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Issue 227 - December 2020



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1 Forge Place, South Rise, Skidby, Cottingham HU16 5UL
Telephone: 01482 840035 :: Mobile 07563 885388

Editor: Keith Teale

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Enquiries: Advertising

Tel: 01482 840035 :: Mobile 07563 885388

Editorial and Contributions

Tel: 01482 840035

Accounts: Tel: 01482 840035

Website: www.cottinghamtimes.co.uk

E-mail: media@cottinghamtimes.co.uk

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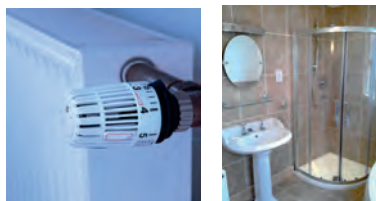
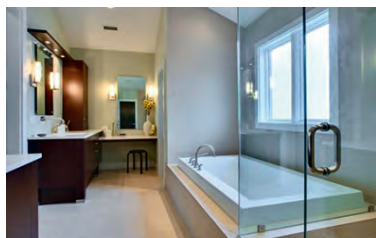
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Major improvements at Cottingham Lawn Tennis Club, thanks to Commuted Sums

Cottingham Lawn Tennis Club have been awarded £97,451.40 funding from East Riding of Yorkshire Council as part of Commuted Sums from local housing developments.

The funding has been awarded towards replacing the existing floodlights and repairs to the Clubhouse roof, which will involve stripping the existing felt and overcladding the roof.

The project is part of the club's wider improvement plans for the site. Over the last 18 months, the club have already carried out many improvements, which have been funded through Club funds and grants from the Lawn Tennis Association (LTA) and Cottingham Parish Council.

The replacement of the floodlights, along with the wider facility improvements, enables longer periods of play to be available, which

is expected to increase usage by between 10 and 20%.

Doug Jennings, Chairman of Cottingham Lawn Tennis Club, said, "We are so grateful to East Riding of Yorkshire Council for this generous grant, as it will make such a difference to the club and the local tennis community. The clubhouse was built in 1922 and over the last few years was showing its age with the roof leaking quite badly. The floodlights too are dated, being old, non-LED technology.

"In 2019 we prepared a three-year Development Plan and this welcome grant from the council will enable two of the costliest elements of that Plan to be carried out and the Club can concentrate on delivering some of the smaller projects.

"For instance, last year a keypad entrance gate was introduced offering pay and play – funded in part by the Club, the LTA and Cottingham Parish Council. This means people can pre-book online for a court and lights, and has been a particular advantage during this very difficult time of living with the COVID-19 virus. It has meant we were able to open the facilities in a controlled and safe way over the summer to the wider tennis community when indoor venues have been closed. By introducing a new household membership category, we have also been able to cater for 'locked down' families to access the club for a bit of exercise and fun. It has been great to see so many enjoying the facilities in a safe way. This grant from the council will enable safe play under rejuvenated floodlights during the winter months as well.

"This very welcome and generous grant will mean the clubhouse will now be protected from the elements. Going forward, and when it is COVID-safe to do so, this grant will mean more use can be made of the building. In poor weather it is a great facility for children's coaching. It will also safeguard the ongoing refurbishment of the social room being carried out by fundraising efforts of members and donations from the Club family and friends.

"On behalf of the Club, its members and guests, I reiterate my thanks to East Riding of Yorkshire Council for the grant and the support of its officers and councillors."

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Front cover: A view towards Cottingham Railway Station. Photo: Paul Lakin.



Residents of Little Weighton care home mark Remembrance Day with the Royal British Legion

Remembrance Day came early for the residents of Manor House care home in Little Weighton as they were visited by volunteers from the Royal British Legion.

The home, based on White Gap Road, was called on by the local Cottingham Royal British Legion. The Last Post was played, and a two-minute silence was held to allow the residents to honour lost loved ones from the forces. The Legion also brought a wreath for the veterans at the home to sign in time for it to be laid at Cottingham war memorial on Remembrance Day.

The event was held at a social distance this year due to COVID-19, but staff and residents did not want the pandemic to prevent them from taking part in the community's remembrance proceedings.

Leanne Hatch, home manager at Manor House, said: "It was very kind of the Royal British Legion to come to visit us here at Manor House. Many of our residents were concerned that they wouldn't be able to formally mark Remembrance Day this year, an anniversary which is personally close to many of their hearts."

"We would like to say thank you to the Royal British Legion volunteers for making it such a special event for us."

Audrey Yeaman, 80, a resident at Manor House, said: "Remembering the members and veterans of the British Armed Forces is very important, and it was brilliant to meet with the British Legion volunteers, even though everything was socially distanced."

Major Gary Fraser (Retd) AAC, RBL secretary, said: "The residents were brought out to watch myself and Major Jerry Cross RLC, standard bearer and chairman of Cottingham RBL say the Exhortation, play the Last Post, observe a two minutes silence and lay a wreath. It was quite cold, so we started as soon as possible. Full Covid-19 measures were taken to ensure the safety of the residents."

"The wreath was laid at the Cottingham memorial on the 11th November. We hope that everyone had the opportunity to mark remembrance in their own way and it was a pleasure to do this for them."

Manor House is rated "good" by the Care Quality Commission.

Lockdown cancels Cinderella's ball – Civic Hall pantomime cannot now take place

Last month we told you about the pantomime we were planning to have this Christmas.

Then came lockdown, which we are sorry to say has made it impossible to produce the pantomime for December.

In January, we are hoping that everything will get back to normal, though with covid prevention regulations still in place. The planned events for next year are advertised in the Civic Hall windows and on the website www.cottinghamcivichall.com. We look forward to welcoming you then.

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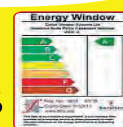
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Cottingham Calendars by John Dewing now on sale at Best Wishes and The Old Lamp Room

John Dewing who has taken many of the excellent photographs featured on the cover of the *Cottingham Times* over the past fourteen years, has produced an A4 full colour calendar for 2021 with a marvellous selection of Cottingham Views.

The calendar costing £5, is now on sale at Best Wishes, King Street, Cottingham, and the Old Lamp Room on Cottingham Railway Station.

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Swanland Cricket Club benefits from Commuted Sums

Swanland Cricket Club have been awarded £12,875 funding from East Riding of Yorkshire Council as part of Commuted Sums from local housing developments.

The funding has been awarded towards the purchase of a John Deere petrol mower and parts. The project is expected to cost £13,375.00 in total, with the extra funding coming from Swanland Cricket Club's funds and donations.

The club's previous cutter had failed and was beyond economical repair and without a replacement the club wouldn't be able to prepare the wicket to play cricket.

Alan Smith, Chairman of Swanland Cricket Club said: "To a small club like ours this award really does mean the difference between surviving or thriving. With no sponsors and no outside funding, everything has to be paid for from players' subscriptions and any generous donations the players and club officials are able to make.

"Having to pay for and prepare our own wicket, it was essential we had the right tools for the job, which with this award we now have. This award means that the club has a future and can now move forward maintaining a summer focus in the village which can be expanded upon and provide increased opportunity for participation, be it playing, practicing or watching.

"Enormous thanks go out to Lea Anne Wright and her team at the council for all their hard work and assistance in the grant process. Thank you so much from everybody at Swanland Cricket Club."

Councillor Gary McMaster, portfolio holder for enhancing communities, added: "I am very pleased that we have been able to award these Commuted Sums, provided by local housing developments as a condition of their planning approval, for this vital equipment at Swanland Cricket Club. I wish them all the very best for the future."

Pictured: Rob Laycock from the Commuted Sums team (left) with Alan Smith, chairman of Swanland Cricket Club.

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Cottingham Christmas Lights – a great big ‘Thank You’

To the volunteers who cheer up all of us year after year, especially appreciated this year with Covid trying to do its best to spoil our Christmas. Many residents have asked me to thank you all on their behalf, and I add my thanks too. The lights were ‘born’ in 1981 and for the first few years were hired in from Blackpool, now they are made to order by a company based in the midlands.

There are approximately 24 volunteers but sad to say currently no ladies – so come on girls (and ladies) – I’m sure there must be some of you out there who could lend a hand. And remember women can multi task, men can’t – so you could show them a thing or two!! Technology has moved on since 1981 and the display frames are now much lighter and the bulbs are LED, of course.

They consume less electricity and last longer so that outweighs the initial, more expensive, outlay. The electrical connections have been modernised too so it’s very much ‘plug and play’. However, it still takes about 7 Sundays to festoon the area, this year every Sunday was fine, unlike last year when 5 of the 7 days were wet. To see comments and pictures of current and past displays visit Facebook, one site springs to mind - Cottingham Village of Lights 2020.

The lighting displays need to be replaced at regular intervals to keep them fresh, every year there is maintenance work and the electricity has to be paid for too. Consequently, funding is always top of the list, but luckily there is generous support from the Parish Council, and this year KingTree Gin, based on Snuff Mill Lane, is donating a percentage of their sales to the Lights fund.

Several people in the village have also set up fun projects to raise funds for the Lights, like the Halloween walk, and there are also collection points around the village. All these people deserve a very big ‘thank you’ too. So, when you see a collection box please pop in an extra coin, or note. Our Christmas lights bring so much pleasure to so many people, and we need some light in these very dark and depressing times.

Ros Jump

Humberside residents urged to ‘bin it, don’t block it’

Residents in Humberside have been urged to ‘bin it, don’t block it’ after a series of blockages caused by foreign objects in the area.

The lid of a drinks flask, children’s toys and a screwdriver, which caused wet wipes to become snagged, have all been revealed as the cause of blockages in HU postcode areas in recent months.

Yorkshire Water is urging customers to consider what they flush down their toilets and not to dispose of objects directly into the sewer network to prevent blockages in the future.

Mark Hammond, head of customer field services at Yorkshire Water, said: “The disposal of

foreign objects down the toilet or directly into the sewer network can result in blockages and in some cases sewage flooding in homes, neighbourhoods and the local environment.

“While some of the items we found caused blockages on their own, they can also lead to other objects, including wet wipes and sanitary items, to become snagged and create a larger problem.

“It is important people only flush the 3Ps – pee, poo and (toilet) paper – down their toilet and that they don’t dispose of objects directly into sewers.”

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49MW Solar farm proposed on land north of Cottingham

Albanwise Synergy is proposing to develop a 49MW solar farm with co-located battery storage on lands approximately 2.4km north of Cottingham; Creyke Beck Solar Farm. **Albanwise Synergy** invest in renewable energy generation and flexible power services and the business is committed to supporting the UK's target of achieving net zero carbon emissions to tackle the inevitable impacts of climate change.

The team have an extensive track record at delivering successful renewables projects and they have worked alongside experts in the fields of Environment, Planning and Construction to design a solar farm that will fit sensitively in the surrounding landscape. The fields which are proposed to house this project have been chosen because they are in an area with an existing industrial presence; the site lies within close proximity to a viable grid connection point; it has good solar irradiation levels, is low lying and flat and lies outside of any landscape, ecological or archaeological designations.

Pre-application advice was sought and a pre-application meeting with representatives of East Riding of Yorkshire Council was undertaken in July

2020 to agree survey requirements. An Environmental Impact Assessment ("EIA") Screening Opinion was also requested from East Riding Council and on 28th July, a response was received, determining that the Proposed Development would not comprise EIA development.

The planning application which we intend to submit will include a number of detailed assessments to ensure any impact upon the environment, landscape, heritage and local residents is appropriately assessed and mitigated. These assessments will include the likes of an Ecological Impact Assessment (EcIA); a Landscape and Visual Impact Assessment (LVIA); a Cultural Heritage Impact Assessment (CHIA); a Flood Risk Assessment (FRA); a Noise Impact Assessment (NIA); and a Glint and Glare Assessment.

Subject to final design, the proposed solar farm is anticipated to **generate renewable energy for the equivalent of circa 18,000 homes and the expected CO2 displacement is circa 25,800 tonnes per annum**. As well as generating clean energy, Creyke Beck Solar Farm will be designed so that it acts as a haven for local wildlife. A bespoke Biodiversity Management Plan (BMP) will be developed in conjunction with the planning application to ensure that the plan enhances the Site as much as possible for local wildlife and that native species benefit from planting, seeding and habitat creation.

The proposed layout for the Creyke Beck Solar Farm has been designed in such a way that most of the open land on the site will be left free to be used as grazing pasture for small livestock, allowing the land to be kept in agricultural use throughout operation.

Albanwise Synergy is inviting members of the public to comment on the Proposed Development. As a result of the ongoing Covid-19 pandemic, it is not possible to host a community event, however, nearby residences will receive detailed information packs, where further information will be made available on the project. In addition to this, we are holding virtual meetings with the surrounding Parish Councils to discuss the project. Albanwise Synergy aim to submit the full planning application in December 2020.

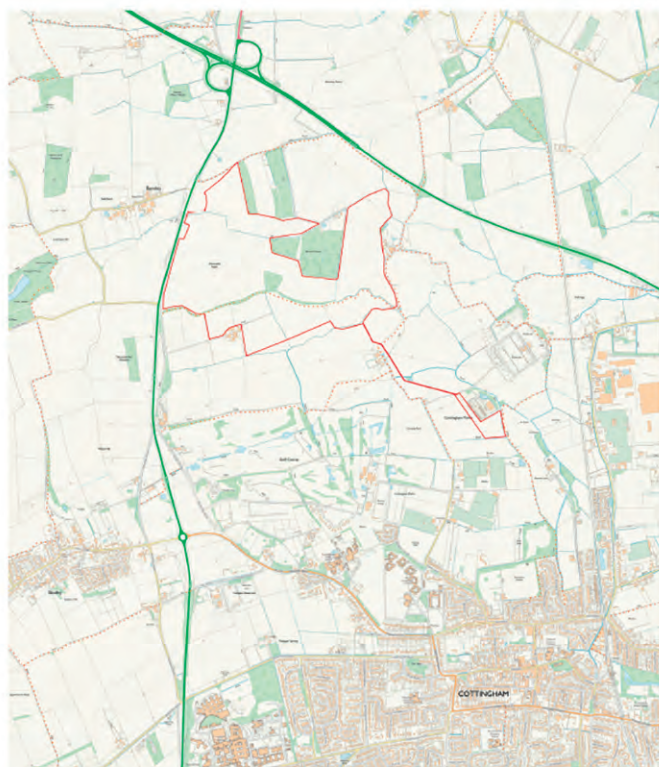
We want to make a positive contribution for the long term, and we invite and encourage you to provide us with ways in which we can contribute to the local community in the best way possible. Additionally, residents can obtain further information on the project at any time by getting in touch with the Albanwise project team via the contact details outlined below.

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Local housebuilder honours Cottingham's veterans and volunteers this Armistice Day

Five-star housebuilder, Barratt Developments Yorkshire East, is honouring war veterans and volunteers from the Cottingham branch of The Royal British Legion, with 11 acts of kindness and a £1,000 donation, this Armistice Day.

To mark Armistice Day on the 11th November, and to say thank you to the volunteers of the Cottingham branch of The Royal British Legion for their dedication and continuous hard work, Barratt Developments Yorkshire East has donated an act of kindness to 11 different members. The gesture will see the chosen members each receive a gift hamper from Mr Smith's Delicatessen in Cottingham that contains a mix of deli chutneys, jams and biscuits along with giftware such as mugs, in recognition of their outstanding work in the community.

One member, Rosalie Shores, continues to raise vital funds for both The Royal British Legion and the Poppy Appeal after her late husband Alan, the branch secretary for ten years, sadly passed away last winter.

Volunteers John Broughton, Terry Miller and Denise Thompson, Colin Basley and Nudgean Basley have each made an outstanding contribution in their varying roles from loyal volunteers to treasurer and chairman. Each has been critical in maintaining the Cottingham branch as well as raising thousands of pounds and regularly distributing much-needed funds to worthwhile local causes.

Another member, Andy Penney, has been described by the branch's chairman as "one of the most dedicated and regular supporters of The Royal British Legion". Andy, a retired ship's pilot, applies the same dedication to the Royal British Legion as he did to his long-serving career. Often present to support any activity, no matter the circumstance, Andy willingly takes on the more physically demanding roles within the branch, all whilst maintaining a positive and cheerful attitude.

Other members, Gary Fraser, Delia Johnstone, Helen Bristow and Sonia Greaken have also received a well-deserved gift hamper to mark their tireless efforts for the Poppy Appeal, which sees them raise and collect essential funds.

On top of the acts of kindness, and to offer much-needed support to the Cottingham branch of The Royal British Legion, Barratt Developments Yorkshire East's Poppy Fields development has donated £1,000 to assist the charity in providing lifelong support to serving and ex-serving personnel and their families in the Cottingham region.

Last year, a group of students from Cottingham High School were invited to name the streets of local Poppy Fields development and were asked to research local wartime history, war poems and Hull veterans to inspire their suggestions. Examples of the street names chosen by the school include Oppy Wood, inspired by a battle fought by the Hull Pals in May 1917, some of whom resided in Cottingham. Other street names include Jack Harrison Avenue, named in memory of fallen Hull hero, Jack Harrison.



Paul Hogan, Sales Director at Barratt Developments Yorkshire East, commented: "It's an honour to donate to The Royal British Legion this Armistice Day. We understand how difficult this year is for local charities and organisations that rely on the fundraising efforts of the community, so we are more than happy to help. We wanted to contribute 11 acts of kindness in addition to the monetary donation to spread happiness amongst the dedicated team at the Cottingham branch of The Royal British Legion during this challenging time, as well as shine a light on the continuous devotion they have as volunteers to the branch."

Jerry Cross, Chairman of the Cottingham branch of The Royal British Legion, commented: "We'd like to thank Barratt Developments Yorkshire East for their generous donation. We've had to adapt in light of the pandemic and we are asking the public to support us like never before. The acts of kindness have definitely boosted morale during these times when we can't actively go out into the community and raise money for the Poppy Appeal as we usually would. We're really grateful for Barratt Developments Yorkshire East's support during this tough and uncertain time."

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Pictured top left: Volunteer Delia Johnstone. Top right: The Poppy Fields Development. Below: Volunteer John Broughton.



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Winter Woodland event at Sewerby Hall and Gardens cancelled for 2020 – but will take place in 2021

Sewerby Hall and Gardens has announced the cancellation of the Winter Woodland event for 2020. General manager Marie Gascoigne said: "It is with great sadness that we have to announce that our Winter Woodland event has been cancelled.

"The rising infection rates in the region and the current restrictions in place mean it would be impossible to run this event and keep our customers and staff safe.

"We are extremely disappointed that, what would have been a magical event leading up to Christmas has had to be cancelled, despite our team's best efforts to keep it alive.

"But the good news is that our Winter Woodland event will take place in 2021, and we are giving our loyal customers the

opportunity to be first in the queue for tickets to this event when it goes on sale."

All current ticket holders have two options, which have been communicated to them via email – all are advised to check their inbox.

Marie Gascoigne added : "We are looking forward to creating a brilliant event in 2021, and I hope that many of our customers will want to roll over their bookings for the new event."



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Wordsearch - A Christmas Carol

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

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

Find the words in the letters above:

Angry, Apprentice, Avarice, Bah, Bed, Belinda, Belle, Bob Cratchit, Caustic, Chains, Charles Dickens, Christmas Past, Christmas Present, Christmas Yet To Come, Clerk, Counting House, Crutch, Curtains, Dressing Gown, Ebenezer Scrooge, Fog, Greedy, Humbug, Jacob Marley, Knocker, London, Marley's Ghost, Martha, Merry Christmas, Mrs. Cratchit, Mrs. Fezziwig, Nephew, Nightcap, Office, Old Fezziwig, Peter, Redemption, Snow, Spirits, Tiny Tim, Turkey, Winter.

Wordsearch courtesy of <http://www.puzzles.ca/wordsearch.html>

Sudoku No. 163

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

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

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Marion & Emma

Can you believe we are in December?

We are not really sure where this year has gone. We would like to extend a big thank you to everyone who has supported us throughout the year, and for your patience when awaiting answers & refunds.

We are open for business as usual over the telephone and we are monitoring the situation as to when we welcome visitors back to our office. We can of course hold a face to face meeting with you over zoom! Fingers crossed we will be able to travel in the New Year and have a good start to 2021.

This year we have adapted our ways to keep in touch. **Thursdays we have our Virtual Coffee Mornings at 11am**, please ask for a link if you wish to join our update.

Our face book page shows offers along with other news, a bit like our shop window! We also try to add bits to our website blog and send out emails with news. If you are not on our mailing list call and we will add you.

All in all it has been a tough year for travel we have had to constantly work on refunds, most are now sorted but just as the light starts to appear at the end of the tunnel more occur. It really has been a vicious circle. With the talk of a vaccine starting any day now this hopefully will allow us a more normal lifestyle, we need a holiday.

This Christmas if you are stuck for a present then why not give the gift of travel it can be anything from a day outing, a luxury break or an adventure in a far flung destination. Many of us have had our wings clipped in 2020 so why not push the boat out in 2021 or 2022? We have many ideas to offer you.

We book all holidays with all tour & cruise operators.

Our wealth of first hand knowledge travelling around the world by land, sea & air allows us to make your travel simple & hassle free leaving you to relax and look forward to enjoying your holiday. We look forward to creating your special memories when we book your next holiday whether a break in the UK or a far away holiday to a corner of our world. Lets get back to exploring our world and enjoy wonderful adventures.

With best wishes for the festive season

Marion & Emma

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02 Mar	Yorkshire Sculpture Park day outing with Lunch	£ 48
20 Mar	Devon & Cornwall National Trust - 6 days half board. A few places due to now a larger coach.	£ 665
22 Apr	Himalayan Gardens just for the day	£ 36
23 Apr	Gin, Wine & treasure houses 3 days DBB	£ 299
27 Apr	Bakewell + Peak Rail afternoon tea day outing	£ 55
03 May	Somerset Explorer 5 days staying at the Smith's on the Prom in Weston Super Mer (solos + £30)	£ 495
16 May	Well Dressing in Derbyshire day outing to Etwell	£ 30
23 May	Llandudno - 5 days at the lovely Tynedale Hotel right on the Prom - amazing food, half board 4 seats	£ 495
10 June	5* Rhine cruise to Switzerland via P&O from Hull. Sailing from Amsterdam to Basel—10 nights from	£1795
23 Jun	Tenby & South Wales 7 days super itinerary DBB	£ 720
02 July	Wonders of Iceland 9 night cruise from Liverpool aboard Fred Olsen's Borealis from your door from	£1649
04 Aug	East Lancs Railway day outing, sumptuous lunch	£ 75
05 Aug	The Edinburgh Tattoo -70th anniversary & Kynren 4 days, limited seats available. Picking up in Market Weighton & Pocklington to on this tour.	£ 499
10 Aug	Fred Olsen taster cruise 1 night ocean view cabin	£ 139
18 Sep	Georgia & Armenia - fully escorted tour 12 days. Solo's welcome we have 3 rooms for just £250 extra	£1899
31 Oct	Isle of Wight, Victorian Christmas. A very special tour of the island house DBB Bourne Hotel, Shanklin 6 days	£ 649
03 Dec	Thursford Christmas Spectacular 2 day best seats. Dinner B&B at the Links. Limited seats	£ 195
05 Dec		
23 Dec	Christmas away, just like a cruise on land. Your hosts will keep you entertained. 4 days DBB+	£ 399

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Sorry for the inconvenience our office door for visitors at 23 Portland Street, HULL, HU2 8JX is only open as below.

Prices shown subject to availability at the time of booking. Based on 2 sharing unless otherwise stated. Single travellers welcome please ask for prices.

Office hours for telesales: Monday to Saturday 9am - 4pm we hope to return to our office soon.



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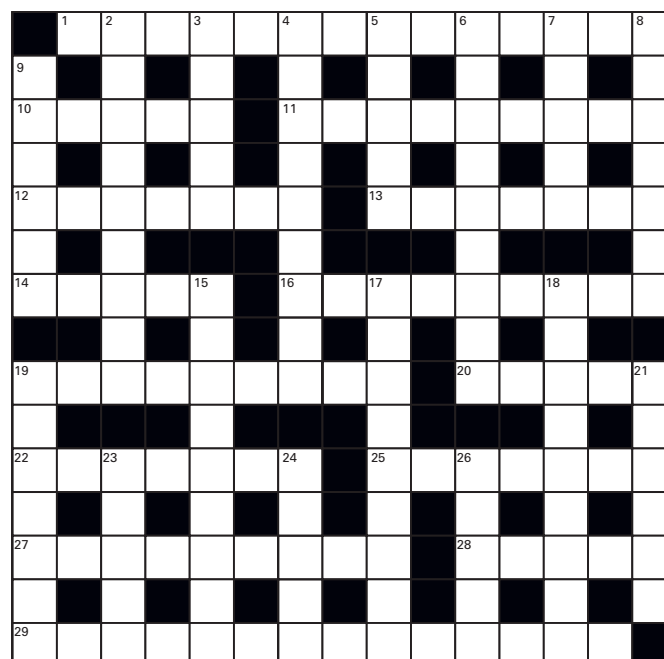
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Crossword - Solution on page 29



Across:

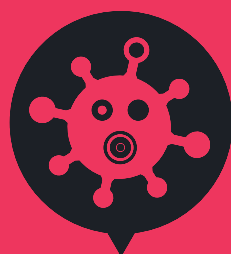
- Absent-minded (14)
- Natural aptitude (5)
- Occasionally (9)
- Souvenir (7)
- Financial supporter (7)
- Tugs (5)
- Held within (9)
- Divulges (9)
- Latin for "Earth" (5)
- Where administrative workers work (7)
- Not capable of being swayed (7)
- Testing (9)
- Farewell (5)
- Odd behaviors (14)

Down:

- Accusers (9)
- Seized (5)
- Settles (9)
- Protrusions (5)
- Space traveller (9)
- What we are called (5)
- Craved (7)
- Meager (6)
- Choice (9)
- Homesick (9)
- Standardize (9)
- Bishopric (7)
- A natural cavity in a bone (6)
- Former French currency (5)
- Move about rapidly (5)
- Separate from the rest (5)

Crossword courtesy of www.crosswordpalace.com
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Cottingham

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Hard Water Horrors ?

Fitting a new kitchen or bathroom is often an occasion that gets people thinking about protecting their planned investment from the ravages of hard water; limescale, soap scum, streaks and spotting . . . the list goes on.

After all the effort and cost of selecting and fitting your new units and appliances its only natural to want to keep them sparkling and pristine and the one guaranteed way in our hard water county is to find the correct water softener for the property and get it installed as soon as possible.

Immediately after it is installed, a professionally specified and installed unit will protect plumbing, showers and appliances and keep everything at peak efficiency and performance year after year.

Amazingly the softener doesn't stop there, it will also undo the previous years of scale build up in existing plumbing and appliances and over a period of 12 months or so it will gently dissolve away the limescale.

Cleaning and care for kitchen and bathroom is transformed with a softener; no need for harsh chemicals or scrubbing and elbow grease; a rinse and wipe down is all that is needed.



How will I find room for a water softener, they are huge aren't they?

Well, yes they used to be and indeed some of the older styles and more basic "builder grade" softeners still available are on the bulky side, however the good news is that there are now compact, non electric "consumer range" softeners that are the size of a tower computer, superbly efficient and stylishly designed to blend in.

Will we need plug sockets and a degree in computers to operate it?

In a word, no. The modern softeners no longer need electric power, they are kinetically powered by water flow and are pre set by our skilled installer to give perfectly soft water all of the time, no dials to set or flashing lights to look out for, its all perfectly simple, perfectly soft.



I don't want to be moving big heavy bags of salt around, has this been improved?

Yes indeed it has, I'm pleased to say, compressed 4kg Salt blocks are now available for certain units, which makes storing and replenishing salt much easier and salt can be delivered direct to your door or picked up from our Hull store as required. All the above benefits of a

softener will not be at the top of most long term softener owners list of reasons they would not be without theirs, they almost all say it is the luxury of bathing, showering and washing in the superbly soft water, not to mention the super soft fluffy towels that are the product of softened water laundry.

For more friendly, unbiased advice and information, just call **Dave Parry** at:



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RUN, WALK, MOVE for better mental health with 'Step into January 2021'

Local mental health charity Hull and East Yorkshire Mind have launched a brand new campaign to encourage people across Hull and East Yorkshire to run, walk or move every day in January 2021, in a bid to improve their mental health and wellbeing.

The 'Step into January' campaign, officially launched on 1st November 2020 is all about getting active during January. It focuses on the benefits of getting active and how this can improve your mental health and increase feelings of wellbeing.

Research shows that getting active can reduce anxiety and stress, combat low mood and increase self-esteem – contributing to feeling good on the inside and out.

The charity says that for some people January can be a difficult month, especially in the current Coronavirus pandemic. So this is a great way to jump-start 2021 in a positive way, and raise funds for Hull and East Yorkshire Mind.

Marie-Louise Robinson, Community Fundraiser at Hull and East Yorkshire Mind said:

"Step into January is a great way to get motivated at the start of the year. It's all about encouraging people to do whatever physical exercise they can, at a pace that's right for them, to help boost their mood".

However you choose to take part, Hull and East Yorkshire Mind will be there to support you and keep you motivated every step of the way.

It's easy to sign up – simply visit www.heywind.org.uk/step-into-january and get ready to start your 2021 in the best possible way. The first 50 people to sign up will receive a free pair of our specially designed Step into January shoelaces.

This is Steve. He doesn't bite. Pop in for a chat.



"We all have it in our power to get what we want out of life. It just requires planning. Living for today is good whilst it lasts, but what are you going to do after that? Sitting down with a financial adviser can help you to set financial goals and make or adapt plans to get the future that you want - so, why not give me a call and start the process off?"

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Applications open for Positive Activities Grants

East Riding of Yorkshire Council's Youth and Family Support service is accepting applications from voluntary organisations for a share of £30,000.

The 2021 Positive Activities Grant will give funding of up to £5,000 to a number of organisations which have worked with young people during the Covid-19 pandemic.

Grants are available in three bands.

Band A is for voluntary youth organisations which have delivered face-to-face positive activities for young people in the East Riding during the pandemic. Up to three awards of £5,000 can be made.

Band B is for organisations which offered online or digital youth work during the pandemic, or delivered an occasional event. Two awards of up to £3,000 are available.

Band C is for youth organisations which have not been able to carry out any provision during Covid-19 and need funding to help them reopen when it is safe to do so. A maximum of nine awards of up to £1,000 are available.

Applications opened on Monday, 2 November, and all organisations applying for a PAG award must be a member of the Smile Community Hive and have a development plan in place by 31 January, 2021.

Applications from organisations that can deliver provision for targeted and vulnerable young people from areas of urban and rural deprivation within the East Riding would be particularly welcomed.

To find out more, visit www.eastriding.gov.uk/council/grants-and-funding/positive-activities-grant/

To make an application, visit <https://eastridingofyorkshirecouncil.flexigrant.com/>.

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ON THE GRAPEVINE

WITH ROY WOODCOCK

All I Want for Christmas . . .

If you're wondering where to start with your Christmas wine choices, seeing what the rest of the nation is choosing may be a good place to start. Which is just what I did, studying wine sales during the run-up to Christmas over the last few years.

So, starting with Christmas morning, a glass of something fizzy is perfect for a late breakfast or to get everyone in the mood for a delicious Christmas Lunch.

East Yorkshire-based wine merchant House of Townend shows the popularity of Christmas Prosecco clearly in its sales figures - its Pure Prosecco has been its best-selling product during the December months over the past two Christmases, outselling the next best-selling product by 13 per cent in December 2018.

Almost all of these orders were for more than one bottle and on-line search data shows a strong increase in searches for Prosecco each year at Christmas, so this is clearly a popular choice for many. A glass of Prosecco is ideal with nibbles as everyone opens presents, or to sit on the counter whilst you peel vegetables.

When choosing a wine to pair with your Christmas turkey, acidic wines work best to counteract the fat of a roasted lunch. Full-bodied wines work well to balance dry turkey meat - Lautarul Pinot Noir is a popular option at Christmas according to House of Townend's statistics, which place it as the seventh best-selling wine in 2017 and the 11th best-selling wine of 2018.

Google similarly shows the popularity of this wine at Christmas, with searches for "Pinot Noir" spiking each year in the days leading up to Christmas. This wine washes down the turkey with juicy notes of black cherry, yet is neutral enough not to clash with the sides to the meat.

If you prefer a white, the Kuraka Sauvignon Blanc might be the option for you. House of Townend's sales statistics show a huge rise in the sales of this product during the Christmas period as it rises to become their second-best-selling product during the December months of both 2017 and 2018. A YouGov survey on the nation's drinking habits noted that crisp, acidic, dry white wines are the nation's favourite, especially around Christmas. Wines such as the Sauvignon Blanc, which sell well for their acidic and dry qualities, are perfect for a filling Christmas lunch.

Approximately seven per cent of British people are now vegan and around 14 per cent vegetarian, according to recent research by comparethemarket.com. The number of vegan options for Christmas lunch has increased hugely in recent years, with options such as savoury tarts and roasts being popular amongst much of the UK.

For mushroom dishes, the Lautarul Pinot Noir is once more a perfect option and is completely vegan. The Rioja Vega Crianza is also consistently in House of Townend's top 15 best-selling wines at Christmas and is also vegan. This wine has a soft vanilla edge with smooth, rich fruit notes and is perfect for heavier vegan and vegetarian dishes.

Finally, if you're looking for a wine to go with the rich fruit of Christmas Pudding or mince pies, choose dessert wines with notes of orange and apricot. House of Townend's best-selling Christmas dessert wine is the Elysium Black Muscat, which also goes perfectly with chocolates after the main meal.

Dessert wines as a whole have far greater search volume around Christmas, with Google Trends showing that people are more inclined towards sweet wine and dessert pairings during the month of December.

And should you feel energetic after all that (or are feeling guilty or just desperately seeking to lose a few pounds) by going for a Christmas walk, it's nice to come home to something warming after enduring the freezing British winter conditions. Mulled wine is perfect for this, and House of Townend sales show almost all mulled wine is sold around Christmas time. Carefully set a pot of mulled wine gently warming over the stove before leaving so you can come home to some hot and well-spiced mulled wine

* Now then, I know we drink a lot of port at Christmas (I've already got my supplies in) but discount supermarket Aldi surprised the drinks world last month by launching a super-sized bottle of Port - all 4.5 litres of it for under £100. That's virtually a gallon of it!

Don't rush to the shops, though, because as far as I understand it, the 10-year-old Tawny Port is an online offer as a special buy, part of the retailer's festive focus in recent years to ramp up its offer of sharing bottles. They are, however, expanding their click and collect service to more than 200 stores so worth checking locally.

Aldi says the jumbo-sized Rehoboam bottle, which can serve around 90 50ml servings, was comparable to a similar sized bottle at Harvey Nichols, which is retailing for £265. The port, it added, combines "aromas of fruit, a hint of nuttiness and subtle notes of chocolate, oak wood and butterscotch".



BEST BUYS

**Les Pionniers Champagne****Where:** Co-op**When:** December 9 to January 1

Why: Worth adding a few more quid to the price of a bottle of Prosecco for some Christmas morning fizz. But beware, there will be limited stock of this non-vintage Champagne, it's for Co-op members at this price (£18 for non members) and only one bottle per customer.

£15 members deal (was £19)**Yering Station The Elms Pinot Noir****Where:** Waitrose**When:** December 2 - 29

Why: The Elms were planted at Yering Station by Swiss vigneron Paul de Castella in the 1850's as a wedding gift to his new wife. The 2016 Pinot Noir has aromas of black cherry and a perfumed, spicy lift. The palate is rich and soft with a long, lingering finish.

£9.99 (was £12.99)**Famille Perrin Les Cardinaux, 2018****Where:** Co-op**When:** From December 9 to January 1

Why: Exclusively blended for Co-op by the Famille Perrin using the same melange of grapes which are used in Chateaufort-du-Pape. This is a sensationally silky, moreish Cotes du Rhone which offers outstanding value. Perfect paired with turkey.

£7 (was £10)**Cimarosa Marlborough Sauvignon Blanc****Where:** Lidl**When:** Now

Why: An International Wine Challenge bronze medal winner, this New Zealand Sauvignon Blanc is typically expressive and easy-drinking. Authentic aromas of elderflower and passionfruit. Fruity, fresh-tasting and well balanced

£5.99



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

www.instinctivehorsetraining.co.uk

What is Clicker Training?

Clicker training is a marker training protocol based on proven science and is evidence based. **Positive Reinforcement (R+)**. The click, whistle (or any bespoke noise), is paired up with a reinforcer – something which is of high value to the horse. This bespoke noise is called the bridge signal. It bridges the desired behaviour or emotion with a reinforcer. In the case of a horse, it could be scratches or food. When the bespoke noise is made, the horse learns to work out exactly what it has just done, which will then illicit the treat.

Any behaviour shaped with a high value reinforcer is highly likely to be repeated.

Therefore, a money bonus at work – especially an unexpected one – is very likely to feel great and shape you to keep up the good work you are doing! Positive reinforcement has been used in **Marine mammal training** for decades. It is the basis of all good zoo training across all species for cooperative care. The zoo animal is free to leave at any time and is rewarded for staying and allowing certain veterinary and husbandry procedures to occur. The **dog training** world adopted this practice years ago, too – us horsey folks are just slow off the mark!

How does clicker training work with horses?

Any animal can be clicker trained so horses are no different. Clicker/marker training uses the **positive reinforcement (R+)** part of something called the Operant Quadrant – where you add something of high value to reward a behaviour. **Operant conditioning** (the work of B.F. Skinner) are all the choices we have to use in order to shape future behaviour. All 4 parts are effective training choices, but the 3 below risk potential emotional fallout which destroy or erode trust or cause actual fear.

Pressure on, pressure off is **Negative reinforcement (R-)** where the horse learns how to stop you from doing something it does like and finds aversive, annoying or irritating.

Withholding something the horse values is **Negative Punishment (P-)** where the horse feels punished by your action, but there is no touch involved.

Striking, hitting, feel a whip, spurs, harsh hands on a bit etc all fall into **Positive Punishment (P+)** where you add something which feels painful and punishing to the horse.

All these choices are the life and experiences we bring to the table when we are training, interacting with and caring for our horses, dogs or any companion species in their daily management. **Using clicker training with horses** creates a wonderful way to communicate and brings positive associations to his world he shares with you. Clicker training works by shaping behaviour in tiny increments, each one being marked and reinforced. The horse learns what he got clicked for, so will want to repeat that behaviour because it gets paid! As the confidence and understanding grows, so you start to stretch the training more – so we get more for our money and the horse develops complete established end game behaviour as a result.

It requires problem solving on the horses part, which means that real cognitive processing is happening – a trainable brain! Dopamine and serotonin are the reward feeling hormones elicited through the use of R+ training. They feel good!

Can anyone clicker train their horse?

If you decide to become a positive partner by using R+ (adding positive reinforcement), then there are new skills to be learnt. Shaping any future behaviour means we need to break it down into many tiny parts, which

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progressively develop into the whole end game behaviour desired. The skill is to set the horse up to succeed, give him choice, let him experiment to find out exactly what he got clicked for and then to gradually build it up. These tiny steps are called approximations. The more small slices you can create during training, the easier it is for the horse to learn what we are wanting in actions. This process is called **Behaviour Shaping**. It is both us and the horse who need to learn to problem solve; therefore careful thought must be used as to how best plan the training from start to finish. You must always be prepared to make changes in your training plan in case it is not working as expected. The horse decides if you are getting it right after all.

Using clicker training with horses creates a wonderful way to communicate and brings positive associations to the world he shares with you. **There is a word of warning here** as you must be very mindful of what you click and when. It is possible to attach the wrong actions or emotions very quickly. The art of this training needs help from a professional or a very good online course. First and foremost is the default behaviour of head straight and not mugging, which must be trained right from the beginning.

People go so very wrong with clicker training horses if the foundations are not correctly established.

There are possible pitfalls if you do this wrongly. Horses can get over excited (arousal), so care must be taken to ensure that each stage of training is introduced properly and with thought. You can observe calm behaviour and click them. Have calm and relaxed as your base at all times. Once calmness, head straight, no mugging and no over arousal is in place, we then move the training on to the next stage: target training.

What is target training horses?

Target training is when the horse touches a part of his body to your hand or to an object. Usually started with **nose targeting**, the horse touches his nose on an object you hold where you click the very second he touches and then reinforce with food. You can eventually teach him to follow a target for things like leading training or loading into a horse box. We teach **foot targeting**, so that horses lift their own feet up for care procedures on cue. We teach **hip targeting**, so that horses line themselves up at the mounting block. We teach recall to a hand target, so that catching in the field is easy and the horse comes to a call cue with enthusiasm. These are just a few applications of the training – there is a whole massive world of training applications to bring to your table if you decide to learn the art of training using behavioural science.

Remember one really important rule which is that every behaviour has a function to the horse.

These behaviours can be observed and described in detail. They may be fear based, where the horse is avoiding something or somewhere (avoidance behaviours). They may be fear based, where the horse needs to leave somewhere he feels unsafe (escape behaviours). They may be driven by separation anxiety from their bonded horses. Your horse may be in pain! He may be behaving in ways against your wish list because he simply just cannot do your bidding in that particular environment. Obviously none of the above are good scenarios, so look into how you can help your horse feel safe, be pain free and find calmness, instead.

Don't use labels!

Labelling your horse with words like stupid, awkward, lazy, fizzy, arrogant, being a bitch, crazy, etc. None of these are helpful. Try instead to look at exactly what is happening and find out what the horse is trying to gain by the behaviours. Forcing horses into a place he feels emotionally compromised is only ever going to be destructive. Horses do not lie! They tell the truth and their behaviours reflect that truth.

I am an Equine Behaviour Specialist. I understand why horses do what they do and why. I can be reached for behaviour consultations and training plans via :-

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A Happy Place

What a year we are having. When COVID landed in March it hit us, at KINGSTON, as it did the rest of world, like a bolt out of the blue. This hidden enemy, took us all by surprise and although we have had to adjust to a different way of life either at home or work, one thing still predominately remains.... loneliness. The human race survives on company, whether it is in the form of another human being face to face, over the phone, any other form of technology OR it takes the shape of another living species namely our pets. The majority have family and friends who we can call on either for a catch up, a friendly chat or in times of need. Sadly, because of the TIER RULES, these last few months have made the face to face contact and those special hugs non-existent so our pets become our confidant and closest friend. I think it is human nature to feel needed so when our children leave the nest, we look at others close by to fill the gap even more.

Some people are sadly on their own from either bereavement or separation but also it can be their own choice of lifestyle. Whichever it is, this year has really tested the human race for loneliness. Lockdown, Tier 2, Tier 3, do not visit family/friends, keep in your bubble, do not hug / shake hands, the list goes on. Fortunately, I have worked all through this year so being alongside



(social distance of course) colleagues plus speaking to many of our lovely clients, has helped greatly. As you may know, I have five lovely grandchildren who I do see on a regular basis BUT not this year. They have all had lockdown birthdays and giving presents at a distance has become a strange way of life for them.

What if your only form of comfort is your gorgeous companion? The only living being that is there when you go to bed, something to get up for and see you through the day, but then tragedy strikes our lovely companion is no longer with us. How do we cope with the loneliness especially in lockdown?

Firstly, if you know of someone who is going through this tragic time in their lives, please do not say "Well it is only a dog, cat, rabbit etc. You can get another". Would they say that if it was a relative or someone close we are grieving for "You can get another friend"? If only we can step back a few paces, 'walk a mile in their shoes' and then reflect, I think we would hear it less often. Life is not that simple so we have to accept that everyone is not the same and they grieve in different ways. Who are we to judge that they cannot reflect on their missing loved one. This year, with lockdown, it has made it even more difficult by giving us far more time to reflect on our missing companion. Normally we would go for a walk, meet our friends and I would mention time is a great healer but who needs more time to reflect at the moment? I would love to say that you go through stage 1, then stage 2 is this...how simple would this be but life is not simple as we are all finding out. All I can say, there are some lovely organisations who are on the end of a phone for owners who have lost their companions. Yes, there are charities with trained councillors at the end of the phone to help owners feel they are not alone by talking about their troubles and loss. Please, please, please, do not feel alone, we at KINGSTON are here too. We may have seen your pet as a youngster and driven along the journey with you to the time of passing or we may have just recently met you to help your pet pass away peacefully but either way, we have been by your side. Each pet we see pass over, is taken into our hearts...we feel every pain and loss with their owner even though, at the moment, we cannot give you a hug. As a profession, how do we get through this, after all, we also have pets, some are elderly who shall be making this final journey? After the loss of one of my own pets recently, sadly my elderly 20 year old cat Saffie who passed away in the summer, I found that taking myself to 'A Happy Place' helped enormously. Now I don't mean a drive out to somewhere which of course is impossible at the moment but reflecting on all the happy, amusing and loving times I had with her and trying not to dwell on the few months leading up to her passing away. It is not easy, as the most recent events do dwell on our minds but by going to your own personal happy place, no matter where it is, I am sure will give you great comfort.

AND FINALLY.....TALI....

I feel I am getting pretty boring now reporting on Tali's antics as there is nothing really to tell...at the moment. Lead walking, I am getting there, re call, nearly there, stealing food, errr no comment BUT never fear, soon the Christmas tree and all my decorations shall be going up or in the case of Tali, down! Needless to say, I have bought some new decorations to replace the reindeer with 3 legs, the snowman with no nose and Santa without a hat, all from last year. Let the fun begin.

FROM THE TEAM AT KINGSTON, PLEASE TAKE CARE AND WE WISH YOU ALL A VERY MERRY CHRISTMAS AND A SAFE, HEALTHY AND HAPPY NEW YEAR.

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New video produced by Sewerby Hall and Gardens celebrates and commemorates wartime Bridlington

The museums team at Sewerby Hall and Gardens have made a new video to celebrate and commemorate some of the decisive events of the war years and some special people from the town of Bridlington.

The video was released on Tuesday, 10 November, marking the 75th anniversary of the end of the Second World War, and will be available on Sewerby Hall and Gardens' facebook and You Tube channels, and the Active East Riding website.

The video takes the viewer on a tour of Bridlington, including the former Foley's Café and the former Britannia Hotel in Prince Street; the harbourside; Quay Road and the Town Hall; Bridlington Cemetery; and Sewerby Hall itself.

Presented by curator Janice Smith and education officer Robert Chester, the video is an attempt to communicate this important part of the town's history.

Janice Smith explained: "We were very keen in this significant anniversary year to help focus on this key part of Bridlington's history, and to try to ensure that the people and places who played such a key role in The Second World War were not forgotten."

Robert Chester added: "It has been fascinating to explore and communicate the wartime history of both Bridlington and of course Sewerby Hall itself, and I hope lots of people will enjoy watching the video."

The video will also be made available on Active Together, the council's new digital project to encourage and maintain good social, physical and mental wellbeing in residential homes across the East Riding.

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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile
Maker' Branfield

Looking for Silver Linings

Hello again, I hope that you are safe and well. 2020 is definitely a year we will not forget in a hurry. As I write we are two weeks into lockdown 2. It's been tough for so many for all sorts of reasons. I'm sort of fed up with being fed up, so, I've been looking at the ways we have had to adapt change at the practice and in the health care profession of dentistry and pick out the bits that have been good and positive.

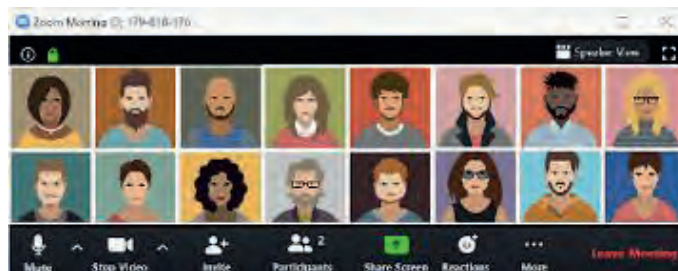
Green credentials

We've massively reduced the paper we use. As much as we can we are sending forms electronically in a secure fashion. This is working out really well. We are part of the green achiever scheme and always looking at ways to improve our environmentally friendly position and reduce our carbon footprint. It has gone down really well to be honest and communication has gotten faster. The forms include medical histories, treatment plans and consents forms.



A bit remote

Doing things remotely has been key to social distancing. The video platforms like zoom have been great to keep the team together with updates and training, as well as a few quiz nights to keep up morale and



have a laugh. We've also been using it to explain treatment to patients, especially when it's a bit complicated and difficult to explain in a letter. We can share our screen and explain findings, including details in x-rays etc., and has been really helpful and feedback has been great.

The other thing that is great for me is that there is a lot more virtual platforms for remote learning. I'm doing a practical course next week virtually!! The company send the kit the day before the course, I log in and do a hands-on course via the computer at home. This massively saves time and inconvenience of travel and often board. It's amazing how people adapt. On December 10th I'm actually a guest panellist on a dental education webinar called "giving back in dentistry" and I will be representing Dental Mavericks charity.

Can't help being a geek

One thing that has been great and I really don't know why we have not come across it before is a disinfectant called Hypochlorous acid. It's amazing stuff. Earlier on in the year my hands got really sore with alcohol hand sanitiser etc. Well, we are using hypochlorous now. My hands have got softer. Bleach (sodium hypochlorite) is NaOCl, hypochlorous acid is HOCl. So, they are very similar and very effective against all micro-organisms. The hypochlorous kills Covid in seconds. Now you cannot wash your hands with bleach safely and definitely not use it as a mouthwash. Well with hypochlorous acid you can as it is that safe. It does taste a bit naff, like the dead sea laced with bleach but it does the trick.

I spoke to the people that make the stabilised form of the product and have done all the testing and got all the credentials. They were great. Scientists with a passion. They explained everything. They have done some trials in ambulances now a believe and they can be decontaminated in minutes with this stuff. We use it on all surfaces apart from metal. You can get corrosion on metal after a bit because it is such a strong oxidising agent.

On a personal note

I've thought this for a good while, but it is the simple things in life that are the best. Walking on the beach, in the countryside, making a nice meal from scratch and sharing it with people you love. Having a laugh with mates. Chasing after stuff is just that. I think that this year has reaffirmed this a great deal. Stopping and looking at what is really important and not what social media and sales media try and convince you what is important. Getting back to basics and simplifying and slowing it down and being the real authentic YOU. Here's to a much improved 2021.

Until next time. Take care and be good.

Chris



Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 28 years and has a special interest in Life Changing, Pain Free Dentistry with Dental Implants, Teeth Straightening and Cosmetic Dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris' Humanitarian work go here now www.castleparkdental.co.uk.

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Cottingham Scout Group Christmas Post

We're sorry to say the Scout Post will be taking a break this year.

We have not been able to find a safe way to collect, sort and deliver letters and the safety of our young people and amazing volunteers is paramount so we have made the decision to cancel this year.

Scout Post has been an important fundraiser, delivering over 145,000 Christmas Cards across Cottingham since 1987 which makes this decision very difficult . . . but we hope to be back next year!!

East Riding Leisure You Tube channel offers lockdown workouts – and more!

During this latest lockdown, East Riding Leisure is reminding residents of its popular You Tube channel.

Subscribers can view vlogs, short workouts and full workouts. East Riding Leisure release new full workouts every week, alongside their shorter version classes and vlogs, delivered by their own fully trained fitness instructors.

These include 30 minute, 45 minute and 60 minute workouts, offering a mix of cardio, strength, well-being and classes for those less mobile.

New workouts premiere throughout the week, all delivered by fully trained instructors, and all free of charge.

More content is being added regularly, so keep checking the page for new classes and updates at: www.youtube.com/EastRidingLeisure.

Happy Christmas from Churches Together in Cottingham

DoorstepCarols

Sunday 20th
Dec at 6.30pm

This Christmas will be different for all of us. Churches in the village would normally be full of people remembering the birth of Jesus, the moment God came and lived among us, to lead us back to him and to give us an everlasting hope.

We can't gather in the same way, so we want to encourage you to come out onto your doorstep at 6.30pm on Sunday 20th December and sing together. Why not bring a candle or a Christingle to hold? We will start with O Come All Ye Faithful followed by Silent Night — you could then follow with a verse of We Wish You a Merry Christmas!

We hope you have a good Christmas, however that looks, and may you know God's love for you this season.
From all the Churches in Cottingham.

O Come, All Ye Faithful

1. O come, all ye faithful, joyful and triumphant,
O Come ye, O come ye to Bethlehem.
Come and behold him, born the king of angels,
O come let us adore him, (x3)
Christ the Lord,

2. God of God, light of light,
Lo, he abhors not the virgin's womb,
Very God, begotten not created,
O come let us adore him, (x3)
Christ the Lord,

3. Sing, choirs of angels,
Sing in exultation,
Sing all ye citizens of heaven above,
Glory to God in the highest,
O come let us adore him, (x3)
Christ the Lord,

Silent Night


1. Silent night, holy night,
All is calm, all is bright,
Round yon virgin, mother and child,
Holy infant, so tender and mild,
Sleep in heavenly peace,
Sleep in heavenly peace.

2. Silent night, holy night,
Shepherds quake, at the sight,
Glories stream from heaven afar,
Holy angels sing Alleluia,
Christ the Saviour is born!
Christ the Saviour is born.

3. Silent night, holy night,
Son of God, love's pure light,
Radiant beams from thy holy face,
With the dawn of redeeming grace,
Jesus, Lord at thy birth,
Jesus, Lord at thy birth.

Make your own Christingle

For years, people have made their own Christingles to remind us what Jesus's birth means for the world. It begins with an orange, representing the world, with a light placed in the top, a sign that Jesus brings light into the world's darkness. The red ribbon around the orange symbolises Jesus's blood shed on the Cross, a demonstration of God's love for the world and its people. The sweets or dried fruits remind us of the gifts God gives us, placed on four sticks for the four points of the compass, because God's love is for everyone, everywhere.



How to make a Christingle

You will need: an orange, a red ribbon, a drawing pin, tin foil, a candle or glow stick, four cocktail sticks, small sweets or dried fruit.

1. Fasten the red ribbon around the orange with your pin.
2. Cut a small cross on top of the orange, place the foil over it.
3. Push the glow stick or candle through the foil into the hole in the orange.
4. Put your sweets or dried fruit onto the cocktail sticks and stick in the top half of the orange.

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Local Beekeeper Neil Gower continues his quarterly review

Failure to protect our Pollinators

A recent report from the European Court of Auditors has concluded that action across the EU has had little effect on halting the decline of wild pollinators including the Honeybee. The report confirms the data from other studies that recognise the long term decline in pollinators due to human activity, and in particular the conversion to intensive agriculture and the use of pesticides and fertilisers.

Intensive farming practices have led to a loss of habitat and although the use of neonicotinoids has been heavily restricted the report identified that the EU had been granting emergency authorisations for their usage which was presenting a further risk of harm to pollinators.

It's hard to believe that bee numbers have been in decline for the last 50 years and we still haven't managed to find a solution. Bees and other insects pollinate 70% of the crops that provide 90% of the world's food and we continue to bury our heads in the sand. The activity that bees and other pollinators carry out is said to be worth almost £700million to the UK economy.

At such a time I'm reminded of the famous quote that was attributed to Albert Einstein, but has never been verified.

"If the bee disappeared off the surface of the globe, then Man would only have four years of life left. No more bees, no more pollination, no more plants, no more animals,..... no more man". A stark reminder perhaps that action is required.

Amongst local beekeepers the lack of habitat and forage is a constant discussion point and concern. A hive containing a normal colony of bees should be capable of producing around 60lbs of honey (just over 27kg for the metric amongst you) a year. This is provided that there are two recognised honey flows, one in April and May and a

second in July and August.

Over recent years however, the average yield per hive has fallen to around 25lbs(11.3kg) and is likely to reduce further if meaningful action isn't taken.

The European Court of Auditors concluded that, overall the Commission had not taken a consistent approach and identified gaps in key EU conservation initiatives.

They provided three recommendations which have been broadly accepted by the Commission.....I'm not expecting much change.

The Asian Hornet.

The Covid 19 pandemic has probably caused the greatest disruption to beekeeping since the second world war. I was hoping to get through the year without having to report any further sightings of the dreaded Asian Hornet but alas one was sighted in Hampshire in late summer/early autumn. Beekeepers on the Channel Islands continue to be vigilant as they have been the front line in the fight against this unwanted visitor for the past few years. I will keep you updated as news come through.

Some Bee facts.

A hive can house around 55,000 bees at the height of the summer.

Each hive consists of three castes, Queen, worker and drone.

It takes 23,000 foraging trips over 55,000 miles to produce 1lb of honey.

Bees produce beeswax, Propolis, Royal Jelly and Honey in the hive.

The Bees.

My bees are now tucked up for winter. Since my last article we had quite a good autumn with dry and warm spells and they were out foraging well into October.

I've completed their treatment for the Varroa mite and given them a final check over as part of my integrated pest management strategy. I had already closed up the hive entrances to prevent wasps and other bees from robbing honey and my last activity was to remove the Queen excluders from the hives to allow them access to the honey in the boxes above the brood box. I've also carried out an activity which we call 'hefting the hive' which is basically lifting the hive at one side to check its weight. This gives me an indication as to whether there are enough stores in the hive to see them through the winter months. I've just ordered some fondant that I will adding to the hives this month to supplement their stores. At this stage I can do no more other than to keep an external eye on the hives until the spring.

I can now turn my attention to the maintenance jobs that need doing and will probably build another of my 'hybrid' hives.

If you're in the process of planting bulbs for the spring or new trees and plants for your garden display for next summer, please think of the pollinators. The bees will appreciate it.

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Motoring - with Roy Woodcock



It's the car that launched a whole new class of motoring. Now, almost 11 years on -

Roy Woodcock gets behind the wheel of the second generation Nissan Juke

You'll never mistake a Nissan Juke for anything else . . . it's that strange, bulbous-looking crossover some said would never take off. Except it did.

I was one of them - the naysayers, that is - when I first clapped eyes on the car back in 2010. Perhaps the shock of its unconventional appearance was the reason I didn't much like it, either, when I got behind the wheel.

But plenty of people did. Second only in popularity to the company's bigger Qashqai crossover, the Juke went from zero to 500,000 sales hero in three years; 100,000 of them in the UK alone. And although in my case it may have been an acquired taste, I eventually joined the fans of this bug-eyed little monster after repeat outings.

In simple terms, the Juke was a game-changer; it's the car that set the ball rolling for small crossovers and SUVs - a segment of the market that has since exploded, filling out with similar offerings from just about every mainstream manufacturer.

Now, as 2020 prepares to draw to a close, I've renewed my hate/love relationship with the car by driving the second generation Nissan Juke, which exited the Sunderland factory at the back end of last year.

Bigger, more frugal and better finished, the latest Juke retains the bold in-your-face styling but it somehow looks more assured-looking, more confident. Of course it's up against some stiff competition now. The VW T-Roc, Peugeot 2008 and Renault Captur to name just a few.

One of the criticisms that could be aimed at the original was its poor packaging, particularly rear legroom and luggage space. Both these moans have been addressed thanks to the slightly larger dimensions.

The boot now holds a generous 422 litres with seats up and 1,305 litres when the rear seats are folded, and legroom in the for back seat passengers is noticeably more spacious.

One of the biggest changes is under the bonnet, where the engine has been downsized to a three cylinder, one-litre, petrol engine. Yet, said three-pot powerplant has

increased power at 115bhp alongside stronger economy - 44.1mpg - and lower emissions of 116g/km.

The 999cc engine is an absolute gem, delivering ample torque alongside sprightly through-the-gears acceleration so long as you don't mind using a few revs. 62mph comes up in under 11 seconds which is up to the class average.

Coupled to a seven-speed dual clutch automatic gearbox complete with steering wheel paddles, the Juke picks up its heels well. Three drive modes are available by throwing a switch - eco, normal and sport.

There's little cornering roll which is no bad thing, but the ride tends to be a tad joggly over indifferent surfaces. Steering is more weighty and communicative than that of most high-riders.

Big improvements have been made in cabin design and quality. Soft-touch surfaces abound and a central touchscreen dominates the fascia with a row of soft keys for quick access below. All are easy to use and logical.

The turbine-like air vents on the dash, which match the front lights, are an imaginative and pleasing touch.

Legroom front and back is deceptively generous, as is headroom. The boot has a moveable floor to further increase luggage capacity when required. The rear seats split and fold 60-40. With its extra passenger room and bigger boot the latest Juke is noticeably more family friendly than the earlier version.

The trim level starts with Visia (from £17,395 on the road) and rises through Acenta, N-Connecta, Tekna, Tekna+ and Premiere Edition versions. My test car was the N-Connecta (£22,395) and came with a sat-nav system with live traffic updates, a BOSE sound system with Apple CarPlay and Android Auto, climate control, heated seats and mirrors, partial leather seat trims, metallic paint, parking sensors and breakdown assistance.

Standard on all grades are safety systems including intelligent cruise control, intelligent emergency braking with pedestrian and cyclist recognition, traffic sign recognition, blind spot and rear cross-traffic alert and intelligent lane intervention and warning.

Having launched the market for this type of car and then faced mounting competition from rivals, Nissan needed to do something to keep the Juke up there with the best. I'm here to tell you they've done just that.

More information from www.nissan.co.uk.



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www.cottinghamtimes.co.uk - December 25



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 3ft-10ft, but as an alternative we



also have the beautiful Premium Nordmann available in 5ft-8ft and Frasier Fir available in 6ft-8ft. Just remember to give your tree plenty of water and follow our simple steps to ensure that your beautiful natural tree takes pride of place in your home this Christmas. Plus when you spend £30 on artificial or real Christmas trees you will get a £10 voucher to spend in January 2019.

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

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

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

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

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

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

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

Festive Plants

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

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

CYCLAMEN

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

10 Jobs for this month

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

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. Over-watering is one of the chief causes of their demise. When the compost surface feels dry immerse the pot in a bowl of rain water for 20 minutes then pour the excess away.

CHRISTMAS ROSE

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

AMARYLLIS

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



POINSETTIAS

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

FORCED HYACINTHS

Bowls of forced hyacinths that have been grown in the dark to encourage them into early flower

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

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Your Stars for December 2020

By Kay Gower

Aries (Mar. 21- April 20)

You can't go backward and you can't stay where you are, the time has come for you to move on. The planets urge you to pursue your true path and find something better. An old ambition may have to be abandoned but a new one will certainly take its place. Look forward.

Taurus (Apr. 21- May 21)

Although changes can be challenging new opportunities far outweigh the risks, as long as you proceed slowly. This would be a great time to let things take their course and unfold naturally.

Gemini (May 22-June 21)

Keep things light especially around mid month when you may find that your 'to do list' is far too long. The answer is only a scissors snip away. Write everything down in order of importance - and then begin to cut.

Cancer (June 22-July 22)

Devote the first half of this month to some well earned 'me time' that will refresh body, mind and spirit, and then prepare yourself for the busy weeks that lay ahead.

Leo (July 23-Aug 22)

During the course of this month it may help you to remember that 'opinions' really don't matter, unless you agree to accept them. If you don't agree, the opinion, regardless of from where and whom it comes, cannot touch you.

Virgo (Aug 22 - Sept. 23)

There will be a lovely new moon at the end of the month and it will light up your home life. Strangely it could make you restless, you may decide it's time for a move.

Libra (Sept. 24 -Oct. 23)

You'll be susceptible to the influence of overly excited or worried people. If you have to be around tension, take a deep breath. The biggest threat to you is stress, and that's something you can manage easily if you put your mind to it.

Scorpio (Oct. 24 - Nov. 22)

December may be dominated by other people's needs and you may not be able to fully concentrate on the things that matter most to you. Take heart your time is coming, and soon.

Sagittarius (Nov. 23 -Dec. 21)

It has taken over a year for Venus to journey back to Sagittarius, but that's precisely where this beautiful planet of good looks and love will be from December 2nd to January 8th. This is a good month to start looking around for new clothes and anything else you have had your eye on.

Capricorn (Dec 22.- Jan. 20)

Finances could receive a boost at the end of the month and this could be due to an unexpected windfall. If there is a need to make a change at work, take steps after the 17th.

Aquarius (Jan 21 - Feb 19)

Dark clouds begin to lift. Now you can see clearly what it is that you're dealing with. Take control this month and realise that whatever you give will strongly influence what you get back.

Pisces (Feb. 20-Mar. 20)

Not knowing what is to happen this month will make what does happen more magical for you. Against all the odds things begin to work out in your favour and all you have to do is sit back and watch.

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and would like to wish everyone

**A Safe, Healthy
Christmas and
New Year**



Crossword solution from page 14

1	S	C	A	T	T	E	R	B	R	A	I	N	E	D
9	S	L	A	N	U	S	A	E						
10	K	N	A	C	K	S	O	M	E	T	I	M	E	S
	I	I	E	C	P	R	E	I						
12	M	E	M	E	N	T	O	S	P	O	N	S	O	R
	P	E				N								
14	Y	A	N	K	S	C	O	N	T	A	I	N	E	D
		T	E	E	O	U	O							
19	D	I	S	C	L	O	S	E	S	T	E	R	R	A
	I			E										
22	O	F	F	I	C	E	S	A	D	A	M	A	N	T
	C	R		T	K	L								
27	E	X	A	M	I	N	I	N	G	A	D	I	E	U
	S		N	O		R	I	P	S					
29	E	C	C	E	N	T	R	I	C	I	T	I	E	S

Sudoku Answer from page 12

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

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

Traditional Chinese Medicine (TCM) has existed for over 4,000 years and is a comprehensive medical system with its own principles, diagnostic methods and therapies.

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

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Internal:-

High Blood Pressure, Palpitation, Obesity, Ashma, Brochitis,



Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Colds, Flu, etc.

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