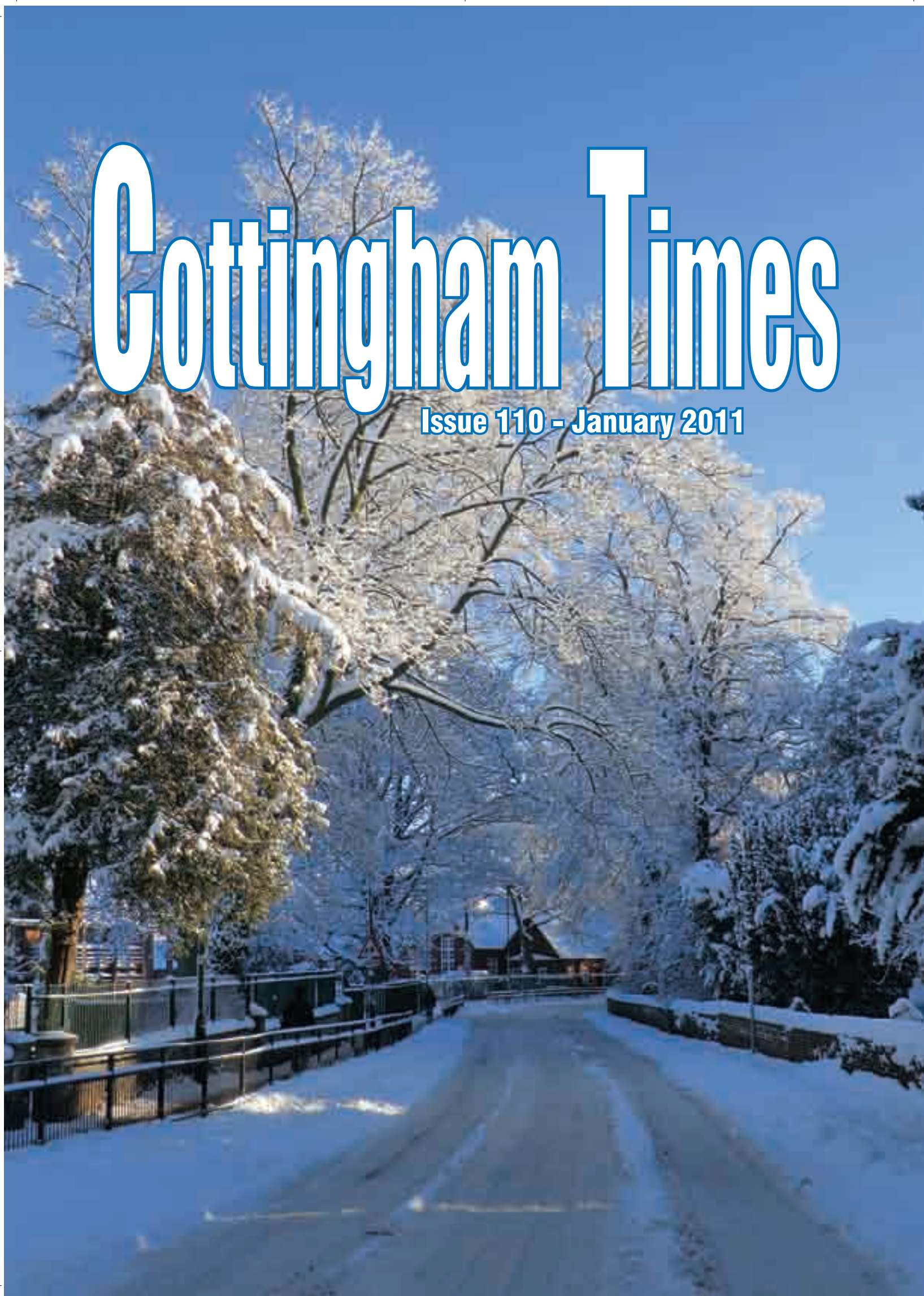


# Cottingham Times

Issue 110 - January 2011





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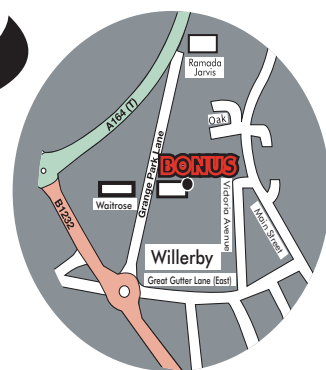
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## THE COTTINGHAM TIMES

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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 50p (including biscuits). A warm welcome ensured.

We also have S.A.L.T. Lunch (Share a Lunch Together) every Tuesday in the Mark Kirby Hall, 12.00 noon to 1.30 pm.

**Mary's Village Pop In - The small hall at the Village Hall, Skidby**  
Tuesdays and Fridays 10.00 to 4.30 pm. Adults, Children and Young People Welcome. Call in at any time for a drink and a chat. Tea, Coffee, Hot Chocolate, Biscuits, Crisps and Sweets.

### Age Concern East Riding of Yorkshire

Every Friday 10.00 am to 11.30 am, call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and make bookings with our Fix-It-Teams. Tea and Coffee available. Telephone 01482 869181 for further details.

### Cottingham Rangers AFC

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### Zion United 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.

### Cottingham Men's deLuda Society

Wednesday 5th January, Miss Teri Roper - The Community Care Act, in St. Mary's Church Hall, Cottingham at 2.00 pm.

### Yorkshire Countrywomens Association (Skidby)

Thursday 6th January - New Year Celebrations, in the Skidby Village Hall at 7.30 pm.

### East Yorkshire Embroidery Society

Saturday 8th January, Niki Brown - Small But Perfectly Formed, in the Darby and Joan, Finkle Street, 2.15 pm. Members £1.00; Visitors £2.00 including refreshment.

### Hull and Holderness Sugarcraft Guild

Saturday January 8th - Judy Newlove "A Novelty Cake" at 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

### Cottingham Catholic Women's League

Monday 10th January, Michael Coyle, His work as new Chaplain for the Catholic Primary Schools in Hull, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

### Cottingham Women's Institute

Tuesday 11th January - History of Hull Parks and Gardens - Paul Schofield. Competition: A homemade Paper Flower, at 10.00 am upstairs at the Civic Hall, Cottingham.

Front Cover Picture: A view down Hallgate during the December snows.  
Photo by John Dewing,, 6A Queens Close, Cottingham. Tel. 847140.

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**Cottingham Local History Society**

Wednesday 12th January, The History of the Concertina - Tom Hall  
**(note that this season the January meeting is on the second Wednesday).** The Society meets in the Red Hall at Hallgate Primary School, Cottingham on the first Wednesday of each month from October to April. Entry for all is via the King Street entrance only. The Society meets at 7.30 pm. No entry before 7.00 pm.

**Cottingham Green Women's Institute**

Thursday 13th January, AGM, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

**Wolds Lace Makers**

Saturday 15th January - Speaker Miss Plater "Personal Plesures", in the Church Hall, St. Johns Newland Parish Church Hall, Clough Road, 10.00 am to 4.00 pm. Admission, Members £1.00; Non-Members £3.00. Supplier in attendance.

**North Ferriby Gardening Club**

Monday 17th January, No Work Gardening. Meetings are held in the North Ferriby Village Hall at 7.30 pm. unless otherwise stated. Visitors are always welcome. Admission £1.50. Annual Membership £5.00 includes tea/coffee and biscuits. Further information ring Mal on 01482 632282.

**Cottingham Evening Townswomen's Guild**

Wednesday 19th January, It's Billie Lee, Cruising the Amazon, at 7.30 pm in the Darby & Joan, Finkle Street.

**Cottingham Men's deLuda Society**

Wednesday 19th January, Philip Ashworth - Codebreaking, in St. Mary's Church Hall, Cottingham at 2.00 pm.



## News Updates from the Cottingham Post Office

*We would like to thank all our customers old and new, for your custom throughout the past year and look forward to serving you in 2011, and wish you all a Happy and Prosperous New Year. From Gary and all the staff at the Cottingham Post Office.*

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## Thank You from the British Legion Cottingham Branch

Cottingham Branch Royal British Legion with to thank all who contributed to the Poppy Appeal which raised £5050 Special thanks go to the shops & Swift Caravans also the Coop for providing ua with selling facillities.

*What's On - Continued from page five*

### East Yorkshire Association of the National Trust

Thursday 20th January, Mr. Roy Benfell - The First Hundred Years of Spurn Lifeboat Station, in the Cottingham Civic Hall, 7.30 pm. Non Members Welcome.

### Inland Waterways Association

Friday 21st January - 8.00 pm at the Willerby Methodist Church Hall, Willerby HU10 6JP. We are pleased to welcome the Yorkshire Film Archives who will show films of Hull and East Yorkshire Waterways from their extensive collection. For this special presentation the charge is £4.00 per person, which will include tea/coffee. **Please note change of venue for this meeting.** Further details telephone Roger Bromley 01482 845099 or Barry Robins (Branch Chairman) 01482 658254.

### Cottingham Wildlife Watch

Saturday 22nd January - 10.00 to noon - Cottingham High School Youth Centre. Owl Pellet Dissections.

### Cottingham Civic Society

Monday 24th January, "Birds and Human Impact", Powerpoint presentation by Mr. Lucas Mander of the University of Hull, in the Darby & Joan Hall, Finkle Street, at 7.30 pm.

### East Riding Flower Club

Monday 24th January - AGM and Luncheon, at the Ramada Jarvis, 12 noon for 12.30 pm, followed by musical entertainment. Not open to non-members.

### Wednesday Social Club

Wednesday 26th January - Mr. & Mrs. Tennard - Europe, in the Darby and Joan Hall, at 2.00 pm.

### Yorkshire Countrywomens Association (Skidby)

Thursday 3rd February - "Restoration of Burton 'Agnes Gardens'" - Susan Cuncliffe-Lister, in the Skidby Village Hall at 7.30 pm.



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<b>Hull</b> <b>Two Bedroom Terraced House</b> ■ New Kitchen ■ Two Double Bedrooms ■ Two Reception Rooms ■ Newly Redecorated ■ Popular Location ■ Gas Central Heating ■ Double Glazing	 <p><b>£465 pcm</b></p>	<b>Cottingham</b> <b>Two Bedroom Terraced House</b> ■ Two Bedrooms ■ Large Kitchen ■ Cul-de-sac Location ■ Off-Road Parking ■ Large Garden ■ Double Glazing ■ Gas Central Heating	 <p><b>£450 pcm</b></p>	<b>Hull</b> <b>Two Bedroom Terraced House</b> ■ New Carpets Throughout ■ Newly Decorated ■ Through Lounge ■ Two Double Bedrooms ■ Fitted Kitchen ■ West Hull ■ Double Glazing ■ Gas Central Heating	 <p><b>£395 pcm</b></p>

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## Family Law Team Launches 'Options'

A leading team of family lawyers at Hull-based firm Andrew Jackson has launched a unique new scheme designed to help couples and families following relationship breakdown.

Under the scheme, called Options, clients are offered a free half-hour discussion with one of the firm's nationally regarded family lawyers in order to assess which route is the most appropriate for resolving a specific family problem.

Richard Hoare, partner and head of the family team - ranked as the leading family law specialists in Hull and East Yorkshire and one of the leading family law providers in the North of England - said: "We know only too well the anxiety and heartache created by a relationship breakdown. Whilst we have offered a complete range of family law services for a number of years we wanted to bring those services together under the Options scheme, providing couples and families with an opportunity to seek advice as to which option may be the most suitable for their particular circumstances."

Richard explains: "During your discussion, one of our team will talk through the options available for resolving your particular issue. These might include discussions with your former partner through negotiation involving one of our lawyers, through mediation, the collaborative approach or perhaps the court process."

Richard concluded: "All of our lawyers have many years specialist experience of working with couples and families so we are extremely well placed to provide you with much-needed re-assurance as quickly as possible."

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## Xmas Hampers bring Festive Cheer

**A**n East Riding charity has been battling the icy winter weather to deliver hundreds of Christmas hampers to older people across the region.

Age UK East Riding has had an overwhelming response to its annual Caring Christmas Appeal. The charity asked the public to donate a shoebox size Christmas hamper for distribution to isolated and older people in the area.

More than 250 hampers have poured into the Age UK East Riding office in Beverley and its charity shops. The charity is now delivering the hampers – which contain items of food and some luxury items – to homes across the region.

Shoebox hampers have already been distributed to older people in Beverley, Driffield, Cottingham, Withernsea, Hornsea, Bridlington, North Cave, Hessle and Anlaby.

Mark Rounding, Chief Officer of Age UK East Riding, said: “We are very grateful to everyone who has donated a hamper to our appeal, particularly in view of the severe winter weather.

“We were concerned that this could deter people from bringing the hampers in, but yet again local people have been extremely generous and we know that they are helping to bring a bit of Christmas cheer to older people in our area. We are now doing our best to deliver them to as many people as we can in local towns and villages.”

Among those who donated the hampers were East Riding of Yorkshire Council staff at County Hall in Beverley and staff from Andrew Jackson solicitors.

East Riding Council chairman Councillor David Rudd said: “Christmas is an occasion for celebration, a time for giving and receiving, a time for sharing and caring for each other and to reflect on those who are less fortunate.

“Whilst being a time of great joy for many, Christmas can also be a time of great sadness and hardship for others; particularly those who are lonely or have recently lost family members or close friends. Age UK East Riding’s Christmas hamper appeal has been able to add a little happiness to some people who may be less fortunate than ourselves.”

*Pictured above: Age UK East Riding staff Gillian Banks and Jo Murphy with some of the shoebox hampers which have poured into the Beverley Office.*

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## Hull Amnesty Group concert at Hymers College on Tuesday January 25th

The Hull Amnesty group presents the second in its series of classical concerts in aid of Amnesty International on Tuesday 25 January at 7.30 pm in the Judi Dench Theatre at Hymers College, Hymers Avenue, Hull, by kind permission of the Headmaster. Hull cellist Christina Waldock will be joined by pianist Mark Knoop and clarinettist Carl Rosman in a programme including works by Beethoven, Faur , Milhaud and Brahms. For further details about the artists, see [www.christina-waldock.info/home/Welcome.html](http://www.christina-waldock.info/home/Welcome.html) or [www.markknoop.com/](http://www.markknoop.com/) and [www.carlrosman.com/](http://www.carlrosman.com/)

Tickets, costing  15 including refreshments, will be available from 6 January. They may be ordered by telephoning 01482 849443 or by sending an email to [aubus@aubus.karoo.co.uk](mailto:aubus@aubus.karoo.co.uk) or [anne@pmacnamara.karoo.co.uk](mailto:anne@pmacnamara.karoo.co.uk) or [barnecutt@barnecutt.karoo.co.uk](mailto:barnecutt@barnecutt.karoo.co.uk)

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## London Theatre Voices present a Night of Gilbert & Sullivan at the Toll Gavel United Church, Beverley

The London Theatre Voices come to Toll Gavel United Church, Beverley on Thursday 13th January 2011 at 7.30pm with A Night of Gilbert and Sullivan.

Soprano - Julie Dawn Lloyd, Contralto - Louise Crane, Tenor - Ben Kerslake, and Bass - Peter Willcock accompanied by Simon Haynes on the piano will sing a selection of Gilbert and Sullivan songs, duets and quartets. Louise has a great many Gilbert and Sullivan roles under her belt from singing with D'Oyly Carte as a principle contralto. Ben has sung Gilbert and Sullivan leading roles for Heritage Opera.

Passion, betrayal, comic relatives, love, unrequited love, marital disputes. all mixed up with a good dose of silliness add up to an 'Evening of Gilbert and Sullivan.'

The London Theatre Voices are a quartet of singers who sing regularly at English National Opera and Opera North, Glyndebourne, and throughout the United Kingdom and abroad.

Many of Gilbert and Sullivan's famous arias, duets, trios and quartets will be performed as well as some less familiar ones.

Tickets cost Adults  12, Concessions  10 and are available from Beverley Tourist Information Office (01482) 391672.

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**Do you recognise anyone in the photograph of the Ellerman Wilson Line's Military Band of 1929?**

The above photograph is of the Ellerman Wilson Line Military Band taken in 1929, after they had become the Amateur Military Band Champions of Great Britain in 1929.

Janet Harrison of the Beverley Brass Band is wondering if anyone recognises a father, uncle or relative on the photo above. Anyone with any information should contact Janet on 01964 533083 or 07925 252411.

## New Display at the Treasure House in Beverley

A new mini-display of historical/archaeological objects has opened today at the Treasure House in Beverley. It includes part of a Roman silver coin hoard from the Filey area, found by three metal detectorists. Also included is a Roman silver ring, fitted with a red stone, engraved with a bird design. There are also artefacts relating to the famous aviatrix Amy Johnson and a bell in the form of an East Riding Constabulary helmet. The latter object recently featured on the BBC programme "Antiques Roadshow."

The display can be found in the café exhibition case on the first floor of the Treasure House (Champney Road) and will run until the end of February 2011. The display has been created by Thomas Yorke of Hessle High School, who is currently undertaking a work placement with the Council's museums service.

For further information, please contact Dr David Marchant, museums registrar, on (01482) 392771.



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

Find the words in the letters above:

Action, Actor, Audience, Audition, Backstage, Box Office, Cabaret, Camera, Cast, Comedy, Costume, Curtain Call, Director, Drama, Encore, Entertainment, Extra, Film, Footlights, Greasepaint, Hollywood, Lighting, Lines, Location, Movie, Musical, Performance, Play, Producer, Promoter, Prop, Radio, Review, Role, Scene, Score, Script, Spotlight, Stage, Stand In, Star, Stunt.

Wordsearch courtesy of [www.puzzlechoice.com](http://www.puzzlechoice.com)

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## Sudoku No. 49 -

This is an easy challenge this month

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



## Open Art Exhibition at Beverley Art Gallery

The 15th annual East Riding Open Art Exhibition is currently on show at Beverley Art Gallery and Treasure House on Champney Road and features over 170 artworks in all different mediums.

Many of the works are for sale and would make interesting and unique late Christmas presents and for the first time this year, the gallery is offering 'gift cards' which can be given to the recipient before they collect the work that has been bought for them at the end of the exhibition.

The exhibition was formally opened by Councillor David Rudd, chairman of East Riding of Yorkshire Council, who also presented a prize, kindly donated by Browns of Beverley, to the artist whose work the judges felt was the 'most outstanding'. This was 'North Cave Trees' by Val Mager.

Judges this year were Kirsten Simister, Curator of Art at the Ferens Art Gallery, Hull and Steve Upton, Beverley artist and tutor.

The gallery is also inviting viewers to vote for a 'People's Prize' which will be given at the end of the exhibition to the work that has received the most public votes. This prize is kindly sponsored by the Friends of Beverley Art Gallery.

The exhibition runs until 5th February 2011.

For further information, call Beverley Art Gallery, on (01482) 392780.

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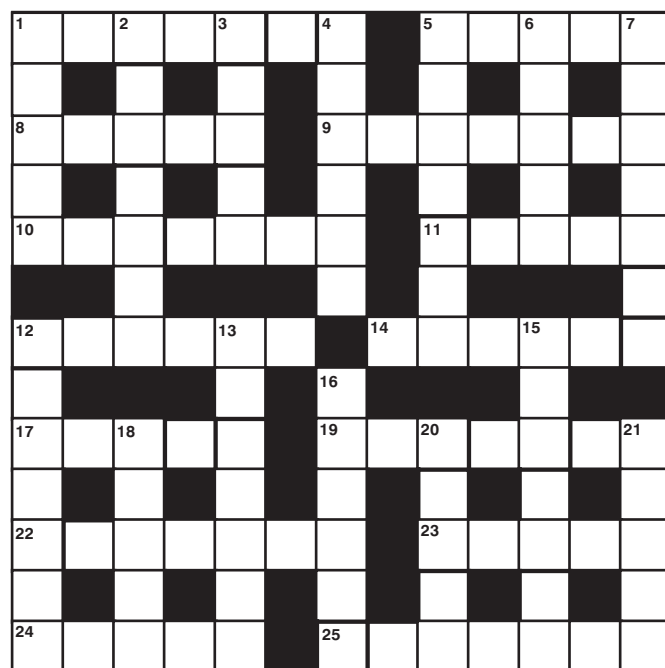
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## Crossword - Solution on page 46



### Across

1. Quantify (7)
5. Mindful (5)
8. Changed location (5)
9. Pyrogenic (7)
10. Fundamental (7)
11. Languish (5)
12. Remit in advance (6)
14. Recommendation (6)
17. Utter (5)
19. Traversed (7)
22. Trap (7)
23. Precise (5)
24. Velocity (5)
25. Farm vehicle (7)

### Down

1. Imitate (5)
2. Go forward (7)
3. Below (5)
4. Comestible (6)
5. Irritated (7)
6. Fragrance (5)
7. Most vital part of an idea (7)
12. Own (7)
13. Clumsy (7)
15. Occurring with no delay (7)
16. Dialect (6)
18. Follow or result (5)
20. Greek letter (5)
21. Dissuade (5)

Crossword courtesy of [www.puzzlechoice.com](http://www.puzzlechoice.com)



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# In the Kitchen



**C**elebrating the new year is probably the oldest of all festivities dating back to around 4000 ago in Babylon, although it has only been celebrated on 1st January for about 400 years in the West. Prior to that it was celebrated much later in the year, at the beginning of Spring, to herald new birth and a new season (agriculturally speaking). Even when the Roman Senate declared that January 1st be the start of the New Year back in 153BC, the Catholic Church condemned the festivities as pagan right up to the Middle Ages.

## Western New Year Traditions

The tradition of making new year resolutions also dates back to the early Babylonians. How times change; whilst modern resolutions may include the promise to stop swearing or give up smoking, the early Babylonian's most popular resolution was to return borrowed farm equipment!

In many countries, traditional New Year's foods are 'einf' shaped or round. This symbolises the end of the one year with the seamless beginning of the next.

The song, "Auld Lang Syne," is traditionally sung at the stroke of midnight in almost every English-speaking country in the world and is reputed to have been partially written by Robert Burns in the 1700's. "Auld Lang Syne" literally means "old long ago" ...in other words "the good old days"

## New Year around the world

Different cultures celebrate the New Year at other times of the year, but the sentiment is still pretty much the same the world over. Below are some examples of recipes traditionally served at the new year in various countries.

### Chinese: "Chu Shen Tan"

For Chinese New Year, it is a tradition for families to come together on New Year's Eve and make jiaozi (Chinese dumplings) for the next day's feast. The dumplings are said to resemble old Chinese money and are served to bring wealth and good luck in the new year.



### Salmon Dumplings (Dim Sum)

#### Ingredients

- 225g/8oz Fresh Salmon Meat, finely chopped
- 1 Egg White
- Salt and White Pepper
- 1 teasp Sesame Oil
- 2 tbsp Freshly Chopped Chives
- 24 Wonton or Gyoza Wrappers (cut into circles)
- 1 Small Egg, lightly beaten

#### Instructions

1. In a mixing bowl, mix together the salmon, egg white, salt, pepper, sesame oil, and chives.
2. Place one tablespoon of the fish mixture onto a gyoza or wonton circle. Fold the dough over to form a semi-circle. Moisten edges with beaten egg, then starting at the right, make small pleats to the left until you reach the end; press to seal.
3. Bring a large pan of water to the boil then poach the dumplings a few at a time for 1-2 minutes, or until dough is cooked through. Serve hot.

### Dutch: "Gullukkg Niuw Jaar"

Oliebollen are doughnuts traditionally eaten at New Year in Holland. Because the Dutch believe you should eat the old year out and the new year in, a family new years eve is often spent drinking mulled wine and nibbling on these delicious doughnuts whilst playing games.



## Oliebollen Doughnuts

### Ingredients

50g/2oz Raisins  
120ml/4fl.oz. Red Wine  
480ml/16fl.oz. Milk  
2 tbsp Granulated Sugar  
1/2 tsp Salt  
2 tbsp Butter  
60ml/2fl.oz. Warm Water  
1 small package Cake Yeast  
1 Egg  
1 tsp Lemon Juice  
350g/12oz Plain Flour  
Oil for deep frying  
Icing sugar for dusting

### Instructions

1. Soak raisins in the wine for 15 minutes.
2. Meanwhile. Place the milk in a large saucepan and bring to boiling point. Remove from the heat, stir in sugar, salt and butter and allow to cool.
3. In a large bowl, add the yeast to the warm water and stir until the yeast dissolves.
4. Stir in the milk mixture, egg, 1/2 of the flour, lemon juice, and drained raisins and beat until smooth.
5. Stir in the remaining flour, cover and leave for 1 hour or until double in size.
6. Heat oil to 180C/350F. Beat the batter down.
7. Deep fry spoonfuls of dough until golden brown on all sides. Drain on kitchen paper then dust with icing sugar.

## Italian: "Buon Capodanno"

Lentils are traditionally eaten on New Year's Day in Italy. Their round shape being reminiscent of coins, are as a symbol of good luck and prosperity in the new year.

Lenticchie Stufate di Capodanno

### Ingredients

225g/8oz Lentils  
2 Sprigs Rosemary  
2 Garlic Cloves, 1 crushed, 1 whole  
90ml/3fl.oz. Olive Oil  
240ml/8fl.oz. Fresh Vegetable Stock (approx)



salt and pepper  
1 tbsp Tomato Paste

### Instructions

1. Place the lentils in a large bowl, cover with water and leave to soak for 1 hour.
2. After soaking, drain the lentils and place in large saucepan. Cover with water, then add 1 sprig of rosemary together with 1 clove of garlic. Bring the boil then reduce the heat and simmer for 15 minutes.
3. Drain the lentils and discard the rosemary and garlic clove. Set aside.
4. Heat the olive oil in a large saucepan, add the remaining rosemary and crushed garlic stir for 1 minute.
5. Add the lentils, stock, salt, pepper, and tomato paste, stir well and cook over a medium heat for 20 minutes until the lentils are tender and most of the liquid has been absorbed. Serve hot.

## Scotland

For the first half of the twentieth century, most of the Scots worked over Christmas so New Year was the first opportunity for them to party.

## Scottish Herring in Oatmeal

### Ingredients

8 Herrings, cleaned, gutted and boned  
1 Egg, beaten  
Coarse Oatmeal to coat  
Salt and Black Pepper  
Olive oil for shallow frying

### Instructions

1. Make sure the fish are well scaled.
2. Season the beaten egg with plenty of black pepper and some salt then dip the fish in the egg.
3. Place the oatmeal on a plate and use coat the herrings on all sides, pressing the oatmeal firmly into the fish.
4. Heat the oil in a large frying pan until hot then fry the fish, skin side up first for 4 minutes on each side until lightly browned.
5. Drain the fish on kitchen paper and serve immediately.



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## New Gym in Haltemprice Sports Centre

Gym users will be able to get their new year's resolutions off to a flying start after the gym at Haltemprice Leisure Centre is given an upgrade.

After the refurbishment the 60-station Tone Zone fitness suite will have an improved and increased range of equipment including traditional treadmills, bikes and elliptical cross trainers as well as new ranges such as accent trainers.

The new treadmills and cardio-vascular equipment come with a 15 inch touch-screen television and freeview channels, all have integrated personal fans and are compatible with the Nike + iPod.

The work is being done in December in time for people to use as the new year starts.

Councillor Jane Evison, portfolio holder for cultural services, housing and public protection at East Riding of Yorkshire Council, said: 'These new facilities will make a real difference to everyone who uses the gym.'

'I hope having such fantastic equipment on hand will encourage people to take regular exercise as part of making the right choices about their own health.'

The current Tone Zone fitness suite is a very well-used facility available to members and casual fitness customers. It specialises in a range of health promotion activities including exercise referral, cardiac rehabilitation, weight management courses and a smoking cessation drop-in clinic.

Lisa Kirby, fitness coordinator at Haltemprice Leisure Centre, said: 'Our current facility is well used by the whole community but we are really excited by the arrival of the new equipment that will benefit all our customers from regular members to exercise referral patients.'

The Tone Zone will be closed between Monday 6, and Friday, 17 December while the work is carried out.

The first 100 customers to sign up in January will receive a free new intentions box including a rucksack, a gym towel a T Shirt, water bottle and keyring.

For further information about Haltemprice Leisure Centre, including joining the gym please contact reception on 01482 652501 or visit our website [www.haltempriceleisurecentre.co.uk](http://www.haltempriceleisurecentre.co.uk)



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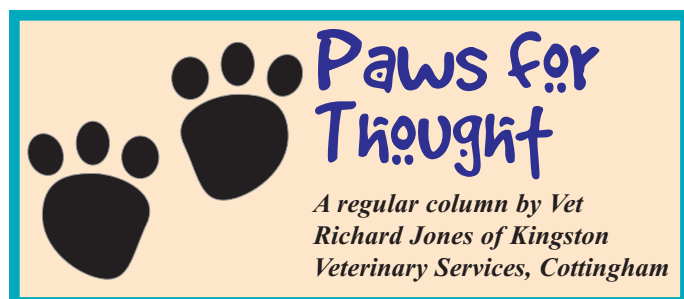
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## In the Bleak (WHITE) Midwinter

**H**ands up all those who are fed up of the snow and cold! Yes, I can imagine how many of you are agreeing, the snow was a novelty for about a day and then it started to create all kinds of problems for a busy veterinary surgery.

By Wednesday 3rd, the snow was coming down thick and fast and the first phone call I had was from Teresa, one of our nurses at Park Street. Teresa, had set off walking to Park Street from the top of Hall Road at 6.30 that morning and was ringing to say that she might be a few minutes late for her shift!! After walking for 3 miles though she eventually managed to catch one of the few running buses and was on her way. By this time my son, Tom, had already being digging my car out on the drive for half an hour, while his younger sister kept supplying him with hot drinks.

By 8.00 am I was at the main hospital in Park Street starting to organise staff for all the branches. Several staff live out in the wilderness (they call it Roos and Burstwick) and there was no way they were coming in. By the start of work at 8.30 am we



had a full crew working and it was a good job too as we had a very busy day despite many clients not being able to get to us. Two of our patients needed emergency surgery that day as both it turned out had eaten fabric that had then caused a blockage.

Between the two cases operating took nearly eight hours so the staff who battled through were very much needed.

The long operating session that day started to worry the theatre nurse Elaine. We were due our oxygen delivery the next day, but the company supplying the cylinders could not promise us delivery that week, let alone the next day, because of the conditions on the roads. To the rescue, ambulance driver Mike. The branches do not use oxygen cylinders, but a clever little generator that takes the oxygen from the air and supplies it to the anaesthetic machine. Mike set out in the nearly blizzard conditions to the nearest branch, our new sparkling surgery at Anlaby to bring back the oxygen generator, a trip that took him nearly three hours but at least then we knew we could cope with any surgery at park street.

The next important job was to help the night staff to get into work, so Mr Atkinson braved the near Arctic conditions to pick the night staff up from home. Once he arrived back the day, staff could think about how to get home. By now Teresa, had been at work for nearly 12 hours and needed a lift home so she braved the weather and my driving to get home. It was a hair-raising journey and took us nearly one hour to travel the four miles. Before throwing Teresa, out in the blizzard I arranged to pick her up early the next day to get her into work.

The next two days followed a similar pattern, starting at 6.00 am with my son and I digging out my car so I could pick up members of staff to get them to work. Jackie still cycled into work through the snow and Laura walked to park street from Hessele.

Having an ambulance helped many of the older clients as Mike could bring their animals in for them and even drop off any urgent medications.

Throughout the several days of Arctic conditions we only closed one surgery, Cottingham, for a Saturday morning, not because we couldn't get to the surgery, but because the parking around the surgery was treacherous and everyone would get stuck.

I would like to thank all the staff who walked, cycled or drove in very difficult conditions to keep the surgeries running, our clients, who were very understanding, to my son for digging me out every morning and my Honda Jazz for coping on the roads admirably!

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## East Riding Primary School Hits the High Notes!

Cottingham, UK (December 7th, 2010) – Westfield Primary School Choir in Cottingham is celebrating after being selected as a semi-finalist, from hundreds of entries, in the BBC Songs of Praise School Choir of the Year 2011 competition.

The fifty children, with ages ranging from eight to 11, conducted by their Musical Director Tracey Redhead, will compete in the junior section of the competition against five other choirs from across the United Kingdom.

The choir was selected after submitting a CD with a Hymn and an inspirational piece based on the Christian Faith, which was written by

Tracey herself, entitled 'Lord of all Creation'.

The semi-finals will be televised next March and a panel of judges will decide which three junior schools will make it to the final. The final will be televised next April.

Tracey Redhead stated, "This is an amazing achievement for the children. I was stunned when I got the call from the BBC, as it is extremely difficult to be selected. The children are very excited and this is a testament to all their hard work."

"I am extremely proud of this achievement. Music is central to the life of our school and this will be a wonderful experience for everyone involved" said Sue Twaits, Head Teacher of Westfield Primary School.

The competition can be followed on the BBC Songs of Praise web site at [www.bbc.co.uk/songsofpraise](http://www.bbc.co.uk/songsofpraise).



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by  
Chris 'Dr. Smile Maker'  
Branfield

## Why You should Eat Up Your Veggies

**H**ello and a very happy New Year to you! I hope that you have a great 2011. As I write this we are awaiting the second lot of snow to arrive this winter. Oh, it's been cold hasn't it? I hope that you had a great Christmas none the less. Since I last wrote I will have been on BBC radio Humberside a couple of times which is an experience. You never know I might end up a sort of dental radio version of Dr Hilary Jones, Ha, Ha. I turned 40 in December 2009. My word it didn't last long. I'm now racing on to 50 at a pace. Just shows you that you have to crack on and get on with life.

Now, I thought that you may well have had enough of my Moroccan Children Charity ramblings so I have gone a bit more highbrow for you this month, well for me anyway that is.

### So why should you eat up your veggies?

There has been a study from Columbia University Medical Centre

and Harvard School of Public Health that went on for 30 years in which 87000 nurses were followed. Women who drank a high volume of alcohol and had a low folic acid intake were three times more likely to develop mouth cancer than those who drank high volumes of alcohol but had high volumes of folic acid in their diet.

### Rates are on the increase!

Rates of mouth cancer in women have been increasing for many years as a result of changed social habits and with more women smoking and drinking. The new research could offer a method to reduce this by looking at the folic acid intake and increasing fruit and vegetables containing folic acid in the diet. In the past, studies have tended to focus on males, as they are twice as likely to suffer from the disease. While this study focuses on women we know that men also benefit from the protective value of increased fruit and veg. Folic acid or vitamin B9 is essential for health by helping to make and maintain new cells. Pregnant women are advised to supplement their intake of folic acid to ensure a healthy development of the baby.

### So where do you find the stuff?

Folic acid is found in vegetables such as spinach (that's why Popeye was so strong), asparagus, beans, peas and lentils. Vegetarians are laughing really. It is added to certain breads and cereals these days and it is present in fruit juices, broccoli, and brussel sprouts to a lesser degree. An unhealthy diet has been linked with around a third of mouth cancer cases. Recent research has also shown that an increase in foods such as eggs and fish that contain omega-3, and nuts, seeds and brown rice, which are high in fibre, can help decrease the risks.

### Why the doom and gloom?

I'm really not trying to get 2011 off to a gloomy start, honest. However, I did see a couple of cases that I referred off to Hull Royal last year that ended up to be cancer. All being well the prognosis will be good due to early detection. This shows the importance of getting your mouth checked out especially if you smoke and like a drink. The overall five year survival rates have not increased in the last 30 years. This is mainly due to the late presentation to a specialist and diagnosis. **SO GET CHECKED AND EAT HEALTHY!!!** No apologies for this banging on.

### Hope on the horizon -Hooray

Researchers at Kings College London Dental Institute are looking at markers in saliva and are trying to develop a mouth cancer saliva test. Hooray. If this is achieved then it will be a fantastic breakthrough that I wholeheartedly welcome. Researchers at University of California in Los Angeles have suggested that a panel of seven messenger ribonucleic acid (mRNA) molecular markers in saliva can be used as a biomarker of oral cancer and can discriminate between people with oral cancer and healthy subjects. Did I go a bit too far there? I hope not.

### So there you have it

Eat your veggies, stop smoking, don't drink too much and get your dentist to have a good look. Stay healthy!

With this really cold weather the playing field have been frozen so there hasn't been any football by the girls to report on. They'll have forgotten how to play at this rate. I'm off to see Hull City this afternoon. It's about -3 degrees already so I'll have to wrap up and look like Michelin man I reckon. City is under new ownership and I am pleased that it is someone local with a proper vested interest in the city. I don't know Allam but I have spoken to a couple of people that do and he seems to be the real deal so good on him and best of luck.

### Come on the Tigers!

Take care and be good.

*Chris*

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 772550. He has been in dental practice for 18 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry. [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk)

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# Shiny, New Computers and Questions & Answers

**A**fter Christmas, there will no doubt be lots of shiny new computers out there, and lots of people using Windows 7 for the first time. Some useful tips are available at the top of the Start Menu, under 'Getting Started'; video clips on various subjects are listed there. Also, one important thing to bear in mind is that most new computers and laptops usually come with just a trial version of an anti virus program, often Norton or McAfee. To stay safe online, make sure you don't let it expire, or do make alternative arrangements.

**ESET Nod32 antivirus is still our product of choice, and has been selling successfully for a few years now. If your current product is about to expire, now would be a good time to change over. A new 2 year licence costs just £45, or we can supply it on CD or visit to install – call us for details.**

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If you have converted to Apple Mac from Windows, there is a bit of learning curve getting used the different operating system, but also some differences on the keyboard. The 'Command' key is like a cross between the Windows and Ctrl keys. You use it when performing copy & paste for instance, and a useful one is *Command + T* to open a new tab in *Safari* web browser, and *Command + Tab* to display open programs. If you have a *MacBook* (laptop), you can perform right click functions by tapping two fingers together on the touch pad. (also see Q&A below).

**Google Earth is constantly evolving, and one of the latest features is a historical timeline.** This gives the ability to visit a City location, and if a clock icon appears in the top toolbar, you can click on it and use a slide control to move back in time and see how the place has changed! Make sure you have all the features switched on whilst using Earth, see the menu on the left hand side of the screen, and tick as many of the boxes as you wish, such as *Street View* etc. See: <http://google-latlong.blogspot.com/2009/02/new-in-google-earth-50-historical.html>

Remember you can always access each month's article online. I now upload each one of these articles to my website: <http://www.rdmills.com>. Here you will also find news stories and some other helpful articles, on subjects such as buying a new computer, PC vs Laptop and Internet connection problems.

Now for some of the questions I have been asked recently, along with the

answers:

**Q: Why has a shortcut called 'Browser Choice' appeared on my desktop?**

**A:** *Microsoft* is obliged to advise you that you do have a choice of web browsers; you don't have to use *Internet Explorer*. This shortcut provides a link to download one of the others available, and of course they are free.

**Q: Adobe wants to install something called 'download manager' is that ok?**

**A:** Yes it is safe. This is just a method of downloading all of the current updates for *Adobe Reader*, *Flash Player* etc.

**Q: What are Flash Player and Java used for anyway?**

**A:** Both of these are applications that make web pages display properly.

**Q: I use Windows 7 but am not too keen on Live Mail can I use anything else?**

**A:** A couple of good free email applications are available online. One is called *Thunderbird* (from the same people as *Mozilla Firefox*), and the other is *Incredimail*; with this one you get lots of animations and stationery and smiley faces, which may not suit everyone.

**Q: When I go online my home page has changed to MSN (or a.n.other page)**

**A:** This can happen after a Windows update, *MSN* is part of *Microsoft*, so nothing to worry about, but to change your home page in *Internet Explorer*, go to *Tools*, *Internet Options*, and change the address in the box at the top.

**Q: What is Hotmail, and can I use it instead of/as well as Karoo?**

**A:** *Hotmail* (*Googlemail* and *Yahoo Mail*) are all types of free online email services. The advantage is they can be accessed from any computer anywhere, and are completely free to use. You only need an internet connection.

**Q: I get loads of emails from different banks about security, what should I do?**

**A:** The safest method is just to delete them. Banks don't normally email customers about security, and certainly will not request you log in and check your pin number etc. So do not click on any links in these types of emails.

**Q: Why does Windows have to do updates all the time?**

**A:** Most of these are security related, so it is important to let them install.

**Q: I have bought a Mac computer; can I open Microsoft Word documents?**

**A:** Mac applications are very good at making things as easy as possible, and many document types will open in *Pages* or *Numbers*, but for more compatibility you can purchase *Office for Mac*.

**Richard Mills, RDM Computers**

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# MARION OWEN TRAVEL & CRUISE CLUB

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January again and many of us are back into the swing of our daily routine. If you have not already made travel arrangements for this year, it's time to make a move now! It is always nice to have something to look forward to and holidays are a nice highlight in the calendar.

Our own selection of tours are growing constantly - see the list opposite. The Isle of Wight did have single rooms with no supplement but these have now all been sold - a handful of twins & doubles are left; you need to be quick! The whole idea is that you have a leisurely experience, with time to enjoy as you travel - not non stop motorway travel. Not cheap but excellent value.

Is there anywhere you would like to see us feature? If so, please let me know. We have plans for a French art tour in 2012, along with a tour of Switzerland, a river cruise along the Garonne and a Ski Safari. Are you a group of friends or a club wishing to travel? Then let us quote you for your idea.

**Thursford Christmas Spectacular** - we have 2 of our very own tours departing 8th or 10th December 2011. We have asked for the very best seats available. It is a 2 day holiday enjoying time in Kings Lynn on day one and a visit to the popular Lincoln Christmas markets on day 2. £149 per person. Twin Share just £12 extra for a single room.

**Orion Expedition Cruises** cover some very unknown and unspoilt areas of Asia and Australasia..... myself and Lynne got hooked immediately and we are sure you will if you come along to our evening presentation at the Holiday Inn Express on Monday 24th January 2011 at 7pm. Call to receive your personal invitation now. If natural scenery and wildlife is up your street don't miss this event!

**India**, our adventure in March 2011 has space for 4 people only. Lynne is taking our 2nd tour on 24th March 2012 (max 15 travellers - hurry and add your name to her list as she has already quite a list of registrations).

Don't forget we are a full service travel agency for any travel arrangements you require; check the internet but before you press the buttons, give us a call; you may get a very nice surprise plus you will get all of your questions answered too. The internet is great until you need it to speak to you and answer your questions.....it's good to talk.

We look forward to talking to you soon.

Marion



For bookings & further information

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## Exclusive Tours

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#### 20 April : Isle of Wight (Stratford & Oxford) £329

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#### 12 May : Belgium Highlights 5 nights £339

Via North Sea Ferries, visiting Antwerp, Brussels & Bruges, staying in Ostend. There is an optional excursion to Ypres including the Last Post Ceremony.

#### 16 June : BBC Gardeners World £45

This full day out also includes the Good Food Show too.

#### 27 June : Danube River Cruise 12 nights

Via North Sea Ferries, interesting overnights en route with plenty of leisure time. Joining the ship in Passau for a 7 night cruise on the river ship Serenity (Nicko Tours), full board including a bundle of excursions - from £1899.

#### 25 August : Paris - August Bank Holiday £329

Via North sea Ferries Time in Arras & Lille en route. Sightseeing in Paris included & free time, plus a day to visit Versailles and Giverny, the home of Monet.

#### 14 October : Beer Festival Weekend £169

Via North Sea Ferries departing Friday night back Monday morning.

#### Disneyland Paris - 5 nights (3 nights Disney)

Via P&O North Sea Ferries - no long drive south!

04 September Family of 4 £1195

24 October (half term) Family of 4 £1255

Prices include overnight ferry each way and 3 nts B&B at the Explorers Hotel, including a 2 day hopper ticket for the theme parks.

#### 05 November : Orient Express Guy Fawkes

Sumptuous dinner, fine wine & champagne in elegant surroundings aboard the Northern Belle £220.

#### 24 November : Christmas Markets - 4 nights

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Any other Fred Olsen sailing you are interested in please ask. We can price match any cruise you see advertised. Generally we can offer transport on most departures.

**Fred Olsen Cruise Lines:** we have many special departures exclusive to Marion Owen Travel plus this month there is also a selection of cruises in the Captains Collection. Next month will see the launch of the Summer 2012 brochure.

**P&O, Princess & Cunard:** we have an exclusive selection of cruises with additional on board credit for example;

**P&O** up to £510 per cabin Caribbean Christmas Cruise 2011.

06 June Spitsbergen up to £370 on board credit

31 July Western Mediterranean up to £350 on board credit

**Cunard:** e.g. both cruises sailing from Southampton

05 June 2011 Mediterranean cruise aboard Queen Victoria up to \$580 on board credit.

12 September 2011 North America sailing aboard the new ship Queen Elizabeth up to \$1070 on board credit.

**Princess** Free upgrades from an outside obstructed cabin to a balcony cabin or a mini suite for just £399 per person - what a bargain! Plus on board credit up to \$120.

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08 Apr	Mediterranean	Azura	14 nts
12 Apr	Mediterranean	Artemis	14 nts
14 Apr	Caribbean	Aurora	21 nts
16 Apr	W. Mediterranean	Oceana	14 nts
29 Apr	Mediterranean	Ventura	14 nts
03 May	Mediterranean	Oriana	17 nts
21 May	Central Med.	Aurora	16 nts
27 May	Mediterranean	Ventura	17 nts
06 Jun	Spitsbergen	Aurora	14 nts
18 Jun	Mediterranean	Oceana	14 nts
08 Jul	Iceland & Greenland	Aurora	18 nts
31 Jul	Western Med.	Aurora	12 nts
13 Aug	Western Med.	Oceana	14 nts
31 Aug	USA & Canada	Arcadia	24 nts
11 Sep	Central Med.	Oriana	16 nts
18 Sep	USA & Canada	Aurora	24 nts
24 Sep	Central Med.	Arcadia	16 nts
27 Sep	Central Med.	Azura	17 nts
10 Oct	Grand Med.	Arcadia	19 nts
19 Dec	Christmas & N. Year	Oriana	17 nts
20 Dec	Christmas Canaries	Aurora	15 nts
<b>2012</b>			
03 Mar	Caribbean fly cruise	Azura	15 nts

## CUNARD

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# In the Garden



In January, your garden could need protecting from frosts, gale-force winds and heavy rain. Check stakes, ties, fleeces and other supports for damage and consider moving plants to sunnier positions to maximize light. Don't forget to keep feeding the birds, food is scarce for them over winter.

## Sowing and planting

Sow seeds of Begonia, Lobelia, Salvia and Pelargonium in a heated greenhouse or propagator to provide early plants.

Sweet peas can be sown this month. Sweet peas sown earlier in the autumn can now be potted on. Place them on a sunny windowsill, or on a high shelf in the greenhouse that gets plenty of light.

Plant lily bulbs in pots and in borders during mild spells.

This is the last chance to sow seeds that need frost in order to germinate (such as native tree and shrub seeds, and alpine plants).

## General maintenance

Even in mild areas, tender plants that cannot be left outside with protection should really be taken into the greenhouse or conservatory by the beginning of this month. In cold areas, you are best moving things inside much earlier, in the autumn.

In cold spells, protect non frost-proof containers (terracotta pots

## Top 10 jobs

1. Recycle your Christmas tree by shredding it for mulch
2. Ventilate the greenhouse on sunny days
3. Dig over any vacant plots that have not been dug already
4. Repair and re-shape lawn edges
5. Inspect stored tubers of Dahlia, Begonia and Canna for rots or drying out
6. Prune apple and pear trees
7. Start forcing rhubarb
8. Plan your vegetable crop rotations for the coming season
9. Keep putting out food and water for hungry birds
10. Prepare a polythene shelter for outdoor peaches and nectarines, to protect them from peach leaf curl.



for example) with bubble wrap, hessian or fleece, to prevent them cracking. Grouping the pots close to a south-facing wall may provide additional protection to the most vulnerable ones. Ensure protective straw or fleece is still in place on tender plants overwintering outdoors.

Collect leaves that have blown over alpine beds as these plants are easily smothered. Bare patches can be covered with gritty compost. Clear up any weedy beds ready for mulching in the spring.

Keep tubs and containers tidy, cutting back and removing debris regularly. They can be mulched with compost or grit. Grit is aesthetically pleasing, and will reduce the surface puddling that can occur when light composts are beaten into a solid 'cap' by raindrops.

Inspect stored tubers of plants such as Dahlia and Canna for signs of drying out. Although care is needed to prevent dampness and rots occurring, it is important not to let the tubers become bone dry, or they will become useless.

Some pots - particularly those sheltered by eaves or balconies - may need watering. Check the compost (at a hand's depth) to see if it feels dry. Aim to keep pots moist (not too wet), and do not let them dry out.

Raise patio containers onto feet or bricks, if you have not done so already, to avoid them sitting in the wet.

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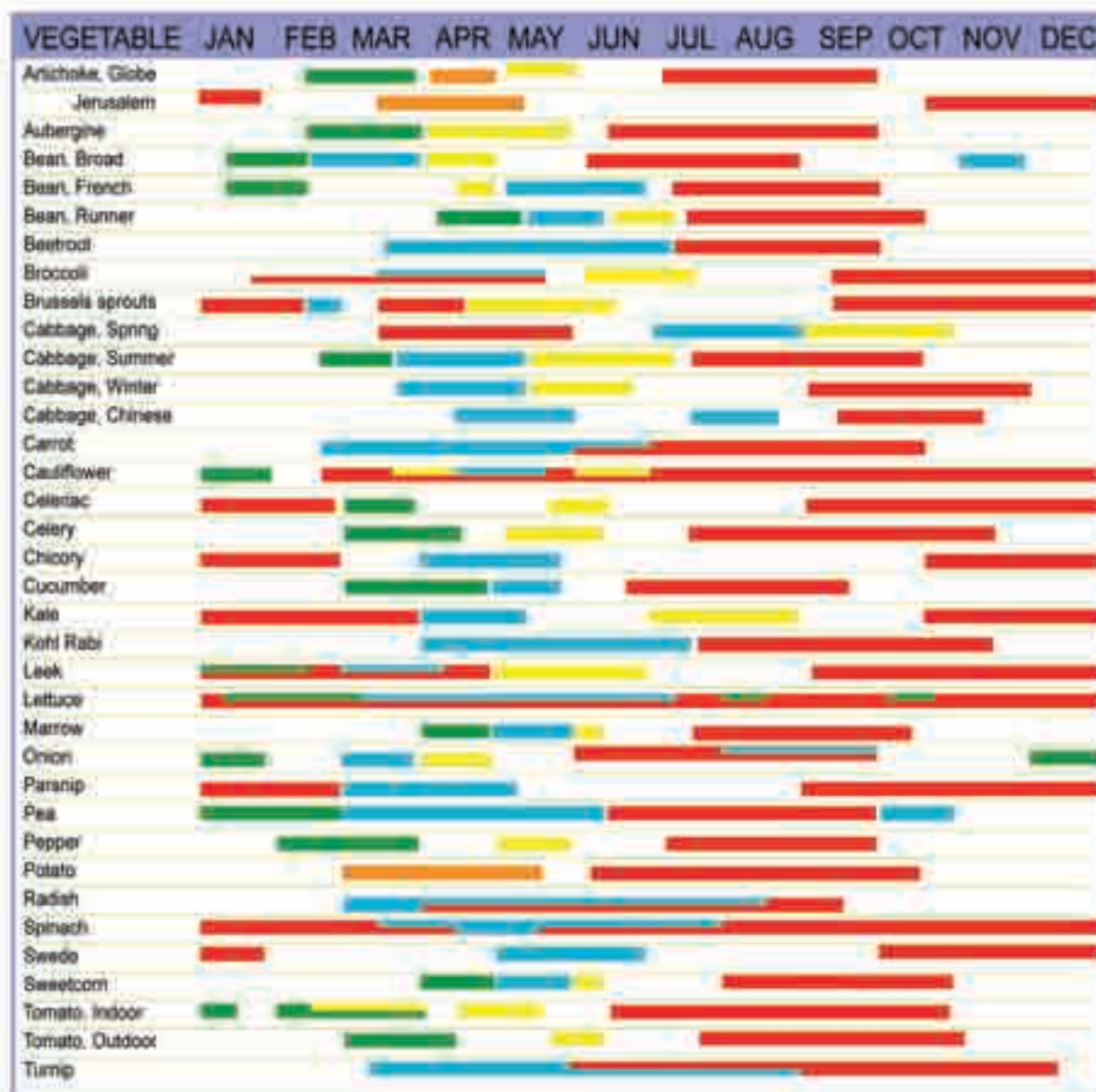




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• Sowing outdoors

• Planting tubers, sets or offsets  
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## Your Stars for January 2011 - By Kay Gower

### **Aries - (Mar. 21- April 20)**

Lessons from the past can now be put to good use.

January sees you turning a big corner. Identify your goals and set about achieving them.

### **Taurus - (Apr. 21- may 21)**

The stars speak of powerful and exciting changes. The planets begin to line up and exert their influence and your life is about to change - for the better. Don't hesitate or change course now, your heading in the right direction.

### **Gemini - (May 22-June 21)**

You have every reason to be optimistic. You will get some fabulous chances to broaden your horizons over the weeks ahead. New directions could open up for you when you are least expecting it.

### **Cancer - (June 22-July 22)**

The beautiful full moon lights up your first house on the 19th and all your hard work starts to pay dividends. Something unusual may be offered to you at the end of January, but will you accept it?

Act quickly.

Your decision could set the tone for the next 2 months.

### **LEO - (July 23-Aug 22)**

Sometimes we deliberately choose not to see the truth. This month brings an opportunity for you to make a most important discovery - but only if you ask the question that you are half-tempted to suppress.

### **Virgo - (Aug 22 - Sept. 23)**

There are some things that you absolutely know you have to go ahead and do. There are others that you can't be so sure of. Where there's doubt, respect it.

### **Libra - (Sept. 24 -Oct. 23)**

When an old idea or possibility returns don't rush to turn it down before you inspect it closely. Something you once wanted can return in a much brighter and more intriguing form.

### **Scorpio - (Oct. 24 - Nov. 22)**

This is an exciting time and there could be more than one opportunity that you should not let pass you by. A newcomer could make a difference to your life, or someone who left a while ago could return to your circle.

### **Sagittarius - (Nov. 23 -Dec. 21)**

As the month unfolds change can sweep into your world and encourage you to make new plans based on new awareness. An old mind pattern may have outgrown its usefulness. Kick old outworn thought habits that only serve to hold you back.

### **Capricorn - (Dec 22.- Jan. 20)**

January represents a period when you should be working and looking your best. There are possible gains to be made right across the board. This month could be particularly fortunate for new starts generally.

### **Aquarius - (Jan. 21.- Feb. 19)**

Mars, the fiery red planet known to give courage and determination will enter your sign on the 16th and there it will stay until the 23rd February. You are poised to make some important changes in all areas of your life. If there is something that you want to achieve then do it now, while you have Mars on your side.

### **Pisces - (Feb. 20-Mar. 20)**

A wonderful start to the year with Jupiter still in Pisces. Don't take no for an answer, especially from yourself!

You will be as successful as you feel so now is the time to be bold and expect good things to happen.



## Wills - why use a solicitor?

Currently, will writing is an unregulated industry in England. This means that you may be charged a fee for the preparation of a Will regardless of training, supervision, insurance and qualifications.

So, what are the advantages of instructing a firm of solicitors and what key things should you look out for?

All firms of solicitors are required to be registered and regulated by the Solicitors Regulatory Authority ("SRA"). Regulation means that solicitor firms must abide by a Code of Conduct which should ensure that they provide a high level of care to their clients. Solicitor's firms must provide advisors who are properly trained to offer the specific legal advice requested. They must also have appropriate insurance in place for the work that they are carrying out. Should any problems arise, you will have reassurance that the SRA will be able to help you.

Solicitors are required to be upfront and clear about costs. There should not be any hidden surprises along the way. When contacting a firm of solicitors, we recommend that you should always ask for details of cost in advance.

You would advise you to ensure your solicitor is a specialist in Private Client law – not all solicitors prepare Wills regularly. Look out for specialist qualifications such as membership with the Society of Trust and Estate Practitioners (STEP) and members of the Chartered Institute of Taxation (CTA). When arranging an appointment, don't be afraid to ask about the experience of the individual you will be seeing and for details of their supervisor, if appropriate.

Flaws in your Will may only come to light when you are not here to correct the problem. For peace of mind, we would advise you to always check:

- \* the experience and qualifications of your advisor
- \* whether they are regulated by a professional body
- \* what insurance they hold
- \* that you receive a clear estimate of charges in advance

Solicitors not only provide legal advice on individual, family and financial situations, but they are also equipped to provide advice on other issues such as powers of attorney, creation of trusts and care home fee assessments that may arise whilst discussing your Will.

For further details, please do not hesitate to contact Leanne Labrom or Caroline Hepworth on 01482 325242.

**Andrew Jackson  
Solicitors**

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## Numerator

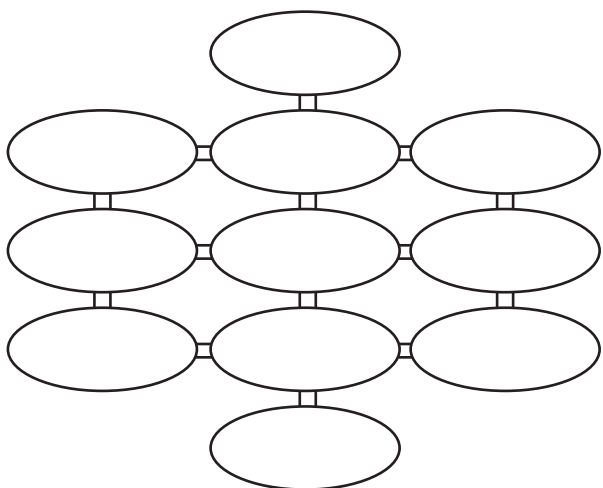
Each oval contains a different number 1-11. Follow the clues to find the correct location of each number in the Numerator diagram.

**Note:** 'Left' or 'Right' is from your point of view and means any location above the same horizontal line.

'Above' or 'Below' means any location along the same vertical line.

### Clues:

- Number 9 is below 5 and left of 6.
- Number 1 is below 4 and right of 3.
- Number 8 is below 10 and right of 2.
- Number 6 is above 7 and left of 11.
- Number 2 is left of 4.



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**Here is the latest article from Chris who will be reporting monthly with news and tips from the world of fishing**

**H**ello and welcome anglers to this month fishing news. We hope you all had a good Christmas and are looking forward to a prosperous new year.

Well, what about all that snow then? Bet none of you will miss it, I know for certain I won't! What good is frozen lakes and canals to any coarse angler? To make matters worse all the coastal roads were blocked with snow, making the sea fishing no good as well. So let us hope for decent temperatures coming our way in the not too distant future!

Enough moaning, what can we discuss this month? How about a few tips that all you coarse anglers could use, and should use in the lakes and canals for the next couple of months.

**The most versatile bait there is, is of course bread.**

**Bread crumb:** bread crumb is a great bait for Roach, Dace, Bleak and skimmers etc, but you must prepare it carefully. Even when the bait is correct do not over feed the fish as they will soon become full in these colder months.

For roach and similar fish ensure you remove the crust of your sliced bread. Tear the remaining slices into quarters, place in a food processor and blitz. Check that your bread is very fine and light. Then add water to your crumb a little at a time. Remember you can always add more, but you cannot take it out.

When you are happy with your mix, it is time to sieve it. This is important for two reasons: **1**, it will allow air into your mix, and this in turn stops the mix from clogging together. **2**, it will enable you to remove any large lumps that will easily fill up the fish. Always remember to take an atomiser with you to the bank just to dampen down the mix if it happens to dry out a little.

#### **Punch, Flake and Paste**

**Hook baits:** there are three main baits for your hook. These are punch, flake and paste.

**Punch** is relatively easy, you will need an assortment of punches of differing sizes, and your slices of bread. Keep your slices of bread in separate plastic bags to prevent them from drying out. Take a slice of bread, press your chosen punch into your bread. Using a fine wire hook (ideally sizes between 18 -22) tease the hook point into the slit on the side of the punch until it hooks the bread.

**Flake** is used for targeting the larger fish usually. For this method you tear out of an uncut loaf a piece of bread, about the size of an egg yolk. Use a hook size 8 or 10 for this bait, you should be looking at catching species like Chub, Bream and large Roach with this method.

**Paste** is easy to make. Use some of your bread crumb and add an egg, plus whichever flavouring you wish to use, (blue cheese can be brilliant), and a food dye if you wish. Then just knead the mix until a soft dough is formed. It needs to be soft, but it also should be able to stay on your hook during a cast.

On the sea scene, the Daiwa competition was won with a 7lb Cod caught at Easington.

We are going to continue with our Christmas offers for you throughout January, and we have many reduced items in store. The Air Rifle, Pistols and Accessories room is now open with some great offers. Pop in have a coffee and a browse.

Once again we wish you all a Happy New Year, and **"tight lines"** from the Catchmoore crew.

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## Pub Walks in the East Riding for 2011

East Riding of Yorkshire Council's Sport and Play Development Service is planning another series of Pub Walks for 2011. All the walks start at 10.30 am and participants should wear suitable clothing and footwear and bring waterproofs.

The first walk sets off from The White Horse, in Hutton Cranswick, on Friday 7th January and should take approximately two hours, covering four-and-a-half miles.

The next walk commences from The Crown and Anchor, Tickton, on Friday 21st January and covers a distance of five-and-a-half miles. The walk is expected to last about two hours and 30 minutes.

There will be a five-and-a-half mile walk from The Half Moon, in Skidby, on Friday 4th February. It is estimated that this walk will take about two hours and 30 minutes to complete.

The George and Dragon, Alborough, will be the starting point for a three-and-a-half mile walk on Friday 18th February and will take about 90 minutes.

In March there will be five-and-a-half mile walk from The Tiger Inn, Beverley, on Friday 4th March, and six-and-a-half mile walk from The Fleece Inn, in Bishop Wilton on Friday 18th March.

There will be two walks in April, the first from The Triton, Sledmere, meeting at Sir Tatton Syke's Monument, on Friday 1st April and the second from The Victoria, Hornsea, on Friday 15th April.

Neither East Riding of Yorkshire Council nor the organisers of the walks condone drink driving. If you wish to have a drink after the walk please arrange a designated driver or make alternative transport arrangements.

For further details, please contact Brian Bate, community sports coach for outdoor pursuits, on 07899 994830 or email [brian.bate@eastriding.gov.uk](mailto:brian.bate@eastriding.gov.uk)

Alternatively, visit [www.eastriding.gov.uk/events](http://www.eastriding.gov.uk/events) to view all the walks available.

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**Here is Paul's latest walk in his series of monthly rambles. This month his destination is Tickton**

**Maps:- EXPLORER 293 & 295**

**Start at GR. 057418 On road between Tickton and Hull Bridge near The Crown & Anchor.**

**Distance 5.0 Miles.**

Walk towards the Crown & Anchor and cross the river Hull by way of the foot bridge, turn right and cross a stile to walk on the bank of the river Hull with the river to the right, pass under the road bridge and continue along the river bank. Cross a further two stiles. When the beck on the left bears off to the left, continue until the junction with Arram Beck, on reaching this point, cross a stile on the right to gain access to a foot bridge and then cross a further stile on leaving the foot bridge

and turn right to cross a further stile and then continue walking with the river Hull on the right.

When the river turns sharp right, leave the river bank walking with the Beverley & Barmston Drain on the left. After a short distance pass through a metal gate (well marked with an Owl Box on a post) and continue to a concrete constructed bridge, cross this bridge passing through a metal gate and then turn left and follow the farm track heading for White House Farm, cross over a bridge and then pass through the farm and emerge on a tarmac road, turn left and follow the road to Lodge Farm. At this point the road becomes a rough gravel road and turns left. Follow this road as it turns right and passes Arram Grange Farm, keep all farm buildings to the left and, on passing the last large barn, enter an enclosed farm track and follow this down to cross a bridge over Arram Beck and then turn right and walk with Arram Beck on the right.

Continue on this line until reaching the raised embankment of the River Hull, ascend onto the embankment and then head back towards Hull Bridge after crossing a stile. Pass under the road bridge and cross the stile and footbridge over the river Hull leading back to the cars.

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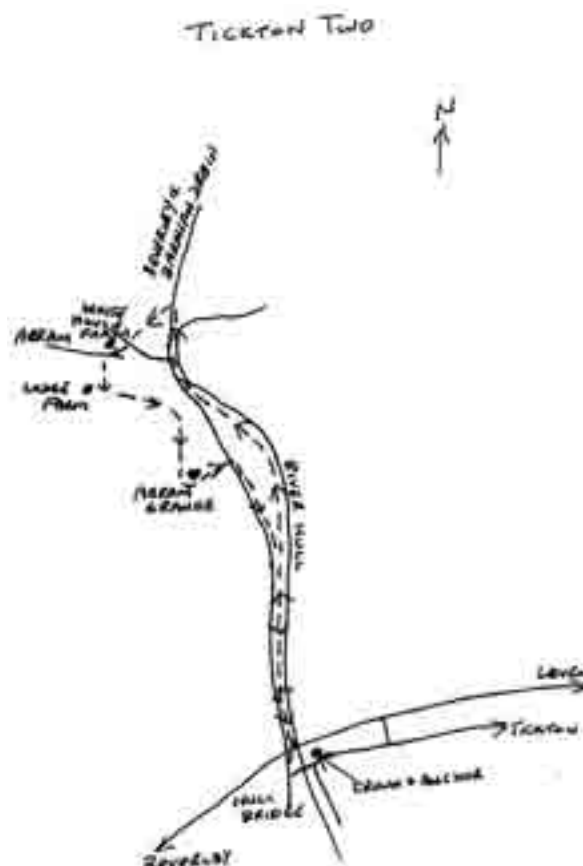
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## Hallgate Schools - continued

### The Year 1926

by Peter Railton (Author and Local Historian)

On the 29th of January a tea was given by the Cottingham branch of the British Legion to the children of ex-servicemen - it was the boys' turn this time.

On the 12th of February an H.M.I., Mr. Cheshire visited the department and stayed all day in various classes. He -

"expressed himself very pleased and satisfied with the progress and tone of the school, the happy and efficient manner in which the classes were managed by the teachers and the marked keenness and ability of the scholars".

### Four Girl Students begin Continuous Training

Four girl students from the Training College began a week's continuous teaching on the 22nd of March in Miss Steel's St. I class and in Miss Youngson's St. II class. Mr. Brookes records that they presented the school with a 'Book of Songs' in appreciation of the help and interest shown to them by the whole staff.

A Junior choir entered for the Hull Music Festival in June but the result is not recorded; various members of staff were allowed time off during the day to visit the Festival in turn. The usual Sunday School Feasts arrived with the customary closing of the schools to allow children to attend.

### Open Air Stalls and Folk Dancing

The Open Air Stall and Folk Dance demonstration was repeated again that year and was staged in the grounds of Elmfield House on the afternoon of 22nd of July. Garden produce was for sale, plus ice cream, coconuts, teas and light refreshments, buns, cakes etc. It was organised by some of the teachers assisted by friends and parents and was very well attended; at 5.30 a cricket match was played between boys from Hallgate and Anlaby - the Head was obviously delighted to record a win by Cottingham by 64 runs to 18, Councillor Mrs. Alice Holtby bowled, the first ball.

More entertainment followed in the evening - choirs sang, boys marched and drilled, sword dances and folk dances were performed and Mr. Brookes thanked everyone present for their help and enthusiasm, congratulated all the boys and announced that £20 had been raised for school funds on 'that enjoyable and successful day' - and it did not rain.

### Three Boys gain Scholarships

Three boys gained scholarships that year - R. Leonard Brookes, (the Head's son) to Eymers, Stanley Woolack to Beverley Grammar and Harry Lawson to Trinity House Navigation School. Miss Fanny Youngson retired from the school at the end of July after 33 years service and was presented with the sum of £6.7s.6d. "a gift from the Staff and Friends." She lived in Finkle Street, while some teachers travelled in from Beverley and Hull and Miss Steel came from Scarborough each day.

Some staff movements were recorded - Miss Rhoda Wright (Rhowy to her friends), began temporary duties in September, replacing a teacher who had left to another school - she went to the girls' school in October when a Miss Myra Sheppard joined on a temporary basis, to be replaced by Miss Ethel King taking charge of St. III.

*Continued on page 35*



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

## Unsung Hero's

I recently read an article in a national newspaper about how marvellous our postmen are. It praised them for being out in all weathers, struggling through snow, slipping on ice and generally being good citizens. Now I agree wholeheartedly that our postmen do a great job but there are all sorts of other people out there having a far worse time.

Anyone who cares for large outdoor type animals have been having the worst time ever with this big freeze. I, for one, would far rather carry a few letters than the endless 5 gallon drums filled with water, which has become the norm just now. They are very heavy and horribly awkward to handle and carry. Simply keeping water flowing from precious taps has become a full time job.

I have been hearing from friends who have had to resort



to filling containers in their baths and kitchen sinks! Their carpets have had a serious time of overuse! In this case it is in order to get water to their beloved horses.

The reality of looking after horses, cattle, sheep etc is made extremely difficult when the temperatures drop to the extent they have and are doing now. All these animals totally rely on their owners, carers and keepers getting out to them twice a day with not just water. They need a constant supply of forage in the form of hay, haylage or oat straw. They need hard feed with all the necessary high levels of protein and vitamins in order for them to cope with the conditions they find themselves living in and with.

Snow is one thing but ice is another. I have had to watch my horses struggle with bruised soles on their feet because the rough ground is simply so hard.

They have no grip on ice and stand the risk of falling or doing the splits. That is the case with us too.....with much hilarity at times I might add!

As this is the second winter in a row where snow, significant ice and bitter temperatures have taken hold, I guess we should all get our heads round the fact that "Global Warming" is now a reality here in the UK. Our winters are set to get worse and our summers are set to get dry (like last year). How we farm our land and care for our large animals will have to make allowances for these changes. Deep joy!

As far as earning a living from training horses goes, it all virtually stops in the freeze. Income plummets but expenditure rises. My wish is for a lottery win so that I can build a large indoor school....and have access to an unlimited supply of hay!

The nice thing about such extreme conditions is that people tend to help each other more.

I, for one, am really grateful to my staff for working so hard, my landlord George for lending me a four-wheel drive digger so that I was able to get bales out to my fields and my next door neighbour farmer Paul, for helping to keep my yards filled with straw and hay when I had no other way to get them in.

The upside of snow is the joy it brings to children and dogs! My dog Lucy has had a paradise of fun out in the fields.

***Happy New year everyone!***

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*Continued from page 33*

Mr. Percy Hobson, who had been closely connected to the school for over 40 years, died in November. He was very popular with the staff and always took a keen interest in the schools. A wreath was subscribed to by staff and pupils and representatives attended the service held in St. Mary's Church.

A pupil, Jack Kenneth Couzen, fell and broke his arm in the playground and Mr. Brookes did the best for him and took him home to Exeter Street, where Dr. Sissons attended him as soon as he could. Miss Elizabeth Hardy joined the staff on the 1st of December. She lived in Southwood Road and remained in the boys' school for many years until her retirement; even then she taught part-time at Bacon Garth School for a few years. She was a devoted St. John Ambulance worker and was always present at parades, the New Theatre, football matches etc. On the

10th of December Miss Youngson died - she had been suffering from heart trouble for some time.

### School Open to the Public and Parents

On the 16th of December the school was -

"Thrown open to the public of Cottingham in order that the scholars may be seen at work. So far, twenty six parents have visited the premises."

On the 20th and 21st the Staff gave a tea for all the boys. All departments were becoming more accessible to parents. Miss Sowerby, who took over as Head of the infants' department the previous year records that -

"As the nursery class is now fully established, I invited mothers to come to school to see their children at work and play. Mothers came, six at a time, and saw the new nursery equipment and their children happily enjoying using it. I explained the purpose of the nursery class over a cup of tea and the mothers discussed it fully. I hope to invite fathers to see the nursery later."

To what extent this incorporated the little folding beds on which the children had a sleep every afternoon, the large wooden engine and the big rocking horse, sand pit, various games and toys etc. is not recorded. Perhaps there was a gradual introduction of these things as time went on.

In the girls' school, a belated Christmas party and dance was held in King Street Rooms on Friday the 5th of February for girls of St. IV and upwards, plus those who had recently left school. Over 200 attended 'a very enjoyable occasion. On the following Tuesday the pupils of Sts. I, II and III had their party. Evidently Christmas parties out of season lost none of their magic and pleasure.

Visits to Hull to see travel films took place. "The Epic of Everest" and "India" were shown in the Royal Institute down Albion Street - this complex of buildings was destroyed by bombing during the second world war.

### Hull Training College Students take over teaching

Turing the last week in March students from Hull Training College took over the teaching in Sts. I, II and III completely but with the class teachers in attendance and the College 'Mistress of Method' spending time in each class observing her students and how they coped with the children.

Mrs. Holtby is recorded as going into the school during the same week - a County Councillor, she was interested in seeing the students and the general work of the classes 'and expressed herself satisfied and pleased with the visit.' The H.M.I. Mr. Cheshire moved across the yard and observed lessons after the Easter holidays and was satisfied with the work being done.

*continued on page thirty six*

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## Walking Stick and Shepherds Crook Making Courses for 2011 to be held at the Longcroft School, Beverley

**E**ast Riding of Yorkshire Council is again holding its popular walking stick and shepherds crook making course.

Brian Bate, community sports coach for outdoor activities, has been making walking sticks and shepherds crooks, in Leicestershire, for many years prior to moving to the East Riding and is offering to teach this craft to the residents of the area.

Crooks and sticks will be made from traditional materials, with handles made from antler or a selection of hard woods and the shanks made from Hazel or Blackthorn.

Participants will be taught techniques such as carving the handles, shank straightening and joining methods. All tools and materials will be supplied.

The courses will be held at Longcroft School, in Beverley, on January 29th, February 26th, May 21st, July 23rd, September 17th and November 19th.

Booking is essential and courses are priced at £50 per person.

For further details about the course, contact Brian on 07899994830 or email [Brian.Bate@eastriding.gov.uk](mailto:Brian.Bate@eastriding.gov.uk) or alternatively visit [www.eastriding.gov.uk/events](http://www.eastriding.gov.uk/events)

*Hallgate Schools - continued from page 35*

H.M.I 's no longer conducted exams as in the school board days - his role gradually became that of an advisor and observer to the Heads and staff.

### General Strike

There were echoes of the General Strike of that year when the cookery lesson due to be held on Friday May the 10th were cancelled because the trains were not running between Beverley and Hull that morning - just how teachers living in Beverley and beyond got to school is not recorded - services were disrupted and volunteers and 'blacklegs' manned many trains and buses throughout the country and services could, stop and start with bewildering frequency. Some teachers living in the Hull area came in on bicycles - those the lived in Cottingham were the fortunate ones.

A lady from Drifffield Clinic visited the school in June and gave a talk on "The Care of the Baby" and invited the older pupils to Drifffield to see the nurses examining and weighing babies, which proved to be a very popular outing later on. Seven girls were successful in scholarship exams and the three highest scorers were Cottingham pupils. Also that month Peggy Fisher and Kathy McFarlane each won a prize of £11.13s.4d in an essay competition organised by Fyffes Ltd. the banana company; this was a good result as the competition was open to all schools in Yorkshire and Lincolnshire. Kathy gave her prize money to her mother who was a widow - no doubt very welcome and a kind gesture. The three other girls on the photo won cameras in another competition.

*The photograph below shows Kathy McFarlane front right.*



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THE “ITALIAN” SECTION

Lasagne al Forno finished in a creamy tomato sauce, served with warm crunchy bread	£8.95
Spinach & Ricotta Tortelloni (V) with vine tomatoes & fresh basil	£9.50
Curried Spiced Risotto of Roast Squash (V) with toasted pumpkin seeds & onion pakora	£9.25
Ribbons of Fresh Egg Pasta (V) broccoli, fine bean & sugar peas, marscapone, herb cream, parmesan & garlic toasts	£10.25
Pan-Fried Breast of Corn Fed Chicken with a Tuscan bean casserole, Haricot vert & wild sage broth	£12.95
Linguine served with pan fried tiger prawns, garlic, sundried tomatoes, parmesan & cream sauce	£11.95

Roast Joint of the Day with all the trimmings	£11.95
Indonesian King Prawn Curry coconut & green bean salad, steamed fragrant rice flatbreads & pickles	£13.95
The “Mill” Fish Pie Wensleydale potato crust, buttered seasonal greens, & Chantenay carrots	£11.95
Posh Fish & Chips crispy deep fried Humberside haddock in Sarsons malt vinegar batter, proper chips, lemon, minted mushy peas & homemade tartare sauce	£10.95

Fish Cakes of Codling, Haddock & Smoked Salmon with creamed greens & poached egg	£10.50
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The “Mills” Hamburger with dill pickle & club sauce served with French fries & garnish	£10.95
“Bangers & Mash” wild boar & apple bangers with bubble n squeak, red wine & thyme gravy & paprika French fried onions	£11.95

Our version of Steak & Mushroom Pie traditional recipe topped with short crust pastry, honey roasted vegetables, chunky chips & bloody Mary ketchup	£11.95
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Seasonal Vegetable “Hot Pot” (V) topped with crispy potato & herb crust	£10.25
--	--------

Crispy Confit of Lunsdale Duck served Cantonese style with steamed pancakes, spring onions, cucumber & Hoï Sin dip	£12.95
--	--------

DAILY BLACKBOARD SPECIALITIES AVAILABLE  
please ask a member of our team for details

Children’s MENU ALSO AVAILABLE.



SIDE ORDERS

The “Mills” fat hand cut chips with Bloody Mary Ketchup	£2.65
Buttered Seasonal vegetables	£2.75
Watercress, rocket & parmesan salad	£2.50
Creamy mashed potato	£2.45
Seasonal mixed salad	£2.50
Golden fried zucchini	£2.50
Oriental vegetables	£2.85

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Please ask a member of our team for the menu  
Please note set menu changes monthly

COFFEE & TEA

Freshly Ground Coffee, fresh cream & Millhouse chocolate truffle	£2.05
Espresso	£2.05
Cappuccino	£2.05
Caffè Latte	£2.05
Espresso Caffè Macchiato	£1.65
Caffè Mocha	£2.65
Americano	£2.05
Pot of Tea for 1	£1.85
Pot of Tea for 2	£2.65

LITTLE NOTES

Please note that all our food is freshly prepared to order, this may result  
in a slight delay at busy periods. We will endeavour to keep this at a  
minimum.

From time to time certain dishes or ingredients are restricted due to market  
availability.

Some dishes may contain nuts and other derivatives, please enquire if you  
have any allergies.

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# Cottingham Little Theatre

## 90th Anniversary Production - "A Christmas Carol"

*Another Christmas come and gone and we hope you all had a good time.  
We would like to take this opportunity to wish everyone a Happy,  
Healthy and Prosperous New Year.*

### 90TH ANNIVERSARY PRODUCTION – "A CHRISTMAS CAROL" by Charles Dickens

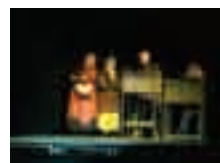
**WOW!!** Our 90th Anniversary Production of "A Christmas Carol" certainly seemed to go down well with our audiences. We sold every ticket for all four performances, although the weather caused a handful of cancellations on Friday evening. To our delight, all the comments we have received so far have been very complimentary.

Nevertheless, the refreshments at the end of the show were very well received and the vast majority of the audiences stayed to enjoy the atmosphere. All in all a fitting celebration and one which we are sure would have pleased our founders.

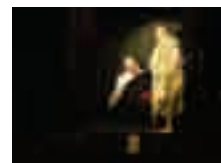
The whole cast (33 in total, of whom 16 were making their debut performances) rose to the occasion, but the star turn had to be Scrooge himself (Brian Hossack) who was barely off stage for the whole performance. However, we must also make special mention of the children, Ellie, Josh, Sam, Charlie, Holly and Melanie, all of whom were making their debut performances for CLT. Their acting performances were nothing short of excellent. For the whole cast the icing on the cake was the standing ovations they deservedly received at the end of the shows, but they will be the first to recognise that they are only one part of a successful team which includes the Director, the backstage crew and the front of house team.



*The Cast*



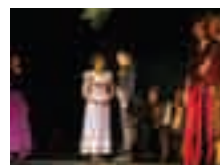
*Scrooge's Office*



*Ghost of Jacob Marley*



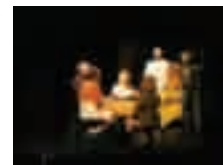
*Ghost of Christmas Past*



*Fezziwig's Party*



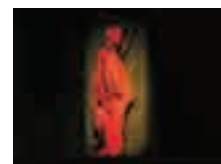
*Ghost of Christmas Present*



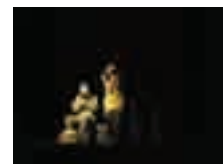
*Cratchit Family Christmas Dinner*



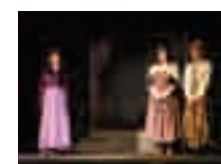
*Fred's Party*



*Ghost of Christmas Yet to Come*



*Old Joe & Charlady*



*Transition Chorus*

Directing a CLT performance for the first time, Rachel Miller, ably assisted by Adele Williams, brought out the best of the actors and showed them exactly how she wanted them to portray their characters.



*The Director and Assistant Director*

Believe it or not, the set, designed and constructed by Gerry, took weeks to build so that you, the audiences, wouldn't notice it. How successful was that?

Then it was up to Mike and Jamie, our lighting crew, to set the scene changes by illuminating the cast members whenever it was their turn to be in the spotlight. This very clever use of the lighting, plus the transition chorus, made the whole production move seamlessly from one scene to another.

The sound effects provided by Andy and Chris were a delight and added tremendously to the atmosphere. How many of you noticed the crows "cawing" when the grave-diggers delivered Scrooge's tombstone? Or the birds singing when Scrooge woke up on Christmas morning?

Finally, the costumes which Jean obtained, by one means or another during the summer and autumn months, dressed the cast in appropriate clothing for the era and were the last piece in the jigsaw to complete the picture.



And it was up to the front of house team to make sure that everyone was welcomed, seated, fed and "watered".



*The Front of House Team*

### Next Production - May 2011

Our next production sees a return to comedy and will be "Noises Off" by Michael Frayn. It will be directed by Adele Williams – her debut as a Director. Performances will be held on Thursday 5, Friday 6 and Saturday 7 May, 2011 at 7.30pm in the Darby & Joan Hall in Cottingham.

Auditions were held on Sunday 12 December and the cast has now been chosen. Rehearsals will start in February. Watch this space for up-to-date information.

### Play Readings

Our February play reading evening will be held on Monday 7 February 2011, starting at 7.30 pm, in our usual venue, the Old Brewery Bar of the King Billy Inn, Hallgate, Cottingham. We are always pleased to welcome new guests to these Open Sessions either to take part or just to listen or to find out more about us. For more information give Margaret a ring on 01482 846796.

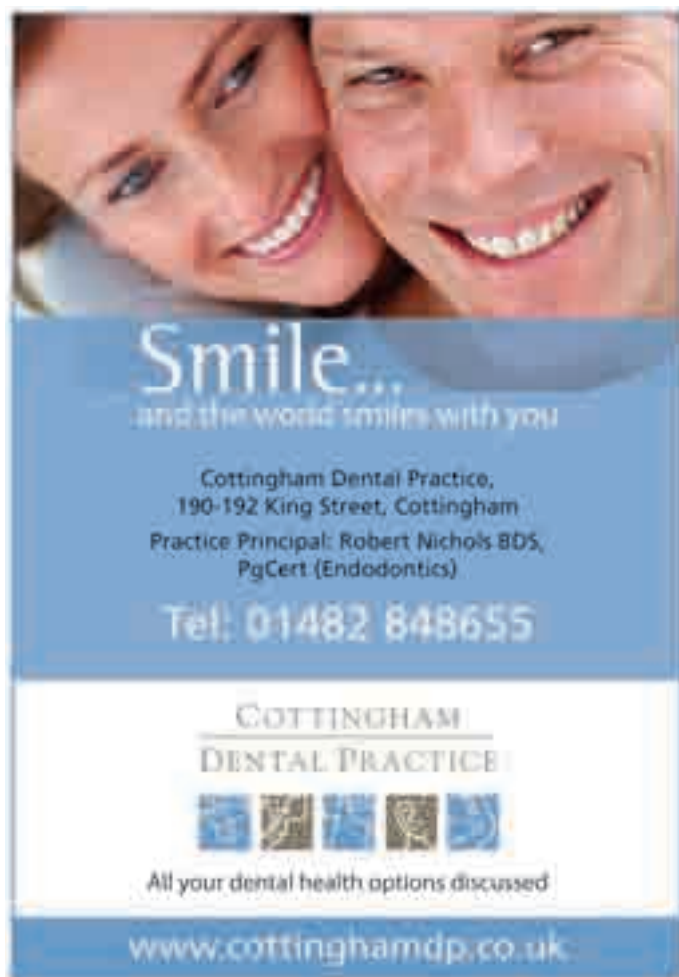
### New Members and Friends

If you fancy joining us, either as a Member or as a Friend, and would like to help us as we move towards our 100th Anniversary, please have a look at our website [www.cottinghamlittletheatre.co.uk](http://www.cottinghamlittletheatre.co.uk) where you can find out lots more about us. Or e-mail us at [clt1920@hotmail.co.uk](mailto:clt1920@hotmail.co.uk) or you can contact our Secretary, Val, on Tel. No. 01482 440588.

**Act, Direct, Produce, Stage Manage,  
Do Lighting, Do Sound Effects,  
Do Props, Do Costumes, Prompt,  
Be Front of House, Make Refreshments, Be A Gofa**

## Strictly Men Only!

Calling all men, Dove House Hospice needs you! The hospice is holding a new event in the New Year called 'Strictly Learn to Dance', supported by Fitness First and Batton-Bettison & Cooper School of Dance, where 10 couples have the opportunity to not



### Below: Answer to Sudoku problem No. 48 from the December issue.

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

only learn to dance, but also to perform their dances in front of friends and families at a live show to be held in March at The Royal Hotel.

We have successfully filled the 10 female places, but still need a further 6 men to partner them. Fundraiser, Maya Richardson said "We could have filled another 20 female places, we had so much interest, but the men have proved less forthcoming. We have four men signed up already ranging from 26 to 52 which is great. We're asking all men to get in touch who fancy learning to dance, wives to persuade their husbands and work colleagues to coerce the men in the office".

Training for the live show starts on Sunday 16th January and will last for nine weeks. Training is only two hours a week but does ask for commitment. If this is something you would like to get involved with, please get in touch on 01482 785743 or email [fundraising@dovehouse.org.uk](mailto:fundraising@dovehouse.org.uk). Registration forms can be downloaded at [www.dovehouse.org.uk](http://www.dovehouse.org.uk).

If you would like any further information on this event, please see our website or contact Fundraising on 01482 785743.

For further information on this or any other Dove House Hospice event please do not hesitate to contact the fundraising department on 01482 785743 or email [fundraising@dovehouse.org.uk](mailto:fundraising@dovehouse.org.uk).

## New Credit Card Scam

Credit card holders are being warned about a telephone scam which East Riding of Yorkshire Council's trading standards service has been made aware of.

The caller claims, falsely, to be from Visa or MasterCard, in order to get the 3 digit security number on the back of credit cards.

The scam can be very convincing. The caller says they are from the security and fraud department of Visa or MasterCard, calling about an unusual purchase pattern.

The caller then asks if the victim has bought an anti-telemarketing device for £497.99, from a company in London.

Clearly this is a bogus transaction and the caller offers to credit the victim's account. Worryingly, the caller already knows the victim's address and asks them to confirm it. Finally and most importantly, the caller asks the victim for the three digit security number on the back of their card.

This scam involves the person who receives the call saying very little. The caller already has their name, address, telephone number and card number, the only piece of information they want is the security number on the back of the card.

Those who give their security number find the £497.99 has been taken from their account within minutes of the scam telephone call taking place.

Colin Briggs, the council's trading standards service manager said: "By understanding how this telephone scam works, residents will be better placed to protect themselves.

"Anyone who receives a call from someone claiming to be from Visa or MasterCard and asking for the security number on the back of their credit card, should refuse to give it and call Visa or MasterCard to report the incident immediately."

Advice to anyone who receives a call about their credit card is:

- Ask the caller for their name and ID then use the telephone number on the back of the card, to contact the credit card company and check the information is correct.
- Never give unsolicited callers any personal or financial information.
- New scams are invented everyday so be cautious
- If a bogus caller has the credit card security number for any cards call the credit card company and inform the police.

Councillor Jane Evison, portfolio holder for public protection, said: "We urge consumers to protect themselves against scams of all kinds but it is especially important that they protect their bank and credit card details."

Anyone who requires general consumer advice can contact Consumer Direct on 08454 040506.



## Weight Management Sessions at Haltemprice Leisure Centre

**H**altemprice Leisure Centre will be running another series of weight management sessions starting in January 2011.

The sessions are aimed at people who would not normally use a leisure centre, but want to start taking regular exercise and learn about healthy eating and leading a healthier lifestyle.

Unlike most weight management groups, Haltemprice encourages exercise and has the facilities to provide weekly sessions. Healthy lifestyle advice is given each week to increase participant knowledge along with a weekly weigh-in.

The Monday morning session, from 10.15am to 12 noon, is followed by a fitness session. If you attend the evening session, from 7.15pm to 8pm, you will be given the option of sessions to take part in.

The six-week course is priced at £8.40. Fee must be paid on the first session.

Carol Hill took part in the course run from October to November and said: It has worked for me, at week two it clicked for me and I began taking more notice of what I was eating and my portions sizes.

"The course has also given me the fitness bug and I now swim twice a week going from 20 lengths to 50 each session. I walk my dog for forty minutes everyday and I've even invested in a Wii Fit. I plan to start trying some of the fitness classes in the New Year."

For more information about the weight management course or any other activity taking part at the centre, contact reception on (01482) 652501 or visit [www.haltempriceleisurecentre.co.uk](http://www.haltempriceleisurecentre.co.uk).

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

**T**raditional 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.

## Problems and Diseases commonly treated by TCM

### Dermatological:

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



### Muscular, Neurological, Skeletal and Vascular:

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

### Internal:

High Blood Pressure, Palpitation, Obeseness, Asthma, Bronchitis, Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Cold, Flu etc.

### Men's Problems:

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

### Women's Problems:

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

### Ears, Eyes, Nose and Throat:

Otitis, Tinnitus, Sore Throat, Hay Fever, Pharyngitis, Rhinitis, Sinusitis, etc.

### Cancer and Tumour:

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

### Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

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

*Herbgarden have been situated in Butcher Row, Beverley, for the past six 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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## Report of the meeting of the East Yorkshire Association of the National Trust

An Illustrated Talk by Geoff Bell on "A Walk round Cottingham". Before showing the slides Geoff gave us a quick history of Cottingham, the largest village in England (Homestead of Cotta's People). One of the few places in this part of the world to have a higher value at Domesday than in 1066. At a Poll Tax in 1377, 767 adults were recorded, a population of roughly 1,500 being the third largest in the East Riding after Hull and Beverley. In 1199 it was granted a Market and in 1200 a Fair (about 70 years before Hull). In the 14thC Joan Wake (The Fair Maid) was Lord of the Manor of Cottingham. In the 1901 Census the population was 3,571, and today about 18,500. The main occupation in the village was market gardening to provide fresh produce for Hull.

The illustrations began with one of the colourful village signs to be seen on the approach roads. Then St. Mary's Church, as it was in the 19thC with a Royal Arms clearly displayed, and the walk continued down Hallgate. Since "gate" is street, this is the street leading to the Hall - the Manor House.

Fortunately Mr Tadman, the Postmaster around 1900 produced many postcards of the village, which Geoff used to show us how the village has changed over the past century. In the 18thC Hull merchants began building their houses in Cottingham. The Wilson family built Park House, and The Bungalow, others built Thwaite Hall, Needler Hall, Holtby House, Cottingham Grange, Westfield House and Cottingham Hall. Many were bought by the University for student accommodation, but some have now been redeveloped. In the 19thC Mr Thompson developed plots each with a cottage and enough land for a family to be self sufficient. Originally called "Paupers Gardens" the name was later changed to New Village.

Until recently some of the original cottages could still be seen. Further down Hallgate is the West Green, shown at one time displaying two guns from the South African War. This Green has the "Blue Bell" Inn on one side and Westfield House on the other. Westfield House became the Westfield Club, and then a pub. Originally called the "Nickelodeon", protests had it successfully re-named "The Fair Maid" so she could be re-united with her husband "The Black Prince" just down the road. The village had two mills, North Mill and Snuff Mill. Geoff was thanked for giving us an entertaining and instructive talk on the village superbly illustrated with photographs covering a century of its history.

## Could You be a Role Model?

In conjunction with Chance UK, Children and Family Action are looking to recruit volunteers for their mentoring scheme.

Working with children aged 5-11 who are at risk of developing anti-social or criminal offending behaviour in later life, volunteers must have a genuine interest in mentoring children. No experience is necessary as full training is given.

With your help we aim to introduce more stability into the children's lives; to reduce the isolation that they and their families may be experiencing; to directly address the difficulties experienced by each child and to engender in them a sense of self worth.

If you would like more information on the scheme or to express an interest in becoming a volunteer mentor, please contact the volunteer mentor co-ordinator Kirsty Clark on 01964 615340 or [kclark@family-action.org.uk](mailto:kclark@family-action.org.uk).

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## Swanland Screen to show "Patch Adams" at the Swanland Village Hall on Saturday 15th January

Swanland Screen would like to wish everyone a Happy New Year and hope that we can make you even happier on Saturday 15th January, when we are showing the comedy film, based on the true life of "Patch Adams" starring Robin Williams.

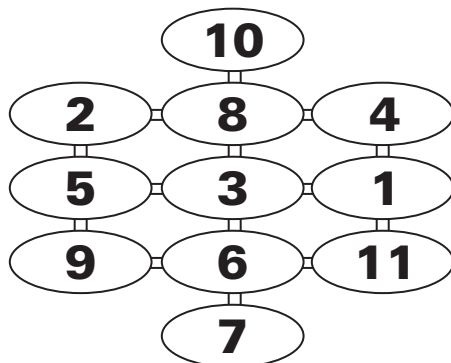
The film starts at 7.30 pm at Swanland Village Hall and tickets cost £3.50 - available on the door or by contacting Yvonne on (01482 634863) or Ian on (01482 632800).



**Weekly Classes held at:**  
 Darby & Joan Hall, Finkle Street,  
 Cottingham  
 Monday 5.30 pm and 7.30 pm  
 and all Bank Holidays  
 Also at: Sutton Park, Hull  
 Tuesday at 9.45 am

*For Membership details Ring Theresa on 823032*

### Numerator Solution from page 29



### Crossword Solution from page 14

1	M	E	A	S	U	R	E		5	A	W	A	R	E	7
	I		D		N		D			N		M		S	
8	M	O	V	E	D			9	I	G	N	E	O	U	S
	I		A		E		B			O		U		E	
10	C	E	N	T	R	A	L			11	Y	E	A	R	N
			C				E			E					C
12	P	R	E	P	A	Y			14	A	D	V	I	C	E
	O				W			16	A				N		
17	S	P	E	A	K			19	C	R	O	S	S	E	D
	S		N		W		C			M		T		E	
22	E	N	S	N	A	R	E			23	E	X	A	C	T
	S		U		R		N			G		N		E	
24	S	P	E	E	D			25	T	R	A	C	T	O	R



Year after year we make resolutions to exercise regularly, eat well, and give up smoking and other bad habits. Following such basic rules can cut heart disease risk by 80 percent, diabetes risk by 90 percent and cancer risk by 50 percent, according to Health Studies. But most of us fail to keep our promises to ourselves.

**Wear a pedometer.** New research suggests that routinely wearing a pedometer encourages people to walk about an extra mile each day, lose weight, and lower their blood pressure. Aim for at least 30 minutes of brisk walking and a total of 10,000 steps per day.

**Don't forget strength training:** involving both the upper and lower body. Too many people neglect resistance exercise, particularly women for whom it's crucial for preventing muscle and bone loss with age.

**Eat at least two fish meals per week:** The evidence is strong that the oils in darker types of fish, such as salmon, tuna, mackerel and herring, are beneficial for the heart and brain and may even lower risk of cancer.

**Drink water:** No matter where you are, water should always be the first thing you reach for when you're thirsty. Water truly is essential.

**Sleep Eight hours a night:** A number of recent studies have confirmed that you really do need at least eight hours a night. Among the many benefits: Adequate sleep makes you feel better, decreases risk for cardiovascular disease and boosts memory.

**Keep sugar and caffeine to a minimum:** It's hard to believe, but decreasing sugar actually increases people's energy, by minimizing the highs and lows that sweet foods triggers. Different people react differently to caffeine, but most of us are probably overstimulated already.

**Consider acupuncture and massage:** as valid therapies for chronic problems, such as back pain or as a preventative measure.

**Don't focus on dieting:** Focus on eating healthy. If you're hungry, you're more likely to overeat, especially in the evening. Instead, of sacrificing all day and gorging later, it's better to eat enough during the day to avoid hunger pangs and uncontrolled eating at night. Eat every four hours or so.

**Feel good factor:** Do not forget to pamper yourself once in a while, with either a massage, having a facial or having your nails manicured (men as well). Acupuncture is also a beneficial method to stay healthy.

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