

Cottingham Times

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Issue 122 - January 2012

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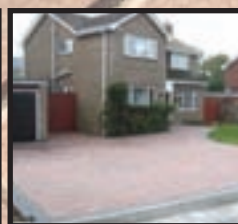
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Published Monthly by: The Cottingham Times

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In Cottingham and District

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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. We have an exclusive range of quality Christmas Cards designed by local artist Stuart Stoppard. The cards feature various views of Skidby, and the local area. They are available at the Pop In.

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

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Simon Ecclesley, Club Chairman on 01482 840367 or visit our website www.cottinghamrangers.co.uk.

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.

Scottish Country Dancing Club

Every Monday - Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. Further further information just turn up, or telephone Philip on 658247 or Joyce 871790. 7.30 pm to 10.00 in the Zion United Reformed Church Hall, Hallgate, Cottingham.

Fitmums and Friends Running and Walking Club

The club meets at the Pavilion, King George V Playing Fields Wednesdays at 7.00 pm; Fridays 6.15 pm. Buggy Run: Thursdays 1.00 pm. Mondays at the Blue Kangaroo, Finkle Street, Cottingham at 9.45 am. Suitable for men and women of all ages (over 18) and fitness levels.

Front Cover Picture: A view from Keldgate.

Photograph by Paul Lakin, 9 Dixon Court, Cottingham HU16 5BN. Telephone 846804.

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Yorkshire Countrywomens Association (Skidby Branch)

Thursday 5th January - New Year Celebrations, in the Skidby Village Hall at 7.30 pm.

The British Sugarcraft Guild (Hull and Holderness Branch)

Saturday 7th January - Quilling - A demonstration by Jane Jenkins. Meetings are held once a month at the Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham, between 2.00 pm and 4.00 pm. New members and visitors welcome.

Cottingham Catholic Women's League

Monday 9th January, A talk by Pamela Martin about the Treasure House of Beverley, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Little Theatre

Monday 9th January - Play Reading Evening, 7.30 pm in "The Snug" at the Duke of Cumberland, Market Green, Cottingham.

Cottingham Women's Institute

Tuesday 10th January - St. John's Ambulance - History and Demonstration. Competition: Medical cartoon/postcard/card, at 10.00 am upstairs at the Civic Hall, Cottingham. *Lift available.*

Haltemprice Art Group

Wednesday January 10th - Miniature Painting
Wednesday January 17th - Sketching, Trevor Tillotson/Gerry Wilks
Wednesday January 24th - Self Portrait
Wednesday January 31st - Sketching, Herta Jurevics/Gill Stansfield

Cottingham Ladies Circle

Wednesday 11th January - Mr. P. Asquith-Cowan - A History of famous people from Hull, in the Zion Church, Hallgate, at 7.30 pm.

Cottingham Local History Society

Wednesday 11th January - Jack the Ripper and Hull - Mike Covell. The Society meets every first Wednesday in the month, in the Red Hall of Hallgate Primary School, Hallgate, Cottingham, commencing at 7.30 pm. Entrance is via the King Street entrance to the school. Please arrive before 7.30 pm as the doors cannot be manned once the meeting has started.

Cottingham Men's De Luda Association

Wednesday 11th January - Neil Pickford - Beverley Minster below Stairs, in St. Mary's Church Hall, 2.00 pm.

Cottingham Green Women's Institute Evenings

Thursday 12th January, AGM. Sales table: Unwanted Gifts, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 12th January - Jill Crowther - Letters in a Chest. In the hall at the Darby Joan Hall, Finkle Street, Cottingham.

Beverley Film Society

Friday 13th January 2011 - How I Ended this Summer (2010). A tale of two meteorologists spending months in complete isolation on the once strategic Arctic research base. Fear, lies and suspicions start poisoning the atmosphere in a tense allegory about modern Russia.. Screenings are in the Masonic Hall, Trinity Lane, Beverley. Starts 7.30 pm.

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East Yorkshire Embroidery Society

Saturday 14th January, Syliva Grayson - Retirement to Hobby to Business, Quilt, plus Antique Sewing Machines, in the Darby and Joan, Finkle Street, 2.15 pm. Members £1.00; Visitors £2.00 including refreshments. Yearly membership £6.00.

The Wold Lace Makers

Saturday 14th January - Workshop with Jo Firth, in the Church Hall, St. John's Newland Parish, Clought Road, Hull. 10.00 am to 4.00 pm. Members £1.50; Non member £4.00.

North Ferriby Gardening Club

Monday 16th January - Gardening on the other side of the Pond, Doug Stewart. This talk offers an amusing insight into Americans and their passion for plants and gardening. In the Village Hall, North Ferriby at 7.30 pm.

Cottingham Evening Townswomen's Guild

Wednesday 18th January, Tracey Oliver - Hull Fisherman's Mission, at 7.30 pm in the Darby & Joan, Finkle Street.

East Yorkshire Association of the National Trust

Thursday 19th January - Ms Rachel Walker - The Yorkshire Waterways Museum and the Social History of the Inland Waterways, in the Civic Hall, Cottingham at 7.30 pm. Non members welcome.

Inland Waterways

Friday 20th January - The History, Role and Functions of Trinity House (London) presented by Howard Anguish. From 8.00 pm to 10.00 pm at the Cottingham Methodist Church. Admission £2.00 including refreshments.

Cottingham Civic Society

Monday 23rd January - "The work of the Institute of Estuarine and Coastal Studies of the University of Hull, in the Darby and Joan Hall, Finkle Street, 7.30 pm. Members are requested to contribute a £1.00 each for every meeting attended. Non-members are welcome to attend meetings at a charge of £2.00 each. Refreshments are served at a nominal charge.

Cottingham Ladies Circle

Wednesday 25th January - Mrs. Rosina Sylvester - Life as a Travel Courier, in the Zion Church, Hallgate, at 7.30 pm.

Cottingham Men's De Luda Association

Wednesday 25th January - David Smith - Bloodstained Glove, in St. Mary's Church Hall, 2.00 pm.

East Yorkshire Embroidery Society

Saturday 28th January, Day School, Machine Applique - Philippe Naylor, 10.00 am to 4.00 pm, in the Darby and Joan, Finkle Street, 2.15 pm. Members £1.00; Visitors £2.00 including refreshments. Yearly membership £6.00.

Friends of Thwaite Gardens

Tuesday 31st January - A talk by Tony Rymer (Alpine Society) 'Eighty Hardy Alpines, Dwarf Bulbs and Perennials for small gardens, 7.30 pm in the Methodist Church Hall. Non members very welcome (£2.00 including Refreshments).

Cottingham Local History Society

Wednesday 1st February - The Garden Villages of England - Jane Petrusiak. The Society meets every first Wednesday in the month, in the Red Hall of Hallgate Primary School, Hallgate, Cottingham, commencing at 7.30 pm. Entrance is via the King Street entrance to the school. Please arrive before 7.30 pm as the doors cannot be manned once the meeting has started.

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A warm home is a happy home

There are very few things worse than a cold house in the depths of winter. With energy bills constantly (and alarmingly) rising month by month, the need to have a well-insulated home is becoming paramount.

It can be surprising how much heat 'leakage' can be easily prevented with some simple and low-cost measures. These include draft strips around doors, letterboxes and windows, blocking open but un-used chimneys and filling gaps in floorboards and skirting boards. Drafts are a fantastic heat killer so the more these can be reduced, the warmer your home will feel.

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Renewable energy – a real investment in the future

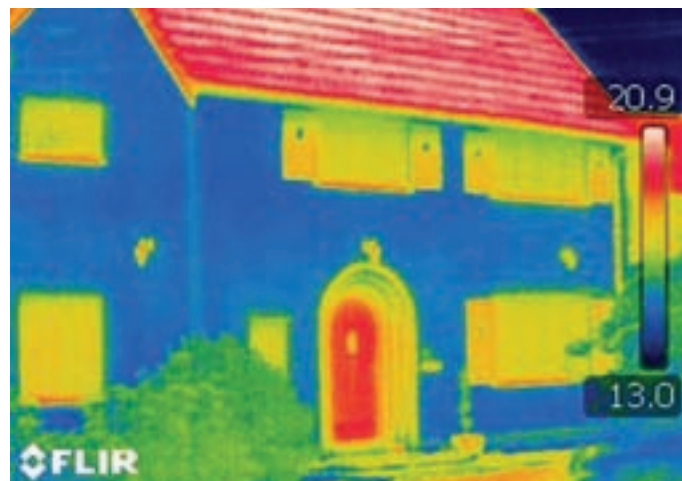
Renewable energy products are increasingly attracting incentives to make them viable options for investment. Air-source heat pumps are, in our view, set to replace gas boilers over the next decade. As gas prices

inevitably rise, the savings derived by heat pumps can become significant. The modern air source heat pumps are very quiet, can run radiator systems quite happily whilst also providing for the hot water. Furthermore, they are low maintenance and inherently safe (no danger of carbon monoxide emissions).

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Thermal image of a Cottingham home.

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Conquer the highest mountain in Africa for cancer charity

Explore one of the highest freestanding mountains in the world, Mount Kilimanjaro and stand on top of the world for Marie Curie Cancer Care. The expedition takes you up the mountain via the Rongai route which is considered to be one of the most achievable routes to the summit and retains a sense of untouched wilderness.

This ten day challenge takes place from 7th to 16th June 2012, where you'll trek through cultivated farmlands, lush rainforests, alpine meadows, and above the clouds to the barren lunar landscape of the upper mountain, before your final push to its snow-capped summit.

Chris Kamara said: "I climbed Kilimanjaro for Marie Curie Cancer Care earlier this year and it was an unbelievable experience with great camaraderie all round. There were a lot of people in our group who went up the mountain for personal reasons. I did it for my mum, who was looked after by Marie Curie Nurses at home before she died, and that was what kept me going when the going got really tough. I can honestly say that standing on top of the mountain was a real emotional moment and one of the biggest achievements of my life."

We hope that this challenge will raise over £60,000 for Marie Curie Cancer Care, whose nurses provide free care to people with terminal cancer and other illnesses in their own homes and in the charity's nine hospices.

Why not sign up today or for further information about the Kilimanjaro Trek, please visit our website: www.mariecurie.org.uk/-/kilimanjaro or call us on 08700 340 040.

Keep your New Year's Resolution with Marie Curie Cancer Care

Whether your goal is to get fit, lose weight, meet new people or do something adventurous in 2012, Marie Curie Cancer Care is offering everyone challenges to fulfil those common New Year's resolutions.

This week, Marie Curie Cancer Care is launching its programme of events and challenges for the coming year (www.mariecurie.org.uk/challenge) offering people everything from runs, treks, triathlons and cycle rides to swimming, walking and dancing.

If you're looking to get in shape in 2012, Marie Curie has running events all year round, from marathons to local fun runs, including the legendary BUPA Great North Run on September 16th. And if your ambition is to see the world, the charity's Kilimanjaro Trek departing on June 7th might be just the way to satisfy your wanderlust.

Kate Gaynor, Regional Events Manager at Marie Curie Cancer Care, said: "New Year's resolutions often fall by the wayside before January is over, but Marie Curie Cancer Care has events and challenges throughout the year to help you stick to, and achieve, your aims for 2012. Whether you want to improve your fitness, have fun or get outdoors more, there's something for everyone. So why not take up a challenge, fulfil your ambitions and help raise valuable funds for Marie Curie Nurses, who provide free care to people with terminal cancer and other illnesses in their own homes."

To take part in an event or challenge for Marie Curie Cancer Care, telephone 08700 340 040, visit: www.mariecurie.org.uk/challenge or email: events@mariecurie.org.uk.





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Predictions and Reviews

Happy New Year to everyone! Hope you've all been getting well on with any shiny new gadgets you may have received! If not, you know where we are!

At this time I thought it would be fun to do some predictions for the coming year(s), some of them based on fact - you decide!

Following the final discovery of the elusive Higgs Boson particle in the Large Hadron Collider, an app called "the God particle" is launched for smart phones that lets you glimpse it for yourself.

Scientists at Cern also unlock the secrets of dark matter and suddenly discover another quarter of the universe we didn't know was there.

Wifi contact lenses are introduced, giving the wearer access to texts and emails literally before their very eyes. Finally there is no escape! Plans to deliver Sat Nav by the same means cause the Police to raise safety concerns. "Motorists need to keep at least one eye on the road" quotes a spokesman.

The cinematic industry goes one step further by creating lenses in red and green so users can watch 3D movies without the dodgy cardboard specs.

Hearing aids with a built-in sim card are launched on an unsuspecting public. Wearers can now receive and make phone calls without any other equipment. But users complain of funny looks from people as they walk and talk, and experience audio feedback when switching on the car radio.

NASA's Mars Rover lands on the red planet in August and starts beaming radio signals over millions of miles back to Earth. Mobile operators study the possibility of harnessing this technology to get a signal into Skidby and as far as Elloughton.

Sky and Virgin Media move into the area and a broadband price war ensues. No that really is a bit far-fetched....now back to reality...

Just when you thought you were all up to date, Windows 8 is slated for launch in Autumn this year. The new operating system will be touch-screen enabled and feature a 'tile based' home screen, as used on Windows smart phones, grouping popular items together. You will still be able to use a keyboard and mouse of course, and there will be switching between the new touch interface and the existing Start Button approach.

Thailand's flood devastation last year continues to affect supplies of computer hard drives. Prices have shot up since that time, owing to the fact that most of the factories producing the components are located in the affected area. Automotive production has also seen much disruption for the same reason.

Malwarebytes Professional users (that's the paid-for version) may have noticed that they have had to do a manual update of the program. This normally only happens when a new version is released. To check yours, open Malwarebytes and click 'check for updates' and see if it asks you to click to install etc. Once up to date, normal daily updates of malware definitions will be automatic as usual.

Google published its list of top searches for the year just ended. The 'Google Zeitgeist 2011' for the UK has the Royal Wedding in number one slot, followed by iPhone 5, FIFA 12, Groupon, and iPad2 in the top five. And in the 'what is' search category: AV (as in alternative vote) polled about the same number as Scampi! I wonder how many searches there were for the word zeitgeist.

Best wishes for 2012

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“Canals in East Yorkshire” exhibition on now at the Skidby Mill

A new exhibition at Skidby mill entitled "Canals in East Yorkshire". This traces the reasons why the canals were built, how they were used, why they declined and their restoration today for leisure and wildlife.

The exhibition is in the Village Life gallery at the mill from now until the end of March. The mill is open everyday from 10am to 5pm (closed between Christmas and New Year).

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Father Christmas visits the Haltemprice Lions Christmas Fair

At the beginning of December the Haltemprice Lions held their Christmas Fair at the Civic Hall in Cottingham joined by nearly thirty different stall holders.

They were also joined for the first time by Fred Cawood in the guise of Father Christmas who sat in his grotto and, with Judy Rogerson as his helper, met the children and handed out presents. The whole event was a success for the Lions who raised over £700 for their charities. Of course this couldn't be successful without the generosity of the people of Cottingham and District who supported the event, many thanks to you all.

With 2012 upon us the Lions are planning a busy year to include an evening of Burlesque Entertainers in March, also a band concert featuring the renowned East Riding of Yorkshire Band at St. Mary's Church in April.

The Haltemprice Lions' Charity Golf Match will take place in June at the Burstwick Golf Course – always a popular and well supported sports event and with the donations going to the Marie Curie Fund, is always a worthwhile event.

Further details of these events will be published in the Cottingham Times nearer the event but should you require further details on these or require information of becoming involved with the Haltemprice Lions call David Whincup on 01482847367 or email – dwhincup@dwhincup.karoo.co.uk.

Pictured above: Father Christmas with helper Judy Rogerson.



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Ring or call in to see what we can do for you. We will give an honest opinion on it if your suite is worth spending money on.

Do the Daffodil Dance

Marie Curie Cancer Care is calling on dance groups, zumba and fitness classes, groups of friends and schools across the country to register to do the Daffodil Dance and hold a dance class in the new year to burn off those extra mince pies to help raise funds for the charity's nursing service.

The Daffodil Dance invites people to organise a sponsored dance event in their local community and perform one of five specially choreographed dance routines.

Strictly Come Dancing star and international ballroom champion Karen Hardy has choreographed one of these routines and is encouraging dance groups to join in.

Karen said: "The Daffodil Dance is a great way to organise a get together with fellow dancers and try out a new dance routine. Plus, while you're having fun, you'll also be raising vital funds so that Marie Curie Nurses can provide more free care to people with terminal cancer and other illnesses in their own homes."

The dance routines on offer include a ballroom routine written by Karen Hardy, a line-dancing routine by multi-award winning choreographer Robbie McGowan Hickie and an Irish dancing routine by the former dance captain of Michael Flatley's 'Lord of the Dance' Josephine Brennan King.

Other top choreographers have created routines for Salsa and Zumba, and dance groups of other styles are also encouraged to choreograph their own Daffodil Dance routines.

When each group registers to take part, they will receive a free fundraising pack including hints and tips on how to make their event a success and the steps for their chosen choreographed dance.

All money raised from each event will allow Marie Curie Nurses to provide more free care to people with terminal cancer and other illnesses in their own homes.

Register to hold your own Daffodil Dance by visiting www.mariecurie.org.uk/daffodildance, call Kyla on 01904 436625 or find us

on our facebook page www.facebook.com/-MarieCurieYorksandHumber.

To get help from the Marie Curie Nursing Service, talk to your GP, district nurse or discharge nurse. For more information, visit www.mariecurie.org.uk or call 0845 601 3107.

Dance Spectacular at the Bridlington Spa

"Far," a new work by Wayne McGregor/Random Dance, will play at The Spa Bridlington on Monday 30 January 2012 (7.30pm).

Wayne McGregor's dynamic style and ground-breaking collaborative approach across dance, film, music, visual art, technology and science has seen him create a string of truly unique, interdisciplinary work over the years. His latest work, FAR, is no exception.

Danced by an ensemble of ten incredible performers and the finest exponents of McGregor's singular style, FAR is set to a new, haunting score by electronic superstar Ben Frost.

A prolific dance maker, and the first Resident Choreographer of The Royal Ballet to come from contemporary dance, in the past year alone McGregor has delivered world premieres for New York City Ballet, Stuttgart Ballet and The Royal Opera. He has choreographed movies (Harry Potter and the Goblet of Fire) and created headlining sets for Glastonbury. In January 2011, McGregor was awarded a CBE (Commander of the Order of the British Empire) in the New Year Honours List. In 2013, he makes his debut with Bolshoi Ballet, with a new Rite Of Spring.

Tickets cost adults £12, concessions £10 and are available from The Spa Box Office (01262)678258 or www.TheSpaBridlington.com. There will be a post-show talk.



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Monday Cottingham Playsport Pavilion, Northgate, HU16 5QW

4.15-5.00pm- Street Tots 3-4yrs £3
5.00-6.00pm- Street Dance 5-7yrs £3
6.00-7.00pm ZUMBA (this is an ADULT class, suitable for 14+) £4

Tuesday Cottingham High School, Harland Way, Cottingham, HU16 6PX

5.00-6.00pm BOYS Street Dance 5-12yrs £3
6.00-7.00pm Street Dance 8-12yrs £3
7.00-8.00pm Street Dance 13-18yrs £3
8.00-9.00pm Contemporary (12+ years boys and girls) £3

Classes are suitable for all abilities both boys and girls, apart from ages 5-12yrs as we have a separate boys class.

"CLASSES COMMENCE MONDAY 9TH/TUESDAY 10TH JANUARY 2012"

Please visit our website for more information, pictures and videos
www.fiercedanceandperformingarts.co.uk

Booking is not essential. However, to book a place or for any more information please get in touch.

Emilee Wainwright BA(Hons)
Full qualified and CRB checked
07972273963/01482 864560
fiercedanceandperformingarts@hotmail.co.uk

At FIERCE we aim to encourage expression and individuality. Classes are up-to-date, creative and taught with in a professional and positive manner. We believe that Dance and Performance have a huge positive impact on a young persons self confidence, social skills as well as their health and fitness.

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Wordsearch - Climbing

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

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

Find the words in the letters above:

Altitude, Apex, Ascent, Base, Camp, Clamber, Cliff, Climb, Crag, Crampon, Cranny, Crest, Crevasse, Crevice, Descent, Escarpment, Face, Flag, Foothills, Guide, Height, Ledge, Mountaineer, Peak, Pick, Pinnacle, Piton, Ridge, Rock, Rope, Sherpa, Side, Slope, Spike, Steep, Summit.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 61 -

This is an easy challenge this month

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

MARIONOWENTRAVEL

Well, I have been caught on the hop today! I was just enjoying a few days holiday on the ski slopes when low and behold my Cottingham Times deadline had zoomed round again.....please can 2012 last a little longer!

I can report that the Alps have excellent snow - if anything, after a slow start a little too much too quickly, everyone just hopes that we now can look forward to a long season ahead. That will not make a lot of sense to non skiers - it is an addiction of the healthy kind, if you enjoy it you cannot get enough time to enjoy the slopes. It is a fabulous way to exercise in wonderful scenery and clean air! I am sure if you would like to give it a whirl we can find you just the package you need and it is ideal for all ages making a great family holiday.

Many of you will have now seen my new 24 page magazine we have been busy distributing around the area, if you have not received a copy and would like one please ask or even call into the office and collect one.

Our end of year tours to Thursford and Belgiums Christmas markets were excellent. Dave and myself did not have tickets to see the Thursford Christmas Spectacular show as we had sold our allocation including our seats! We did manage to pick up a couple on arrival and it was fantastic, Dave even admitted to having a tear in his eye at one point. Next year we have three departures and they are filling quickly. Our next tour to depart is Torquay, why not join us and see the difference! As many of our guests say "you don't get this service on a N H.....". But then we are not out to compete we offer quality and value.

We have also added a new tour to Warner's adult only Thoresby Hall. This will depart Friday 20 July returning Monday 23 July. Warner's offer quality accommodation on half board basis. This hotel also has Spa facilities and the theme for the weekend is a tribute to "Simply Red".

Our partners for transport Euro Cruising have just acquired a new 16 seater mini coach, this is available for private hire and also operates cruise transfers to the UK ports - in luxury with all leather reclining seats. Tel: 01482 587091 or email: enquiries@eurocruising.co.uk for more information.

January has always been the main booking season for summer holidays but not everyone is traditional now and many of you take short breaks spaced throughout the year or even enjoy a main holiday in our winter time. Well just to make you aware, dependant on where you wish to travel especially cruising, many lines are now on sale for departures in 2013.

If you are looking at a tailor made holiday using scheduled flights as a guide bookings are not taken until 11 months prior to departure.

Special savings will be in abundance this month, cruise lines offering yet another sale! Many of you will have seen the Fred Olsen Captains Collection we have been distributing but many of the prices shown are not as good as our regular selling prices! That is why you use a travel agent..... We can advise and guide you to the best offer at the time you are booking, we talk to you the internet does not, it is surprising what we can save you!

You may also find that your pennies will take you further than you think! Remember November's article I wrote in Abu Dhabi? Well we went there because it was better on our pocket than travelling to Tenerife plus we flew from Humberside airport - so close to home too.

We look forward to sending you on your travels in 2012 or even travelling with me on one of our own tours. We have destinations and prices to suit everyone.

Myself, Lynne, Kayleigh & Sarah look forward to being of service. Please call for more information and to book your next escape..... wherever it may be in the world! Marion



Our Exclusive Coach Tours

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2012 departures are growing

06 February: Torquay - 5 days £199 Single + £15.

BW Gleneagles Hotel: Full board & free bar 5pm-8pm

24 March: India, Taj & Tigers 9 days by air £1776

This is a small escorted tour to give you the best experience.

12 April: Paris in Springtime - 6 days £299

After Dave's fabulous tour of Paris you have 2 free days to explore yourself or visit Disney if you wish. (Easter Holidays) Limited child places at £149 1st child, £99 2nd Child

22 April: New Forest 5 days Half board **£315**

Staying in the heart of the forest in Lyndhurst. Singles £375

02 May: Isle of Wight 7 days half board **£440**

A leisurely holiday for the discerning 1 night prepost 4 nights on the island. Includes sightseeing or choose to just relax.

11 May: Titanic Experience & Giants Causeway

4 days full board + free bar 6pm - 9pm **£315** singles £355

07 June: Garonne River Cruise 12 days £1445

2 nights in the Loire Valley en route to Bordeaux, Poitiers, Paris plus Amas on the return. Single supplement £460

16 June: BBC Gardeners World day out **£49**

28 June : Normandy's D Day Beaches 7 days

£475 includes full itinerary of sightseeing 2 nights North Sea Ferries & 4 nights B&B at the Novotel in Bayeux

20 July : Thoresby Hall 4 day weekend £259

09 September : World War 1 - 6 days - £389

16 September : Floriade 4 days £295

includes a 2 day ticket & 1 night half board in Venlo

12 October: Blackpool luxury weekend price £169

19 October: Ypres, Antwerp & Beer Festival

Weekend tour 3 nights **£169**

23 October: Top Hat & London 2 days £125

Dress circle tickets for this fabulous show of music & dance

27 October: Orient Express full day £345

Edinburgh Explorer brunch out dinner back.

29 October: Oban 5 days half board **£229**

Many special extras. Excursion to Glen Coe, Inveraray & Fort William. Limited single rooms price £265

09 November : Cromer Festive Sparkle £179

3 night break, action packed right by the seaside too!

16 November : Thursford 3 days £215

23 November : Thursford 2 days £145

8 December : Thursford 2 days £145

Links Country Park Hotel includes: Dinner B&B, late night tea & mince pies after show. Limited single rooms £10 per night

25 November Manchester 2 days £79

Enjoy the Christmas Markets & Glasshoughton 1 night DB&B

30 November: Cologne Christmas Market

Weekend- £159 hotel in the centre of Cologne B&B

14 December : Andre Rieu in concert £89

07 March 2013 - Kerela, 9 nights India £1995

Join Marion on this adventure of nature, wildlife & culture.

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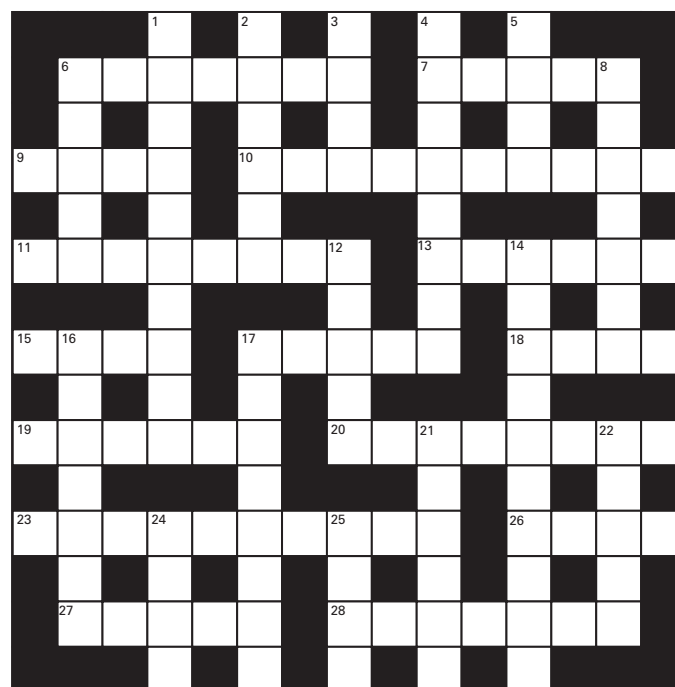
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Crossword - Solution on page 46



Across

6. Ice containing milk (7)
7. Relating to the lower body (5)
9. Achy (4)
10. From time to time (10)
11. Powerfully (8)
13. Recorded (6)
15. Anglo-Saxon slave (4)
17. Laughs (5)
18. Person, place or thing (4)
19. Restricted caloric intake (6)
20. Saw (8)
23. Minor in significance (10)
26. Travel through water (4)
27. Relative magnitudes (5)
28. Arouses (7)

Down

1. Showing kindness (10)
2. Rectangular (6)
3. Relating to the ear (4)
4. Rockets (8)
5. Grain storage building (4)
6. Fire a weapon (5)
8. French country house (7)
12. An online directory (5)
14. Being willing to give your time or money (10)
16. One who twists fibres into threads (7)
17. Porcupine (8)
21. Comfort (6)
22. Leaves (5)
24. A very small amount (4)
25. T T T T (4)

Crossword courtesy of www.crosswordpalace.com

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In the Kitchen



Making Bruschetta

Bruschetta is an antipasto (appetizer) which originates from Italy. The name comes from the word "bruscare," which means to roast over coals. This name refers to the bread (not the toppings) which was traditionally griddled but is often now just toasted.

Bruschetta is a great choice for parties or larger gatherings as it can be really quick and easy to make - at its most basic it's just bread, such as ciabatta or baguette which is cut into slices, often at an angle to create a larger surface, grilled/griddled/toasted on both sides then rubbed with fresh garlic and sprinkled with olive oil.

The traditional topping is freshly chopped tomatoes with fresh basil, however today many other toppings are used from meats to vegetables.

Just as an aside, Crostini which translates to "little toasts," are generally much thinner, daintier slices of bread (usually from a baguette) which are toasted until crisp then topped with various toppings including spreads, pates and cheeses.

Tips for making perfect Bruschetta

Use a good bread such as Italian ciabatta or French baguette although it can be stale.

Cut slices which are about 1cm/1/2-inch thick

Cutting the slices at an angle increases the surface size and looks pleasing.

Grill/griddle the bread on both sides.

Once grilled, use a freshly cut clove of garlic to rub over one side of the bread whilst it's still warm

Use the best quality olive oil you can afford to drizzle over one side of the bread whilst it's still warm.

Don't over-saturate the bread with oil otherwise the bread will become soggy and difficult to pick up

Make sure your toppings are well flavoured, in particular, season freshly chopped tomatoes well with salt and pepper and perhaps balsamic vinegar

You can prepare the bread in advance but depending on the topping used, it is often best to assemble the finished Bruschetta shortly before serving, especially if it is quite wet, to ensure the bread doesn't get sodden and break up when handled

Serve at room temperature although Bruschetta made with cheese can be further grilled to melt the cheese and served warm

Here are some ideas as to toppings which can be used for Bruschetta though the options are endless:-

- Brie, Tomato and Basil
- Caramelised Onion with Gorgonzola
- Mozzarella & Tomato
- Blue cheese, pear, and walnut
- Grilled Aubergine, goats cheese and basil
- Sun dried tomato, capers and ricotta
- Sautéed Sliced Mushroom and goat's cheese
- Rocket, prosciutto, toasted pine nuts
- Roasted Peppers with Pesto
- Crushed White Beans, tuna, onion & fresh thyme
- Tapenade, lemon, capers and anchovy paste
- Marinated artichoke hearts
- Mascarpone, figs and prosciutto
- Sautéed Prawns with garlic, olive oil, lemon and capers
- Goat cheese and roasted red peppers



Bruschetta can be as simple or complicated as you like and can also be made more substantial and served as a main course.

Oven baked Butternut Squash and Sausages

This is a delicious and comforting meal for all the family. The sweet stuffed squash complements the sausage filling perfectly. Courtesy Richmond sausages

Ingredients

For the squash:

- 2 small -medium sized butternut squash, halved and seeded
- 2 tbsps olive oil
- 8 Pork sausages
- 4 rashers lean rindless back bacon, halved lengthways
- 2 red peppers, quartered and deseeded
- 2- 3 flat mushrooms, cut into large chunks
- 8 cherry tomatoes

To serve:

- 200 ml ready prepared gravy
- Chopped parsley to garnish
- Freshly ground black pepper to garnish

Method

1. Preheat the oven to 200 C, 400 F, gas mark 6. Place the butternut squash on a baking sheet and lightly brush with a little of the oil. Bake for 20 minutes.
2. Meanwhile, wrap the sausages in the bacon and bake for 10 minutes with the squash. Remove the squash and sausages from the oven and scoop out a little of the flesh to make a bigger dip in the squash.
3. Arrange the sausages, peppers, mushrooms and cherry tomatoes in the squash and return to the oven. Bake for a further 15 minutes. Brush with the remaining oil and cover with foil. Bake for 15 minutes.
4. Warm the gravy and drizzle over the squash. Sprinkle with parsley and freshly ground black pepper.

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Turkey Soup

Ingredients

- 1 Turkey Carcass (leftover from a roast)
- 2.2L/4pts Water
- 175g/6oz Celery, chopped
- 300g/11oz Carrots, sliced
- 125g/5oz Onion, cut into wedges
- 2 teasp Salt
- 1 teasp Dried Thyme
- 1 Chicken Stock Cube
- 2 Bay Leaves
- 6 tbs Plain Flour
- 120ml/4fl.oz. Milk
- 200g/7oz Swede, peeled and cubed
- Black Pepper
- 675g/1-1/2lbs Cooked Turkey, shredded

Instructions

1. Break up the turkey carcass and place in a very large saucepan together with the water, 2/3rds of the celery, half the carrots, onions, salt, thyme and bay leaf.
 2. Sprinkle in the stock cube and bring to the boil, stirring from time to time. Reduce the heat, cover and simmer for 1 1/2 hours.
 3. After this time, strain the stock into a large bowl, and discard all the solids (including the vegetables), removing any meat from the bones and reserving.
 4. Allow the stock to settle then skim off the fat using ladle or fat separator.
 5. In a small bowl, combine the flour and milk and mix until thoroughly blended.
 6. Transfer the skimmed stock back to the rinsed out saucepan, bring to the boil and reduce the heat to simmering. Gradually add the milk and flour mixture, straining through a sieve and stirring constantly.
 7. Add the remaining 3 carrots, celery and swede and season with black pepper. Simmer for 20 minutes.
 8. Add the cooked turkey, including any meat picked from the bones, and continue to cook for 10 minutes. Serve hot.
- Great for using up leftover turkey at Christmas or Easter.

Cream of Celery Soup

Ingredients:

- 1 Head of Celery, finely chopped
- 1 Onion, finely chopped
- 2 tbs Vegetable Oil
- 900ml/30fl.oz. Vegetable Stock
- Sea Salt and Black Pepper
- 1 teasp Dried Mixed Herbs
- 225g/8oz Soft or Medium Tofu
- 2 tbs Freshly Chopped Parsley

Instructions

1. Heat the oil in a large saucepan, add the onion and celery and sauté

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for a few minutes.

2. Add the stock, salt, pepper and herbs. Bring to the boil, stirring well then lower the heat, cover and simmer for about 20 minutes.
3. Leave to cool slightly, then place in a liquidiser or food processor together with the tofu and blend until smooth.
4. Return to the saucepan and reheat gently. Serve topped with parsley.

Spiced Carrot Soup

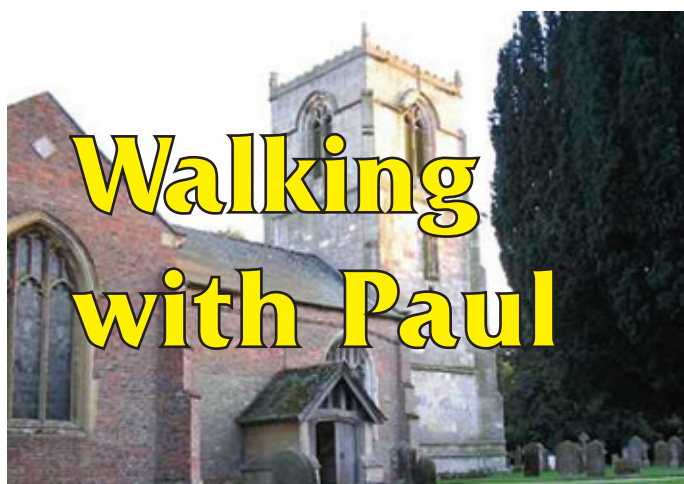
Ingredients

- 675g/11/2lb Carrots, chopped
- 1 large Onion, chopped
- 1 small Potato, peeled and diced
- 1 x 400g/14oz tin chopped Tomatoes
- 6 Spring Onions, (green and white parts) chopped
- 1/2 teasp Cayenne Pepper
- 1/2 teasp Ground Mace
- 1/2 teasp Ground Ginger
- Salt
- 600ml/20fl.oz. Milk
- 480ml/16fl.oz. Water
- To serve
- 2 tbs Flaked Almonds, toasted
- 2 tbs finely chopped Basil

Instructions

1. Place all the ingredients apart from the almonds and basil in a large saucepan bring to the boil, stirring then reduce the heat, cover and simmer for 30 minutes, or until the carrots are soft.
 2. Allow to cool a little then transfer the soup to a blender or food processor and process until smooth. You will probably have to do this in batches.
 3. Return the soup to the rinsed out saucepan, reheat gently and adjust the seasoning if necessary.
 4. To serve - transfer the soup into individual serving bowls and garnish with the basil and toasted almonds.
- This soup can also be served chilled.





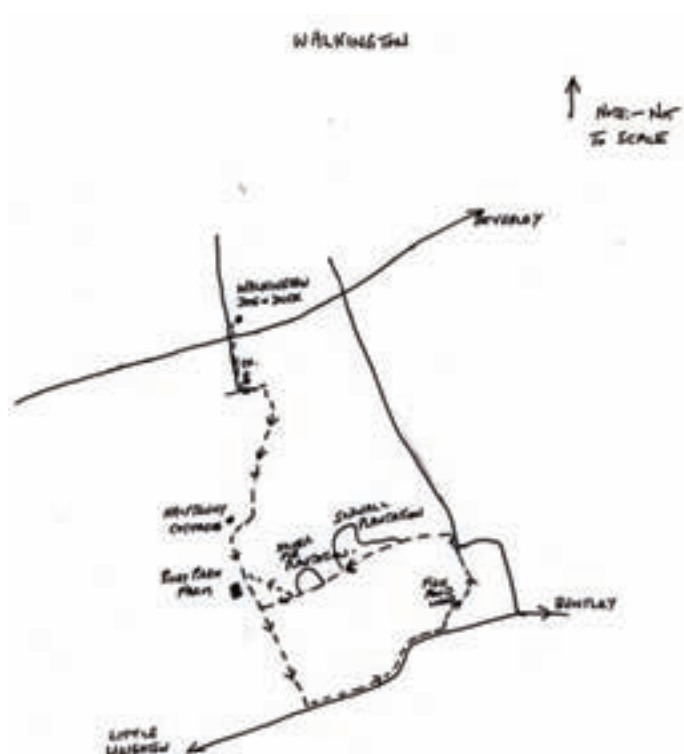
Here is Paul's latest walk in his series of monthly rambles. This month his destination is Walkington

Maps:- EXPLORER 293

Start at GR. 997372 Street Parking, Walkington.
Distance 5.0 Miles.

Leave the main road and walk up Kirk Lane to the junction and turn left to walk at the back of the church. Locate a path and walk along this path for about 200 metres and turn right to walk in a southerly direction along a wide path with horse paddocks on your right. Pass through a gate and enter a field and walk diagonally to the right across this field.

This field rises slightly and in the top right corner locate a



kissing gate and pass through this gate onto a farm track. Turn right and follow the track as it skirts round Halfpenny Cottages. On reaching the surfaced road, turn left and follow the road to Risby Park Farm. As the road swings sharp right continue straight ahead along a farm track. Pass through the next gate to emerge on the Bentley to Little Weighton road and turn left.

On reaching Folly Wood, turn left and follow the track round Fishpond Wood, cross a deep ditch and follow a clear path to pass through a hole in the hedge and emerge on the Bentley to Walkington road at Low Daw Hill.

Turn left and walk along the road for about 150 metres and then turn left again to enter a field. Walk through this field with the hedge on your right and pass Sodwall and Silver Fir Plantations. After passing Silver Fir Plantation, cross a stile and follow the path diagonally across a field to Risby Park Farm. (This path is normally marked with canes) or alternatively continue in the same direction along a wide track to meet the road and turn right to pass Risby Park Farm.

After passing the farm retrace the route back to Walkington.

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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.

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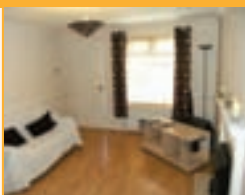


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Teal's Temptations . . .

It feels strange writing an article before Christmas which is going to be read after, especially when it involves eating over the festive period. But that is exactly what it is all about.....excessive eating! Not as you may imagine like eating everything in sight but those pounds that seem to creep upon us when we are least expecting it.

"That cannot be right!" I exclaimed one morning. "They must be wrong ... I'll have to take them back" but curiosity got the better of me and I stepped onto the scales once more. One stone over weight! When did that happen, I cannot seem to remember eating anymore than normal....or....was it the 'odd' biscuit or two with my morning coffee.

One week to go to Christmas and all my good intentions of losing a little bit of weight before the festive period - so that I would feel less guilty eating all the lovely treats that go on offer at this special time - have just flown out of the window.

"That cannot be right!" I exclaimed one morning. "They must be wrong". No, it's not a typing error just a feeling of deja vu but this time I cannot threaten to take the scales back ... they are the large ones we have in the waiting room at the surgery and it was Teal sitting on them. "9 kgs over weight" Richard Jones remarked. "She will have to be cut down on her meals, Margaret". "I don't know how it's happened" I replied, "she doesn't eat much at all, I hardly give her any treats and she gets plenty of long runs"



But there I stopped....now anyone who has read the antics of Teal in past articles will know how hard this is going to be, not only for her but for ME!!!! Oh dear, it must have been the dozen bread cakes she found on the worktop or the packet of cereals she opened and devoured in one go or the advent calendar plus contents plus six mince pies plus sponge cake she stole and 'woofed' down last Christmas.

The list was endless. Any reader who owns a labrador will no doubt be rolling their eyes and nodding their head with sheer despair realising they can relate to every word I have said. They are one of the most wonderful and loyal dogs anyone can own but GREEDY? YES!!!! Maybe that's why they are so easy to train, they are so very food orientated. Cupboard love, I think it's called!

"So what are we going to do then, eh Teal?" You would have thought I would have learnt after having brought one of my cats in with cystitis and being told that one of the reasons he had got this, was that he was overweight at 9.5 kgs. That is BIG in the cat world; it meant he was obese. I was horrified but with determination on both sides he is now a slim 5.5kgs (a nip and tuck wouldn't go amiss though). How did I do it? Cut down his food and watered just slightly, what ever food was in his bowl so that filled him up even more.

So.... if I can do it for Jaffa, then why does the thought fill me with fear for Teal? It's because I know as soon as her food is cut down, she will steal even more. Oh...I've hidden food out of her 'reach' (or so I thought) and we don't even have an advent calendar on the wall anymore. Then a thought suddenly struck me.... the *Cottingham Times* article. If I actually talked about the plan I was going to do, then I would have a very good reason for sticking to it.... well not one reason but hundreds, meaning readers.

The first step was speaking to Leigh, one of our prescription food 'reps'. He suggested a great food they make for dogs who are trying to lose weight. So on the next wholesale delivery to the surgery it was there...right in front of me...no going back now! "It's designed to make Teal feel more full after a meal even though it's not as much as you would normally feed her." explained Leigh. Looking at the small portion I had weighed out for Teal, doubt started to creep in; this will never fill her.

I shouldn't have worried... although she seemed to take a bit more time eating it rather than her usual impression of a vacuum cleaner, it did fill her up. Oh, she still has a taste for stealing the odd sweet or two if they are left lying around and chocolates on the tree are a definite 'no no' in our house, but I think I will get there. I have to; there are too many witnesses. If that doesn't give me the sheer determination to have a 'slim' dog then.... what hope for MY plan of action.....

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Down Memory Lane

The first of three short articles by ex-Cottingham resident Eddy Stroud on his childhood memories

The Lane

George Street Cottingham runs south to north, linking Hallgate with Northgate, across a small valley. In the floor of this valley, on either side of George Street, runs Crescent Street.

In my childhood, before the Second World War, a tiny stream was visible in the western part of Crescent Street, and we could paddle in it before it disappeared into a large pipe carrying it eastwards.

But we lived off the eastern part of Crescent Street in 'The Avenue' built in 1914: a group of 14 houses, seven each side, their front doors and tiny front gardens facing one another, and their longer back gardens giving on to a 'ten-foot', part of which was colonised by my grandmother's hollyhocks, from which we would catch bees in a matchbox, releasing them into an upturned jam-jar.

Only the landlady, collecting her rents, and special visitors, used the front doors; mostly we used the back way.

Crescent Street wasn't paved. There was neither proper road nor

footpath, so it could get very messy underfoot in wet weather. The only other houses were an old cottage, occupied by Mrs. Beevers and her son, Henry, and a rather newer, but still pre-1914 house, occupied by the two Miss Thompsons.

Each branch of Crescent Street was a cul-de-sac, and we simply called our part 'the lane'. 'Is Reg coming out?' 'He's playing down the lane.'

It was a blessed place for children to play. Just about the only vehicles which we ever saw were the dust cart, the coal cart and Johnny Cockerell's horse-drawn milk-float, off which he would sell hot peas in the winter, when we made 'winter warmers'. which consisted of cocoa-tins, pierced with nail holes at each end, and containing lighted rag, kept glowing by being whizzed through the air. I don't suppose we could ever have held them in our bare hands for long.

Balls could be bounced against the end walls or number 1 or number 14, which could also be chalked upon, whilst hop-scotch squares could easily be scratched in the dirt. Marbles, 'eggy' and 'what time is it mister wolf?' were other childhood games.

Beyond the houses the lane was an overgrown mass of docks and nettles, and one of our favourite employments, when the nettles were good and high, was to trample a winding path to a broader end-space, in which we could crouch unseen and call our den.

But the best den was made early one November, when material had been collected for the annual bonfire. Reg and I pulled stuff out from the bottom of the pile and made a tiny den inside. It didn't occur to us that the whole lot might collapse and crush us.

Today Crescent Street is properly surfaced. The back gardens of the houses in The Avenue are taken up by garages, and there are new housing developments and access at the far end to the village centre. The kids' paradise is no more.

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It's in the Genes You Know

Hello again and a very Happy New Year to you. I hope that you had a good festive season and enjoyed it. As I write this we have just had the first smattering of snow. It's a bit different to last year when we were snowed and iced up for about two months. Time yet though, we'll see. Mind you my daughter's football match was cancelled at the weekend due to a frozen pitch. Also as I write I'm off for an operation on my foot that will put me out of commission for a few weeks. It should be fine but wish me luck. Patients of ours don't worry as we have some cover.

Teaching your Grandmother To Suck Eggs

As the leaving chairman and committee member of the Hull and East Riding section of the British Dental association I am involved in organising courses for dentists and dental teams. We get some really acclaimed speakers to come to Hull. We had a recent study day and the Title was "Can we teach your grandmother a new egg sucking technique?" I loved the title. It was about up to date current thinking and research on what we do as dentists in general dental practice.

Professor Callum Youngson who is head of the dental school at Liverpool came over to do most of the presentation. He is a great guy, really down to earth with no messing about. I'm glad he came because he taught me when I was at Leeds University and has had a large impact on how I do my dentistry. So thanks to him for coming over and to the dentists from throughout Yorkshire who came and got an entertaining and thought provoking day.

There is More Evidence Out And In The Papers

There has been some more research published and then a piece in the telegraph about the association between gum disease and ill health and cardiovascular disease in particular. Other conditions have been mentioned as well including low birth weight babies and infertility in males. Have you seen the advert on the TV for corsodyl mouthwash when the woman comes back and takes her eyelashes and makeup off and then finally her false tooth? Well they do an advert in the dental press tat shows a woman applying mascara and blood running down from her eyelid, it makes me shudder.

What's The Point?

The point that they are trying to make is that you don't expect this to happen i.e. bleed, just like you wouldn't expect your hands to bleed when you brush them. If they did you would see your doctor because you would think that something was very wrong. If your gums bleed when you brush then there is inflammation that is usually caused by bacteria. The inflammation is gum disease and may be completely reversible with treatment e.g. gingivitis or be more advanced where bone has been lost. This can still be treated but needs a bit more doing. See, I'm not all doom and gloom!!

It's In Who's Genes?

Now I didn't do Latin, I'm not that posh, but I think that gingiva means gum and it means inflammation in Latin (please correct me if I'm wrong). Therefore we get gingivitis. This is the start of gum disease and is reversible. Peri means around (I think) and odont means tooth and gum disease is called periodontitis, hey presto. Dentists often call it perio disease.

Now not all gingivitis will progress on to aggressive gum disease (when bone is lost very quickly around the teeth) but a lot will progress onto a slower rate of bone loss if not treated. The genetic thing comes in mostly with the aggressive, fast progressing gum disease. If your parents lost teeth early due to gum disease then you will probably at a higher risk too. It's the luck of the draw again. Here the goal post are different and the has to absolutely spotlessly clean to stop it. This requires coaching, careful monitoring and treatment as appropriate and needs catching early on. So if your gums bleed, don't ignore it but get it looked at and sorted. Most of the treatment in the long term is how you do at home, your dentist alone cannot fix it but with a combination of treatment, coaching and excellent home maintenance we often see good results. It's about teamwork!

Barmby Army

Hull City have just been on a good run and it was nice to beat Leicester. I hope that it continues into the New Year. They are capable of a top six place and you never know another trip to Wembley might be on the cards. Is that a bit optimistic? That was a great day at Wembley.

As well as my daughter playing football my son has decided at the age of 15 to join a team and plays Sunday League. A late starter, but doing well. My daughter's team are still getting to grips with 11-a-side and a big pitch so they have had a few heavy defeats but they get on with it with a smile, which is what it is all about. So you can see how my weekends pan out. I love it though.

Until next time. 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 19 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry.
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Down Memory Lane

The second of three short articles by ex-Cottingham resident Eddy Stroud on his childhood memories

Cottingham Council School

I started in what I suppose would now be called the nursery class in 1929, at the age of three. I was taken to school on my first day by my grandfather, and I remember that as I stood crying outside the classroom door, not wanting to go in, he looked on with a sort of smile on his face, which I realise now could have been a smile of embarrassment.

The teacher of the class was Miss Whitehead, whom I was dared to address in the street, some years later, as 'Miss Lousyhead' though I don't know whether she heard me or not.

I remember only two things about the classroom. One was that there was a large sand-tray at the front, with which we were allowed to play. The Other was that we had to rest on camp-beds for a while each day, and that we each had our own pillow and blanket, embroidered with a distinctive motif; mine was a dog. In the big hall next to our classroom was a large rocking-horse, on which we could take turns.

On one occasion I sang to Miss Whitehead a ditty which was then current in the school. It went –

Around the Marble Arch,
Around the Marble Arch,
Ain't it a wonderful sight see
Gandhi on the P-O-T.

Miss Whitehead packed me off to repeat my performance to the Head Mistress, Miss Sowerby, who, so far from reprimanding me, rewarded me with one of the winegums she always kept in a tube on

her desk. In later years I was to receive several more winegums, as Miss Sowerby used me to carry messages to the Head of the Boys' School, Robert Becket Brooks, known to the parents as 'Becket'.

The junior end of the Boys' School had four classrooms, looking out onto a playing-field next to the school. Classes with a full attendance record each week were allowed out 15 minutes early on the Friday afternoon, and so were first to get to the swings and see-saws.

The boys' lavatories were outside the main school building on the edge of the playground, and anyone who felt an urgent need during lessons had to apply to the teacher, who would then take a toilet roll out of the teachers' cupboard and count off three pieces of paper.

The four junior class teachers were Miss Warwick, Miss Thomas, Miss Hardy and Miss Brown. Miss Hardy was the one with the softest heart: all the boys liked her. Little Miss Brown, with her red hair and her sharp manner, was the most feared.

On teaching practice at the school in 1948, I was put in Miss Brown's charge, and I remember that on one occasion she caned the two classroom monitors for falling to put out text-books on the desks before the start of the lesson. On another occasion she moved from the teacher's desk to a nearby lectern and announced 'I now want to speak to you about sport'. A murmur of excited anticipation went round the class, but so far as Miss Brown was concerned this counted as misbehaviour, so the talk ended before it began.

The cane was in pretty regular use throughout the school, though one lad in my class, David Bosley, who came from the orphan homes in Northgate, seemed to come in for far more than his fair share of it. Becket would sometimes cane a lad in front of the whole school.

On the day the scholarship results were to be announced, Miss Hardy told the class, at registration, that one of us had won a scholarship to Beverley Grammar School, but she wouldn't say who. So there was plenty of 'I bet it's you' and 'No I bet it's you'. My bet was on either Alan Hardy or Geoff Stinson.

We paraded into the hall, form by form as usual, to a march played on a wind-up gramophone, and I was more than surprised when Becket announced my name, and called me up to receive half a crown. At dinner time I dashed out of school to my father's shoe repair shop in Mudd's Yard to tell him the news, having no notion of how much extra expense I'd be letting him in for over future years.

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£1.2m investment completed at award-winning Overton House



A £1.2 million investment programme at a national award-winning Hull care home that specialises in caring for people with dementia has now been completed.

Hica's Overton House care home in Cottingham won the 'Best Exterior Dementia Design' award in the National Dementia Care Awards last year and is a finalist in the 'Best Interior' category for this year's awards.

The investment programme has included creating 40 en suite bedrooms, a new entrance area, open plan central living area, garden room, cinema room, activities kitchen, refurbished dining room, and a new quiet lounge.

In the final phase of work, Hica created en suite facilities for the remaining bedrooms, together with a new enclosed patio area and sensory garden, which is directly accessible from 10 of the refurbished bedrooms.

Kerry Shepherd, Manager of Overton House, said: "Hica's major investment in Overton House has completely transformed the home and means that it will particularly appeal to people who are privately funding their residential care."

"The refurbishment has made a massive difference to all the residents due to the introduction of cutting-edge dementia care design ideas which help to avoid confusion and keep the residents active and involved, in a supportive environment," she added.

The refurbished bedrooms now have dementia-friendly furniture, with Perspex panels or cut-outs to allow residents to see inside without having to open a door or drawer.

Bedroom doors are each painted in a different colour with names and numbers prominently displayed – this gives the residents three visual prompts for easy identification.

The activities kitchen and cinema are designed to reconnect residents with life skills and memories, and also encourage new skills.

"The transformation of Overton House has taken several years to complete but we are very proud of the home and how it has become a flagship home for the Hica Group," said Kerry.

To find out more, call in at any time or telephone **01482 847328**.





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.

Prepare soil: Although you need to stay off your plot if it is soggy wet, when it dries out, get out and start digging it over, spreading organic matter and incorporating green manure. The more you can do now, the better off you'll be in spring.

Clear away old crops: It's a good time to pick over the plot and remove any old, decaying crops. Throw the debris on the compost heap, or if it is diseased, burn it or dispose in some other way.

Planning ahead

Plans for later in the year's cropping can be drawn up and seeds and other planting material ordered in good time. It is also worth getting in sufficient canes, stakes, netting, fertiliser and pesticides to save time later. Mail order suppliers and gardening clubs and societies can offer significant savings over retail outlets.

When seeds arrive make a seed organiser and store the seed in cool, dark dry conditions. Potato tubers can be laid out to sprout or 'chit' in late winter. Clean out and wash seed trays, pots and other containers ready for seed sowing in the spring.

Soil preparation

Digging over vacant ground, spreading organic manures, incorporating green manures, checking the pH and adding lime if

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.



required and generally giving your soil some attention should get it in the best condition for an early start in spring.

Sandy soils are usually best left until the spring, otherwise they can have lots of nutrients washed out of them.

Once the soil is in good condition and sufficiently moist it can be covered with a polythene sheet or cloches to keep it ready for sowing. Clear sheeting and cloches will also warm up the soil, but you have to be prepared to do a little weeding. Black polythene doesn't warm up the soil as much, but does prevent weed growth.

If the compost in compost bins is ready the bins can be emptied and the compost spread over the soil or dug in. If it's not ready the contents can be mixed again and the bins refilled.

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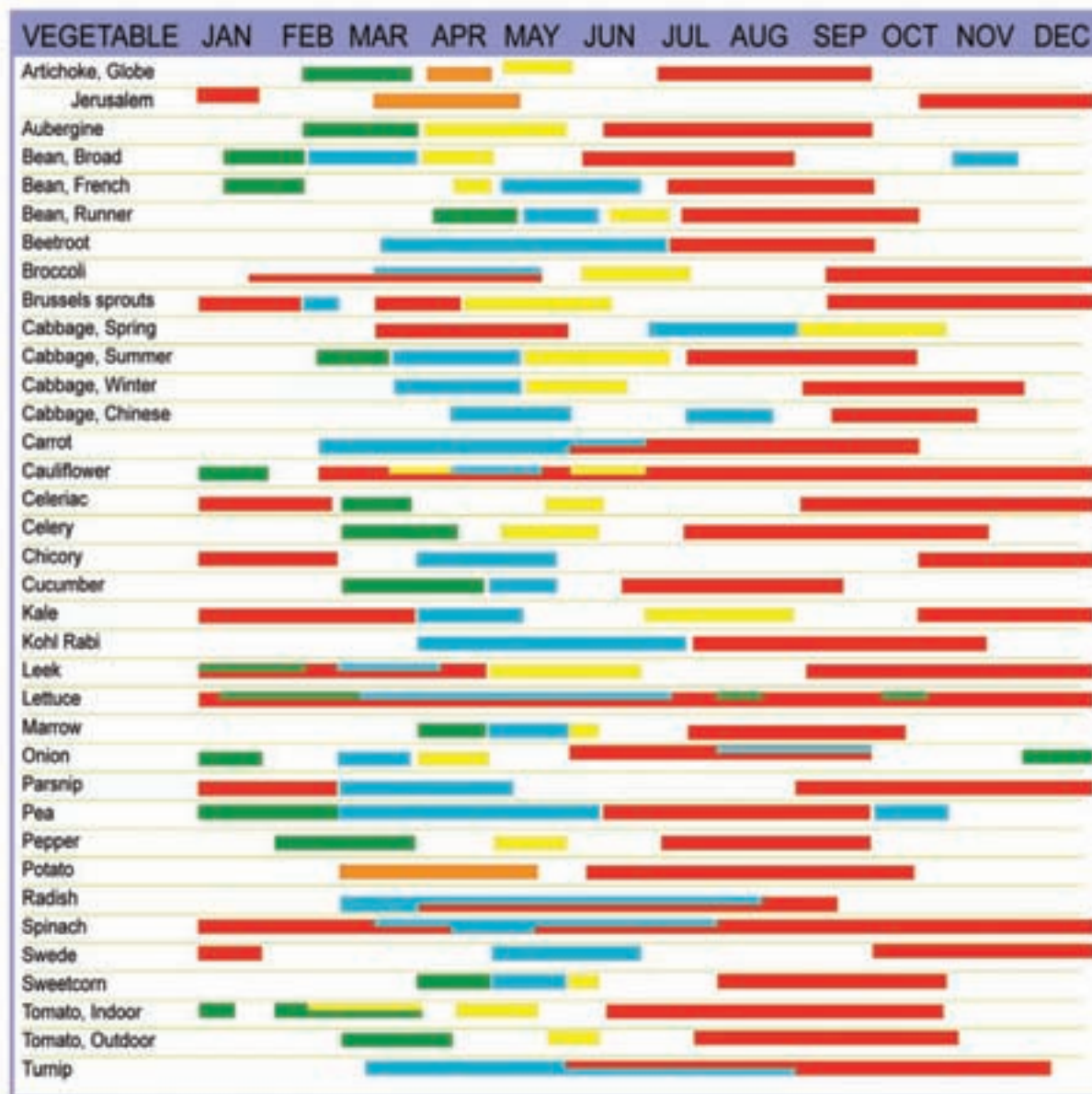
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Your Stars for January 2012 - By Kay Gower

Aries - (Mar. 21- April 20)

You know how to make an entrance. People pay attention when you walk into a room this month. Make your exit with equal grace and leave before they want you to - and they'll want more!

You have more than your fair share of charisma and recognising your winning presence, others will want to help you succeed. A wonderful start to the New Year.

Taurus - (Apr. 21- may 21)

You lighten up this year and this is partly due to the addition of a few new faces to your group of friends. You'll find those who satisfy your curiosity, stimulate your intellect and relate to you easily and naturally. The end of the month is excellent for your financial picture.

Gemini - (May 22-June 21)

It turns out that common sense is probably not that common after all. What to one person is the obvious next step appears to another to be a leap into the dark. A seemingly strange month, if things seem to be up in the air, that's because they are.

Cancer - (June 22-July 22)

You wouldn't want to escape reality completely, but you can dodge it occasionally. Having taken a break from a long and demanding obligation you return refreshed, recharged and ready to go.

LEO - (July 23-Aug 22)

Responsibilities invigorate you. Things are heating up this month, but that's just when you feel most alive. Some people work best under pressure, and you are definitely in that category. A career break is on the cards and will be your chance to change your financial destiny.

Virgo - (Aug 22 - Sept. 23)

Whatever you think you deserve, think it twice as often during the whole of January. Staying centred on the ideas that make you feel good about yourself makes you a magnet for the most wonderful rewards.

Libra - (Sept. 24 -Oct. 23)

You become self-sufficient to a greater degree. You provide for loved ones and also teach them how to help themselves. During the coming weeks make yourself think 'creatively', and you'll rise to the occasion. Be assertive, and take what's yours.

Scorpio - (Oct. 24 - Nov. 22)

You begin the year feeling guilty about your lack of financial prudence. These feelings will vanish by the second half of the month when things will start to look up. Don't ruin this time with negative thoughts.

Sagittarius - (Nov. 23 -Dec. 21)

You have the confidence that comes with experience. It may be the first month of the year, but it's not all fresh. A certain project feels a bit tiresome. Still, this isn't a time to zigzag. Stay on purpose, and stick with your plan, you'll soon make the contacts you need to support you through your mission.

Capricorn - (Dec 22.- Jan. 20)

This would be a good time to sign up for a course. You have an enjoyable although hectic month ahead. You communicate easily and develop new friendships.

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

Money can be made this month, but keep your wits about you and be careful who you confide in. You will make good progress after the 24th - but only if you deal with the right individuals.

Pisces - (Feb. 20-Mar. 20)

Change is moving in your favour this month. Plan your escape from all things routine and unimportant. A small windfall or prize is also indicated. If you have been below par recently you will soon be back on top form.

35th Cottingham Methodist Church Music Festival begins on January 27th

The first Cottingham Methodist Church Musical Festival was in 1978 - a one-off to celebrate the Church Centenary. We are now planning our 35th Festival and have been amazed at the number of entries. The entry has gone up from 528 in 2011 to 702 in 2012 - a real challenge.

We start on January 27th and run through to February 11th. Most classes are held in the Methodist Church but we also use St Mary's and, this year, will have to use other venues. The majority of our entries are from children and young people - the age group we hear so many negative things about - it's good to hear of them involved in positive things.

The Festival includes instrumental (including the harp), piano and singing (both solo and choir including Barbershop!) and the standard is very high, according to our professional adjudicators. We'd be delighted to see you at any of the sessions. Full details will be found on the Methodist Church notice board.

Further details can be obtained from Don Maskell on 842347.

Sure vitality scheme at Haltemprice Leisure Centre

Haltemprice Leisure Centre is inviting people to join the Sure Vitality scheme to become healthier and change the way they live.

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Sessions consist of topical discussion followed by the opportunity to ask questions and share experiences within the group. This, combined with regular exercise, really is the way to success.

Sure Vitality is free on the Premier membership, which includes full use of the Tone Zone fitness suite, swimming pool, all fitness classes and off-peak racket sports for half price. For those who chose the pay-as-you go option, the sessions will cost £4 each week with a 50 per cent discount voucher for any class.

For further information about Sure Vitality or any activity the centre provides, contact reception on (01482) 652501 or visit www.haltempriceleisurecentre.co.uk.

Hull Amnesty Group concert at Hymers College on Tuesday 31st January

The 2012 concert presented by the Hull Amnesty group in aid of Amnesty International will take place on Tuesday 31st January at 7.30 pm in the Judi Dench Theatre at Hymers College, Hymers Avenue, Hull, by kind permission of the Headmaster.

The concert will be given by Invitatione, an ensemble of singers and instrumentalists, who will play a varied programme of choral and orchestral pieces by composers ranging from Tallis and Byrd via Lotti, Bach, Handel and Haydn to Sullivan, Stanford, Elgar and Vaughan Williams.

Tickets, costing £15 for adults and £10 for under 18s, including refreshments, will be available from 5th January. They may be ordered by telephoning 01482 849443 or by sending an email to aubus@aubus.karoo.co.uk or anne@pmacnamara.karoo.co.uk or barnecutt@barnecutt.karoo.co.uk

All proceeds will go to Amnesty International.

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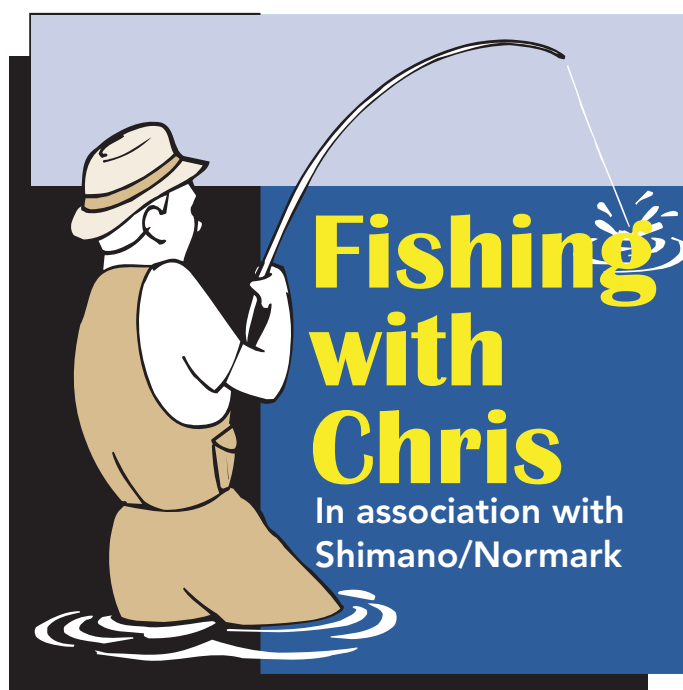
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Here is the latest article from Chris who will be reporting monthly with news and tips from the world of fishing

Hello and welcome anglers to this month fishing news, it is 13th December 2011. Firstly I would like to wish you all a very happy and prosperous New Year from the Catchmoore crew. We hope you all had a great Christmas.

How is your fishing going? Ok I hope for this time of year. I would like to tell you about a couple of winter venues that you may not have frequented for a number of years. Yet you should.

The first one is our beloved Beverly Beck. Not a lot of people know how much this venue has improved over the past year, plus how much work has been done on it. For instance, did you know it has 60 pegs on it, of which 40 plus are brand new, and 37 of these are wheelchair friendly.

This venue is stocked with a good head of silver fish which as you know is what you need to be targeting for the next couple of months, at least. The match anglers have been getting bags up to 11 lbs. of Roach recently. This may not sound like a vast weight but the catch total probably exceeds a 100 fish. That is a good days fishing as far as I am concerned. The preferred bait seems to punch bread.

There is also Perch being caught up to 3 lb., and for some reason on the Beck they prefer Lob worms rather than Dendrobinas. Between pegs 9 – 11 on the Beck, there is showing a good head of Bream and Tench, plus some good sized Pike can be caught, since October a Pike of 17 lb. has been reported. It is a great venue with great winter fishing potential, give it a go! It only costs £3.00 per day or if you are an O.A.P, disabled or a junior it is only a £1.00, that's right, a £1.00. Another piece of information to add is that the match anglers have been fishing pegs 35 – 55.

The second venue I would like to mention, and get you to check out, is Sam Hoosick's at Woodmansey. There are three lakes on this site and all of them are full of silvers. In these lakes chopped worm and caster works well and occasionally sweet corn will still sort out a bonus fish.

The Kingfisher Lake seems to produce some great Bream and Perch; bags full of Roach seem to be the main stay here. Sam and Val are lovely people that will put you right on where is fishing best and with what bait, again another venue to check out this winter.

Sea scene: this month because the coast and Humber is fishing its head off, I thought I would tell about some baiting techniques.

Firstly, I am amazed at how many people do not know how to use a bait needle and elastic... the bait needle is very important and easy to use; they have a pointy end and a blunt end with a hole in it. The holes purpose is so that you can place the hook point in and with a tight line slide the bait on easily.

This is good for both the Lug and Rag worm. As you will puncture the worm less therefore the juices will last longer. For soft baits like fish, mussel and black gulley, place the bait on the needle and then whip elastic round and round quite a few times, then just snap the elastic

Then repeat the process that you would use with the worm. You will find that your bait presentation will be a lot better and you baits will last longer before being washed out. I hope this technique enables you to catch more fish, you can always pop in shop and I will explain and demonstrate freely.

News in store, we have free gift vouchers to give away with certain purchases, plus we have a big January sale, with up to 50% off selected products.

Plus our website is now live www.catchmoorefishing.co.uk, many products will be added each month. We have a massive 10% saving on all products for a limited time only.

Till next time "tight Lines" from the Catchmoore Crew.

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The History of Hallgate Schools - continued

By Peter Railton, Local Historian and author

The Year is 1932.

January proved to be a very wet month resulting in absences with colds in the girls' school, but not to the extent of the pre-Christmas period. Work went on as usual in the next couple of months - the clergy visited the department and signed the log book - the dentist and his assistant came and went and Easter arrived early, the pupils were back in school on the 6th of April. That month had been 'rather stormy' and the wet weather extended into May.

The following entry appears in the log book -

"I visited the school on May 12th and was much interested in the Singing Practice of Standards 3 and 4. This was excellently done. The discipline of the whole school was decidedly good; a mingling of kindness with a firmness of discipline which spoke eloquently of the devotion and ability of both Headmistress and assistants.
Manager David. S. Dakin."

Tuesday 24th of May was Empire Bay and the school observed it in the usual way with songs and recitations, hymns and prayers. As we have seen many times, Empire Bay was always important in schools because of its history and nevermore so than after the Great War when thousands of Empire troops were involved and their sacrifices matched ours; these observances continued into and after the 1939-45

war when many more Commonwealth servicemen were killed and injured.

That same afternoon, the violin class competed at Hull Music Festival - these girls were the nucleus of a school orchestra which was being assembled from interested pupils and fostered by Miss Brimelow. The following morning some of the junior girls competed in a singing section. The results of these competitions is not recorded.

Success on the Sports Field

On Thursday the 16th of June, the combined girls' and boys' departments carried off the Lambert White Sports Shield for the fourth time in the Holderness Schools Sports Festival held at Withernsea - a day's holiday enabled supporters to attend. The following Friday was also a day's holiday to let as many pupils as possible go to Driffield to watch the Inter-County Sports held there. Cottingham girls were successful, coming first in the Intermediate Jumping, first in the Junior Flat Race and third in the Junior Jumping event. One of the girls, Hilda Coupland, was the best high jumper in the school but could not take part in the Senior jumping event as she had recently broken her arm.

Mary Crisp, Evelyn Coupland and Kathleen Tussell all got scholarships that year and Miss Buttery and Mrs.

continued on next page

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continued from page Thirty One

Wrigglesworth were granted leave by the Authority to spend a holiday in Canada and were still away when school re-opened after the summer holidays, but were back on the 19th of September.

Hull Fair came and - went and 70 girls were taken to see a film of missionaries at work in China and most of the staff went along too. Armistice Day was observed and all the girls wore poppies, the money going - of course to the British Legion. The weather in November was -

"Very damp and cold and many girls have coughs and colds."

Rise in unemployment

The early 30's saw a sharp rise in unemployment nationally and Cottingham was not immune - many girls who lived a good way from school took a packed lunch, and as Christmas approached an anonymous Cottingham resident provided a hot dinner for children of the unemployed on the 2nd of December; where and how is not recorded, but this was to give rise to a scheme that came to fruition the next year.

In the boys' department a former scholar of the school and of Beverley Grammar School, Stanley Woolock, began a year's student teacher training in the school. An H.M.I.'s report received on the 8th of January paid tribute to the general state of the school, scholars and the work being done but appealed for more experimentation and a relaxing of the 'very formal methods' in the school; a reference no doubt to Mr. Brookes' code of discipline and obedience.

Commencement of Woodwork Lessons

Lessons in the woodwork room were to be undertaken in future by a Mr. Willoughby on Wednesdays and Fridays. He was not on the staff and no details are given as to where he came from, or what his qualifications were, but he must have brought more expertise to the job than the class teachers! The boys enjoyed these practical lessons which were to become a boon for those hoping to take up joinery or carpentry as a career.

The Rev. Dakin gave a lantern lecture on North Wales to the pupils and parents on the evening of the 12th of February - this was enjoyed by all; Mr. Dakin evidently had a very pleasant manner and way of putting over his talk, and was very popular in the village. Mr Brookes operated the lantern and 8s 61/2d - was raised towards expenses. The log: book records-

"The school is the centre of many activities, both in and out of school hours, among which may be mentioned the meetings of the Old Boys Association and the services of lantern lectures given by outside lecturers."

On the 14th of March the Head recorded that one of the Silver Cups displayed in the Hall and an expensive barometer in another room had 'been interfered with' during the previous evening. Evidently two pupils, a boy and a girl, were in the school while the caretaker was about the place. There followed an altercation between Mr. Brookes

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and the caretaker, then between Mr. Brookes and the father of the accused boy who was ordered to leave the premises which, 'after further abuse' he did. On the 17th of March the first match in the Holderness Schools Football Shield Competition was played on the Ellerman's ground, Cottingham boys versus a combined Leven and Brandesburton team. Mr. Bramley refereed the game which Cottingham boys won 3 goals to 1.

During the Easter holidays one of the pupils, Harold Wigby, died after an attack of meningitis. He had been in St. 4. Mr Dakin conducted the funeral service at the Congregational Church and Mr. Brookes along with representatives from the staff and some of the pupils attended, and a wreath was sent from the department.

A 'friendly' match was played on Ellerman's ground on the 8th of April between Market Weighton and Hallgate boys which resulted in a draw, 3 goals each; the Market Weighton boys were accompanied by the Rev. Ferguson who went there as Vicar after leaving St. Mary's here. Old acquaintances were renewed and the game 'kicked off' by the Rev. French who took over at St. Mary's from Mr. Ferguson.

Mr. Brookes was absent with 'flu in early July but returned in time for the annual 'Open Air Sale' held that year in the grounds of Elmfield House in South Street, the home of Councillor and Mrs. Dixon. A very successful day was spent with the help of parents, teachers and scholars and Mr. Brookes thanked Councillor Dixon for the loan of 'their beautiful grounds' for the event, which included gymnastics, dancing, cricket as well as the usual bring and buy stalls, buns and cakes etc.

Miss Olive Jefferson left the school at the start of the summer holidays and was succeeded by Miss May Thomas in charge of St. 2. The boys of St. 6 visited King George Dock in September accompanied by Mr. North and Mr. Woolock, and St. 7 boys along with Mr. Bramley and Mr. North went the following day and all were impressed by the ships loading and unloading cargo, the huge cranes, the lorries and horse-drawn carts and the general hustle and bustle of the area.

In December, Miss M. Naylor and Miss Margary Locking arrived for observation prior to beginning their teaching practice in January. Miss Locking was to become the very popular Headmistress of Hallgate Infants' school from 1961 to 1971, when she retired to Hackness. Schools closed for Christmas on Thursday 22nd of December.

Pictured above: The manual, or woodworking room.

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The Italian Job

A few weeks ago an unusual opportunity arose. I had been talking to and trying to help an English lady out in Italy, who owns a very damaged and dangerous horse. After a couple of weeks of listening and advising on a way forward it was decided to fly me out there to work alongside them all for 31/2 days.....quite a challenge.

I duly set out for Leeds Bradford airport for a flight to Rome. I was picked up by father and daughter for the 21/2 hr drive to where ever it was that I ended up! The daughter spoke a tiny bit of English and the father none...it was an interesting drive! I stayed in a beautiful, very old farm house with the owner and her flat mate and two Yorkshire terriers...so I felt quite at home!

We spent the night talking all through the history of this horse so that in the morning we would be able to get straight to the work in hand. It was quite a story.....

“Bruce”

Nick named “Bruce”, this wild bred MARREMANO horse had the ability to defend himself by use of all four feet in any direction at any time....just like his name sake Bruce Lee!

Bruce had been bred by one of the most locally famous horse breeder/rancher and been broken-in the cowboy way of most wild horses. Herded into a circular corral at two years old, lassoed to a central ancient olive tree(called the GIUDIDE meaning Judge) and allowed to thrash about till exhausted.....then hobbled, castrated and branded with a red hot iron. Nice way to meet humans for the first time!

They then turn them loose again for another year and bring them back in at 3, 31/2 or 4 to start the breaking in process. Herded back down from the hills and segregated into one of those pens to be lassoed again and pulled around to create subserviencethey are eventually saddled. This part in its own right is traumatic as horses have an in built fear of things on their backs and to wear an alien girth tied tight round their stomachs.

Big cat predators land on a horse’s back for the kill and it is in every horse worldwide to have that same in built fear. They bronco! Simple as! Day in day out this happens until the horse yields. At that point other riders come in on horseback and a Butterri (Italian style cowboy) mounts the young horse. What should happen is, that being so crowded in and moved about, the young horse cannot get going in defence of him and will eventually accept the rider.

Bruce however “scattered” all in his way in his bid to remove the man on his back. He fought day in day out. It became a point of offended pride with the cowboys that this horse was beating them. He

offended their masculinity and their brutal ways made this horse worse.....they came from far and wide to meet this challenge but Bruce won...sadly. He was sent to the butchers for slaughter. Herein lies the best bit...He was bought by his now owner from out of the stocks.....(sporting two huge swollen eyes, severe cuts and lacerations to his head and neck.) She does not know what happened to him at the hands of the butchers....it turns out that they are horse dealers too. No doubt they thought that they might succeed where all the others had failed and fetch more money for him than with his throat cut.

This way of life on these cattle/horse ranches is as ancient as the hills. They are terribly proud of their macho-cowboy way of doing things. It is incorporated in their style of clothing and way of daily life. Traditions die hard. Luckily we do not have this whole mentality here in the UK because we do not have the room for vast herds of wild cattle/horses to roam freely on mountainous scrub land.

The BUTTERRI are no different from the GOUCHO’s in Argentina and the cowboys in the USA and Australia. It is, and always will be their way of doing things....Bull fighting in the Spanish speaking world is on the same line and is of the same macho mentality...man verses beast. Here on British soil we do it to a lesser extent with our small herds of wild bred native ponies...they are herded-in off our moorland, auctioned off for slaughter or to private individuals. Many of ours are bought by the Zoos for cheap meat. Public awareness here has made this all so much better for our wild ponies. It is mostly all watched, and monitored and controlled with welfare groups at the helm. Not so abroad – in their huge scales and vast territory and different mentality.

I am not trying to decry their traditional ways but it must be obvious to all that it is barbaric in today’s so called modern climate of animal rights and humane practices. To my mind it is unnecessary....and can be approached differently. Australians and Americans now are moving more and more towards Natural Horsemanship methods of gentling their Mustangs first. The end result of their failure to tame the beast created exactly thata brute.

In next month’s issue I will tell you my story so far in respect to re training and harmonising this very complex and defensive horse. He has every right to be unrideable. He has every right to be mentally scarred and to distrust human kind. His owner has spent the last four months gentling, handling, healing and building up a profound mutual trust.

She has had two local trainers work with him but neither one was able to make the changes to his protective nature desperately needed. Everyone bites the dust! I had an enormous challenge on my hands and enjoyed every intensive minute of it. I showed everyone a whole new approach to horse training....one that works with the horse, not against. One that teaches the horses to think, instead of habitually react against in violence and which gives the horse choices to decide on.....all to create harmony, trust, softness of frame and a massive release of held in tension.

It was quite an experience for me and the huge bruise I brought home on my left thigh from a well placed cow kick was a sharp reminder that this life of healing horses is hard earned and that there is no room for complacency nor personal vanity. I took my eye off the ball for one second and joined the ranks of the scattered!



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The doors of the Village Hall open at 7.00 for a 7.30 start. Tickets cost £7.50 (adult), £6.50 for SVA members and £3.50 (accompanied schoolchildren). For further information please call Ian on 632800 or Yvonne on 01482 634863.

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Gino's is now open from 4pm till midnight every day, and is open till 1.00am Fridays, Saturdays and Bank Holidays to provide his customers with good food for longer.

There is a local delivery charge of £1.00 (subject to change). Visit Gino's soon.

You can now download Gino's Menu from the Cottingham Times website www.cottingham-times.co.uk under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.





Chinese New Year The Year of the Dragon begins January 23rd

About a week before Lunar New Year, traditional families will be busy preparing the religious ceremony performed with tributes and offerings in honour of Heaven (Tien Shen) and Earth (Ti Tu), and of the various deities of the household together with family ancestors. One of the most well know deities is the Kitchen God who resides over the stove and is said to keep an eye on the interactions of the household, making an annual report on what the family has done in the past year to the Jade Emperor in Heaven around about a week before Chinese New Year Day. Rites and offerings are made to the Kitchen God (Zhou Khun) on this day with hopes that he will speak well of the deeds of the family.

Traditionally, the run up to the celebration of Chinese New Year is the 'Reunion Dinner'. An extravagant banquet is laid out to mark the onset of the New Year where young and old gather for a reunion dinner to symbolise family unity. Family members try to get home from different places before or on New Year's Eve to celebrate this special occasion in the family home. Married daughters will traditionally spend their reunion dinner in the husband's family home.

This is a family banquet that is full of special dishes and delicacies artistically named with auspicious symbolic meanings. The dinner will start with a prayer of tribute and offerings to the ancestors and deities at the family altar. It is a very colourful and lively affair when every light is supposed to be kept on in the house throughout the whole night.

Some of the dishes that are laid on the banquet table have superstitious attributes such as: Ginkgo nuts; these represent gold ingots and are full of auspicious luck for fertility. Black moss seaweed is a symbolic food of prosperity. This is also true in the case of a whole chicken which is a desirable addition to the feast. Dried bean curd is placed on the banquet table to symbolise happiness and luck. Lotus seed is seen as another fertility symbol and signifies having many offspring. Nian Gao is a traditional sweet steamed glutinous rice pudding, when you eat this dish you will aid growth and abundance. When you translate bamboo shoots into Chinese, the words sound similar

to the Chinese for "hoping that all turns out for the best". A whole fish with its head and tail intact will represent togetherness.

Reunion Dinner

The Reunion Dinner is a very busy event. The women buzz around the kitchen with the dinner preparation whilst the men either watch TV or (guess what?) play mah-jong. Mah-jong is an extremely important part of Chinese culture and is played by men and women alike, often in halls exclusively dedicated to the game.

Mah-jong is linked with gambling with huge sums of money being won and lost by the players. An excellent memory is required to remember which tiles have been laid down and which remain. Once a certain point in a hand has been passed, you need to pay special attention as if you are the one to put down the tile that enables another player to win that hand, you not only have to pay your own losses on the hand but those of the other two losing players as well. This can mean serious amounts of money.

Children are bathed and dressed in their new pyjamas and promised the arrival of "Tsai Shen Yeh" (Chai Shen Yeh) (the Wealth God). Whilst they sleep; the parents will slip an ang pow (a red envelope with money) under their pillow signifying a visit from 'Chai Shen Yeh'. Children can also expect to receive red envelopes from uncles and aunts, with the amount that is given, being dictated by the closeness of the family relationship and also the age of the child. Older children can usually expect to receive more than younger ones. Someone who has a large family and who has taken a hammering on the mah-jong tables is in for trouble!

At midnight, at the turn of the old and New Year, people let off fire-crackers which serve to scare away the evil spirits and old qi of the past year and to greet the arrival of the New Year.

New Years Day itself, starts with you, in your finest and newest clothes, with the exchange of good wishes amongst the family. Married couples present the young ones, children and unmarried adults alike with a Hung-Bao. In Chinese culture, instead of giving a wrapped up present as we do at Christmas in the UK, it is customary to give this red envelope containing money. The amount of money contained in the envelope has to be in even numbers. Even numbers are auspicious unless it is a single Chinese i-ching coin on its own. It is amazing how much a person can accumulate in a single day.

The day continues with visits to relatives. The visiting rota has its unspoken hierarchy arrangement. The oldest get to sit at home and wait for the younger relatives to visit them to exchange good wishes to each other. This is a very exciting time

Continued on page forty





Sweet 'n Sour Meatballs

Ingredients

- 325g/12oz Minced Beef
- 1 small Onion, grated
- 1 Egg
- 1 tbsp Soy sauce
- 2 tbsp Vegetable Oil
- 2 tbsp Brown Sugar
- 2 tbsp Red Wine Vinegar
- 100g/4oz Pineapple Chunks
- 1 small Green Capsicum (Sweet Pepper)
- 1 Tomato, cut into wedges
- 1 tbsp Cornflour
- 120ml/4fl.oz. Water
- Salt and Pepper

Instructions

1. In a large mixing bowl, mix together the beef, onion, egg, soy sauce, salt and pepper until well combined.
2. Using your hands, form mixture into small meatballs about 2.5cm/ 1 inch in diameter. Set aside.
3. Deseed the capsicums and slice.
4. Heat the oil in large frying pan or wok until very hot and beginning to smoke then carefully add the meatballs and fry for 10-12 minutes until well browned on all sides turning frequently. Remove them to a serving platter and pour meat juices over meatballs. Keep warm.
5. Wipe the pan clean of any residue with kitchen paper then add the brown sugar and vinegar. Cook over a high heat until the sugar has dissolved then add the tomato wedges, green pepper, and pineapple chunks. Stir fry for 3 minutes.
6. Stir the cornflour and water solution to remix, then add to the pan mixing thoroughly. Cook for 2-3 minutes until the sauce is clear and thickened.
7. To serve - pour the sauce over meatballs and serve immediately.

Beef with Cashews

Ingredients:

- 450g/1lb Rump steak
- 4 tbsp Vegetable Oil
- 8 Spring Onions, cut into 2.5cm/1 inch pieces
- 2 Garlic Cloves, crushed
- 2.5cm/1 inch Fresh Ginger, finely chopped
- 100g/4oz Unsalted Cashew Nuts
- 120ml/4fl.oz. Water
- 4 teasp Cornflour
- 4 teasp Soy Sauce
- 1 teasp Sesame Oil
- 2 teasp Oyster Sauce
- 1 teasp Chilli Sauce

Instructions

1. Trim the meat and cut into very thin slices about 5cm/2 inches long.

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In a mixing bowl, blend together the water, cornflour, soy sauce, sesame oil, oyster sauce and chili sauce. Set aside.

2. Heat 2 tablespoons of the vegetable oil in a large frying pan or wok until very hot then add half the beef and stir-fry for 3-4 minutes. Remove from the pan and set aside. Add the remaining beef and stir-fry for 3-4 minutes. Remove from the pan and set aside with the first batch of beef.
3. Add the remaining vegetable oil to the frying pan and heat until very hot. Add the onions, garlic, ginger and cashews and stir-fry 1 minute.
4. Add the beef to the pan and stir fry, over a high heat, for 2 minutes then pour in the soy sauce mixture and continue to cook over a high heat, stirring all the time, until the sauce thickens. Serve immediately.

Chicken with Bean Sprouts

Ingredients

- 1 teasp Dry Sherry
- 1 teasp Salt
- 2 teasp Cornflour
- 1 Egg White
- 3 Boneless Chicken Breasts, skinned
- 6 tbsp Vegetable Oil
- 220g/7oz Fresh Bean Sprouts
- 1/2 teasp Sugar
- Shredded Spring Onion to garnish

Instructions

1. In a large bowl, mix together the sherry, cornflour, egg white and half the salt.
2. Cut the chicken breasts into very thin slices then add to the bowl containing the sherry mixture and mix well.
3. Heat 4 tablespoons of the oil in a large frying pan or wok until very hot, add the chicken and stir fry for 2-3 minutes until cooked through. Transfer to a warmed plate with a slotted spoon.
4. Add the remaining oil to the pan and heat until very hot. Add the bean sprouts for a further minute. Return the chicken to the pan together with the sugar and stir fry for 2-3 minutes. Serve immediately garnished with the spring onions.



Continued from page thirty eight

for the children because nearly every 'Kung Xee Fa Chai' (it means Congratulations and May you be Prosperous) they recite, they get an ang pow (red envelope containing money) for it.

The second day of Chinese New Year is named 'Kai Nien' meaning "Year Beginning" which starts with a very early morning breakfast. Special dishes with symbolic names will be served. The special dish of this day is long noodles which are served with everyone competing to toss the noodles as high as possible with their chopsticks. The tossing of noodles is a symbolic activity done to promote longevity. This means that, unless you are unable to do so, you stand up and raise your arms full stretch in the air holding the noodles aloft. In order to get extra lift off, some people use super long chopsticks and stand on chairs so you should probably make sure the ceiling fan is turned off.

Unlike in the west, Chinese New Year is not a time for drinking a lot of alcohol. In fact, alcohol is generally not drunk as people save space for themselves to drink enormous amounts of Chinese tea. Some people will have a Chinese wine with their meal but, particularly as the emphasis is so much on the family nature of the celebrations, nobody goes over the top.

Two days of over eating and general fun and games are indulged in quite a lot as the Chinese do not hold back on these occasions. The Chinese relationship with food is close all the year, but at no time more than at New Year. Many dishes have particular significance, especially at this time. Even everyday dishes like fish and turnips have special meanings and none more so than fish balls and meat balls both of which suggest reunion, which is a most important element at this time. However, after two days of festivities and fun, even the Chinese can have enough and recognise that energy levels need to be restored. The third day is therefore a day of calm. Traditionally, it is not a day for risks or adventure. The young ones will venture out to see friends but it is a quiet day. In China no offices or businesses will be open on this day.

Normal procedures return with businesses as usual on the fourth day. Many businesses will choose a specific day to start business with the assistance of their Feng Shui Practitioner and initiate the new trading year with a spectacular display of Lion Dance and fire crackers. It is a very noisy and exciting event.

Greetings and an air of festivity remain for another eleven days through to the full moon of the first lunar month when another celebration follows but this time it is to mark the closing of the Spring Festival. Day 15 is also called the 'Spring Lantern Festival' (Yuan Xiao Jie). This wonderfully romantic celebration takes place under a full moon on the fifteenth day of the first lunar month of the year.

On this day, the old and young carry a colourful lantern and gather in a neighbouring public place. They gather to admire

Below: Look up your birth year and see which Chinese animal represents you.

Year	1900	1912	1924	1936	1948	1960	1972	1984	1996	2008
Ox	1901	1913	1925	1937	1949	1961	1973	1985	1997	2009
Tiger	1902	1914	1926	1938	1950	1962	1974	1986	1998	2010
Rabbit	1903	1915	1927	1939	1951	1963	1975	1987	1999	2011
Dragon	1904	1916	1928	1940	1952	1964	1976	1988	2000	2012
Snake	1905	1917	1929	1941	1953	1965	1977	1989	2001	2013
Horse	1906	1918	1930	1942	1954	1966	1978	1990	2002	2014
Goat	1907	1919	1931	1943	1955	1967	1979	1991	2003	2015
Monkey	1908	1920	1932	1944	1956	1968	1980	1992	2004	2016
Rooster	1909	1921	1933	1945	1957	1969	1981	1993	2005	2017
Dog	1910	1922	1934	1946	1958	1970	1982	1994	2006	2018
Pig	1911	1923	1935	1947	1959	1971	1983	1995	2007	2019



and appreciate the first full moon of the year (very similar to the Mid Autumn Festival). In China, there are still villages that hold a big Tang Yuan (rice dumplings) cooking and eating session. The dumplings are round and symbolise family unity and completeness. The mid-month Lantern Festival traditionally brings the seasonal passage of the New Year to a conclusion.

Food has played a major role in Chinese New Year celebrations for centuries, and "lucky" foods are traditionally served throughout the two week Chinese New Year celebration, known as the Spring Festival - the most important festival in China when families come together to celebrate in as grand a style as they can afford.

The Chinese belief that different foods symbolize good things in different ways manifests in various forms.

Chinese Good Luck Foods for the New Year

The quantity of food prepared signifies prosperity and wealth of the household and there is an old custom of serving a platter which is made up of five meats or five vegetables, referred to as "the five blessings of the new year" representing longevity, peace, righteousness, wealth and wisdom.

Individual foods and recipes also have specific meanings and are widely served during the Spring festival. Examples include, Chinese dumplings which have the appearance of the old Chinese silver ingots (the legend is that the more dumplings you eat, the more money you will make in the coming year); spring rolls which resemble gold bars; and noodles which represent long life.

But it's not just the appearance of the food which counts. Sometimes the name of the foods served are the significant factor.

For instance the Chinese word for fish sounds like the words "wish" and "abundance" which has led to the tradition of serving a whole fish (head and tail in tact) thus ensuring good fortune from the beginning to the end of the new year; the name Nian Gao (a glutinous rice cake) sounds like "getting higher year by year" the Chinese believing the higher you are, the better off you are; the name for turnips also means "good luck"; the word for lettuce in Cantonese sounds like "rising fortune" so it is very common to serve foods in a lettuce wrap especially if it's another lucky food; and tangerines and oranges are both given and eaten as their names sound like "gold" and "wealth".

Another favourite is Sweet and Sour pork as the Cantonese word for sour sounds like the word for grandchildren, so serving this dish will help ensure the continuance of the family.

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Down Memory Lane

The third of three short articles by ex-Cottingham resident Eddy Stroud on his childhood memories

Choirboy

Because my father was a Catholic, I had to attend Sunday School at the Catholic Church in Carrington Avenue, Cottingham, as a small child, and learn the catechism ('Who made you?' 'God made me.' 'Why did God make you?' -etc.) So it was a bit of a surprise when I came home one day to find the Vicar of St. Mary's, the Rev French, sitting with my mother. He'd apparently asked if I would join the church choir, since I had a decent soprano voice, and had sung at local concerts and at musical festivals. Catholicism notwithstanding, my parents agreed.

Probationers didn't acquire a cassock and surplice right away. Instead, they sat in a stall just beyond the organ, and furthest from the congregation. On one occasion, when I arrived late for a Sunday service, I trotted down the nave, had a word with the head choirboy, and went to the 'probs' pew as usual. Mr. Wright, the organist and choirmaster, later ticked me off severely, and told me that if I was ever late again, I was to sit in the back pew nearest the west door, along with the verger, instead of disturbing the whole congregation.

Choir practice was on two nights a week - Tuesdays (boys only) and Fridays (boys and men). The established choirboys would scare the probationers with tales of the Green Lady, who haunted the graveyard, and on dark nights we would cover the distance between the churchyard gate and the west door at a run.

Over the years I graduated from the last seat in the north choir-stall to the seat next to the head choirboy, and I even got to sing solo. On the day I was to sing 'O For the Wings of a Dove', I was so nervous that I could hardly be persuaded to leave home for the church. On another occasion when I procrastinated, my father got so angry that he pursued me on his bike. He caught up with me half way down the alley which links South Street and Finkle Street, and hit me about the head. I've never forgotten.

The church being immediately opposite the school, choirboys would occasionally be called out of lessons to sing at weddings or funerals. I wasn't too keen on the funerals, though we got a shilling apiece for this particular duty. We also received 'choir pay' once a quarter, some of which would be spent at the fish shop in King Street, where you could get fish and chips (a 'tupenny and one') plus a large bottle of lemonade for sixpence (2.5p). We would also buy sticks of cinnamon from Maisie Dixon's chemists shop, to smoke in lieu of cigarettes.

Real cigarettes were permitted, by tradition, on the annual choir trip to Bridlington, conducted by the curate and the choirmaster. We would have reserved compartments, and I remember that when the train stopped at Beverley, one of the lads clambered onto the luggage rack, so that he could continue to smoke without being seen from the platform.

Having walked a good distance along the sand on Brid's south side, the curate would pitch a tent which had been hired for the occasion, so that those who wished could continue to smoke unobserved. In the late afternoon, after cricket and swimming, we would walk back along the prom to a cafe where tables had been reserved, for a fish tea. The tiny pots of jam on the tables remain in my memory, as does the occasion when, having smoked two packets of five Woodbines, at twopence a packet, I was sick several times along the prom. I never smoked again.

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Top photos selected for exhibition at the Beverley Art Gallery

Judges have selected 100 entries to the Capturing the East Riding Photography Competition for exhibition at Beverley Art Gallery next year.

Over 730 photographs were entered into the amateur competition and judges were impressed by the quality of the entries, noting the exceptional talent that exists in the East Riding.

In addition to being shown in the exhibition, the top photos will be considered for a range of prizes, generously donated by the project partners. The prize winners will be announced at the

start of the Beverley Art Gallery exhibition, which runs from 11th February to 24th March 2012.

Councillor Jane Evison, cabinet portfolio holder for rural issues and cultural services, said: "I would like to congratulate all of the photographers whose photos were selected. Given the number of entries, it was a real achievement to make it into the exhibition."

"Those participants whose photos were not chosen should not be discouraged. Photography is clearly a pastime that many of our residents enjoy and we are delighted that this opportunity has enabled them to share their talents."

Hilary Saynor, chair of the East Riding Cultural Partnership, the group that organised the competition, said: "Together, all of the entries have captured what the East Riding looked like in 2011-12. The exhibition will be a fascinating distillation of this pictorial record. We are grateful to everyone who has participated and shown us how diverse and unique our area really is."

After the Beverley Art Gallery, the Capturing the East Riding exhibition will go on display at Goole Museum, Sewerby Hall and Gardens and Pocklington Arts Centre. Dates for these additional venues will be announced next year.

To view all the entries, visit the Capturing the East Riding website

www2.eastriding.gov.uk/leisure/events/capturing-the-east-riding/gallery

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London Theatre Voices present a night of Gilbert & Sullivan

The London Theatre Voices come to Toll Gavel United Church, Beverley on Thursday 12th January 2012 at 7.30pm with A Night of Gilbert and Sullivan.

Soprano - Julie Dawn Lloyd, Mezzo Soprano - Deborah Davison, Tenor - Ben Kerslake, and Bass - Andrew Tinkler accompanied by Simon Haynes on the piano will sing a selection of Gilbert and Sullivan songs, duets and quartets.

If you have ever dreamed of visiting Titipu to see a wandering Gondolier with Sparkling Eyes eating Buttercups with his pet Tit Willow then this might be the concert for you. The London Theatre Voices visit Beverley again with an evening of Gilbert and Sullivan favourites. The four voices and pianist delve into the often complex stories of Gilbert and pick out the well known and less well known items. 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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East Riding Youth Dance County Company secures a place at Fresh 2012

Following on from the fantastic success of Fresh 2011, Yorkshire Dance is working with Youth Dance England for a second year to organise Fresh 2012 - an outstanding showcase for the finest youth dance groups from Yorkshire and the Humber.

Featuring a range of fantastic pieces and dance styles as diverse as street dance and hip hop to Bollywood and contemporary dance, Fresh 2012 will celebrate the achievements of the region's young dancers.

East Riding Youth Dance County Company has been chosen to perform at the spectacular showcase that presents the most talented local dancers on Saturday 17th March at West Yorkshire Playhouse Leeds. They will be performing their piece 'All Because,' choreographed by their artistic director Dawn Holgate. 'All Because' is a piece about relationships and the emotions we feel that inevitably affect and sometimes destroy the friendships that we build. The company explored a range of circumstances that often affect our relationship with others: love, jealousy, trust, passion, paranoia, manipulation, envy, fear...

An elite panel of judges will select one group to represent Yorkshire at U.Dance England 2012, Youth Dance England's flagship event taking place this July at the Southbank Centre in London.

Alongside the performances on stage, youth dance companies will also be performing in the theatre foyer and at Yorkshire Dance, next door on Quarry Hill.

Yorkshire Dance received over 30 applications from companies wanting to have the chance to dance on stage and managed to narrow it down to nine.

For further information, please contact June Mitchell, community arts officer, on (01482) 392651.



Sainsbury's Local in Cottingham reach Regional Finals

Sainsbury Local in Cottingham have reached the Regional Finals of the companies Christmas Atmosphere competition. They won the area finals coming top out of 190 stores.

As part of their festive celebrations, students and staff from Newland High School for Girls sang Christmas Carols outside of the store, to raise money for Dove House.

The students were accompanied by music teachers Mr. Burrell who played keyboard and Miss Caistor from Newland High School.



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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.

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For 50 years he imparted his musical skills to the Choir of St. Mary's Church in Cottingham.

It was in mid-summer 1935 when the retiring organist Jack Barron relinquished his shiny organ seat for newcomer Walter Edward Wright. A.R.C.O., who brought a new era of music to the church until 1985.

Oratorios, Anthems and solos became the norm each Sunday and woe betide any boy (or man!) who missed a Tuesday or Friday evening practice. Visits to other churches and choir pageants at Hull's City Hall were inspired by him. His organ voluntaries and recitals were out of this world.

Now at last, his surviving choristers and friends are contributing toward a modest memorial plaque, which will be mounted on the organ console. Walter was a great favourite with young and old alike and many are the stories which could be told, not to mention the annual choir outings to Bridlington! He died on 14th October 1990.

Permission has been received from the Church authorities at diocesan level to proceed and a donation fund has been opened for those who would like to contribute. A maximum of £3 per person is deemed to be adequate. Any surplus will be donated to the church organ/music fund. Cheques (payable to: St. Mary The Virgin, Cottingham Church) or cash, and in both cases can be forwarded to: c/o The Rectory, Church Path, Hallgate, Cottingham. East Yorkshire, HU16 4DD

Alternatively, donations can be handed to the church warden or the Rector, at the church.

Good Neighbours Needed –

AGE UK East Riding will be at the Waitrose store in Willerby in the New Year, with information about the charity's services and how local residents can help.

The charity is appealing for volunteers to help with its Good

Neighbour Scheme, which provides a vital befriending service for older people throughout the East Riding.

Volunteers are particularly needed in the Haltemprice area, and staff from Age UK East Riding will be on hand at the Waitrose store on Wednesday January 11 2012, between 10am and 3pm, to offer information to shoppers about the scheme.

They will also offer information about other services which the charity provides for older people in the East Riding.

Volunteers are needed to befriend older people in the area either by telephone or by visiting. The service relies completely on volunteers who provide a unique role in helping to reduce the effects of social isolation. Through the support of Age UK East Riding, volunteers can become actively involved in their community, helping people over 50 to access different services and support when needed.

Anyone wanting further information can contact Age UK East Riding on 01482 869181.

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Below: Answer to Sudoku problem No. 60 from the December issue.

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



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A Splashing Idea for New Year

Swimathon 2012 – the world's biggest fundraising swimming event will involve over 650 pools in the UK between April 27-29. In it's 25th year, the event has joined forces with Marie Curie Cancer Care, British Swimming's Big splash, and Sport Relief to give swimmers the opportunity to raise vital funds.

Participants swimming for Marie Curie can choose from the 5k, 2.5k or team 5k challenges and will be raising funds to provide a high quality nursing service to give terminally ill patients the choice of dying at home surrounded by friends, family and familiar things.

2012 will be a very important year for sport in Britain and we'd love to add to the 500,000 who have taken part in the years past. These 500,000 swimmers have swum the equivalent of more than 24 times around the world and has raised over £20,000 for Marie Curie Cancer Care Services in the North and East Yorkshire and South Teesside.

You can sign up for a swimathon weekend session in your nearest participating pool from January 3rd 2012 to ensure you keep your new years resolutions.

Go Online to www.swimathon.org, www.bigsplash.co.uk or www.bbc.co.uk/bigsplash.

Shepherd's Crooks

Learn the fascinating skill of making a shepherd's crook or walking stick on Saturday, 21 January at Beverley Longcroft School from 9am-4.30pm.

The crooks and sticks are prepared 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.

This course costs £60 and all tools and materials will be supplied.

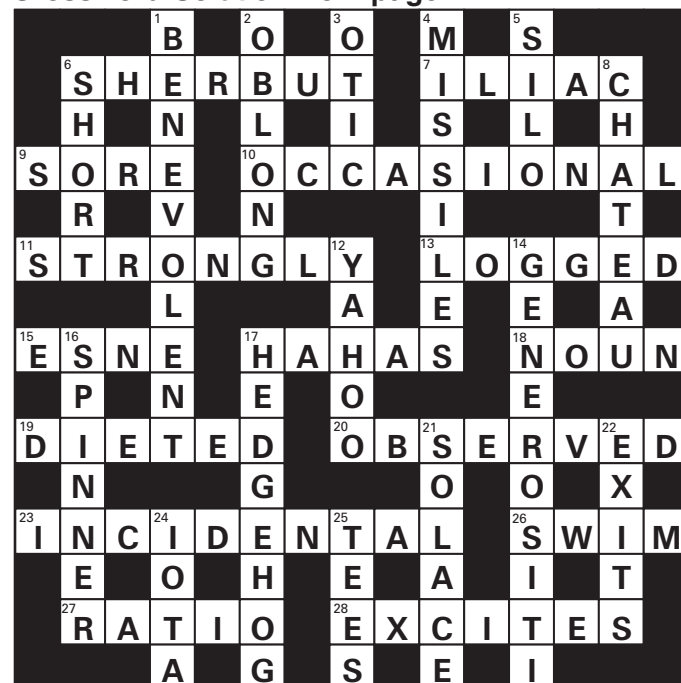
For further details and to book a place contact Brian Bate at brian.bate@eastriding.gov.uk or call 07899 994830.



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Tuesday at 9.45 am

For Membership details Ring Theresa on 823032

Crossword Solution from page 14



Reducing Stress levels with Aromatherapy

Aromatherapy. Even the word has a relaxing and calming sound to it. Aromatherapy is the use of essential oils in order to improve and enhance an individual's health and well-being. While it is not a miracle practice it is a very basic and natural way to manage and reduce stress in your life.

Essential oils can be thought of as concentrated extracts that are taken from the roots of plants, as well as the bark, flowers and leaves of plants. Examples of these include orange, rosemary, roses, lavender and sandalwood. Aromatherapy is not a new concept by any means. It dates back to ancient times and was even made reference to in the Old Testament.

Lessening Stress with Oils:

You may wonder how aromatherapy can be of help when it comes to stress. If you are constantly facing situations in your life that are stressful then stress can become overwhelming and downright harmful to your well-being. The scents of essential oils can be used to relax and soothe because they produce chemical responses in the brain that can help to center the mind and make stress more manageable.

Our noses play an important role in this process as they are the entry by way scents make their way to our thinking and feeling center – the brain.

Olfactory cells are found at the top portion of each one of our nostrils. These cells capture the scent of the essential oil and then take those impulses and transport them to the limbic system in the brain.

It is the limbic system that not only controls the way in which we respond to stress but also stores and recalls all of our memories (it is our very own memory lane!) and processes all of our emotions. The limbic system is connected to our sense of smell. How we respond to stress also starts here which explains why what we smell can have a strong effect on stress.

Plant Essences – Something for Everyone!

If you would like to try aromatherapy for stress relief but are not sure what plant essence appeals to you the most then experiment with a variety of them. There are many essential oils from plants that can lead to a calmer and tranquil state of mind.

The wonderful thing about aromatherapy is that it is simple to do and is not expensive. You can dip a cotton ball in the oil, inhale it and let it take over your senses and improve your mood. Aromatherapy can be enjoyed by anyone practically anywhere. This makes it a very versatile natural therapy for stress.

If anxiety and tension are weighing you down then try a combination of geranium, lavender and patchouli.

Lavender and geranium can also be used on their own to relax the body and mind and to relieve stress. As a type of nerve sedative chamomile and Melissa earn high marks. Chamomile can also be effectively used by itself as a stress and anxiety reducer.

Clary sage is beneficial when you have a strong desire to relax.

When it comes to depression and/or insomnia sandalwood can be very effective. Sweet marjoram is helpful when it comes to reducing high levels of anxiety and tension. Juniper berry is also an anxiety reliever and is worthwhile when you are feeling red hot with anger!

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