

# Cottingham Times

and District  
Issue 181 - December 2016



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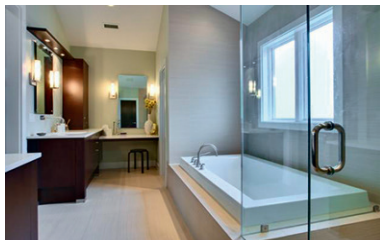
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## In Cottingham and District

### East Yorkshire Group the Hardy Plant Society

Thursday 1st December - at 7.30pm in St Mary's Parish Hall, North Bar Within, Beverley. You are welcome to come and join us to listen to "Home Grown Christmas" Bring and Share Social Entry: £4 which includes tea/coffee and biscuits. Further information from Lois Scott 0148 494276.

### Yorkshire Countymen's Association (Skidby Branch)

Thursday 1st December - A talk about Mercy Ships by Mr. Blackburn, in the Skidby Village Hall, at 7.30 pm.

### Hull Ladies Choir

Saturday 3rd December - Christmas Concert presented by The Hull Ladies Choir, at the Anlaby Park Methodist Church, HU4 7RR. Tickets £5 (free entry for children). Proceeds to the church "Ignition Fund". Contact 0148 8691 (after 5pm) or the Ignition Coffee Shop. Email: [anlabyparkmethodist.church.com](mailto:anlabyparkmethodist.church.com). Tickets also available on the door.

### St Mary's Church

Saturday 3rd December - "Mary's ADVENTure" - Mary's story retold in traditional words and music. Join us on Saturday 3rd December on a journey to meet an expectant Mary, some amazed shepherds, a worried King Herod, some wise men, and, of course several angels. Journeys start in the church hall at 3.30 pm, 4.15 pm, 5.00 pm. and 5.45 p.m. Refreshments served

in the church hall, and tower tours to see the Cottingham lights (£3) at 4.30 pm and 5.30 pm.

### Skidby Village Hall

Saturday 3rd December - CHRISTMAS GIFTS AND CRAFTS FAIR, from 10.00 am to 3.00 p.m. Refreshments available, admission free.

### North Ferriby Gardeners' Club

Monday 5th December - Christmas Social Evening with Peter Williams 'Wonderful Weeds', in the Village Hall, starting at 7.30 pm. Tea/Coffee and biscuits are served. Membership is £800 per annum, visitors fee £2.50 per meeting.

### Haltemprice Art Group

Tuesday 6th December - Christmas Celebrations Meetings take place at the Cottingham High School, Harland Way, in the Art Room on the first floor, 7.00 pm to 9.00 pm.

### Bishop Burton Gardeners Club at Beverley

Tuesday December 6th - at 7.45pm at St Mary's Parish Hall, North Bar within, Beverley. You are welcome to join us for a Christmas Wreath Demonstration with tips on what to grow for decorations for Christmas, speaker Gill Tompkinson. Entry £4 for non members. More information from Anne. McErlane 0148 85432.

Front cover: A view down Snuff Mill Lane, Cottingham.  
Photo: Paul Lakin.

# A Touch of Elegance (Has Moved)

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### Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church hall

Tuesday 6th December - 7.30pm

Tuesday 20th December - 7.30pm

Interested in photography? Why not give our friendly group a visit? New members welcome. All levels. Contact for further details:- John on 82169 or [john@jcmhome.karoo.co.uk](mailto:john@jcmhome.karoo.co.uk)

### Cottingham Ladies Circle

Wednesday 7th December - A Christmas lunch is to be held at Thwaite Hall, 12.00 noon for 12.30 pm.

### Cottingham Local History Society

Wednesday 7th December - Dave Clark - Georgian Sculcoates - Hull's New Town, in the Red Hall, Hallgate Primary School, King St, Cottingham starting at 7.30 p.m. Meeting fee, members £1; non-members £2. contact: Peter McClure 01482 85734.

### The Back Care Group

Wednesday 7th December - Come along to our Christmas Social. Everyone welcome. The Back Care Group meet at the Boulevard Village Hall (near St. Wilfreds Catholic Church) on the first Wednesday of every month from 1.30pm. Membership is £5 per annum or £7.50p for a couple.

### Beverley Film Society

Thursday 8th December - Sweet Bean (2015) Cert PG Drama (Japan) Director: Naomi Kawase. The manager of a pancake stall hires an eccentric elderly woman, starting a relationship that is about much more than street food. Nominated at Cannes and International Film Festival winner. Meetings are held at the Parkway Cinema Beverley. All films start at 7.30pm on the 2nd THURSDAY of the month (doors open 7.00pm). Membership fee: £15 for whole season of 10 films. PLUS: Tickets £3.00 per film (Members) £6.50 (Guests). For more information [www.beverleyfilmsociety.org.uk](http://www.beverleyfilmsociety.org.uk)

### Cottingham Green Women's Institute Evening

Thursday 8th 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.

### Cottingham Men's de Luda Society

Thursday 8th December - Christmas Lunch with Ladies, it will be a joint Christmas Lunch with members of the Alpha Probus Club, at the Willerby Manor Hotel, 12.30 pm.

### Age UK East Riding

Thursday 8th December - Christmas Carol Concert: From 3.00p.m at St Mary's Church, Beverley. Tickets are £5.00 which includes a hot drink and mince pie. Tickets available from Age UK East Riding Office, Beverley (01482 869181). All proceeds to Age UK East Riding

### Hull and East Riding Glaucoma Group

Friday 9th December - at 11am, when we will be pleased to welcome Pat Savage, the Glaucoma Nurse Practitioner from the Eye Hospital as our speaker. Always a very welcome guest, Pat will be talking to us about the Glaucoma Clinic, as well as addressing concerns and questions raised by members of the group. Join us at HERIB on Friday 9th December at 11am. Entry is £1.50 per person. For more information and to book your place, please call HERIB on 01482 342 297.

*Continued on page six*

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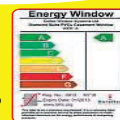
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*Continued from page five*

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

Saturday 10th December - Val Lawson - "Stories from a Yorkshire Lass". In the Darby & Joan Hall, Finkle Street, at 2.15 pm. Doors open to non-members. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits. [www.eyes-embroidery.co.uk](http://www.eyes-embroidery.co.uk).

#### **Cottingham Branch of the Royal British Legion**

Saturday 10th December - Are holding a Christmas Dance Party, at 6.30 pm to 10.30 pm at the Darby & Joan Hall, Finkle Street. Party Supper., Raffle, Tombola, Guess the weight of the Cake, tea, coffee, etc. Tickets £7 each. Tel. Allen 01482 81604. "Excellent Music, Come and Enjoy Yourselves".

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

Monday 12th December - Christmas Party, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 p.m.

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

Tuesday 13th December - A Magical Christmas - Tom Wilkinson (Magician). Competition: Homemade Cracker, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

#### **Arterian Singers**

Tuesday 13th December - Festive Treats! We would like to invite you to our Christmas Concert, to be held at Hallgate Methodist Church at 7.15pm on Tuesday 13th December. The program includes carols sung by us, by the Junior Chorus of Hull Choral Union, and carols for everyone to sing. Entry £5, to include refreshments. In addition to our concert, we are having a "drop by and sing" near Cottingham Market on Thursday 8 h December between 10.30am and 11.30am, weather permitting. Do join in-the carols are all old favourites!

#### **Cottingham Evening Townswomen's Guild**

Wednesday 14th December - Charity Cheque Presentation and Social Evening, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street.

#### **Cottingham Men's Judea Society**

Wednesday 14th December - Men Only Christmas Lunch at the Lawns, University of Hull at 12.00 noon.

#### **Cottingham Singers**

Wednesday 14th December - The Cottingham Singers will be holding their annual Christmas concert on Wednesday 14th December, 7.30pm at Bricknell Avenue Methodist Church. Tickets (including refreshments) are priced at £4(adults) and £2 (children) and are available on the door. Please come along, get into the festive spirit and join in the communal carols as well as listen to old and new favourites.

#### **Cottingham Methodist Church, Hallgate**

Friday 16th December 2016 - Christingle - 4.15pm. All welcome. Followed by free Family Film night. All children to be accompanied by an adult. Refreshments available.

#### **East Yorkshire Woodturners.**

Tuesday December 20th - at 6.45pm: Demonstration by David Lowe, registered professional woodturner and demonstrator. Meetings are every third Tuesday each month at Skidby Village Hall. Visitors are welcome, whether woodturners or just interested - £3.50 on the door. For more information please contact David Taylor, Secretary, 86702. [cotters@cotters.karoo.co.uk](mailto:cotters@cotters.karoo.co.uk)



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### Hull and East Riding New Stitchers (HENS)

Tuesday 20th 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 85415 or [www.hullandeastridingnewstitchers.weebly.com](http://www.hullandeastridingnewstitchers.weebly.com).

### Cottingham Men's de Luda Society

Wednesday 21st December - Terry Richards - Christmas Nostalgia, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

### Hull Folk Dance Club

Tuesdays 7:30 to 9:30 pm; Darby & Joan Hall, Finkle St. Cottingham. (Not 20 & 27 December) Enjoy a free tea/coffee and biscuits and get to know the members. Come alone or bring a friend for light exercise in a friendly environment. All dances are walked through before being set to music. No experience is necessary, beginners are welcome. Your first visit is free. More information from Keith Alexander 01482 509751 or Jan Gray 01482 80367. [www.folkdance.me](http://www.folkdance.me)

### Chinese Exercise Qigong

Learn to relax the mind and body through the Chinese exercise system of health Qigong. Every Thursday 1.30pm-2.30pm., at the Darby & Joan Hall, Finkle Street. For more information Please contact Shaun Foulds 0784 306762 or visit website [www.hullsundragonarts.co.uk](http://www.hullsundragonarts.co.uk)

### Kirk Ella & Willerby Short Mat Bowls Club

The Memorial Hall, Beverley Road, Kirk Ella, (opposite the Police Station). Sessions on Mondays & Thursdays 2pm - 4pm. NEW MEMBERS VERY WELCOME! Fun, social short mat bowls club with a tea and biscuit break! £3 per session, FREE first session. Club woods available to use, just bring clean flat-soled footwear. Come along to any future session and give it a try! (aim to arrive around 1.45 pm so we can source bowls for you) For more information contact Ian/Brenda on 01482 650157.

### Cottingham Tennis Club

Watched Olympics tennis ? Do more! - join your local Tennis club on Hull Rd. Access drive next to Overland Rd. Discounts for new members. £700 (membership) 0778- 543258 (coaching)

### Arterian Singers

"Would you like to join a friendly group of men and women who enjoy singing? We meet during school term time at the Zion Church on Hallgate, Cottingham on Tuesday evenings at 7.30pm. We present three concerts a year; the music ranges from folk songs to songs from the shows to religious works to carols at Christmas. There is no audition, and although it helps it's not essential to be able to read music. Musical Director is Julian Savory. If you think you might like to join us, why not come along one Tuesday evening? You will be made welcome! (If you would like to contact a choir member first, then please ring Maria or Alan Tel 442758)

### Alcoholics Anonymous Meeting

If you think you may have a problem with alcohol which is costing you more than money, and want to stop drinking, you will be most welcome at the meeting at Cottingham Methodist Church (side entrance), every Friday night at 8pm. For more information call 01482-830083. Free-Confidential-Advice

*Continued on page eight*

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### ALANON Meeting

Thursday evenings at Holy Cross Church, Carrington Ave Cottingham HU16 4DU. The meetings start at 7.30 pm until 9.00pm every Thursday evening, it is an open meeting for relatives or friends of the alcoholics and who are being severely affected by someone else's alcoholism. This fellowship is an International one, there are no dues or fees for joining all newcomers will be told that they will remain strictly anonymous and anything they share at the meeting would not be discussed elsewhere. Any further information on 0148 50831

### Alternative Aquatics

Alternative Aquatics is a local charity and self-help group. We provide gentle exercise and relaxation for people with back pain and associated mobility problems, in wonderful warm water and a friendly atmosphere. We meet on Thursdays at 5-6 pm during term time, at the hydrotherapy pool at Frederick Holmes School on Inglemire Lane, Hull, and the cost is £39 per school term. We have a few places available so if you would like more information, or would like to come along for a free trial session, ring Karen on 0148 87072 or Ann on 572011.

### 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 89647. E mail [revtrev2@revtrev2.karoo.co.uk](mailto:revtrev2@revtrev2.karoo.co.uk)

### St. Mary's Church, Cottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 60p (including biscuits). Please come and help us with our jigsaw puzzle. A warm welcome ensured.

### Ag UK 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 0148 8918 for further details.

### Cottingham Rangers AFC

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### Zion United Reformed Church, Hullgate

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.

Continued on page 3

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The good news is that the new *Consumer Rights Act 2015* strengthens your consumer rights and makes the law clearer and easier to understand. Unfortunately, some retailers don't always play by the rules so it's important you know your rights should you need to return a gift.

**High Expectations** – the goods you receive should be of a satisfactory quality, so not faulty or damaged. They should also be fit for purpose and be as described and so match any description of the product of any models or samples you were shown before purchase.

**Can I have a refund?** – If the goods are not compliant, then yes, you can have a refund but you must act quickly; you only have 30 days to return an item and the refund should include any delivery charges. Some retailers offer a longer period over Christmas but don't assume this to be the case, ask before you hand over your credit card.

**Out of time?** – If 30 days have passed and the item is faulty or damaged, you must give the retailer the opportunity to repair or replace the item. If you are still unhappy you can ask for a refund or a price reduction if you wish to keep the goods.

**Unwanted gift – can I have a refund/exchange?** No, a retailer is not legally obliged to do so unless the goods are faulty. However, many retailers will offer a refund or allow you to exchange goods for a limited period of time. The key

is to ask at the till before purchase. If you buy online, however, you do have the right to cancel up to 14 days after receipt but may have to incur the cost of returning the item.

**Can the recipient return the present?** – The person who bought the gift needs to return it as the contract is between the purchaser and retailer. However, more and more retailers now have policies in place enabling the recipient to obtain a replacement or exchange by using a 'gift receipt'.

**The retailer says the manufacturer is at fault** – The fault may have been caused by the manufacturer but your contract is with the retailer and they are under a duty to make things right. However, if you have lost your receipt and the item comes with a warranty you might want to contact the manufacturer direct.

Love it or hate it there are presents to be bought; but by knowing your rights you can buy with confidence this Christmas.

*Happy shopping!*

**Rachael Kitchman is a solicitor at Graham & Rosen solicitors specialising in Dispute Resolution and Litigation.**



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# New ESET products, internet banking and new computers . . .

**ESET has changed its line-up of products, there are now three offerings.** The first one *Nod 32 anti virus* hasn't changed, then we now have *Internet Security* which includes a firewall, web cam protection, and an internet banking module, then *Smart Security Premium* which adds anti-theft and a password manager plus a new data encryption module. They all represent really good value for top class computer protection and a comparison chart can be found online here: <https://www.eset.co.uk/Home/Compare/Windows> Current users can carry on with their existing installation without doing anything, but if you would like to change over to Eset or wish to renew or upgrade your existing product, please don't hesitate to call our number shown below.

**Internet banking has become part of everyday life as more local branches close down;** HSBC has now closed its doors in the village. Many people are understandably nervous of trusting their money to online banking, but if you have an up to date version of Windows and a good level of security installed (as mentioned above) then you should be safe. All banks offer an anti-fraud guarantee too. If you have a smart phone, have you tried PAYM? This is a quick and secure method of paying money to friends and family. You have to have your bank's app installed on your phone then register for PAYM and the recipient also has to be set up, then you just log into the app, choose your contact by name or mobile and number and then just ping them the money!

**Microsoft email.** Just a reminder (as explained in my October article) that if you use a *Hotmail, Live or Outlook* address you can no longer use the program Windows Live Mail to receive and send. You now have to go online to the website now called: [outlook.live.com](http://outlook.live.com) and sign in with your address and password. This does not effect anyone only using Karoo as their email provider.

## Three reasons you might need a new computer

1. You're running Windows Vista – it's the next to be retired by Microsoft in early 2017 and unfortunately there is no upgrade path to later versions.
2. You turn on the PC then go and have breakfast before it's ready for use.
3. Trying to shop online takes so long it would be quicker to go down to the shops.

If this applies to you, and you want to get ready for the new year then contact us for a no obligation quote for a shiny new fast PC.

**Voice assistants are the most recent form, and probably the future of computer interaction.** Since 2011 *Apple* has had *Siri*, *Microsoft* has *Cortana*, and now *Amazon* has *Alexa* in the form of its *Echo & Echo Dot* products. *Echo* is a 'hands-free, voice-controlled device that uses *Alexa* to play music, control smart home devices, provide information, read the news, set alarms and more.' This got me thinking about how as artificial intelligence advances could there be conflicts. Imagine this: 'I asked *Alexa* to ask *Cortana* to switch off the computer, but she said they weren't speaking at the moment so I'd have to ask *Siri*'

**If you have an iPhone 'S' model that takes 'Live photos' (like mini videos),** and you have *iCloud* installed on your Windows 10 PC, then you should see you live pics appear in the Windows Photo app. Recently mine created an album of some of my latest photos.

**During a recent tidy up of our loft I came across my Grandad's Super 8 projector** and some reels of film. How technology has changed, years ago I would have to have searched for a manual to find out to work it, but now a quick search online turned up a page on how to thread the film through the various reels and sprockets, and after a bit of fiddling I managed to get the bulb to light, then bingo, it was showtime! Many of you will remember it is quite a time-consuming task to run and then rewind every reel, so to save time and be able to share some family memories more easily, I ran the film and videoed it with my iPad!

**Quick Tip:** To zoom in or make things on screen easier to read - on your keyboard hold down the *Ctrl* key and press the + symbol, each press zooms in further. To zoom out do the same but with *Ctrl* and the - key.

**Security reminder - Don't follow links in emails purporting to be from companies like PayPal, iTunes, Apple, Google and major banks etc.** asking you to change passwords. These will always be scams. To change passwords or update your details **go directly to the company's website** and log in securely before making any changes. Also, watch out for the phone scam that is still ongoing, don't allow any unsolicited caller saying they work for Microsoft or Windows to take over your computer.

**Kcom's latest Colour pages** has been distributed and RDM Computers is listed under Computer Maintenance.

**Everyone likes a bit of free advice,** so on my website you will find a free guide with some answers to often asked questions like: 'Why does my computer start and then stop at a black screen? Why does my Windows10 start button not work and I can't get emails?' And not least 'Why isn't my internet working?' (download it while you can!) So just go to [www.rdmcomputers.co.uk/news](http://www.rdmcomputers.co.uk/news) and you will see a link to the this and the previous two articles, plus the free guide.

**Also I will be updating the blog on my website** regularly with any news items worthy of mention. And for those on Twitter you can find me [@rdmcomputers1](https://twitter.com/rdmcomputers1)

You have probably gathered that we take security very seriously, so if you need advice on changing or buying anti virus, or if you think you may have been the victim of a scam, just call us for advice.



Best wishes for Christmas and New Year to you all!

**Richard Mills**

**RDM Computers**

**Cottingham**

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## Wordsearch - Christmas

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

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

Find the words in the letters above:

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

Word search courtesy of [www.puzzles-to-print.com](http://www.puzzles-to-print.com)

## Sudoku No. 119

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

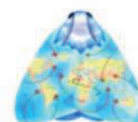
				8		4	3	9
		3			2			1
					7		8	
	7	1	5			3	2	4
	2							6
	4		2	1	6			8
9		4						7
	1	2	7	6			4	
		5	1	3				

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## Season's Greetings

### Christmas opening hours

*We are having a holiday - our office will be closed*

**Saturday 24 December to Sunday 1st January**  
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December and we have early Christmas presents in store for you...

**DECEMBER BONUS** all new bookings over £1000 per person will receive a Christmas hamper. Any tour operator you wish to book.

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**FREE Parking on any holidays or cruises booked this month flying from Humberside Airport.** It is surprising how many tour operators offer flights from our local airport.

**Fred Olsen Cruise Lines:- FREE Drinks** are included for new bookings this month (full price £29 per day!) plus we have a selection of cruises without any supplement for solo travellers. Call today for full details.

A holiday makes a great gift for your loved ones you could actually cheat and book a Valentines break as a surprise Christmas gift to cover both occasions!

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**Alternatively we are happy to make a surprise booking for any occasion - we have super Valentines options.**

Fancy getting married abroad? We have great ideas worldwide to give you that perfect wedding of your dreams.

We have many suggestions from an evening flight in search of the Northern Lights, short breaks to full blown holidays. Not sure on the right choice? Then a personalised gift voucher should do the job.

Do remember we are a full travel agency, we book financially protected holidays with all reputable tour operators. You never have to worry about the security of your holiday and can sit back, relax and look forward to your break. We are taking bookings not only for 2017 as many holidays & cruises are on sale for 2018 too. We look forward to creating you special memories when we book your next holiday.

Wishing you a merry Christmas and every good wish for a happy healthy new year. **Marion, Lynne, Natalie & Dave.**

## Our very own exclusive holidays by coach, experience the difference

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27 Mar	English Riviera, Devon, Eden Project & the Cotswolds 4* Imperial Hotel Torquay: Half board & excursions	£ 349
25 Apr	National Arboretum & Lichfield Cathedral 2 days, a springtime opportunity to see the newly expanded Arboretum	£ 110
15 May	Inner Hebrides: great itinerary Jacobite, Skye, Mull & Iona	£ 725
30 May	Efteling Theme Park 3 nights 2 day park pass family of 4	£ 860
09 Jul	Cabaret & Canals ~ Joe Longthorne in Blackpool 2 days	£ 149
07 Aug	Warner's Bodelwyddan, 4 nights half board includes excursions to Llandudno, Portmeirion & Port Sunlight	£ 385
17 Aug	Barge Canal Cruise 9 days Bresancon to Dijon superb 12 cabin luxury all inclusive full board, drinks & excursion.	£2250
06 Sep	Germany ~ In the footsteps of Martin Luther 9 days fully guided fabulous tour full of historic Eastern Germany	£1239
24 Sep	Historic & Scenic Southern Wales 6 days Half Board a very interesting & special inclusive itinerary of sightseeing.	£ 499
05 Oct	Sites of WW1 - Ypres Salient & the Somme - 6 days	£ 485
15 Oct	Harrogate, Shopping & afternoon tea 1 night at the Majestic HB	£ 110
25 Oct	Efteling Theme Park - 4 nights 3 day park ticket family of 4	£1095

### Just for a day 2017: 11 Jan, Boundary Mills Sales £15 :

25 Jan, Millstones - fun food & dancing £40: 09 Feb World of Rhubarb £49:

17 February Afternoon Tea at Thoresby £39 : 21 Apr, Harrogate Flower Show £45: 08 Jun, Chatsworth Flower Show £49.

Theatre ~ Bradford Alhambra matinee shows ~ 08 Feb, Anton & Erin £59:

22 Feb, Sister Act £57: 01 Mar, Sunny Afternoon £57:

28 Apr, The Wedding Singer: 11 May, The Commitments £59:

07 June, Funny Girl £59 & 28 Feb 2018, War Horse £75

### Thursford 2017, reserve your seats now 5 dates available £179pp

24 Nov, 26 Nov, 28 Nov, 02 Dec & 04 Dec (limited single rooms + £10)

Private group enquiries welcome.

See our website or call for a full list of all departures including more departures for 2017. We always try to keep single supplements to a minimum.

25 May 2017	Cruise Norway's Fjords with Marion. 5 nights drinks inclusive & coach from Hull	From £ 649
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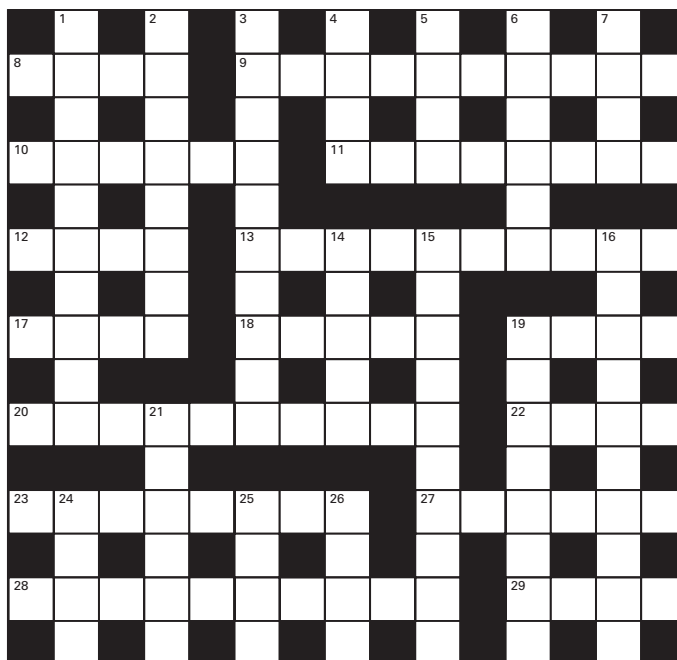
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## Crossword – Solution on page 46



### Across:

- 8N imble (4)
- 9. Visible aspect of a person (10)
- 10. A written version of a play (6)
- 11. Meetings (§)
- 12. Tribe (4)
- 13. Alienating (10)
- 17. Relating to the ear (4)
- 18 A vast multitude (5)
- 19. Devotees (4)
- 20. Victorious (10)
- 22. Hawaiian island (4)
- 23. First letters of a person's name (§)
- 27. Without difficulty (6)
- 28 A form of Hindi (10)
- 29. Anagram of "Neat" (4)

### Down:

- 1. One who takes investment risks (10)
- 2. Sanitary (§)
- 3. Warship (10)
- 4. Chooses (4)
- 5. Gentle blows (4)
- 6. Establishing (6)
- 7. Glance over (4)
- 14. Latin for "Earth" (5)
- 15. Knock out gas (10)
- 16. Without a care (10)
- 19. Pace (§)
- 21. Messy (6)
- 24. French for "Black" (4)
- 25. A vaulted recess on a building (4)
- 26. A style of jazz singing (4)

Crossword on testy of [www.crosswordl](http://www.crosswordl) accec om  
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# In the Kitchen



## Heston's roasted leek & potato soup

Serves: 4

### Ingredients

150g waxy potatoes, such as Charlottes  
5g thyme  
1g cloves  
1 bay leaf  
5g black peppercorns  
4 x Heston from Waitrose & Alder Wood Smoked Streaky Bacon Rashers  
200g onions  
600g leeks, trimmed  
60g unsalted butter  
500g Heston from Waitrose Chicken Stock  
150g double cream  
50g mature Cheddar cheese  
25g pack chives, finely chopped

### Method

1. Peel the potatoes and reserve the skins. Preheat the oven to 200°C, gas mark 6. Place the skins onto a baking sheet and roast until they are golden brown and crispy.
2. Make a bouquet garni by taking a piece of muslin and wrapping up the thyme, cloves, bay leaf, black peppercorns and roasted potato skins. Tie the muslin up into a bag to enclose the filling and set aside.
3. Place the bacon onto a baking tray. Bake for 10-12 minutes until crispy. Drain off the fat, allow to cool, then chop into small pieces.
4. Thinly slice the onions, leeks and potatoes. Place them into a large pan with the butter and sweat over a medium heat for 10 minutes until softened. Add the chicken stock and the bouquet

garni, and cover. Simmer for 30 minutes until the potatoes are tender. Add the cream, and simmer for a further 10 minutes.

5. Remove the bouquet garni. Transfer the soup to a blender and blend on the highest setting for 2 minutes, or until silky smooth. Adjust the seasoning with salt. Pour into bowls and garnish with the bacon pieces, coarsely grated Cheddar and the chives.

## Cauli cheese topped gammon

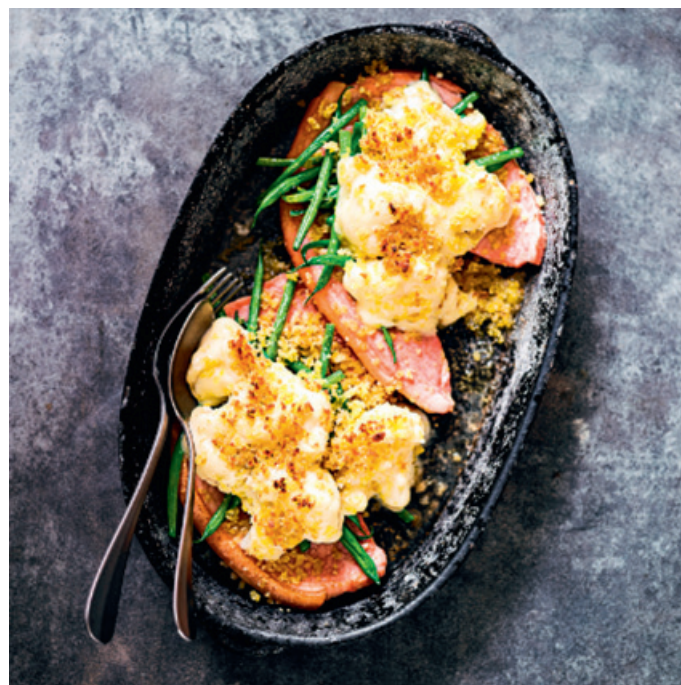
Total time: 40 minutes. Serves: 4

### Ingredients

400g pack Waitrose Cauliflower Cheese  
1 tbsp oil  
360g pack essential Waitrose 2 British Unsmoked Gammon Steaks  
150g green beans, trimmed  
3 tbsp fresh breadcrumbs

### Method

1. Preheat the oven to 190°C, gas mark 5. Cook the cauliflower cheese according to pack instructions.
2. Meanwhile, heat the oil in a large frying pan and fry the gammon for 6 minutes, turning once, until cooked through. Cook the beans in boiling water for 3-4 minutes and drain.
3. Place the gammon on a large baking tray and top with the beans. Spoon over the cauliflower cheese and sprinkle with breadcrumbs. Place under a preheated grill for 2-3 minutes until golden.



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# Christmas

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[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - December 17

## ON THE GRAPEVINE

## WITH ROY WOODCOCK

## Port and cheese a perfect match

**P**ort and cheese enjoy delicious synergy and are renowned to be one of the best classic wine and food matches.

I, for one, like nothing better than bringing out a full cheese board at the end of a dinner party with friends - a varied selection of soft French cheeses, a couple of hard cheeses, including a mature English Cheddar and, of course, at least one blue; although knowing me there'll probably be two of those as well!

I try to find a really good Port to offer alongside the cheese; so, looking ahead to the festive season, I chatted with leading Port house, Taylor's, and top specialist cheese supplier, Paxton & Whitfield, and asked them to put their palates together and come up with some exciting matches for the ultimate festive cheeseboard.

First, a young, fruity Taylor's First Estate was matched with a goat's cheese called Sinodun Hill made by Norton and Yarrow Cheese, based in Oxfordshire.

First Estate is a richly concentrated Port crammed with blackcurrant, plum and liquorice flavours. A citric tang and nuttiness in the cheese combined magnificently with the luscious, firm tannic structure of Taylor's First Estate finishing with a creamy, restrained finish.

Next up was Taylor's Late Bottled Vintage (see best buys), with a fabulously creamy Brillat Savarin. The soft texture of the cheese, with its light penicillin white coat, worked brilliantly with the succulent, red berry fruit in the Port and its delicate chocolate notes.

Sweet, luscious flavours in this Late Bottled Vintage cut through the chalky sourness of the cheese rind making it one of the best combinations in the line-up.

Two amber coloured Tawny Ports were chosen with the next cheese pairings. Taylor's 10-year-old Tawny was matched with a nutty Cave-Aged Cheddar, matured in Somerset. The fruity, nutty notes in the cheese brought out the luscious fruit and Christmas spice in the Tawny.

Meanwhile, a Gruyère Reserve from Switzerland found its perfect partner with a Taylor's 20-year-old Tawny. The salty fruity notes of the cheese with its lactic aftertaste proved to be an exotic partner to the complex, spicy, nutty flavoured Tawny and complemented its opulent fruit palate.

A Single Quinta 2002 Vintage (also see best buys) from Taylor's flagship vineyard, Vargellas, worked well with the fudgy, salty sweet flavours of Mimolette, a cheese made in Northern France. With a hint of violets and warm plum and cherry jam flavours, this Port and cheese combination was an exciting palate pairing.

One match that has stood the passage of time is, of course, Vintage Port and Stilton. Here a creamy yellow Stilton produced by Cropwell Bishop Creamery in Nottinghamshire (one of my personal favourites) was matched with a 2000 Vintage Port.

The soft buttery texture, mellow character and piquancy of the cheese teased the ripe powerful flavours in the Port and worked beautifully with its rich fruity core. Port and cheese enjoy delicious synergy and are renowned to be one of the best classic wine and food matches.

Talking of Port I was interested to learn recently that Sandeman is rolling out new clear bottles for its tawny Port range in the first step to get people drinking it outside its traditional post-dinner and Christmas slots.

The company has moved to clear bottles for the aged tawnies in order to show the evolution of the liquid as it ages, with the 20-year old and older Ports also using Vinilok closures to ensure a cleaner, more premium look. The labels draw on historic imagery and typography from the Port house's archives and includes its well-known Sandeman "Don" on the bottle.

The new look, which is targeting the premium off-trade, specialist independents and the on-trade, will be rolled out across the entire portfolio in 2017, although its ruby Ports will continue to be bottled in dark glass.

The company says said education is key to boosting consumer awareness of Port's versatility, and said it was keen to tap into the buzz around successful drinks such as gin and craft beers through new serves such as using port as an chilled aperitif, over ice or in a cocktail.



## BEST BUYS



## Taylor's 2002 Quinta de Vargellas Vintage Port

**Where:** Waitrose/Majestic  
**When:** Now

**Why:** They'll be plenty of cheaper bargain around but this is a superb, extra special Port for a real Christmas treat. Warm plum and cherry jam on the palate with a smooth, satin texture.

**£30.00**



## Taylor's 2011 Late Bottled Vintage Port

**Where:** Waitrose, but available from other outlets (prices may vary)

**When:** From December 7 to January 3

**Why:** Always reliably good. A rich, concentrated, weighty palate crammed with floral notes and sumptuous dark chocolate and liquorice on the finish.

**£12 (was £15)**



## Craft 3 Chenin Blanc, 2016

**Where:** Marks and Spencer  
**When:** Now

**Why:** Newly-stocked South African white that's pale straw in colour with expressive aromas of citrus and green fruit. Lively flavours with juicy green apple, mouth-watering white stone fruit, strong minerality and a lingering and incredibly refreshing finish.

**£10.00**



## Château Pey la Tour, 2014

**Where:** Waitrose  
**When:** Now, until December 7

**Why:** This Merlot dominant wine is a great Christmas all-rounder. It's fleshy on the palate with soft tannins, purity of fruit and a round finish.

**£7.49 (was £9.99)**



## Council encourages other organisations to take on apprentices

**E**ast Riding of Yorkshire Council has praised the important contribution its apprentices are making and is encouraging other organisations to follow suit and create apprenticeship opportunities.

Currently, 40 apprentices work across a range of council services and in schools, helping to deliver services for local communities with the potential to shape the future of local government.

The council is committed to providing a range of opportunities for young people, including apprenticeships in a wide range of subjects, such as business administration, construction and the built environment, IT, supporting teaching & learning in schools and hospitality.

In the past three years, 6 apprentices have worked for the council with 50 of them going on to secure a permanent position upon completion of their studies.

Councillor John Barrett, cabinet portfolio holder for council corporate services and performance, said: "As one of the region's largest employers, the council places a high priority in developing its workforce.

"Apprenticeships provide an excellent opportunity for young people to earn-while-they-learn, study for recognised qualifications and establish the skills necessary to carve out a career in a chosen profession. They also provide a solid foundation to take advantage of future job opportunities and progress along the employment ladder.

"The council is a keen advocate of apprenticeships as a route into employment and will be recruiting to a further four positions before the end of the year. We would strongly encourage other organisations to consider creating apprenticeship positions to help develop a skilled workforce that in turn will benefit the local economy."

Harry Smailes, apprentice construction assistant, said: "I would definitely encourage more young people to take up apprenticeships. Seeing and assisting with design work and on-site construction work has helped me tie together the knowledge I have gained from college, rather than just relying on learning resources."

Kate Thomson, apprentice support services assistant, said: "I would certainly recommend doing an apprenticeship in something you are interested in and want to learn more about. It gives you the confidence, skills and qualifications you need to better yourself and get a career in doing something you enjoy.

"I would class myself as a mature student and it just shows you can be any age to decide to have a change in your career and go for something new."

For further information about apprenticeship vacancies at the council, visit [www.eastriding.gov.uk/jobs](http://www.eastriding.gov.uk/jobs).

## Yorkshire Cancer Research - Cottingham Committee

**T**he Cottingham Committee for Yorkshire Cancer Research would like to thank the people of Cottingham for their support and generosity over the years. Since 1971 we have collected approximately half a million pounds (1971 -2016) .

It is with regret the Cottingham Committee can no longer continue as over the years, due to age, our numbers have dwindled. However I am pleased to say that we are still able to receive donations.

*Dorothy Cooper, Hon Treasurer.*



# Christmas Wishes



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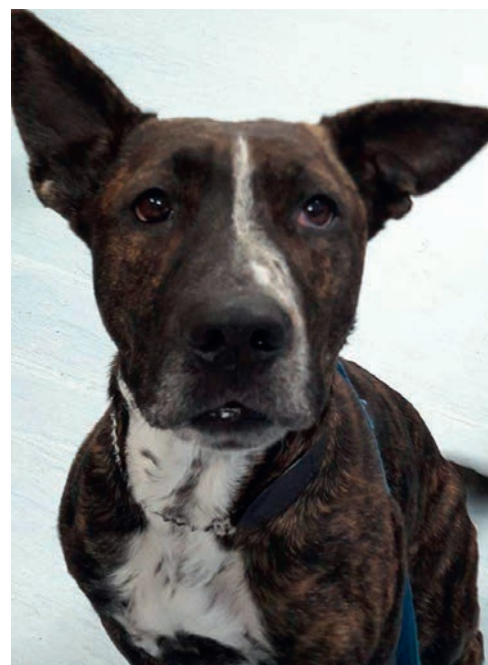


## Have a 'Mary' Christmas

Well, it is nearly here...the time to celebrate and enjoy the festivities that Christmas brings and I am so excited. I really do enjoy this time of year with the wrapping and giving of presents followed by gathering round the dinner table with my daughters, son in laws and grandchildren. You can imagine with five little ones under one roof, the excitement reaches fever pitch and this is when our two dogs, Charlie and Teal (along with my daughters dog, Baxter) seek refuge in a quiet place of my house but not before they have opened their presents.

It is quite fun watching them tear off the paper to devour what goods are held inside, or in the case of my greedy Lab Teal, forget the paper and just devour the lot! I am sure I am not alone here and the majority of pet owners can relate in the buying of presents for their beloved four legged friends.

What about the ones who are not so fortunate...the poor lost souls who spend their time living in hope that one day, they will spend their next Christmas with a loving family. Sadly there are many homeless pets residing in rescue centres around the region, too many to mention, and sadly this was brought to light after a conversation with Sue Sewell from The Hull Animal Welfare Trust. The kennels are full of loving pets, all sizes, shapes and forms,



waiting for that special someone to take them home. This following little soul is no exception....

Mary is a Cross Staffie who went into The Hull Animal Welfare Trust at South Cave from the stray kennels. A stray through no fault of her own but just because her owners fell out of love with her. She is a lovely girl and has formed a bond with one of the staff members, Samantha, who has taken her for days out into the local countryside and has become more impressed by her behaviour over a short period of time. Mary is responding very well to training when she also enjoys going for walks alongside other dogs from the centre. During her time spent there, she has come on in leaps and bounds and has shown the staff she is a true sweet girl who really deserves a forever home.

Mary is only one of the many dogs waiting to be re-homed alongside cats, rabbits and other furry pets. Please do not hesitate and give the HAWT a call if you feel you can offer a forever home.

We at KINGSTON, also like to help over the festive period and this is where our food collection bin comes in. Each of our branches have a collection bin, placed in the reception area, where any donations of food no matter how big or small, may be placed. It is not only for dogs and cats...please do not forget the many rabbits and guinea pigs also waiting for homes. Please try to give as much as you can, every little helps and they will be so grateful.

*Have a wonderful Christmas and a very Happy New Year.*





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**Beverley Road Surgery**  
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**Anlaby Surgery**  
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Tel: 01482 655333

**Holderness Road Surgery**  
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Tel: 01482 797007

**Thorngumbald Surgery**  
Main Road, Thorngumbald. HU12 9LY  
Tel: 01964 601607

[www.kingstonvets.com](http://www.kingstonvets.com)



## Report from the North Ferriby Gardening Club

At our monthly meeting on Thursday 10 November we welcomed Nick Grounds from Wisbech Cambridgeshire to present our Christmas Demonstration entitled "Seasonal Anticipation". Nick is a much admired National Demonstrator, and by day a Horticultural Auctioneer. Many members and guests attended this evening and were not disappointed. He is a very accomplished arranger and brilliant speaker. He started the evening by reciting a wonderful Christmas poem by Pam Ayres which created a Christmas atmosphere for the evening. Nick has a commanding presence on stage, being interesting, full of humour, as well as sharing useful tips for flower arrangers.

Nick produced six amazing displays using fabulous containers each a different shape and texture, fabulous foliage and wonderful flowers all using different colours and seasonal extras to bring the arrangements into Christmas. The stage looked amazing at the end, full of huge and beautiful work, and Nick produced "extra" arrangements to connect to each of the six displays on stage. The stage was illuminated with candles, and lights in the containers and the affect was wonderful, and everyone was rushing to buy extra raffle tickets in the hope of winning one of the arrangements!

The comments heard at the end were great, with people saying it was the best demonstration they had been to, and what a fabulous personality Nick has. We hope some of our many visitors will come back to the Club and hopefully join in the future. If you wish to see what we are up to, we have a website which is [www.northferribyflowerclub.co.uk](http://www.northferribyflowerclub.co.uk).


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## "The Tooth and Nothing but The Tooth"

by  
Chris 'Dr. Smile Maker' Branfield

### SSHH - It's a Secret

Hello again, I hope that you are well. As usual another busy month, including courses in South Wales, London and Bristol and a research trip to Mansfield looking at new dental technology. Oh, such an anorak it's untrue. Good news is that I'm now an accredited "Secret Smile" provider

#### SSHH- It's A Secret

"In the Blue Ridge Mountains of Virginia, on the trail of the lonesome pine". I actually had that on a 7" single as a kid. My aunty used to clean at a pub and got the fella who changed the duke box records to give it to her for my brother (twin) and myself. I laughed every time the high voice singing started!

I digress! So what's the secret? Well secret smile is a

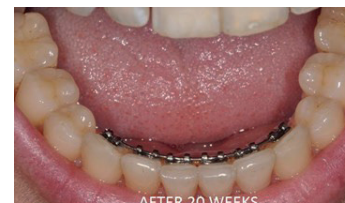


type of lingual orthodontics. Oh dear, Branfield's getting all techy too soon. Let's break this down. Lingual, in dental terms, means on the tongue side. Orthodontics is straightening teeth with braces. So putting together this is tooth straightening with fixed braces that are fixed on the tongue side of teeth (inside). This means that the brackets on the teeth are out of sight (secret). Ingenious eh? This is what makes them a favourite with celebrities.

#### The Koreans Nail It

Lingual braces have been and gone a few times over the years. The main reason why is that the mechanics are very different to more convention braces attached to the front of teeth so a lack of understanding in the early days led to unexpected tooth movements. The crafty Koreans though have pioneered the research and formulated practical approaches to give great, predictable outcomes.

The Secret Smile brace is most efficient when dealing with straightening the front 6 teeth. The great thing is that it is truly invisible, that's why the celebs like it!



#### Greece Is The Word

It's only 10 days now until I travel to Greece on the first Dental Mavericks venture to treat poor souls in refugee camps, I'll report next time.



It's Children in Need tonight. This week, at work, we had a cake sale and raised about £150. Thanks to my team and everybody who bought a cake or two. Everything is OK in moderation!

Oh, my lad, Edward has settled in at Uni and is knuckling down, which is good. Last thing is Hull City got a good win against Southampton, so some much needed points. Sunderland away is another good chance to improve. Come on lads, give it some.

Until next time. Take care and be good.

Chris

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Chris "Dr Smilemaker" Branfield GDC 68346  
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*Continued from page eight*

### Play Badminto

On Tuesday and/or Thursday evenings at Cottingham High School, 800 pm until 9.30 pm during term time. **Get Fit, Have Fun!** £2.00 per evening. For more information telephone Dave 0148 8285.

### 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](http://www.fitmums.org.uk)

### Cottingham Bridge Club

Every Friday evening at the Darby and Joan Hall. Duplicate Bridge, for more information telephone 8583.

### 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 0148 211255.

### Cottingham Cricket Club

'The club provides cricketing activities and games for boys and girls from the age of 6. We run 4 Saturday sides, and teams at U9, 11, 13, 15, 17 and 19 and also Girls Teams. All new players of any ability are welcome. Training starts in January with Indoor Nets at Sirius Academy North for all age groups and Seniors on Wednesday evenings 6.00 pm till 800 pm and at Cottingham

High School (Sports Hall), (tennis ball/kwick cricket ball) for ages 6-15, on Saturdays 12.30 pm till 2.30 pm till Easter. Summer training for Juniors is Friday evenings and Seniors is on a Wednesday. For more information and details contact Rob Rhodes on 82215. O r email [cottinghamcc@hotmail.co.uk](mailto:cottinghamcc@hotmail.co.uk)

### 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 0148 83721 for details.

### The Cottingham Music 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. 83253 - 07531 762593 or 473042.

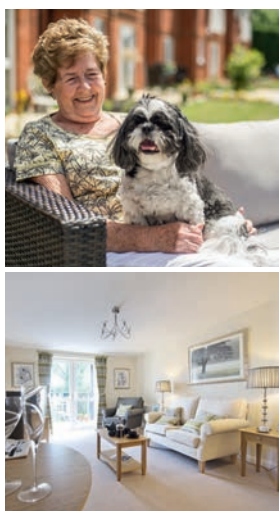
### Hull and East Yorkshire Happiness Group

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 800 pm. No Charge. Contact: Pam 07966 091513 [heyhappinessgroup.weebly.com](http://heyhappinessgroup.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 8 5920.

*Continued on page 8*



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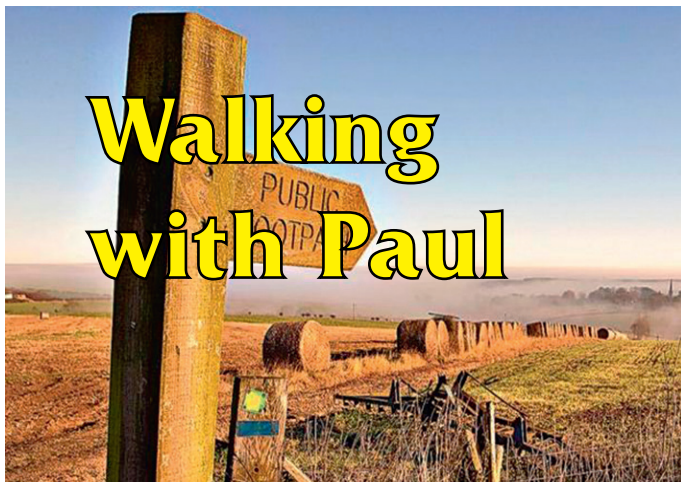


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Ts and Cs apply: \*Additional cost applies ^One pet allowed as long as it is well behaved. \*Recommended Estate Agents and Solicitors must be used in order to qualify. Removals service provided by our removal partners. Belongings are unpacked onto a flat surface. Offer may be withdrawn at anytime. No cash alternative. Not available in conjunction with any other offer or resale properties



LP-CTIME-3381-01



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

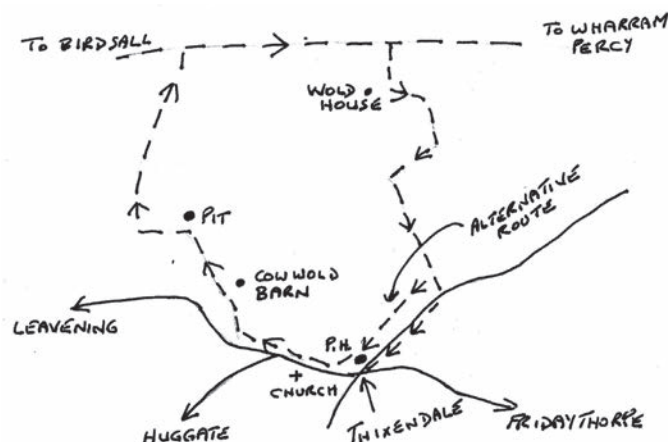
## This month his destination is Thixendale

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

Map :- EXPLORER 0

Start at GR.S E846 1 Rad side near church.  
Distance 45 Miles.

Walk in a westerly direction out of the village passing the church on your left. At the end of the village bear right onto a distinct chalk road and climb gradually to Cow Wold Barn. Immediately before the barn, bear left and



cross a grassy patch to a stile. Cross this stile and follow the Wolds Way signs.

On reaching a pit, cross a stile and walk with the fence on your left to the field corner, turn right at this corner and descend gradually to the lower corner of the field and cross the stile. After crossing the stile descend more steeply and after about 200 metres locate a stile in the hedge on your left, cross this stile and descend to the dale bottom.

On reaching the dale bottom locate and cross a stile and then climb gradually with the fence on your right. On nearing the top of the dale, locate a metal gate and pass through. (There is also a stile at this point). Continue walking in a northerly direction with the large sparse hawthorn hedge on your right. After a short distance, enter a small plantation on your right and pass through this plantation emerging onto a farm track.

Turn right on meeting this track and follow the Wolds Way Signs. After about 0.7 miles locate a Centenary Way sign on your right and turn right passing through a small belt of trees. Follow this path/track as it passes the derelict Wold House. On passing this derelict building, the track swings left and then right. Further along the path again swings to the left and at this point turn right and follow a path with the hedge on your right to locate a gate in the corner of the field.

Pass through this gate into Court Dale and immediately turn left and walk along the top of the dale. At the end of the dale descend to a farm track and pass through two steel gates to emerge onto a tarmac road. Turn right and follow this road back to Thixendale.

An alternative route from the bottom of the dale is to remain in the field and walk parallel to the tarmac road on a clear ridge. This emerges in the village adjacent to the Public House.

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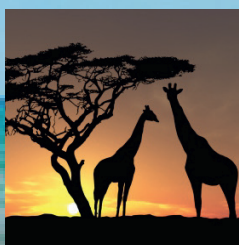




# Happy Holidays

*& best wishes for a  
wonderful New Year*

From Andrew Earle  
& All the team.



What's on your bucket list for 2017?

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#### Contact Us

##### Brough

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email : [brough@andrewearles.co.uk](mailto:brough@andrewearles.co.uk)

##### Anlaby Common

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email : [anlaby@andrewearles.co.uk](mailto:anlaby@andrewearles.co.uk)

##### Hull

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## Christmas Time

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

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

The traditional Christmas tree is the Norway Spruce which we have available 5ft-10ft, but as an alternative we also have the beautiful Nordmann available in 5ft-8 ft and Fraser Fir available in 6ft-8 ft. Just remember to give your tree plenty of water and follow our simple steps to ensure that your beautiful natural tree takes pride of place in your home this Christmas.

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

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

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

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

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

- Christmas trees keep best in plain water rather than soil

or sand, which block the pores in the bark, so use a specially designed Christmas tree stand.

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

### Festive Plants

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

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

### CYCLAMEN

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

## 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





#### POINSETTIAS

Their name comes from Joel Robert Poinsettia, who introduced them to the USA from Mexico, about 188. And even though poinsettias now come in different colours, the red and green classic is the most popular. Poinsettias are easy to care for. To enjoy them as long as possible put them in a bright, warm spot, around 20°C without draughts. Do not overwater by leaving water in the saucer – water only when the potting mixture is almost dry.

#### FORCED HYACINTHS

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

#### Make your own Wreath

Wreaths are a lovely way to enhance the festive atmosphere in your home, welcoming Christmas visitors at your front door. They are quite simple to make and we stock everything you need to make your own this year.

- 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.

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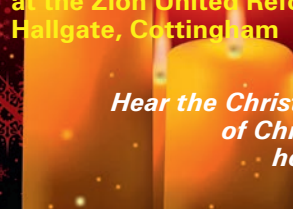


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## Your Stars for December 2016

By Kay Gower

### Aries (Mar.2- April 9)

If you continue to look behind, you'll fall behind. Instead look ahead into the future - a future that you are uniquely equipped to make the most of. This month is just the beginning.

### Taurus (Apr.2- May 2)

This month, you get more of what you love in your life. The next four weeks show you developing new tastes and letting go of the past. A new relationships begins to grow, but it takes time.

### Gemini (May 2 - June 2)

Beware: Your impulses are likely to involve a plastic card. Perhaps you have wanted something for so long that you suddenly don't care whether or not you can afford it. Keep receipts.

### Cancer (June 2 - July 2)

You can really sparkle when you need to, and right now you are brighter than ever. This is a month of tremendous generosity, and even when you're on the giving end, and often you will be, you're ultimately the benefactor.

### Leo (July 2 - Aug 2)

A good month to put energy and time into your work. You will impress those in authority and could be in line for a good promotion. Be careful of ruffling the feathers of your colleagues though.

### Virgo (Aug 2 - Sept. 2)

You might feel like being alone, but force yourself to mix and mingle. You'll attract admirers. It's interesting observing the people who fall for you when you couldn't care less.

### Libra (Sept.2 - Oct.2)

Someone is going to get the best in life, and it may as well be you. Life is ripe for the sampling during all of December. Why be choosy? Tuck in.

### Scorpio (Oct.2 - Nov. 2)

The pressure was on at the end of last month. Now it's off. With all the back and forth, you can't remember if you're supposed to feel stressed out or not. "Not" is always the best choice.

### Sagittarius (Nov. 2 - Dec.2)

In the spirit of the season and of friendship, try and refrain from saying approximately half of the things that dance on the tip of your tongue. Your maturity and good humour will keep the peace.

### Capricorn (Dec 2 - Jan. 2)

Make a choice. Now make another. A few quick decisions bring you sweet rewards - and much faster than you had hoped. You sparkle all month.

### Aquarius (Jan 2 - Feb 19)

New opportunities will be created in some very unexpected places. You could have some minor money worries over the next six weeks but through your creativity you should find a way to solve them.

### Pisces (Feb.9 - Mar.9)

The end of the year, and you embrace what's true and win rich rewards, like peace of mind, health and wealth. Your world is aflame with optimism and why not! Get back the magic, and dream about the changes you are about to make.



Sudoku Answer from page 12

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

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# Pretty in Pink . . . .



## Pink Day a huge success at Cottingham Parks

**P**ink Day was a huge success at the Cottingham Parks Golf Club with the whole club turning pink for the day, with golfers and the Equestrian Centre coming together to raise funds for two worthwhile charities.

Golfers were dressed in their best pink attire and were even joined by a pink pony later in the day!

There were prizes for the best team, a nearest the pin competition, and a beat the pro competition. A total of £1130 was raised for Breast Cancer Now.



## £1,130 raised for Breast Cancer Now





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# My First Car - A Christmas Story

*by Peter Railton, Local Author and Historian*

There it was, a big gleaming streamlined looking car - it was in grey, I have always liked a grey or silver cars ever since, it had white-wall tyres surrounding red metal disc wheels, no roof, no floor and only one door - yes, you have guessed it, it was a pedal car for Christmas.

I would be just four years old and my mum took me downstairs where my dad was waiting smiling at the living room door which he opened to reveal my main Christmas present (there were others in my pillowcase, story books, paints, game etc.) I remember standing there and staring at it; there was a running board down each side with two little petrol cans on the drivers side, one was in yellow with 'Shell Mex' printed on it. I can't remember the other much, only that it was a red one.

I walked around it calmly several times. "Are you going to get in?" mum asked, so I carefully turned the door handle and stepped inside onto the carpet, of course which I thought a bit of a let down at the time as proper cars have floors, but never mind. My dad showed me how to put my feet on the two pedals and push alternately. I got the idea after a few tentative attempts and decided to 'rev up' so with a mighty push with one foot with the other following suit, I reversed into the settee with force!

"Oh be careful!" pleaded mum, but dad laughed and said "This time push with your other foot first". I could not remember which foot I had used the first time, but took a chance and shot forward into the easy chair which stood between the living room and kitchen doors. Mum quickly began to doubt my driving skills, but dad said that I would soon get the hang of it, and after a bit more coaching from him I usually avoided serious collisions with the furniture.

"Come and have your breakfast now," mum said, so I very reluctantly unfastened the car door and stepped out, but I kept glancing over at it from my chair to make sure it had not gone away and after gulping my cornflakes and toast despite her pleas to "slow down or you will choke". I quickly got back in and grasped the steering wheel. "Push slowly forward Peter", my dad said as he cleared more space in the middle of the living room, "Turn your steering wheel this way." I did as he asked and found to my delight that I was able to go to the left or to the right. I think that was when I must have got to grips with three point turns for the first time and succeeded in traversing the living room without wrecking it.

"It will be nice when the better weather comes and you can take your car outside Peter", mum said rather hopefully. This wish was granted a day or two later when it was a bit warmer and there was no frost or snow yet and dad lifted the car outside and on to the lawn back way. "There, now you have all the grass to yourself, off you go!" I opened the door, got in, made the obligatory 'broom, broom' and pressed the pedals expecting a flying start, but I hardly moved! This was disappointing, indeed as I had intended to drive to the edge where the flower bed was. "You will have to press harder Peter, the grass is not like the carpet in the living room, it's harder in the garden to get moving." To make matters worse I went into reverse more than I moved forward, in my anxiety to show what I could do. "Here, I'll give you a push and when you feel the pedals moving keep pressing them," dad advised. This did work, but it was hard going and I remember my legs ached after a while and I gave up the unequal struggle!

"Let's go front way and you can drive it on the path to the gate, it will be a bit easier." So the car was pushed out of the garden, over the pebbled driveway and on to the concrete path. This was a lot better and off I went, pedalling furiously to the front gate and bumping into it. "Now, pedal back to the front door if you can." Dad eventually managed to set me off backwards and I found this was harder because the path sloped up to the front door, but I got there in triumph.

The next challenge was the pebbled driveway between our house and next door; the slight drop off the path was easy and then more disappointment because the pebbles were almost as hard to drive over as the lawn was. They seemed to get in the way of my wheels - a mighty push and pedals freed them but I got bogged down when I got too close to the path edge, very frustrating to a four year old, but dad came to the rescue and let me go outside and on to the pavement outside our row of houses. Mum was alarmed,

"Oh, Jack, don't let him get too close to the road." She need not have worried really, because a car or a lorry, or even a horse and cart passing by was a rarity in the 1930's down New Village Road. There were two cars down our row and they were both garaged elsewhere. I remember running to the front room window and peering out in wonder when a car of a lorry went by. This was much better I thought, as I travelled easily along the footpath, up and down past the house several times as my admiring parents looked on. A few more weeks passed then mum said "Would you



like to drive your car to Mr. Pym's, do you think you could manage it?, I will help you if you get stuck." Now, this was a challenge and I accepted it willingly. Mr. Pym's shop was small but well stocked with groceries and was around the corner, across Jesmond Road, past a row of houses and had a good 'forecourt' on which to park near the door of the shop.

Getting across Jesmond Road was a problem, no dropped kerbs then, just a drop onto an unmade road, over the rough ground and up the other side. I remember my mum had to lower car and driver down one kerb and pull up on the other side and my pedals and feet getting a few sharp bumps in the process, but Mr. Pym's was reached successfully and the car parked carefully under the shop window. A visit to Pym's usually resulted in a few sweets for me along with the items of food stowed away in mum's shopping bag, dolly mixtures were tipped into a small conical shaped paper bag and gratefully received. I suppose that I felt that I had earned them due to the first extended drive!

Mr. & Mrs. Pym came outside and admired my motor, then off we went back home.

My legs must have been tired because mum gave me an occasional push with dad's walking stick that she had brought along. The obstacle of Jesmond Road was overcome again, this must have been tricky with a full shopping bag in one hand and a stick in the other because I was persuaded to get out and help to get the car across. Home was reached and I enjoyed my dolly mixtures sat in the car in the back garden.

The weeks passed, warm weather arrived and the sun canopy was erected in the garden on a fine sunny Sunday. Grandma was a widow and lived in Hull with her daughter and her husband and grand-daughter Margaret, who was my age and Grandma sometimes brought Margaret to our house for the day on a Sunday. I remember one particularly fine warm Sunday they were with us in the garden, the grown-ups under the sun canopy and my cousin and I playing. Now, I had left my car behind the 'tent' as we called it, when mum said, "Show Margaret your car Peter and let her have a ride in it." Even at the tender age of four, I did not like the idea, but reluctantly pedalled the vehicle round, I sat there while Margaret walked round it and waited at the door while I sat grimly holding on to the steering wheel. "Peter, get out and let Margaret get in" I was ordered.

Slowly, the steering wheel was relinquished, the door opened and I got out. Without a word Margaret got in, clearly she had no idea what to do, which pleased me immensely. "Here, I will help you dear." Dad offered and gently pushed the car and told her about pressing the pedals and turning the steering wheel, which was easier now the grass was cut short. However, I was gratified to realise that she could not move the car at all and soon tired of the attempt and went back to playing with her dolls under the tent. Good, I thought, now that potential obstacle has been removed, I will demonstrate how it should be done and collided with the side of the tent nearly collapsing it, ran over Grandma's toes and ended up in the flower bed, resulting in cries of dismay and being lifted bodily out of my pride and joy and forbidden to get in again that day. How humiliating and in front of my cousin too!

Eventually I outgrew my car, my knees were almost as high as the steering wheel top, Dad bought me a 'Mickey Mouse' tricycle (front wheel drive with pedals on the big wheel) and gave the car to a friend at work for his small boy. Later, I got a 'real' chain driven tricycle from Watson's cycle shop in Hallgate, (it is an insurance office now) and wooden blocks were attached to the pedals at first because I could not reach them at their lowest point.

I have had a variety of cars in my adult life but, I still remember, and have a great affection for my first car.

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## Cottingham Red Cross Ladies Lunch, a "Thank You"

The 8th annual Red Cross Ladies Lunch was held on 14th September at Cottingham Parks Golf and Country Club. 63 ladies attended and enjoyed splendid food and a great atmosphere. Our theme this year was Culture, and our speaker was James McGuire of Hull City Council who gave an inspirational talk on the plans for next year's Hull, City of Culture events.

With the help of generous sponsorship and donations of raffle and tombola prizes by many local businesses and individuals, this year's event raised £1,195 towards much needed local services.

The ladies of Cottingham Red Cross would like to thank all sponsors for their donations, Cottingham Parks for looking after us so well, and all the ladies who attended for their support, enthusiasm, generosity and good company.

## Cottingham Santas on the run

Come and see the Cottingham Santas run, on Sunday 11th December, starting at 10.00 am from The Duke of Cumberland, Market Green, Cottingham.

All proceeds of the run will be donated to Overton House Dementia Home in memory of a wonderful woman, Beryl Nuttall.

## Ellie Mai Fund Update

Firstly, we would like to give a big thank you to ARCO who did a sponsored bike ride and raised over £3,274.50.

Secondly, a big thank you to Steve & Kyi Spencer, who

raised £80 by carrying out a parachute jump.

Our next big event is our children's Christmas Party, also on the Sunday 11th December at the Duke of Cumberland. This event is now sold out.

## Kenneth Knibbs seeks "Flash" Parsons his RAF pal who he served with in Germany 1962/63

Kenneth Knibbs is seeking his friend "Flash" Parsons, who he served with in Germany between 1962 and 1963.

He often warmly spoke of his roots in Cottingham and Kirbymoorside. I understand he married a Dutch girl but lost contact with "Flash" when I left Germany in 1963.

I am trying to locate other people who served with me during these years and have managed to locate Don (Geordie) Lloyd who lives in Newcastle and visited him last week after not seeing him for 53 years. "Flash" would be in his early to mid 70's.

If anyone knows of him please email Kenneth at [kenandjean56@uwclub.net](mailto:kenandjean56@uwclub.net).

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## Searchers Competition



The Searchers will be playing the Hull City Hall on December 18th 2016, at 7.00 pm for the 30th consecutive year.

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We have two pairs of tickets to give away in our competition. Simply email your name, address and telephone number to: [media@cottinghamtimes.co.uk](mailto:media@cottinghamtimes.co.uk) Make your email header: SEARCHERS. The closing date for entries is Sunday 11th December 2016.

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

[www.instinctivehorsetraining.co.uk](http://www.instinctivehorsetraining.co.uk)

### Instinctive Horse Training

People ask me all the time about my work, so I thought I would explain just how in-depth my work goes.

Everyone knows I train horses, but it is way more than that one statement. For 31 years, I have been based in this lovely village playing with horses. However, you may be interested to know just how far this goes.

My reputation precedes me now within the horse industry because everyone knows that I pick up the pieces mainly. Most horses which come my way are damaged emotionally due to bad past experiences, whether it be accident, injury, harsh training, abuse or by being in an inappropriate environment. They display dangerous and extreme behaviours which need changing into happy and calm behaviours.

I retrain **race horses** with all the complex conditioned behaviours which that entails.

I start **young horses** in a positive way where I concentrate on having them happy out on roads and in traffic. I don't do what most trainers do which is perform all their training inside an arena. Our first proper ride is always out through the village. I rarely ride them in the arena.

**I will train any horse**, regardless of its problems, breed, size etc. It's what I do. **I will help any owner.**

Human training is a huge part of my job. Understanding how fragile they feel and being empathetic always. Unless I can help the owner, I cannot help that horse with its future.

I do **behavioural consultation** over the phone to assess what is happening and why. This is very thorough and I knit-pick re information so that the advice I give is as perfect as possible.

**I go where the problem is.** I travel the UK extensively to assess situations and environmental impacts/triggers and find a way forward for both horse and owner. **Behavioural assessments, environmental assessments and functional assessments** are always so interesting and essential that

the owner understands what is happening and why. I will implement changes where possible and train the owners in new skills/ knowledge needed. I further support them by phone afterward. Not every horse suits every owner and not every environment is a good one. The yard experience for horses and owners is not always a good one so finding a yard where a horse and its owner can be relaxed together is often harder than you think and can have a massively negative impact. **Fear of loading into wagons and trailers** is always a classic reason for away work.

**I run courses** here at Skidby as well as in yards all over the UK. We talk through the science of behaviour in reasonable depth and explore the differences which are made through learning to use positive reinforcement techniques with horses. **Breaking the mould is the hardest thing ever** and teaching owners that using proven science and ethical, force free alternatives which allow horses the choice in participation is an amazingly powerful training way forward.

**I talk!**... but you are not surprised at that! I love being invited to speak at events UK wide. I speak at charity events as well as Corporate events, AGM's, Riding Club meetings, and do "An evening with Melanie Watson!" which is both amusing as well as informative. I

I teach anyone, anywhere! I invite people to come to my yard to learn about **Clicker training horses** and see it in practical application.

**I act as Expert Witness** in court cases where a behaviour expert is needed to explain horse behaviour. This is never undertaken lightly. My reports must cross very "T" and dot every "I" because my statements must withstand cross examination. I work for miss-sale cases mostly but have supported personal injury cases and RTA cases. I have even supported cases where trainers have ruined horses by their training techniques physical as well as emotional damage to the horses in their care.

**I enjoy article writing** as you well know. I write for a couple of Horse Magazines and online sites and blog away happily.

I support various Animal Charities both here in the UK as well as abroad. **I support the Hull Branch of the RSPCA.** They are an amazing team of staff and volunteers. I have helped with the development of the innovative Education Room, where local school children are actively taught about pet care and responsibilities, capturing their young minds into showing care to animals. Hopefully this will prevent future cruelty and neglect by investing in their young minds. I demonstrate there with my beautiful Toby pony (children and staff alike adore his basketball skills!) and teach animal training there whenever I am asked. I have taken on home visits for horse adoption and help fund raise. **Hull has the worst cruelty rate of any city in the UK.** Did you know that?

I have recently used Facebook to help a small Working Donkey and horse charity in the Holy land, with fantastic results. People have donated so much unwanted equipment and first aid products. It's been amazing and I thank each one of them. The horse community was touched by the plight of these animals and the abject poverty of their owners and their generosity was fantastic. What a massive difference will be made to the lives of the receiving animals.

So, there you go. Just a little insight into some of my work with some of its facets. Never a dull moment for sure.

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## A Very Merry Christmas and a Very Happy New Year to you all

**S**o we're here; December and the build up to Christmas begins. Decorations done, table cloths, crackers and treats purchased, and the diary full of bookings for Festive parties, all staff fit and raring to go, which just leaves the Landlord to wind up, oil his joints and feed with adrenalin, but seriously a great time of year which I love. We look forward to serving you.

A quick look back on November saw a gale blowing on bonfire night and with the near horizontal northerly wind blowing directly at the spectators I stopped the lighting of the bonfire due to fears of injury or damage. However, the rain managed to hold off during the Fireworks and we managed to finish the display before the rain returned. A big thanks to everyone who braved the weather and I hope you all enjoyed the

Fireworks, I certainly did.

The Party Night on the 11<sup>th</sup> was a great success, with many "interesting" moves seen on the dance floor. Many thanks as always for your support, but I must remember that most people have had their tea before coming out to the Pub and I should size the buffet accordingly. My family, staff and some customers had "pack ups" for a couple of days after. I never thought I'd hear my customers complaining about cheaper beer, however the discount given, on the night, via a % key on the till generated a lot of 1 & 2 p pieces in the change, creating a few disparaging comments. The good news being that the charity boxes on the bar benefited more than normal.

Closely following Christmas will be New Year's Eve and once again we will be having a New Year Party Night with live entertainment, free buffet, discounted drinks and New Year celebration events, a great night in store.

After a busy December, Chef Rob and the rest of the kitchen team deserve a well-earned break and, therefore, we will be closing our kitchen on January 16<sup>th</sup> to reopen for service on the evening of Thursday 26<sup>th</sup> January. We're sorry if this causes any inconvenience.

**Have a fantastic Christmas from the Half Moon team**

**Many, many thanks, cheers Mike**

**The Half Moon, Skidby - "Skidby's Village Pub",  
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*Continued from page 3*

### Scotish Country Dance Club

We meet on Mondays in Arlington Hall, Cottingham, 7.30pm - 10.00 pm. Everyone is welcome, beginners (for the first hour) and dancers with experience. It's a fun night with an RSCDS qualified teacher. For more information phone Lynne Brooks 840301 or Joyce Cochrane 871790. Your first night is free so come along and have a go!

### Loudhailer Acoustic

All welcome to Loudhailer Acoustic, a friendly welcoming all acoustic open mic night of music and spoken word, with a great attentive audience. Expect a fabulous range of acoustic music, quality song writing and some familiar classics from a host of different performers. The Back Room in Cottingham on the first Thursday of every month. Doors are 7.00 p.m. music at 7.30 p.m. £2 entry. For more information visit <http://loudhailer.net/loudhailer-acoustic-nights/>

### Hull Zingari

Hull Zingari, the city's longest-established cricket club, hold their indoor net practices every Wednesday at Sirius North Academy Sports Hall on Hall Road from 8.00 pm until 9.30 pm each week. The club will field senior sides in the York and District Senior League Premier Division and the Holderness Division Two as well as a Sunday side. Cricketers new to the area or those looking to join a progressive club and play in a higher standard of cricket will be very welcome. More info at [www.hullzingari.play-cricket.com](http://www.hullzingari.play-cricket.com)

### Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 pm. and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on [philme79@gmail.com](mailto:philme79@gmail.com) for further information.

### Haltemprice Squash Club

Welcome all players of all standards to join in with all our activities including Club Nights, Mini-Leagues and Humber Squash League Teams. Further information from Dave O'Brien Tel. 848149 or via our website [www.haltempricesquashclub.com](http://www.haltempricesquashclub.com).

### Cottingham Methodist Church hall, Hullgate

Card making class held every Monday (Except Bank Holidays) All levels welcome. Contact for further details - Ann on 0793283578

### Cottingham Singers

The Cottingham Singers are now rehearsing for their Christmas Concert on Wednesday 14th December. It is not too late to join us. New members are very welcome. Please contact Jeanne Fenton (membership secretary) on 01482 658195 for further details.

### Beverley and East Riding Croquet Club

From Monday 14th November and every other week thereafter - In the Bishop Burton Village Hall (on the left hand side of the pond from Beverley). 9.45 am to 1.00 pm. Beginners will be catered for. Admission £4.00. Contact us at [info@beverleycroquet.org](mailto:info@beverleycroquet.org), by phone to Debbie on 0777 277 8232 or take a look at our website, [www.beverleycroquet.org.uk](http://www.beverleycroquet.org.uk).

**The deadline for entries in the 'What's On' section, is the 6th December.**

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## Unique Christmas gifts from Sewerby Hall and Gardens

**N**ow's the time of year to start looking for Christmas gifts and if you are struggling to find that unusual something, Sewerby Hall and Gardens may have the answer.

The site has a brand new range of retail items on sale in the Welcome Centre and Stables Gift Shop including Christmas decorations and household gifts.

Gift vouchers are also available for many things; an annual pass, an animal adoption, a delicious vintage afternoon tea in the Orangery or a fascinating Animal Encounter with the Humboldt Penguins. If you fancy treating your friends and family to a unique gift, we can provide a gift voucher for that very purpose.

Sewerby Hall and Gardens' annual passes are excellent value for money. A pass offers free admission to the estate, house and zoo all year round (including the events programme unless otherwise specified) together with 10 per cent discount on selected items in the Clock Tower Cafe and Stables Gift shop.

All of the animals in the zoo are available to adopt and prices start from as little as £14. Each adoption pack includes an adoption certificate, a key-ring, a quarterly newsletter, two complimentary admission vouchers and a personalised enclosure sign.

For further information, please call the Welcome Centre on (01262) 673769 or visit [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk).



## Acclaimed jazz singer Juliet Kelly to perform songs "From Bond to Bowie"

**A**t 7.30 on Saturday 3rd December, Swanland Village Hall will be delighted to welcome back the acclaimed jazz singer Juliet Kelly with her new performance of songs from the shows "From Bond to Bowie".

The hall will be set out with tables and nibbles, you bring along your bottle and glasses. Some tickets are still available from Yvonne on 01482 634863 at £8 adults (or £7 for SVA members paid in advance) and £4 for children.

See [www.swanlandvillagehall.info/forthcoming-events.htm](http://www.swanlandvillagehall.info/forthcoming-events.htm) for further details.

## Graham Porter - Caring Dentistry



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*Cottingham Parish Council*

Invites you to a

**Free Children's Christmas Treasure Hunt & Children's Activities**

**On Sunday 11 December 2016**

**At Cottingham Civic Hall**

**From 3.00pm to 6.00pm**

Collect your Treasure Hunt Trails from the Civic Hall, and start your journey through the village centre, collecting the answers. Once completed return to the Civic Hall, where the first successful 250 will receive a small prize.

Come and listen to the band, let the children participate in children's activities, whilst enjoying a free festive refreshment. All children must be accompanied by an adult



Cottingham Parish Council wishes all our residents a very Happy Christmas!!!

## International Cricketers at "The Lions' Dinner"

**H**alterprice Lions' members have organised the "Lions' Dinner" to be held in the Kingston Suite, KCOM Stadium, Hull, East Yorkshire, HU3 6HU at 7.00 p.m. for 7.30 p.m. on **THURSDAY, 26<sup>TH</sup> JANUARY, 2017.**

This year the proceeds will predominantly support a very important cause promoted by the Castle Hill Hospital, Cottingham. We are supporting the work of Mr. Tapan Mahapatra, Consultant Onco-plastic Breast Surgeon and Doctor Joanna Wiezorek, Consultant Radiologist and their dedicated staff, in their quest to purchase the latest equipment for the early diagnosis of breast cancer. The main target was reached during this autumn but there is other support equipment desperately required for the Unit to become the most efficient in the area.

We want to help them achieve their goal.

The speakers for the evening will be the former England Test Cricketers Mike Gatting and Geoff Miller.



*Mike Gatting, O B E . F ormer  
England Test Captain and  
Middlesex Cricketer  
Middlesex County.*



*Geoff Miller, F ormer  
England & Derbyshire  
County.*

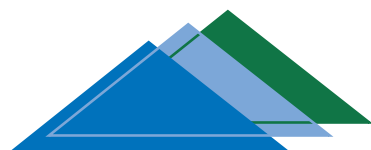
The dress code is black tie (alternative lounge suit) and we welcome ladies. The cost of the evening is £38.00 per person (inclusive) or £350.00 for a table of ten.

We would welcome any donations and/or prizes for a raffle or suitable articles for auction on the night. Further details from David Whincup, Tel No. 01482 87367 or email: [dwhincup@dwincup.karoo.co.uk](mailto:dwhincup@dwincup.karoo.co.uk).

We are pleased to acknowledge the main sponsor for the evening as Acklams Coach Hire and Travel of Beverley.



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## Online booking now available at East Riding Leisure Haltemprice

From Tuesday 8 November, customers at East Riding Leisure Haltemprice can take advantage of a new way of booking their exercise classes, courts and 3G pitches online.

The mobile-friendly software – also designed for tablets and desktop computers – allows users to log in to East Riding Leisure Haltemprice either as a member or non-member. Classes can be booked by type, date or activity, and users can see at a glance if particular classes have availability.

The booking system covers all classes at the leisure centre, and members of East Riding Leisure Haltemprice can book up to eight days ahead (seven days for non-members). Cancellations can be made online, and all bookings made via the app are confirmed via email.

In common with other online purchasing, customers make their purchases via a basket and checkout system. Payments are made securely online.

Councillor Richard Burton, portfolio holder for civic wellbeing and culture, said: “There’s an amazing variety of items available online via this system, and it’s particularly pleasing that our monitoring and feedback show that it appeals to all ages, young and old.

“This software is already beginning to revolutionise the way customers book and interact with us. The software also synchronises with our tills and customer relationship management system.

“Our new system works across all devices, so customers get the same experience across all platforms, ranging from an iPhone/Android type smart-phone to tablets such as the iPad,

Kindle Fire and Samsung Note, all the way up to a full size desktop PC.”

This exciting new approach to online booking lends itself perfectly to NHS Healthchecks, the national NHS programme which aims to help prevent heart disease, stroke, diabetes, kidney disease and certain types of dementia, and is available to everyone between the ages of 40 and 74. Local GPs can also access this new booking system and refer appropriate patients to the council’s Leisure facilities.



## Swanland Screen to show - “Dad’s Army” on Saturday 17th December

Shot locally, “Dad’s Army” is the film chosen for our film on 17th December. The Walmington-on-Sea Home Guard platoon deal with a visiting female journalist and a German spy as World War II draws to its conclusion, providing a light hearted comedy for our pre-Christmas entertainment. Shown at 7.30pm at Swanland Village Hall.

Tickets available at the door cost £4 adults and £2 schoolchildren. See [www.swanlandvillagehall.info/forthcoming-events.htm](http://www.swanlandvillagehall.info/forthcoming-events.htm) for further details.

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**2017 Diary of Events Coming Soon...**

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## New Christmas course guide - create handmade festive crafts at your local adult learning centre

**E**ast Riding of Yorkshire Council has launched its 2016 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, the council is offering a range of courses, including Christmas sewing, craft and floristry and there'll be lots of ideas on offer for Christmas gifts and home decorations.

Sara Arnold, employment, education and skills group manager, said: "Have your very own handmade Christmas this year, with a wide range of creative courses for you and your family.

"Whether you are looking for a course that involves flowers, fabric, felt or glitter, there's a course for you in our new Christmas guide. We've welcomed a number of new tutors this year who specialise in craft, sewing and floristry, so we hope that you enjoy the extended range of courses that we are now able to offer. We look forward to seeing you in a centre soon."

Courses are delivered from local adult learning centres and booking is essential.

To find out about the full range of courses on offer, look online at [www.eastriding.gov.uk/learn](http://www.eastriding.gov.uk/learn) or call your local centre.

### Design and make your own unique Christmas stocking

Why buy a Christmas stocking when you can make and decorate your very own? Use sewing and craft skills to create a personalised stocking for you or a loved one.

Beverley - Saturday, 3 December - 9am-1pm  
£24 - concessions apply

### Create stunning table runners and napkins

Put your sewing skills to good use to create a stunning table runner and napkins for the Christmas table. Give as a special, handmade gift or use to add a unique and personal touch to your Christmas table.

Beverley - Saturday, 10 December - 9am-1pm  
£24 - concessions apply

### Magical fabric baubles and bunting

Spend a fun four hours learning to create fabric baubles and bunting to decorate your home this Christmas. Using sewing and craft skills create some truly magical decorations.

Beverley - Saturday, 26 November - 9am-1pm  
£24 - concessions apply

### Create an everlasting Christmas wreath

Fancy an alternative to a floral wreath this Christmas? Come along and learn how you can create a stunning alternative using fabric. Sew and craft your own masterpiece and be the envy of all your friends and family.

Beverley - Saturday, 19 November - 9am-1pm  
£24 - concessions apply

### Handmade Christmas Crafts - Christmas all wrapped up

Make your Christmas gifts stand out from the rest with some simple ideas and techniques to add the finishing touches to your wrapping. This course will make your gifts look so

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Incorporating Haltemprice Lions Club Charitable Trust Charity No. 518253

Present  
**The East Riding of Yorkshire Band**  
**"Christmas Concert"**  
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17th December, 2016  
Tickets: £8.00 each (£7.00 concessions)  
Apply for tickets from:  
**John Hall, telephone 01482 844170**  
Email: [johnhall1947@outlook.com](mailto:johnhall1947@outlook.com)



beautiful, your family and friends won't want to unwrap them.

Beverley - Friday, 18 November - 10am-12 noon

Cottingham - Monday, 5 December - 6-8pm

£12 - concessions apply

### **Magical craft bunting and baubles**

Learn to create festive bunting and no-sew baubles to decorate your home this Christmas. It's easier than you think to create stunning gifts and accessories for your home and not a stitch in sight.

Beverley - Friday, 2 December - 10am-12noon

£12 - concessions apply

### **Up-cycled Christmas wreaths**

It's amazing what you can do with up-cycled fabric. Give your pre-loved material a second chance to shine this Christmas with your unique up-cycled wreath.

Beverley - Friday, 25 November - 10am-12noon

£12 - concessions apply

### **Festive Creations with Flowers - Floral Christmas garlands**

Create an individual garland to adorn your fireplace this Christmas. Using fresh foliage and flowers, you will learn how to create garlands which can be used any time of the year.

Beverley - Saturday, 3 December - 9am-1pm

£28 - concessions apply

### **Floral Christmas table**

At this time of year when so many of us gather around the table, this course will teach you how to create a stunning table centre for Christmas.

Beverley - Saturday, 10 December - 9am-1pm

£28 - concessions apply

### **Floral Christmas wreaths**

There's something so special about making your own Christmas wreath. Create a wonderfully fragrant and unique floral design to decorate your door.

Beverley - Saturday, 26 November - 9am-1pm

Cottingham - Thursday, 8 December - 10am-2pm

£28 - concessions apply

### **Family Learning Christmas**

Christmas paper sculpture for families

Together make your very own Christmas decorations out of paper. Fold, stick, glue and decorate in this fun filled couple of hours. Enjoy decorating your home with your new creations.

Beverley - Saturday, 3 December - 10am-12noon

£12 per adult - concessions apply

### **Fun Christmas stocking for families**

Stand out from the crowd and make and decorate your very own Christmas stocking using sewing and craft skills. Hang it next to the fireplace on Christmas Eve.

Beverley - Saturday, 26 November - 10am-12noon

Cottingham - Saturday, 10 December - 10am-12noon

£12 per adult - concessions apply

### **Pottery Christmas gifts for families**

Together make your own pottery figure or object, decorate it and give to a friend or relative this Christmas. This is a truly different and unique Christmas gift that can't be replaced.

Cottingham - Saturday, 10 December - 10am-12noon

£12 per adult - concessions apply.

# Hull and East Yorkshire Hospitals **NHS**

NHS Trust

## **Living With and Beyond Cancer**

**Adjusting to life after cancer treatment, or living with cancer, can provoke strong emotions and possible fears for the future. Cancer survivors have a wide range of physical, psychological and social needs.**

**The Macmillan Survivorship Programme is a service for cancer patients and their families. It is a programme designed to meet the individual needs of the patient and their carer and to focus on recovery, health and wellbeing after cancer treatment.**

**The service offers appointments at a variety of clinics across Hull, East Yorkshire, North Lincolnshire and North East Lincolnshire.**

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- ✓ Hobbies and life after treatment
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- ✓ Monthly support group
- ✓ Weekly choir
- ✓ Nutrition and diet management
- ✓ Telephone group
- ✓ Walking group and well being course

**To access the service please contact The Survivorship Team, Hull and East Yorkshire Hospitals NHS Trust, The Queens Centre for Oncology and Haematology, Castle Hill Hospital. Telephone 01482 461091. Email: [sarah.guest@hey.nhs.uk](mailto:sarah.guest@hey.nhs.uk) or ask one of the Health Professionals involved in your care.**

**The service offers one-to-one, group, telephone or email support. The service undertakes clinics in a variety of community areas.**

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

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## Cottingham Calendars 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 ten years, has produced an A4 full colour calendar for 2017 with a marvellous selection of Cottingham Views.

The calendar is now on sale for £6.25 at Barkers, Hallgate, Cottingham.

## Lunchtime Organ Showcase at the Hull City Hall on 7th December

Join Colin Walsh, organist laureate, Lincoln Cathedral at Hull City Hall in December.

The December date of Hull City Hall's popular Lunchtime Organ Showcase programme offers the perfect opportunity to combine a bit of culture with some Christmas festivities.

The one-hour show takes place on Wednesday, December 7 and features Colin Walsh, organist laureate, Lincoln Cathedral.

The showcase starts at 12.30pm and will finish at 1.30pm making it a brilliant way to enjoy some magnificent music on a day out Christmas shopping or with a festive lunch at a city centre restaurant or café.

Tickets are just £4.50 and can be booked at Hull City Hall box office or by calling 01482 300 306.

Visit [www.hcandl.co.uk/hullcityhall](http://www.hcandl.co.uk/hullcityhall) to book online. Tickets are also available on the door.

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B. Warter - Blanch Farm - Haywold Farm - North Grange - Tithe Top Farm - North Dalton

### Sunday 15 December

Christmas Lunch

Contact Jan 07538 951112 [jan\\_c\\_558@outlook.com](mailto:jan_c_558@outlook.com)

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

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

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

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

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

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

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East Riding of Yorkshire Council is proud to announce that this rich and hugely exciting on-line resource, packed with the nation's published memory and historical detail over the last 300 years, is now free to access at the East Riding Archives in the Treasure House, Beverley, and at any East Riding Library. With this additional resource, anyone can access and search through millions of digital newspaper articles from local and regional papers dating back to 1700.

Councillor Richard Burton, portfolio holder for civic wellbeing and culture, said: "Residents will find this digital aid extraordinary on both a personal and historical level, having the ability to search for their ancestors through the pages of the newspapers, which will take them back to momentous occasions, social deprivation and church meetings from hundreds of years ago."

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**Crossword solution from page 14**

1	S		2	H		3	B		4	O		5	R		6	B		7	S
8	S	P	R	Y		9	A	P	P	E	A	R	A	N	C	E			
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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 colorful fruits and vegetables 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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