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Issue 146 - January 2014

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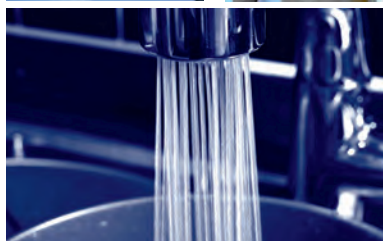
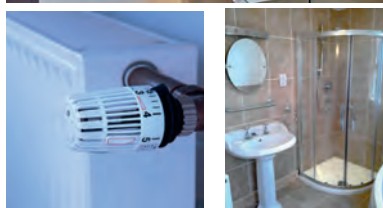
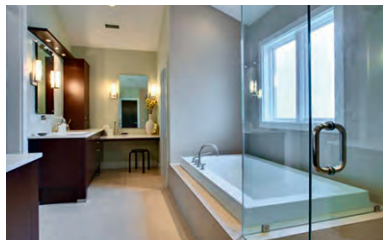
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AgeUK East Riding

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.

Front cover picture: A view overlooking Hallgarth Residential Care Home, Cottingham.

Photo by John Dewing, 6A Queens Close, Cottingham. Tel. 847140.

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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. For further information just turn up, or telephone Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 pm in the Arlington Hall, Cottingham.

Walk & Buggy Burn Club

The club meets at the 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

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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 842855.

Cottingham Bridge Club

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

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. In 2014 we will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at U9, 11, 13, 15 and 17 and all Girl teams at U11 and 13. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Tuesday evening 6 till 8pm and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

Calligraphy, Quilling and Folk Art classes

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

Cottingham Methodist Church Hall

Card making Class meets every Monday afternoon (except Bank Holidays) 1.30 pm to 3.30 pm at Cottingham Methodist Church, Hallgate, Cottingham. All Levels. Contact: Ann on 079328 33578.

Cottingham Tennis Club

We have offers to play as often as you like until March 31st for £57 - Students/U.23/65+ £25./U18: £20,U12: £10; U8 £3. Plus a new pilot offer for adults to play weekdays 9a.m.-4p.m. for £25. Tel . John Stones 847080

British Sugarcraft Guild

Saturday 4th January - " Brush Embroidery followed by Have a Go", a demonstration by Rosemary Cook. Meetings held at the Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham. Meetings 2.00 to 4.00 pm.

Haltemprice Art Group

Tuesday 7th January - Sketching Night - Jackie Churchman/Dennis Rowley
Tuesday 14th January - One Picture Suits All
Tuesday 21st January - Cottingham Night
Tuesday 28th January - Silhouettes
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.

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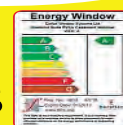
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Continued from page five

The Cottingham Local History Society

Wednesday 8th January - Alan Richards - 'The Development of Newington, Hull'. The Society meets every first Wednesday in the month (except January, which is on the second Monday), in the Red Hall of Hallgate Primary School, Hallgate, Cottingham, commencing at 7.30 pm. Entrance is via the King Street entrance to the school. **Please arrive before 7.30 pm as the doors cannot be manned once the meeting has started.**

Cottingham Men's de Luda Society

Wednesday 8th January - Paul Schofield - History of Parks and Gardens, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

East Riding Cricket Society

Wednesday 8th January - Stephen Mann, Chair, - Yorkshire CCC Members Committee. We meet at Humberside Police Sports Club, Inglemire Lane, at 7.45 pm. Annual membership £15.00; Guests always very welcome £5.00. January Special: All three Spring Meetings for £10.00. Further information visit the society's website www.ercsoc.blogspot.co.uk or contact Michael Hardwick on 01482 861228 or Maggie Summer 01482 861848.

Cottingham Green Women's Institute Evenings

Thursday 9th January - Annual Meeting, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

The Dante Alighieri Society

Thursday 9th January - 7.30 pm at the Graduate School, University of Hull, Cottingham Road. "Pane, amore e gelosia". A classic of Italian cinema with Gina Lollobrigida and Bittorio De Sica (in Italian). The Society is an International Socio/Cultural organisation for lovers of Italian Language and Culture.

Skidby and Little Weighton Methodist Churches

Friday 10th January - Soup Lunch. Delicious homemade soup and rolls, will be served in the Skidby Methodist Church, from 11.30 am onwards for a donation to the Open Doors Project. Everyone welcome.

Beverley Film Society

Friday 10th January - I Wish (2011) Cert PG Drama (Japan) Director: Hirokazu Koreeda. A complex, delicate drama about 12-year-old Koichi, separated from his brother, Ryunosuke, due to his parents' divorce, who begins to believe that the new bullet train service will create a miracle to reunite the family, when the first trains pass each other at top speed. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley

East Yorkshire Embroidery Society

Saturday 11th January - Speaker Ruth Brown "Turn Round when Possible" - 2.15 pm in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits.

Continued on page eight

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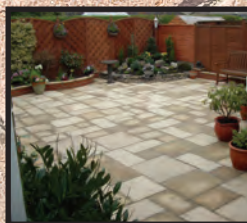
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The Mothers' Union based in Cottingham welcomes new members

The Mothers' Union is an international Christian membership charity that aims to demonstrate the Christian faith in action through the transformation of communities worldwide.

It works with people of all faiths in 83 countries to promote stable marriage, family life and the protection of children through praying, enabling and campaigning, envisioning a world where God's love is shown through loving, respectful and flourishing relationships.

On 12th December, the Hull Deanery branches of the Mothers' Union held at St Mary's their advent service which saw six new members admitted to the Cottingham branch. The service was led by the Rector, Fr. Paul Smith.

For further information, contact Branch Leader Sandra Hammond, 01482 – 840702

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Wold Lace Makers

Saturday 11th January - Tatting Workshop and talk with Elaine Scott, Supplier Six Penny Bobbins, in St. John's Newland Parish Church Hall, Clough Road, Hull HU6 7PA, 10.00 am to 4.00 pm. Admission £1.50; non members £4.00.

Cottingham Catholic Women's League

Monday 13th January, Dr. Blackburn - A Talk on the Mercy Ships, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 14th January - Hull & East Ridings Literary Heritage - Paul Schofield. Competition: Picture of an East Riding Landmark, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Evening Townswomen's Guild

Wednesday 15th January - Paul Schofield - A City Centre, at 7.30 pm in the Darby & Joan, Finkle Street.

East Yorkshire Association of the National Trust

Thursday 16th January - Claire Fletcher - 'Goddards and the Terry family of York, in the Cottingham Civic Hall, 7.30 pm. Non-members welcome.

The Inland Waterways Association

Friday 17th January - Boston or Bust - A Dutch barge journey, from Goole to Boston and Beyond, presented by Andrew Brett. 8.00 pm to 10.00 pm in the Cottingham Methodist Church Hall, £2.00 including refreshments.

Skidby and Little Weighton Methodist Churches

Friday 17th January - Film Night. 3.30 pm for 4.00 pm start. Admission Free. Tuckshop available. Children accompanied by an adult most welcome.

North Ferriby Gardening Club

Monday 20th January - A Year in Tony's Garden - Tony Featherstone, Swanland, 7.30 pm in the North Ferriby Village Hall..

Cottingham Ladies Circle

Wednesday 22nd January - My Adventure in Zambia - Mrs. Jeanette Harrison, in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm.

Cottingham Men's de Luda Society

Wednesday 22nd January - Mike Covell - "Ghostly Mists and Legends of Hull", in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Wednesday Social Club

Wednesday 22nd January - David Leesom - Virginia, Colonial Times to the Present, in the Darby & Joan Hall, at 2.00 pm.

British Sugarcraft Guild

Saturday 1st February - "A Novelty Cake" a demonstration by Judy Newlove. Meetings held at the Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham. Meetings 2.00 to 4.00 pm.

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Thanks are also given to the people who voted for us online, by text, and individually going into the Cottingham Branch of Lloyds Bank and putting a disk into the voting box.

Motorvation Hull & East Riding Ltd is a disabled transport charity, set up 35 years ago by the late Mike Tennison. Haltemprice Lions Club with other clubs in the area's donated funds to buy the first adapted van, this was used for transporting young people to the Castle Hill Hospital Disabled Unit, the benefits of this service soon spread around the community.

This service to wheelchair disabled people, gives them freedom and independence in being able to get to see family, entertainment events, or anything which makes the wheelchair user more confident in moving around, helping them take control of their lives, instead of becoming isolated in their surroundings and unable to get out. The Motorvation service offered can give confidence in their ability to live happy healthy lives.

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So what's good about 8.1, and advice on new computer needs...

So what is good about Windows 8.1 anyway? It's fair to say there's been quite a bit of mediocre if not adverse publicity about Windows 8 since its launch in October 2012 (yes that long ago!) Now we have the updated 8.1 version (a free upgrade to all Windows 8 users), in which Microsoft has tried to address some of the criticisms. The first useful point is the easier way of shutting down. If you haven't found it yet and are tired of all the 'swishing and clicking', all you have to now is to hold down the Windows key on your keyboard and press X. That brings up a menu that includes shutdown and restart options. You will also see on there File Explorer, Search, Control Panel and quite a few other useful admin-type functions.

You should also find it very quick to launch programs/applications. Indeed switching between applications is a very nice feature, because everything is 'held in memory'. So if you're let's say working on a document and want to go online and check something, just press your Windows key, open your web browser (Explorer, Chrome, Firefox etc), do you what need, then press keys Alt & Tab, or swish into the top left corner and click, to go back to your document (or any other app you were working in). When you leave a page by pressing the Windows key, you will always go back to same point when you re-launch the program. If you do want to see what programs/apps you have running and close any of them, just press Windows & Tab, the right click on the app to close it.

On the new Start screen you will see a down arrow (point your cursor towards the left lower side of the screen if it's not there), clicking on that will bring up All Apps. Here you will find anything you have installed recently, just right click on the icon and click pin to start if you want it added to your start screen. To remove a tile from, right click and click remove.

If you don't like the oddly named 'charms menu' popping out every time you point your cursor in the top right corner, you can turn it off. Press Windows & F, select everywhere, then search for PC Settings, and go into PC and devices, and Corners and Edges. There are lots of other ways you can customize your screen and start options in there too.

Personally I do like Windows 8 having used it for business for a long time now, but I think it's in danger of becoming a bit of a mish-mash. The start screen works really well when you get used to it, but to I question the need to have a Desktop mode also. Some apps were designed not to have

the familiar exit or minimize buttons in the corner, and some others do. Some open right off the Start screen and others switch over to Desktop. It is probably the wish to try and appease many people's concerns that sometimes make it look like it was designed by committee!

SkyDrive is an online storage area you can use if you have signed up for a Microsoft account. It is a good method of uploading photos and sending an invitation to someone else to view them, rather than trying to email them one at a time owing to size constraints. Gmail users have the same facility with Google Drive.

With the forthcoming retirement of Windows XP and Office 2003 in April, you may well be considering a new computer before then, so here's a few things to think about. First of all there is all your data. Some people say to me 'oh no I don't keep any data, but then say 'oh but I do have several hundred photographs, and all my music collection!' Well the good news is that it can all be saved, even emails, address book, favorites etc and copied onto your new computer. Get yourself a big backup drive, or call your local friendly computer expert to do it all for you! Then, look at what programs you use, because these **cannot** be transferred. It is a common misconception that Office (that's Word, Excel etc) is included with Windows, unfortunately that's **not the case**. The Home package costs at least £100, going up to Professional at around £400; or you could opt to subscribe for around £80 per year instead of buying. If your present version of Office is 2007 or later and you have spare licences available, this will work on Windows 8. Next, see which program you use for email. **Outlook Express** doesn't exist now, having been replaced by **Live Mail**, but it's not a problem to convert to that. However if you use **Outlook**, you will need to purchase a business version of Office or subscribe to Office 365. Then, **make sure you have a list of your passwords**. Customers often tell me they don't have a password for Karoo or Hotmail or Skype etc., **but everyone does**, it's just that it was probably entered years ago and therefore you haven't needed to input it, **but you will on a new computer**. So check your filing system before you get a nice new computer!

Email, online banking and shopping – beware of scams! I can't tell you how many scams there are now, and some of my customers have fallen foul of them. The worldwide criminal fraternity are heavily into online fraud nowadays, so be extra vigilant. Never complete any forms sent by email from a bank, or purporting to be from Apple if you have an Apple ID, and watch out for 'delayed parcel' emails asking you to click on a link. If you receive an email from an organisation and you're not sure if it's genuine, have a look at the sender's address. Some are so stupid to use an address something like HSBC@yahoo.nz

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Now, a bit of unabashed self-publicity via some much appreciated feedback from satisfied and valued customers:

'2013 was one of massive change and growth for Castle Park Dental Care. Richard at RDM was a great help when we were deciding on our new equipment, and formed a key part of our relocation team when we moved to Castle Villa. It was very reassuring to know that he was available to sort out any problems we had and I would highly recommend RDM to anyone looking to invest in a new computer system. Thanks Richard!' Chris Branfield, Castle Park Dental Care.

'Happy to report that RDM supplied and installed our new home computer equipment with care and efficiency, and made it easy for us to get to know how to use it all. We were soon enjoying Windows 8! And now we have the assurance of secure back up and helpful advice at all times, without complicated "computer speak".....this is computing made easy - it even looks nice! Thank you!' David and Joy Bower

Thank you indeed to all our valued customers for their past business, and I look forward to continuing in this New Year. Best wishes to you all for a successful 2014.

Richard Mills, RDM Computers, Cottingham
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Best wishes for a happy & successful New Year!

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Looking Forward to 2014

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I opened the Brough store in June 1999 and at that time there were around 39 travel agencies in the area. The impact of the recessions we have been through and the fact that the internet has given a whole new way of buying travel has meant the overall number of travel stores in the area is now less than 20. I am therefore extremely proud of the fact that we are able to operate three stores, we have a website and a holiday brand called Destination USA. Despite the difficulties that other travel companies have clearly encountered, we have managed to grow and develop our business and the last year has been our best year yet.

The key to our success I firmly believe is due to my staff being loyal to me and they have all developed in fantastic travel agents who now have a vast knowledge of our key destinations and have developed relationships with hotels and our Tour Operator suppliers. In turn, this means that as the customer you will always be given a full set of options for your holiday requirements and you can always trust that we do sell will be fully protected by ABTA and Atol.

As the owner of the business, I am always asked by people I meet,
"I bet the internet has killed your business!"

This is a big frustration of mine because in fact we use the internet and have websites and they are really important to my business. So rather than "killing us", the internet has in actual fact been the most important change in how we operate and perhaps the fact that we have moved with the times has been instrumental in how we have thrived rather than survived in recent times. Of course, we are acutely aware that internet shopping saves times and can save money but I always stress that as a holiday is likely to be your biggest purchase of the year and it has to be right, you would surely be better to have us on your side than not? And with our VMP (Verify, Match and Protect) scheme, we guarantee to be no more than 2% more than the internet but we can more often than not be less.

What ever your plans are for 2014 and beyond, my staff and I will be on hand to help in our newly refurbished shop where we will recommend and source the best deal for your specific requirements.

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Wordsearch - Birds of Prey

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

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

Find the words in the letters above:

Buzzard, Caracara, Condor, Eagle, Falcon, Harrier, Hawk, Jaeger, Kestrel, Kite, Lammergeier, Osprey, Owl, Peregrine Falcon, Roadrunner, Secretary Bird, Sparrowhawk, Vulture.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 84

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

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

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Cottingham Methodist Church - Musical Festival 2014

Friday January 24th to Saturday February 8th with the Celebration Concert on March 8th. We welcome Caroline Clemmo, Steven Roberts, Margaret Smith and Melanie Spanswick as our adjudicators. We include Singing (solo and choirs), Piano (solo, duet and trio) and Instrumental (solo, duet and groups including harps).

It is a competitive festival but well worth coming along to listen and support these young people. We hear so much about the problems caused by youngsters - this can help redress the balance.

The School Choirs (Fri Jan 31st) have been split into two age groups which gives more for the adjudicator to talk to them and give some space for the audience.

At the end of the Festival we have our Celebration Concert on March 8th (please note change of date) with the funds going to Charity. Last year we raised £500 for the *the Friends Of The East Riding Youth Orchestra*. This year we are supporting *Go Kids Go!* an organisation that runs wheelchair skills training for young wheelchair users whose aim is "Independence through mobility. Based at Toll Gavel Church in Beverley, they now work throughout the country. Ade Apitan MBA, a former paralympian and well-know TV presenter learnt his skills through *Go Kids Go!* and is one of their Patrons. To quote Dame Tanni Grey-Thompson "It's about ensuring that every child who uses a wheelchair has the means to fulfil their potential, and the ongoing support and understanding of *Go Kids Go!* is particularly helpful to many families."

The Festival can only run because of the volunteers who show up year after year to act as Stewards and anyone wishing to help will be welcome. Please contact Don Maskell (842347).



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Friday 24th October -

Will Chandler as CLIFF RICHARD

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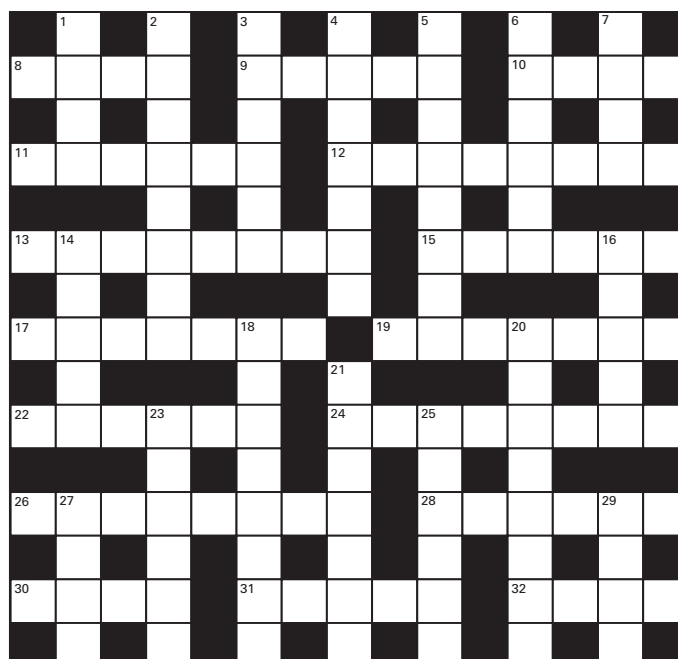
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Crossword – Solution on page 46



Across

- Not sweet (4)
- Rental agreement (5)
- Test (4)
- Name derived from the name of a person (6)
- TV shows (8)
- Ridicule (8)
- Initiate into an office or position (6)
- Craves (7)
- Indigenous people (7)
- Monkey-bread tree (6)
- Limbo (8)
- Envenom (8)
- Take to be true (6)
- Hike or journey (4)
- Large serving spoon (5)
- Current (4)

Down

- Coil or circuit (4)
- Alloting (8)
- Graduates (6)
- Bending or distorting (7)
- Type of flour (8)
- Charred (6)
- Injury (4)
- Mediterranean herbs (5)
- System of beliefs (5)
- In a strong manner (8)
- Financially committed (8)
- Twister (7)
- Hinders (6)
- Departs (6)
- Being nothing more than specified (4)
- Constructed (4)

Crossword courtesy of www.crosswordpalace.com

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Blood donors rewarded for helping to save lives

A dedicated blood donor from Cottingham has been recognised for rolling up her sleeve to help save lives. The donor was honoured at an awards event held by NHS Blood and Transplant at Cave Castle Hotel, South Cave on Thursday 14th November 2013.

The donor from Cottingham was joined by others from York, the East Riding and North Humberside with a total of 36 donors receiving crystal awards.

Guest speaker, David Copes, spoke about his need for blood. In November 2007 David was involved in a road traffic accident, during which his motorbike was hit by a Transit van. David spent 5 months in hospital, some of which was spent in the Intensive Care Unit (ICU) and underwent several operations and lots of physiotherapy. David was treated for 41 bone fractures in total,

sustained serious injury to a number of internal organs and in the first 5 hours following the accident alone David received 40 pints of donated blood due to severe internal bleeding. David himself stated that “without the good work that blood donors do he would not be alive today” and took the occasion to thank all of the donors for “giving him the greatest gift that any person can give to another – the gift of life”.

Each blood donor at the event has potentially saved the lives of up to three people with every donation they have made, so may have helped save or improve up to 8325 lives between them.

Donna Batty, Lead Donor Relations Manager at NHS Blood and Transplant, said:

“We would like to thank these donors for their commitment and dedication. They are an inspiration to us all and we hope that others will follow in their footsteps to save and improve the lives of many people.”

“If these donors have inspired you, please register to donate now, as we always need new donors. This is always an extremely challenging time of year for us as we need to make sure that hospitals are supplied with the blood they need to treat patients over the Christmas holidays. We need donors from all blood groups, but we especially need O Rh negative and B Rh negative to come forward. Whether you’re a regular blood donor, or have never donated before, you can make a real difference. So please make an appointment now or go along to an local session to save lives. The more people register and donate, the easier it is for us to collect the blood the NHS needs.”

Anyone aged between 17 - 65, weighing more than 50 kg (7 stone 12lbs) and in general good health could potentially start saving lives by becoming a blood donor. There is no upper age limit for donors who have donated in the last two years. For more information or to book an appointment call the Donor Line on 0300 123 23 23 or visit www.blood.co.uk.

Photo (left to right): Mrs Paula Turner (75 donations) and Mr David Copes (recipient).

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Beverley

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- Large Living Area
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- Double Glazing
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In the Kitchen



Chicken in Red Wine

Ingredients:

- 4 Large Chicken Joints
- 2 tbsp Flour
- 1 teasp Dried Thyme
- Salt and Pepper
- 6 Rashers Streaky Bacon
- 2 tbsp Olive Oil
- 150ml/5 fl.oz. Chicken stock
- 1 Bay Leaf
- 2 Cloves
- 300ml/10fl oz Red Wine
- 12 Button Onions
- 12 Button Mushrooms
- 4 tbsp Freshly Chopped Parsley
- 1 teasp Cornflour

Instructions

1. Cut the chicken into 8 pieces. Roll each of them in flour seasoned with thyme, salt and freshly ground black pepper to taste. Cut the bacon across into 12 x 5mm/1/4 in strips.
2. Heat the olive oil in a flameproof casserole until hot, then add the chicken and brown on all sides. Remove the chicken with a slotted spoon, add the bacon to the casserole and brown.
3. Return the chicken pieces to the casserole and bacon. Add the stock, wine, bay leaf, cloves, thyme and button onions. Bring to the boil and skim the excess fat from the sauce. Reduce the heat, cover and simmer for 45 minutes.
4. Add the button mushrooms and finely chopped parsley and cook for a further 10 minutes, or until the chicken is tender.



5. Transfer the chicken pieces to a hot serving dish. Blend the cornflour with a little water and add to the juices in the casserole. Bring to the boil and cook until thickened. Adjust the seasoning and pour the sauce over the chicken pieces.

This dish can also be cooked in the oven (casserole).

Peppered Steak

Ingredients

- 4 Beef Fillet Steaks
- Crushed Peppercorns
- Salt
- 50g/2oz Butter
- 2 tbsp Olive Oil
- 90ml/3 fl.oz. Single Cream

Instructions

1. Coarsely crush the peppercorns with a rolling pin.
2. Brush each side of the steaks with some of the oil then coat with the crushed peppercorns.
3. Heat the butter and remaining oil in a frying pan then quickly cook the steaks over a high heat for 2 minutes each side.
4. Reduce the heat and cook for a further 2 - 5 minutes each side according to taste. Sprinkle with sea salt.
5. Stir the cream into the meat juices in the pan then pour over steaks. Serve immediately.



Bread and Butter Pudding Recipe

This is a traditional recipe for an all time favourite pud.

Ingredients

6 slices well buttered White Bread
50g/2oz Sultanas
4 Eggs
25g/1oz Sugar
600ml/20fl.oz. Milk

Instructions

1. Preheat the oven to 170C, 325F, Gas mark 3. Grease a 7.5cm/3 inch deep ovenproof dish.
2. Remove the crusts from the buttered bread and cut into quarters (triangles or squares). Reserve 4 quarters for the top and arrange the rest in layers in the dish, sprinkling the sultanas between each layer. Top with the reserved quarters.
3. In a saucepan, heat the milk to hot but not boiling. In a large bowl, mix together the eggs and sugar then add the hot milk, stirring well.
4. Slowly strain over the bread and fruit, being careful not to dislodge the top layer of bread. Leave the bread and butter pudding to stand for 10 minutes.
5. Sprinkle the bread and butter pudding with a little sugar and bake in the oven for 30-40 minutes until the top is browned and crispy.



2. Meanwhile place the evaporated milk, butter and brown sugar in a saucepan and cook over a low heat, stirring, until the sugar has dissolved and the mixture is well blended.
3. Bring the mixture to the boil and continue to boil for 2-3 minutes.
4. Remove the pan from the heat, stir in the chocolate and mix well. Keep warm until ready to serve poured over the baked bananas.

Bananas with Fudge Sauce

Ingredients

4 Large Bananas
1 tbsp Sugar
For the sauce
1 x 170g/6oz tin Evaporated milk
50g/2oz Butter
75g/3oz Soft Brown Sugar
25g/1oz Good Quality Plain Chocolate, chopped

Instructions

1. Preheat the oven to 180C, 350F, Gas Mark 4. Peel the bananas, place in an ovenproof dish, sprinkle with the sugar and bake for 20 minutes.



Savoury Pork Chops

Ingredients:

4 Pork Chops
2 Dessert Apples
50g/2oz Edam Cheese, grated
Salt and Black Pepper
25g/1oz Butter

Instructions

1. Preheat the grill to medium. Trim the fat from the chops and grill for approximately 8 minutes each side.
2. Meanwhile, peel, core and chop one of the apples then mix with the grated cheese, salt and pepper. Place a spoonful of the mixture on top of each chop and return to the grill for a further 5 minutes, until the cheese melts.
3. Core and slice the remaining apple. Melt the butter in a frying pan, add the apple slices and lightly fry on each side.
4. To serve - remove the chops to a warmed serving platter and garnish with the fried apple slices. Serve immediately.

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www.cottinghamtimes.co.uk - January 17



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

This month his destination is Walkington

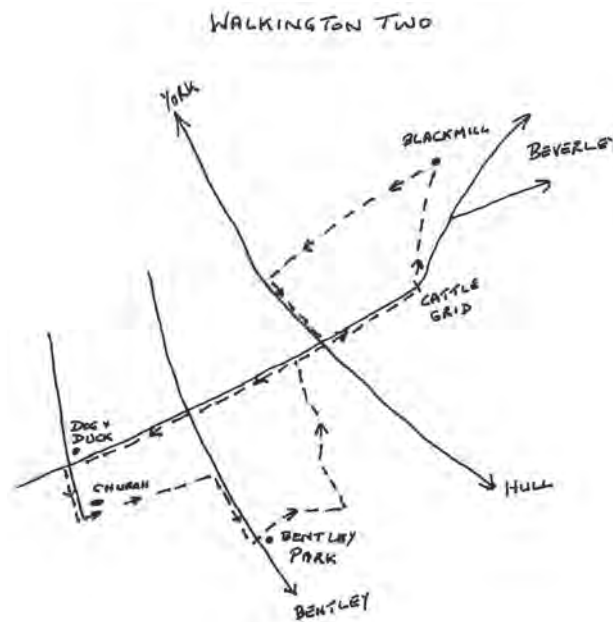
The map is for a general guide only. Please use an Ordnance Survey Map or similar if possible when walking.

Maps:- EXPLORER 293

Start at GR. SE997372 Street Parking, Walkington.
Distance 6.0 Miles.

Leave the main road and walk up Kirk Lane to the junction and turn left to walk along the path at the back of the church. Ignore the path that turns off to the right but continue ahead to eventually emerge on the Walkington to Bentley road. Turn right and after about 500 metres cross the road and enter Moor Lane to the left of Bentley Park Farm.

Continue down this lane for about 500 metres and locate a wooden foot bridge which cross and then pass through a Kissing



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Gate and walk with the hedge on the left, At the end of the field pass through a second Kissing Gate and then continue in the same direction again keeping the hedge on the left. At the end of the second field cross a foot bridge and continue in the same direction. At the end of the third field cross a stile and enter an enclosed path and continue to emerge on the Beverley to Walkington road near East Wood. Turn right and follow the road towards Beverley. Immediately after passing the Cattle Grid at Beverley Westwood, cross the road and across the Westwood in a direct line to Blackmill.

From the Blackmill walk in a westerly direction and locate a kissing gate that leads into a field, pass through the gate and bear left then immediately right and then walk with the hedge on the right along the field boundary. At the end of the field pass through a Kissing Gate and emerge on a track adjacent to the A1079 road. Turn left and follow the track to emerge on the Beverley to Walkington road. Cross the road and turn right and walk towards Walkington. At the cross roads controlled by Traffic Lights cross the road with care and continue to arrive in Walkington.





Sign up now for the Peak District 100 cycle challenge

Online registration is now open for next year's Peak District 100 bike ride in aid of children's charity Action Medical Research. The event is one of the toughest in the charity's RIDE100 series, which has events taking place across the UK between April and September.

Just ahead of the Tour de France coming to Sheffield next July, the Peak District 100 takes place on 15 June, starting and finishing at Dore. Cyclists riding for the charity raise money to fund medical research to help save and change the lives of sick and disabled babies and children.

There are three route options, all taking in the unspoilt beauty and rugged terrain of the Peak District National Park. The shorter Cool route of 40 miles is ideal for those newer to cycling or who haven't had time to train. The Classic route of 72 miles has more hills and the most challenging 101-mile Champion route is aimed at experienced sportive riders.

Olympic gold medallist Joanna Rowsell MBE, the charity's Cycling Ambassador, is encouraging people to sign up to take part. She says: "It's been great to see so many more people inspired to get on their bikes in recent years. The RIDE100 series is a perfect opportunity for cyclists of all abilities to put themselves to the test on some great routes and for an even better reason – helping sick and disabled babies and children. I hope you'll join us in 2014."

The Peak District 100 will be fully supported by the Action Medical Research team, with food and water stations, chip timing, marshals and mechanics.

Action has played a significant role in many medical breakthroughs for over 60 years, starting with the development of the first UK polio vaccines. It is currently funding research into many conditions, including preventing early labour and developing treatments for babies affected by premature birth, helping children with disabilities and tackling rare diseases for which there are currently no cures.

The charity has a passion for cycling and has built up a successful portfolio of events, which also includes the Action London to Paris and the RIDE24 relay race.

For further information and to sign up for RIDE100 2014 events, visit www.action.org.uk/100.

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Walk a mile in my shoes

SHOULD AULD ACQUAINTANCE BE FORGOT AND NEVER BROUGHT TO MIND? How many of us own up to shedding the odd tear whenever we hear 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 had their first gorgeous child, Noah, in May, which was then followed in the September by another beautiful grandson, Joshua, by my middle daughter Jenni and son in law Adam. My eldest grandson Jacob, has just turned 2 years old and keeps us all entertained from morning till night and I am so looking forward to this next year when his vocabulary will grow from strength to strength. I do also, at this time, reflect on loved ones who are no longer with us to share and enjoy these precious moments.

My brother and I lost our father followed by my sister in laws father back in 1992, and both mums say they would have been so proud to have joined in watching both of our ever growing 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 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 it is only a dog, cat, rabbit etc. You can get another ". Would they say that if it was a relative or someone close we are 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 not the same and they grieve 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 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 with a snippet of fur buried in the soil along with an apt saying applying to that particular pet. Mum also has three patio roses placed strategically in front of her patio doors which give her great pleasure. To our amusement one day she happily said that 'Cassie' was blooming! Sure enough she was... the little rose bush was an abundance of colour. 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 warm and comforting in the knowing 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,
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.

AND FINALLY..... Now, I am known within the family, to be a TECHNOPHOBIC and this definitely came to light last month! Only half of my article was sent and stopped 'mid flow'. I could blame the computer (which I was doing at the time) but yes, sadly, I had to finally admit it was me. So please accept my sincere apologies and I promise to finish the article on the fantastic work of the H.A.W.T volunteers in the not too distant future.

Take care and see you next month.

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Isn't Life Interesting . . .

by Paul Smith

Everybody guaranteed to lose.

A very likeable friend of mine is a Quaker, and he invited me one Sunday to the meeting house in Bean Street, which is off Anlaby Road almost opposite the Hull Royal Infirmary.

Speaking to the Quakers there I found their view of war eye-opening. Their view is that *everybody* loses in *all* wars. History says we won the first and second world wars, but the Quakers say no, we lost them – it's just that the Germans lost even more than us. We lost because hundreds of thousands of our best and finest died, our cities were badly bombed and our nation was left totally impoverished. That's not winning. In the same way we have lost, not won, the wars in Iraq and Afghanistan, and it's no consolation that the poor Iraqis and Afghans have lost very much more than us. Tony Blair also wanted us to invade Iran. And thank goodness we didn't get involved in Syria – another dreadful situation where everyone is losing.

The Quakers are right. I wish our politicians would talk to the Quakers – it would stop them starting our mad wars.

The marriage proposal

A young couple aged about 25 were cycling in the countryside one weekend. They were approaching a sharp bend in the road when the boy asked the girl if she would marry him. She said yes straight away, and he was so surprised by the speed of her response that he cycled straight ahead into a ditch by the side of the road.

He broke a couple of bones and spent the next two days in hospital.

All in English

My son lives in Vienna and works for a Russian bank. He travels all over Eastern Europe talking to people in its bank branches there. I said to him, "But you can't speak a word of Polish, Ukrainian, Serbo-Croat, Russian, Rumanian, Czech, Bulgarian..." He simply replied, "I don't need to. It's all in English. English is the world-wide language of banking."

He organizes conferences in Vienna for the bankers from these countries, and said his biggest problem is trying not to say English idioms. We don't realize it, but English has hundreds of them. "Make a mountain out of a molehill, don't put all your eggs in one basket, once in a blue moon, raining cats and dogs, a blessing in disguise, a wild goose chase, you're my cup of tea..." So he is very careful indeed to call a spade a spade, otherwise he would lead everyone

up a blind alley, they would hit the roof, he would go down like a lead balloon and get into hot water. So if he toes the line and plays the game, then it's as easy as pie, a piece of cake, and he comes up smelling of roses.

Women's (dim) view of men:

The only time a woman really succeeds in changing a man is when he is a baby.

When I eventually met Mr. Right I had no idea that his first name was Always.

Would you sit silently in a circle for an hour each week?

Going back to the Quakers at Bean Street. They don't have churches. They have meetings, which is why they call their premises meeting houses. They don't have clergy, or hymns, or sermons. Instead, every Sunday morning, for an hour from 10.30, they sit silently in a circle. If someone wants to speak, they stand and briefly address the others. When he or she sits down, the others reflect on what has been said, and then someone else may speak, and so on. The whole thing is peaceful, reflective, and some people get great strength from it.

Another surprise is that they don't have a creed. Every religion has a creed. Except the Quakers. Instead they have four simple testimonies – justice, equality, simplicity and peace.

Yet another surprise was that they get people from other religions there – Buddhists, Jews, and people with no religion at all. Most Quakers follow Christian principles. But everybody is welcome. Because the Quakers are so respectful and tolerant, they don't mind what you believe.

I found the Quakers to be lovely people. All the religions say we should not kill and love one another, but what I noticed about the gentle and tolerant Quakers is that they really do practise this.

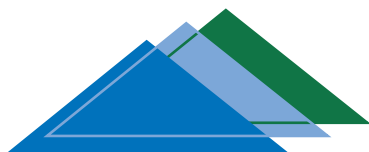
Everybody should experience this, even if only once. Try it out for yourself next Sunday at 10.30. You will certainly find it interesting, make new friends, and if you are influenced by the Quakers, find it very worthwhile.

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“The Tooth and Nothing but The Tooth”

by

Chris ‘ Dr. Smile Maker’
Branfield

Gums, healthy heart and other stuff

Hello again, I hope you are well and had a great Christmas. I would like to wish you all the best for a fantastic 2014. Hope it's a good'n. It's been a busy time again and I have got myself booked on more courses, as ever to keep abreast of the latest developments. One nice thing that has happened is being invited to give a presentation on Pain Free Dentistry to a large group of dental professionals later in January. I'll let you know how we get on.

Can Gum Disease Affect Your Health?

Well yes. Straight in there. Gum disease is inflammation of the gums, usually caused by plaque bacteria and affects most of the population to varying degrees. In a lot of cases it is limited to just the gums when they become red, can swell and bleed when you brush. In a smaller number of people this inflammation can go deeper and affect the bone, and indeed, there is bone loss around the teeth. Eventually the teeth can become loose and or



abscess and require taking out or in extreme cases fall out.

Bacteria from the disease can get into the blood stream and cause all sorts of other stuff.

Gums And Cardiovascular Disease

There have been lots of studies now and they show that people with gum disease are far more likely to have coronary artery disease that can lead to heart attacks. Also people with gum disease have a greater risk of strokes.

When bacteria from the gum disease get into the bloodstream proteins are released that cause inflammation of blood vessels that can lead to blockages and clots being formed. This is what causes the heart disease and strokes. So healthy gums, healthy heart!

“Dr Smile Maker’s” New Years Rant



Oh dear what's this all about. Well this is some thing I feel really passionate about.

Gum Disease Is Treatable but you need to identify it, explain it and work as a team to sort it. The thing is gum disease is usually not painful so you may not know that it is there. The first you may know about it is when your dentist or hygienist tells you. Gum disease is the most commonly undiagnosed dental problem. We always do a proper

gum health screen at each and every dental examination. It is so important that we check so that we can look after you properly. If you don't look you don't find. Over the years I have seen many people that I wished that we had seen many years before to try and sort out their gum problems.

Now, for one reason or another over the last year I have seen more than my fair share of undiagnosed gum disease and it breaks my heart. I am happy to say that the majority have responded well and as a team (patient, hygienist and dentist) we can improve gum health. It is old fashioned to not look or ignore it. You have the right to know and do something about it. After all, as we have already mentioned earlier it is not just about teeth and gums. Make sure that your dentist or hygienist does a gum health screen.

Well, that's that of my chest.

Some Good News (Sigh Of Relief)

Thank goodness for that, eh. I have had to write this early because of Christmas so things might have changed but I hope not. Hull City beat Liverpool at home. It was fantastic. They played really well and did again against Swansea. I hope it is the same against Manchester United on Boxing Day. How good would that be?

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 21 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's charity work go here now www.castleparkdental.co.uk.

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Take electrical waste to council collections

East Riding of Yorkshire Council is holding electrical waste collections in January in supermarket car parks across the area.

The aim is to keep out of the green bins thousands of unwanted hair dryers and straighteners, household batteries, televisions, music systems, kettles, toasters, microwaves, fluorescent tubes and bulbs.

The collections will be from 2-6pm:

Wednesday, 8 January: Tesco, Beverley

Thursday, 16 January: Waitrose, Willerby.

Councillor Symon Fraser, portfolio holder for environment, housing and planning, said: "January is when people get rid of the old because they have had new as Christmas presents or are planning to buy in the sales.

"Sending electrical items to landfill continues to be a problem. In just one year, about 1,600 tonnes of electrical items are put in the green bins across the East Riding and end up in landfill. That is the same weight as 80,000 flat screen TVs.

"East Riding residents are keen recyclers and will take full advantage of this chance to be able to recycle electrical goods while they do their shopping."

Electrical items can also be taken to all the council's 10 household waste recycling sites. For their locations visit the council's site, www.eastriding.gov.uk.

East Riding of Yorkshire Council gives vote of support to Dogger Bank

East Riding of Yorkshire Council has given its unanimous support to the proposed offshore wind energy project Dogger Bank Creyke Beck, being developed by the consortium Forewind.

The Planning Committee meeting held last week discussed the proposed project, which will connect into the national grid at an existing substation at Creyke Beck, near Cottingham. Every committee member agreed with the recommendation from the Director of Planning and Economic Regeneration's report, which was to raise no objection to the proposal.

The development could have a total generating capacity of up to 2.4 GW which means Dogger Bank Creyke Beck has the potential to generate around 8 Terawatt hours (TWh) of green power every year, which is equivalent to the electricity used annually by approximately 1.8 million British homes.

Forewind Head of Onshore Development, Mark Thomas said the conclusion noted that the proposal would contribute significantly to the increased provision of renewable energy and the onshore visual impact of the converter stations would be far outweighed by the benefits, and with mitigation would be acceptable.

Forewind fully involved the East Riding of Yorkshire Council throughout the pre-application phase, with regular meetings plus the establishment of a community-working group comprising local representatives.

"This group was instrumental in helping to define a mutually acceptable site for the onshore converter stations and enabled us to incorporate advice from the Council at an early stage," Mr Thomas said.

The development consent order application for the two 1.2GW projects is now with the Planning Inspectorate who will examine it and make a recommendation to the Secretary of State by early 2015. If consented construction work would start in 2017 at the earliest.

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Following the success of our Wills Clinics, held monthly at Civic Hall, Cottingham, our Family Law Specialists will now be available to offer legal advice on Family issues.

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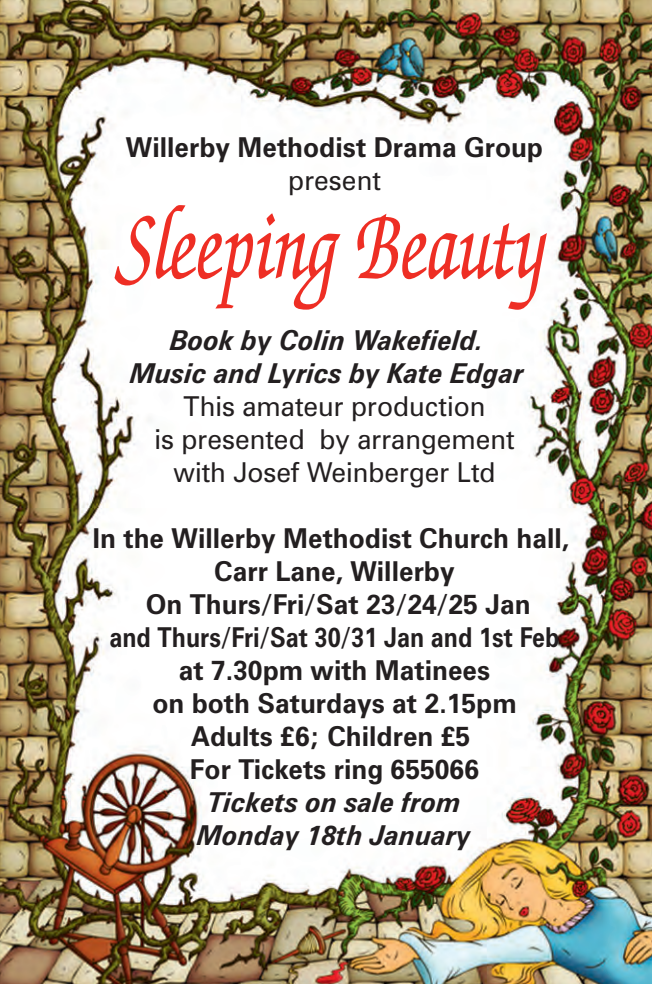
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Your Stars for January 2014

By Kay Gower

Aries (Mar. 21- April 20)

There are all kinds of guilt, shame and judgements around being selfish, but should there be?

You count, too!

If you treat yourself, you've made one person happy, and that's a start.

Taurus (Apr. 21- may 21)

You want to take action on some matter, but you need to get the nod of approval from someone before you can make a move. Or do you? Think about how it would look if you were to act now and, if necessary, say sorry later.

Gemini (May 22-June 21)

If you run around doing what you must, you'll be too busy to do what you want. Slow down, what you think of as a 'duty' may just be a habit.

Cancer (June 22-July 22)

"If I could turn back time..." sang Cher.

Maybe you want things the way they were, but no matter how hard you try, there really is no going back.

Besides, you're much wiser now, use the past to build a new future.

Leo (July 23-Aug 22)

You live fully, each day taking in as much of life as you can and letting the rest go. Something changes in you this month. New resolutions drive you.

Virgo (Aug 22 - Sept. 23)

It's the beginning of the New Year and you're wound tighter than a coiled spring. Steal some relaxation time wherever you can find it. Everything is going to be absolutely fine.

Libra (Sept. 24 -Oct. 23)

Avoid the armchair advisers. The truth is - they don't know the truth! If they did, they'd be out there doing it themselves, not telling you what to do from a comfy sitting position.

Scorpio (Oct. 24 - Nov. 22)

Everyone you meet is fighting their own private battle. Your kindness gives others the energy to soldier on, and it comes at no cost to you. In fact, you get more energy this month from giving.

Sagittarius (Nov. 23 -Dec. 21)

You can't do everything yourself, it's true. However, for the next two weeks, whatever you can do alone will give you more power. The fewer the number of people involved the better.

Capricorn (Dec 22.- Jan. 20)

Some routines can be comforting. There is a security in knowing what's coming down the pipe. That is why habits, even ones you'd rather not have are so difficult to break. This year, change will be easier.

Aquarius (Jan. 21.- Feb. 19)

Because you are so honest, good things happen to you this month. It takes courage to speak your heart, and people will open up to you as you do.

Pisces (Feb. 20-Mar. 20)

Keeping hope alive is almost as important as keeping air moving in and out of your body. An old dream is stirring inside you once again. Remember it's not over 'till the fat lady sings.

Waitrose through the Grapevine

Tom Greef, Wine Specialist, Waitrose Willerby
Hello everyone and welcome to my monthly column.



Well it's all over now for another year; we can relax and focus on our New Year resolution of joining the gym – going until February and then maybe giving it a miss for the rest of the year. Trust me; I've done it myself in the past! I was thinking of doing some non alcoholic cocktails this month as everybody likes to give up the moonshine in January but then I thought, no. Why not try something a little bit different instead. Some lower alcohol wine or grapes you may not usually go for?

Lower alcohol doesn't just mean sweet Germanic stuff you used to pick up in the 70's. Producers are responding (slowly but surely) to customer's demands for slightly lower ABV products. One of my favourites is **The Doctors Sauvignon Blanc (75cl - £8.99)** which sits at 9.5% ABV. It doesn't sound that low but, if you enjoy a bottle to yourself now and again, then you'll love this as it should hopefully render you hangover free. Please remember though, do drink in moderation! I would hate to have people after me for encouraging you all to drink! Back on track – The Doctors has a good whiff of gooseberry and a beautiful tomato leaf flavour to it, like you had rubbed a tomato plant through your fingers. It's crisp and dry like you expect a Sauvignon to be with all its lovely citrus notes. Well worth looking out for.

If different grape varieties interest you then Italy is the place to look at. They have around three thousand native grape varieties all unique to themselves. The **Triade Fiano/Falanghina/Greco (75cl - £8.99)** is (believe it or not) a blend of three grapes. Triade is of course Italian for Triad (d'uh) and this blend of traditional Campania grapes marries wonderfully well together. It has almond and pear aromas with an herbaceous touch to it and a creaminess that comes from around a quarter of the wine being aged in small oak barrels to give complexity and depth. It's a great wine to try and has won a couple of awards for its 2012 vintage so try it while you can.

I've caved in. I've decided to give you a non alcoholic cocktail or a mocktail if you will. Don't worry; I'm not going soft on you all. I'll be back on the alcohol next month, I promise! Joking aside, you can actually make some fantastic drinks for guests who are driving or those who may be pregnant without the addition of alcohol. This one is great because you can make it non alcoholic first and then add alcohol afterwards if you wish to. I've gone with blueberries which are well known for their amazing health properties and its juice is lovely and rich.

This **Blueberry Mojito** has bags of flavour and comes hangover free too! You'll need about 8-10 mint leaves which need putting in the bottom of a tall glass and muddling (that's bruising to you and I) which starts to release the minty flavour. To this, add a tbsp of fresh lime juice, a tbsp of sugar syrup (equal parts sugar and water with the sugar melted in the water) and 50ml of blueberry juice. Drop in some ice cubes and stir. Add the remaining blueberry juice, a little more ice and top up with as little or as much soda water as you please. Finish off by tearing some mint across the top and drop in some blueberries. If you wanted to you could make this in a large jug and adjust the measurements as needed. The great thing about cocktails is play around with them to find what suits you. The beauty of this one is you can jazz it up with some vodka for those who have a naughty side! See, I couldn't resist.



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Swanland Screen presents . . .

"Quartet" starring Maggie Smith, Michael Gambon, and Billy Connolly, is the film showing on 18th of January (as always, the third Saturday) at Swanland Village Hall.

Doors open at 7pm, film showing at 7.30pm. Tickets at the door : £4 adults and £2 schoolchildren.

For details see www.swanlandvillagehall.info/future-events.htm.

Sudoku Answer from page 12

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



Here is the latest article from Chris Catchmoore 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 fishing news. The date is 11th December. Happy New Year, we hope you have had a good Christmas and New Year. Let us hope that 2014 is a lot better than last year.

How is your fishing going? Good I hope, well if not let me try to help you catch more fish if I can.

To start with I would like to suggest that you start by going to venues that have a fair head of silvers. There are quite a few fairly local to choose from.

Firstly there is, as our friendly bailiff Paul calls it, the best canal in England! We all know it as Beverly Beck. This place is fishing very well for silvers on bread punch at the moment. In a few weeks' time it will probably switch to hemp and caster. This is a good tactic on most Roach waters, anyway to sort out the better stamp of fish do not ignore maggot and pinkies, as you well know these can and do produce all year round. If you use ground bait pick one that is dark in colour and very fine. A good tip is to riddle your ground bait at least twice at this time of year. This is because a lump of ground bait might be enough to fill the fish up therefore they will not be interested in your hook bait.

Paul told me of a recent match on the Beck in which 14lb won the match with good back up weights. If the average Roach weighed about 2oz that works out to be about 112 fish. Now in

my eyes that is a busy days fishing, would you agree?

I cannot remember if I told you earlier in the year but nearly all of the pegs have been renewed on the Beck too. There are 60 pegs to choose from as well. If you wish to fish this venue you must purchase your day ticket from the Co-op petrol station on Waterside Road. Adult tickets are £4 and Junior, OAP and disabled tickets are only £2 each. That is not bad for a day's fishing.

Other silver fish venues are Sam Hosticks, This is a good venue for Ide, Roach and Skimmers. Then there is Carp pond at Risby Park, this place is stuffed with silvers as is Ray Fosters Mill Farm at Leven. Shipyard stretch on our beloved River Hull is very good for good quality Roach and Skimmers. Here are a couple of venues that you probably have not fished in years, either Pickering or East Park. These are two very underestimated local waters both full of silvers. Give them a go you will have a good day.

Sea scene: Now then do you remember a couple of weeks back there was the large Daiwa Competition on the coast. It had a first prize of £3,000 and was fished from North Bridlington all the way to Paull lighthouse. A fish weighing just over 8lb won, but here is a bit of news that not everyone knows. Half way through the weigh in one of the marshals went out into the queue of people and informed the crowd that if they did not have a fish weighing at least 5lb plus not to bother weighing in, there was so many 5lb plus which had already been weighed in. I am receiving reports of large Cod coming in all over our coast virtually every day, this is brilliant and about time too.

The night tides seem to be producing the better fish, and the preferred bait at the moment is squid tipped with Lug worm. A good bit of advice on this one is the bigger the bait the more fish are being caught. I know Lug worm and Rag worm can be quite expensive but you may as well target the large fish with a large bait rather than target Flatty's 'n' Whiting, unless you wish to target them of course.

Just to make those aware that do not already know, Spurn Road is closed and probably will be all of this season. It has been beached fairly bad and repairs are ongoing as far as I am aware.

Sea worms, I know I tell you all nearly every month, please order your bait early or you may be disappointed. I personally hate letting anyone down. You know there are always frozen alternatives, but you cannot beat a bit of fresh can you! Ha.

Before I sign off I would like to remind you all that we sell proteins and supplements now and Air guns and accessories. We still have an all year round savings scheme, and birthday/gift vouchers are available.

From me, Chris and the Catchmoore crew we wish you all "tight lines".

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Don't sell scrap for cash warning

East Riding residents are being warned that they are now not allowed to sell metals, including old cars to scrap metal dealers for cash.

The warning by East Riding of Yorkshire Council is part of its message to scrap metal dealers operating without a licence that they could soon find themselves in court.

The new licences, which run for three years and cost up to £400, are part of a government crack down on the theft of scrap metal which has caused problems across the UK.

So far 46 scrap dealers and collectors in the East Riding have applied for licences within the time limit of 15 October. The council gave an amnesty to 1 December to enable all the dealers to have their paperwork in place. Many have still to apply.

Councillor Jackie Cracknell, the council's portfolio holder for community involvement and performance, said: "Metal theft is not just petty crime, it hits at the heart of our communities. It has brought trains to a halt because thieves have stolen cables, church roofs stripped of lead, and catalytic converters taken from cars.

"It means residents must be aware that if they sell old cars, boilers, any old bits of scrap metal and accept cash, they will be falling foul of the new laws intended to clamp down on the scrap metal industry and those dealing in stolen metals."

Paul Bellotti, head of housing, transportation and public protection, said: "We are concerned about collectors who have not informed us and could now be breaking the law by operating without a licence.

"We are appealing for all collectors and dealers to contact us before they come to our notice or that of the police and action has to be taken, such as in the courts."

Residents can check scrap metal businesses are licensed by

visiting the council's website, www.eastriding.gov.uk. A list of licensed business will be available from 1st December. Residents should also ask to see the dealer's licence before handing over scrap, and vehicles used for collecting metal should have plates attached to confirm they are licensed for the collection of metal.

The new legislation gives local authorities greater powers to regulate the scrap metal and vehicle dismantling industries by refusing or revoking licences if a dealer is found unsuitable. It also provides local authorities and police officers with powers of entry and inspection of scrap metal sites, and for those selling metal to provide identification at the point of sale, for recording by the dealer.

The Glasgow Boys, the Glasgow Girls and the Scottish Colourists

After the Beverley Fine Arts Societies AGM, established artist Harry Fletcher delivered a lecture on Scottish impressionist painters. Harry's return visit give us an insight into how French Post-Impressionism, especially artists Matisse and Fauves, cameras and disposable paint tubes influenced British art in the early 20th century.

The next lecture will be on the 15th of January 2014 and will be held at Willerby Manor Hotel, just past Waitrose roundabout. Lectures start at 10.30am, coffee available from 10.00am. This month's lecture will be on "Edward Burne-Jones & William Morris: Devoting their lives to art" by Suzanne Fagence Cooper. All visitors are welcome but if they could please ring our Membership Secretary Kay Crimlis on 01482 843356 to ensure a place.

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Tulips From Amsterdam

Not many things are as Dutch as tulips. There's cheese, Van Gogh but this beautiful flower remains to be the number one symbol for The Netherlands according to many. For this reason National Tulip Day had its first edition in 2012 and is back on the 8th of January in 2014.

National Tulip Day marks the start of the tulip season. From January to May Tulips are found everywhere in Amsterdam and around the world. According to the latest figures, the Netherlands exports over 1.6 billion tulips per year.

Dam Square is the centre of it all. On the 8th of January the famous Amsterdam square is turned into a huge tulip garden. People are invited to pick free tulips and over 10,000 visitors were counted in the last edition. This is made possible by the best Dutch tulip growers and is a huge event for the flower industry.



Barbados

Barbadian gardens are some of the prettiest in the Caribbean. Even around the smallest home you will find crotons (brightly coloured perennial leaves) and bougainvillea or hibiscus. And hotel gardens are often wonderfully landscaped and can be particularly interesting if you do not know tropical flora well. Hotel gardeners can be fun to talk to. Get them to tell you the local names for the various plants, which are colourful in a different way - check mother-in-law's tongue and lobster claw. The most interesting public garden in Barbados is Andromeda on the Atlantic coast, but the others, including the Flower Forest and Hunte's, are delightful too and certainly worth a look.

The best time of year for flowering is in the dry winter season between January and March. The Barbados Horticultural Society

(BHS) has its annual flower show at Balls Plantation in Christ Church towards the end of January, as well as a programme of Open Gardens, which runs between January and March. Also, the BHS has been very involved with the RHS Chelsea Flower Show in London. In just over twenty years to 2013, they have won an impressive fifteen Gold and ten Silver-Gilt Medals in the Great Pavilion. In 2006 the Barbados Flower Arranging Society also won both the Gold Medal and the Best in Show award in the Flower Arrangement category. The Flower Forest has a new owner who has greatly added plants to the garden and had some of his plants at Chelsea Flower Show.



Dragon Garden, Hong Kong

This breathtaking garden is one of the few remaining privately owned parks in the city and is perhaps also one of Hong Kong's best kept secrets. The land was acquired by philanthropist Lee Iu-cheung, who spent 20 years designing and landscaping the expansive, eight-hectare stretch of greenery. The result of his hard work is a gorgeous, Chinese garden, complete with ornate pavilions, towering archways and water features adorned with detailed stone sculptures. The garden is currently under the ownership of Lee's descendants, who hope that their private paradise can be properly restored and opened to the public. Until then, visits to the Dragon Garden are available through open days held once a month.

10 Jobs for this month

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.



KwaZulu-Natal National Botanical Garden South Africa

KwaZulu-Natal National Botanical Garden was established by the British in 1874 and still has a fine collection of northern hemisphere plants, including swamp cypress, tulip trees, camphor trees, plane trees, giant figs, magnolias and a great avenue of Lodon Planes.

But the focus of the garden is now on collecting and conserving the plants of South Africa's eastern grasslands (Kniphofia, Watsonia, Dierama etc). One section was designed to attract birds and over 150 species have been recorded. There is also a section on plants which the Zulu people have found uses for: the Useful Plants Section.

History

On the 3rd of March, 1874, the Pietermaritzburg Botanical Garden was founded. It was run by the newly formed Pietermaritzburg Botanical Society, who ran it until 1969, when it was taken over by the National Botanic Gardens of South Africa. In 1991, the Botanical Research Institute and the National Botanical Gardens combined to form the National Botanical Institute - the present custodians of the Garden.

The Australian Garden

The Australian Garden is an inspiring and immersive display of Australian flora, landscapes, art and architecture. Set across



fifteen hectares, the Australian Garden follows a journey of water from the arid inland landscapes of central Australia, along dry river beds and down mighty rivers to the coastal fringes of the continent. Within this wonderful landscape are the Exhibition gardens where you can explore the beauty and diversity of Australian plants and the evolving connections between people, plants and landscapes. The Australian Garden is also a place where you can discover inspiration and information about how to use Australian plants in your home garden.

Awards for the Australian Garden

The first stage of the Australian Garden opened to much acclaim in 2006 and the second and final stage of the Australian Garden was publically opened in October 2012. The result of more than a decade of planning, this bold new landscape design garnered almost 30 planning, design, and landscape awards between 1997 and 2013.

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

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Love thy neighbour and show care for the weak

I am at a loss these days at failing to understand the gross inhumanity being shown, not only to each other, but to animals worldwide. Christmas is looming up but with an increasingly lost meaning. By the time this article is in print it will have passed and we will be girding our loins for the credit card repayments and the worsening weather.

Christmas is a time for family and friends to get together and celebrate the love we openly show for those around us and who are close to us. The Christian celebration of God giving his son to mankind was to show us the way to have love in our hearts, purity of soul, of charity, love and respect for "our neighbour" and to tread a path of forgiveness.....

The plight of the world in general is spiralling downward when it comes to poverty and social breakdown.....some things are a challenge when it comes to forgiveness. We are judged in Gods eyes as to our ability to forgive and how, as human beings, we treat the frail, the vulnerable and the weak.

Poverty and social breakdown is no longer a third world plight.....it is in every city, every town and every country. Violent crime, gang warfare, drug use, neglect and gross inhumanity through actions against each other are highly publicised and sadly on the rise.

As a direct result of the Internet, we increasingly have harrowing pictures of immense cruelty to every species, opened out in front of us daily on Facebook, social media in general and email.

The plight of International meat trade animals are one of my personal missions. I dearly wish to see an outright ban on any live transport of any farm animal anywhere in the world. The UK farmers can hold their heads up high in the majority when it comes to ethical farming methods and animal welfare. We have an active parliamentary policy being encouraged whereby farm animals are slaughtered as near to the farm as possible. That is a brilliant idea to be applauded. However we still ship out live sheep, cattle and pigs to be slaughtered in France, Spain and Italy.

34 January - www.cottinghamtimes.co.uk

They leave our shores from our Southern ports and have to endure horrendously long journeys, with no food and no water.... depending on their destination. The standards of treatment during slaughter leave much to be desired, and these are the lucky ones. Australia is the world's largest exporter of live animals but the destinations are into countries where there are absolutely no regulations of any sort when it comes to humane handling or methods of slaughter. There is a massive publicity push there to ban live export with vast evidence in video footage of unimaginable horrors.

In the UK we are suffering a huge increase in documented cases of abandonment and gross neglect as people can no longer afford to feed their horses and ponies. There is only a limited market for the sale of horses now with so many people willing to give their animals away.....but to whom?

We have the largest levels or numbers of horses going for human consumption gathered mainly through the countryside auction sales. It so highly documented now that desperate owners know full well the fate awaiting their beloved horse if that route is taken....with only a nominal purchase price paid. Off loading the problem is the main motivation, not so much any financial gain.....but what choices are there?

To have your horse humanely destroyed at home is simply the most perfect solution, as abhorrent as that choice may sound to you.....but it is expensive. £140 is the average price for the service of a Fellmonger and subsequent cremation. Not everyone can afford that price. Even the British Horse Society is now helping owners with moral support because that is simply the kindest possible route for the horse. This acceptance of such harsh reality is something to be applauded.

The horse charities here in the UK are in desperate need of funds. They do an amazing job but most are full to capacity and can no longer take on more. They need financial help alongside all the other animal charities who are all in the same plight. Dogs are the other animals that are being abandoned in huge numbers, most in a shocking state of near starvation.

We, the people, need to be given more power in law in general. A great start would be to have the power to stop the indiscriminate over breeding of all our animals. Illegal puppy farms are on the rise, churning out 1000's of dogs each year for huge profit and no conscience. Unsuspecting people keep on buying them, feeding the industry. Black and white Gypsy cobs are the main type of horse/pony falling into the downward spiral of gross neglect and end up in the meat trade.

As far as the cases of terrible acts of premeditated animal cruelty, so obviously on the increase, we find our hands tied. The maximum prison term is 6 months.....usually suspended. Where is the learning curve to that? Consequence to actions works! Being made to be held accountable works!

Sadly, this is not so in the UK. We are desperately in need of new powers in law so that this terrible trend could actually be reversed by the power of accountability. The RSPCA has so little power in law and hence in action, unlike its counterparts in the USA and Australia.

These countries have a zero tolerance to individual acts of cruelty and the power to take quick and decisive action..... yet they also have the flip side of horrendous Horse processing plants and massive live meat trade industries to countries with no humane animal slaughter policies.

Bit by bit the good will overcome the bad. All we can do as individuals is be right by our neighbour, show kindness to all, treat our own animals with care and all give something back into society for no personal gain. Would it be possible to persuade our politicians to do the same.

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Haltemprice refurbishment - Changes to swimming pool re-opening date

The re-opening of the swimming pool at Haltemprice Leisure Centre, originally anticipated for spring 2014, will now take place in the summer.

The refurbishment of the swimming pool, changing rooms and plant room is the second stage of the £6 million redevelopment of the centre; that includes the addition of a GP surgery, library and customer service centre as well as improved leisure facilities.

The revised schedule for re-opening the swimming pool is to allow for unforeseen building works that are required to be undertaken within the swimming pool hall.

The centre management are now revising plans for school and regular swimming lessons but still expect the swimming pool to be open to customers in time for the start of the school summer holidays.

Darren Stevens, head of culture and information, said: "The council is committed to working with the different user groups of the Haltemprice swimming pool to ensure disruption is kept to a minimum.

"Unfortunately, unforeseen circumstances can develop with projects of this nature and complexity as they progress but, when the work is complete, our residents will be able to enjoy first-class leisure facilities for decades to come."

Schools and individual customers already booked onto swimming lessons will be contacted by the centre, customers requiring any additional information can find out more information via the website www.haltempriceleisurecentre.co.uk or by contacting the centre on (01482) 652501.

Disabled/Special needs children visit Southwood Garden Centre and meet Father Christmas

On the 20th of December a large group of disabled/special needs children made a special visit to South wood garden centre where father Christmas and his reindeer were waiting.

The children whom all attend special needs schools in East Riding and Hull are members of a charity based in Cottingham called "Special Smiles".

Run by local family in Cottingham for nearly four years, the charity is run solely voluntarily and is dedicated to enabling local disabled children access all activities as a family. For Bob and Father Christmas to open especially for us was fantastic and all the children had a wonderful and memorable time, said Kevin Jennings, from Special Smiles

Cottingham Branch of the British Legion say "Thank You" to the residents of Cottingham

The Cottingham Branch of the British Legion would like to say 'thank you' to all the residents and visitors to Cottingham who donated to the Poppy Day appeal.

A sum of £5,939.50p was raised which was an increase of £991 up on last years collection.

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Hallgate Schools (continued)

by Peter Railton (Local Author and Historian)

The Year is 1944.

Schools opened on the 4th of January, and in the girls' department an early collection for the Prisoners of War Fund raised £16 and a further £3.1s.0d was collected for the Crippled Children's Fund, while the Red Cross regularly received over £3 every week. I remember taking one shilling - every Monday morning for the Red Cross in the boys' department.

Work continued very much as usual as records of air raids received less and less attention in the log book and school routine took over. St. 6 girls were taken to the 'Little Theatre' - later renamed "The New Theatre" - to see "The Russian Ballet Dancers" - I wondered where they came from at that time! A Safety First drive was organised and police officers visited the school for a week giving lessons and advice to young cyclists and pedestrians; this was especially important due to the big increase in traffic in the area, mainly army lorries and Jeeps - some of the newly arrived U.S. drivers were over-enthusiastic on our narrow village roads as the build up to D-Day in June drew near.

Salute the Soldier week in May saw various money raising activities including a concert given by the girls in the hall which raised £2.19s.0d. and St. 7 girls had a sale of 'make and mend' clothes, tinned goods and miscellaneous items which raised £25.8s.3d. and girls attending the cookery classes sold buns and tea, raising an extra £4, a further concert yielded £5.12s.2d. and various other events raised £83. Lessons revolved around the appeals and drawings, paintings, etc. were judged and prizes awarded accordingly. Three teams of girls volunteered for potato picking that autumn during the two weeks holiday given by the Authority to encourage volunteers to take part in this essential work.

An important event took place on the 1st of November as Miss Brimelow recorded:-

"The Lord Mayor of Hull and the Sheriff, the Chairman of Haltemprice Council, Councillors and Clergy visited the school to thank the girls on behalf of the War Services Committee for the excellent work they had done during the war. This statement was read out to the visitors -

'Money raised since June 1st 1944

Red Cross Fund £114.3s.8d; Crippled Children £3.1s.0d.; P.O.W. week £16; Salute The Soldier Week £83, Tobacco Fund £4; P.O.W. Special Week in October £33.7s.4d. making a grand total of £253.12s.0d. War Savings since January 1st £969.4s.0d. Total to date £2,941.' Two certificates were presented to the school, one for 97% membership for National Savings and one for achieving the target set for Salute The Soldier Week.'

Still the effort went on - £7.4s.1d was collected for Poppy Day; a proud record for Miss Brimelow to cherish in the final full year of her Headship.

In the boys' department, 256 were present out of 287 there was a lot of illness about - Miss Brown of St. 3 and Miss Atkinson of St. 1 were away with 'flu and Mr. Wright had "been away at the same time as Mr. Brookes before Christmas". In January £90 was raised for the Haltemprice Prisoners Of War Fund by the boys. On the 10th of February Mr. Arnett referred to the serious decline in the health of Mr. Brookes.

"I am sorry to note that the Headmaster Mr. Brookes is ill and pray for his speedy recovery."

Mr. Brookes did return to school - briefly, his last entry in the log book reads -

"Monday 14th of February. I have today returned to school 9 a.m. having been absent since Wednesday last, owing to severe cold and varicose veins. Mrs. Bone returned to duties

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this morning 9 a.m. having been absent since Thursday last owing to an attack of influenza."

Death of Mr. Brookes

The Head was at school on Tuesday the 15th and on the following morning. He had not felt well and went home for lunch as usual and decided to rest in his chair for a while by the fire. His wife asked him if he was returning to school later but got no reply - Mr. Brookes had died in his chair. The next entry in the log book is made by Mr. Wright -

"Thursday 17th of February. Following the sudden death of the Headmaster Mr. Brookes at his home yesterday afternoon Feb. 16th, I am carrying out his duties Pro-tem, until further definite arrangements are made.

Walter. L. Wright, Senior Assistant Master."

I still very much associate Hallgate Boys' School with Mr. Brookes. R.B.B. was a disciplinarian first and foremost and did not hesitate to use the cane. He impressed by his presence - a favourite posture was this portly figure of medium height clad in a grey suit, old fashioned spats around his ankles and the tops of his brown shoes, standing with legs apart, hands clasped behind his back, scowling at some unfortunate lad - a kind of latter-day Napoleon. Teachers and pupils stood up whenever he entered a classroom, his authority was seen as well as felt. But along side of this went his unswerving devotion to the school, encouraging sporting success as the collection of cups and shields demonstrated, and his determination to carry on during the war years as he saw the school as a part of the war effort raising funds and the deep sorrow when 'old boys' were killed - pupils and staff pulled together and Mr. Brookes managed to instil a feeling of pride and patriotism in us boys which has probably never been matched before or since his time.

"Feb. 28, 1944. Took charge as Acting Headmaster, Tom Wadsworth, Driffield

C. of E. Boys." This entry introduced a man who turned out to be extremely popular with everyone, joining in snowball fights in the yard, football kick-about etc. - a quite bewildering! change. He had a son in the R.A.F. who was killed in ops. over Germany while he was at the school and we all felt so very sad for him; I believe his grandson is a clergyman in the Driffield area today.

Mr. Arthur Ernest Panke - New Headmaster

"1st. Aug. I, Arthur Ernest Panke commenced duties as Headmaster in the place of Mr. T. Wadsworth, Acting Head."

This began the 17 year headship of Mr. Panke, a tall, jovial man with a deep voice who was popular with pupils and staff, alike.

Proceeds from the Salute The Soldier week in the department totalled £1,222.15s.0d. total sales of savings stamps, certificates, various funds raised in the village and so on - a tremendous result and. a credit to boys - and parents!

Three boys were awarded scholarships to Beverley Grammar School, Ron Bannister, David Coupland and Alan Walker, and Brian Humble to Trinity House. Councillor Arnett complained of the 'general state of disrepair' at the school and called for 'a general overhaul' of the buildings to be undertaken. The official party from Hull Guildhall plus local officials moved from the girls' department into the boys' and presented awards there too. Mr. Wright returned after being loaned to Market Weighton School as Acting Head during November and much of December. So ended the year of the three headmasters and the beginning of the end of the war, but not before scores of boys and girls were invited to a huge party at the American Camp, where the University dormitories and Police Station are now, A U.S. Father Christmas distributed gifts and children tucked, in to chocolate and fruit unseen for years - a mark of friendship and generosity much appreciated in the village.

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Moving Abroad?

A monthly column by Nick Russell

VISIT BACK TO UK

Rita and I enjoyed a 12 day break back in the UK at the beginning of December, stopping at our daughters house. As usual it was great to catch up with friends and family and have a few nights out, although it was a bit cold and grey. I had a wander around the village and it was nice to see plenty of people around and most of the empty shops seem to be getting a facelift for possible rental. We arrived back in Spain on the 9th and it was nice to wake up the next day and see some blue sky and sunshine. Even now in the middle of December it is still hitting the high teens for the afternoon but it drops to around 0 on a night. Anyway our next visit is pencilled in for April next year.

SKI SLOPES

Around 1000 skiers and snowboarders visited the Sierra Nevada ski slopes for the start of the 2013/2014 season, which has started a week earlier than usual. Only four of the slopes were ready for use thanks to the recent cold weather which has brought early snows and the rest are expected. We can see the snow from our front patio and every day the covering seems to be greater than the day before. Usually by Christmas the covering is total and gives a very nice outlook. As we are only

an hour away from the slopes we are hoping to attract guests who fancy doing a bit of skiing or snowboarding.

CASITAS

As I have said before, the casitas is now ready for full use. The marble worktops were the last thing to be fitted and they are now completed. While we were in the UK my son painted the external staircase and the last window and I have to say the place looks great compared to what it used to be. All we need now is a proper deep clean to get rid of all the builders dirt, unpack the new sofas and dining table and chairs, set up the TV and DVD and buy all the crockery, cutlery etc. A full page advert with pictures will be in the February edition of Cottingham Times but if anyone wants information before that then please contact me on my e mail, nickruss@hotmail.co.uk. We already have some weeks booked for next year so we are looking forward to having a very busy year in 2014.

CHICKENS AND FISH

One of the things we wanted to do when we moved out here was to have chickens to give us fresh eggs every day. We have the perfect place to keep them, which use to be the old dog kennels. Adel and Rita spent several days cleaning them out and





then Tom made sure it was all waterproof and escape proof. They covered the floor, made a climbing area, hung food and water dispensers and filled the nest boxes with hay and sawdust. Rita and I ordered six chickens (2 white, 2 brown and 2 black) and picked them up just before we went to the UK. Katie and Aiden decided that they must all have a name so they are now called Salt, Pepper, Tikka, Rosie, Chickolette and Sheila (the last one after their Grandma in the UK). They have settled in very well and have plenty of room to roam about. We have just started to let them run around the garden as well but its hard to get them back into their run. Not had any eggs yet but it does normally take a few weeks and they lay better when it is sunny so we are hoping that from the spring we will have fresh eggs every day.

On the subject of the fish in the pond and the heron, it looks like the heron might have won as the number of fish has seriously diminished.

CHRISTMAS IN SPAIN

As I write this its less than 2 weeks to Christmas day and it just feels like any other time of the year especially in the shops and supermarkets. Unlike the UK where the shops and supermarkets are full of gifts, toys, cards and the like, nothing seems to be any different here so getting in the spirit is hard as its not in your face all the time. But on the other hand it is actually quite nice to be able to go shopping and not have to queue at the checkouts or get rammed by trollies but they have started to play Christmas music over the tannoy.

It's also that time of year when the grandchildren are rehearsing the school nativity so we are getting songs and lines every night. By the time we go to the school to see it, we will probably know it off by heart.

Because of our trip back I haven't actually much more to report. I am going to spend the next few days tidying up the garden, cutting back and trying to get rid of all the leaves and debris from around the place. At least everything seems to have stopped growing now which gives me a chance to get back on top.



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Do something useful with your day - Give Blood, and Save a Life

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.

40 January - www.cottinghamtimes.co.uk

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.

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Yorswitch cheaper heating oil together saves residents 10p per litre on their first order

The first YORSwitch Heating Oil Together order has proved to be a success with members saving approximately 10p per litre on their heating oil, based on the highest price offered per 500 litres at the time of order.

In partnership with East Riding of Yorkshire Council, the charity Humber and Wolds Rural Community Council (HWRCC) is delivering the YORSwitch, Cheaper Heating Oil Together Scheme, with free membership still available for the first 100 members.

The scheme aims to save its members money through bulk-buying heating oil for residents, community organisations and businesses across the East Riding.

Peter Hirschfeld, who coordinates the scheme at HWRCC, said: "The main benefit of bulk buying the oil is that the unit price per litre can be lower as a result of buying together at one time. Everyone in the scheme also pays the same price, so people who use less oil are not penalised with a higher cost per litre from ordering individually.

"Our members are delighted to see a saving already from the first order and have found the process easy. HWRCC makes the order and members make their own payment arrangement with the oil supplier who has provided the cheapest price."

In some villages, local co-ordinators are working with HWRCC to promote the scheme and co-ordinate orders in their community. The volunteers undertaking these roles want to help local residents reduce heating costs and if anyone is interested in undertaking this role within their community, please contact HWRCC.

Orders are placed monthly and the deadline is the 28th of each month, but in communities where the scheme is led by a local coordinator the date may differ, so please check.

New members are eligible to place an order in the same month they join the scheme, as long as they submit their application form two weeks prior to the ordering deadline. The minimum order required is 500 litres.

The first 100 households to join the scheme will receive free membership and a few free places are still available. Full details and the membership application form can be downloaded from the HWRCC website www.hwrcc.org.uk or contact the charity for more information on (01430) 430904 or email oil@hwrcc.org.uk

Savings depend on market forces, supply and demand, but members can be confident that all the savings will be passed onto them.

Sewerby Hall and Gardens 2014 Calendar

The year 2014 sees the 300th anniversary of the construction of Sewerby Hall and a unique commemorative calendar is already on sale from the new Welcome Centre and Stables Gift Shop.

Packed with fascinating images taken throughout the history of the estate, it offers an exclusive insight into times gone by along with information relating to the images.

Calendars can also be purchased from the following council venues – Skidby Mill, The Treasure House at Beverley and Tourist Information Centres in Bridlington, Beverley and the Humber Bridge.

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

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Haltemprice Lions start the New Year in good heart

The members of Haltemprice Lions finished a busy year with presentations to local causes to assist them to start 2014 on the right foot. At their recent Social Evening members and friends heard their guest speaker, Jeanette Harrison, B.E.M. of the Cottingham Branch of the British Red Cross, relate her experiences serving the charity.

In a highly entertaining recollection of her duties from First Aid Training, to caring, to First Aid duties at motor cycle rallies and to teaching and training those in need in Africa, Jeanette showed her dedication to serving her local and international

community. However, her main subject was the British Red Cross Fire Victim Support Scheme of which she has been a committed volunteer since its inception

Together with her colleagues she responds to the unfortunate who have suffered a house fire and readily gives help and support in its immediate aftermath. The Haltemprice Lions were pleased to give Jeanette a donation of £250.00 to this very worthy cause.

On the same evening, another local beneficiary was the Electric Eels Wheelchair Football Club – an organisation who encourage wheelchair-bound children and young adults to participate in their sport in specially adapted wheelchairs. Their members are from Cottingham, Hull and surrounding villages who thoroughly enjoy their sport. The Lions' Clubs of Haltemprice, Hull Kingston and Holderness joined forces to present the Electric Eels with a cheque for £2,000.00 towards the purchase of an adapted wheelchair.

So a New Year starts and the Haltemprice Lions have already arranged a Music Competition for young adults to be held on Saturday, 22nd March at the Methodist Church in Cottingham and sponsored by the Hull musician's shop of Gough and Davy. There will be attractive prizes for all classes in the competition. Also arranged is a Table Top sale to be held on 17th May at the Civic Hall, Cottingham. For further details of any of these events or more information on Haltemprice Lions, please contact David Whincup, email – dwhincup@dwhincup.karoo.co.uk.

Top Photo: Guest speaker, Jeannette Harrison, B.E.M. receiving the cheque and a gift from Fred Cawood, the President of Haltemprice Lions

Photo Below: A cheque for £2,000 presented to Andy Fox of the Electric Eels Football Club from Barry Rojahn (Holderness Lions) Wendy Douthwaite (Hull Kingston Lions) and Fred Cawood (Haltemprice Lions)



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New transformer arrives at Creyke Beck sub-station

Sunday 1st December, saw part of Cottingham brought to a standstill with the arrival of Creyke Beck sub-station's replacement transformer. Last April we had the disastrous fire, now known to be caused by a faulty connector setting fire to the oil in the huge transformer.

Hyundai in South Korea manufacture these 170 ton units, to a regular order from National Grid, as there are always scheduled replacements across the network. Ours was scheduled for Radcliffe on Soar, but our need was more urgent. A new order would have taken many more months to arrive.

The massive unit was transported from Albert Dock via the A63 and A164, and down Harland Way. From

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Northgate it was to reverse up Park Lane – simply turning left was out of the question. Road closure notices had been distributed, no-parking zones created, overhanging branches removed, and height checks made for power and telephones lines. Fortunately nothing major had to be removed.

Putting the convoy into reverse was a very precise manoeuvre and a great spectacle for the assembled crowd of residents, as the HGV tractor unit's front and rear swapped places. The length of this 350 ton articulated vehicle was clearly illustrated as it stood stretching from Park Lane to past George Street. The zebra crossing beacon had a lucky escape, and avoiding it required some extra movements, prolonging this very delicate heavyweight ballet and demonstrating the skill of the drivers and the supporting team giving directions. The two platforms carrying the transformer had independent steering on all wheels – and there were a lot of wheels! We counted 8 rows of 4 wheels just on our side of one platform.

Many people armed with cameras, iPads and camcorders filmed the transformer's progress up to the corner of Badgers Wood, which, as expected, was a challenge. En route residents came out armed with their memories and photos of previous deliveries. One recalled the chaos of the arrival of large parts when the Sub Station was originally built in the fifties.

After a very slow turn round the bend, with much holding of breath, the unit was round and off up the straight but narrow road past Glen Avon growers. The audience thinned to just a determined few to see the transformer into the Sub Station. So we plodded on, sometimes having to take to the fields to avoid being run over; thankfully it was such a lovely day. The last hitch was not the height limiting bar, but clearing the hedge and fence on the final bend, part of which had already been vigorously pruned in advance. After some sawing and brute force the convoy made its way into the substation.

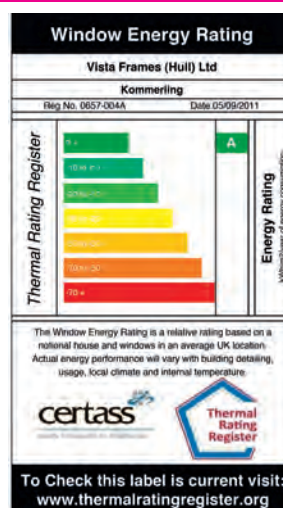
The Site Manager kindly invited us in for a very welcome mug of tea over which we had a two-way question and answer session, and then the long walk home as dusk fell. All in all a very successful and fascinating operation and residents have many more photos to add to their albums.

The only real grumbles were that although EYMS had been told that there would be a slow-moving convoy with police outriders, their notice had not mentioned lengthy road closure of Northgate and George Street. Footie fans delayed by buses unable to take normal routes still made it to the KC Stadium for the Tigers match.

Geraldine and Ros

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

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

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

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

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

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

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

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

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.

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

Cancer and Tumour:

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Hull Amnesty Group concert at Hymers College on Friday 24th January

The 2014 concert presented by the Hull Amnesty group in aid of Amnesty International will take place on Friday 24th January 7.30 pm in the Judi Dench Theatre at Hymers College, Hymers Avenue, Hull HU3 1LW by kind permission of the Headmaster.

The concert will be given by four members of the Larkin Strings, a young, Sheffield based professional string ensemble made up of graduates from Hull University, Sheffield University, Huddersfield University and Leeds College of Music.

They will play two popular works from the string quartet repertoire - Dvořák's 'American' and Borodin's String Quartet in D (whose third movement *Notturmo* became popular through its use in *Kismet*), as well as some shorter works.

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 01482 563235, or else by sending an email to aubus@aubus.karoo.co.uk or barnecutt@barnecutt.karoo.co.uk

All proceeds will go to Amnesty International.

Wold Lace Makers Tatting talk and workshop at St. John's Newland Parish Church Hall

The Wold Lace Makers will be holding a Tatting Talk and Workshop with Elaine Scott, in the St. John's Newland Parish Church Hall, Clough Road, Hull HU6 7PA on Saturday 11th January. Come and have a go at lacemaking on our practice pillow. The event takes place between 10.00 am and 4.00 pm. Members £1.50; Non-Members £4.00.

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Crossword solution from page 14



Superfoods to add to your New Year diet

Superfoods can really contribute to your good health because they have so much to offer you. The more that you consume on a regular basis the stronger will be your immune system and the greater your energy and vitality levels. To optimize your health you owe it to yourself to include these foods in your new year's meals!

Chia Seeds:

Chia seeds are very much like flaxseeds. They are a source of soluble fibre which is good for the heart. They are also high in protein and high in essential omega-3 fats. They are also rich in calcium, magnesium, iron and potassium. You only need a small portion of chia seeds to give you a boost of energy and to balance out your blood sugar.

Chia seeds make a great addition to your breakfast cereal, a bowl of oatmeal or a bowl of yogurt. These small health enhancing seeds contain six times more calcium than milk, three times more iron than spinach, two times more potassium than bananas and 15 times more magnesium than broccoli.

Pomegranates:

Pomegranates are a perfect food for the winter because they are most readily available during the Autumn and the early to mid-winter months. Often thought of as the "jewels of winter" this colourful and tasty fruit can add variety to your salads and your desserts.

Pomegranates are rich in an antioxidant known as **ellagic acid** which can help to combat inflammatory health conditions such as atherosclerosis, arthritis and a number of infections. Pomegranates and pears make for a tasty treat when eaten together.

There is a trick to eating a pomegranate. Submerge it in a bowl of water as you go about the task of taking off the outer rind and the white pith. This will cause the seeds of the fruit to sink to the bottom of the bowl. When you eat the seeds directly from the opened rind of the fruit you become conscious of how many you are consuming which makes eating too many highly unlikely.

Green Tea:

If you are a coffee drinker then it would not hurt you to give green tea a try. While coffee does have some health benefits, green tea also has its share of benefits that can do your body good. Both coffee and green tea contains antioxidants and help to promote weight loss. However green tea has also been shown to be an effective cancer fighter.

Approximately one-third of a green tea leaf is composed of antioxidants known as catechins. But the goodness of green tea does not end there. It also contains an amino acid called L-theanine which helps to relieve stress and anxiety and supports a relaxed and calm state of mind. Green tea is good in general (green ginger mint tea is quite a savoury treat!) but if you wish you can choose the most potent form of it known as matcha. This type of green tea is finely milled and very tasty to the taste buds!

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