

Cottingham Times

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Issue 134 - January 2013

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In Cottingham and District

St. Mary's Church, Cottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 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. **FOR A LIMITED PERIOD WEDNESDAYS ONLY "2 FOR THE PRICE OF 1". ALL WELCOME.**

Mary's Village Pop In - The small hall at the Village Hall, Skidby
Tuesdays and Fridays 10.00 am 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.

AgeUK East Riding

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 other services available. 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 Wilson, Club Secretary, telephone 07904 803739, or visit our website www.cottinghamrangers.co.uk.

Zion United Reformed Church, Hallgate

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

Viewfinder Photographic Society

Meets Monday evening every week in the Skidby Village Hall. Secretary: Mr. Peter Smith, 149 Grovehill Road, Beverley. Tel. 01482 867450.

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 Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 pm in the Zion United Reformed Church Hall, Hallgate, Cottingham.

Fitmums & Friends Run, Walk & Buggy Burn Club

The club meets at Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45am (term time only) and at KGV Pavillion, Cottingham: Wednesdays 7.00 pm; Fridays 6.15 pm & Buggy Burn Thursday 10.00 am. Suitable for men & women of all abilities. www.fitmums.org.uk

Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. £2.00 per evening. For more information telephone Dave 01482

Cottingham Bridge Club

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

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Photo by Paul Lakin, 9 Dixon Court, Cottingham HU16 5BN.
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Continued from page five

East Yorkshire Embroidery Society

Saturday 12th January - Jillian Moore - Traditional Embroidery and Historical Textiles. In the Darby & Joan at 2.30 pm. Memberships Fees £8 per annum. Meeting fees: Members £1.50; Visitors £2.50.

Beverley Film Society

Friday 13th January - **A Screaming Man** (2010) Director - Mahamat-Saleh Haroun Cert (PG) French/Belgian/Arabic, Drama, Cannes winner of Jury Prize for Best Film. In present-day Chad, a sixty something, former swimming champion and pool attendant is forced to make a contribution to the civil war. But he is penniless and only has his son. All films start at 7.30pm. Screenings are in the Masonic Hall, Trinity Lane, Beverley

Cottingham Catholic Women's League

Monday 14th January, Mr. Patrick Doyle, On the Emmaus Project, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Wold Lace Makers

Saturday 14th January, Free Day - Supplier - Six Penny Bobbins. The Church Hall, St. John's Newland Parish, Church Hall, Clough Road, Hull HU6 7PA. 10.00 am to 4.00 pm.

English Country Dancing

January 15th - English Country Dancing at Darby & Joan Hall, Finkle Street, Cottingham. 8pm to 10pm. For further information please telephone Fred Smith on 01964 550297.

Cottingham Evening Townswomen's Guild

Wednesday 16th January - Paul Schofield "Hull's Blue Plaques", at 7.30 pm in the Darby & Joan, Finkle Street.

East Yorkshire Association of the National Trust

Wednesday 17th January - Mr. Geoff Bell - Stories in Stone, English Mediaeval Alabaster Panels, in the Civic Hall, Cottingham at 7.30 pm. Non members welcome.

Inland Waterways

Friday 18th January - Paul Waddington will give a presentation entitled 'All you need to know about Locks. From 8.00 pm to 10.00 pm at the Cottingham Methodist Church. Admission £2.00 including refreshments.

Welsh Society of Hull and East Riding

Friday 18th January - Beverley Arms Hotel 7.45 pm for 8.00 pm. "An Evening of Memories". Details and tickets 01482 869800.

North Ferriby Gardening Club

Monday 21st January - The History of Hull Parks and Gardens - Paul Schofield. Meetings are held in the North Ferriby Village Hall at 7.30 pm. Visitors are always very welcome - admission £2. Annual membership £6.00, Includes Tea/coffee and biscuits Further information ring Mal on 01482 632282

English Country Dancing

January 22nd & 29th - Weeks 1 & 2 of our beginners sessions of English Country Dancing at Darby & Joan Hall, Finkle St., Cottingham from 8pm to 10pm. For further information please telephone Fred Smith on 01964 550297.

Cottingham Ladies Circle

Wednesday 23rd January - Hull as it Was, Mr. Geoffrey Bell, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

Cottingham Men's De Luda

Wednesday 23rd January - John Whittle - A Weekend to Remember - The Clipper Race, in the St., Mary's Church Hall, Cottingham, at 2.00 pm.

Cottingham Civic Society

Monday 28th January - "The Greening of Listed Buildings", an illustrated talk by Dave Hickling, in the Darby and Joan Hall, Finkle Street, at 7.30 pm. Members are requested to contribute £1.00 for each for every meeting attended. Non-members are welcome to attend at a charge of £2.00 each. Refreshments are served at a nominal charge.

The Alzheimers Society

Hold a memory café for people with dementia and their carers, family and friends at the Holy Cross Church, Carrington Ave in Cottingham. It is held on the second Tuesday of the month at 1.30 pm to 3.00 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 01482 211255.

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. From 2013 the club will be running 4 Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at Under 9, 11, 13, 15 and 17 as well as an all girl team. Training starts in January with Indoor Nets at the new Thomas Ferens Academy for all age groups on a Tuesday evening and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

Cottingham Women's Institute

Tuesday 8th January - St. John's Ambulance - Demonstration: Rachel Fowler. Competition: Old Fashioned Remedy, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham. **PLEASE NOTE NEW VENUE.**

Haltemprice Art Group

Tuesday 8th January - Design a Poster
Tuesday 15th January - Sketching - Jackie Churchman/Mary Spink
Tuesday 22nd January - Only three colours
Tuesday 29th January - Make a Collage
Meetings held in the Cottingham High School, 7.00 pm to 9.00 pm in the Art Department. New Members always welcome. Annual fees are £20.00 which cover all but demonstrations, workshops, and appraisal evenings where an additional is made. For further details telephone Mrs. Pat Tillotson (Secretary) 01482 352840 or Mrs. Jackie Churchman (Publicity Officer) 01482 866783.

English Country Dancing

January 8th - English Country Dancing at Darby & Joan Hall, Finkle Street, Cottingham. 8pm to 10pm. For further information please telephone Fred Smith on 01964 550297.

Cottingham Ladies Circle

Wednesday 9th January - Express Law, Mr. M. Poucher, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

Cottingham Local History Society

Wednesday 9th January - "A Blood Stained Glove", an East Riding Duel - David Smith. 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.** Meeting Fee: Members £1.00; Non-Members £2.00.

Cottingham Men's De Luda

Wednesday 9th January - Frank Galbraith - Quarries, in the St., Mary's Church Hall, Cottingham, at 2.00 pm.

Cottingham Green Women's Institute Evenings

Thursday 10th January, A.G.M., in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 10th January - Nial Adams - Landscape of the East Riding, at 2.00 pm in the hall at the Darby Joan Hall, Finkle Street, Cottingham.

Alternative Aquatics

Thursday 11th January - Alternative Aquatics is a local charity and self-help group. We provide gentle exercise and relaxation for people with back pain and associated mobility problems, in wonderful warm water and a friendly atmosphere. We meet on Thursdays at 5-6 pm during term time, at the hydrotherapy pool at Frederick Holmes School on Inglemire lane Hull, and the cost is £10 per term. We have a few places available so if you would like more information, or would like to come along for a free trial session, ring Julie on 01482 351011 or Ann on 572011.

Continued on page six

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Jim Love shines at East Riding Cricket Society event

Undeterred by freezing weather, Jim Love made his way from Tadcaster to Hull on 12th December for a most enjoyable evening with the East Riding Cricket Society. Love's work as Regional Manager (North) for the charity Chance to Shine is keeping him very busy at the moment.

Described by Minister for Sport Hugh Robertson as 'one of the most successful grassroots sports initiatives in this country', Chance to Shine aims to reverse the rapid decline in state school

cricket experienced since the 1980s. The scheme has already given cricketing opportunities to over 1.5 million primary age children nationwide. And now with new funding from Sport England Jim and his colleagues are preparing to go into the secondary sector for the first time.

It's a campaign which certainly means a lot to Love, a one-time pupil at Brudenell School in Leeds, where a cricket-loving headmaster helped him take his first steps towards a professional career. Now Chance to Shine has produced its first county player in sixteen-year-old Pudsey wicketkeeper Barney Gibson, who came through the scheme to make his Yorkshire debut in 2011, the youngest man ever to play first-class cricket in England. But Love is keen to emphasise that Chance to Shine is not primarily about identifying potential England and county players. Instead it aims to encourage involvement at all levels of the sport, and its undoubted success means that he looks to the future with great confidence.

The East Riding Cricket Society meets monthly throughout the winter and offers a warm welcome to all cricket-lovers. Annual membership costs just £15. The next meeting will take place on Wednesday January 9th and features Lancashire's assistant coach Gary Yates. Gary will be speaking at the Humberside Police Sports Club, Inglemire Lane, Hull HU6 8LE at 7.45 pm. Non-members welcome: admission £5.

For further information check the society's website at ercsoc.blogspot.co.uk or telephone 01482 861848.

Cottingham Parish Council



It is government policy to increase the number of houses in England and Wales over the next 15/20 years and the East Riding of Yorkshire Council has decided that in Cottingham the target is around 1000 houses to be built during this period. Under the Localism Act 2011 the Parish Council can draw up a 'Neighbourhood Plan' which can set guidelines for where and what type of housing is to be built.

What is a Neighbourhood Plan?

A Neighbourhood Plan sets out the vision, aims, policies and proposals for the future development of a neighbourhood. If adopted, the Neighbourhood Plan will be part of the statutory development for the area. This means that the East Riding of Yorkshire Council and Planning Inspectors will have to take the plan into account when making planning decisions. So a Neighbourhood Plan will carry more weight than, say, a Parish or Community Plan.

Who produces a Neighbourhood Plan?

The Localism Act 2011 says that where there is a Town or Parish Council, then that Council is the qualifying body for leading a neighbourhood plan. So for Cottingham it is the Parish Council.

Why are you telling me?

This is your opportunity to be involved in the development of your community. Where would you like Cottingham to be in 20 years time? What sort of community would you like your children to inherit? Do you want Cottingham to be bigger? Do you think that Cottingham is

big enough? Is Cottingham a village or is it a town? Community engagement is necessary and important; partly because it is a statutory requirement (included in the Localism Act), but also because it achieves better informed outcomes – after all you know your own community best. The Parish Council wants you to take part in drawing up the Neighbourhood Plan.

What is the first step in the process?

Cottingham Parish Council has decided to produce a Neighbourhood Plan and the first step in the process is for a 'neighbourhood area' to be identified. The Parish Council has identified its administrative borders as the appropriate area and has applied to East Riding of Yorkshire Council for approval of the proposed boundary. As part of the approval process ERYC has to carry out a public consultation exercise before putting the request before Cabinet for a decision. The consultation period is scheduled to run from 7 January 2013 for six weeks.

What do I do?

To take part in the public consultation process for the approval of the boundary for the Cottingham Neighbourhood Plan you can visit www.eastriding.gov.uk. If you have any questions please talk to your Parish Councillors (contact details are available in the Parish Council noticeboards or on the Parish Council website (www.cottinghamparishcouncil.org.uk)) or speak to Judith Macklin, Clerk to the Parish Council, either in the office on Market Green or on telephone number 01482 847623.

Hope you are enjoying your new shiny gadgets you received at Christmas . . .

Happy New Year to everyone! Hope you all had a very enjoyable Christmas holiday, and that you've been getting well on with any shiny new gadgets you may have received! If not, you know where we are!

Windows 8 reportedly sold 40m copies in its first month of sale! Although, many people seem to be favouring *Windows 7* on traditional PCs and laptops.

Hotmail is probably the most widely used internet based email system in the world. If you're one of those users, you've probably noticed it has changed appearance recently and become *Outlook*. Don't worry if you have been asked some extra security questions during the transition, this is normal. It would also be a good idea to change your password at the same time.

Hotmail works seamlessly with *Windows 8*, sitting within the Mail tile. But if you are having trouble getting any other type of email set up, (like *Karoo*), then you need to download and install *Windows Live Mail* (part of the *Live Essentials* suite), or if you are a *Mozilla* user, get *Thunderbird*.

The Cloud, is an oft-banded term, and you may have heard it if you have recently bought a new computer or tablet. Basically it often means on-line storage, in other words a provider gives you an allowance of free storage space on its servers where your important data can be backed up to. If you have a *Gmail* or *Hotmail* account, you will already have access to *My Drive* or *Sky Drive* to save photos etc. It can also refer to apps (programs) that can be run on any internet connected computer (sometimes for a fee), like *Microsoft Office 365* for instance.

KC Lightstream, the new superfast fibre-optic broadband is being rolled out to more villages around Hull. Go onto the KC website to register your interest.

Here are a few hints and tips to help you along:

Do you clean your keyboard and mouse? If not you should do, as recent surveys have shown them to be harbourers of many germs! With the computer turned off, use a wet wipe or slightly moist cloth, and carefully wipe the keys and mouse or touchpad, don't spill any liquid inside, especially on a laptop!

Lost your header and toolbar on Internet Explorer? Press the F11 key to get it back on.

If you are making corrections to a document and suddenly see you are overtyping all the upcoming letters, press the Insert key (above the delete on most keyboards) and that will switch off 'overtyping'

Want to use a calculator in Windows Vista or 7? Just hold down the key and press R, then type calc and press enter.

Want to search for a file on your computer? Just hold the key and press F to bring up the search dialogue box.

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Q: Why does my screen darken and a security message pop up every time I install or open certain programs?

A: This is caused by what is known as 'User Account Control' that is designed to stop unwanted programs being installed, and potentially damaging your computer. It is possible to change the settings of 'UAC' in Control Panel, Users, but it is not recommended to turn it off.

Q: How do I refresh a webpage, if I'm not sure if it is loaded properly?

A: Just hold down the keyboard CTRL key and press the F5 key.

When typing a document, make sure you keep saving it to prevent data loss. Just hold the CTRL key and press S. (This will prompt you for a filename if you haven't already saved it once).

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Is this You, or anyone you know?

by Paul Smith

Can you get a state pension top-up of about £1700?

Several friends of mine get state pension top-up and they couldn't live without it. To get it you have to be aged nearly 62 or older and have a low income. If you are between 62 and 65, low income means you get less than £143 a week if you are single and £218 if you are married. Once over 65, low income means less than £188 a week if single and £277 if married. However, income means income after tax, it makes no difference if you own your own house, or if you have savings up to £10,000, or if you live in your children's house, or if you get attendance allowance, or if you live in a care home, or if one of you is aged under 62. You also get more if you have a mortgage, or are disabled. You might still get some even if your savings are £50,000. Only 6 in 10 people eligible claim it, so a huge 4 out of 10 eligible people don't get it. The average amount you get is about £1700 every year. But even if the top-up you get (correctly called pension credit) is only 1p a week, you should still also get a reduction in your council tax (if you own your own home) or in your rent (it's called housing benefit).

So claim it. It's like entering a competition. If you win, great, if not, you haven't lost anything. If you have friends who are hard up, ask them if they have claimed pension top-up. To claim, ring 0800 99 1234. You will be asked for your national insurance number and full details of your income and savings.

Would you pay someone £700 to fill in a simple form for you?

If you borrow money from a bank, whether for a loan or mortgage, you can take out payment protection insurance, but only if you have a job. This pays your loan repayments if you have an accident or fall ill. However, the banks sold it to people who didn't have a job, like retired people and the self-employed. It was a massive and appalling scam - by of all people our own banks. So the Government quite rightly said the banks had to pay back all the premiums they had conned from such

people. You can get firms to fill in the repayment forms for you. It takes about half an hour. These firms take about a quarter of the payout, which is on average £2750, so they get nearly £700.

Filling the forms in yourself is easy and won't affect the outcome, so claim yourself and save £700.

Pay £315 if you ring this number.

A card is posted through your door from a company called PDS (Parcel Delivery Service) saying they were unable to deliver a parcel and that you need to contact them on 0906 6611911 (a premium rate number). You **mustn't** call this number, as it is a mail scam originating from Belize.

If you ring the number and you start to hear a recorded message you have already been billed £315 for the phone call.

Do this and save probate fees.

When anyone dies, you have to get probate from the taxman before you can distribute the estate (unless the person wasn't worth much). Probate means filling in forms to show how much the dead person was worth, thereby telling the taxman whether any inheritance tax is due. Only 3 people in 100 pay inheritance tax. Trouble is, the taxman doesn't know which these 3 in 100 are, so unfortunately everybody has to apply for probate.

However, if you are married and own everything in joint names, you don't have to get probate. One couple owned everything in joint names. When the husband died, his widow simply showed his death certificate to the bank and they put the bank accounts in her sole name, she showed it to the Land Registry (which is off Ferensway) and they put the house in her sole name. It was so quick and cost nothing. There was no need for probate, which with some firms of solicitors and banks can be expensive and take months.

If you are happily married and over 60, put everything in joint names. It'll make me cry, because I do probate, but it's a good idea.

A really simple way of avoiding care home fees.

Like most couples my wife and I own our house in joint names, so when I pop off, almost certainly before her, she will inherit my half of the house. However, if it looks likely that after I die she will need to go into a care home, I will change the house deeds from 'joint tenants' to 'tenants-in-common' and change my will to leave my half share of the house 'in trust' for her. This means that my half share, instead of going to her, goes to trustees (who will be my two kids). She can live in the house until she dies. If eventually she should go into a care home and the house is sold, only her half of the proceeds belong to her. The other half, owned by the trustees, cannot be taken in care home fees.

This could save thousands. Government guidance suggests this will not be contested by your council as deliberate deprivation of assets to avoid care home fees.

The above suggestions are intended to be helpful. Opinions are the author's own. Everything is described in very simple terms, so before taking any action you must take appropriate professional advice, and the author and publisher cannot accept liability for any loss incurred as a result of relying on the above.

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Macmillan Cancer Support is inviting local groups and associations to request an inspirational talk about the charity by their local fundraising team.

Macmillan fundraising manager for Cottingham Crystal Ness said: "Macmillan has been making a difference to the lives of people affected by cancer since 1911. Most people know of the Macmillan nurses and the wonderful support they give to people who are affected by cancer, but there is so much more to the help that Macmillan can offer, and the way in which we fund our services that people could get involved with.

"One in three of us will get cancer and 2 million of us are living with it. We want to reach everyone who is affected by cancer. One of the ways that we can do this is by giving talks in communities and letting people know the different ways that we can help, not just the person living with cancer, but carers, family, friends, and colleagues. You can also find out a bit about the history of the charity. Whatever group you belong to, we would love to hear from you and arrange a visit."

If you would like to book a talk to find out more about the work of the charity, please contact Crystal Ness on 07894 936352 or email CNess@macmillan.org.uk.



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Wordsearch - Thirsty Work

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

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

Find the words in the letters above:

Alcohol, Ale, Aperitif, Applejack, Beer, Beverage, Bitter, Bourbon, Brandy, Cappuccino, Champagne, Cider, Claret, Cocktail, Cocoa, Coffee, Cordial, Cream, Elixir, Espresso, Gin, Ginger Beer, Juice, Lager, Liqueur, Marsala, Martini, Milk, Mint, Julep, Nightcap, Ouzo, Pernod, Pilsner, Punch, Retsina, Sangria, Schnapps, Scotch, Shandy, Sherry, Soda, Spirits, Stout, Tea, Tequila, Toddy, Tonic, Vodka, Water, Wine

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 73 -

This is an easy challenge this month - Answer page 29

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

MARIONOWENTRAVEL

A new year for new adventures and experiences.

As we look ahead there are many special events happening throughout the world. One of these is the International Garden Show in Hamburg - a ten yearly event!

Hamburg known for its medieval membership of the Hanseatic League and located on the southern point of the Jutland Peninsula, it's no wonder therefore, that Hamburg is also known as Germany's gateway to the world.

Located close to the harbour, the Elbe Island of Wilhelmsburg will be transformed into a must see destination for all garden and nature lovers in the form of the **2013 Hamburg International Garden Show**; its theme: seven worlds, seven wonders, along with its motto "Around the world in 80 gardens", will entice visitors on a journey through the cultures, climates and vegetation zones of the earth, including the World of Ports, Water, Cultural Diversity, Continents, Nature, Movement and Religion. With something for everyone, this sensual and creative showground is packed full of exhibition areas with the beautiful park being handed over to the Hamburg residents following this fantastic event.

Our exclusive tour departing on 10th August also includes a visit to the capital of the Hanseatic League, Lubeck. A selection of other dates are available which we can book with other tour operators too.

Burma..... Now this is really looking ahead. We have a special departure in 2014; why not come along to our presentation to find out more about this historical ancient land and how you can see it in a relaxed and comfortable style teamed with Singapore & Malaysia on Wednesday 9th January at 2pm, 4pm or 6pm - call to reserve your seat today tel: 01482 211913.

USA: are you looking for a different itinerary? We have many ideas. For example - Florida, if you have been to Orlando several times and looking for somewhere to team it with, how about the State of Georgia? Just a 3 hour drive north of Orlando, you are over the state border and can enjoy the history and culture of the deep south. Perhaps drive up as far as Atlanta for your flight home? If you have a starting point anywhere in the USA, we can always tailor you a multi centre with our extensive knowledge.

Africa: if you have done other worldwide parts of the world and missed out Africa the continent has lots to offer whatever your tastes and interests. Perhaps this could be your next destination - the open skies and wildlife of Namibia, the Garden Route & wines of South Africa, the paradise beaches of Zanzibar the list goes on.

River Cruising ~ perhaps you have looked at our specials and are thinking about it? Well don't delay as our cabin allocation is low and the Danube is now on request. We sell all river cruises and wherever and whatever date, we will be able to find you something, but the earlier you book the better. Non flying is easy via North Sea Ferries; and for flying we will offer Humberside wherever possible or perhaps you would prefer to travel by train? If you are looking for a drop of winter sun, we have some fantastic cruises along the Nile. Quality ships representing great value, including a bundle of sightseeing excursions and flights available from Manchester.

Cruising: in general: we sell all lines and with our first hand experience of more than 140 ships that ply the oceans and rivers around the world no one knows cruising better. Fred Olsen is very popular for non flyers and they have special sale fares for bookings made before the end of February. We also offer a transport service from your front door on many of the sailings along with other cruise lines too! If you are wanting to sail with Cruise & Maritime from Hull, this is your year as they are pulling out of our port for 2014. There is still space on the Baltic cruise & North Cape this summer. For those of you still wanting to travel on their ships next year, we will be offering transport to Newcastle and Liverpool - advance register for further information of 2014 sailings today.

Warner's Hotels - just for adults. We have a great selection of breaks including travel to/from your hotel. Comments from past travellers are that it is a holiday like a cruise, but on land. The quality is excellent; you can have an active time or just simply relax. A few of our selection are shown opposite, please call for our full list.

In this year our 20th Anniversary of trading, we are proud to be independent and are passionate about travel. As a sole trader you know exactly who your are booking with. We look forward to hearing from our regular travellers and welcome newcomers too for all your travel requirements.

Here's to an exciting 2013, wherever the year takes you too.

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13 Jun	BBC Gardeners World for the day	£ 49
19 Jun	Litchfield & National Arboretum 2days	£ 115
23 Jun	Ireland Explorer 12 days - great itinerary	£ 995
07 Jul	Waddington Air Show just for the day	£ 39
22 Jul	Alvaston Hall - 5 days half board special	£ 259
26 Jul	Orient Express day to Edinburgh & Zoo	£ 365
29 Jul	Warner's Nidd Hall 4 nights half board	£ 285
10 Aug	Hamburg & Lubeck 6 days half board Optional International Garden Show	£ 459
19 Aug	Edinburgh Tattoo & Zoo 3days half board	£ 285
26 Aug	Rhine & Moselle River Cruise 10 days	£1559
26 Aug	Rhine & Moselle land tour half board	£ 759
16 Sep	Meuse River Cruise 8 days	£ 895
16 Sep	Belguim Delights tour 8 days	£ 595
03 Oct	WW1 & Amiens Roderie Market 6 days	£ 399
04 Oct	St Albans & Winsor weekend half board	£ 129
22 Nov	Thursford Xmas Spectacular 3 day	£ 229
26 Nov	Thursford Xmas Spectacular 2 days	£ 149
28 Nov	Thursford Xmas Spectacular 2 days	£ 149
30 Nov	Thursford Xmas Spectacular 2 days	£ 149
05 Dec	Putting on the Ritz - 2 days half board	£ 85
11 Dec	Chatsworth at Christmas - just for the day	£ 35
12 Dec	Thursford Xmas Spectacular 2 days	£ 149
13 Dec	Antwerp & Christmas Market weekend	£ 179

Prices per person based on 2 sharing unless stated. River cruise & continental tours cabin upgrades available. Please ask for single prices & 3rd person sharing.



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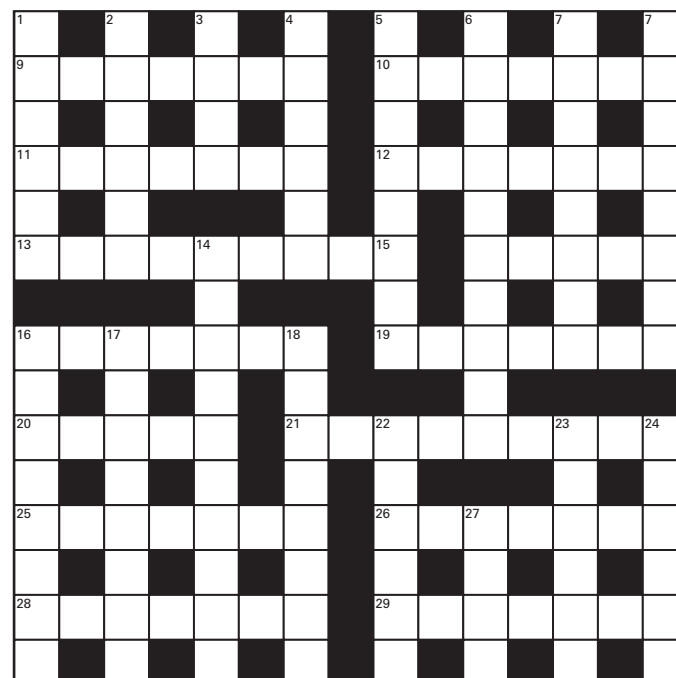
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Crossword - Solution on page 46



Across

9. Elusive (7)
10. Not capable of being swayed (7)
11. Rod-shaped bacteria (7)
12. A disgraceful event (7)
13. Cover with zinc (9)
15. Parts (5)
16. Able to see (7)
19. Leveled using thin wedges (7)
20. City in Nebraska (5)
21. Grape plantations (9)
25. Cursor (7)
26. Famously (7)
28. Singalong (7)
29. Stress (7)

Down

1. Chinch (6)
2. Delete (6)
3. Grind (4)
4. Zodiacal twins (6)
5. Pet rodents (8)
6. Aptitude (10)
7. Fantasy (8)
8. Used (8)
14. Allure (10)
16. Dawdler (8)
17. Huge masses of ice (8)
18. Deviated (8)
22. 90 (6)
23. Jewish religious teachers (6)
24. Expression (6)
27. Albacore (4)

Crossword courtesy of www.crosswordpalace.com

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. Solicitors 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.

We 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.

We believe the information contained in this article to be correct at the time of going to print. While all possible care has been taken in the preparation of the information, no responsibility for loss occasioned by any person acting or refraining from acting as a result of the material contained herein can be accepted by the firm or the authors.

Andrew Jackson
Solicitors

Do you need advice on

Wills?

Powers of Attorney?

Probate?

We are holding **Wills Clinics** at
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Wednesday 20 February 2013

Wednesday 20 March 2013

Wednesday 17 April 2013

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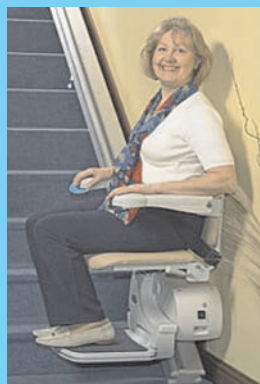
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In the Kitchen



I thought I would feature a pastry which seems to be rarely made at home nowadays. Suet pastry is a traditional British pastry which is generally lighter, more elastic and more robust than shortcrust, making it perfect for holding fillings with less leakage.

Although suet pastry can be used in baked recipes such as baked roly poly's where it is rolled out, spread with a sweet or savoury filling then rolled up like a Swiss roll and baked, or as a pie or tart/flan crust it is probably best known for use in recipes which are steamed or boiled as, unlike other types of pastry, it won't disintegrate under damp conditions. The end result is a light, soft casing with an exquisite texture and flavour.

It gets its name from its use of suet which is the fat from around the kidneys of a cow and although it gives a unique taste, strangely enough, it doesn't impart any meaty flavour to the finished dish whatsoever. For those of you who are vegetarian, it is possible to buy vegetarian "lite" suet which makes a good substitute, so now everyone can make this delicious pastry.

Shredded suet is the use of this fat which makes the difference in this pastry mainly due to the fact that it melts much more slowly than other fats used in pastry making, which means the structure of the pastry starts to set before the fat has melted which leaves little air pockets in the dough leading to a lighter end result.

Another factor in creating such a light pastry is that the fat is not rubbed into the flour as it's already shredded into very small pieces, so all that is needed is to stir the dry ingredients together.



I think suet pastry is one of the easiest pastry's to make as there's no rubbing in, hardly any kneading and because the dough is relatively soft, rolling it out is also effortless, so even if you feel you are not a good pastry cook, I would urge you to try to make suet crust pastry as it's so simple.

Suet Crust Pastry Tips

If you don't have self raising flour, you can use plain flour however you must add baking powder - 1 teaspoon to every 225g/8oz of flour.

For savoury versions try adding herbs such as oregano, parsley or thyme or other seasonings such as chilli powder

For sweet versions, depending on the recipe, try adding a small amount of sugar, grated lemon or orange zest

Use a mixture of half wholemeal self-raising flour and half self raising flour

Adding an egg to suet crust pastry makes the pastry crisper

Always use half suet to flour when making suet crust pastry

Try to use suet crust pastry at room temperature for best results

Always preheat the oven when baking suet crust pastry



Steak & Kidney Pudding

Ingredients

25g/1oz Plain Flour

Salt and Black Pepper

675g/11/2lb Braising Steak, cut into 2.5cm/1 inch cubes

175g/6oz Kidney, cored and cubed

25g/1oz Butter

1 Garlic Clove, crushed

1 large Onion, chopped

150ml/5fl.oz. Beef Stock

150ml/5fl.oz. Brown Ale

1 Bay Leaf

1 tbsp Worcestershire Sauce

1 tbsp Tomato Purée

325g/12oz Suet Pastry

Instructions

1. Season the flour with salt and pepper and use to coat the steak and kidney on all sides. An easy way of doing this is to place the flour in a large plastic bag, add the meats and shake well. Shake off any excess flour but reserve as this extra flour will be added to the dish for thickening.
2. Melt the butter in a large saucepan, add the onions and garlic and sauté for 3 minutes.
3. Raise the heat, add the steak and kidney and seal on all sides, then sprinkle over the flour and stir. Cook for a further 2 minutes stirring constantly.
4. Gradually add the stock, ale, bay leaf, thyme, Worcestershire sauce and tomato purée, mix well, bring to the boil then reduce the heat to a bare simmer and cook for 1 1/2 - 2 hours.
5. On a floured surface, roll out 2/3rds of the suet pastry to around 12mm/1/2-inch thickness and use to line a 1.1L/40fl.oz. pudding basin heatproof pudding basin, leaving any excess pastry hanging over the edges.
6. Spoon the cooked meat into the pastry lined basin and dampen the top edge of the pastry with water.
7. Bring a large saucepan half filled with water to the boil.
8. Roll the remaining third of pastry into a circle a little larger than the top of the basin. Use this to cover the pudding and seal the edges together well.
9. Cover the top with a large circle of greaseproof paper and tie in place with string.
10. Place in the pan of boiling water, ensuring the water comes half-way up the sides of the basin. Reduce the heat, cover with a lid and simmer for 2 hours, topping up with boiling water as necessary. Serve hot.

Jam Roly Poly

Ingredients

- 175g/6oz Self Raising Flour
- A pinch of Salt
- 75g/3oz Shredded Suet
- A little water to mix
- 5 tbsp Jam

Instructions

1. Preheat the oven to 200C, 400F, Gas mark 6. Place the flour, suet and salt in a large mixing bowl and mix thoroughly. Make a well in the centre of the mixture then gradually add enough water to form a soft dough.



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2. Knead lightly until smooth.
3. Turn onto a floured surface and roll out to an oblong about 22x28cm/9 x 11 inches.
4. Spread the jam out on the dough leaving a 2.5cm/1 inch border then roll up from the shorter end. Seal with cold water.
5. Wrap the roll in a piece of folded parchment/greaseproof paper then wrap in folded foil and place in a roasting tin, seam down. Bake for 40 minutes, undoing the foil and paper 15 minutes before the end of the cooking time. Serve hot with custard.

N.B. This can also be steamed or boiled. Make a large pleat in greaseproof paper or a clean tea towel to allow for expansion, wrap the pudding loosely, tying each end with string (like a Xmas cracker). Allow 2 hours cooking time.

Herb Dumplings

Ingredients:

- 100g/4oz Self Raising Flour
- 50g/2oz Suet (Use vegetable suet for a vegetarian or vegan version)
- 1/2 teasp Salt
- 1/2 teasp Freshly chopped Parsley
- 1/2 teasp Freshly chopped Oregano
- 1/2 teasp Freshly chopped Thyme
- 1/2 teasp Freshly chopped Chives

Instructions

1. Sieve the flour and salt into a bowl and add the suet and herbs. Mix well with a knife.
2. Add enough water to bind and form a stiff dough.
3. Using floured hands, form into balls about the size of a golf ball.
4. To Cook - Add the uncooked dumplings to stews or casseroles 15 minutes before the end of the cooking time. Make sure the liquid is bubbling, then drop the balls onto the top and cover with a lid.

Alternatively, the dumplings can be cooked separately in the oven.

Macmillan Cancer Support needs Cottingham quizzers to raise charity cash

Macmillan Cancer Support is looking for local groups and businesses in Cottingham to host a quiz on 22nd February 2013 to raise vital funds for the cancer charity.

The Mammoth Quiz is Macmillan's nationwide quiz, which has raised £68,000 for Macmillan since 2009 and holds the Guinness World Record for the world's largest simultaneous quiz. In 2013, Macmillan wants the quiz to be their biggest ever and so needs lots of Cottingham locals to register for the event.

Macmillan fundraising manager for Cottingham Crystal Ness, said: "We are really excited about our Mammoth Quiz and we are hopeful lots of people will take part to help us make 2013's quiz the biggest ever for Macmillan."

"The quizzes can be held anywhere, from the local pub or bowling club to a local factory, office or school."

"It's a really nice way of raising some money while having fun with friends, family or work colleagues. And let's face it – most of us like the chance to show off our general knowledge skills."

It costs £10 to register with the money going to Macmillan to help fund vital cancer services. Every person that signs up to host a Mammoth Quiz will be sent a 2013 quiz, fundraising materials, tips for organising a quiz and information about Macmillan.

The Mammoth Quiz takes place on 22nd February 2013, but Macmillan says organisations can still hold a Mammoth Quiz after the date if they can't make that time. They are encouraging as many people as possible to enjoy a great evening at the same time as doing something worthwhile for a fantastic cause.

Crystal added: "It would be great to get as many quizzes as possible happening on February 22. However we know not everyone who wants to take part in a quiz to raise money for us will be able to make that time so quiz packs are still available to groups that want to hold their event at a later date."

"The main thing is to help make the quiz bigger and better than ever before and to raise funds to help support people living with cancer."

To find register for your 2013 quiz pack or to find out more about the Mammoth Quiz, please contact Quiz Master Anna Webb on 01832 274075 or email anna@webbounle.co.uk.

To get support from Macmillan, visit www.macmillan.org.uk or call 0808 808 0000.

Positive Activities Grant - Youth Support Service

The Youth Support Service is keen to develop and expand the amount of positive activity available to young people in the East Riding.

Following a one-off donation by arvato government services, the Youth Support Service is able to offer small grants to voluntary, not-for-profit organisations who want to provide more activities for young people aged five to 19 years of age.

Applicants could be established clubs or a new group which needs funds to buy new equipment, help with running costs, staffing etc.

There is £63,000 available to two bands of applicant. Band A is up to £2,500 for individual organisations, and Band B is up to £5,000 for organisations that operate countywide, or in more than one location.

It is hoped the fund will be able to support a variety of organisations that must be able to spend the grant by 31st March 2014.

Application packs are now available and the deadline for completed application forms to be received is 1st February 2013. Late bids will not be accepted. All applications will be considered by a panel on 8th February 2013.

Please note that funding will not be available to voluntary organisations that are in receipt of grant aid through the ERVAS sports club scheme.

For further details please contact Lynda Harris (Lynda.harris@eastriding.gov.uk, tel 01482 392806), or William Vodden (William.vodden@eastriding.gov.uk, tel 01482 392803), development officers with the Youth Support Service, or for an application form contact inclusion.access@eastriding.gov.uk, tel 01482 392824.



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It's Time to Think Energy

With the winter season upon us it's important to think about energy usage and keeping consumption and bills as low as possible. Turning up the heat as the cold weather descends is necessary, but doesn't have to result in financial worries.

Consumers should ensure they are on the best energy deal for their needs by comparing tariffs and looking at all the options available. Making the right choice on a tariff is crucial in ensuring your energy supplies remain efficient and cost-effective for you. To find out more about which tariff is right for you see Age UK's free factsheet Switching Energy Supplier.

Being more energy efficient is crucial to reducing bills in the long term. Installing measures such as insulation or double glazing can significantly cut energy costs, but even simple changes such as not leaving appliances on standby make a difference. An important step in reducing electricity consumption is being aware of how much is used – installing an energy usage monitor can help put customers in control of their consumption and cut costs.

With around 3.3 million older people in fuel poverty it's essential to explore all options to keep energy costs at a manageable rate. This is why we're committed to supporting consumers to better understand their energy requirements and help them reduce their energy usage even further.

If you would like more information on being more energy efficient and how to save money on your bills see our advice guide Save Energy, Pay Less. For your

free copy call Age UK Advice on 0800 169 6565, visit your local Age UK or go to www.ageuk.org.uk.

For more information on Age UK's Energy Tariff, please visit <http://www.ageuk.org.uk/products/energy/gas-and-electricity/>

Written by John Perkins, Chief Executive of Age UK East Riding.

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SHOULD AULD ACQUAINTANCE BE FORGOT AND NEVER BROUGHT TO MIND? How many of us own up to shedding the odd tear whenever we here those words sung on New Years Eve. I, for one, often reflect on the past year going over the events good or bad and look forward to what the New Year may bring. In my family, my eldest daughter Kath and her partner Matt are expecting their first baby in June so you can imagine the excitement building up. My grandson Jacob, who has just turned one, is now walking so we are looking forward to the next stage...talking! I do also reflect on loved ones who are no longer with us to share and enjoy these moments.

We lost our dad followed by my sister-in-laws dad back in 1992, after two very short illnesses and both mums say they would have been so proud to have joined in watching the families flourish. But there are many people who have no close family or relatives and rely totally on their pets for companionship. Whether it is a dog, cat, rabbit or even a rat, no matter what four legged companion they have chosen, it has become their soul mate and confidant for many years, someone who they can trust, never be criticized and is always there for them. So who are we to judge that they too, cannot reflect on their missing loved one?

I know I have mentioned in previous articles of the way some, but not all, people approach this delicate subject. If they are not animal 'lovers' or have no pets of their own, then it is quite normal to often hear "Well its only a dog, cat, rabbit etc. You can get another". Would they



say that if it was a relative or someone close we were grieving for " You can get another friend?". If only we can step back a few paces, 'walk a mile in their shoes' and then reflect, I think we would hear it less often. Life is not that simple, so we just have to accept that everyone is different and grieves in different ways.

My family have had many pets over the years and when it has been the time to say goodbye, we have been faced with the sometimes difficult decision as to whether or not we are to request for their ashes to be returned in a casket from the crematorium . We as a family, came to the decision to say our goodbyes in the surgery or at home and to commemorate their life by planting a patio rose. My garden, as well as mums, has an array of tubs each baring a beautiful rose with a snippet of fur (something we do at KINGSTON on request) buried in the soil with an apt saying applying to that particular pet.

Sadly, our latest bereavement is my daughter Natalie's cat Jaffa, who died in June last year. A tub is proudly displayed on our patio which hopefully will flower in the summer with bright orange roses (Jaffa was a ginger tom cat). Mum also has three pots just in front of her patio doors which give her great pleasure. To our amusement one day she happily said, as soon as we walked through the door, that 'Cassie' was blooming! We also have many photographs of our beloved pets, dotted around the house taking pride of place amongst family photos.....after all, they were family.

What happens after our 'soul mate' leaves this life and crosses over? Are they still around, watching over us as if they haven't left at all? Once again, who is to say. I have had my doubts in the past, secretly hoping in the meantime that I could sense them being near. Was that our old cat, Suiki, I saw going up the stairs to only find nothing there when I followed? Or the feeling of Tammy, my long and trusted friend, laid on my feet at the bottom of my bed? Both of these occurrences happened within months after they had passed away. To me, they are not sinister happenings but more warming and comforting in the knowing that they are not far away.

It doesn't matter what we do or how we do it to find comfort in remembering our faithful friend, as long as it gives comfort to those who are left behind.

Our beloved ____, our faithful friend,
and your love you shared till the very end.
For __ years our family was blessed,
now it's time for you to rest.
You still live on in the hearts and minds,
of the loving family you left behind.

If you are finding it difficult to come to terms with your loss, please do not hesitate to call the surgery. Our experienced staff, here at KINGSTON are always willing to listen.

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Auditions are to be held on Sunday 6 January 2013 at Woldgate College, Kilnwick Road, Pocklington. Rehearsals throughout the year take place on Sundays from 11.30am to 3.30pm

The group meet every fortnight and regularly represent the East Riding at local, regional and national performance events.

For more information, to book a place, or receive an application pack for County Company please call Michelle McCoy on 01482 392653 or 07795 337492 or visit the web site on www.eryd.co.uk.

Hull Amnesty Group concert at Hymers College on Tuesday 29th January

The 2013 concert presented by the Hull Amnesty group in aid of Amnesty International will take place on Tuesday 29 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 Pam Waddington Muse (mezzo-soprano), Paul Udloff (violin) and Peter Sproston (piano). Their programme will include song-settings of Shakespeare and instrumental music, by Arne, Ethel Smyth, Richard Strauss, Berlioz, Quilter, Finzi, Rebecca Clarke and others.

Tickets, including refreshments, cost £15 for adults and £10 for under 18s and students with student cards. They will be available from 8 January, and 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 barneccutt@barneccutt.karoo.co.uk

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"The Tooth and Nothing but The Tooth"

by
**Chris 'Dr. Smile Maker'
Branfield**

Third Time Lucky In Morocco?

Happy New Year!! I hope that you are well.

I do hope that you had a great Christmas and are now energised and ready for the year ahead. Dental Mavericks are already starting to plan the fourth trip to Morocco. I gave a presentation to the South Cave and Wolds Rotary group at the Half Moon Pub in Elloughton as part of my fundraising. Thanks to the group for making me feel really welcome and for the great feedback.

New Challenges In Morocco

On the last trip to El Jabah, Morocco we had some new bits of kit. Dentaaid had done some prototype equipment for us. This included a light that attached to the fold down chair and a suction unit. We also had a portable electric motor and handpieces so that we could do some simple fillings and sealants to protect teeth. This was an adventure in itself!!

Back In El Jaba

I did send out some compressed air canisters and some 50mm syringes to draw up water to use during the fillings and sealants but



these got stopped at Heathrow and we didn't get them in the end. How frustrating. So we had a good root about in the clinic and managed to find some smaller ones for the water. Make do and mend approach. Not ideal but what can you do?

Now That Got The Heart Racing!

Oh my word, the new motor. At work my handpiece thingy works via a foot pedal, which means that when I lift my foot it stops. In Morocco we have a portable electric motor with a knob on it that you turn to start it and then stop it. The thing is the motor clips onto a belt or goes in your pocket.



This means that it is on when you start and won't stop for anything until you take it out of the mouth and turn the knob. I tell you what you need to be extra vigilant using one of these babies. It all turned out fine in the end. The kids, on the whole were great. As clinical director I felt that it was my duty to have first go with the new stuff so that I could report back to the group.

Oh, the suction units lasted all of about 30 seconds each. Mmm.

Down From The Mountains

One mother, whose child was not at the school, brought her little boy down to see us. My colleagues had to take a few teeth out to alleviate his pain. The next day his mother returned with some photographs of him, some of when he was a baby. These are irreplaceable. It just shows the emotional contact that is made and the gratitude shown. Marvellous stuff.

My Practice Manager Gillian, It Was An Eye Opener For Her
All the children were given gifts and toothpaste

The Biggest Challenge Though

On this last trip we got 156 kids out of daily dental pain and saw 22 kids for fillings/ preventive sealants (multiple on each one). We have a fantastic team.

Now this is great and we feel that we are doing a good job at this. BUT. We really want things to get better and for the "Teeth For Life Programme" to kick in. We have been through education and leave toothpaste and brushes but this really needs to be something done on a daily basis or at least a couple of times a week in the school. At the moment they are happy for us to go out and take teeth out once a year. That is not really what we are about long term. We really need to buy in to the prevention that we can support them with. I really do hope that the penny drops. It should do, eventually.

Riding High

As I write Hull City are just 3 points off the top of the table and been playing some great football. Keep it up lads you can do it. My daughter is still playing and their team is in second position. Come on Whitestar Falcons.

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 20 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. www.castleparkdental.co.uk

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I will never be afraid of the dentist again!

What a difference my treatment has made to my life. I can now eat, chew and do all the things I had difficulty with. Many, many thanks to Chris and his team. E Day, Beverley

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The health benefits of English Country Dancing

A typical example of its health benefits is the following true occurrence:- recently two 40 year olds went along to their local English Country Dance club for the first time and it happened to be the evening the club were celebrating the 90th birthday of one of their members.

Their immediate reaction on seeing how fit the 90 year old was "if this is what English Country Dancing can do for you ,then we want to be part of it" The sender of this e-mail can personally confirm that these benefits are attainable-my wife and I are both active English Country Dancers, Scottish Country Dancers and Barn Dancers and although not celebrating our 90th birthday we shall be having a dance next year to celebrate our 80th birthdays.

The HEALTH aspects of English Country Dancing.

Overall fitness - Country dancing is the perfect exercise. It combines all the positive aspects of intense physical exercise with none of the negative elements. Country dancing is a low impact activity requiring constant movement and quick directional changes that keep the body in shape. It tones the muscles without causing injury.

Cardiovascular conditioning - As with all regular exercise, country dancing can lead to a slower heart rate, lower blood pressure and improved cholesterol profile.

Strong bones - The movements of many country dances can strengthen weight-bearing bones and can help prevent or slow down loss of bone mass (osteoporosis).

Burning off calories - Country dancing can burn off as many calories as a brisk walk. An hour of country dancing can burn between 400 and 800 calories.

It's a mental challenge - Modern country dancing is a mental challenge. Calls have to be remembered. Reacting quickly to the country dance caller keeps you mentally on your toes. Whilst concentrating on the moves you escape from your worries and every-day pressures.

It's an antidote to depression and loneliness - Country dancing contains a social component that solitary fitness endeavours do not. It is very tactile, and friendly which contributes to self esteem and a positive outlook.

Rehabilitation - When recovering from heart or knee surgery country dancing is a positive alternative to aerobic dancing or jogging.

Laughter - Country dancing is full of fun - laughter is the best medicine!

"English Country Dancing is Fun and Friendship set to music"

There are two clubs in the area, one meets at Coniston Village hall on Mondays from 7.45pm to 9.45pm and the other meets at **The Darby & Joan Hall, Finkle St, Cottingham on Tuesdays from 8.00 pm to 10.00 pm**. The cost is very low with a maximum of £2 for an evenings dancing and in both cases no charge is made for the newcomers first night. For further information on the clubs contacts are:- Coniston, Susan Parkin tel 01482 643658 or for Cottingham, Fred Smith tel 01964 550297

Basically its not "we do English Country Dancing because we are fit" - it is "we are fit because we do English Country Dancing".

I should be delighted to answer any questions you may have.
Fred Smith, Treasurer, Hull Folk Dance Club.



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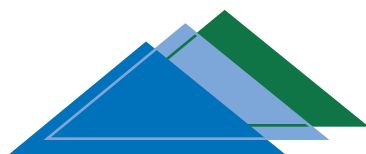
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Here is Paul's latest walk in his series of monthly rambles.

This month his destination is Watton.

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

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Leave the lay-by at the northern end turning right and walking down a tree lined path towards Watton Abbey. Pass through a metal kissing gate and turn right heading for the church, continue past the church to the field corner and pass through a metal kissing gate to emerge on the entrance drive to Watton Abbey. Turn right and, on reaching the road, turn left and follow the road as it crosses the railway line.

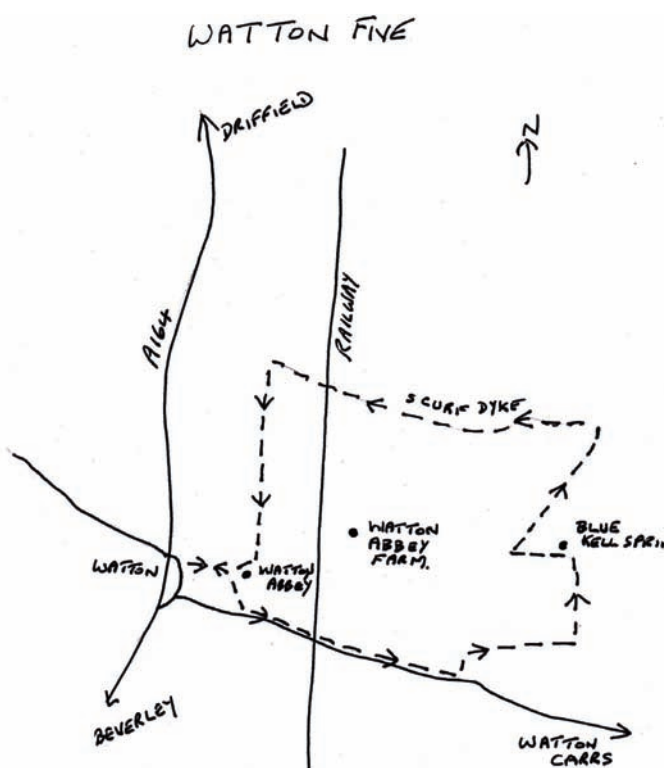
After about half a mile after the crossing and opposite Monks House, locate a marker on the left and pass into a field and walk with the hedge on the left. At the corner of the field follow the hedge round to the right and after a further half mile turn left at a way marker and cross Kirby Drain.

Continue ahead with the hedge and drain on the right. At the end of the field, bear right, cross the drain and then immediately turn left and pass through a small plantation surrounding Blue Kell spring.

Continue ahead with the hedge on the left to the field corner and then turn right, again keeping the hedge on the left. At the next field corner turn left onto a grass farm track with a drain on the right. Continue on this track as it follows Scurf Dike on the right, cross the railway lines and then, at the next junction of paths, turn left following the signs for Watton.

Pass through a metal kissing gate and continue walking with the hedge on the right. Pass through two metal kissing gates, cross a farm road and pass through a further two metal kissing gates heading for the ruins of the old Abbey.

On reaching the ruins, turn right and pass through a metal kissing gate keeping the ruins on the left. Pass through another kissing gate and walking in the same direction aim for the furthest tree in a line. Locate and pass through a metal kissing gate and walk down the tree lined path to the cars.



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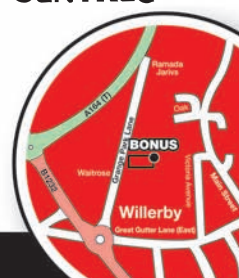
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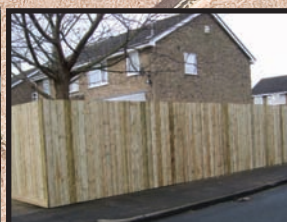
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In January, your garden could need protecting from frosts, gale-force winds and heavy rain. Check stakes, ties, fleeces and other supports for damage and consider moving plants to sunnier positions to maximize light. Don't forget to keep feeding the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

Newly arrived bare root roses and fruit trees can be "heeled in" by covering the roots in compost in a container in a cool, frost-free place until the ground defrosts.

It is fine to prune fruit trees in frosty weather. If it's when you have most time, prune hardy foliage plants now, too.

Remove any snow-damaged branches from shrubs and small trees, cutting cleanly back to a healthy branch or the trunk. Partly broken branches you can try to wrap or bolt together, but they are highly unlikely to rejoin and may attract fungal problems.

There's no need to clear ice from ponds. Oxygen will still be available for wildlife and plants. Fish may benefit from extra oxygen, so keep the pump running to prevent freezing.

Control small flies (fungus gnats) in houseplant compost by applying Westland Plant Rescue Bug Killer Ornamental Plants as a compost drench.



Get kids into the garden

Gardening isn't just for grown-ups, just for summer or just for those with gardens. There are hundreds of ways children can have fun both in and outdoors, all year round. From miniature gardens to planting bulbs, from weeding and digging alongside adults to having a little spot all of their own – gardening can occupy them for hours and even help you out.

A good way to get children interested in gardening is to stimulate their senses with brightly coloured flowers, aromatic foliage, scented blooms, tactile leaves and fast-cropping edible plants. It may be necessary for you to explain things initially, making suggestions and putting forward ideas, but in the end the child should feel it's his or her project. And don't worry if you're a beginner yourself – gardening with children is the perfect excuse to go back to the drawing board together!

Helping Out

Smaller children love to get really messy, but you can turn it to your advantage by getting them to help you with digging, weeding and watering.

Very small children may be scared of the creatures that live in the garden, so it's worth spending some time explaining what they do. Soon they'll be merrily collecting them in jars. You can explain:

- A weed is really an 'ugly' plant in the wrong place. Because they compete for food in the soil, it's best to pull them up. Take care to show children which are weeds, or precious plants could come a cropper!
- Some weeds, like dandelions, have deeper roots than others and are a bit difficult to dig up. Start with those that are easily lifted.
- Digging and forking the soil lets in the air which is important for the plants' roots and for all the animals living in the soil.
- To prepare the soil for a flowerbed, you have to turn over down to a depth of about 30cm and break up all the large lumps, adding organic matter, such as well rotted manure or compost.

Once a child is happy digging and weeding, they're all set to prepare a small garden of their own.



Spring Seeds

Seeds that can be planted straight into the ground and produce fastgrowing, brightly-coloured flowers are best, as a few weeks can seem years to a child. Look for candytuft, nasturtiums, stocks and sweet peas and packets that say 'easy' or 'good for children'. Big tree seeds, like acorns, conkers and sycamore wings are ideal for young children.

- Use a stick to dig a trench 2cm deep and place large seeds in at least 1cm apart. Small seeds should be sprinkled evenly pinch by pinch.
- Cover with soil and pat gently. Then water thoroughly with a sprinkler watering can, taking care not to disturb the seeds.
- Label the area so you remember what you have planted and where!

Containers

If you have a patio or roof terrace, have fun with containers – they will get children used to planning, preparing and tending, and can be moved indoors when it's too cold outside!

Top Ten Tips

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.



Winter Bulbs

• Put a few pebbles in the bottom of a pretty pot 20–25cm in diameter and half fill with bulb fibre. Plant three hyacinth bulbs, putting bulb fibre around them but leaving the top of the bulbs just showing. Water well. Cover with newspaper to block out the light and keep in a cool frost-free shed or unheated room. Water every 2–3 weeks. After six weeks put it on a window sill and watch the flowers grow!

FUN TIPS:

- Put a small box around the fruit of a tomato when it's little, the tomato will grow into a square – much more fun to eat.
- If you tape a fridge magnet letter to a young apple, then the fruit will grow around the letter. When you remove it you have your own personalised fruit!
- Grow a 'head' of long, wild green grass by cutting off the foot of an old thin sock or thickish tights, and filling the toe with compost and grass seed so you end up with a good-sized head. Knot the end like a balloon and make a nose by pulling out a lump in the middle and fixing an elastic band around it. Cut out felt features, stick on with fabric glue and leave to dry, then sit on a cup of water.

STIMULATE THE SENSES:

- Introduce your children to 'noisy' plants such as the rattling seedheads of Nigella (love in the mist) and poppies, and rustling grasses and bamboos.
- Let them experience the distinctive scents of Helichrysum italicum (curry plant), cherry pie heliotrope, chocolate cosmos and Melissa officinalis (lemon balm).
- Fun to touch plants include furry Stachys byzantine (lamb's ears), sticky Petunia or prickly Eryngium.

CURIOUS PLANTS:

- Venus fly trap (*Dionaea muscipula*) is a carnivorous plant for the windowsill that catches flies in a jaw-like trap.
- Mouse plant (*Arisarum proboscideum*) has brown, velvety, hooded flowers with long curved 'tails' in spring. A spreading plant for moist shady spots.
- Monk's cowl (*Arisarum vulgare*) has brownish-green striped flowers with a hooded tip and a long protruding 'nose'. It is also spreading but prefers a sunny spot. The flowers will irritate the tongue and mouth if eaten.
- Plymouth strawberry (*Fragaria vesca* 'Muricata') has bristly berries giving a spiky, hedgehog-like appearance. Yellow strawberry 'Pineapple Crush' has pineapple-flavoured berries..

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Bonanza sale now on - Christmas is all half price plus many items of furniture indoor and outdoor..

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Your Stars for January 2013 - By Kay Gower

Aries - (Mar. 21- April 20)

As the first sign of the zodiac, the first month of the year will be lucky for you. If one door has closed, don't sit and stare at it. Look around for another entrance. With just a little persistence, you will eventually get everything you want.

Taurus - (Apr. 21- may 21)

Good things are going to happen. Some of them you may feel that you don't deserve, but don't worry. Bad things have happened, too, and you didn't deserve those, either. Life eventually evens itself out.

Gemini - (May 22-June 21)

If you let too much nervous energy run through your body, it will wear you out. Relax. Find the source of the tension and deal with it. Don't wait until you're dangling over the edge of a cliff to realise that you're at the end of your rope.

Cancer - (June 22-July 22)

You will become grateful for a certain less-than-perfect chapter of your past. You begin to realise that if it had never happened, you would not have developed some your best traits or the strongest aspects of your character.

LEO - (July 23-Aug 22)

You need to be fit as this month is going to be full and your energy needs to match the demand, but your 'tank' is on empty. Instead of running on fumes to see how far you'll get - refuel!

Virgo - (Aug 22 - Sept. 23)

What other people might think of you is none of your business. Such opinions can alter day to day, so there's really no point in asking. This month, it would be best if you could try harder not to care.

Libra - (Sept. 24 -Oct. 23)

Mid month may be difficult, you will want to make sure others know where you stand. You will have to express your opinion even when it doesn't appear to be a popular one. Remember that an honest difference is much better than a dishonest agreement.

Scorpio - (Oct. 24 - Nov. 22)

You are still dancing with an idea from last month. You're not ready to commit, but you are willing to move two steps forward, one step sideways. There's still another 2 weeks, and then you really must decide.

Sagittarius - (Nov. 23 -Dec. 21)

You relate to others easily, but there are times when you need to be alone. There's something you want to deal with that needs to be sorted out in silence. It's important that you make some quiet time for yourself this month.

Capricorn - (Dec 22.- Jan. 20)

Your 'to do' list is far too long, and it's no wonder that it's stressing you out. The answer is only a scissors snip away. Write everything down in order of importance - and then cut.

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

Keep it light, especially around the 24th, and if someone gets personal or resorts to adolescent ways, you'll stand for maturity and grace.

You are quick witted enough to be able to turn any situation to your advantage.

Pisces - (Feb. 20-Mar. 20)

If something stays too long in one place, it creates what the Chinese call 'stale chi'. Move your life around. Do something different. Don't wait for a storm to come along and do it for you.



Cottingham Panthers get packing

Cottingham Panthers Under 10s Football Team were busy raising funds to help get them to a football tournament next year in Blackpool.

The boys had lots of fun and were congratulated by 'The Co-operative' staff in Cottingham for being polite, helpful and fantastic at bag packing. On the extremely busy Saturday 24th November the boys were even asking shoppers if they wanted the latest Co-op magazine adding to their bag.

All the local shoppers at the super market were brilliant with the boys, who are certainly learning how to pack a shopping bag... The boys chatted away and did 2 hour shifts, with the odd one staying longer with smiles on their faces.

The funds raised will go towards a tournament, the boys have a lot more to do to get there but it was a great start.

A big thank you to the local support and the Co-operative for welcoming the boys and even giving treats due the team being so impressed. Well done boys and all parents to..

Pictured above from left to right: Adam, Kye & Lewis with Amy from the Co-op who worked with the boys most of the day.

Sudoku Answer from page 12

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

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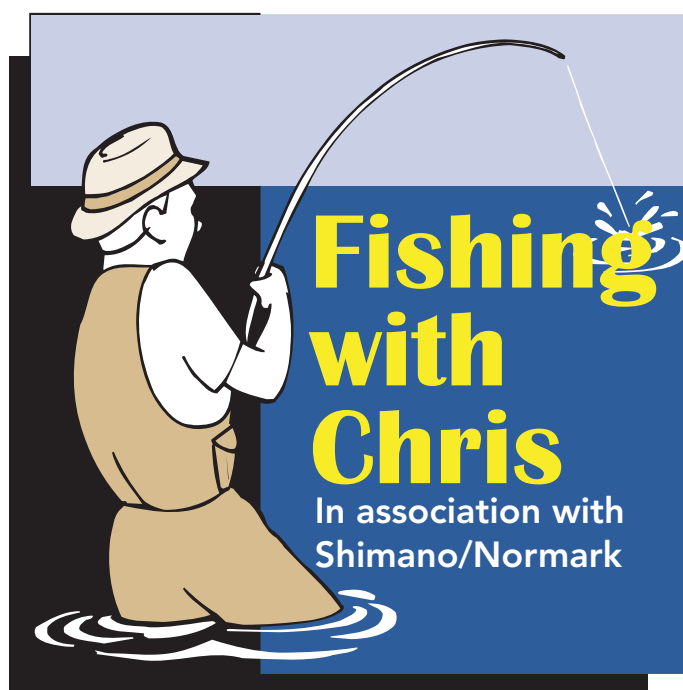
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Here is the latest article from Chris who will be reporting monthly with news and tips from the world of fishing

Hello and welcome once again fellow anglers to this month's angling news. Firstly, Happy New Year from all of us at Catchmoore Fishing Tackle.

The date is 13th December.

This month I thought I would give you a sea fishing article. There are still a lot of people in Cottingham, Hull and surrounding areas that do not realise how lucky we are, as there are so many coastal marks to choose from, which are about an hour away from most parts of Hull. Then of course is our River Humber.

I will start with a few marks from Bridlington to Spurn Point first.

BRIDLINGTON NORTH BEACH: this is an easy accessible beach with comfortable access from about 8 marks. There are plenty of parking spaces available close by and good disabled access along nearly all of this mark. The bay itself fishes well for flat fish and Whiting with bonus Bass and Cod occasionally making an appearance. Brid walls, both the North (cannon) wall and the South (factory) wall fish excellently nearly all winter for Flatty's and Whiting. These places are good feel good places when things have been hard on the coast. If you fish here in darkness on the right tide you are 90% guaranteed to catch. Just put small hooks (1's or 1/0's) on and small baits and watch your tip. Once again disabled access is good and parking is close. Brid south beach is massive, wide and very flat. This produces plenty of Flatty's and Scoolie Bass. This is a great beach for summer.

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ULROME: is a low cliff mark, parking is good near Southfield Caravan Park and when it is open a café is available. Unfortunately it is not suitable for the disabled. This mark regularly produces good Cod and Bass so big baits are advisable here.

HORNSEA: this place is a jewel of the East Coast. It has got everything, fantastic parking, and good disabled access all over the area. This beach goes for miles and it has loads of groins and gulley's. It is a brilliant mark for Cod, Whiting, Bass and Flatty's. I would fish all of Hornsea on a fairly big tide 3 hours up unless it is massive over the top and 2 hours down. Once again darkness produces more, but it is a great pleasure to fish here during the day. The other bonus is if you have no transport there is a great bus service to Hornsea and a good few eateries very close to the beach.

MAPPLETON: this is a good groined beach that produces a lot of Whiting and small Bass. There is a car park at the top of a concrete slope, which takes you onto the beach. This slope is very steep, not a good mark for the disabled.

ALBROUGH: this mark is good if you are good at getting up and down cliffs. There are always good gulley's here that regularly throw up bonus Cod and Skate. Be careful of all cliff marks though, as the weather can make these cliffs erode very quickly. Plus make sure you don't get caught out by a big tide and if possible I would advise on all cliff marks that you go with a friend as a safety precaution should you need help.

HILSTEN: is a good spot for large Cod and Skate, but the cliffs here are massive and the parking is poor.

TUNSTALL: is good for decent Cod, Bass and Flatty's. Access is available by going through (Sandy Le Mere) Caravan Park. Very good here in the summer as well.

WAXHOLME: this place also throws up good bonus fish quite often. There is parking here on the trading park but again it is a cliff mark.

WITHERNSEA: like Hornsea is another East Coast jewel. This mark has everything you require, good parking, good disabled access, great beaches, good cafés and most of all excellent fishing. Again if you do not have transport the bus service takes you to the beach, well nearly.

DIMLINGTON: this is a very popular mark that produces plenty of big bonus fish, Cod, Bass and Skate. Good parking is available near BP terminal entrance, and because of where you are please carry I.D when fishing here.

EASINGTON: look for a caravan symbol and park at the cliff top. There is a slip way down to the beach here. It is a venue which produces all species.

SPURN ROAD: if you want to drive down there is a £3 charge here, but there is some fantastic fishing to be had here. Loads of large fish are caught from various marks every year. There are parking places along the point but please ensure you do not block passing places. The road itself fishes best on the way up to high water and the point itself fishes best at low water. Spots to try are Barry's Hut area (where you pay). Lamppost 35 – 45, this area has good groins and large concrete blocks behind you which makes it comfy at high water. The beach is steep here as well. The light house stretch has good parking with a very good beach. The binks are nearly at the very end. This is a good area at low water. Be careful here though, if the tide is coming in you may find yourself cut off very quick as the gulley's behind you fill with water quicker than the bank you are stood on. So keep checking behind you constantly!! Finally the point itself, go to the area where there is a small green lighthouse behind you, now walk in a 1'0'clock direction heading towards the fort in the middle of the Humber. You will know you are in the correct spot, because at low water with a small cast it is still about 80ft deep. Therefore your line will look like it is going straight down.

Next month I will tell you about marks in the Humber.

We are currently advertising lots of sea fishing matches and have some tickets in store for the forthcoming European Championships in March.

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Till next time from me Chris and the rest of the Catchmoore crew "tight lines".

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Hallgate Schools - continued

by Peter Railton - Local Author and Historian

The Year is 1938

Two accidents happened within a few weeks of each other in January: one boy, Charles Grey, broke his glasses while at play and cut his forehead and Gordon Dorsett of St. 2 fell off his cycle on his way to school. He was dazed and sick and was taken home to Keswick Gardens by Nurse Hoggard the school nurse who was conducting a medical at the time.

In February, the lantern lecture given by the R.S.P.C.A. on wild creatures was repeated, but included items on the prevention of cruelty to animals and "all our dumb friends", and another lantern lecture in March was attended by all scholars and staff and was given by a representative of 'Bees Seeds' on the propagation, breeding, selecting and marketing of flower and vegetable seeds. 'Bees Seeds' seem to have disappeared now? I remember Woolworths used to sell them into the 1950s and possibly later.

Councillor Arnett was checking school stock on the 12th of April; two days earlier he had presented the Dalby Silver Cup to the winning team of a series of challenge football matches in the East Riding and Hull. The players were - Kitching, captains Staves, Tassell, Gill, Sewell, Ringham, Bramley, Medforth, Gibson, Bingham, Dorsett. In the same month Sts. 5, 6, and 7 visited Dunsell Pumping Station with their teachers, Mr. Clarke, Mr. Bramley, Mr. Wright plus Miss Brown. This was in connection with lessons and projects on local water supply.

Holderness School Sports Festival

The Holderness Schools Sports Festival on the 31st of May was a disaster due to the weather and the whole thing had to be cancelled. However, excellent weather attended the Cottingham Schools Sports day on the 16th of June, held as usual on the Ellerman's ground, all the teachers from the boy's and the girl's departments assisted, plus Mrs Stephenson, Miss Whitehead, Miss Holtby and Miss Royston from the infant's, and the three headteachers.

Some acted as judges, some as stewards, some as starters and some as point recorders and a super time was had by all; a lot of parents were there to encourage their offspring, including my mother - this was my first school Sports Day and I remember lining up at the far end of the ground with the other children in my class - someone shouted 'go' and we ran between the long white lines. I was falling further and further behind when a girl in front stopped, looked round, then came back took me by the hand and we ran together to the finish line amidst the shouts and laughter and clapping from the amused spectators. Her name was Pauline Heath and I believe she became a Mayoress of Beverley in later years.

The Holderness Sports was abandoned again because of the weather. Trophies were awarded according to points scored up to abandonment; the boys' school did not do very well that time.

Excursion to the British Empire Exhibition

On Friday the 1st of July, 200 boys and girls plus teachers and parents travelled to Glasgow to visit the British Empire Exhibition. The party entrained at Cottingham Station at 5.10 am and 'travelled through some beautiful scenery' and the weather was good all day. Buses took them to the venue from the railway station and another successful outing ended back at Cottingham at 3.30 a.m. next morning.

Mark Kirby Scholarships were awarded to David Bramley, Derek Bailey, Dennis Burton and Ronald Brown, all going to Beverley Grammar School. In August the Urban District Council began erecting safety barriers in front of the school entrances. This had been a danger spot with careless pupils running out of the various departments and on to the road. One boy had been very seriously injured by a car, which probably prompted the authorities into action.

Miss Rennie, Miss Warwick and Miss Hardy took Sts. 2 and 3 to Wiberforce house and Mr. Clarke and Mr. Bramley took their classes to King George Dock; these visits then, as now, give pupils valuable experience outside the classroom and are a useful introduction or follow-up to many subjects and give pupils the opportunity to express their own comments on what they had seen. Miss Rennie had replaced Miss Thomas who had gone to Hessle School.

The Remarkable Miss Cumberbirch

In the girls' school, outside visits were also made. St. 5 went to Hull Holy Trinity Church and then to the old Grammar School opposite in

January, in connection with their lessons in history. Miss Cumberbirch, the Principal of Hull Training College, visited the school in February while four of her students were doing their teaching practice. Miss Cumberbirch was a very remarkable lady and was still driving furiously around North Yorkshire giving lectures to various gatherings in the late 1960's and into the 70's even though she was almost 90 years old/ Students and tutors from the College saw plays performed by the girls which were produced by the students while they were on teaching practice at the school. St.7 girls were taken to the Hull Daily Mail buildings in Jameson Street to watch all the processes necessary to the production of the local papers.

The Rev. French and Councillor Arnett paid their usual visits to examine registers and small stock in April, and the violin orchestra gained the highest marks at Hull Music Festival and took the Holder Shield for the fifth time, teachers took it in turn to attend the Festival that year.

Several girls went on to secondary education at Beverley High School or Hull Secondary Schools. Termly exams went on as usual and hand work was prepared for exhibiting to parents before the summer holidays, which were from the 26th of July to the 30th of August.

The first hint of the proximity of war

The new term opened with visits from the school dentist and nurse; the results are not recorded. The first hints of the proximity of the second world war appear in the log book on the 29th of September.

"On Thursday the Gas Masks were taken round to the various classes to accustom the girls to them."

This was in response to the feeling in some government quarters that in the event of war, Germany would use poison gas on the population during air raids. Germany annexed Austria and was looking toward the next victim and the first crisis of the immediate pre-war years had begun. Gas masks were to be distributed to all households by the authorities later on; however, things went on as normal apart from this ripple of excitement and some apprehension.

A puppet show came to the school which was enjoyed by everyone - even more enjoyable was the week's holiday given for Hull Fair in October. November saw the start of earlier leaving due to the dark nights. Two H.M.I.'s, Miss Hopkins and Mr. Smith were present in the

school for two days and held exams throughout the department. On the 11th. the usual Armistice Day observances were held and the collection for Poppy Day totalled £2 13s 7d, (£2 15s 3d. was raised in the boys' department). This was to be last Armistice Day before the war and the nation as a whole was acutely aware of what the immediate future could hold •

The report of the H.M.I.'s examination held in November was received the following month. It was a glowing one and part of it reads:-

"The School is directed with great zeal for the girls' welfare and the keenest interest continues to be taken in their appearance and manners. The good general training is reflected in their friendly ways as well as in the creditable standard of much of their written work and of their needlework and handwork. The pleasure taken in outside activities such as the violin class is another good sign. Habits of industry and concentration are well established in every class."

Miss Brimelow and her staff must have been well pleased with that report as the schools broke off for the last peacetime Christmas for the next six years, on the 23rd. of December.

'Tug of War' on sports day on the Ellerman's ground.



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Indie - A sadly familiar story

Indie is a stunning looking brown and white gelding, standing at around 16.2hh.... Warm blood / Germanic type breeding and only 7 years old. He came to me with the sorry tale of a history of suffering, being sold through the awful sale rings and has paid the price of the harsh hand of the scummy type horse dealers which unfortunately our industry is renowned for.

He luckily ended up in the care of a lady called Tina in Derbyshire who took him on with her eyes wide open. The shivering, shaking physical and emotional wreck she started with 7 months ago transformed in her care. He started to trust again, stopped panicking at general handling and she thought that this trust would be enough to produce him into accepting his greatest fear....a rider on his back. His traumatic and unknown past has left him never having been successfully ridden. He implodes inside his head and then explodes in sheer violence. The basic nature of this horse is sweet and he does not mean to harm you ever...it is simply that whatever has happened to him at the hands of humans leading to that awful downward spiral of dealers and sales rings, has left him extremely dangerous when it comes to a rider...he perceives predator attack on his back.

I approached Indie by desensitising him to the various triggers that produced his panic attacks....sudden movements, lifting anything high at his sides and above his head. This is started with plastic bags on a stick.....you teach them to stay and not run. When the bags is lifted up high or towards them they initially panic and bolt round....you keep the pressure of the bag on until they start to slow and when they stop and turn to face you it is dropped immediately.

This exercise is brilliant because it gives the horse confidence to stop, turn and look at the fear....which then goes away. Normally people would take the stimuli for panic away at the onset of negative reaction which in actual fact teaches the horse to actively react and run. I want the absolute opposite!

Once Indie learnt to stay he then learned to allow it to touch him, bit by bit, all over his body and legs and face and ears...everywhere. This is a great time for me personally as trainer because the horse has learned a massive lesson....to remain in rational thought instead of the habitual instinctive flight mode where rational thought only returns after a safe distance has been achieved.

So Indie boy learnt to have the small bag all over him, followed by

a really huge bag all over him, followed by walking over a huge bag which brings in desensitising under him...."et voila," you are starting to cover all your bases!

The next thing was height above his head and behind his eye line....by standing on a high box in the school and my manure trailer in my yard, I managed to get him to lower his head and have his ears played with while I towered over him. This acceptance is crucial because this is where a horse protects himself the most. Indie cannot accept a rider because he is in fear of, controls and protects the space above him.

Over the next few days we introduced "Bertie"- the "Dummy" rider (not me for a change!) alongside my work above him. The dummy is lifted high, horse stands and allows it, it is then lowered...recreating the training done with the plastic bag. He stands and allows it...fantastic!

Bit by bit the dummy was put straight up on his back as upright as any rider would be. His fear was huge but his trust was bigger so that day by day he learned to lead, lunge and long-rein with the height behind the eye line. Weight is the next part of the equation to be added. This dummy of ours has legs which you fill with sand and shavings. They attach to the torso and you fix them into stirrups and tie them securely to the girth.....he did not react well to the weight! It all became a little too much for him and he panicked. However, nothing hurt; he did not achieve to dislodge the dummy and he was duly praised for coming back down to earth and back into rational thought.

By now I was also leaning over him off my trailer and encouraging him to turn and face me there for a treat of apple or carrot....it's so important that the horse turns and looks at a human there. He has to learn to accept that unacceptable scenario. I was able to rub his haunch with my foot so he saw my leg rising up high without panicking and feel my foot up on his back.

This is where my part of the story ends for now. Indie went back home for Tina to carry on slowly away. He needs time at this level of training. He needs to consistently accept both the weight and the height. There is only once for getting all this right and this is one horse that does not need rushing. I have a loaned her my dummy and spent lots of time perfecting Tina's skill level. Tina is a very empathetic and natural horsewoman who will be fine now she has all these new tools in her tool box. I will join back in with Indie's training in the spring when he no longer gives a second thought to all the stimuli. He needs to be long reining out in traffic wearing "Bertie" and be so relaxed about it all. No more pain or forcejust patience and love.





New Loo's at the Half Moon!! Whatever next?

After three start-date **delays** and one finish-date delay the **red tape was finally cut** and our refurbished **Loo's** were officially opened on **17th December**. Many thanks to all who visited during this time and braved the inclement weather to use our external temporary facilities, even though they were quite "posh" I acknowledge it was definitely an inconvenience.

Wherever you celebrated I hope you all had a fantastic **Christmas and New Year** and as I am writing this a couple of weeks prior to the event I can only hope that all went well at the Half Moon, if not I'm sure someone has let me know by now!!!!

New Year, New Objectives

So what about this **new year** of 2013, first may I wish you all **good health and happiness** throughout the **year ahead** before I tell you of some of the **objectives** we have at the **Half Moon**. First and foremost is our ambition to **serve**, to our best ability, our existing **customers** whom we cherish, and to welcome new customers by growing our reputation for being a friendly **village pub** where everyone is welcome to enjoy **great ales, great food**, great entertainment and intelligent conversation (some say the Landlord might be found lacking in the last area)

Conference Facilities and Small Shop

Other plans include: January 21st as the **start date** for the refurbishment of our **Kitchen** to further improve service; a **meeting room** with conference facilities or a private dining room for up to 12 people is planned to be complete by March; while a **small shop** serving the village with a small selection of essentials is planned to be open in May. So a **busy start** to the new year at the Half Moon.

This month we'll have some new local cask ales for you to try at the bar while our head chef will continue to produce a sumptuous specials board alongside a quality traditional pub menu, so please call in, we look forward to welcoming you in 2013.

Cheers from Mike and all the Staff at the Half Moon, Skidby

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News from the Cottingham Bowling Club

The Indoor Bowling season is by now well underway at the club. Recently however the bowling was interrupted by the Annual General Meeting. The pavilion was needed to accommodate the meeting that was attended by approximately fifty members.

The new appointees to the Ladies Committee were Jean Major as Lady President with Marlene Atkinson as the Ladies Captain and Dorothy Hakney as Ladies Vice- President.

The Annual General Meeting saw the retirement of Alec Walker, after 12 years as Treasurer and Chairman. Alec is succeeded as Treasurer by Michael Marsh. Eric Gibbons steps down from President but will continue as the Greens Secretary also becoming the Chairman of the Management Committee.

We persuaded Alan Woodeson to again stand as the Competitions Secretary - a role that he has carried out very successfully for the last five years. Sue Woodeson has been appointed to the Committee - one other lady joining us is Shirley Gibbons as President-elect.

Shirley is the first lady in the long history of the club to be selected to become President of the club. Unfortunately she will have to be patient until November 2014 as I was appointed by the members to be President. It is an honour to serve as President, [and a great surprise when I was originally asked], although I am still continuing as Secretary of the club for at least a couple more years.

Other appointments were Steve Lambert as Club Captain with Jeff Lewis joining the Committee as Vice-Captain. Denys Abba will again be the League Secretary. We hope that next season the weather will be kinder but Denys took it in his stride last season and we didn't have any matches outstanding at the end of the season. Brian Johnson, Peter Ward, Wally Podmore and Don Macer all have roles on the Committee as has Alan Smart, the Chairman of the Indoors Section.

As I commented earlier, the Indoor season is well underway with the first competitions being played [in my case lost!]. Winners of the various competitions are presented with their trophy at the Annual lunch and prize Presentation. It was held this year very successfully and very much enjoyed at the Mercure Hotel, Willerby. Around one hundred of our members attended and had a great time.

If anyone reading this would like to try their hand at bowling please give me a ring on 01482 847303. You will be welcomed and [if needed] taught how to bowl though for the next few months it will be "indoors".

Brian DeVine, Hon. Secretary.

Cottingham Methodist Photography Group

FREE Digital Photography WORKSHOP for BEGINNERS on Saturday 12th January 2013 — 10.00am to 12 noon, in the Cottingham Methodist Church Hall.

YOU are especially invited if you received a Digital Camera for CHRISTMAS or if you have a Digital Camera and want to LEARN HOW to USE IT. An ideal opportunity to improve YOUR Digital Photography skill — FREE. BRING your CAMERA.

For further details contact:- John Tel No. 842169 or Email: john@jcmhome.karoo.co.uk; or Pete Tel No. 650492.

Members of this friendly and welcoming Group are looking forward to providing advice, guidance and support during this Workshop or on a Club Night.

Why not pay us a visit on a Club Night at Cottingham Methodist Church Hall:-

Tuesday 8th January at 7.30pm

Tuesday 22nd January at 7.30pm

Tuesday 5th February at 7.30pm

Tuesday 19th February at 7.30 pm

All Welcome. We look forward to seeing you.

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There is ample parking on Hallgate and in the nearby side streets.

Gino's is a bright, clean and friendly premises, and there is a small well-lit waiting area. There is an excellent choice of Pizzas, Burgers, Kebabs and Fried Chicken, and the meals are of ample proportion, even for the biggest appetites. There is also a Gino's Kids Club menu.

The meals are of excellent size and quality and the Mega Meal at £11.99 is superb value for money.

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.cottinghamtimes.co.uk under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.





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Moving Abroad?

A monthly column by Nick Russell

Happy New Year

We would like to wish all our readers a Happy and Prosperous New Year and hope you all had a great Xmas. Thank you for reading our column and hope you enjoy learning about our “ex pat” experiences out here in Spain. For all of us it has been a much steeper learning curve than we expected, but we have really enjoyed the challenge. This will be our first Christmas and New Year in our new home and, at the time of writing, don’t really know what to expect but we will let you know in the next edition.

Winter Preparations

At the end of October, as the weather started to get a little cooler and wetter, we decided it was time to prepare the pool and bar area for winter. The first thing we did was to box up all the glasses in plastic containers and then move all the electrical goods-fridge, TV, DVD, HiFi and speakers and put them into dry storage. Although they are fairly well protected from the elements, we didn’t want to take any chances with the damp and cold atmosphere.

We also moved all the drinks inside, which makes it easier to get to when it’s cold!!!! All the garden furniture and sun beds were covered and brought under the bar ready for next year. The final job was to put the cover over the pool, a job which needed all four adults to do as the cover is very heavy and needed to be dragged right across the pool and then fixed down. Next year I am thinking of investing in a pool cover roller which should make the job quicker and easier.

Cottingham Visit

My wife and I were back in the UK for 3 weeks from the middle of November and stayed at our daughters. When we left our house to drive up to Bilbao to catch the ferry, the weather was warm, sunny and 20C. When we docked at Portsmouth the



next day, the weather was wet, cold and miserable and stayed that way for the rest of our stay.

We had a great time catching up with friends and family, especially our grandson Jack, and we had a few nights out around the village. It was also interesting for me to see which new businesses had opened up and who had closed down. I also have to say that the Christmas lights are better this year than ever before and I was really pleased that Cottingham Day had been a great success once again-well done to all involved in these events.

We had driven back in our English car with the intention of selling it because of the problems with registering it in Spain, plus we now have a couple of Spanish cars anyway. Fortunately, thanks to an ad on Autotrader, the first person who rang and came to look at it, bought it and took it away. We ended up flying back with RyanAir on a plane packed with Brits hoping to catch a bit of winter sun.

December Weather

When we returned to Spain on the 5th December the weather was a little cooler than when we left, although I am writing this on 14th December sat outside in shorts and a T shirt in lovely warm sunshine with a temperature of 18c. It does drop dramatically on an evening and during the night and we have woken up a couple of mornings to a ground frost and 0°C. Thank goodness we have a couple of log fires and central heating to keep us warm-as well as hot water bottles!!

Planning Permission

While we were away, my son Tom rang me to say we had been granted planning permission to start converting the casitas, or at least the ground floor bedrooms and bathroom. Because of another recent rule change, if you want to alter the roof as we do, then you now have to have an architect’s technical drawing to show how it will be constructed and how it will look when



finished. Then they will grant us another licence to convert the first floor into a lounge and kitchen-for another fee of course.

I had already ordered the building materials for the bedrooms and on our return, Tom had already built three new internal walls and installed two new windows. Depending on how long the permission for the roof takes, it is looking like we might only have the bedrooms and bathroom completed by the end of March, but at least people will be able to come and stay.

Jacuzzi

When we moved out in April, one of the biggest items we had to move was our Jacuzzi. Its big and heavy and when we bought it, it had to be craned over the house. We had enjoyed using it so we decided to bring it with us, to use during the months when we couldn't use the pool.

We hadn't really done anything about getting power to it during the summer but a few weeks ago we decided to get it sorted. It has been a bit of a job as the nearest electricians at the bar weren't up to the job so we decided to upgrade them as well as the pool house electricians. This has now been done and the Jacuzzi should be connected next week and we can't wait to get in it with a glass of wine and enjoy the bubbles.

Bookings 2013

We already have a few bookings for 2013, which is quite encouraging as we haven't done a web site or produced a brochure yet. Because of the uncertainty of having the upstairs completed in the casitas, these initial bookings are on a Bed and Breakfast basis only and not self catering.

If anyone is interested in coming out for a for a short break or a holiday and wants more information on the accommodation and what we have to offer, please just e mail me at nickruss@hotmail.co.uk and I will get back to you



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	Black, White & Diamonds Saturday 12th January 7pm to 1am £20.00 per person Beat the January blues and celebrate in to the New Year.	
Valentines Dinner Dance Saturday 16th February 7:30pm to 1am £50.00 per couple for a 3 course dinner or £125.00 per couple including overnight accommodation.		Mothers Day Lunch Sunday 10th March Open 12noon to 2:30pm £12.95 per adult £6.50 per child (under 12) Enjoy a 3 course meal, musical entertainment and a gift for mum.
	Wedding Open Day Sunday 24th March 11am to 3pm, free entry Come along and see the hotel dressed to show our rooms to their full glory.	

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Refurbishment of East Riding's busiest leisure centre gets the go ahead

Plans for a £6 million refurbishment of Haltemprice Leisure Centre have been approved by the council's western area planning sub-committee, with work on site anticipated to start in spring next year.

The scheme, which forms part of the council's capital investment programme, will address a number of maintenance requirements, improve the venue's energy efficiency and bring a number of local services under one roof, including Anlaby Library and the customer service centre.

Work will be phased to minimise disruption, and will take approximately 20 months to complete, with the final element of the works completed in autumn 2014.

Councillor Stephen Parnaby OBE, leader of East Riding of Yorkshire Council, said: "The refurbishment of Haltemprice Leisure Centre is an exciting project and highlights this authority's commitment to providing first class services for the benefit of our residents and for visitors to the East Riding.

"Haltemprice is the most well-used leisure centre in the East Riding, with more than 1.1 million visitors last year, which makes it one of the most visited in the country.

"By providing a number of facilities under one roof, the council aims to improve services while at the same time lowering costs. The plans received positive feedback at a recent public exhibition."

As well as council-run services, a doctor's surgery will also be developed at the leisure centre, an example of partnership work between the local authority and the NHS to benefit the local community. The doctor's surgery also strengthens the important link between keeping active through leisure and health and well-being.

A spokesperson for Anlaby Surgery said: "This is really welcome news. Haltemprice Leisure Centre is already a popular venue and the new build will be more accessible to our patients and will be able to offer an increased range of services to improve and expand health care provision in the Anlaby area. We look forward to a continued good working partnership with East Riding of Yorkshire Council."

The scheme would also include an extended Tone Zone fitness suite, refurbished pool and sports halls, a new cafe, refurbished outdoor pitches and the creation of additional parking spaces.

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"The Iron Lady" at the Swanland Village Hall on Saturday 19th January

Swanland Village Association has been providing Saturday night entertainment on the third Saturday of winter months for the last five years. Our next filming will be showing The Iron Lady at Swanland Village Hall at 7.30 pm on Saturday 19th January 2013.

An elderly Margaret Thatcher talks to the imagined presence of her recently deceased husband as she struggles to come to terms with his death while scenes from her past life, from girlhood to British prime minister, intervene.

Tickets available on the door : £4 adults; £2 schoolchildren.

For further details contact Yvonne Dumsday (01383 634863)

We are now actively searching for someone to volunteer to be a relief technician on the months when our regular operative is unavailable. Training will be given and travel expenses paid. If you are interested in this exciting opportunity please chat to Iain on 01482 634752

Coast, Sea and Sky competition returns to Sewerby Hall and Gardens

Budding amateur photographers are being invited to submit entries for Sewerby Hall and Gardens' Coast, Sea and Sky competition, which is now in its fifth year.

The theme for the competition is open to personal interpretation of the coast, sea and sky, but entries must have the natural world at heart and be taken within East Yorkshire.

The winning photograph in each category (junior and senior) will receive a professionally mounted print supplied by Ben Walker of Gallerina Studios together with a 2014-15 family season pass to Sewerby Hall and Gardens. A selection of the entries will also be part of an exhibition in the Clock Tower Tea Rooms once the competition has closed.

Marie Gascoigne, facility manager of Sewerby Hall and Gardens, said: "Winter can be a very beautiful season and the estate takes on a completely different aspect during these months. The majority of entries are usually taken in the summer months so perhaps now is the best time to get wrapped up warm and trek out looking for that winning picture. I would advise any visitors to take extra care when visiting the estate at this time of year, as some areas can be slippery."

Full details of the competition, including a set of rules and an application form, are available as downloads from the website. Alternatively, interested participants can contact the estate office.

The closing date for the competition is Saturday, 31st August 2013.

For further information call (01262) 673769 or visit www.eastriding.gov.uk/sewerby.

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Blood Donation Q&A

Session Nurse

What do you do within the blood donor team? What is your role during the sessions?

I look after the day to day running of the session. It is my job to ensure that the session runs in a safe environment and I am accountable for a safe donation experience, which includes the safety and welfare of the donor and the blood products.

Why is the personal medical questionnaire important?

The Donor Health Check (DHC) form is important as we need to ensure that all blood donors have read the leaflets carefully and are able to give informed consent. We need to keep donors healthy and make sure that blood is as safe as possible for patients

What alarm bells are you looking for and why are they dangerous?

Donors get ill, or go on holiday to countries where they may pick up a blood-borne infection, or they may have a tattoo. All of these things can affect their eligibility to give blood. We want to keep our donors as healthy as well as patients, so we do ask rather a lot of questions about donors medical history. It is important to know where you have travelled as many countries carry different infection risks to the UK. For example, if you travel to an area where there is a malaria risk we can test you for antibodies, but only after six months. Without a test you would have to wait a year to be sure that you are not carrying the infections.

Talk me through the test were a drop of blood goes into the tube of liquid. What is it for? Why is it important?

This is part of the health screening and tests for the haemoglobin level, this is to make sure that donating blood will not make you anaemic. After cleaning your finger with a sterile wipe, a lancet is used to prick the surface of the skin. A new lancet is used for each donor. A small pipette (a pastette) then collects the drop of blood which will be used to test the haemoglobin level. Again, to ensure the safety of the donor, a new pastette is used for each donor.

The drop of blood taken from your finger is placed in one of the two copper sulphate tubes. The green tube is for male donors and the blue tube is for female donors. If there is sufficient haemoglobin in your blood the drop sinks to the bottom of the tube.

What happens if you fail this test?

If the test at the session indicates that your haemoglobin is lower than it should be they will take a sample of blood (similar to a blood test taken at the doctor's) and test your haemoglobin level in a special machine called a Hemocue. This gives an accurate digital reading of your haemoglobin level.

Depending on the results of this test, you will either be able to continue to donate blood or be invited to another session in the near future.

At the giving blood stage: Why are three coloured test tubes of blood also taken? What are they for and which colour matches to which condition?

Each time a donor gives blood, we will take blood samples as well as the donation. These tests are mandatory and will be used to test blood back in the laboratory. The three tests are for hepatitis C, Blood grouping (A,B,O and Rhesus blood grouping) and other mandatory tests (Hep B, HIV, Syphilis and HTLV). If you have registered an interest in joining the British Bone Marrow Register (BBMR) you will also have another test. There are also supplementary tests for Malaria and West Nile Virus

What do you do with positive results?

Any donation that is reactive on any one of the screening tests cannot be used. If your blood is reactive on any one of the screening tests, further tests are carried out to confirm whether the result indicates a true infection. If this is the case, we will inform you and offer you appropriate advice. If the result is significant to your health you will be asked to discuss the results with one of our doctors and, with your permission, we will arrange a referral to your own doctor or a specialist. If the test results show that you can no longer give blood, then you will be given specific advice.

How much blood is taken?

470 ml which is just under a pint

How long does it take?

About ten minutes but it varies person to person

What happens with the blood after that?

Samples and donations are put into large insulated bags ready for the drivers to collect them. They are immediately transferred to the laboratory and stored in a temperature controlled environment. While the samples are being tested, the blood donations are processed and most donations are separated into different components as some patients only need part of the donation and this allows the different blood components, such as red cells and platelets, to be used more efficiently. Once they have the test results back from the samples, and if everything is ok, the blood can be stored in the blood bank ready to be taken to a hospital.

How long can it be kept for?

Red cells can be stored for 35 days and platelets seven days.

How do you cope if someone has a fear of needles? What sort of adaptations are made?

We like to reassure our donors by helping them to focus on the end result. People are able to have their family or friends with them when they donate to help take their mind off it and once it is over people often wonder what they worried about. In fact, a lot of people believe that the pin prick test is more painful than giving blood.

Why is giving blood so important?

Giving blood can save someone's life. Blood is not just used for accident and emergency situations. Sufferers of hereditary diseases such as Sickle Cell and Thalassemia rely on regular blood donations to stay alive and people with serious diseases like cancer also need blood to help beat the disease.

What difference do blood donors make to the health service?

Blood donors provide the blood that is used to treat patients every day of the year. Without blood donors, we would not be able to supply hospitals with the necessary blood that they need.

Also, another very good tool that takes you through the process can be found on the website. The virtual session tells you all you need to know about the process at <http://www.blood.co.uk/funzone/virtualsession/>. Call us on 0300 123 23 23 or visit us at www.blood.co.uk to book an appointment to find out when the next donation session is to be held.

Royal Mail – Closure of the Finkle Street Delivery Office Spring 2013

Despite approaching individual Royal Mail employees and making contact with a Union official there have been no alternative plans, proposed by anyone, that could counteract the Royal Mail's plans to switch mail deliveries from Finkle Street to Malmo Road, Hull. We have, however, discovered that the Post Office on Finkle Street will, if you follow the instructions on the postcard left by the postman, be able to retrieve your item of post from Finkle Street for a small payment. This is the 'Local Collect for you' scheme.

How it works

Two Local Collect options are available for missed deliveries and online shopping.

1. Missed deliveries

If you're out and about and miss your delivery, you'll receive a card from either Royal Mail, or Parcelforce, through your letterbox indicating they tried to deliver to you.

Call the number on the card and arrange to collect your parcel from Finkle Street Post Office on a day that suits you. This must be 24 hours after you received the card.

There's a small charge of **£1.50** (inc VAT) for this service.

2. Online shopping

Next time you're ordering online, check to see if the retailer uses 'Local Collect' or 'Convenient collect' for their deliveries.

If they do, you should be able to pick up your parcel from your local Post Office branch, free of charge.

To pick up your parcel, all you'll need is the card from Royal Mail or Parcelforce, proof of identity and proof of delivery address.

These changes have been brought about by the drop in business due to internet purchases being delivered by organisations other than the Royal Mail and the explosion of electronic communications (e.mail etc)

So if you find the red and white card on your door mat PLEASE read both sides of the card and arrange to collect your item from Finkle Street. Under normal circumstances there will be no need to travel to Malmo Road to collect undelivered items of post.

Your East Riding Councillors

Winter tennis sessions available from January at Cottingham Tennis Club

You can reach us via a signposted drive off Hull Road, on the right just past Overland Road if you come via Thwaite Street roundabout. ...Hmm... in winter??...outdoors?? - YES!!!

Come along and get warmed up. We have a SPECIAL OFFER for new members : Play all January, February and March for just £43 (student £19; under 18 £14; under 12 £7 only). No court fees. Play any time. Popular times are Sunday mornings, Wednesday evenings (floodlit) Tuesday and Friday afternoons. Tel. 847080 (Membership), 07785-543258 (Coaching).

See more on our website: www.cottinghamlhc.co.uk.

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Cotta Court, Cottingham

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

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

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

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

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

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

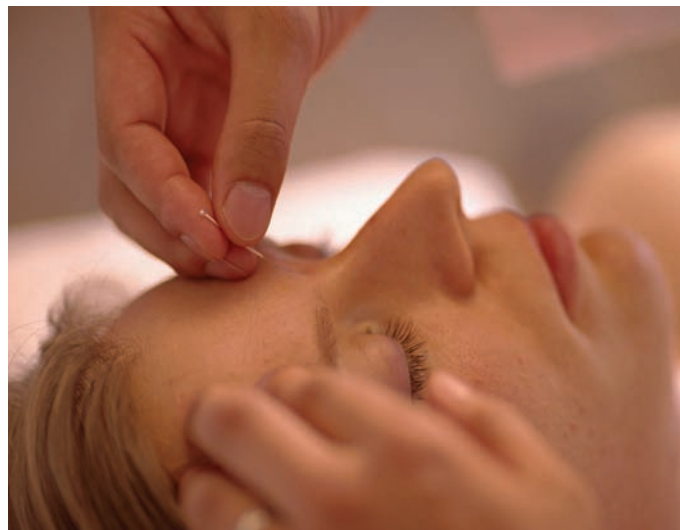
The channels are related to the internal organs, which if out of balance is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

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

Problems and Diseases commonly treated by TCM

Dermatological:

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



Muscular, Neurological, Skeletal and Vascular:

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

Internal:

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

Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

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

Cancer and Tumour:

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

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

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

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

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



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Hallgate Primary School Car Park - Safety First

Parents are using the Cottingham Clinic car park on King Street, as an overflow to the official Hallgate School car park. This has resulted in several near misses caused by drivers, exiting the Clinic car park, who are turning left.

These drivers are checking traffic coming from their right but not checking for traffic coming from their left, and they are not spotting traffic exiting from the official Hallgate School car park.

The police will be patrolling the area when schedules permit but would all parents, collecting their children by car, in the interests of safety please take care in this area of King Street.

Very shortly the Clinic car park will be gated and so will not be available for use as an overflow to the Primary School, could parents then please use the Supermarket car park.

Thank you. Ros Jump

Westfield Primary School become a Fairtrade school

Westfield Primary School has successfully become a Fairtrade school. At Westfield, the children run a Fairtrade tuck shop every day except Monday. Our tuck shop sells raisins, yoghurt raisins, flapjack, geo bars and more. On Fairtrade fortnight in February we study about different Fairtrade foods from different countries like sugar from Malawi.

We are very lucky because we live in a village and have lots of shops that sell Fair trade products like Sainsbury's and the Co-operative. If you get bored you could bake some Fair trade buns or go out and buy some Fair trade products like Fair trade sugar, honey, cocoa powder, flour and lots more. The Co-operative probably sells the most Fairtrade products. When you buy Fairtrade products, you are helping to support farmers around the world and villages are able to build schools, water pumps and other things we take for granted.

Buy Fair trade products... make a difference!

By Jemima and Marcus Year 4

Crossword Solution from page 14

1	B	2	C	3	M	4	G	5	H	6	C	7	D	7	U
9	E	V	A	S	I	V	E	10	A	D	A	M	A	N	T
	D		N		L		M		M		P		Y		I
11	B	A	C	I	L	L	I	12	S	C	A	N	D	A	L
	U		E				N		T		B		R		I
13	G	A	L	V	A	N	I	14	S	E	I	T	E	M	S
					T				R		L		A		E
16	S	I	G	H	T	E	D	17	S	H	I	M	M	E	D
	L		L		R		I				T				
20	O	M	A	H	A		V	21	I	N	E	Y	A	R	D
	W		C		C		E		I				A		A
25	P	O	I	N	T	E	R	26	N	O	T	A	B	L	Y
	O		E		I		G		E		U		B		I
28	K	A	R	A	O	K	E	29	T	E	N	S	I	O	N
	E		S		N		D		Y		A		S		G



Walk out into the new year

Figuring out how to keep motivated to walk on a regular basis is not easy – here are tips to keep the skip in your steps.

One of the best motivating factors is noticing all of the good that walking is accomplishing in your life.

What could these things be? If you suddenly have more energy and are sleeping better at night, then thank your walks for that. How about the fact that you are coping better with stress lately? Or what about the fact that your favorite dress that was feeling awfully snug but now fits just right?

Let's face it, motivation often starts out high when we begin something new but can drop off somewhat as time passes. This can be influenced by anything from your state of mind to how busy you are, to what the weather is like on any given day.

To keep motivated to walk you need to want to remain focused on the task at hand. Being comfortable makes motivation more attainable. When you walk do you wear comfortable clothing that allows your body to move freely? Do you wear clothing that is appropriate for the season? If you answered no to both of these questions then you need to rethink your walking wardrobe. No one will remain motivated to walk if they are wearing clothes that are binding, itchy, too warm or not warm enough!

Always keep this in mind - when you walk in the cooler months dress in layers but choose fabrics that breathe. In the warmer months, cooler clothes that are super comfortable are where it's at! Motivation here you come!

In the same way, what you wear on your feet is so important. Wear appropriate shoes and socks to cushion and protect your feet.

If you walk alone then bring some tunes along to keep you motivated. Songs will put a spring in your step and a smile on your face. Purchase a pedometer so you can make note of your progress. This will give your motivation level a tremendous boost!

Do not always walk the exact same route. To keep motivated to walk you need to expose yourself to newness as often as possible! Mix it up a bit for added spice! This will allow motivation to remain high.

When you first begin, do not rush. Starting a walking program is not the same as running a marathon so just go easy! This is something you want to enjoy!

Start with a slow and relaxed pace. It will take time for your body to get used to walking if you are not accustomed to it. You might want to begin with a short stroll around your neighbourhood. Start with a walk that takes no more than 10 to 15 minutes to complete.

Continue to take daily short walks for a week. The next week add an extra five minutes to your walk and the following week another five minutes. I think you see where I am going with this. Keep adding minutes until you are walking anywhere from 30 to 45 minutes a day.

Join a walking club and walk with friends, see Paul's walks on page 24.



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