Flower Show	£ 40
24 Apr	Keukenhof via P&O North Sea Ferries 2 nights from	£ 139
09 May	Bodelwyddan Castle 4 night midweek break - half board	£ 299
20 May	Guernsey, Sark & Herm 5 nights Half board	£ 749
29 May	Efteling Theme Park 3 nights via P&O NSF family of 4	£ 850
07 Jun	Bosworth & the National Memorial Arboretum 2 days	£ 145
22 Jun	Luxembourg & 4 countries - 7 day super tour	£ 499
01 Jul	Thoresby Hall 01 July 3 night 70's tribute weekend half board	£ 279
05 Jul	Luxury at Dumfries House . a very special treat 2 days	£ 335
10 Jul	Pontefract Liquorice Festival - Just for the day	£ 20
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15 Aug	Kettlewell Scarcrows, day outing	£ 30
28 Aug	Efteling Theme Park, 3 full days in the park family of 4 only	£1256
09 Sep	Thoresby Hall 3 night Big Band Live Weekend half board	£ 279
17 Sep	Isle of Man island sights, 5 nights - half board Ramsey Park	£ 495
09 Oct	Harrogate, Shopping & afternoon tea 1 night at the Majestic HB	£ 99
07 Nov	Warner's Alvaston Hall - 5 day Turkey & Tinsel	£ 289

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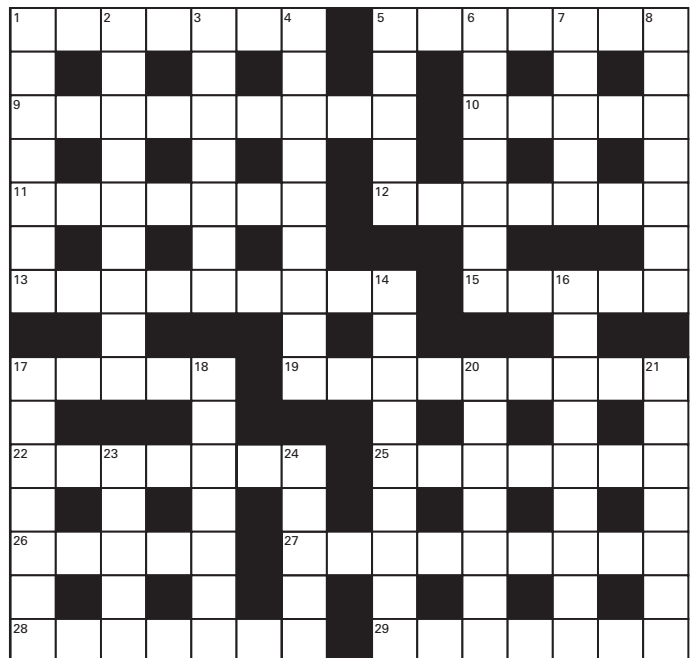
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Crossword - Solution on page 46



Across: 1. The least possible (7); 5. Tedium (7); 9. Truce (9)
 10. Scuba enthusiast (5); 11. Small squirrel-like rodents (7)
 12. Severe or far-reaching (7); 13. Moving up quickly (9)
 15. A piece of armor to protect thighs (5); 17. Placed in folders (5)
 19. Decorated (food) (9); 22. Flapping (7); 25. Enjoy to excess (7)
 26. Exhilarate (5); 27. Acquit (9); 28. Goddess of vengeance (7)
 29. What a private does to an officer (7)

Down: 1. Move in a sinuous manner (7); 2. Dealing with numbers (9)
 3. Monumental (7); 4. Lingering (9); 5. Baked dough (5); 6. Glowing (7)
 7. Piece of turf (5); 8. An amazing occurrence (7); 14. Fortresses (9)
 16. Ancient commentator of classics (9); 17. One less than 16 (7)
 18. Acts undecidedly (7); 20. Inner spirit (7); 21. Intensifies (7)
 23. Render harmless (5); 24. Bobbins (5)

Crossword courtesy of www.crosswordpalace.com

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It's Nearly Christmas!



It's that time of year when we all treat ourselves to a bit of what we fancy, we socialise more, we eat more, and we drink more. Here are some quick and very simple tips when looking at damage limitation over this festive period!

- My main tip is to enjoy yourself! Spend time with your friends and loved ones, and do not beat yourself up if you do have a treat or are perhaps a bit more lenient with your food choices. It is once a year, don't be too strict on yourself.
- Don't let Christmas dinner be the only day over the holiday period when you consume protein (turkey/chicken/fish) and fresh veg. This should be a staple of your diet anyway, aim to keep your protein content high over the festive period.
- Stay hydrated, start every day with at least 500ml of water.

- Use walks as part of your routine over the holiday period, just a simple brisk 20 minute walk with friends/family can help in terms of energy whilst also clearing your mind.

- Get creative with left-over Turkey. Try making fresh soups or curry.

- Focus on keeping vitamin C levels optimal, & include berries for antioxidant properties. In case you are wondering, Terry's chocolate orange does not count as a source of vitamin C!

- Try drinking peppermint tea in between larger meals, studies have linked the benefits of doing so with calmed/improved digestion and reduced bloating.

- Use the time you have away from work and your usual schedule to focus on your goals, aspirations, and personal development.

On behalf of all the staff at Cottingham Parks, we wish you a very Merry Christmas and a Happy New Year.

Tristan Buttle, Wellness Manager

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In the Kitchen



Traditional roast turkey with stuffing

Follow this easy recipe for a traditional centre piece for your Christmas Dinner.

- Preparation time: 15 minutes
- Cooking time: 3-4 hours, depending on size of the turkey plus 30 minutes resting time
- Serves: 8 (with leftovers)

Ingredients

- 1 medium essential Waitrose Turkey, about 4-5.99kg
- 2-3 fresh bay leaves, torn in half
- 1 lemon, cut into quarters lengthways
- 1 onion, peeled and cut into quarters lengthways
- 450g pack Waitrose Sausage meat Stuffing (optional)
- 50g butter, melted

Method

1. Preheat the oven to 190°C, gas mark 5. Remove the giblets from the turkey and set aside for gravy. Season the cavity. Put the bay leaves, lemon and onion in the main cavity.
2. Stuff the smaller neck cavity with the sausage meat stuffing, if using, then pull the skin back over the neck. Use a cocktail stick to secure the skin flap underneath the bird.
3. Brush the turkey skin with the melted butter and roast according to the instructions on the pack, covering it with foil if it gets too brown.
4. Check the turkey is done by inserting a skewer into the thickest parts of the breast and thighs: the juices should run clear and there should be no pink meat. If the juices are still pink, return to the oven for 15 minutes before testing again.
5. Transfer the turkey and the garnish to a warm serving dish. Cover with buttered foil, then place a clean tea towel on top. Leave the turkey to rest in a warm place for 30 minutes (it will stay hot for up to an hour).

Brian Turner's salmon fillet with a parsley crust and lightly pickled red pepper butter sauce

'This dish is impressive as a centrepiece of a buffet, allowing everyone to help themselves. Any leftovers, if there are some, make a lovely light salad for lunch.' Brian Turner

16 December - www.cottinghamtimes.co.uk

Brian's tip

'If you don't have a roasting tray big enough, you can cut the salmon fillet in half to cook, then cover up the join with the parsley crust when ready to serve.'

- Preparation time: 20 minutes
- Cooking time: 30 minutes
- Total time: 50 minutes. Serves: 6 - 8

Ingredients

- 1 Waitrose Fresh Scottish Salmon Fillet (approx 1.1kg)
- 110g softened unsalted butter
- 150ml chicken stock

For the parsley crust:

- 50g unsalted butter
- 225g fresh white breadcrumbs
- 2 tbsp chopped parsley
- Sea salt and pepper

For the red pepper sauce:

- 1 tbsp rapeseed oil
- 2 red peppers, seeded and finely chopped
- 2 tbsp white wine vinegar
- 170ml tub double cream
- 175g unsalted butter
- 2 tbsp chopped chives

Method

1. Preheat the oven to 160°C, gas mark 3. Remove any remaining scales on the salmon fillet and generously butter your largest roasting tray. Lay the salmon on the tray skin side down.
2. Preheat the oven to 160°C, gas mark 3. Remove any remaining scales on the salmon fillet and generously butter your largest roasting tray. Lay the salmon on the tray skin side down.
3. Gently rub the salmon fillet with the remaining softened butter, and season generously with sea salt and pepper then pour in the chicken stock. Bake in the preheated oven for about 15-20 minutes, until cooked through then take out, drain off excess liquid and set aside to stand.
4. Meanwhile for the parsley crust, melt the butter in a frying pan, tip in the breadcrumbs and fry until golden brown in colour. Remove from the heat and stir in parsley, then season generously.
5. For the red pepper sauce, heat the rapeseed oil in a pan and fry the chopped peppers until soft, then add the white wine vinegar and bring to the boil.



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6. Using a hand blender or liquidiser, blitz the peppers to a purée then pass through a sieve.
7. Brush the salmon fillet with some of the pepper purée and pour the rest into a small saucepan with the double cream and bring up to the boil. When it starts to thicken remove from the heat and beat in the cold butter - a couple of cubes at a time - until smooth and thickened. Season to taste.
8. Sprinkle the salmon fillet with the parsley breadcrumbs and transfer to a serving dish.
9. Stir the chives into the butter sauce and serve a little around the fish, pour the remainder into a bowl and serve alongside the fish.

Brian Turner's smoked gammon with thyme, garlic & chilli chickpea salsa

'Everyone needs to have a bit of ham in the fridge to pick at over the Christmas period and for a naughty supper, toss some warmed leftover roast potatoes in butter, and add a slice of cold ham. This cannot be beaten!'

- Preparation time: 20 minutes
- Cooking time: 2 hours 15 mins, plus cooling
- Total time: 2 hours 35 mins, plus cooling. Serves: 6 - 8

Ingredients

- 1 Waitrose Smoked Boneless Gammon (approx 2kg)
- 1 garlic bulb
- 1 tbsp English mustard
- 2 sprigs of fresh thyme
- 2 tbsp chopped parsley
- 1 tbsp chopped fresh thyme
- For the chickpea dressing:
- 6 tbsp rapeseed oil
- 1 shallot, finely chopped
- 1 clove garlic, crushed
- 6 tomatoes, seeded and diced
- Pinch dried chilli flakes
- Pinch sugar
- 1 tbsp white wine vinegar
- 400g can chickpeas, drained and rinsed
- 1 tbsp Dijon mustard
- 1 tbsp chopped parsley

Method

1. Place the gammon in a large casserole and cover with cold water, calculate the cooking time according to pack instructions. Cut the garlic bulb in half horizontally and add to the pot with the thyme. Bring gently to the boil and simmer for the calculated cooking time, about 2 hours until cooked through. To check if the gammon is cooked, push a skewer into the centre of the joint - it should give way and feel firm but not rubbery. Then press the skewer to the back of your hand, it should feel hot. If not, continue to simmer for another 15 minutes, then try again. Leave to cool in the cooking liquor.



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2. When cold enough to handle remove the gammon from the pan and carefully cut off the rind (if using a rind-on gammon joint). Brush the surface with the mustard then roll in the chopped herbs. Wrap in clingfilm and chill until ready to serve.
3. Meanwhile, for the chick pea salsa, heat 1 tbsp of the rapeseed oil in a large saucepan and gently cook the shallot and garlic until softened but not coloured. Stir in the tomatoes and chilli flakes and continue to cook until pulpy and thickened. Add a pinch of sugar, the white wine vinegar and the chickpeas and bring to the boil. Then remove from the heat and set aside to cool.
4. Place the mustard in a bowl and whisk in the remaining 5 tbsp of rapeseed oil. Stir into the chick pea mixture along with the chopped parsley and season to taste. Thinly slice the gammon and with serve with dressing.

Lemon and sage-buttered Brussels

Give your Brussels sprouts a make-over this Christmas with this delicious vegetarian recipe.

- Preparation time: 10 minutes
- Cooking time: 8-10 minutes
- Total time: 18-20 minutes. Serves: 8

Ingredients

- 600g fresh Brussels sprouts, trimmed and any larger ones cut with an 'X' in the base
- 150g pack LOVE Life Pecans
- 50g butter, softened
- 1 red chilli, deseeded and finely chopped
- 2 tbsp chopped sage
- Zest and juice 1/2 lemon

Method

1. Cooks the Brussels sprouts in boiling water for 8-10 minutes or until just tender. Drain and return to the pan.
2. Meanwhile, dry-fry the pecans for 1-2 minutes until golden. Set aside.
3. Mix together the butter, chilli, sage, lemon zest and juice. Season well. Stir into the hot sprouts with the toasted pecans.

Get ahead

A day before, trim the sprouts and make the flavoured butters. Keep separately in the fridge. Toast the nuts and keep covered at room temperature. Cook and assemble on the day.

Reproduced by kind permission of Waitrose.co.uk.

www.cottinghamtimes.co.uk - December 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

Champagne - a Christmas celebratory drink

Champagne is a true Christmas drink and, apart from Valentine's Day, we buy more fizz now than at any other time of the year.

It's a truly celebratory drink - just opening the bottle conjures up the excitement and expectation of what is truly a sensuous experience; the "pop", the little wisp of "smoke" and the rush of bubbles as the golden liquid hits the side of the glass.

Champagne reaches the parts other wines don't reach - or at least gets there sooner, as the bubbles release alcohol into the bloodstream quickly.

Much of the magic is in the bubbles themselves. Coarser fizzy drinks have carbon dioxide pumped into them but Champagne bubbles come from a natural process called secondary fermentation, which also produces natural sediments.

The amount of time the wine spends ageing on its sediments is one of the most important factors in determining the quality of the Champagne.

The bottles are placed in A-frame racks, necks down, and someone called a "riddler" turns each bottle slightly while gradually tipping them further downwards.

At the end of six to eight weeks, the bottle stands almost upside down with the sediment resting in the neck. The bottle is then dipped in a brine solution to freeze it, the temporary cap is removed and out flies the sediment, propelled by the carbon dioxide.

At this point the wine-maker can determine whether he wants a sweeter or drier Champagne by adding a combination of wine and sugar, before the bottle is fitted with a real cork and its wire casing - needed because there's a huge amount of pressure building up inside that bottle, about three times more than a car tyre!

Because so much Champagne is drunk at Christmas, now is the time you'll find the best offers, and, of course, quality varies. Most of those on offer will be marked (nv), meaning they are made from a blend of several years' production; vintage Champagnes are only made in the best years and from the first pressing of the best grapes, hence they are more expensive. It also spends more time ageing in the bottle.

Champagnes are categorised as Extra Brut, Brut (pronounced "broot"), Extra Dry, Sec and Demi-Sec, depending on their sugar levels; Brut being the most widely consumed, offering a typically crisp and dry palate appeal.

Confusingly, Extra Brut is, as you would expect, an even drier style of fizz whereas Extra Dry, is middle of the road; Sec sweeter, and Demi-Sec the sweetest of them all.

Champagne, of course, can only be called Champagne if it comes from that region of France and three varieties of grapes can be used - white Chardonnay, black Pinot Noir and Pinot Meunier. Occasionally it is made from only Chardonnay or from the black grapes but the general rule is the more white grapes in the blend, the lighter the style of the Champagne. It's a case of reading the small print on the label.

Early December is always the best time to be cashing in on the fizz bargains so now is the time to be scanning the shelves of local supermarkets and wine outlets. I've picked out two of my favourites amongst this month's best buys.

But finally, if you feel like pushing the boat out, I'd like to recommend a couple of extra bottles for Christmas.

Château Grand Barrail Lamarzelle Figeac 2006 (£22, Sainsbury's) is a Claret that would pair well with turkey - this Bordeaux red punches well above its weight in quality and value.

It has lovely aromas of red cherrie and raspberries with ripe tannins on the palate and delicious plum and smokey flavours on the finish.

Port is something else I wouldn't do without at Christmas (well, any time of the year if I'm honest!) and, as always, there will be bargains to be had on the High Street. Taylor's Ten Year Old Tawny (recommended price £22 but will be cheaper - Waitrose will be selling at £17 from December 9) is a favourite of mine.

Serve chilled and enjoy with mince pies, Christmas cake or Christmas pudding. This Port has wonderfully ripe, berry fruit with a hint of spice and nuttiness. Smooth and silky on the palate, there is figgy, squashy fruit and mellow notes of chocolate, orange and butterscotch.



BEST BUYS

**Taittinger Brut Reserve, nv****Where:** Tesco**When:** Now, until December 12

Why: The perfect Christmas bubbles; an absolutely top Champagne that can cost up to £39.95. Already seeing it on offer elsewhere but this Tesco offer is currently the best. A delicate fizz with a fresh, appealing nose and hints of biscuit and brioche.

£25 (was £35)**Co-op Les Pionniers Champagne, nv****Where:** Co-op**When:** Now

Why: Just voted best non-vintage bubbly by Which? beating big brands like Lanson and Veuve Clicquot. Refreshing and well balanced, lightly fruity with pleasing toasty aromas on the nose.

£16.99**Lustau East India Rich Oloroso****Where:** Waitrose**When:** From December 9 to 29

Why: I'm glad to see sherry shaking off its old-fashioned image and this is a favourite of mine; one to be enjoyed after the meal and definitely not to be wasted in the trifle! Marriage of old Oloroso and aged sweet Pedro Ximenez - sweet and full-bodied, with a smooth, almost treacle-like consistency.

£8.39 (Was £10.49) for 50 cl bottle**Brown Bros Orange Flora/Muscat****Where:** Waitrose**When:** From December 9 to 29

Why: If sherry is not your favourite tittle with pudding, try this. A popular sweet wine showing fragrant orange blossom and Muscat aromas followed by honeyed apricot orange and lime on the palate. A beautifully balanced style of sweet wine which is never cloying.

£5.99 (Was £6.99) for 37.5 cl bottle

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How many times have we heard this? Christmas is very nearly upon us and I for one, is not organised at all. Each year I am determined to have everything wrapped by the end of November and this year, yes you've guessed, nothing is done! This means invariably, I will be rushing around at marathon pace, to get everything done more so this year as I'm my fourth grandchild is due on 17th December.

It is whilst we are rushing around, things do get forgotten and I don't mean present buying. We can sometimes forget the dangers that are around the house, especially at this time of year. When we have young children these are often brought to the fore and we guard against any little fingers but how many look around the house to safe guard our 4 legged friends? I didn't one year. My very big Labrador Teal, found the material advent calendar that was full of sweets, on the wall. I thought I had put it high up enough but...no...she managed to reach it and devour all the contents. Needless to say, she ended up at our Park St hospital with possible chocolate poisoning.

Now, I know I have written this article before, but we cannot stress enough the dangers that are lurking in our homes this time of year.

As I have mentioned chocolate is highly toxic, but have you thought of Christmas cake? Which is highly laced with alcohol and is a temptation to any human but to a dog it can be potentially lethal.

You may think it is the alcohol content but surprisingly it is the fruit which can be toxic to a dogs kidneys....and you've guessed it Teal stole one of these too and another visit was made to the hospital!

So far it has been our canine friend but felines do not get off that lightly. Tinsel can be so decorative around the tree and also a playful attraction



in a cats eye. After all, its shiny, dangles and is something new in their environment so few cats can pass this up. Playing with the tinsel is not the problem, its when it gets wrapped round their tongue or is swallowed when the nightmare begins. Objects that are swallowed can cause an obstruction in their digestive tract which may then involve major surgery to be removed. With the tree still in mind, cats may also be attracted to the baubles which then may shatter, splinter and cut their paws. In the case of real Christmas trees, beware of the sharp pine needles. Lights surrounding the tree maybe a big attraction to any cat or young puppy... lights have electrical wires which are a major hazard when chewed, not only for them but a potential fire risk too. Please bear all these in mind when 'decking' out your halls.

How many of us have holly, ivy or poinsettia in the house at Christmas? I for one, but how many realize they are toxic to our furry friends? Also on the list are mistletoe and amazingly, lilies. They are all my favourites but are now kept well out of reach from inquisitive paws. Turkey bones (although tempting to give as a treat) can cause choking, constipation as well as seriously damaging internal organs. I know the next one may seem silly but alcohol should never be given to a pet. I'm not saying you will be offering a 'tipple' on Christmas Day morning but if a glass is within easy reach of our four legged friends then they could be just that too inquisitive. Sadly, if drank it could lead to coma and eventually death.

New pets? We do not recommend getting a new pet for Christmas. It is better to leave it until after the festive season when things in the household are just that bit more calm but if you happen to have a new addition, please make sure they are identi-chipped. With all the hustle and bustle, comings and goings in the house, an escaped pet may go unnoticed for a few hours which may be then too late. It may only cost the price of a couple bottles of wine but it is for life, so what better way of giving you that extra piece of mind? Some of the nicest things at this time of year, are the smells...logs on the fire, baking in the oven, pot-pourri pots which give off the amazing smells of Christmas. I used to like these pots around the house but after finding out that they contain two substances namely essential oils and cationic detergents (the latter being the most concerning) I have stopped using it. It can cause severe ulceration and chemical burns to your pets skin and their digestive tract so should be kept well out of the way.

Finally, ANTI FREEZE...the sweet taste of this substance will entice any cat but it is deadly!

So there we have it, the HAZARDS OF CHRISTMAS, but please remember, they are only hazards when they are within the reach of inquisitive paws and mouths.

If you have any problems or query's at all, we at KINGSTON are here to help and are only a phone call away.

On behalf of all the staff at KINGSTON VETERINARY GROUP, we wish you all a very Merry Christmas and a Healthy and Happy New Year!



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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile Maker'
Branfield

Dentistry moves on a pace - 3D scanning

Hello again, I hope you are well. Well, as I write Hull City are top of the table!! The last 20 minutes against Middlesbrough was like an exhibition match. A great win and performance. Well done lads, lets get back up to the top flight again. Somebody told me that last months article made them laugh and cry. I must say that's how I feel when I talk about our trips to Morocco treating the kids.

Dentistry Moves On

In September I went on a whirlwind trip to Helsinki on my quest to find the right Dental Cone Beam CT Scanner. I wanted a machine to replace my film based large X-ray unit for 2D images of the jaws but also a machine that can give great quality 3D images of teeth, jaws and sinus. I must say I was blown away by this kit.

To get a 3D scan we used to have to send people to hospital for a conventional CT scan. This gave a very large image with a relatively high radiation dose. Then we couldn't read the data and had to send off to a different company to make sense of it. This took time and was expensive.

With the new Dental Cone Beam CT scans we can get smaller, more specific images and the dose is reduced by loads. Also, they come with software that we use to view them and make accurate measurements. This reduces cost somewhat. See above: Normal 2D X-Ray.



Why 3D?

Normal xray images show detail in just 2 dimensions. Most of the time this is enough but for more detailed diagnosis and treatment planning we need 3D. It is useful when things are superimposed. Examples of this include seeing exactly where a nerve is in relation to a wisdom tooth. Another example is planning implants. A normal 2D X-ray will show bone height but not how thick it is.



CBCT scan shows far more detail in 3D

Detailed Dental Implant Planning

So, 3D planning can really improve, diagnosis and planning and, most importantly **SAFETY**. I bet that's got your pulse racing!

Ho Ho Ho, I know I am such an anorak.

Berlin Here I Come

Next week I'm off to Berlin to do my exam for my Mastership In Dental Lasers. There is an International Conference at the same time and we have to do some case presentations to conference. No pressure then! Wish me luck.

Until next time. Take care and be good. Have a great Christmas and all the best for the new year.

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 22 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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I'm dreaming of a

'New kitchen, bathroom or bedroom?'

For over 30 years, Dreamer have had a reputation across the East Riding and beyond for designing and manufacturing all kinds of bespoke quality furniture, fitted or free-standing, to achieve desirable kitchens, bedrooms, bathrooms, studies and lounges - in fact, for any living space requirement, with bespoke media furniture proving very popular at present.

The company is quick to dispel people's preconceptions that, because their work is high quality, it must be expensive. Being able to compete in today's market means Dreamer can work within all budgets. No job is too big or too small, so whether it's a complete kitchen or bedroom, or just an individual piece of furniture, the team have the expertise in design and planning to create the style and elegance customers require.

All work is carried out by first doing a survey and discussing the client's "wish list". Then once the design work is done back at the office, the customer is then invited to view their plans and make any adjustments needed.

All of their staff have been with the company for many years and Dreamer also uses regular contractors, such as electricians, plumbers and builders when needed.

In short, this is a business founded on traditional skills, working to give their customers the service and peace of mind that they deserve from concept to completion.

Customers know they will get the personal service and attention that you don't always get with much larger companies, and return time and time again when they have new projects to address. At Dreamer they pride themselves on keeping an eye on trends without losing sight of quality, thereby maintaining the high standards they set right at the start.

Their aim being to provide a reliable, friendly service, top quality furniture and a business that keeps up with changing times and tastes, whether cutting edge or traditional, without compromising on quality.

You can visit their showroom in Beverley or call 01482 860688 for a home visit or email your request to info@dreamerdesign.co.uk. They are currently offering a bottle of champagne with every order placed before Christmas, plus there are individual offers across all bedroom, bathroom and kitchen orders. Contact them for details.



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

This month his destination is South Cave

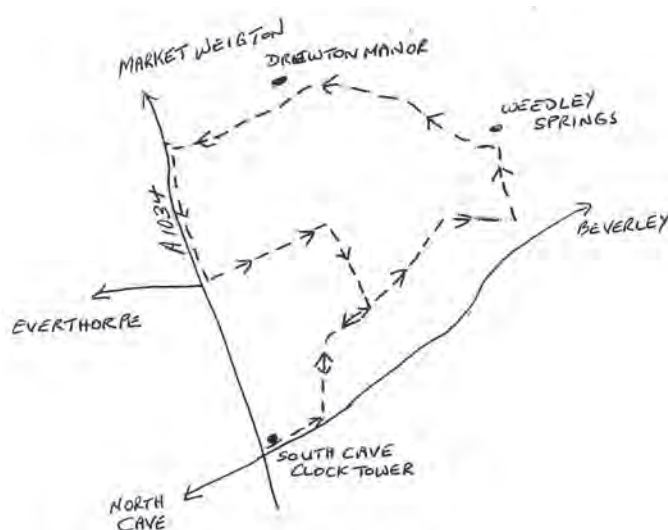
The map is for a general guide only. Please use an Ordnance Survey Map or similar if possible when walking.

Map :- EXPLORER 293

Start at GR.SE 923313 Road side Clock Tower.

Distance 5 Miles.

Leave the cross roads near the clock tower and walk in a north easterly direction towards Beverley/Cottingham.



After about 400 metres turn left into a surfaced lane and follow this lane as it bears right and then becomes a track through Little Wold Plantation. On reaching the track at the top of the plantation, turn right and follow this track for about 400 metres then cross a stile on the left and walk with a fence on the left down to Weedley Springs.

When reaching the embankment turn left and pass through a large metal swinging gate and then follow the distinct path to reach a surfaced road. Turn left on reaching this road, pass through a metal gate and continue on the road to meet the main A1034 (South Cave to Market Weighton)

On reaching the main road turn left and follow the road to Swinescaif Lane, turn left and climb the hill along this lane for about 800 metres and then locate a path (unmarked) through Little Wold Plantation on the right.

The path is very clear and eventually exits the wood on the path taken on the outward leg. At this point turn right and retrace the outward leg back to South Cave.

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20 December

A: Huggate Circular

B: Huggate Circular

3 January

Lincolnshire

A: Nettleton Circular

B: Nettleton Circular

For more information ring Jan . 07538 951112



Merry Christmas & Happy New Year



From all the staff at Andrew Earles

Andrew's top destinations for 2016

People always ask what's currently hot, below are a few examples of what we think will continue to be popular into 2016.

- **Florida** - Always a popular family favourite, and will continue to be in 2016.
- **USA multi centre holidays** - The American dream, with various combinations the USA is a hot destination at the moment.
- **Cruise holidays** - Combining multiple destinations, without the hassle of packing and re packing.
- **Australia & New Zealand** - probably classed as the ultimate holiday, with so many places to visit the possibilities are endless.

Northern Lights offer. from Humberside Departs 28/02/2016

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

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

The traditional Christmas tree is the Norway Spruce which we have available 5ft-10ft, but as an alternative we also have the beautiful Nordmann available in 5ft-8ft and Fraser Fir available in 6ft-8ft. Just remember to give your tree plenty of water and follow our simple steps to ensure that your beautiful natural tree takes pride of place in your home this Christmas. **Plus when you spend £50 on artificial or real Christmas trees you will get a £5 voucher to spend in January 2016.**

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

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

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

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

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

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

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

26 December - www.cottinghamtimes.co.uk

Festive Plants

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

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

CYCLAMEN

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

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

CHRISTMAS ROSE

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

AMARYLLIS

Hippeastrum or amaryllis is an indoor plant producing large, colourful showy flowers on tall stems in winter. Give plants plenty of light so the stems don't become too leggy. Support stems with a short stake to keep them upright under the weight of the flowers.

After the blooms have faded keep the bulbs in a warm place and resume watering the next autumn.

POINSETTIAS

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

FORCED HYACINTHS

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

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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Make your own Wreath

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

- You will need a wire frame made from two circles of wire looped together or a length of wire mesh (rolled into a sausage shape and bent to form a circle) or a ready-made wire ring from your local florist; florist wire; some greenery (ivy, laurel leaves, leylandii, Lawson's cypress and holly work well); and berries, cones and seedheads.

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

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

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

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

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

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

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

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

Events at Coletta & Tyson

Thursday 3rd December – Three great events (late night shopping until 8pm)

Ladies Night, Yankee candle evening Spend £30 on Yankee between 5 & 8pm and get a medium jar free (worth £18.99)

Tea with Santa, 4-5pm or 6-7pm. £9.99 per child, booking form required please call 01482865410 or come in store.

Oasis Café special, Curry night 2 for £10.

Saturday 5th & Sunday 6th December – More great events

Saturday 5th – Nurse Charity promoting their cause at the Garden Centre

Breakfast with Santa 9-10am £9.99 per child (booking form required)

Sunday 6th – Dove House Hospice promoting their cause at the Garden Centre.

Monday 7th – Sunday 13th December (Late Night Shopping)

Live reindeer in store all week & late night shopping until 7pm

Monday – Friday. Grotto open until 7pm all this week.

Thursday 10th December 4.30 – 6.30pm

Bakerstone Box Pizza Demo with our very own Gemma cooking pizza's, free tasters! Plus a great special offer, get the 14" Bakerstone Pizza box & accessories for just £139.99 (RRP £164.99)

Saturday 12th & Sunday 13th December

Myeloma Charity with stalls.

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Thursday 17th December – Late night shopping until 8pm

Tea with Santa, 4-5pm or 6-7pm. £9.99 per child, booking form required please call 01482865410 or come in store.

Oasis Café special, Curry night 2 for £10

Triple Loyalty Points.

Saturday 19th & Sunday 20th December

Saturday 19th: Breakfast with Santa 9-10am £9.99 per child (booking form required)

British Heart Foundation charity day.

Visit Santa in his magical Grotto.

Opened 28th November then open everyday from 11am – 4pm

£6 per child, includes a chat and a present from Santa.

Christmas Display

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 shop anywhere else?

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Your Stars for December 2015

By Kay Gower

Aries (Mar. 21- April 20)

This month will be as gregarious and sociable as it gets. Whilst others may get tired of the social whirl, you will be dancing on until dawn. The planets line up to give you one of the happiest Christmas days.

Taurus (Apr. 21- May 21)

This should be an optimistic period and one in which you can pursue advancement in your professional life. Various people could be paying attention to you, so make sure you remain in the spotlight.

Gemini (May 22-June 21)

This is a month when you will be at your very best. There is an underlying element of good fortune in almost everything you do. Change and diversity is the key. Get out of the house and do something different – perhaps slightly mad!

Cancer (June 22-July 22)

This month's joy and pleasures include family, friends and food. It's natural for you to be casting your mind ahead towards Christmas, and all the special things you have planned. You will have absolute enjoyment within your home.

Leo (July 23-Aug 22)

A mini break early in the month will give you the time you need to dream and plan a big event in your near future. Creative ideas will be exciting. Mix and mingle and continue to welcome new friends into your life.

Virgo (Aug 22 – Sept. 23)

If there are people in your circle who fail to listen to what you have to say, why not ignore them and move on to those who are happy to offer you an ear? It's time to look for excitement as far as your social life is concerned.

Libra (Sept. 24 -Oct. 23)

Greater self confidence and vitality are your gifts this month. You have an easy manner and if you set out to enjoy yourself, you have what it takes to make it happen. A month to seek attention from old friends.

Scorpio (Oct. 24 - Nov. 22)

Venus moves into your first house on the 6th December, and trends suggest that you will function at your best this month when there is peace and harmony. Keeping people happy might be as simple as giving them something to do.

Sagittarius (Nov. 23 -Dec. 21)

An excellent month and most people will be happy to cooperate with you. It's a good time to be out and about, invite friends and family to a Christmas party, socialize and have some fun.

Capricorn (Dec 22.- Jan. 20)

The focus is on those things that are going on in the home that allows you to be busy, active and happy. There could be some niggles as some people will say one thing and then do another, but you will get around this easily enough.

Aquarius (Jan 21 - Feb 19)

Planetary changes taking place this month show that there is much to be gained from your home and the people in it. Venus is in your solar 4th house and will be assisting you to get closer to those who mean the most.

Pisces (Feb. 20-Mar. 20)

The spotlight is on your ability to attract positive attention from others and to turn heads wherever you go. Lady Luck should be on your side, and a little gamble could pay off.

Cottingham Calendars with photographs by John Dewing now 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 nine years, has produced an A4 full colour calendar for 2016 with a marvellous selection of Cottingham Views.

The calendar is now on sale for £5.99 at Barkers, Hallgate, Cottingham.



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Sudoku Answer from page 12

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

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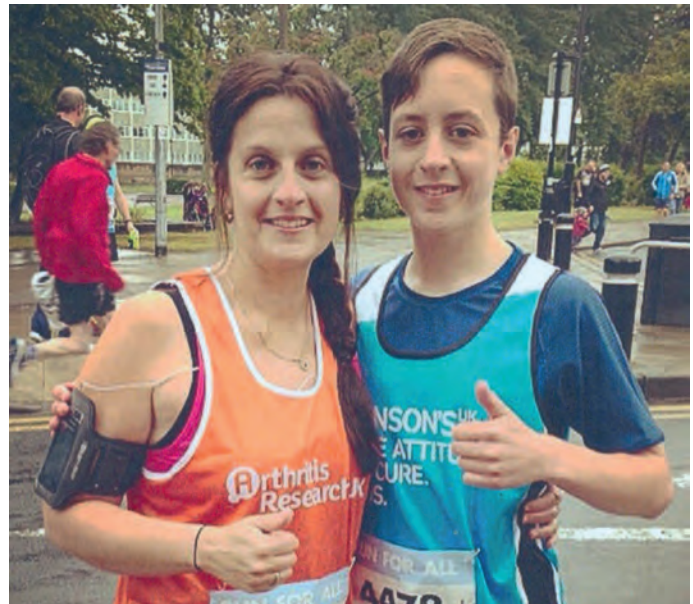


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Jack Arnold and his mum June raise £250 for the Arthritis and Parkinson's disease charities

Cottingham boy Jack Arnold (15), ran the Hull 10k along with his mum June. They managed to raise £250 during the event and split the money raised between two charities close to their hearts, Arthritis and Parkinsons.

They would like to thank everyone in and around Cottingham who sponsored them and gave a donation.

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Residents invited to have say on council's spending priorities

Residents are being urged to complete an online survey which will go towards shaping the spending priorities of East Riding of Yorkshire Council.

As part of the budget process, the council must consider how it can reduce costs or deliver services in a different way and feedback from this survey will help the council prioritise funding for services.

The Government's funding reductions in the public sector, including local authorities are set to continue until at least 2019/20.

Despite this, the council has made savings of £118million since 2010/11 although a further £76million of savings is required over the next four years.

Councillor Stephen Parnaby, OBE, leader of the council, said: "The council continues to receive significantly less Government funding per head of population than urban authorities, our neighbours in the Humber region and the average for similar authorities.

"We are facing some tough economic times ahead and the online survey is an important way for the public to let us know what they think and how they feel the council should prioritise its spending.

"The survey should take around 10 minutes of people's time so I would urge people to take this opportunity to complete the survey and let us know their views."

The survey can be found at www.eastriding.gov.uk/budgetsurvey and the closing date for all responses is Sunday, 6 December 2015.



at Christmas

Starters	Main Courses
<i>Gamberetti Savoia</i> Pastry case filled with Prawns, Mushrooms, Fresh chopped Tomatoes and topped with Thermidor Sauce and baked	<i>Filetto di Salmone</i> Fillet of Salmon filled with Ricotta Cheese, Spinach and topped with a Slice of Parma Ham and served with Dill and Creamy Cheese Sauce
<i>Mascarpone con Prociutto</i> Bruschetta bread topped with Mascarpone Cream Cheese, Marinated Tomatoes and topped with Parma Ham and served with a drizzle of Pesto	<i>Bistecca di Manzo</i> Rump Steak cooked with Mushrooms, Dijon Mustard, Vodka Tarragon with White Wine and Cream (served plain if required)
<i>Paté di Fegatini di Pollo</i> Homemade Chicken Liver Paté served with a Salad Garnish and Toasted Bread	<i>Anetra Prune</i> Pan Fried Duck Breast, Cooked with Marsala Wine and Prune Sauce
<i>Bresola di Manzo</i> Medallion of Cured Beet thinly sliced, Served with Bruschetta Bread and Finely Chopped Marinated Tomato	<i>Pollo con Pancetta</i> Chicken Breast stripped and cooked with Bacon, Mushrooms, White Wine and Cream
<i>Salmone Offumicato</i> Sliced Smoked Marinated Salmon served with a drizzle of Olive Oil, Lemon Juice, Dill and Salad Garnish	<i>Tortellini Ripieni</i> Round Shaped Pasta, Filled with Ricotta Cheese and Spinach, and Cooked with Peppers, Mushroom, Garlic and Pesto Cream
<i>Finghi Grattinati</i> Button Mushrooms cooked in Garlic Butter, White Wine and Cream, Topped with Cheese and Baked	<i>Pasco's Special</i> Strips of Chicken and Beef served with Roast Peppers, Garlic, Fresh Chilli, Tomato and a Touch of Cream

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The auditions for Stefan Spellbinder's the latest blockbusting movie "Dying to tell You" are to be held in the morning and everyone who is anyone in the film world will be at tonight's "star studded" gala.

Why not come in 1940s costume or black tie?

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New Adult Learning Christmas course guides - Pick up your copy today

East Riding of Yorkshire Council has launched its Christmas course guide. The guide promotes a number of Christmas courses for adults over the age of 19, plus there are some Christmas family learning courses too.

Across the East Riding, a range of courses are being offered, including Christmas all wrapped up (great ideas for wrapping gifts), Christmas crafts, needlecraft and the perfect personalised card design.

There is also an extended range of Christmas flower arranging courses, including wreaths and table decorations.

Courses are delivered from your local adult learning centre. Booking is essential.

To find out about the full range of courses on offer you can look online at www.eastriding.gov.uk/learn or call on (01482) 842329.

Christmas crafts

Come along to this practical course and have fun making some festive baubles and decorations that you can either give as a special, handmade gift or use to add a unique and personal touch to your Christmas celebrations.

Cottingham, Saturday, 12 December 10am-3pm, £25

Christmas flowers – table decorations

Come along to this short practical course and have fun making your own floral table decoration that you can either give as a special, handmade gift or use to add a unique and personal touch to your Christmas table.

Cottingham, Tuesday, 8 December 6.30-8.30pm, £20

Christmas flowers – table decorations and wreaths

Festive flowers are a great way to add the finishing touches to your Christmas celebrations. Learn how to make stunning table centrepieces and wreaths to make your home beautiful this Christmas.

Cottingham, Tuesday, 1 December 12.30-4.30pm, £30

Cottingham, Saturday, 12 December 9.30 am - 1.30pm, £30

October Wine Competition Winner

The winner of the October Wine Competition, was Mr. J. Thompson, of St. Margarets Avenue, Cottingham. He receives six bottles of Villa Maria Private Bin Sauvignon Blanc 2015.

The answer to the question, in which New Zealand island is Marlborough located? The answer was 'South Island'.

We would like to thank everyone who entered the competition, and we will be holding further competitions in 2016.

To see the Champagne and Christmas wines recommended by Roy Woodcock in this months wine feature, see page 18.

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New adult learning Christmas course guide out now.

Pick up your copy at a local adult learning centre, library or customer service centre.

View new courses at
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What will you do next?



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

www.instinctivehorsetraining.co.uk

Fireworks . . . A training opportunity for your dog

I am straying from my world of horse training this time round to tell you how I have been applying the same science and training methods to my dog.

She was very frightened of quite a long list of things when I took on her ownership some 6 years ago now. Men, hands, feet, loud noises in general (guns, fireworks, bangs, people shouting etc) to name but a few. I have counter conditioned her to men mostly now by systematically providing treats with each encounter for years! I have to thank the regulars at The Half Moon for much of this because I used that space as a training opportunity too. Everyone would offer her a goody but never try to touch or stroke her. As a result of which she loves her 10 pm visits in there now and greets everyone with enthusiasm and affection, which is reciprocated completely! Her fear of hands is massively improved and she is openly affectionate with nearly everyone now. I used to carry treats with me everywhere so that anyone she met and was innately fearful of, could offer her a treat. The trick there was to ask for no attempt to stroke her. As a result of that approach she now asks for a fuss from so many people.

She roams loose at work where she is surrounded by lots of people all the time. She comes with me virtually everywhere I go and is a total pleasure to own now.

Work has helped her massively too because the Plant hire side attached is always noisy. The workshop has constant banging and hammering (which is also perfect for horse training!) and there are always men about. She systematically habituated to her new life where all of that environment is just normal to her.

Fireworks are a different matter however and have been a worry since day one. Lucy always suffered greatly during the firework madness week of November the 5th especially so this year I decided to do something about it. I am surrounded by a village where the fireworks are every night for days in a row. The pub opposite always does an intensive half hour display which is stunning to watch but is merciless on badly affected pets and my horses as the noise level is horrendous on top of the flare (WHY DO FIREWORKS HAVE TO BE FULL OF MASSIVE BANGS AND WHIZZING NOISES... THEY NEVER USED TO BE? The noises are more damaging than the actual fireworks ever are). As to the effect on wild life across the country... I guess no one basically gives a damn.

There are always certain private houses surrounding my yard who always have a big display of their own to which I can only hope will not set fire to my yard. All I can do for my horses is keep their lights on to help with the glare factor and be vigilant in safety preparations to remove or cover hay and straw and have my yard trailer empty. This year, thankfully, it was raining which made it so much safer for my horses and business as it removed some the risk of fire.

My personal dilemma is keeping an eye on my work premises and horses yet not being able to leave my dog at home.....even I cannot be in 2 places at once! This year I decided to train her in preparation

which I started some 4 months ago. I downloaded a few firework noise tracks onto my laptop which I then started to play at a very soft level.....so soft you could hardly hear them at all. I sit here on my laptop every morning and every evening running the business side of my business....Lucy is always under the table on my feet or curled up next to me on her snuggly bed. By doing this same thing day in day out for months, incrementally increasing the noise level in minuscule approximations. The point of this type of desensitising is to NEVER create stress. Never have the level at her threshold point, your dog needs to not be affected at all by the sound. Month on month Lucy became quite used to the sounds of fireworks in a situation where she feels at her safest and is most relaxed.

The proof of the training was November 5th just gone. I did decide to help Lucy with 3 ACP tablets just because the Pub display is overwhelmingly noisy and is so very close. Lucy would need at least 6 or 7 tablets to sedate her. A note here...sedation does not help an animal learn to face fear and can exasperate fear. By taking away the animals flight capability in full view of its fear it can lead to worse fear as a result. The animal can become so traumatised by its inability to escape because it cannot get its legs to work due to the sedation. I just needed to add that in at this point. There are many other products, like Zylkene, which may be far more beneficial if you decide that this route is applicable. The active ingredient is a protein peptide which binds temporarily to certain receptors in the brain causing a calming influence to your pet. Derived from milk protein, its effects on the brain can be similar to Valium. It is supposed to create the feeling of comfort of remembered Mother's milk, warm milk drinks at bedtime etc. There are also many natural remedies to hand which calm and relaxGoogle them!

As it turned out I need not have bothered. Lucy appeared completely relaxed laid with me here. She heard them of course but remained 100% calm in her behaviour. I only had one instance of obvious stress from her which was when I left her to visit the bathroom and the door closed.....she had followed me and clawed at the carpet for a second or two outside the closed door.

This tells me that she can cope and no longer panic with the noise of fireworks now providing I am with her.....there is still more desensitising work to do but what a massive difference to every past year! I shall simply carry on with this form of systematically desensitising her because it is so easy to do and the benefits to her life and her emotional wellbeing in general is massive.



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Kind weather; a hunt in the dark; a little delay; all well for the festivities

I'm delighted that the weather on Bonfire Night turned out considerably better than forecast and the use of John's field behind the Pub to set off the Firework display was a great success. Thank you John. We even managed to light the Bonfire this year with the wind kindly blowing away from the spectators and the Pub. There was one moment of panic when at 7 o'clock my sons and I returned to the field to start the display after carefully setting out all the fireworks in firing order during the afternoon.

Where are they!!!!

Carefully wrapping all the fireworks in Black bin liners, to protect them from the rain, may not have been a good idea!

Thanks to all my staff for setting everything up, maintaining service throughout the night and clearing up after the event, allowing me to play with my fireworks; Rob for videoing the event and my Sons for helping me set them off, in almost the planned order, after we found them in the dark. It was a little chaotic but great fun. Finally my thanks to all of you who attended, I hope you all enjoyed the night as much as we did.

I mentioned the changes I was going to make to the "pool room" a month ago, well things are progressing but I had miscalculated the time to achieve all the necessary permissions. For example the alteration to the porch increases my "licenced floor plan" by one sq metre. The appropriate planning notices are currently displayed in the front windows of the Pub and hopefully with no objections the changes to my license will be granted soon. I am still hopeful to complete before Christmas, but it's pushing it a bit!!

So on to the Festive season, so far so good with all the table decorations ordered, excellent festive party bookings and Chef well ahead with ordering and planning for his sumptuous menu. The diary for December is filling up fast so if you are thinking of visiting us please get your bookings in quickly, thank you.

Finally, thanks for the many concerned comments about my infamous leg, it's a lot better and expect to be running around "limpless" in December

The next article will be in 2016 so Happy New Year to everyone.

Cheers from everyone at the Half Moon

The Half Moon, "Skidby's Village Pub", Tel. 01482 843403

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Taking the soft option

I am often asked, if it really is true that having a water softener installed will cause the existing limescale in plumbing to be removed.

I can always reply confidently that, Yes It Will! along with bringing beautifully soft water for comfort and not to mention savings on energy, harsh cleaning chemicals, soaps and shampoos!

To understand the scale-removing process, we must understand the process whereby the water becomes hard in the first place. Water falling as rain is soft, then in our area particularly, it soaks through various layers of rock, slowly dissolving hardness forming minerals, mainly calcium and magnesium, which eventually make the water hard. The water then is pumped into the public supply and then into your home, where, over time the hardness minerals are gradually deposited.

It may seem strange that the compact softener in the kitchen cupboard can remove limescale in the shower upstairs, or from the coil in the hot water cylinder, but it does, efficiently and gradually.

Don't worry, great lumps of limescale don't drop off and float around the pipework, rather, the soft water created by the softener gently dissolves the calcium and magnesium hardness minerals that make up the scale, leaving the pipework free from scale after a few months.

Most importantly the softener keeps on protecting the pipes, tanks, shower heads, taps, cylinders and expensive appliances 24 hours a day, for years to come.

The advantages of softened water don't end there however, with softened water there are no more crusty taps or blocked shower heads to deal with, not to mention the water marks on shower screens, sinks, taps and surfaces..cleaning is much easier.

Heat exchangers and appliances such as washing machines are more efficient, cost less to run and last longer, with fewer repairs and failures.

But the greatest benefit, as anyone who has a softener will enthusiastically tell you, is the sheer luxury of bathing or showering in beautifully softened water, even the towels are softer!

For friendly, unbiased advice and information please contact David Parry at :



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A Steamy Christmas Eve

by Peter Railton.

The Christmas of 1958 found me working for A. and G. West, a large firm of market gardeners in Cottingham. The business was divided into several sites, each with its group of big greenhouses for growing lettuce and tomato crops and its open land for the production of vegetables, mainly cabbage, cauliflower, sprouts, potatoes and celery, plus a speciality area for the growing of flowers for the cut flower trade chiefly at Christmas. Shops were also supplied with vegetables grown by the firm or bought in for them.

The part of the firm where I was employed was on the corner of New Village Road and Middledyke Lane, where the road bends towards Hull, when approached from the Northgate Railway crossing. There were several big greenhouses on the site - a steel structure covering an acre of land, very big at the time, one covering half an acre and one of a third of an acre, plus two other large ones sited just inside North Moor Lane all growing lettuce then tomatoes; there was an additional acre of outside land growing celery which took up ground between the steel house and the half-acre one.

Composition of the boilers

An explanation is needed as to the composition of these - greenhouses: most at the time were of wood, with the steel greenhouse a very up-market addition, but all had the same structure. Dutch settlers in Cottingham in the 1930's erected large unheated greenhouses glazed with 'Dutch Lights' as they became known; a sheet of glass was encased in a wooden frame measuring four feet eleven inches by two feet seven inches. These 'lights' were mounted between gutters and ridge woods which were supported on cross beams, and three inch wooden posts about six foot high which rested on concrete blocks or 'dollies'. This gave a square of ten foot, (four lights each side) which could be multiplied into any length or depth as required; the sides of the greenhouses were also glazed with lights, one of which could be opened at the front

of each bay to allow workers to get in and out - the measurement of the half acre house was seven squares deep and that was known as a bay and could be any number of bays wide; in this case 30 bays wide i.e. seventy foot deep by 300 ft wide. Tomatoes were raised in small heated greenhouses and planted directly into the soil after the lettuce crop was finished; lettuce was planted during the autumn and winter, followed by the tomatoes in late spring. These were strung up to wires which ran the depth of the greenhouse, four rows across and fifteen or eighteen inches apart.

Now, after a few years the soil became less fertile and could be prone to diseases such as tomato root rot and so some method of treating it was necessary; this could be achieved by moving the whole structure to a new site, an enormous task but often done, or sterilising it. On a fairly small scale, steam sterilising was frequent but on such a large scale was not an option - at any rate the old fashioned way of iron pipes dug deeply into the soil was not, but a compromise was reached; a harrow grid system was developed by the firm which was basically an imitation of a set of harrows used to level ploughed land dragged behind a tractor - only these harrows had wider hollow prongs or spikes into which holes were drilled at intervals to allow the passage of steam into the top 10 or 12 inches of soil when the harrow was pressed into it after loosening it first with a fork.

Mobile Boiler

West's had a mobile boiler kept at their main site in Middledyke Lane - this was used for sterilising soil in their small nursery greenhouses but was going to be put to use on a large scale. Two sets of grid harrows were made, each one of five foot square to be used side by side between the posts in the greenhouses and moved along the ground as the steaming progressed. Three of us were detached from the rest of the workers who were planting lettuce in another greenhouse and were to be responsible for sterilising the 30 bay house.

The boiler was a big four-wheeler similar to a traction engine but had no driving wheel or pulleys and it was dragged along behind a tractor and manoeuvred into place alongside the greenhouse; I was



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put in charge of it, while Brian and Harry had the unenviable task of heaving the grids about without getting scolded.

The weather was wet and misty across that Christmas period but I had to get the boiler filled with water and fired up from a large heap of coke brought in; this meant being on the job at 6.00 am. to get steam up for 7.30 am - water had to be drained off each evening in case of frost.

Christmas Eve

Wednesday, 24th of December arrived and all was ready to start - the whole firm closed for the week at Christmas and we were looking forward to an early finish, hopefully. The boiler had been pulled further along the front of the greenhouse in order to tackle the next few bays - the steam was up, so many pounds per square inch, the hoses and metal attachments connected and located in the house, and away we went again, Brian and Harry sweating and heaving the grids on the inside and me shovelling coke into the firebox and getting wet as it began to rain heavily; I started to steam at the front and turned around to dry my back not a good idea really I suppose. A quick drink of tea was brought to us at 9.00 am and on we went; the boss arrived cigar in mouth, hands in overcoat pockets, nodding approval at the way things were going, and back to his nice warm car.

Then at about ten o'clock, Brian stuck his head out of the open 'light' where the steam pipes went in - "look at this", he exclaimed - there in his hand was a half bottle of rum - wow! - just the job; now, I am not a drinking man really, but that bottle looked very inviting under the circumstances. "Here Pete - have a swig, we've had one," so I did; the warm glow seemed to dispel the discomfort of wet clothes as I glanced round to see if the boss was around, but he had gone. Then a bit later - "here Pete - your turn again", Brian's arm appeared from the steamy interior of the greenhouse as he spluttered the invitation. I partook of the stuff and handed the bottle back to the out-stretched hand I became a bit dizzy but never mind, the benefit outweighed the disadvantages. The boiler bubbled - the steam hissed through the pipes and had to be let off through a valve when there was too much and the boiler and I were shrouded in wet steam and rain quite often - it seemed to be a mysterious world as the greenhouse periodically vanished in the gloom.

"Your turn again Pete," once again the arm with the hand clutching the now half empty bottle appeared through the steam and was gratefully received, I took a mouthful or two and handed it back. The pressure was falling again as I opened up the door of the firebox and thrust my shovel into the heap of coke - the fire roared and flames seemed to leap out at me - 'I should not have had that last mouthful', I thought; now the firebox was deliberately avoiding me - it leapt from side to side - it was difficult to aim the coke in the right direction and most of it hit the side of the machine. "Hurry up Pete - steams getting weaker," said a voice from within the greenhouse. Eventually, the boiler stood still long enough to enable me to restore the situation to normal - or just about.

At about 11.30 am the boss arrived with our pay packets plus 10 shillings Christmas box. "Right lads, you can pack up and go now - Peter, drain all off - Wilf will come with the tractor and pull

the boiler back home, I don't want to leave it out here for a week." Brian and Harry weaved their uncertain way to the bike shed and wobbled out on to the road shouting "Merry Christmas Pete." The inside of the greenhouse was shrouded in steam as I closed up, the hiss of steam was gone, just the condensation sounding like a host of gently running water taps now. The water valve was opened to let the still-hot water out on to the path which ran the length of the house - the firebox door opened and the red hot coke raked out - the tall chimney lowered and the various pipes wound up. Wilf arrived with the tractor and I helped him to hitch up the towbar and away he went.

It was about 12.30 now and I made my way home - not far to go down New Village Road - just as well really, because the pavement frequently tried to trip me up - the heat - the steam - the rain and the rum made that Christmas Eve one to remember.

That area now is a wilderness of shrubs, trees and rough grass where once a thriving industry supplied tons of lettuce, tomatoes and celery to markets far and wide in the U.K. A sad end indeed.

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Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. In 2016 we will be running four Saturday sides, an U18 side on Sundays, an U19, T20 side and team at U9, 11, 13, 15 and 17 and all Girl teams at U11 and U13 and possibly U15. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Wednesday evening 6.00 pm till 8.00 pm and at Cottingham High School on Saturday from 12 noon to 2.00 pm. Summer training for Juniors is on a Friday evening and Seniors is on a Wednesday. For more information please contact Rob Rhodes on 842215.

Cottingham Methodist Church Hall

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

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. 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 journalling. No Charge. We meet Mondays 10.00 a.m., at Chevils on the Willerby to Beverley Road, between the Castle Hill and De La Pole roundabouts. Contact: Lynne 07866 850400. **(NOTE NEW VENUE)**.

Hull and East Yorkshire Happiness Group

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

Cottingham Food Bank

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

Cottingham Tennis Club

Plenty going on at the Club in the winter months, including a new in-club competition for all skill levels. New members welcome at discounted rates. Find us off Hull Rd. next to Overland Rd. John Stones 847080 or Paul Holtby 07785543258 for coaching.

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.

The deadline for entries in the January 2016 "What's On" section, is the 15th December.

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Mon 4th April - Comedy Weekend at the Torrack Hotel D/B/B £224.00

Fri 17th June - 3 Days, 2 Nights at the Derwent Hotel D/B/B £229.00

Fri 23rd September - 3 Days, 2 Nights at the Derwent Hotel D/B/B £224.00

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Available Dates - Channel Islands

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Cottingham Memorial Club present cheque for £1,150 to Macmillan Cancer Support

Cottingham Memorial Club was very pleased to hold a Macmillan Cancer Support Coffee Morning when the incredible sum of £1,150 was raised. John Wilson, the Club Secretary, said, "I am absolutely over the moon that we have raised such a large amount. I cannot think of a more worthwhile cause."

The club owes a tremendous vote of thanks to Keith Pearson our President and Brian Green, one of our Management Committee members, for their absolutely sterling work in persuading so many local businesses to support our raffle and to make it the success that it undoubtedly was.

I also must pay tribute to the ladies and members who sweated over hot ovens to produce the cakes for the cake stall, as well as Julie, our professional in-house chef. Cottingham Club is a very friendly club with a great atmosphere and although it is a private members' club, we are always pleased to receive enquiries for membership.

We are proud of the social side of the club and this fund raising for the Charity to my mind simply demonstrates the level of friendliness that the club generates. Long may it continue."

Pictured above: Left to Right: Keith Pearson, Becky Baines (Macmillan Cancer Support), Brian Green and Martin Stroud.

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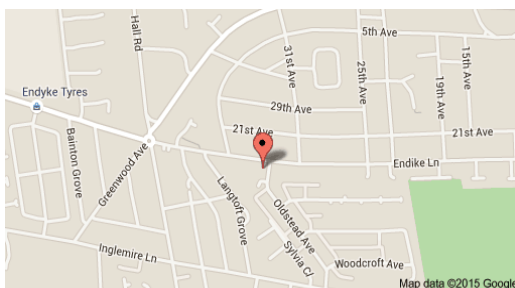
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Christmas Food Festival with Street Food and live music all under the spectacular Christmas lights on Sunday 6th December 12 noon until 7.00 pm

After the success of the Cottingham Food and Drink Festival over the last few years I thought it would be great for Cottingham to host a Christmas Festival. On Sunday 6th December we will be holding our first Christmas Food Festival. This will include the first Street Food festival with live international music in the East Riding- the latter being organised by Cottingham Springboard.

There will be a large marquee on the village green where you will find everything for your Christmas feast from great local producers these will include; beef, duck, geese, Bronze turkeys, fish, cheese, pork pies, speciality breads, sprouts, pate, Christmas cakes, chocolatiers and lots more.

The producers will also be taking pre-orders on produce for your Christmas dinner. In the kitchen, celebrity chef Nigel Brown will be showing how to take the stress out of your Christmas dinner and giving tips for party food. Judy from Sugar and Spice will be demonstrating ideas for your Christmas cake decorations.

This event has been sponsored by the East Riding of Yorkshire High Street Fund and many of the village's shops will be open for you to buy your Christmas gifts.

We look forward to you coming to Cottingham to buy everything you need for your Christmas enjoying some great food all under the fantastic Cottingham Christmas Lights which will be on from midday for this special occasion. And finishing the day off between 6 and 7 pm in the marquee will be live Jazz band with 'Cott-tails' and 'mocktails'.

Councillor Helen Green and Councillor Mike Medini

Pictured above: East Riding Councillor Helen Green (organiser of the Food Festival) with chef Giovanni Calvia owner of the Olive Garden in Cottingham.

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

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

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

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

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Crossword solution from page 14

1	M	I	N	I	M	A	L		5	B	O	R	E	D	O	M
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9	A	R	M	I	S	T	I	C	E		10	D	I	V	E	R
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	O		I		V		R			N						L
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How to fight colds and flu

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 fall and 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. Stay away from 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 colour to your diet:

Fruits and vegetables come in every colour of the rainbow- well practically! Load up on as many colours 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 weed added to it can also do your infection a world of good.

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