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and District

Issue 205 - December 2018



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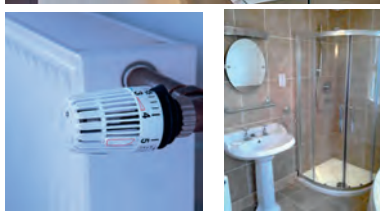
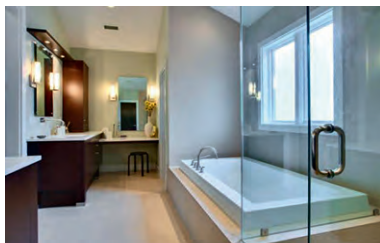
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THE GREEN, COTTINGHAM



In Cottingham and District

Beverley Gardeners' Club

Tuesday 4th December - Ponds for all Places, Mike Kinnes, at St Mary's Parish Hall, Beverley at 7.45pm. Refreshments will follow the talk. An annual fee of £15 to join the club provides free admission to all talks. Guests are welcome to all meetings at a cost of £4 per talk. For further information please contact the Chair on 01482 865432.

Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church hall

Tuesday 4th December 2018 - 7.30pm - outside visit

Tuesday 18th December 2018 - No meeting

Tuesday 8th January 2019 - Programme Planning

Get a new camera for Christmas, then why not join our friendly group. Members are more than happy to help new members. New members welcome. All levels. Contact for further details:- John on 842169 or john@jcmhome.karoo.co.uk.

Cottingham Ladies Circle

Wednesday 5th December - Christmas Lunch at The Lawns.

Cottingham Local History Society

Wednesday 5th December - Horses, Shire Horses, Coal and Beer; The Life of My Grandfather, in the Red Hall, Hallgate Primary School, starting at 7.30pm. Meeting fee: Members £2.00; Non-Members £3.00. Contact Chairman Mr. Peter McClure 845734.

Cottingham Men's de Luda Society

Thursday 6th December - Ladies Christmas Lunch, at The Lawns.

East Yorkshire Group of the Hardy Plant Society

Thursday 6th December - at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF, 'Home-grown. Christmas bring and share social.

The Hull Alpha Probus

Thursday 6th December - 12 noon Christmas Lunch in the Back Room, Hallgate, Cottingham. Social club for retired or semi-retired professional people. Meets in the Back Room (on Hallgate) on alternate Thursdays.

The Skidby branch of the Yorkshire Countrywomen's Association

Thursday 6th December - Christmas Entertainment, 7.30 pm, in the Village Hall. New Members and visitors welcome.

Hull And East Riding Glaucoma Group

Friday 7th December - Our next meeting will take place at Sight Support, Beverley Road, at 11am when our invited speaker is Pat Savage, the Glaucoma Nurse Practitioner from the Eye Hospital. Always a very welcome guest, Pat will be talking to us about the Glaucoma Clinic as well as addressing concerns and questions raised by the group. Join us at Sight Support on Friday 7th December at 11am. Entry £1.50 per person. For more information and to book your place, please call Sight Support on 01482 342 297.

Front cover: Thwaite Hall Pond.
Photo: Paul Lakin.

EYES (East Yorkshire Embroidery Society)

Saturday 8th December - Found Fabric and the Antarctic Project, City of Culture, in the Darby and Joan Hall Finkle Street, Cottingham. 2:30 to 4.00 pm. Doors open 2:15. Members £1:50 Visitors £2:50. Tea/Coffee biscuits included.

The Arterian Singers

Saturday 8th December - Come and join us for our Christmas Carol Concert. Take a break from Saturday shopping. The Arterian Singers are holding their annual Christmas Carol Concert on Saturday 8th December at Cottingham Methodist Church at 2.30pm. We will be joined by Hull Choral Union Junior Choir and Friends. Admission £6.00 children free when accompanied by an adult. Refreshments will include a drink and mince pie.

Sunday Afternoon Tea Dance

Sunday 9th December - Senior citizens and ALL we are holding a SUNDAY AFTER NOON TEA DANCE at Cottingham Civic Hall from 2-45 until 5-15 pm live music by HEP-TO -THE -JIVE. Don't keep it a secret tell you friends. Put on your glad rags and do a Quick step to the Civic hall, see you all there. Tickets £7.00. Tickets on the door.

Cottingham Catholic Women's League.

Monday 10th December - This will be the Christmas Social. In the Garden Room, at the Holy Cross Church Carrington Avenue, 7.30pm.

Hull and East Riding Astronomical Society

Monday 10th December - "Liquid Mirrors: The Wave of the Future or Just a Small Ripple?" by Professor Brad Gibson Director of the EA Milne Centre (University of Hull). We meet every second Monday in the month at the Civic Hall, Cottingham, starting at 7:30pm until about 9:00pm. We are a friendly group and you are assured of a warm welcome if you come along to the meetings. You do not need to be an "expert" just someone who "looks up at the night sky and wonders . . .".

YPI Camera Club

Monday 10th December- (Chairman Derek James). Bring an AV which includes some video. We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. For more details & examples of our work see <http://www.ypicc.uk/index.html>. Each meeting will normally consist of viewing and critiquing any set subject or open subject AVs that members might bring. New members always welcome – just turn up.

Cottingham Women's Institute

Tuesday 11th December - DIY Christmas. Competition: Guess the cost of the Hamper, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Evening Townswomen's Guild

Wednesday 12th December - Charity Cheque Presentation and Social Evening, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street. New members and visitors are always welcome.

Cottingham Men's de Luda Society

Wednesday 12th December - Men Only Christmas Lunch, at The Willerby Social Club.

Continued on page six

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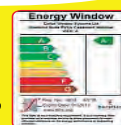
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What's On - Continued from page five

East Riding Cricket Society

Wednesday 12th December, 7.45pm - meet in the Brewery Bar, King William IV, Hallgate, Cottingham HU16 4BD. Speaker - Malcolm Nash, Glamorgan all-rounder famously hit for 'Six Sixes' by Sir Garfield Sobers fifty years ago. Coming up - Mark Robinson OBE, Pat Murphy, Alan Butcher. Everyone welcome! No dress code, no formalities - just great cricket chat. £15 a year / £5 on door. Website: <http://ercsoc.blogspot.co.uk/>. Email: ercsoc@gmail.com. Phone: Maggie Sumner (Secretary) 01482 861848.

Cottingham Green Women's Institute Evenings

Thursday 13th December - Christmas Do, held in the

Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

U3A

Thursday 13th December - Musical Interlude, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street, Cottingham.

Eastern Lights WI choir

Saturday 15th December - Christmas Concert at the Methodist Church, Cottingham, at 7.00 pm. Tickets £6 (inc refreshments) from The Photo Shop and on the door.

East Yorkshire Woodturners

Tuesday 18th December - In Skidby Village Hall: Demonstration by professional woodturner Nicos Siragas, from Rethymno on the island of Crete and has published a book entitled 'From Tree to Gallery'. <http://www.siragas.gr/news.html>. Meetings are every third Tuesday each month at Skidby Village Hall at 6.45pm. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). For further information please contact David Taylor, Secretary, 01482 876702, cotters@cotters.karoo.co.uk or visit the Club's website: eastyorkshirewoodturners.org.uk.

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

Tuesday 18th December - Christmas Party, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com.

Cottingham Men's de Luda Society

Wednesday 19th December - Robin Russell - Happiness on a Bicycle Made for Two, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

Cottingham Methodist Church, Hallgate

Friday 21st December - Christingle - 4.15pm. Followed by Family Film. All Welcome.



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Hull Folk Dance Club

Tuesdays 7pm for 7:30 to 9:30pm. Darby & Joan Hall, Finkle St., Cottingham. Enjoy free tea/coffee and biscuits and get to know the members. Your first visit is free. Come on your own or bring a friend for light exercise in a friendly environment. No experience is necessary and everyone is welcome. All dances are walked through before being set to music. Beginners tuition is also offered. Closed 18 & 25 Dec and 1 January. More information from Keith Alexander on 01482 509751; Jan Gray on 01482 840637 and www.folkdance.me.

Musical Memories

Do you enjoy a good sing-a-long? If so come and join us on the 1st Thursday of the month, 1.45 pm until 3.15 pm. We have coffee/tea and cakes halfway through. No Charge FREE. And we meet in the Methodist Church, Hallgate.

Cottingham Tennis Club (off Hull Road)

Are you interested in getting fit and making new friends? We are a friendly club looking for new members at all levels of playing ability including absolute beginners. We have excellent facilities including three floodlit, all-weather artificial grass courts. We have lots of opportunities for both social and competitive tennis and we have a dedicated coaching team. Please contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

Do you wish you could swim?

If you have failed to learn to swim by traditional methods, try something different. Hull Optimists teach people to swim by concentrating on balance and breathing skills. You may have a disability or a profound fear of water, we can still help you, providing that you are accompanied by your own carer or helper in the water. Sessions are in the warm water at Frederick Holmes Special School, Inglemire Lane during school term times and we now have places available on Mondays at 6 pm for, both children and adults. We also need someone to help in the water, no experience necessary as training is available. For further information 'phone Beryl on 01482 353547.

The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held outdoors in the summer months and indoors in the winter months. Club competitions and social gatherings form an important part of the Club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email revtrev37@gmail.com

Alcoholics Anonymous Meeting

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

ALANON Meetings

Thursday evenings at Holy Cross Church, Carrington Ave Cottingham HU16 4DU. The meetings start at 7.30 pm until 9.00pm every Thursday evening, it is an open meeting for relatives or friends of the alcoholics and who are being severely affected by someone else's alcoholism. This fellowship is an International one, there are no dues or fees for joining all new comers will be told that they will remain strictly anonymous and anything they share at the meeting would not be discussed elsewhere. Any further information on 01482 508231

Continued on page 31

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www.cottinghamtimes.co.uk - December 7

Cottingham Parish Council



Welcome to our section of the *Cottingham Times* that keeps our residents updated with some of the projects that Cottingham Parish Council is involved with.

• Word from the Clerk

I am very pleased to announce that the Parish Council has purchased two defibrillators for the village. The first was installed on the outside of the Civic Hall on the 7th November and the second will be going on the outside of New Village Kitchen on New Village Road once they have completed some electrical works. I am hopeful this will be up by the end of the year. If you need to use a defibrillator you should first ring 999. Yorkshire Ambulance Service have the code to unlock the cabinet and will provide assistance in its use.



"Parish Councillors Win Knight, Ros Jump, and Harold Kay with the Defibrillator that is now on the outside of the Civic Hall"

Matthew Kay, Clerk to Cottingham Parish Council
clerk@cottinghamcouncil.org

• Grants to Local Organisations

Cottingham Parish Council may award grants to any community group or charitable organisation that is beneficial to the village. If you wish to apply for a

grant then please contact the Parish Council Office for more information and an application form. All application forms received are decided upon at the next Full Parish & Finance Meeting. The next meeting is **Thursday 17th January 2019**

At our meeting in November grants were given to Cottingham Rangers and the Hull Folk Dance Society (who are based in Cottingham)

Small Grants & Anti-Social Behaviour

The Parish Council have decided that small grants (up to £50) will be made available via a streamlined process without having to complete a full grant application form or waiting until the meeting for a decision. Any grant given must be for the benefit of the village. **In particular we are keen to help people who would like to combat the impact of anti-social behaviour on the village, i.e. graffiti removal, litter picking etc.**

• Cottingham Christmas Festival, Sunday 16th December 2018, 11am-5pm

After its inaugural year in 2017 the Cottingham Christmas Festival returns in 2018 and promises to be quite an event. We have three times the market stalls of 2017 along with a synthetic ice rink, reindeer family, performances from the Churches Together nativity and Cottingham Little Theatre, musical entertainment (including Tre Amici (off the X-Factor)), children's rides, steampunk characters, craft fair in the Civic Hall, treasure hunt, and even a visit from the big man himself (if you've been good)

• Dates for your Diaries

The Cottingham Parish Council Full Parish & Finance meeting takes place on the third Thursday of the month (apart from in August and December) and start at **7pm**. The next meeting will be **Thursday 17th January 2018**.

Meetings of our Planning Committee cannot be fixed, so will be advertised as they arise, as they are dependent on the planning applications that come in from East Riding of Yorkshire Council. We are now aiming to have the meetings on the first Tuesday of the month but this is subject to change.

We encourage and welcome members of the public to attend any of our meetings and find out more about what is happening in their village. Alternatively, If you would like to speak to a Parish Councillor, their contact details are displayed in the noticeboards around the village, by visiting our website on www.cottinghamparishcouncil.org.uk or by contacting the Parish Council Office on 01482 847623.

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During our lifetime we pay enough in taxes and National Insurance contributions to assume that we will be cared for by the system should we need residential care in the future. However, as we all know, because the public purse is strapped for cash this is no longer the case, and the fact that we are living longer is putting a major strain on funding.

If you need residential care, your capital is over the threshold of £14,250 for the lower limit and £23,250 for the upper limit (2017/2018), and you do not have enough income to pay for your care (average yearly costs of care in Hull and East Riding can vary from £26,000 to £46,000), then your home as well as other assets will be taken into account for care charges.

Your home may well then have to be sold to meet these charges.

There are a lot of companies and information in the media stating that if you place your house into a Trust during your lifetime then your home will not be considered for care charges. Unfortunately, this is not always the case and if the Council feel that you have done this purely to avoid paying care charges, you will still be assessed as owning the asset. You will then have to pay for your care and if you have given away your only asset, you may not be able to raise the funds to pay for this.

There are many ways to reduce that liability, which are 100% reliable and don't mean losing your home or other assets to a Trust during your lifetime. Undertaking care mitigation can be a simple uncomplicated procedure and gives you peace of mind that you still own the asset during your lifetime and can protect assets for future generations.

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New computers, Wi-Fi woes and latest news

Well we've had Black Friday, which seems to extend for a week or so, and by now the internet will be straining under the pressure as the Christmas present-buying season is well underway! No doubt it will be another record year, but let's hope High Street shops can survive the season!

Computers don't last forever and certainly do slow down over time. A service, clean up and health check, a popular service we offer, will do so much to help your computer work to its optimum, but there is only so much that can be done. Let's face it, computers have become an essential part of our modern-day life, so it is false economy to keep an aged computer running year after year. When you think what we spend on cars, kitchens and household gadgets, the cost of a new computer pales almost into insignificance! So, if you would like a price for a nice new PC, then just call or email for free quotation.

For honest, unbiased advice & pricing on a new PC call RDM on 875666

For advice on purchasing a new laptop online or from a store, please see our free article available on the website: www.rdmcomputers.co.uk/news

Wi-Fi printing has become very popular now, but to be honest it is still not an exact science. Many users will have experienced disconnections or error messages saying the printer is offline. With PCs I have always recommended having a wired (USB cable) connection to the printer, this is much more reliable. The same goes for a laptop, if you normally use it on the same table or desk next to the printer most of the time, then just connect it by cable.

KCOM PRO TEAM is a new initiative launched by Kcom to assist home customers who do not feel they are getting the most out of their Lightstream fibre broadband service. So if you are suffering from low speeds, disconnections or buffering, and would like to arrange a free visit by a member of the team, you can make an appointment online at www.kcomhome.com/proteam

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Windows 10 'October' update mentioned again last month, has been delayed and for some time and now Microsoft has released the following statement: 'We will offer the October Update to users via Windows Update when data shows your device is ready and you will have a great experience. If we detect that your device may have an issue, such as an application incompatibility, we will not install the update until that issue is resolved, even if you "Check for updates," so you avoid encountering any known problems'

:-} Every 12 minutes is the frequency that most adults check their smartphone, according to a survey by Ofcom.

A couple of good news stories spotted online recently. Firstly, a team of satellite historians claim to have discovered ancient ruins off the Spanish coast they say could be the lost city of Atlantis. Antiquity specialists Merlin Burrows believe the ruins of the legendary civilization can be found below the wetlands of Doñana National Park. Atlantis was first written about by Greek philosopher Plato who lived around 400BC

The other story was of a man in Doncaster using Google Earth on his computer, looking at the coast of Scotland when he suddenly spotted the image of a large passenger jet apparently in the sea, about 9 miles east of Edinburgh airport. He contacted the press about this and they in turn reported it to Google who explained that it looks like their satellite had captured an image of a plane passing over the sea at the time and had inadvertently kept the image on the map!

Question & Answer section

Q: What does USB stand for?

A: Universal serial bus. Basically, it is an easy way to connect virtually any piece of equipment to a computer. Printers, memory sticks, drives etc.

Q: I get a message from Eset saying there is a new version ready to download?

A: Once or twice a year, Eset does update its product software, so go ahead and install the latest version 12 when prompted.

Q: I am using emClient for my email, and it says there is a new version available

A: Again you can go ahead and update

Security Central:

If you haven't already upgraded to ESET Internet Security, now is the time to do it. Go to the website <https://www.eset.com/uk/home/free-trial/> and download a **free one-month** trial! Just make sure you uninstall any existing anti virus you may have, even if it has expired. For prices, upgrades and licences – just give us a call.

Telephone scam – yes, I must mention this again. There has been another spate of unsolicited calls to computer users in this area purporting to be from Microsoft or Windows (who they are not) offering to fix problems with your computer (which they won't) and then fraudulently taking money for their non-existent services. If you get such calls, and they can be very persistent, tell them you are not interested, or that you have a local computer specialist, or that you don't have a computer!

Remember to look on my website for copies of the current and two previous articles where they can be read, downloaded or printed.

Best wishes for Christmas and New Year to all my readers – see you in 2019!

Richard Mills
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Wordsearch - Christmas Tree

Can you find the hidden words. They may be horizontal, vertical, diagonal, forwards or backwards. Find and circle all of the Christmas Tree words that are hidden in the grid. The remaining 53 letters spell a secret message.

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

Find the words in the letters above:

Angel, Artificial, Branches, Candy Canes, Celebration, December, Decorate, Decorations, Festive, Fresh Cut, Garland, Gifts, Green, Large, Lights, Needles, Ornaments, Pine, Presents, Purchase, Real, Scent, Setting Up, Skirt, Small, Spruce, Stand, Star, Taking Down, Tinsel, Topper, Tradition, Tree Farm, Tree Lot, Trunk, Water, Yearly.

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

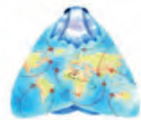
Sudoku No. 142

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

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



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Season's Greetings

Christmas opening hours

We are having a holiday - our office will be closed

Saturday 23 December to Tuesday 1 January 2019

During this period if you require to make a new booking please email info@marionowentravel.com or call 01482 212525

No sooner have Black Friday offers finished a whole new lot have started to flood in. December is a great month to book.

Fred Olsen have amazing cruise offers, 3 sailings for the price of 2 or drinks & tips included on most of their sailings. Call now for further details and to get your cruise booked. Optional travel from your door always available when you book at Marion Owen Travel, ask for details when booking.

When ever I visit far away destinations whilst flying out I always wonder why I have chosen to endure this. Within hours of arriving, this is all forgotten and I have a wonderful time. I have just returned from my round the world adventure in 22 days and I have had a ball enjoying sunshine and paradise in the South Pacific. Fancy going? Ask me more.

Western Australia is now less than 17 hours flying time, this makes it very feasible to enjoy a 2 to 3 week itinerary in Australia. I have superb ideas for either a winter or summer holiday to fit in with their seasons. If you are looking to travel down under, we are happy to take care of your booking and guide you along the way, even issuing your visa's.

I have shared very special times on our own exclusive tours this year. Our coach family is great and with just 30 seats it is more like traveling in a large car. Driver Dave has retired hence Paul has joined me onboard. He has very quickly become part of the family. I look forward to everyone who joins me in 2019 and creating many special memories. I still have tours to go on sale next year. Watch this space.

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10 Apr	Lunch on the Rails, ELR luxury steam train, day outing	£ 75
18 May	National Trust in Derbyshire 3 nights HB, members of the NT £295 - limited single rooms + £15	£ 345
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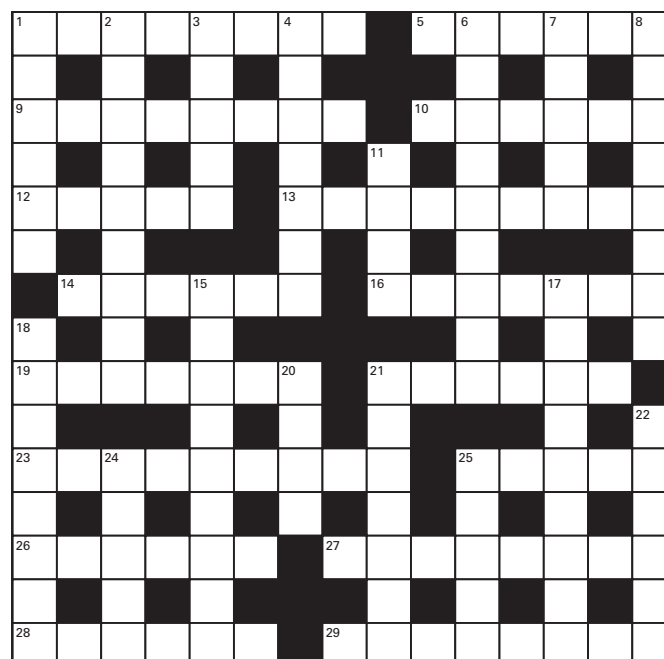
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Crossword – Solution on page 46



Across:

- Pearls or a pendant (8)
- Glided on ice (6)
- Mariner (8)
- Lacking vigor (6)
- Acclaim (5)
- Imbedded (9)
- Results (6)
- Snob (archaic) (7)
- Thrown out (7)
- Delegate (6)
- Ones who contaminate the air or water (9)
- Jumps (5)
- A long-handled curved blade (6)
- Relieves constipation (8)
- Fool or trick (6)
- Makes bigger (8)

Down:

- Imbedded (6)
- Dare (9)
- The smallest amount (5)
- List of names at the end of a movie (7)
- Australian marsupials (9)
- Entice (5)
- Marked by excessive self-indulgence (8)
- Chooses (4)
- Not having come in contact (9)
- Etching (9)
- Hated (8)
- Perishes (4)
- Choose to refrain (7)
- Evaluate (6)
- Faithful (5)
- Type of vine (5)

Crossword courtesy of www.crosswordpalace.com
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In the Kitchen



Slow cooked chilli

- Total time: Ready in 1 hour 45 minutes. Serves: 4

Ingredients

400g pack Waitrose Aberdeen Angus Beef Lean Minced (10% fat)
 1 tsp hot smoked paprika
 150ml Baron des Tours Medoc red wine
 1 Knorr Beef Stock Pot
 1 tbsp essential Waitrose Tomato Purée
 400g pack Cooks' Ingredients Vegetables and Mixed Beans For Soups, Stews and Tagines

Method

1. Preheat the oven to 160°C, gas mark 3. Fry the mince and paprika in a saucepan to brown for 3–4 minutes. Add the wine, stock and tomato purée with 150ml water. Bring to the boil and add the vegetable and bean mix.
2. Transfer to a casserole dish, cover and cook for 1½ hours.

Beef and ale stew

- Preparation time: 10 minutes
- Cooking time: 105 minutes
- Total time: 1 hour 55 minutes . Serves: 6

Ingredients

1 tbsp light olive oil
 2 onions, chopped
 500g Cooks' Ingredients casserole vegetables
 2 tbsp tomato purée
 700g essential Waitrose British beef diced braising steak,



trimmed of fat
 4 tbsp plain flour
 2 sprigs rosemary
 2 bay leaves
 500ml dark ale
 250ml Cooks' Ingredients beef stock
 2 tsp essential Waitrose redcurrant jelly
 480g steamed green vegetables, to serve
 600g boiled new potatoes, to serve

Method

1. Preheat the oven to 180°C, gas mark 4. Heat the oil in a large ovenproof casserole dish, add the onions and fry over a medium heat for about 5 minutes or until softened and lightly browned.
2. Add the casserole vegetables and cook for another 5-8 minutes or until slightly softened. Stir in the tomato purée and cook for 1 minute.
3. Place the beef in a large bowl and season with freshly ground black pepper. Add the flour and toss to coat. Add the beef to the pan with the vegetables and stir well.
4. Add the rosemary, bay leaves, ale and stock, stir well and bring to the boil. Cover with a lid and cook in the oven for 1½ hours or until the beef and vegetables are tender
5. Stir in the redcurrant jelly and remove the rosemary sprigs. Serve the stew with the steamed green vegetables and boiled new potatoes.

Cook's tip

A meat stew is the type of dish that can easily be prepared ahead of time. Make the day before and leave overnight in the fridge for the flavours to develop. Alternatively, make a double batch and freeze half for dinner one night next week. To transform your beef & ale stew into beef bourguignon, swap the ale for 250ml red wine and 250ml water. Add 250g closed cup chestnut mushrooms (whole) for the last 30 minutes of cooking.

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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

Countdown to Christmas is underway

So, here we are, the countdown to Christmas is well underway and I'm on to the main course in terms of Christmas wines. And for most of us, that means turkey.

It's not a meat I eat at any other time of the year, avoiding all those endless "Christmas dinners" that seem to be on offer everywhere from November onwards, because I like to keep it "special". In many ways it evokes memories of my childhood.

But turkey does demand special consideration when it comes to choosing the wine to go with it. Because of its low fat content the wine must not have too much tannin - it reacts with fatty protein molecules and will seem very harsh in the absence of fat.

You will also need to consider the accompaniments to the turkey - if its something fruity and sweet like cranberry or redcurrant jelly, a young and fruity red wine might be the answer - say a decent Californian Zinfandel or a decent bottle of Beaujolais.

If you prefer your turkey with bread sauce and chipolata sausages, and still want a red wine, then it might be better to steer in the direction of a mature Claret or Rioja (aged wines have less tannins) but my choice would be a white wine such as a full-bodied Chardonnay - Chablis (made from 100 per cent Chardonnay grapes) featured in my column last month and outlets sell shed loads of Chablis at this time of year, for that reason.

Of course, there are other meats making it to the table at Christmas; goose or duck are other traditional favourites and they work best with wines that have a good level of acidity or vibrant fruit in them to fully complement the crispy skin and rich flesh.

I remember asking John Roberts, of Beverley wine merchants Roberts & Speight, for his opinion and he suggested a Pinot Noir to match the slight gamey-ness of the birds.

"With an orange sauce try a ripe Australian Chardonnay or better still an off-dry Vouvray wine; the slight sweetness will balance the fattiness of the duck. Cherry sauce will match both red and white wines.

"For white, try a German Riesling Spätlese or, if you prefer drier wines, then a red Beaujolais Cru will have sufficiently low tannins so as not to clash with the duck," he said.

Many will choose beef as an alternative to turkey or serve it up on one of the other festive holiday days - we'll be getting a joint of Dexter beef from our butchers and I'm really looking forward to that.

Roast beef has the virtue of being one of the most uncomplicated dishes to match with wine. You can really drink any medium-to full-bodied red you enjoy.

The rarer the meat is - and the more of a deeply savoury crust it has - the better it will deal with tannins and high levels of alcohol. In other words rare beef suits young, full-bodied reds while older, more delicate reds are sometimes better with beef that's cooked a little longer.

Finally, for those serving up salmon this Christmas I would be back to opening a decent bottle of Chablis; an elegant choice to complement the flavours.

Incidentally, you can take the pain out of buying the Christmas drinks, or take someone else's pain away by sending them a very special present of "Christmas in a Box". This is the idea of The Wine Society and its Christmas Survival Kit is a bumper 15-bottle case, containing something for everyone and every occasion over the holiday period. From quality Prosecco and aromatic London craft gin to a beautiful Speyside Scotch and The Society's own Port and Fino Sherry. That's not to mention the great mix of ten delicious reds and whites.

You can find out more details at www.thewinesociety.com; alternatively, and from the same source, a great gift is a life-long share in The Wine Society, which costs £40, with £20 credit towards your first order.

* There'll be a lot of Champagne and other fizz drunk at Christmas and if you buy enough now you'll have some in hand to see in the New Year, too. There are so many offers around right now it can all get a bit mesmerising but one I would recommend is Les Pionniers non-vintage Champagne, made exclusively for the Co-op, which has come top of the pops in the Which? Christmas champagne taste test and has been awarded the coveted Best Buy accolade.

The judging panel said it was: "elegant and well-balanced", commending its flavour as "intense" and "reminiscent of honeycomb and nectarines" and it really is a first-class bottle of fizz. The really good news is the normal price of £18.99 will be cut by £1 from December 12th right through until January 29th.

Finally, just a quick mention for Aldi's wine advent calendar, which has been on sale for a while and something that has proved popular in recent years. The calendar has 24 samples of wine to enjoy on the run up to the big day. At a price of £49.99, the calendar is not the cheapest way to enjoy a tipple but it sure is more fun than chocolate!



BEST BUYS


**Blason du Rhône
Châteauneuf-du-Pape**

Where: Waitrose

When: Now, until January 1

Why: This Grenache-based Châteauneuf is made by renowned winemaker Jean-Philippe Perrin and could be a great choice for Christmas; but whenever you drink it, it's a bargain at this price, giving you a saving of one third. It shows great finesse and elegance and is full of ripe cherry and berry fruit flavours with a layer of gentle warming spices behind.

£14.99 (was £22.49)


**Arnaud de Lassalle
Pouilly-Fumé**

Where: Waitrose

When: Now, until January 1

Why: I love the classic smoky, flinty notes of this French white and is a real treat for a special occasion. Pouilly Fumé is located in the east of the Loire Valley, across the river from Sancerre. As with Sancerre, Pouilly Fumé is Sauvignon Blanc territory. Possesses a lovely fruit concentration and refreshing citrus acidity.

£12.49 (was £16.79)


Waitrose Chablis

Where: Waitrose

When: Now, until January 1

Why: I've banged on so much about Chablis, I thought it only right to recommend another. Elegant and refreshing, the wine is charming now, and will continue to develop in bottle for the next year or so. It's perfect served lightly chilled as an aperitif, or alongside seafood, fish or poultry dishes.

£11.99 (was £14.99)


**Château Roumieu
Sauternes**

Where: Co-op

When: Now, until December 11

Why: You must have a pudding wine in for Christmas and this an outstanding example of luscious, sweet and layered Sauternes. A complex palate of peaches, apricot and honey. Sumptuous!

(37.5cl): £9 (was £13)



Local school girl opens luxury showhome in Swanland as design competition winner

A local Swanland school girl took centre stage on Saturday 10th November to open a new showhome on the nearby luxury housing development Cygnet Gardens, after winning first place in a design competition.

Nine-year-old Megan Vizor from Swanland entered a competition to 'draw your dream house', which house builder Duchy Homes launched in September exclusively for primary school children at the local nursery and wraparound care provider, Building Bricks by the Pond.

Selected as the winner for her creative drawing, Megan was the guest of honour at the highly-anticipated showhome launch as she cut the ribbon to officially open the 5-bedroom home for viewing. In addition, Duchy Homes presented Megan with a Lego Creator house

building set, which is hoped will inspire the talented schoolgirl to bring her amazing house designs to life!

The prestigious Cygnet Gardens development, from the winner of Best Residential Developer 2018, comprises just nine executive detached 5-bedroom homes and four affordable bungalows on Swanland's picturesque Tranby Lane, and features the award-winning builder's first-ever 'Platinum' specification home.

Commenting on the competition, Duchy Homes' Yorkshire MD Jim Cropper explains: "When building work began on site earlier this year, it attracted lots of excited attention from passing children who loved to see the diggers and watch the houses coming to life. We were keen to give them the opportunity to get involved and the neighbouring nursery and wraparound care service was the perfect setting – and aptly named Building Bricks!"

The house builder was overwhelmed with the thought and effort the children put into their dream house drawings and after much consideration Megan was selected as the winner. Group Head of Design, Dave Hoyland comments: "It was very difficult choosing our favourite because they were all so creative, but we loved the attention to detail and the finishing touches that Megan had included on her house – it featured a golden window, beautifully-considered landscaping and a fun slide from a first-floor balcony down to a swimming pool in the garden! We love inspiring young talent to be passionate about house building and we're sure Megan could have a future in the industry!"

The luxury showhome at Cygnet Gardens is now open for public viewing 5 days a week, Thursdays to Mondays 10am – 4pm. With just four of the 5-bed homes left to sell, early viewing is highly recommended.

For more details visit www.duchyhomes.co.uk/developments/yorkshire/swanland or call 0800 029 3106.

Pictured top left: Megan Vizor cutting the ribbon at Cygnet Gardens, Swanland.

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A roof over our heads

Dare I mention that Christmas is nearly upon us? You must be so mind-blown by now with all the adverts being shown on our screens since early November, but I must admit I do enjoy this time of year. Not only the reason of why we celebrate Christmas and how it originated but also the festivities that come along ...the wrapping of presents, baking, writing cards and also looking for the many treats we can buy our family and furry friends.

I shall certainly be busy this year with five grandchildren and their two dogs Baxter and Oscar, Saffie the cat, Peta and Potter the rabbits and of course my gorgeous Labrador puppy, Tali to buy for. Yes, I do not leave any of my pets out of the scenario, after all, they are a big part of my family. On Christmas day we shall be enjoying all the refineries this special season brings.

I am very fortunate to be able to do this, but sadly, there are many families in crisis who, through financial constraints, relationship breakdown or domestic abuse who are not so fortunate. This is where the charity HULL



HOMELESS COMMUNITY comes in. They help rebuild their lives and find accommodation, taking them out of hostels and temporary accommodation, giving back the families, structure, routine and safety.

For a lot of these, their pets will play a major role within the family which is why we at KINGSTON, are proud to work with this charity to help the families have the best Christmas they may have had for a long while. Therefore, this year, we are appealing for donations of childrens' toys and also pet food/toys to help make this special day a brighter one.

If you are fortunate to able to donate please pop any of these items, however small, into one of our six KINGSTON surgeries where they will be gratefully received.

AND FINALLY.....

My little addition, Tali. Well, the training is slow but I'm pleased to say successful most of the time. She has had the odd mishap but that was mainly due to my lack of speed getting to the door to let her out (there is something beneficial in getting a puppy in the summer..leaving the door open!).

She has also chewed through two pairs of slippers and more recently the lead to my laptop that was thankfully not plugged in. Whose fault is it? Well certainly not Tali you may be surprised to hear....for one, I found the said chewed items a while after they had happened so the delay in 'telling Tali off' would not mean a thing to her as the memory at this age is very short and is more for 'now' and two, my fault..I shouldn't have left them lying around.

You would think after having a very naughty Labrador for nearly 11 years I would have learnt by now but a puppy in the house is another thing...eyes in the back of your head springs to mind! By the time you read this, I will have attempted to have put my Christmas tree up. I say attempted as I am sure Tali will make it an all day event and yes, I have learnt.....it will be going somewhere where she is not allowed namely the hall.

From all the staff at KINGSTON, have a wonderful Christmas and a very Happy New Year.



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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile
Maker' Branfield

Stand Up To The Big C

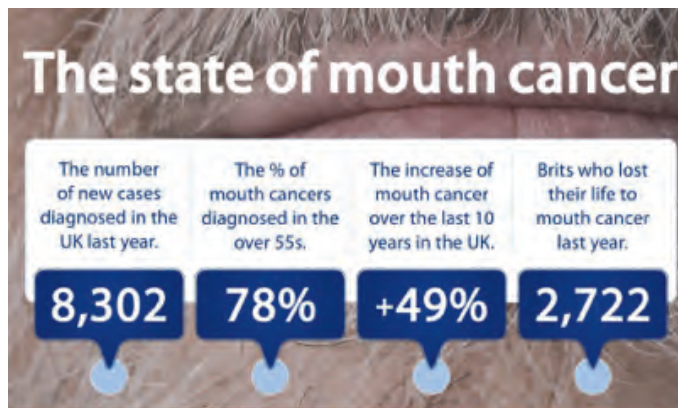
Hello again, I hope you are well. Another busy month on the onward quest for better. Been to Manchester, Cambridge University and Birmingham this month looking at updates on a myriad of subjects from osseo-densification to 3D imaging. Knowledge is King and every little bit of extra can make a big difference at times. That's why it never stops. Making a difference is the buzz.

Standing Up To The Big C Then

Now, by the Big C I don't mean Christmas. Even with some of the over commercialisation that is a bit Bah Humbug. No, by the Big C, I mean Cancer. As I write we are in the middle of Mouth Cancer Action Month. There has been a new, up-to-date survey done and it is a bit concerning to say the least. In the last 10 years mouth cancer has increased almost 50%!!!

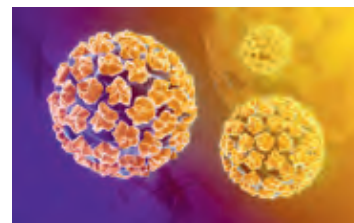
So What Causes It Then?

Most cases of mouth cancer are linked to tobacco and alcohol. Cigarette, cigar and pipe smoking are the main forms of tobacco use in the UK. However, the traditional ethnic habits of chewing tobacco, betel quid, gutkha and paan are particularly dangerous. Alcohol increases the risk of mouth cancer, and if tobacco and alcohol are consumed together the risk is even greater. Over-exposure to sunlight can also increase the risk of cancer of the lips.



HPV

Many recent reports have linked mouth cancer to the human papillomavirus (HPV). HPV is the major cause of cervical cancer and affects the skin that lines the moist areas of the body. HPV can be spread through oral sex, and research now suggests that it could soon rival smoking and drinking as one of the main causes of mouth cancer. Practicing safe sex and limiting the number of partners you have may help reduce your chances of contracting HPV.



What Should We Be Looking Out For?

Mouth cancer can appear in different forms and can affect all parts of the mouth, tongue and lips. Mouth cancer can appear as a painless mouth ulcer that does not heal normally. A white or red patch in the mouth can also develop into a cancer, as can any unusual lumps or swellings. It is important to visit your dentist if these areas do not heal within three weeks.

How Can Mouth Cancer Be Detected Early?

Mouth cancer can often be spotted in its early stages by your dentist during a thorough mouth examination. If mouth cancer is recognised early, then the chances of a cure are good. Remember, your dentist is able to see parts of your mouth that you cannot see easily yourself. If mouth cancer is spotted early, the chances of a complete cure are good.

How Can I Keep My Mouth Healthy?

It is important to visit your dentist regularly, as often as they recommend, even if you wear dentures. This is especially important if you smoke and drink alcohol.



When brushing your teeth, look out for any changes in your mouth, and report any red or white patches, or ulcers, that have not cleared up within three weeks. A good diet, rich in vitamins A, C and E and folic acid provides protection against the development of mouth cancer. Plenty of fruit and vegetables help the body to protect itself, in general, from most cancers. Cut down on your smoking and drinking, of course. We Need To Look After Ourselves

Until next time. Take care and be good. Have a great Christmas!

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 23 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's charity work go here now www.castleparkdental.co.uk.

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Local hair salons' double crowning glory at the Yorkshire Salon Awards 2018

Unique Cottingham was officially awarded Best Salon in Yorkshire at the inaugural Yorkshire Salons Awards, with Unique Hessle taking the award for Best Salon for Training. This double triumph in the face of tough competition from leading salons right across the Yorkshire region is another feather in the cap of the Unique salon group.

The Yorkshire Salon Awards have been launched to celebrate and acknowledge the success of some of the most creative, dynamic and

innovative salons in the region. The awards are judged by a specially selected panel of industry professionals from some of the country's top salons.

As the Best Salon in Yorkshire, the judges were seeking salons demonstrating top-notch service and being 'outstanding' in all areas of salon business and Unique Cottingham are proud of their win.

Unique Cottingham Salon Director Sharon Windle said "It's a fabulous result and a great testament to our wonderful team who work so hard to make sure every client gets a truly outstanding salon experience.

We aim to be second to none and every client is a priority. We make sure that each one is made to feel very special. Whether they are keen to chat, work or just quietly relax during their time with us, the whole team make sure they receive the unique experience from start to finish."

Unique Hessle's outstanding approach and commitment to training across the salon team was recognised with the award for Best Salon for Training.

Hessle Salon Director Matthew Wordsworth said "Investing in the team and continually developing skills and knowledge in all areas of the salon is a core part of the Unique ethos. We want our clients to get the highest quality hairdressing service and the best way to achieve this is to make sure our team members are as committed, hard-working and highly trained as they can be.

We want our whole team to be at the leading edge of salon innovation, whether it's hair technology or customer service, that way we can give our clients the great hair look they want."

Unique is the East Riding's largest salon group with sites in Cottingham, Beverley and Hessle. The company has gone from strength to strength since launching in 2006, with a reputation for providing great quality hairdressing and client experience.

Marketing Manager Danny Smith said "We are incredibly proud of our Unique salons and we know our teams are amazing. It's great to see their passion, talent and skill recognised within the industry."

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Christmas Time



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

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

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

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.

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

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.



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.

Events at Coletta's

Visit Santa in his Grotto until 23rd December - £7 per child

Monday – Wednesday & Friday 12 – 5pm,

Thursday 11 – 4pm,

Pre-Bookable Weekend Slots Available

Saturday 11 – 4pm,

Sunday 10:20 – 3:40pm

East Riding of Yorkshire Brass Band – 1st December

Yorkshire Air Ambulance Charity – 2nd December

Yankee Candle & Woodwick Night – 6th December

As well as free mulled wine and Christmas cake between 4 – 8pm. Spend £30 on Yankee Candle or Woodwick and get a medium jar for FREE *selected fragrances, one night only.

HERIB Charity – 9th December

Christmas Donkeys – 15th & 16th December

Will be visiting the Garden Canter between 10am - 4pm

Late Night Shopping – 6th, 13th & 20th December

Join us for free mulled wine and Christmas cake between 4 – 8pm, as well as a fabulously Christmas time.

Tea with Santa – 6th, 13th & 20th December

Join Santa 4-5pm or 6-7pm, £11.90 per child, booking form required please call 01482677521 or come in store.

Breakfast with Santa – 8th, 15th & 22nd December

Join Santa 9:15 - 10:15am, £11.90 per child, booking form required please call 01482677521 or come in store.

Christmas Display

Remember that at Coletta & Tyson garden centre our Christmas Displays are now open. We have some new and exciting themes, a large range of decorations, trees, glassware, candleware, lighting, garlands, wreaths and so much more. You are bound to love our Christmas as much as we do. All at great prices, why shop anywhere else?

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Your Stars for December 2018

By Kay Gower

Aries (Mar. 21- April 20)

During the first two weeks of the month it will seem you hold all the cards; your intuition will be sharp, your mind clear and your eyes alight. Others will be magnetically drawn to you and there could be a romantic hue surrounding you at this time.

Taurus (Apr. 21- May 21)

You will soon be on your way with a brand new project and your mind will be buzzing with what to do next. It's all out there, you've just got to go and get it.

Gemini (May 22-June 21)

When you count down the final minutes of this month, you'll be sure to say goodbye to old pain and hello to new adventures. The security you crave is internal.

You are on the brink of an amazing 2019.

Cancer (June 22-July 22)

Refuse to take this month too seriously.

Emotions will pull you in any direction you let them. You can get control of this ship if you take the time to quiet your mind. Then you can steer yourself in a positive direction.

Leo (July 23-Aug 22)

The changes that you've been trying to make for months now can finally be implemented, and the next rung of the success ladder is finally within reach.

Virgo (Aug 22 - Sept. 23)

You may find yourself in the role of caretaker this month or perhaps it is you who needs some extra rest and rejuvenation. Make some extra time around the days of the 21st to engage in some "me" time.

Libra (Sept. 24 -Oct. 23)

This month, life will not be moving at the pace you'd like it to move. If you can accept this with a smile, you are truly mature. If not, at least accept it with a blank face. Things improve by 21st.

Scorpio (Oct. 24 - Nov. 22)

Expect a profitable month through December. When you enjoy what you do abundance follows and your work doesn't "feel" like work. A good month for making important connections that will help you in 2019.

Sagittarius (Nov. 23 -Dec. 21)

You will be successful this month, but you still need to slow down and take care of yourself. There are people who love you and will do everything necessary to help. Learn to delegate, so that you'll have more time to recharge your physical and spiritual batteries..

Capricorn (Dec 22.- Jan. 20)

The clichés at this time of the year may sound worn and boring, but don't let yourself get cynical. This is the time of year when miracles can, and do happen, and right now, they are very likely to happen to you. Enjoy.

Aquarius (Jan 21 - Feb 19)

The wheels won't begin to increase their motion until mid December, but this is a month for looking ahead, caring, sharing and believing that your time is coming soon.

Pisces (Feb. 20-Mar. 20)

Communications with friends and perhaps people from the past will make re-appearances in mid-December. Legal projects and house moves are positively favoured. December or early January will be the time period to sign on the dotted line.

Hull CHA Rambling Club

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

Sunday rambles are once a fortnight. Travel by coach to the starting point. **Fare £12.**

We pick up on route to the city centre at Bilton and Holderness Road.

Pick up at City Centre is now **0900 am** for the autumn and winter months continuing Beverley Road and onto Beverley.

Walks with leaders.

A walk 10 to 12.5 miles.

B walk from 7 to 9 miles

C walk 4 to 5 miles may be available (please enquire)

Sunday 9th December

Huggate Circular

A. Huggate – Cow Dale – Hawold Bridle Road – Nettle Dale – Wold House Farm – Holm Farm - Huggate.

B. Huggate – Cow Dale – Hawold Bridle Road – Nettle dale – Pasture Dale – Glebe Farm - Huggate

For a C walk please enquire with the Joint Rambles Secretaries.

For further information and book a place on the coach, please contact Joint Rambles Secretary Sue O'leary on sue@sueoleary.co.uk telephone 07767 420646.

Sudoku Answer from page 12

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

Pauline Borger on Pauline.borger223@btinternet.com telephone 07929 933323.

Check out the website <http://hullcharambling.wix.com/hull-cha-rambling>

Find us on face book. Hull CHA Rambling Club

You will be very welcome.

Cottingham Calendars by John Dewing now on sale at Best Wishes

John Dewing who has taken many of the excellent photographs featured on the cover of the *Cottingham Times* over the past twelve years, has produced an A4 full colour calendar for 2019 with a marvellous selection of Cottingham Views.

The calendar is now on sale at Best Wishes for £7.00 (all monies to charity, less print costs), on King Street, Cottingham.

A Christmas Concert at the Civic Hall, Cottingham on Friday 14th December

Hull Ladies Choir are presenting a Christmas Concert in support of the Cottingham Village Trust.

They are pleased to welcome Westfield School Choir as their guests and look forward to joining with them to celebrate Christmas in Cottingham.

The concert will take place in the Civic Hall, Cottingham on Friday 14th December 2018 at 7.30pm

Tickets are £5 (including refreshments) and are available from:- Barkers of Hallgate, Cottingham or Gough and Davy, Paragon Street, Hull.

Tickets are also available from:- Email:- info@hullladieschoir.org.uk; Mobile:- 07779 732322.

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Derwent Water

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

The Derwentwater Walk is a waymarked path which will take you on a 10 mile scenic walk around Derwentwater, Queen of the Lakes. On flat and easy paths, the walk passes through ancient woodlands and along the shores of the lake. The scenery is stunning, with perfect picnic stops and cafés and restaurants en-route.

Your walk starts by heading out from the National Trust Shop and Information Point past the jetties and continuing on a gravel track beside the lake towards Friar's Crag. On your right is the first of four principal islands on Derwentwater - Derwent Island.

Take the right fork to reach the viewpoint of Friar's Crag. With the lake still on your right continue down some steps to rejoin the waymarked path, through a gate to follow a shoreline path. Soon enter woodland again through a gate. This is the Ings.

At the exit to the wood turn right along a wide track. Cross a cattle grid into a field and follow the path round the field past Stable Hills Cottages to the lake.

Pass through a gate and continue into a small woodland. Take time to sit on the Millennium Seat on the headland enjoying the view up the lake towards the Jaws of Borrowdale.

Now follow the path down to reach Calfclose Bay. Look out for the Hundred Year Stone on the shoreline. The wood above you on your left is Great Wood. On another day why not enjoy the Great Wood walk from here.

Continue along the lakeshore round the bay until you pass through a stand of Scots Pines and reach a wooden footbridge over a ghyll.

If the lake level is low enough you may be able to continue along the stony lake shore from here to Ashness Gate. Otherwise follow the path left beside the ghyll to a stile in the wall and turn right along the roadside footpath until you reach the Ashness Gate landing stage and a bus stop.

From the jetty follow the path along the shore and round the promontory. As you reach the road again walk along the top of the stone walkway below the road to reach Kettlewell car park.

The route now leaves the lake and goes through the ancient woodland on the other side of the road. Cross over the road by the entrance/exit to the car park (with care) and turn right onto a rocky footpath which winds through the woodland separated from the road by a stone wall. When you see the Lodore Falls Hotel ahead follow the waymarked path to the left to the foot of Lodore Falls where a permitted path takes you over a footbridge and round the rear of the hotel.

When you emerge onto the road cross with care and turn left. There is no footpath for 20m, so walk on the right hand side of the road and take care. The footway reappears after the toilet block and after 150m you will reach a gate and stile on your right leading to a broad track signposted to Manesty.

Diversion

If the lake is even higher so that the boardwalk beyond the bridge is also under water you may have to continue along the road to Grange where you can cross on the road bridge. Continue along the road until you reach a waymarked track on your right which will lead you back to the lake shore beyond the boardwalks (about 3km total diversion, see map).

Follow this down to the River Derwent where a single span footbridge arches over the river. This is known locally as the Chinese Bridge.

Having crossed the bridge you will find yourself on a boardwalk raised above the marshy meadows. Through the gate at the far end of the board walk continue along the gravelly path with the lake to your right crossing further short stretches of boardwalk.

Enter woodland through a gate and continue with intermittent views of the lake through the trees until you reach a drive. Turn right and continue along a track bearing left to a kissing gate. The path bears right through some old mine workings (Brandelhow Bay). Either follow the path bearing left up the hill to a gate on your right into woodland or keep to the shoreline round the base of the heap of mine waste. Both routes lead to High Brandelhow landing stage.

Continue on the shoreline path through the woodlands of Brandelhow Park. Follow the lake shore path to arrive at Low Brandelhow landing stage. Look out for the Hands Sculpture en-route. From here you can catch the launch back to Keswick if you want to shorten your walk.

Continue through the gate by the jetty and take the path that bears left away from the lake. After going through another gate the track bears right and continues to reach a tarmac drive. Turn right here and continue past Hawse End Outdoor Centre. To use the launch from Hawse End take the first path to the right signposted to Hawse End Jetty.

To continue walking to Keswick take the second path on your right just past the private drive to Derwent Bay. Descend through woodland and cross a field to reach more woodland. Emerge from this through a gate. Cross a road and go ahead on a waymarked track. Cross a drive and descend the path to Nichol End Marine and landing stage.

Turn left and walk along the track to reach the road to Portinscale. Turn right and walk along the pavement through the village of Portinscale (take care when the pavement ends). Turn right at the first major junction (waymarked). Continue along the road past the Derwentwater Hotel to cross the suspension bridge over the River Derwent.

Continue along the road for 100 metres and turn right on a footpath between fields. At the main road, cross the bridge right over the River Greta. Continue along the road to reach the mini roundabout and straight on into the Market Square.

If you want to return to your starting point stroll up the Market Square past the Moot Hall and take the right hand exit out of the Market Square (Lake Road). Continue for about 150 metres and then take the paved street (still Lake Road) on your right by George Fisher store. At the bottom of the hill bear left through the subway and then turn left and follow the pavement round to your starting point, passing through Hope Park Gardens en route.

Reproduced by kind permission of the Keswick Tourist Association



Alternative Aquatics

Alternative Aquatics is a local charity and self-help group. We provide gentle exercise and relaxation for people with back pain and associated mobility problems, in wonderful warm water and a friendly atmosphere. We meet on Thursdays at 5-6 pm during term time, at the hydrotherapy pool at Frederick Holmes School on Inglemire Lane, Hull, and the cost is £39 per school term. We have a few places available so if you would like more information, or would like to come along for a free trial session, ring Karen on 01482 807072 or Ann on 572011. We are also looking for volunteers and expenses can be paid.

Butterflies

Is one for those with memory loss and their carers. The group meets on the 3rd Friday of the month in the afternoon from 12 noon to 2.30 pm. The venue is in the Methodist Church, Hallgate. A light lunch (optional) precedes a variety of activities, eg. Crafts, entertainment, games. A small charge is made to cover costs.

St. Mary's Church, Cottingham

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

Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 25 teams (17 Boy's teams at under 7 to under 19 level, 4 Girl's

teams at under 10, 12 14 and 16 level, 1 Men's teams, 1 Veterans teams and 2 Ability Counts teams), as well as an academy for 4 to 7 year olds and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website www.cottinghamrangers.co.uk

Zion United Reformed Church, Hallgate

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

Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. **Get Fit, Have Fun!** £2.50 Adults; Students £1.00 per evening. For more information telephone Telephone Fiona/Steve on 01482 870906.

Fitmums & Friends Run, Walk

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

Cottingham Bridge Club

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

Continued on page 36



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Carols in the Desert 1942

A Christmas story by Peter Railton - Author and Local Historian

I had a five older cousins in the forces during the second world war - four in the army and one in the RAF, sadly one was killed in Syria in 1941. This story concerns my cousin Eric whose family owned a car repair business in Beverley Road, Hull. Eric was an excellent mechanic and joined the Territorial Army, where his expertise was put to good use among the various vehicles. When war was declared in 1939 he was called-up into the army where his knowledge of things mechanical found him in the Royal Army Service Corps., where he soon got a Lance Corporal's stripe, and was sent to North Africa where he had many often exciting experiences.

However, the most profound experience of his army service happened on Christmas Eve 1942. He had been promoted to Staff Sergeant after the battle of El Alamein and was in charge of a mobile vehicle workshop - there were many of these - a few lorries equipped with all manner of apparatus to repair or possibly replace broken or damaged parts of vehicles or carry out servicing - usually including removing fine sand, blown into the engine workings; these mobile units travelled close behind the advancing troops and armour and a host of other vehicles.

So it was that Eric's unit of several lorries followed behind the 8th Army as it steadily pushed Rommel's Africa Corps and their Italian allies towards Tripoli in Libya, servicing and repairing transport when needed. The servicing lorries would be drawn up in rectangular pattern and camouflaged awnings stretched from one lorry to another and repairs carried out within the rectangle where possible - one lorry at least always carried towing gear to rescue damaged vehicles. There were usually six or eight men in charge of the two N.C.O.'s per unit, all skilled mechanics of the R.A.S.C., a vital, but often overlooked branch of the British army.

On the 8th of November a strong force of British and American troops under General Eisenhower landed in French North Africa and advanced east to trap the Germans between this 1st Army and Montgomery's 8th. But this was November and North Africa is subject to weather patterns as we are in Europe. Heavy rain made the roads impassable and all advances slowed practically to a halt and the whole projected encircling movement lost momentum and even the temperature was down to about 15 to 18°C., with cold or frosty nights and a miserable December was in store for all combatants.

Even so, both sides sent out 'probing units' to check on enemy positions and it was one of these probing units - a German one - that Eric and his men came into contact with. In the late afternoon of Christmas Eve the men were looking forward to some 'extras' - chiefly tinned fruit, and meats, sweet biscuits, and a few bottles of beer. All was quiet except for the steady light rain that had been falling on and off all day, making working conditions difficult at times. Then, one of the crew stopped working as he saw figures approaching through the gloom.

"Hey Sarge, people coming," he called to Eric. No one took much notice at first, there were used to visits from other such units 'often on the scrounge' as Eric put it! The strange soldiers drew nearer and Eric's corporal, who had gone to the edge of the group of vehicles shouted - "they're b.....y Jerries." With that they all grabbed their rifles and took up their pre-arranged positions among the lorries. "Shall we let 'em 'ave it Sarge?", the corporal called to Eric. "No - wait till I tell you, they've still got their guns slung on their shoulders - just wait a mo' and see what they're up to. "Eric knew that his men had the advantage anyway, hidden among the lorries and could easily open fire with devastating effect. The group of enemy soldiers suddenly stopped and an officer in front stepped forward and waved a white scarf.

"Can I speak to one of your officers? We wish to surrender", he said in almost perfect English. "Come forward on your own and no tricks, or we'll open fire, Eric instructed. The officer came forward and his men stood absolutely still. When he got close to the camp, Eric stepped forward. "Come over here - I am a Staff Sergeant and have the authority to speak to you". They exchanged salutes, then the German officer said, "We are lost - the compass is broken - our maps are out of date now due to the changing troop movements and we have been tramping this blasted desert trying to find our way back - we are tired, hungry and thirsty - can you help?"

Eric thought quickly - "tell your men to take out their bullet clips from their rifles and drop them on the sand and you hand over your pistol to me - and no tricks mind, we could shoot you all in an instant".

Eric knew that the officer was a Lieutenant by his insignia and he slowly removed his pistol from the holster and handed it to Eric. "Now tell your men to come over here, slowly, and lay their weapons together in the middle of this area". The German called instructions to his men and 10 or 12 Africa Corps soldiers walked into the camp and did as they were ordered and sat down on the sand. Eric told his corporal to have two men always on guard with rifles in relays, while the others gave the Germans water - that seemed to be the primary need.

Eric drew up a couple of camp stools and invited the Lieutenant to sit down, he was about the same age as Eric - around the mid-twenties and said that he could not divulge any information other than his name, rank and number. However, he did say that he was married with one child and lived near Düsseldorf and hoped his family were alright due to the bombing raids by the R.A.F. - Eric said that he was worried too, as his wife was in London - a target for the Luftwaffe. "It seems that we are in the same situation" the German said.

It was getting dusk and thoughts turn to food; Eric offered to supply the usual tinned stuff, plus tea or coffee to his prisoners. A ripple of excitement ran through the German ranks as they smiled as they recognised the word "coffee". "Oh, yes please, we have not tasted decent coffee for months," the officer enthused and all tucked into a meal.

Gradually, a slightly relaxed atmosphere came over everyone, though one or two of the Germans still had a hard look on their faces - so too had some of Eric's crew! The Lieutenant showed Eric photos of his wife and small child and Eric showed the photo of himself and Miriam and each admired the others family. The German officer had studied in England for a time before the war, and he was an English teacher in a German high school and said his name was Albert.

One of the British soldiers began to play 'Roll out the Barrel' on a harmonica and some sang along and some of the Germans hummed. "I bet you blokes know this one", the soldier said to the Germans, and began to play "Lilly Marlene" - an Africa Corps favourite love song and 'borrowed' by the 8th Army - so nearly all joined in, in their own language. "It's Christmas Eve - can you play 'Silent Night' Albert asked the tuneless soldier "Yes Sir, I think so", he replied courteously. So, in that lonely place in the Libyan desert, the soldiers of two warring nations came together in peace for a while. As the harmonica player began, all the Germans stood up, followed by Eric and his crew and once more all joined in their own language and a favourite carol of both nations heralded the approach of midnight. Then the overcast clouds parted and bright stars could be seen overhead, several soldiers of both nations crossed themselves and Albert said, "It is like a miracle - we can see those same stars as those other strangers in the land saw them many years ago". All fell silent, each with his own thoughts of home and what the future might bring. After a while all except the sentries settled down to sleep, wrapped in coats against the cold.

Christmas Day dawned, food and drinks prepared and at about 8.30 am several British army lorries appeared and drew up at the unit. "Blimey", a sergeant exclaimed as he saw the Germans from his cab, "who brought you these then - Father Christmas"? Eric explained the events of the previous day and assured the new sergeant and his men that the prisoners had been well behaved and gave no trouble, apart from a few hard looks here and there. "I'll take 'em off your hands Staff Sergeant and take 'em back to a camp back there for waifs and strays; come on you lucky lads, get in the lorry here and we'll see if there's any Christmas Dinner for you". Albert paused and shook hands with Eric - names and addresses were exchanged - salutes given and the little convoy turned and disappeared into the distance.

Albert did write to Eric after the war and told him that his wife and family were alright and Eric replied in the same way; more letters were exchanged and invitations went back and forth to visit when things settled down more. Whether a reunion took place, I do not know. Field Marshall Rommel called this campaign "A Gentleman's War", and this story exemplifies it. A darker sort of war was to follow in Europe a few years later.



Tax and Christmas gifts

by Nick Robinson of Yorkshire Accountancy

It's that time of year where you're faced with the chore of buying seasonal gifts. Gifts can be tax efficient, but how can you ensure that they are?

Giving and receiving

There are two sides to the equation for tax on Christmas gifts; one for the giver and the other for the receiver. As a business owner and employer you'll usually be the giver. So the questions for you are: can you claim a tax deduction for the cost of business gifts, and will you have to account for VAT on them?

Staff gifts - direct tax deductions

Gifts to your employees are probably the easiest and most tax-friendly form of business gifts. You can claim a tax deduction from your business profits for these no matter how much they cost. However, you can land yourself with a tax and NI bill if you overdo it.

Trap. A gift that costs more than £50 (including secondary costs such as delivery charges) counts as a taxable perk for the employee. As their employer you'll have to pay Class 1A NI at 13.8% of the full cost.

Tip. Limit the cost of Christmas gifts to no more than £50 per head. They will then be covered by the trivial benefits exemption for employees meaning that you won't have to account for their tax or the Class 1A NI. Note. Cash gifts aren't covered by the exemption.

Staff gifts - VAT

You can reclaim VAT on the cost of staff gifts regardless of their cost. However, you might have to account for VAT in the return period that you make the gifts because they're treated as a supply.

Trap. You must account for VAT on a gift if its value (usually that's equal to its cost) exceeds £50, or the total number of gifts made within a twelve-month period has a value of more than £50.

Tip. Again, keeping the cost of gifts within £50 is the most tax (VAT) efficient option.

Customer gifts - direct tax deductions

You aren't entitled to a tax deduction for the purchase of business gifts regardless of their cost or value, but there is an exception.

Tip. The cost of a gift which has a conspicuous advertisement is tax deductible as long as it costs less than £50 and is not part of a series of gifts to the same person in the same accounting period, which in total cost more. However, this exception doesn't apply to gifts of food, drink or tobacco.

Customer gifts - VAT

The VAT position for gifts to customers, suppliers etc. is identical to that for gifts to employees. So you must account for VAT if the gift alone, or series of gifts together, have a value of more than £50.

Christmas isn't special. As far as HMRC is concerned there's nothing special about Christmas gifts. The usual direct tax and VAT rules apply. Bah humbug!

If you are looking for a new accountant please get in touch with us on 01482 845750.

Key dates – December 2018

- 19 – Monthly deadline for postal payments of CIS, NICs and PAYE to HMRC
- 22 – Monthly deadline for electronic remittance of CIS, NICs and PAYE to HMRC
- 30 – Deadline for online submission of Self-Assessment tax returns for tax year ended 5 April 2018

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

www.instinctivehorsetraining.co.uk

LIMA for horses

Every aspect of horse and animal care and what we want from our pets is changing and the methodology is under vast scrutiny these days. Training protocols are at the top of the list with humane methods taking precedence over the old ways of using punishment. Science is the reason for all this change and as science moves on, so must we!

The dog world is leading the way we change. Universities are actively teaching “Learning theory” and the use of LIMA (least intrusive minimally aversive) when students are learning animal behaviour and training. Their skillset will then be taken into the vast world of pet training, Zoo training, rescue and rehabilitation training, service dog training, seeking dog training and so on. Happily, and hopefully, gone are the days of Caesar Millan’s highly publicised vicious training methods of punching dogs in the neck or picking them up by their ears and shaking them to train away unwanted behaviour. We want to build trust accounts with our pets which puts relationship first, not have them fear us.

The horse world is sadly lacking in this education and must be addressed by the governing bodies who educate our future grooms, yard staff, riders and trainers. Importantly the governing competition bodies need to follow suit with horse’s emotional wellbeing at the forefront. The BSJA (British Show Jumping Association), BHS (The British Horse Society) itself, British Dressage and the British Racing Industry all need to take stock of the basic criteria of results verses training methods. Do horses really have to continue being our slaves where the use of the whip still dictates terms?

We stopped using whips on people when Slavery ended. We no longer allow circuses to abuse animals for our entertainment. We are slowly shifting progressively into more humane farming practices because social media has highlighted the barbaric practice of caged hens for eggs, intensive living for rearing pigs, skin, feather and fur farming, foie gras and veal production etc. Its time more animal, and especially horse, training moved forwards with the times. The education system for our young people going into horses as a career must take heed because change must happen and education is always the way forward.

So, what is LIMA and how does it affect horse owning and training? Simply put, it is a strategy where a trainer or behaviour consultant uses the least intrusive, minimally aversive training choices for the learner. There are a whole set of tactics available to the skilled, educated practitioner where absolutely no punishment is used. We have positive reinforcement and marker training (Clicker) skills so we can shape future behaviours built on reward instead. We understand the environment and how it can trigger unwanted behaviour and emotions in our animals so we know how best to use and control the environment to produce success.

This may mean the use of classical or operant conditioning, systematic desensitising and/or counter conditioning. We have everything in our arsenal which we could possibly need to train horses (or any animal) to produce calm emotions and brilliant behaviour. By differentially reinforcing an alternative behaviour which is incompatible to the unwanted one is just one little bullet inside the whole arsenal.

One point very often missed by an owner or a client is the simple fact of behaviour replacement. We literally replace one behaviour with another. Your horse is always doing something- so what is that something you wish for- in opposition to the unwanted actions being performed?

The other thing which confuses most owners is understanding what is the different between a trainer and a behaviour consultant/trainer. Anyone can be a trainer, there are no specific education qualifications. When Consultancy with a behaviour expert is needed, they must have a whole line of learning proof and or degrees specific to Behavioural science expertise.

I came into crossing over into the science of Animal Learning and Behaviour via the Zoos. I have studied hard from world renowned experts- Dr Susan Friedman, Ken Ramirez, Steve Martin, Barbara Heidenreich, Chirag Patel, Thad Lacinak and Rosie Milwood to name but a few. I have attended conferences and seminars and countless workshops to hone my knowledge and my skills. I have joined and I learn from Professional organisations IAABC, ABMA, PPG-BI. I recently attended the 3 day Karen Pryor Clicker Expo Luminos. There is always new information as science moves forwards.

I spend a lot of time on social media highlighting the use of positive reinforcement in training horses. It really should be the first line in training for behaviour change. It elicits seeking and learning without fear or aggression. It changes avoidance into cooperation and communication. It will not elicit fear behaviours which lead to aggression. We need to give the horses as much choice as is possible so with this comes their right for full control. That one statement causes the most upset for the old ways who do not agree with giving horses any choice whatsoever because they know it will back fire on them.

Based on the certified trainer understanding that one horse in front of it- its breed, age, sex, historical associations and memories, the environmental triggers, the actual behaviours being displayed, what the reinforcement history is and why it is being repeated etc. Changes in management may be needed along the way.

It is such a fascinating world, this world of animal behaviour. I am deeply immersed in it and am doing my best to help people and their horses find harmony where there is disquiet. I can only do this one person at a time and only one horse at a time. Our education system could influence 1000’s and make the future for ethical horse management and training a real possibility.

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Cottingham Multi-Service Centre enjoys strong first year serving the community

Thousands of people have visited Cottingham's multi-service centre over the past 12 months, following a £500,000 investment in the building by East Riding of Yorkshire Council.

The remodelling and refurbishment work saw a number of services in the town put under one roof, including the library and customer service centre as well as registration and celebratory services.

Since work completed in November 2017, the Cottingham Centre has seen 81,699 residents come through its door.

In that time, staff have handled 7,611 enquiries/applications for services and have also signed up 635 new library members.

A massive 51,266 books have been issued or renewed and the people's network computers have been used 4,324 times.

Councillor Shaun Horton, cabinet portfolio holder for community involvement and council corporate services, said: "The development of community hubs is a concept that the council has been rolling out across the East Riding over the past few years and enables the council to deliver a number of services under one roof."

"Having spoken to our dedicated staff in Cottingham, it is really good to hear that local people are making good use of these facilities and are able to undertake a wide variety of transactions at their own convenience while, at the same time, being able to use self-service provision and access information via public access terminals."

"The council is currently working on multi-service centres in Hedon and Hornsea with residents in Brough, Driffield, Market Weighton, Pocklington and Withernsea having benefited from such investments in recent years."

The opening hours of the library and customer service centre in Cottingham are:

Monday	9.30am to 4.30pm
Tuesday	9.30am to 4.30pm
Wednesday	Closed
Thursday	9.30am to 6.30pm
Friday	9.30am to 1pm
Saturday	9.30am to 12.30pm

The opening hours for Cottingham Registration Office are:

Monday - Thursday	9am to 4.30pm
Friday	9am to 4pm
Saturday	Closed

For further information, visit www.eastriding.gov.uk/council/contact-the-council/customer-service-centre-finder/?entryid72=79629

Pictured above: (L-R) Ian Rayner, head of culture and customer services, Linda Atkinson, customer services manager, Kerry Ward, CSN operational manager (east) Amanda Bulles, Cottingham MSC supervisor, Councillor Shaun Horton, cabinet portfolio holder for community involvement and council corporate services, Adele Williams, customer adviser, and John Skidmore, director of adults, health and customer services.

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The Alzheimers Society

Hold a variety of Activity Groups and Memory Cafes for people with dementia, their families and carers. For more information please contact the Hull and East Riding Alzheimer's Society on Tel 01482 211255.

Thursday Fun

Takes place in the Methodist Church, Hallgate every 3rd Thursday of the month from 2.00 pm until 4.00 pm. Come and join us and play dominoes, cards, scrabble and do a jigsaw or bring your own craft/game. Enjoy a good chat and tea and biscuits. This is FREE, but we have an (optional) small raffle.

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 6. We run 4 Saturday sides, and teams at U9, 11, 13, 15, 17 and 19 and also Girls Teams. All new players of any ability are welcome. Training starts in January with Indoor Nets at Sirius Academy North for all age groups and Seniors on Wednesday evenings 6.00 pm till 8.00 pm and at Cottingham High School (Sports Hall), (tennis ball/kwick cricket ball) for ages 6-15, on Saturdays 12.30 pm till 2.30 pm till Easter. Summer training for Juniors is Friday evenings and Seniors is on a Wednesday. For more information and details contact Rob Rhodes on 842215. Or email cottinghamcc@hotmail.co.uk

The Orchard Stroke Group

The Orchard Stroke Group is a small group run by, and for Stroke survivors and their carers. We meet on the 3rd Thursday of the month at Cecil Gardens, Hawthorn Avenue, from 10.00 am to 12 noon, for a friendly chat over a cup of tea or coffee with biscuits, and if any members need any help with any Stroke-related issues, we can point them in the right direction for information. If anyone would like more information, they can contact me on 01482 565767 or 07908 145585. My name is Rob and I am the chairman of this group and look forward to having some new members,

Calligraphy, Quilling and Folk Art classes

Held during term times in Swanland on Wednesday afternoons; in Woodmansey on Thursday evenings and in Hessle on Friday mornings. Contact Jane Jenkins 01482 843721 for details.

Hull and East Yorkshire Happiness Group

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

The Cottingham Whist Club

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

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday and Saturday from 10.30 am to 12.00 noon, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

Continued on page 38

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GAS safe REGISTER 375

Local sight loss charity Sight Support Hull and East Yorkshire (HEY) celebrate winning a national award at a recent event in Birmingham

Visionary is a national infrastructure organisation for all local sight support charities in the UK. The conference offers local societies the chance to share information and knowledge, network and make new contacts as well as listen to key note speakers from within the sight loss field.

Now in their ninth year, the Visionary Awards aim to recognise and celebrate how local sight loss charities have delivered impactful services through partnership and how this has improved the positive difference made to visually impaired people. Highlighting local charities' achievements helps to influence good practice throughout the sector and draws attention to the talent and expertise we have within the local sight loss sector across the UK.

Sight Support HEY picked up the "Collaboration" award in recognition of the charity's work on the 'A Sight to Behold' project which formed part of the 2017 City of Culture celebrations.

The project, funded by the National Lottery through the Creative Communities programme, involved a partnership of organisations, communities, groups and visually impaired individuals from across a variety of sight support charities in Yorkshire and Lincolnshire, who worked together to develop the multi-sensory sculpture that is now on display in the Hull Eye Hospital and is accessible to the thousands of visitors who pass through the hospital doors each week.

Sandra Ackroyd, Chief Executive of Sight Support HEY said "We are delighted that the success of our project has been recognised

nationally. It offered a real opportunity for visually impaired people to come together and develop an iconic sculpture, for all to enjoy, and proved that art can transcend the traditional notions of sight and vision".

Those who took part in the project all agreed that it had challenged them to be creative, to consider and reflect on their sight loss in dynamic and inspiring ways and that the best thing about it was how it had brought them together as a group.

"For me, what describes this project, is happiness. Going from being stuck at home and on my own, to coming out and meeting new people and trying new things." *Paula*

"For me it has been about having the opportunity to work with my hands and learn new skills. It is also about working with people and being involved in something new." *Brian*.

Swanland Village Association says 'Thank You'

Swanland Village Association would like to thank all the readers of the *Cottingham Times* for supporting the films and shows at Swanland Village Hall during 2018 and would like to wish you all a very Merry Christmas and Happy New Year.

We have no more shows booked until the New Year so keep reading this publication to see what will be on offer next. You know it will be good. We do have one more film and, to end the year with a laugh, we have chosen for you the film "Paddington 2" which will be shown on Saturday 15th December at 7.30pm. Price £4 adults and £2 schoolchildren. For further details please see www.swanland.info/events&activities.htm.



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Scottish Country Dance Club

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

Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 pm., and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on philmeec79@gmail.com for further information.

Hull Zingari

Hull Zingari Cricket Club (est 1896) will be holding indoor net sessions for junior and senior players and new players will be made very welcome. JUNIORS Haltemprice Sports Centre, Springfield Way, Anlaby. 10 Sundays 6pm - 8pm starting February 12. £4 a session. Fully qualified ECB coaches in attendance. Hard ball and softball. Equipment can be provided. Ring Steve on 447568 to book a place. SENIORS Hymers College Sports Hall, Hymers Avenue, Hull. 9 Fridays 6.30pm - 8.30pm starting January 27. 3 sides playing weekend cricket in the York and District Senior Cricket League. Excellent playing and social facilities. If you are new to the area or looking to play in a higher grade of cricket then contact Ron Biggs (Hon Sec) on 571205 for details of how to join the City's longest established cricket club. www.hullzingari.play-cricket.com and on facebook and twitter

East Yorkshire Climbing and Mountaineering Club

To all climbers, mountaineers and hillwalkers in the Hull and East Yorks area - We are a friendly club based in Hull and East Yorks area. The climbers meet at Rock City in Hull every Tuesday evening in the winter and outdoors in the summer. We have monthly weekend meets to the Dales, Lake District and Scotland. All abilities are welcome to come and try us out. We have just launched our new website and are currently recruiting new members. Check us out at www.eycmc.org and our meet up site is www.meetup.com/East-Yorkshire-Climbing-Mountaineering-Club/

Arterian Singers

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

Card making classes at Cottingham Methodist Church Hall

Card making classes - Every Monday (Except Bank Holidays) - 1.30pm to 3.30pm. New members welcome. All levels. Contact Ann on 07932833578

The deadline for entries in the January 2019 "What's On" section, is no later than the 14th December 2018.

East Riding Local Plan Review Options Consultation

East Riding of Yorkshire Council is consulting on the East Riding Local Plan Review Options Document and Draft Site Assessment Methodology from Friday, 9 November and is seeking comments from residents and local communities.

Responses to the consultation should be received on or before Friday, 21 December.

The options consultation is the first stage in reviewing the local plan that was adopted in 2016.

Within five years of adoption, the council is required to undertake an assessment to determine if a review of the local plan is needed. Given the publication of the new National Planning Policy Framework and recommendations identified during the examination of the plan, it is relevant to start a review at this stage.

Councillor Symon Fraser, cabinet portfolio holder for strategic asset management, housing and environment, said: "When the council adopted the East Riding Local Plan in 2016, it became one of the first in the Yorkshire and Humber region to do so. The plan placed the council in a strong position to shape future development and, over the past two years, it has ensured work has taken place in sustainable locations, whilst protecting areas that were identified as being of importance to the character of the area.

"Now the council is seeking views on the plan and also considering new sites for development.

"When the council pulled together the original local plan it was a remarkable piece of work that saw a great deal of consultation and community involvement. I see the review being carried out in a similar way and would urge people to come along to the events and have their say."

Responses to the consultation, alongside updated evidence work and sustainability appraisal, will help shape a revised draft local plan.

The council is also undertaking a 'call for sites' for the duration of the consultation period. This is an opportunity to submit land to the council for consideration through the local plan review.

Consultation documents can be viewed: on the council's website at www.eastriding.gov.uk/say/?entryid99=721105 or in hard copy at Beverley Library, Bridlington Central and North Library, Driffield Centre, Goole Library, Haltemprice Library and County Hall (Cross Street, Beverley, HU17 9BA).

People can also attend a public drop-in session to view the documents and speak to a planning officer on:

Thursday, 6 December, Haltemprice Leisure Centre, 2-7pm

Thursday, 13 December, Beverley Treasure House, 2-7pm

To find your nearest drop-in session, visit the council's website at www.eastriding.gov.uk/library-finder and www.eastriding.gov.uk/customer-service-centre-finder or call (01482) 393939 for the opening times, address and parking details of main libraries and customer service centres.

You can respond to the consultation by completing a response form (available at deposit locations and on the website) or writing a letter and sending it to forward.planning@eastriding.gov.uk or Forward Planning, East Riding of Yorkshire Council, County Hall, Cross Street, Beverley, East Riding of Yorkshire, HU17 9BA.

All responses to the consultation will be made publically available to view on the council's website.

Contact details will be retained and used in accordance with the authority's privacy notice: www.eastriding.gov.uk/council/governance-and-spending/how-we-use-your-information/find-privacy-information/privacy-notice-for-forward-planning/

Complete the land submission form (available on the website) to submit land to the council for consideration in the local plan review, and return via email or post using the details above.

For further information about the consultation, contact the forward planning team on (01482) 393939.

CAVE CASTLE HOTEL & COUNTRY CLUB *Cave Castle Hotel in 2019*

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Feb: Valentines Ball – Friday 8th
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Valentines Brunch - Fri 15th
Frankie Valli a tribute by Daniel Winters– Fri 22nd

Mar: George Michael by Rob Lamberti – Fri 8th
St Patricks Day Dinner Dance – Sat 16th
Murder He Wrote – Murder Mystery– Fri 22nd
One for the Girls – Fri 29th
Mothers Day Lunch – Sun 31st

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Have yourself a 'handmade' Christmas at the Beverley Adult Learning Centre

East Riding of Yorkshire Council's Beverley Adult Learning Centre has launched its 2018 Christmas courses, which are available to view and book online.

The courses are suitable for adults aged over the age of 19 and will run from the centre in Burden Road, Beverley, in the lead up to Christmas.

The short courses on offer include:

Everlasting table piece

Tuesday, 4 December, 6.30-8.30pm

Fancy an alternative to a floral table arrangement this Christmas? Come along and learn how to create a stunning centre piece for your table using paper along with matching pine-cone place cards.

Christmas all wrapped up

Thursday, 6 December, 6.30-8.30pm

Make your Christmas gifts stand out from the rest with some simple ideas and techniques to add the finishing touches to your wrapping. Your gifts will look so beautiful, your family and friends won't want to unwrap them!

Floral Christmas wreaths

Saturday, 8 December, 9am-12noon

Tuesday, 11 December 2-5pm

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

Personalised Christmas crackers

Tuesday, 11 December, 1-3pm

Make Christmas go off with a bang and learn to make your own crackers! Discover simple ideas to personalise your crackers and make them truly unique for you and your family.

Floral Christmas table

Tuesday, 18 December, 12.30-3.30pm

Thursday, 20 December, 2-5pm

At this time of year when so many of us gather around the table, learn to make a stunning floral table centre for Christmas.

Sara Arnold, East Riding of Yorkshire Council's employment, education and skills group manager, said: "Have your very own handmade Christmas this year at the Beverley Adult Learning Centre. During December you can come along to one of our short courses and learn how to make something for yourself or to give as a gift this festive period.

"Places are strictly limited so we'd urge you to hurry and book your place. We've also introduced a new course this year – a traditional Victorian Christmas – where you can join us for mince pie and hot drinks while creating your own Victorian Christmas crafts with a contemporary twist!"

To find out about the courses on offer and to book, visit www.eastriding.gov.uk/learn or call the Beverley Adult Learning Centre on (01482) 887670.

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My Guide is changing lives in Hull

Local volunteers needed to help blind and partially sighted people get out and about.

Guide Dogs is looking for people who want to make a real difference in the lives of visually impaired people in Hull and is actively recruiting volunteers to spend a few hours a week helping blind and partially sighted people get out and about in their community.

My Guide is 1:1 sighted guiding service, that helps people with a visual impairment get out of their homes and into the community with a volunteer as their sighted guide

"My Guide volunteers will make a very real difference to the lives of people in our area," said Wendy Smith My Guide Volunteer Manager for Guide Dogs. "Losing your sight is an extremely difficult experience, that leaves many people feeling isolated and alone. My Guide is an opportunity for volunteers to have a real and positive impact helping somebody rebuild their life within their local community and decreasing the 'social isolation' that a lot of people feel"

My Guide matches blind and partially sighted people with a volunteer. Volunteers will spend time guiding their partner on trips out to activities that the pair agree on at the start of their relationship. These will be activities that will help to improve independence and increase the ability to get out and about. Activities could involve

exploring local museums and sites of interest, going for a coffee, attending sports events and going to the theatre and cinema.

Almost anyone can become a My Guide volunteer, as long as they are over 18 and able to commit to a few hours a couple of times a month. They will also need to agree to a Disclosure and Barring Service check (DBS). All My Guide Volunteers will receive full training prior to being matched with service user.

To find more about the service visit the Guide Dogs website www.guidedogs.org.uk/services-we-provide/my-guide/ or drop Wendy an email wendy.smith@guidedogs.org.uk

If you would like to volunteer please visit www.guidedogs.org.uk/how-you-can-help/volunteering-for-guide-dogs/volunteer-role-descriptions/sighted-guide/

Maureen Hunter Singers 'Christmas Voices & Brass' concerts

The choirs are well into rehearsals for their 'Christmas Voices & Brass' concerts, to be staged in the superb Middleton Hall at the University of Hull on Saturday 15th December at 7.30 p.m. AND on Sunday 16th December at 3.00 p.m.

The fabulous 11-piece Riverside Brass (comprising musicians of the highest calibre) will be our guest performers again, and, as always, the programmes of both senior and junior choirs, and that of the band, will be chosen to provide 'something for everyone' – with the ultimate aim of sending our audiences away full of seasonal joy.

Tickets (priced £12.00 and £10.00) are available from Mrs. Margaret Talbot, 26 Churchill Avenue, Cottingham, HU16 5NL (Tel: 01482-846550), or via Choir members.

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Beverley Festival of Christmas is fired up for 2018 festive cheer

Beverley will be in fine festive spirits this year as once again it hosts one of the UK's biggest one-day Christmas festivals on Sunday, 9 December.

2017's Beverley Festival of Christmas was a cracker, with over 55,000 visitors and over 60 coach trips from all corners of the UK.

This year will be no different as the historic market town will be brimming with various festive events at various locations.

Traditional Victorian markets will take place at Saturday Market, Wednesday Market and North Bar Within, along with a whole ho-ho-host of seasonal cheer at Flemingate Centre – including the very popular Nordic Tipi Bar with its welcoming roaring fire.

Reindeer will guide Santa and his sleigh at 10am from Wednesday Market to Saturday Market. Visitors can even meet Santa and get a picture before Rudolph and the rest of the reindeer return to Lapland to prepare for the big day in December.

With over 120 Victorian market stalls offering a huge choice of food and drink – and, of course, stocking fillers – families can also look forward to face painting, traditional Victorian fairground rides, live music, dance, birds of prey and a snow globe at Flemingate Centre.

And if that weren't enough, panto stars from Bridlington Spa's Jack and the Beanstalk – including Star Trek actor Marina Sirtis – will add further festival fun.

Councillor Richard Burton, cabinet portfolio holder for leisure, tourism and culture at East Riding of Yorkshire Council, said: "The Beverley Festival of Christmas is always a highlight in the events calendar because of its popularity and the economic boost it gives.

"We look forward to this year's for many reasons. Not only will visitors enjoy the seasonal entertainment and local produce on offer, but they will also benefit from the free pay and display parking on council-operated parking meters."

From 10am-4pm, the free festival promises to be a memorable day for visitors from all over the country. More details can be found at www.beverleyfestivalofchristmas.co.uk.



Richard Durrant - Candlelit Christmas concert with Amy Karoura & Nick Pynn

Toll Gavel United Church, Beverley,
Thursday 6 December at 7.30pm

Richard heralds the start of the Christmas season as he returns to Beverley with singer Amy and master fiddler Nick to serve a festive feast of tunes from the early music repertoire, British folk, traditional carols and original guitar works. Hosted by natural storyteller Richard, these three musician's performances are always flawless and full of midwinter magic.

Over many years Richard's Candlelit Christmas concerts have become a seasonal tradition eagerly awaited by music lovers across the UK.

"A magical show that brought a sense of peacefulness to an otherwise hectic time. This was both a Christian and Pagan celebration without any sparkly tinsel and commercial sentimentality. Durrant's playing was masterful, creating the right seasonal feel to this family show."

Tickets cost Adults £15, Concessions £13 all children under 14 FREE with full paying adult, additional children £5 and are available from Beverley Library or call 01262 678258 or visit bridspa.com

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

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

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

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

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

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

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

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

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

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



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Three new exhibitions open at the Treasure House in Beverley

There's a lot to see at the Treasure House in Beverley with three new exhibitions open.

Legacy: A Painterly Response to WW1 shows artworks created by artist Paul Clifford. The artworks use copies of historic photographs which have been recycled using paint, print and text. In 1918, Paul's father sailed back from England to Egypt where he had served as part of the East Riding Yeomanry. Photographs of the Desert Expeditionary Force from East Riding Archives provide the starting point for the exhibition which also references the broader cultural and historical inheritance of the campaigns in the Middle East.

Working Hands: Photographs by Peter Barker presents a body of 25 documentary photographs taken in and around Beverley between 2014 and 2017. Peter's contemplative portraits record the tools, skills and concentration at the heart of today's manual production and show that the connection between thinking and doing, jeopardised by the production line, endures in such activities.

In the community space, the exhibition Discovering Through Archives: First World War Lives presents an overview of the East Riding Archives' "First World War Lives" project. As part of the project, local volunteers worked through a huge amount of historical data, such as newspapers, rolls of honour and ledgers, to tell the stories of over 700 First World War servicemen from the local area.

Curator Helena Gaudekova said: "Drop in to our Exhibitions First Look event on the first day of the exhibitions (Saturday 10 November, from 1pm – 3pm) and meet some of the artists, volunteers and Treasure House staff involved. Everybody will be very welcome."

The exhibitions run until 26 January, 2019, and admission is free.

For visitor information, visit: www.eastriding.gov.uk/treasurehouse or call (01482) 392780 for full details of opening hours, and all the facilities at the Treasure House.



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Crossword solution from page 14

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How Tomato Sauce Can Boost Your Gut Health

Are you someone who enjoys eating a delicious plate of pasta with flavourful tomato sauce? Recent research shows that tomatoes carry many, many benefits, and fair warning, once you've finished reading this, you may be inspired to cook up a massive bowl of pasta with tasty tomato sauce!

A new study from the Universitat Politècnica de València has found that cooked tomato sauce actually helps to improve the activity of probiotics in the gut.

Tomatoes contain nutrients that highly benefit our overall gut health. The juicy, red fruit is a hub for probiotics. Once we consume tomato sauce (or other meals with organic tomato ingredients), the microbes increase exponentially in our body. A higher number of microbes in our gut may result in fewer allergies, reduced inflammation, and happier moods - just to name a few!

The main probiotic attached to tomatoes is *Lactobacillus reuteri* (*L. reuteri*), which helps with arthritis, some heart conditions, and even our teeth!

Another important health benefit of tomatoes is that it contains the powerful antioxidant lycopene. This antioxidant plays a significant role in our bodies, starting from fighting off pesticides (one being a pesticide that targets the adrenal cortex, thus negatively impacting how we respond to stress), to targeting monosodium glutamate (MSG), to treating our bodies when they have candidiasis (yeast infections), to helping to prevent cancer, and much more!

Consuming both raw and cooked tomatoes is beneficial. Cooked tomatoes release a higher amount of *L. reuteri* into the body, which must be great news for all the pasta and tomato sauce lovers!

For those who cook up pasta dishes often, it is essential to mix the tomato sauce with either whole grain, gluten-free (whole grain, quinoa or brown rice), or noodles.

Research shows that gut health is tied to a growing number of ailments and illness, therefore it is essential to consume foods, like tomatoes, which help to protect our bodies from feeling unwell. Now, let's go make some tomato sauce!

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