

Cottingham Times

and District

Issue 237 - December 2021



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Sonya – my care story

It's like my second home – actually, I say to my husband that Magnolia is really my first home and home is my second home!

A word from our chairman

Since 2020, it has been highlighted more so than ever, the fantastic work of our carers.

We'd like you to meet some of them who are caring for your loved ones at Magnolia House, so you can see why we're so proud of our team.

This month, we're meeting Sonya, a unit manager who has been with us for 25 years.

We're also partnering with East Riding College to support its health and social care apprenticeship, so if you're looking to launch your career in care, let us know!

*Chris Mitchell, Chairman,
Park Lane Healthcare*

East Riding College has partnered with **Park Lane Healthcare** to create an exciting apprenticeship opportunity for a kind and caring person to join the team at Cottingham's top-rated residential home, Magnolia House.* So if you are thinking of working in or returning to care because like Sonya, you want to make a difference, then please get in touch.

If you are an experienced carer wanting to join the Magnolia House team, please contact Lindsay Altoft on 01482 845038.

For more information on apprenticeships, please contact East Riding College Limited on 01482 390888 (Ref ID: 157408).

*Magnolia house has a score of 9.6 out of 10 on independent reviews platform, carehome.co.uk



"My care story began almost 30 years ago, when my grandma was taken into care. I know they were different times, and I don't want to speak ill of somewhere that has since closed down, but the way she was treated wasn't very good. I visited her regularly and I knew I wanted to make a difference. I think that people need to have something about them to be a carer, and if you don't have that drive, you shouldn't be doing it. It's a vocation, not just a job. I wasn't happy with my grandma's experience, and I wanted to help make things better for other people's loved ones.

"I was persuaded to join the day team and take on a more senior role, which ultimately led to becoming a unit manager. I now work closely with the home manager, helping with the day-to-day running of the home and taking it forward. I really love being involved with everything that's going on. It's like my second home



– actually, I say to my husband that Magnolia is really my first home and home is my second home!

"I'm a big family person, and outside of work I like spending time with my daughter and parents as well as a bit of life admin, then it's back to work, which is a bit like more family time again.

"Magnolia House is a fantastic place to work because we're a team. Everyone supports and cares about everyone, and helps you if you have a problem. It's a really supportive environment, no matter what level you're at. It's just lovely."



"My first job was as a carer in a small home, and about five years later, I moved to Magnolia House and never looked back. I started here as a carer, and worked on nights for about 15 years. Day shifts are a lot busier because you're dealing with medical professionals and families, which you don't get on nights.



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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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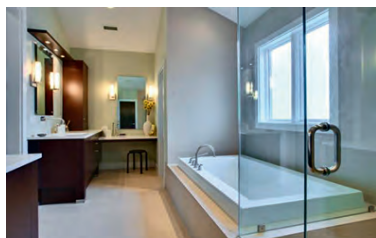
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In Cottingham and District

The deadline for entries in the January 2022 "What's On" section, is no later than the 13th December 2021.

Cottingham Local History Society

Wednesday 1st December - The Games We Used to Play. An imaginative skip down Memory Lane, Dr. Alec Gill, MBE in Cottingham Civic Hall, starting at 7.45 p.m. Meeting fee: members £2; non-members £3. Contact: Chairman Peter McClure 845734.

Yorkshire Country Women Skidby Branch

Thursday 2nd December - will take place in the village hall at 7.30pm. We will be having our Christmas party so please bring some savoury nibbles and come and enjoy the evening with carols and games. Members and guests are very welcome. Please contact Celia Parnaby 01482 841370 for further details..

North Ferriby Gardening Club

Monday 6th December - 7.30pm -9.30pm Parish Hall, Church St, North Ferriby.HU14 3DA. Louise Pepper will present a display entitled Christmas Floral Decoration. Bring your own Christmas drink optional. Please wear face masks and observe social distancing. A membership of £5 or guest fee of £2. Queries? Contact Trevor Barningham 07779 620651.

Cottingham u3a

Thursday 9th December - at 2 pm in the Darby & Joan Hall. There will be no speaker, but there will be Christmas celebrations and refreshments!! As numbers are limited, members must register to attend the meeting by contacting Lesley Tempest (Secretary) - telephone 847359 or email lesleytempest@gmail.com.

Hull Savoyards

Wednesday 15th December - at the Cottingham Civic Hall 7.30pm. Hull Savoyards present 'A Musical Christmas Carol' - Humbug! This adaption of Charles Dickens' 'A Christmas Carol' with Gilbert & Sullivan songs and Carols. Tickets are £10.00; £5.00 for under 16s and students from Barkers on Hallgate, online at www.ticketsource.co.uk/HullSavoyards and on the door (subject to availability).

Hull Alpha Probus

Club for retired or semi-retired professional people meeting on alternate Thursdays - new members welcome. Contact the Secretary on 01482 348270 or 07542 959314. There are no regular meetings in December. Christmas Lunch will be on 16th December at the Blue Bell (by ticket only in advance from Secretary). **Please note change of date and venue for Christmas Lunch.**

Arterian Singers

Saturday 18th December - will be holding their Christmas Concert at the Methodist Church, Hallgate, Cottingham at 2.30. Join us for a festive musical performance featuring traditional and modern carols. Tickets £6 children free when accompanied with an adult.

**Front cover: Keldgate Pumping Station.
Photo: Paul Lakin.**



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East Yorkshire Woodturners

Tuesday 21st December - 7pm, Skidby Village Hall. (Doors open 6.30pm): Demonstration by Registered Professional woodturner, Andy Rounthwaite from Doncaster, South Yorks. Visitors welcome! (No need to book - £3.50 on the door for guests). For information, please contact David Taylor, 01482 876702, or see the Club's website: eastyorkshirewoodturners.org.uk.

Hull and East Riding New Stitchers

Tuesday 21st December - Christmas Party and Eleventh Anniversary. Members only.

Music Recital Club

Sunday 9th January - Concert at 3pm at the Cottingham Methodist Church, Hallgate. Programme includes the Hull Youth Jazz Orchestra and bursary-winning young musicians on percussion, piano, voice and violin. Adults £5 Students £2 including refreshments. All welcome. Raising money for bursaries for local young musicians.

Beverley Men in Sheds

Meets every weekday morning between 9:00 to 13:00 at Oldroyd's Corner, Woodmansey Garden Centre, Hull Road, Woodmansey, HU17 0RS. We provide a safe place for lonely and isolated men and women to come together to make new friends and indulge in their hobbies. e-mail meninshedsbeverley@gmail.com, or telephone 07795-820443.

Cottingham & Hull Folk Dance Club

Tuesday 7pm-9-30pm at the Darby and Joan Hall Finkle St., Cottingham. No experience necessary come on your own or bring a friend for light exercise in a friendly environment everyone one welcome. For further information please contact Jan Gray on 01482 840637 or Keith Alexander on 01482 509751.

Hull CHA Rambling Club

We are a friendly walking club established in 1911 whose members enjoy walking on the Yorkshire Wolds, Howardian Hills, North Yorkshire Moors, Yorkshire Coast, occasionally into Lincolnshire and the Yorkshire Dales, and we walk throughout the year.

Travel by coach to the starting point. Fare £12.

We pick up at Bilton, Holderness Road, Hull City Centre, Beverley Road, Greenwood Avenue and The Green, Cottingham.

We have one walk planned for December. We advise face coverings be worn on the coach.

5th Dec 9am Gills Farm/Thixendale to North Grimston (our Xmas walk).

Places **must** be booked in advance.

For further information and to book a place on the coach please contact Joint Rambles' Secretaries, Sue O'Leary on sue@oleary.co.uk or telephone 07767420646 or Pauline Borger on pauline.borger223@btinternet.com or telephone 0792993323.

Check out our website <http://hull-cha-rambling.wix.com/hull-cha-rambling>. Like us on Facebook: The Hull CHA Rambling Club. NEW WALKERS WILL ALWAYS BE WELCOME.

Cottingham Calendars by John Dewing now on sale at Best Wishes on King Street

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 2022 with a marvellous selection of Cottingham Views.

The calendar costing £5, is now on sale at Best Wishes, King Street, Cottingham..

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Local housebuilder honours Hull's veterans and volunteers this Remembrance Day

Barratt Developments Yorkshire East have honoured war veterans and volunteers from the Cottingham branch of The Royal British Legion, by donating gift hampers to the volunteers that deserve an act of kindness this Remembrance Day.

To mark Remembrance 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 four committed members. The gesture will see the selected volunteers each receive a gift hamper that contains a selection of treats and nibbles from jams to chocolates, crisps and coffee, in recognition of their work in the local community.

Volunteers Christine Buckle, Mike Dobson, Sonia Greacen and Jerry Cross have each made an outstanding contribution in their varying roles from loyal volunteers to treasurer and chairman.

Partners Christine Buckle and Mike Dobson have both made significant contributions to the work of the branch this year. Mike is a regular standard bearer for the Royal Engineers and assists the Cottingham Branch when requested to attend funerals

of veterans and civic events on behalf of the Royal British Legion. Christine and Mike make a significant contribution to the fundraising efforts of the branch and between them have organised, advertised and raised funds for a social event for the more senior members of the community.

Treasurer of the branch, Sonia Greacen, has spent significant hours planning the distribution of the poppy collection boxes as well as managing the Royal British Legion, Cottingham branch's accounts effectively and has breathed new life into the production of advertising and ticketing for events, in order to increase the funds raised. Her partner, and Branch Chairman, Jerry Cross, attends events across the country on behalf of the branch and aims to grow the branch to provide support to as many veterans as possible.

Both Sonia and Jerry have completed full time careers and now continue to serve in the Reserves whilst simultaneously supporting the Cottingham branch of the Royal British Legion.

The four members were invited down to local Poppy Fields development on Harland Way, in Cottingham, to receive the gift hampers and tour the site that includes street names that represent local wartime history, such as Jack Harrison Avenue, named in memory of the fallen Hull hero.

Paul Hogan, Sales Director at Barratt Developments Yorkshire East, commented: "It's an honour to highlight the important work that The Royal British Legion does, and we wanted to contribute these gift hampers as acts of kindness to spread happiness amongst the dedicated team at the Cottingham branch of The Royal British Legion, 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 continuous support. The acts of kindness have boosted morale after the uncertain times we've had recently at the branch, but we continue to dedicate ourselves to the cause and offer support to our veterans where possible."

For more information about Barratt Developments please visit www.barrattdevelopments.co.uk.




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40 Years on and still going strong

The Cottingham Lights Teams are this year celebrating 40 years of lighting up the village at Christmas.

No one could have envisaged back in 1981, the first year, that the lights would have been so successful and grow to be the magnificent display we have today.

This is all down to the hard-working and very dedicated group of volunteers, who with the financial help from some local traders and The Parish Council and members of the public by donations through the collection boxes, strive to make Cottingham lights something special.

Although we no longer have an official switch-on, we feel the heavy expense involved is better spent on improving and maintaining the display each year. We guarantee the lights will improve every year and will draw many visitors to the village during the festive period.

Anyone wishing to donate to the lights can leave donations at: John Fords Menswear and Dave Allens Hairdressers both on Hallgate.

From all the volunteers, may we wish you all A Very Merry Christmas and a Happy and Prosperous New Year. Stay Safe.

Phoenix Walkers are back

And welcome new and old members to enjoy a day out in country or coast.

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**Saturday Walk 11 December
Hornsea & Christmas Lunch.**

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The coach picks up outside Hull Truck Theatre on Ferensway Hull at 8-30am

Beverley Road around 8-45am and Cottingham Green around 9am coach fare £10.

Walks are with leaders and are risk assessed.

You may come three times before deciding to join us years membership fee £10.

For further information and to book your seat on the coach please ring Sid&Sue 01482 701325. email phoenixwalkingclub@outlook.com.

The show contains minimal libretto guided along by a Narrator (Charles Dickens) reading sections of Dickens' text used in his celebrated public readings.

Tickets are £10.00 and £5.00 for under 16s and students. They are available from Barkers on Hallgate, Cottingham, online at www.ticketsource.co.uk/HullSavoyards and on the door (subject to availability).

Please note some COVID restrictions may be in place depending on the situation at the time of the performance



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Hull Savoyards present 'A Musical Christmas Carol'

Hull Savoyards are to present 'A Musical Christmas Carol' - Humbug! written by Fraser Charlton, in the Cottingham Civic Hall on Wednesday 15th December at 7.30 pm.

'Humbug!' is an adaption of Charles Dickens' public readings of 'A Christmas Carol' with the addition of various Gilbert & Sullivan songs and traditional Christmas Carols. The show includes a mixture of costumed and staged scenes with a concert style Victorian carol singers chorus.



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Free weekend parking returns in the East Riding on the run up to Christmas

East Riding of Yorkshire Council's Cabinet has approved free parking for the four weekends in November/December running up to Christmas.

The popular scheme, which the council has run for the past thirteen years, will apply to all council-run on-street and off-street car parks.

Pay and display machines in these locations will be clearly marked to let shoppers know there is no charge for the weekends of 27-28 November, 4-5 December, 11-12 December and 18-19 December, from 8am on Saturday until 8am on Monday.

Councillor Jonathan Owen, leader of East Riding of Yorkshire Council, said: "As has been the case in previous years, free parking in the run up to Christmas will once again be offered in the East Riding.

"This scheme provides real and tangible benefits for the local economy by providing a timely boost at what is an important time of the year for traders. It also helps our residents and visitors to the area who are preparing for the festive season."

Whilst parking charges are suspended, motorists are advised that normal parking rules still apply, such as those around disabled parking bays, maximum stays and controlled parking zones (CPZ).

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would like to thank
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and would like to wish everyone



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



Cottingham Para Swimmer returns to National meet after lockdown

Cottingham S14 Para Swimmer Owen Garsides returns to the pool after all Para meets were cancelled due to the lockdown. Owen has qualified for all his races.

He will be attending the British Para Swimming Winter National Meet held at the National pool in Wales on 11-12th December. Owen is so pleased to be able to be training and competing again for this National event.

During lockdown my parents bought me a large put up pool for the garden which held 7000 litres of water. I tied myself to a bungee rope and trained every day during lockdown. I am so happy to be competing at Swansea and hopefully achieve a personal best in my race times.

Merry Christmas

A Big thankyou to all our customers, old & new,
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Since the Little Weighton Village Hall's refurbishment, just before Covid closed everything down, the hall has begun to offer more and more classes, with many skills to try and crafts to learn or hear about.

Every month you will find regular meetings or surprise events to entice you to join those in your community finding out what they enjoy. Here's what is on offer at present:-

Mondays is Soft Furnishings & Dressmaking at 6.30pm while on Tuesdays there are art classes in the morning and afternoon (watercolour).

There is another art class if you can't get into the others.

Thursday is when the village choir, Voices of Weighton, sing new songs, practising for their fabulous Christmas evenings early December.

Friday finds the Library bus in the hall car park and, once you have chosen your book, you can call into the hall for Coffee & Cake Morning at 10am.

Every third Friday evening up to 50 villagers meet to hear what the Gardeners' Club speaker has to offer or go on a trip with them.

In December (3rd & 4th) the Choir will go classic and modern with 'Voices of Christmas'.

For January (14th) there is a talk by an army veteran on "EODs (bomb disposal) in Northern Ireland & UK".

More winter talks will hopefully follow, all on differing subjects.

So lots to try for everyone. Tickets will be available from the Post Office. Any queries, either call into the hall on the day you are interested, check out the hall's website, or call Prue on 01482.844461. See you soon.



Input Kitchens would like to wish all their customers Old and New a Very Merry Christmas and a Happy New Year

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Wordsearch - A Christmas Carol

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

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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. 173

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

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

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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 this year and with bookings in advance for 2022 & 2023.

We will be having a holiday over the festive period closing to visitors in person from 23rd December to the 2nd January. **Telesales will be available as usual.**

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 for almost 2 years now so why not push the boat out in 2022 or 2023? We have many ideas to offer you.

Regent

SEVEN SEAS CRUISES

Last month we had a wonderful cinematic experience with Regent Seven Seas Cruises. Why not register for our next one? If you are looking for something truly special this is it. All suite accommodation and very inclusive ~ you can leave your purse at home.

I am delighted to say we have a rare opportunity for you to join me sailing from Southampton on 23rd May 2023 - yes no flying and the itinerary visits a lovely selection of ports. Please ask for further details.

Is Italy on your "to do" list? The Italian Lakes or Tuscany are available flying from Humberside. There is just a single departure the 7th September 2022 for a 7 night duration. Call for the options available.

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

& for a happy & healthy 2022. *Marion & Emma*

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10 Feb	The Pudding club experience - all 7 puddings 2 days Inc. Coventry & the National Memorial	£ 189
20 Mar	Ilfracombe, a great itinerary inc. RHS Rosemore Carlton Hotel - 6 days dinner B&B	£ 529
03 Apr	London, Tea at the Tower, ride up the Shard 2 days	£ 199
02 May	Somerset Explorer—5 days dinner B&B	£ 499
17 May	APT Croatian Coastal cruise & Zagreb 9 days from your door with flights from Humberside. Excursions, most meals & gratuities are included	£2345
08 Jul	APT Russian River cruise 11 days from	£2995
07 Aug	Edinburgh Tattoo 4 days great seats - hotel B&B in the centre of Edinburgh	£ 425
11 Sep	Floriade 5 nights via P&O North Sea Ferries, DBB	£ 789
21 Nov	Holly & Mistletoe at the 4 star Tynedale hotel in Llandudno 5 days of fun and amazing food DBB+	£ 465
2022	Thursford Christmas Spectacular 17 Nov, 01 Dec	£ 199



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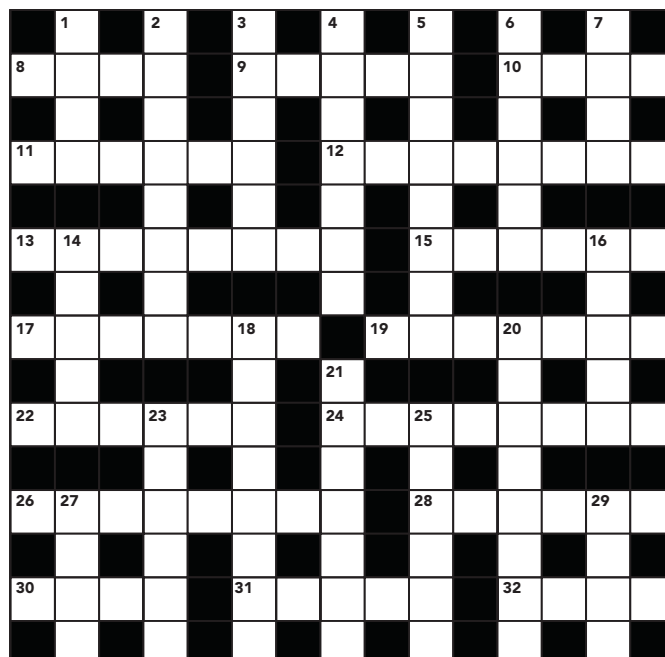


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Crossword – Solution on page 29



Across:

8. Room barrier (4)
9. Group of students (5)
10. A midwestern state (4)
11. A type of bar (6)
12. Northern evergreen heaths (8)
13. Forcibly broken through (8)
15. Pertaining to the universe (6)
17. A gland found near the kidneys (7)
19. Lack of sophistication (7)
22. Liar (6)
24. Rare (8)
26. Eighty-eight in Roman numerals (8)
28. Small boats (6)
30. Canoe (4)
31. Prefix indicating the Sun (5)
32. Prefix indicating "Within" (4)

Down:

1. Ceremonial elegance (4)
2. The remains of a crashed vehicle (8)
3. Char (6)
4. Negative electrode (7)
5. Spanish ranch (8)
6. Personal freedoms (6)
7. Pitcher (4)
14. Diameters (5)
16. Introduction (abbrev.) (5)
18. Sealed (8)
20. Members of the undead (8)
21. Fingernail (7)
23. Car on a freight train (6)
25. Twin star of Pollux (6)
27. Medical photograph (4)
29. Crazes (4)

Crossword courtesy of www.crosswordpalace.com
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Commuted Sums benefit three clubs in Cottingham

Clubs based in Cottingham have been awarded £77,981.22 funding from East Riding of Yorkshire Council as part of Commuted Sums from local housing developments.

Three different groups have received funding:

Cottingham Lawn Tennis Club have been awarded £56,690 towards phase 2 of their future plans to resurface their tennis courts. The project involves the resurfacing of two Tarmac Courts 1 & 2 and two Artificial Grass Courts. In addition to the Commuted Sums funding, Cottingham LTC will be funding £6,298 of the £62,988 project from their own funds.

Doug Jennings, Chairman of Cottingham Lawn Tennis Club, said: "We are very grateful for East Riding of Yorkshire Council's latest grant funding. We are especially pleased to be able to start the work before winter, which will enable the club to keep the programme and play continuing over the winter months as the courts, in their current state, are getting dangerously slippery when wet."

Cottingham Tigers ARLFC have been awarded £16,582.74 towards their pitches project. The club have recently moved their main playing pitch to avoid utilising the cricket outfield, introduced a specific junior pitch, installed crowd barriers on the main pitch and installed netting behind the posts. The club will also improve existing floodlighting by replacing fittings, install a pitch barrier and install two new dugouts with roller shutters. Cottingham Tigers have been successful in being awarded £16,483.20 from the Rugby World Cup 2021 Grant Fund and have contributed £2,500 of their own funds towards the project.

Paul Atkinson, Treasurer at Cottingham Tigers, said: "It's great that the local authority have been able to support us in delivering these enhanced playing and training facilities. We're very lucky to have hundreds of great young people as part of our club and this funding will help improve them as both people and rugby players. We also hope it will help us whilst we continue to try and grow the club at all ages."

West Ella & Willerby AFC, who are based at Hilltop, Cottingham, have been awarded £4,708.48 towards realigning a pitch to enable the club to accommodate more teams. The growth in the number of teams operated by the Club requires an increase in the number of pitches. The project involves pitch marking, installation of new goal sockets, net support sockets and lids, moving the existing goal posts, moving dugouts to new locations and the provision of 40m of fencing.

Richard Brown, Treasurer at West Ella & Willerby AFC, said: "Maintaining good, safe facilities hopefully encourages more people to maintain a healthy lifestyle. The East Riding of Yorkshire Council Commuted Sums Fund is an excellent initiative and has been that extra arm required to fulfil this project. This has benefited West Ella and Willerby Football club and the community as a whole."

Councillor David Tucker, portfolio holder for planning, infrastructure and housing, commented: "These three awards to successful clubs in the Cottingham area will make a real difference to the clubs themselves, and the communities they serve. I am very pleased that we have been able to facilitate these awards of Commuted Sums provided by local housing developments as a condition of their planning approval."

Pictured top left: Cottingham Lawn Tennis Club - Left to Right: Doug Jennings - Chairman, Paul Holtby - Coach, Rob Laycock - Commuted Sums Team.

Road and path improvements worth £200,000 to be carried out in Cottingham

Road and path improvements worth £200,000 are underway in Cottingham during November and December.

The investment is being made by East Riding of Yorkshire Council and work began in South Street, Cottingham, on Monday (8 November).

The work is expected to take seven weeks to complete, weather permitting, and will be carried out by council contractors PBS Construction (NE) Ltd.

Path improvements will begin first on weekdays (Monday to Friday) between 9.30am and 3.30pm from 8 November to 14 December, under temporary traffic lights.

Road patching works will then be carried out on weekday evenings (Monday to Friday) between 6pm and 11pm, from 6 December to 17 December.

While the road scheme is happening, a temporary road closure will be in place, with a diversion route via Thwaite Street, New Village Road, Northgate, West End and Baynard Avenue.

Local traffic will have limited access through the sites during the evening works to ensure the safety of road users and the workforce.

Access will be maintained for residents, business owners and the emergency service, however drivers will need to keep vehicles off the road to allow for the improvements.

The council and its contractors will be consulting with the affected local businesses and residents.

Adam Holmes, head of infrastructure and facilities at East Riding of Yorkshire Council, said: "Although delays are likely during the works, the improvements are necessary I would like to thank residents and motorists in advance for their patience."

Adam Holmes, head of infrastructure and facilities at East Riding of Yorkshire Council, said: "Although delays are likely during the works, the improvements are necessary I would like to thank residents and motorists in advance for their patience."



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Chicken casserole with dumplings

• Total time: Ready in 45 minutes. Serves: 4

Ingredients

1 tbsp oil
800g pack essential Waitrose British Chicken Thighs, scored
500g tub essential Waitrose Gravy
195g can essential Waitrose Sweetcorn, drained
4 essential Waitrose Fresh Garlic Bread Slices
200g essential Waitrose Spring Greens or cabbage or kale, shredded
150g frozen essential Waitrose Broad Beans, defrosted

Method

1. Preheat the oven to 220°C, gas mark 7. Heat the oil in a large frying pan and fry the chicken for 5 minutes until cooked through, then pour off any excess oil. Add the gravy and sweetcorn to the pan and bring to the boil. Transfer to an ovenproof casserole dish and cook, covered, for 20 minutes.
2. Meanwhile, tear the garlic bread into chunks and add 3 tbsp water. Mix with your hands to bind together then mould into 4 balls.
3. Add the spring greens and beans to the casserole and cook, covered, for 10 minutes. Remove the lid and add the dumplings to the casserole, pressing down slightly. Cook for 10 minutes until golden.

Sticky ginger loaf

This fantastic gluten-free cake is sweet and squidgy in the middle with a cool ginger icing on top. The stem ginger syrup is made with white sugar, but you could replace it with maple syrup or honey to make this recipe refined sugar free, too.

- Preparation time: 25 minutes, plus soaking
- Cooking time: 1 hour
- Total time: 1 hour 25 minutes, plus soaking. Serves: 10

Ingredients

175g unsalted butter, melted, plus extra for greasing
100g dried pitted dates
3 balls stem ginger, roughly chopped, plus extra to decorate
100ml maple syrup
3 large eggs
200g ground almonds

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50g rice flour
1 tsp baking powder
1 tsp ground ginger
½tsp salt

For the icing:

50g dried pitted dates, roughly chopped
3 tbsp stem ginger syrup
large pinch ground ginger
125g Philadelphia soft cheese

Method

- 1 Preheat the oven to 170°C, gas mark 3; grease and line a 900g loaf tin. Cover the dates with boiling water; leave for 10 minutes. Drain and whizz in a food processor with the butter, ginger and maple syrup until smooth. Add the eggs, then whizz to combine. Add the dry ingredients and whizz until just combined.
- 2 Tip into the prepared tin, level out the top and bake for one hour, until a skewer inserted into the centre comes out clean. (cover with foil for the last 10 minutes if it browns too fast.) leave to cool completely in the tin.
- 3 For the icing, soak the dates in 75ml boiling water for 10 minutes, then tip into a blender (ideally a high-speed blender or nutribullet, or use the small bowl of a food processor). add the ginger syrup, ground ginger and a pinch of salt, then blend until smooth; cool completely. using electric beaters, whip the soft cheese briefly, then whip in the date mix. ice the loaf and top with extra stem ginger.

Reproduced courtesy of www.waitrose.co.uk



www.cottinghamtimes.co.uk - December 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

New wines on the market

I've been shopping around this month to bring you some of the latest wine news from our major supermarkets. And first up is Waitrose, which has just introduced five new wines to its successful "Loved & Found" range.

The new additions, which are available in shops and online at Waitrose Cellar, are curated by the company's buying team and represent lesser-known grape varieties from South Africa, Italy and Portugal.

The Loved & Found range launched in June 2019. Wine buyer Rebecca Hull told me: "We know our customers love to explore the unknown when it comes to wine and we're thrilled to be able to offer these new and exciting varieties from a range of winemakers."

"We've looked for diversity of flavour, something truly different but eminently approachable and delicious. It was also important to us that the wines are all under £10 and offer great value to customers. These are the wines that we believe have the potential to be the popular varieties of the future."

Four of the original line-up are being replaced with five brand new varieties: Waitrose Loved & Found Bukettraube, South Africa (£8.99), Loved & Found Castelao, Portugal (£6.99), Loved & Found Fernao Pires, South Africa (£6.99), Loved & Found Roero Arneis, Italy (£7.99) and Loved & Found Perricone, Italy (£7.99).

The following five original wines are staying in the range: Waitrose Loved and Found Ebling, Germany (£6.99), Loved and Found Petit Manseng, Jurancon, France (£9.99), Loved and Found Marselan, Rhône, France (£6.99), Loved and Found Pais, Chile (£7.99) and Loved and Found Pecorino, Italy (£8.99).

Looking at the new wines in a little more detail, Bukettraube is the oldest man-made crossing of grape varieties on the planet - Sylvaner crossed with Trollinger. There are 42 hectares in total in the world and Cederberg in South Africa has 11 hectares. It came to South Africa via Alsace. David Nieuwoudt (owner and winemaker at Cederberg) describes this wine as having a perfume akin to Gewurztraminer, but with fantastic acidity similar to Riesling.

The off-dry style is amazing with spicy food - think Thai curries - and mature cheeses.

The Castelao is one of Portugal's many indigenous varieties, and one of its most planted too, Castelao is predominantly used as part of blends, but is increasingly being seen on its own as interest grows in single varietal Portuguese reds.

It's medium-bodied, a classic example of this variety, with an expressive nose of raspberries and blackberries. On the palate there is rich fruit which is kept fresh by a well-balanced acidity.

Fernao Pires was originally brought to South Africa from Portugal and grown for brandy production. The wine is light-bodied and very refreshing, with lively acidity, distinctive floral (rose petals and blossom) aromas and abundant stone fruit on the palate.

The Roero Arneis is a dry, unoaked, light-bodied Italian white wine, with zesty acidity, and subtle flavours of orchard fruit (pear, white peach) and spring blossom.

Finally, the Perricone, from Sicily, is a medium to full bodied red-wine, subtly oaked and packed with spicy brambly fruit, and has a wild herb edge. Southern Italian and Sicilian reds are currently in strong growth for Waitrose. Perricone is a native north-west Sicilian red grape variety, grown in small quantities on the island's west coast, around the towns of Marsala and Trapani. It is most commonly used in blends with Nero d'Avola, where it brings texture and deep colour.

* Lidl is now selling magnums of two of its most popular red wines - Baturrica Gran Reserva and Heredad Duce Tempranillo, both from Spain - for just £9.99 each. Master of Wine Richard Bampfield, who consults for Lidl, said: "Consistently one of the favourite wines at the tastings I present is the Baturrica Gran Reserva, and if there is a better value red at under £5 in the country, I have yet to find it."

Both wines are available in the 1.5-litre bottles while stocks last.

* Morrisons The Best Toscana 2019 has been awarded a top score at the Decanter IGT Tuscan Red Tasting, attracting an impressive 92 points from experts. Selling for £10 per bottle, it was placed ahead of 45 other pricier bottles, including Brancaia Il Blu Toscana 2018 which retails for £80.

Judges were impressed with its "enticing nose of red plums, cherries in liqueur, creamy oak and tobacco leaves" and also complemented its "well-textured tannins with a meaty finish."

Mark Jarman, senior wine sourcing manager at Morrisons said: "The Best Toscana is now one of the stars in our The Best Italian range. It's fantastic to see it getting this recognition - it's a rich, flavoursome and complex wine that's absolutely perfect for enjoying as the nights draw in. It will also improve even further with age, so if you've got somewhere dark and cool to store it, tuck it away for a year or two."



BEST BUYS

**Chapel Down Flint Dry**

Where: Morrisons

When: Now, until January 1

Why: I love English wine - this, from Kent, is made with a medley of different grape varieties which makes for a multi-dimensional, well-balanced wine. Aromas of elderflower, mine

£12 (was £14)

**Noble Vines 667 Pinot Noir**

Where: Waitrose

When: December 1 - 29

Why: One of the "Dijon clones" that have recently come to California from the Cote d'Or in Burgundy. Juicy plum and cherry, bittersweet cocoa and delicate toasty oak make this perfect with roast lamb.

£11.99 (was £16.99)

**Graffigna Genuine Collection Malbec**

Where: Sainsbury's

When: Now

Why: Roast dinners are traditionally a weekly staple, especially when winter creeps in and everyone craves hearty comfort food. Both inky and rich, juicy and ripe, this Malbec from Graffigna not only complements red meat, it's also delicious with Yorkshire puddings, roast potatoes and seasonal veg.

£9.00

**Giesen Dillons Point Sauvignon Blanc**

Where: Waitrose

When: December 1 - 29

Why: From New Zealand's Marlborough region, this Sauvignon Blanc is aromatically expressive with ripe lime, quince and grapefruit. The palate has a juicy texture with a wonderful freshness.

£7.49 (was £9.49)



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

www.instinctivehorsetraining.co.uk



The Equestrian Business Awards Gala Evening

This was such a lovely night spent with friends and associates at the Holiday Inn in Nottingham.

Having recently had a knee replacement, I was unable to drive so Amanda Beal and her partner Dillon kindly drove us down there. It made it a much nicer evening and hotel stay being with friends. Amanda was also a finalist in her category- Transporter of the Year.

Who ever needs an excuse to dress up to the nines anyway? Its such a rare thing to do in my life which makes donning a beautiful dress and jewellery a rare and special event! We has an awesome table full of finalists from all over the UK in all the various categories.

Come the moment of suspense- who will win their particular section? Well done to Amanda who was awarded winner in the Horse Transporter of the Year



category. We all went crazy on the table in support of her win 😊

Eventually it came to my finalist section announcement- nail biting stuff! I WON!! How amazing is it that! I won across the whole of the UK to be pronounced Behavioural Trainer of the Year! So lovely and so special. I would never have become a finalist in the first place without the votes from all my past and present customers and clients who wrote in telling their stories of how I impacted on their lives for the better. Thank you all so very much.

I received an email from the judges in the following week which stated that they were super impressed in the fact that my humane training methods work across species, not just horses, and in centred on the emotional wellbeing of the horse at all times.

This is not the case in Western, Traditional nor Natural horsemanship horse training, which all require the use of dominance and aversive pressure release protocols. Positive horse training has had its first national spotlight. Let's hope more future and upcoming trainers choose to study and apply modern, ethical Applied Behavioural Science in horse training. Its very powerful methodology in shaping wonderful future behaviours and emotions in our leisure/ridden/competition horses. *Wishing everyone a very Happy Christmas and a safe, successful New Year!*



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www.cottinghamtimes.co.uk - December 19



Let's be nosey

As you know from my past articles, I do like to vary the subject alongside what is happening during each season but this one is slightly different.

On our KINGSTON VETS Facebook page, we recently wrote about how important it is to let your dog use its nose. Go for a walk, letting them sniff is allowing them to use their natural behaviour which is an activity that is needed for their general wellbeing. It is calming to their senses and provides stimulation. I know this can be very difficult at times when we are in a rush to get somewhere and we are aware our dog/s need a walk, the last thing you want is them to constantly stop to sniff but I found an activity both Tali and I will enjoy.

As I mentioned last month, I booked our first session of Mantrailing and it was amazing. I had been looking for something for us to do together apart from all the walks we go on and this was so different. The instructor, Fiona, met us at the location booked, this time being Hessle Foreshore but it can be anywhere within the Yorkshire region. After an introduction to the rest of the team, instruction on how to fit the special harness, how to hold the longline plus teaching Tali to sniff the article



belonging to the Misper (missing person), we were off. There is quite a knack on how to let your dog use its nose without putting strain on the line along with lots of encouragement and praise on the trail. It was fascinating watching Tali work this way, nose to the ground, eagerly following the trail to find the misper waiting at the end with her favourite treat of sausage. We did 3 trails in the 3 hours we were there with Tali improving each time. I did have a feeling she had it in her with her father being an ex-prison dog and 2 elder brothers involved in search and rescue but that is not a guarantee. She could have been the 'black sheep' of the litter which she did show during her escapades in her puppy stage. Surprisingly, the dogs present that day were quite a mixture of breed and not just the usual working dogs. Some also had various issues such as anxiety and reactive to other dogs which looking and observing them, totally surprised me. They had been attending these sessions for a while and their confidence, under careful guidance, had grown. Discussing this with Fiona, she advised mantrailing makes the dog think for themselves and puts it into their court to trust the handler which encourages them to grow in confidence.

As you can read between the lines, I am totally hooked and have booked our next session which is a progression morning at Hornsea Freepoint. This shall definitely test Tali's nose and restraint with all the tempting food outlets they have. If you are interested in trying this wonderful 'sport', surprisingly you don't have to be young and super fit just have a passion for team work and connecting with your dog, then please give me a call at KINGSTON VETS and I shall point you in the right direction.

AND FINALLY MAX

What a little superstar this pup is turning out to be. After guidance from the breeder, my daughter Jenni and husband Adam, continued with the whistle training for Max and his progression I saw at the weekend. We took the 4 dogs (my other daughter Natalie brought Dexter) see pic, for a long walk into some wood close by. I must admit my heart was in my mouth when Max took off, nose to the ground, following a scent but I shouldn't have worried. With the sound of the whistle, he came straight back and sat for his treat. This went on all round the walk, whistle treat, whistle treat but one of the happiest things to watch was seeing Max use his natural sense of smell.

Until the next time

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Starters

Minestra Classica
Minestrone fine-diced vegetables & ziti pasta cooked in flavourful stock, accompanied with fresh ciabatta

Mozzarella Caprese
Sliced mozzarella balls & sliced tomato with green olives, topped with a light dressing of olive oil, basil & white wine vinegar, with a hint of chilli

Involtoni Di Salmone
Sliced smoked salmon wrapped around a mix of cream cheese & prawns, flavoured with lemon juice & served on a bed of crisp lettuce

Gamberi Pepperone
Chopped chilli, garlic & small tiger prawns pan-fried with a little chopped tomato & served with a light crisp salad

Funghi Gratinati
Baked mushrooms cooked in garlic, white wine & fresh cream with parmesan cheese

Mains

Pollo Al Carciofi
Strips of chicken breast cooked with a little Parma Ham, onion, sliced mushrooms, artichoke & finished with fresh cream

Salmone Pepperoncino
Baked salmon topped with a sweet chilli glaze. Garnished with salad & served with potatoes of the day

Manzo Al Vino Rosso
Pieces of beef cooked with onions, mushrooms, diced peppers and bacon in a light sauce of red wine & beer stock. Seasoned & flavoured with a little garlic

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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile
Maker' Branfield

Not all is as it seems

Hello again, I hope that you are safe and well. So, December and Christmas will be here again. Where does that time go? There has been some lovely Autumn colour in the East



Riding. Life is still as busy as ever at this end with loads of online courses. They have been a really good thing. It's my first in person, in the flesh, course since the COVID thing started next week. I'm triple

vaccinated, I'll be masked up and its at a dental practice, so all should be fine. As ever looking at ways to improve experiences and outcomes.

Be careful what you believe

I do believe that at the moment there has never been so much made up stuff. This last 18 months or more has seemed to have fuelled it further. It's always been there as spin and propaganda but with the internet it's so easy for people to post and other people to take it as

the truth. There are fake ads with expert and celebrity endorsements and fake scientific claims to get you buy stuff you don't need or conspiracy theorists wanting you on their side out of fear. There is even just fake stuff for the sake of it.

Some stuff looks convincing

Example: Rare condition makes teeth grow in hands

Calcium hyperproficiency is a rare complication of vitamin D deficiency, where excess calcium from bone resorption forms complex structures resembling teeth. Neoformed teeth grow on different bones, such as this patient's hand, causing fractures and joint dysfunction.

The Truth

This looks very convincing and when I first saw I thought wow, that's interesting. I've never seen that before. Then realised why I hadn't seen it before. It's fake and does not make sense. Why would teeth just form because of calcium being there. This is photoshop at work. You have to question and ask the question. WHY? I've always said when I've been mentoring colleagues. "If you don't know WHY you are doing something, stop, because you probably shouldn't be doing it."

Now you can get teeth growing in parts of the body where they should not be. There is a benign tumour called a teratoma. At university, now 29 years ago since I was there, we were shown pictures of teeth in ovaries and testicles. I'll not put any pictures as might be ready for your tea. It makes me a bit queasy thinking about it. The geeky bit is that this makes more sense. Human teeth start from ectoderm down growths during the embryological phase and from mesenchyme. So you need the right cells from the start. Things have obviously gone a bit array with teratomas when the wrong genes have been activated to form teeth.



Vitamin D

However, vitamin D deficiency is quite a common thing. I did some training with a French surgeon a few years ago and he said that 65% of all hospital workers in France were vitamin D deficient. Not many windows in some hospitals and night shifts so sleeping during the day. We need sunlight on our skin to make vitamin D. It's important for good bone and a good immune system. Several studies now have shown that vitamin D supplementation had reduced COVID symptoms in people by improving the immune system. We recommend it for dental implant therapy. The darker winter months is when you benefit from vitamin D supplements the most.

Merry Christmas

I hope that you and your families have a great Christmas and New Year and if Christmas is not your thing have a great December.

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 29 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.

Would you love straight teeth?

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I would like to big say thank you to Chris for his expertise but more importantly to his staff who were always kind and professional on the phone and in person.

So finally the results. Well what can I say except "wow!" I'm truly amazed at what Chris has done.

If you're considering teeth straightening, no matter what your age, then I would say 100% go for it. See my photo to see the difference. " L. Holmes; Beverley.

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to start your transformation journey.

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- Do a rapid lateral flow test twice a week
- Be kind and respect personal choice
- Know your risk and be socially responsible if visiting the vulnerable or elderly.



If you do have symptoms or feel unwell, stay at home and order a PCR test by visiting **gov.uk/get-coronavirus-test** or calling 119.

Let's keep life moving and make this winter one to remember for all the right reasons...



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Motoring - with Roy Woodcock



For a company that built its reputation on delivering small, affordable, family cars, the Suzuki Across breaks the mould. Roy Woodcock reports . . .

Although it was officially launched in the UK exactly a year ago, Suzuki's flagship model, the Across, is still a very rare sight. Price will have something to do with it - the car is only available in one very high specification model at £45,599 - but the company admitted there would be only very limited production in the first full year.

Let's see if that improves, for we're talking about a car that rubs shoulders (price-wise) with something like the Land Rover Discovery or the very top end Range Rover Evoque. And this from a manufacturer that's built its reputation on delivering small, affordable, family cars.

The Across is a joint venture with Toyota and it's an SUV that shares its roots with the PHEV version of the RAV4. Such is the way of the motoring world right now as economies of world scaled are factored in and there's already a second Suzuki model as a result of this tie-up (more of that later).

In order to compete the Across is given plenty of weapons: It is stylish and offers a comprehensive array of standard kit. There's an electronic 4x4 system, which ensures efficient and effective performance, confidence-inspiring handling and control even in slippery conditions, plus heated front and rear seats, heated steering wheel, dual zone automatic air conditioning, auto function opening tailgate and nine-inch multimedia touchscreen as standard, together with all the electric and electronic aids you would expect from a vehicle in this price range.

Fuel efficiency ticks all the right boxes, too. This is a plug-in hybrid with a 2.5-litre engine supported by not one, but two, electric motors, and the "official" (WLTP) fuel consumption figure is given as 282mpg.

Couple this with an official carbon dioxide emissions rating of just 22g/km and a benefit in kind taxation rate of six per cent, and this Suzuki is undoubtedly going to make a lot of sense for, say, company car drivers whose businesses allow them the initial outlay.

In the real world, however, getting anywhere near that official fuel consumption figure will only ever be achieved if the car is driven for most of the time using the battery. Electric-only running can get somewhere near 46 miles, so what that means is you'll need to charge the battery every night to get the best from this PHEV.

Based on limited experiences with the car on a mix of long and short journeys and without constant recharging, the fuel return is closer to 43mpg.

To cope with the hybrid powertrain the gearbox is a

continuously variable transmission and that works in a splendid fashion under all conditions.

Performance figures are 0 to 62mph acceleration in six seconds and a top speed of 112mph and on the road the Across is brisk off the mark although unusually in this day and age there is a degree of understeer if cornered briskly. Nevertheless, it is a competent performer on and off the road with three drive modes to go at to get the best out of the powertrain.

If you're looking at this car in terms of it being a useful tow vehicle, it has a maximum towing limit of 1.5 tonnes braked or 750 kilos unbraked.

The Across looks muscular with an in-your-face design featuring big alloy wheels and meaty wheel arch mouldings as well as a rock-star feel thanks to tinted windows, neat LED headlights with daytime running lights, twin tailpipes and a rear upper spoiler.

The interior is modern, plush and well put together with soft-touch materials used in all the right places. With a nine-inch touchscreen in the centre of the dash and a fully equipped instrument panel the cabin looks the part but the lack of a fitted sat nav system means only smartphone directions are available either via Apple CarPlay or Android Auto.

That's a shortcoming in a car costing this much but a trait of modern times with phones becoming vital parts of so much of everyday living. However, it leaves the map button on the display panel redundant and a feature only available on its Toyota sister-ship.

There is plenty of room for four adults and their luggage with the boot boasting a capacity of 490 litres rising to 1,168 litres with the 60:40 split-folding rear seats dropped flat.

A third adult can be fitted on the rear bench but the slightly raised transmission tunnel restricts leg room a tad and you lose the use of the central drop-down armrest featuring two cup holders.

There is also an armrest between driver and front-seat passenger concealing a deep storage box with plenty of cup holders and cubby holes ensuring a family's nik-naks are neatly squared away.

It all adds up to a classy hybrid SUV that is fast, fuel efficient, spacious and easy to live with. But, and it's a very BIG but, if you have £46,000 to play with then you really are spoilt for choice.

Now then, that other Suzuki/Toyota model I mentioned . . . based on the Toyota Corolla estate, the Suzuki Swace was launched around the same time as the Across and is built in Britain at the Toyota factory in Burnaston near Derby, priced from £27,499. Hopefully more on that in a later road test.

More information: www.suzuki.co.uk



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

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

The traditional Christmas tree is the Norway Spruce which we have available 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.

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.

- 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

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.

Not forgetting the Old Glasshouse, which offers everything from a cuppa to a delicious meal or light bite. All the cafes ingredients are locally sourced and head chef Lee is bringing in new recipes all the time. They have also added a Deli with lots of local produce and plenty of delicious Christmas food treats.

This Christmas they have created a festive Christmas forest feast scene, which is filled with fantastic products, then sectioned into wonderful themes from the traditional red, green, & gold's to a sophisticated grey and black, C'est Chic. They have

one of the largest ranges of artificial trees in the area, in stock and ready to take away. What are you waiting for pop down today!

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Your Stars for December 2021

By Kay Gower

Aries (Mar. 21- April 20)

It's important for you to know that you are entering a strong, powerful time, and next month is even better. With the sun moving into the professional zone of your chart, you'll be given all the openings you could wish for and your dreams are made real. You have been given the keys to a very successful 2022..

Taurus (Apr. 21- May 21)

Developments happen quickly, and for a change you're having fun being busy. You're boosted toward a dream that you once thought was completely unreachable. A good end to the year.

Gemini (May 22-June 21)

The new moon in the first week of December will be your time to shine. If you've been feeling stuck in a rut you will be pleased to see life become much livelier for you. Initiate a special plan or wish on or around the 10th.

Cancer (June 22-July 22)

There is often a fine line between taking action and acting in haste, call on your inner wisdom to guide you. If you follow the advice of friends there will only be problems down the line.

Leo (July 23-Aug 22)

Prioritise which doors you want to open and which to keep firmly shut. Stress will come from trying to fit too much into too few hours, slow down or you will run yourself ragged.

Virgo (Aug 22 - Sept. 23)

Try and remember that you are not responsible for other people's misery or moods. This will not only transform your month, you'll retain your sanity as well as making some progress over the coming three weeks.

Libra (Sept. 24 -Oct. 23)

You have always been quick witted enough to turn situations to your advantage and planetary aspects will encourage you to make some major changes over the coming weeks. Give all your ideas serious thought, and don't allow others to put you down.

Scorpio (Oct. 24 - Nov. 22)

You are emotionally honest, socially mature and environmentally conscious, and still certain people are not satisfied. Don't allow anyone to push your buttons. Ignore them.

Sagittarius (Nov. 23 -Dec. 21)

Soon you can set your professional, personal, emotional or even romantic life on a firmer footing. The way to attain all this is to first take a brave step into the unknown. The new year is looking good.

Capricorn (Dec 22.- Jan. 20)

During this astrological influence you tune into your own source of deepest wisdom. This may not make you right about everything, but it make you more likely to be right than usual! Share what you think and feel with sensitivity.

Aquarius (Jan 21 - Feb 19)

Stress is a naturally occurring part of life especially in the weeks leading to Christmas. You cope so gracefully that everything thrown your way this month seems rather minor - and so it is.

Pisces (Feb. 20-Mar. 20)

Go after whatever it is that you want for not only is this a time of achievement, it's also a time when you are blessed with good health, good luck and good fortune. Lucky Jupiter will move into your sign at the end of the month and will stay there until the first week in May.

Haltemprice Art Group

We are back at Cottingham High School and ready to welcome new members

The art group meets during school term time in the Skidby suite at Cottingham High School. The meetings are held on Tuesday evenings between 7.00 and 9.00 pm.

We have an interesting and varied Syllabus from September to May. Meetings vary between sketching, with a life study or still life to choose from, themed subject matter, or demonstration / workshop by a professional artist. Please ask if you would like a copy of our current syllabus.

From early June to the end of July, we meet at venues around the area, for the experience of painting or sketching outdoors (when the weather allows).

We welcome anyone who would like to join us, for the experience of painting with a friendly group, in whatever medium you prefer. Whether you are a novice or experienced 'Old Master', you will be made very welcome.

Annual subscription is just £30, with an extra charge only for demonstrations. Interested? For further information about the group, please call one of the following: Pat Tillotson on: 01482 352840; Jill Hardaker on: 01482 650926; David Goldsmith on: 01430 873848 / 07519 268490; email: david_carol_goldsmith@hotmail.com

Crossword solution from page 14



Sudoku Answer from page 12

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

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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.

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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.

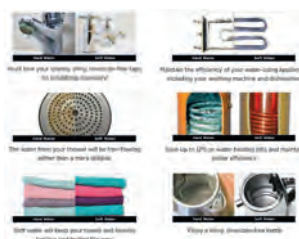
Cleaning and care for kitchen and bathroom is transformed with a softener; no need for harsh chemicals or scrubbing and elbow grease; a rinse and wipe down is all that is needed.

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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www.cottinghamtimes.co.uk - December 29

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

Skin Problems:-

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

Muscular, Neurological, Skeletal and Vascular:-

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

Internal:-

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



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

Men's Problems:-

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

Women's Problems:-

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

Ears, Eyes, Nose and Throat:-

Otitis, Tinnitus, Sore Throat, Hay Fever, Pharyngitis, Rhinitis, Sinusitis, Ear Infection, Viral Infection, Eye Problems, etc.

Cancer and Tumour:-

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

Addictions:-

Tobacco, Drugs, Alcohol, Reduce Weight, etc.

Mental and Emotional:-

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

Herbgarden is situated at 10b Well Lane, Beverley, HU17 9BL. Just 20 yards round the corner from The Beverley Flower Company.

For further information and appointments, telephone 01482 888152, or call in at The Herbgarden, 10b Well Lane, Beverley, HU17 9BL.



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