

Cottingham Times

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Issue 170 - January 2016

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Wednesday Social Club

Wednesday 6th January - Luncheon, in the small Darby & Joan Hall, at 2.00 p.m.

The Cottingham History Society

Wednesday 6th January - Robb Robinson - Far Horizons, from Cottingham and Hull to the End of the Earth, in the Red Hall, Hallgate Primary School, Cottingham starting at 7.30 pm. Meeting fee, Members £1.00; non-members £2.00. Contact Peter McClure 01482 845734.

Front cover: Cottingham Railway Lines (looking North)
Photo by: Paul Lakin

Cottingham Men's de Luda Society

Wednesday 6th January - Old Houses of Cottingham (Part Two) - Pat Elliott, in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

Wednesday Social Club

Wednesday 6th January - Luncheon, in the Darby & Joan Hall, at 2.00 p.m.

Beverley Film Society

Friday 8th January - Ida (Poland) 2013 Cert 12A Drama. Oscar-winning tale of an orphaned young novitiate nun in the 1960's on the verge of taking her vows, who uncovers a dark family secret from the years of the Nazi occupation, which prompts her to question who she is and what she believes. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley. Members: £30 for whole season. Guests (of members): £4.50 per screening.

East Yorkshire Embroidery Society

Saturday 9th January - Sue Stone - Texture and Pattern, to be held at 2.30 p.m. in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits. www.eyes-embroidery.co.uk.

Wold Lace Makers

Saturday 9th January - "Do Your Own Thing", A chance to work on your own project, help is at hand if you want it, or to finish an item from an earlier workshop, at the Marist Hall, Church and Parish House, 119 Cottingham Road, Hull HU5 2DH. 10.00 a.m. until 4.00 p.m. Speaker Alexandra Stilwell "My Journey Through Bucks Point Lace". Come and have a go at Lacemaking on our practice pillow.



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Cottingham Catholic Women's League

Monday 11th January - A talk on the Women's Refuge Centre, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 p.m.

Cottingham Women's Institute

Tuesday 12th January - Pets Repeat; Competition: Animal Ornament. 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

East Riding Cricket Society

Wednesday 13th January - Yorkshire Film Archive, rare footage of 100+ years of Yorkshire Cricket. Meeting in the Brewery Bar, King William IV, at 7.30 p.m. for 7.45 p.m. All welcome! £5 on the door. More information contact ercsoc@gmail.com or phone Maggie Sumner 01482 861848.

Cottingham Ladies Circle

Wednesday 13th January - Mr. Scotney to give a talk entitled "Bygone Hull", to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 p.m.

Cottingham Green Women's Institute Evenings

Thursday 14th January - AGM. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

U3A

Thursday 14th January - The Life and Times of Victorian Chimney Sweeping Children - Jethro Vivian, at 2.00 p.m. in the hall at the Darby and Joan Hall, Finkle Street.

Inland Waterways Association

Friday 15th January - Canal Boating Holidays - If you are thinking about a canal holiday, we have all the information you need. A details presentation by your local IWA Branch. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate.

North Ferriby Gardeners' Club

Monday 18th January - Pond, Building Management - Plant and Wildlife - Mike Kinnes. Refreshments and Festive Fayre. North Ferriby Gardeners' Club meetings are held in the Village Hall, starting at 7.30 pm. (unless otherwise stated)

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

Tuesday 19th January - Stitch and Chat, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com.

Cottingham Evening Townswomen's Guild

Wednesday 20th January - Tony Pace - A Hebridian Holiday, at 7.30 pm in the Darby & Joan Hall, Finkle Street.

Cottingham Men's de Luda Society

Wednesday 20th January - John Scotney - German Heartland, in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

East Yorkshire Association of the National Trust

Thursday 21st January - Cottingham Civic Hall, 7.30 p.m. John Scotney 'Hull and Hull Cvic Society since 1964'. Non-members welcome.

Book Signing

Friday 22nd of January - Performance poet Catherine Scott will be signing copies of her latest poetry collection 'Add Verse To Therapy' at Barkers, Hallgate between 11.00 am. and 1.00 pm. Support the advertisers who appear within the Cottingham Times

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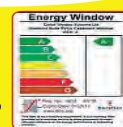
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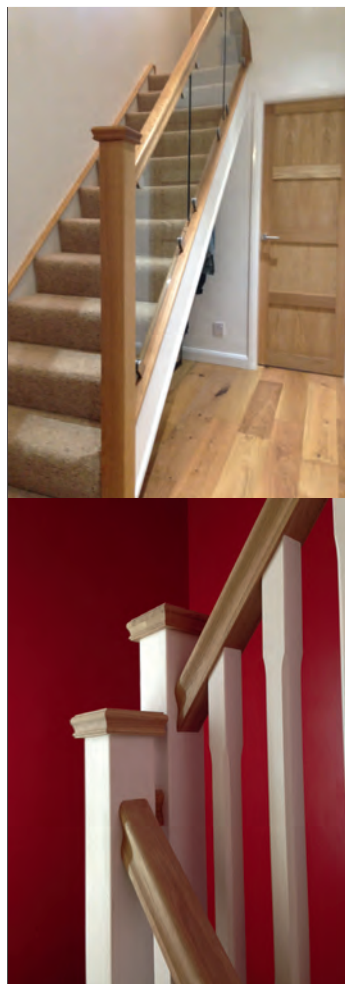


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Continued from page five

Cottingham Ladies Circle

Wednesday 27th January - Mr. Bransfield to give talk re- "Dental Mavericks in Morocco", to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 p.m.

Skidby & Little Weighton Methodist Church

Wednesday 27th January 2016 Film afternoon at Skidby & Little Weighton Methodist Church at 1-30pm Refreshments for a donation. All welcome.

The Cottingham History Society

Wednesday 3rd February - Pat Elliott - More Cottingham Houses (Annual Stamp Lecture), in the Red Hall, Hallgate Primary School, Cottingham starting at 7.30 pm. Meeting fee, Members £1.00; non-members £2.00. Contact Peter McClure 01482 845734.

Cottingham Men's de Luda Society

Wednesday 3rd February - Paul Schofield - Hull Personalities, in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

Men in Sheds - Hull

We are a charity organisation and we meet every Tuesday and Thursday at 101 Greenwood Avenue, Hull, between 10.00 am and 4.00 pm. Drop in for a chat over a brew and biscuits. Our friendly shed is a place where like-minded people gather together to socialise, share skills and learn new ones. With a variety of activities on offer, we really do think there's something for everyone and we're always open to suggestions! Our shed is very much guided by our members and will naturally evolve as it develops. For further information drop in or telephone Baz Wharf on 01482 803940 or 07934 879657 or visit our website www.meninshedshull.org.

ALANON Meetings

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

The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held outdoors in the summer months and indoors in the winter months. Club competitions and social gatherings form an important part of the Club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email revtrev2@revtrev2.karoo.co.uk

St. Mary's Church, Cottingham

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

AgeUK East Riding

First Friday in the month from 10.00 a.m. to 11.30 a.m., 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.



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Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 28 teams (17 Boy's teams at under 8 to under 18 level, 4 Girl's teams at under 10, 12 and 14 level, 2 Men's teams, 2 Veterans teams and 3 Ability Counts teams), as well as an academy for 4 to 7 year olds and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website www.cottinghamrangers.co.uk

Zion United Reformed Church, Hallgate

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

Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. £2.00 per evening. For more information telephone Dave 01482 842855.

Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.30 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm; Fridays 6.15 pm. Suitable for men & women of all abilities. www.fitmums.org.uk

Cottingham Bridge Club

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

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.

English Country Dancing

Every Tuesday at the Darby & Joan Hall, Finkle St., Cottingham. 8.00 pm until 10.00 pm. Beginners welcome. For further information please ring Fred Smith on 01964 550297.

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. In 2016 we will be running four Saturday sides, an U18 side on Sundays, an U19, T20 side and team at U9, 11, 13, 15 and 17 and all Girl teams at U11 and U13 and possibly U15. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Wednesday evening 6.00 pm till 8.00 pm and at Cottingham High School on Saturday from 12 noon to 2.00 pm. Summer training for Juniors is on a Friday evening and Seniors is on a Wednesday. 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 Hessele on Friday mornings. Contact Jane Jenkins 01482 843721 for details.

The Cottingham Whist Club

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

Continued on page eight

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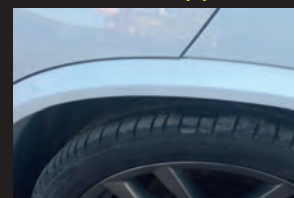
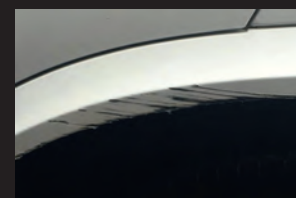
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Cottingham Methodist Church Hall

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

The Green Ginger Garland Dancers

Lady folk dancers established over 30 years ago. Thursday practices in the hall behind the Zion Church, Hallgate, Cottingham, between 8.00 pm to 10.00 pm. Every Thursday apart from August. For further information contact: www.greengingergarland.com or team leader Jenny Pittock on 01482 657778.

Writing Circle

A friendly and supportive group of aspiring writers. This is not a teaching class, but we offer gentle critique and bags of encouragement if you want to write a novel, poetry or just flash fiction and personal journalling. No Charge. We meet Mondays 10.00 a.m., at Chevils on the Willerby to Beverley Road, between the Castle Hill and De La Pole roundabouts. Contact: Lynne 07866 850400.

Hull and East Yorkshire Happiness Group

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

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 10.30 am to 12.30 pm, and Saturdays from 10.30 am to 12.30 pm, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

Cottingham Tennis Club

Plenty going on at the Club in the winter months, including a new in-club competition for all skill levels. New members welcome at discounted rates. Find us off Hull Rd. next to Overland Rd. John Stones 847080 or Paul Holtby 07785543258 for coaching.

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.

Loudhailer Acoustic

All welcome to Loudhailer Acoustic, a friendly welcoming all acoustic open mic night of music and spoken word, with a great attentive audience. Expect a fabulous range of acoustic music, quality song writing and some familiar classics from a host of different performers. The Back Room in Cottingham on the first Thursday of every month. Doors are 7.00 p.m. music at 7.30 p.m. £2 entry. For more information visit <http://loudhailer.net/loudhailer-acoustic-nights/>

The deadline for entries in the February 2016 "What's On" section, is the 18th January.

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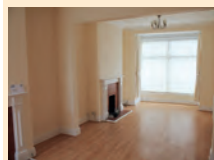
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Help to Buy: the difference between Developer, Government and the Bank - *Helen Cherry, Solicitor at Graham & Rosen* (www.graham-rosen.co.uk) explains the key aspects of "Help to Buy" schemes



Buying your first home can be a daunting prospect, with the ever-growing process it can sometimes seem out of your reach to save enough for a 10% deposit, which most Bank's require for a residential mortgage.

"Help to Buy" appears to be a phrase used more and more in trying to entice first time buyers onto the property ladder, but what does this really mean and is it misleading to buyers?

There are two very different types of "Help to Buy." The first is the Government backed scheme whereby a group of high street lenders have agreed to give buyers a 95% mortgage if they can pay a 5% deposit, the Government then guarantees 15% of the property's value. This guarantee sits behind the scenes and allows banks to purchase a guarantee from the Government for a higher amount than the buyer can afford. There are currently 13 lenders who have signed up to this including Barclays, Halifax and HSBC, each lender has their own criteria which includes that the property must be your primary residence (not buy to let) and the property is under the lenders top value (£600,000 in some cases).

The second "Help to Buy" scheme is very different, this is offered on new build properties only and requires the buyer to pay a 5% deposit, obtain a high street mortgage for 75% value of the property and agree to a second mortgage from the developer for 20% of the value of the property. This means that you will have two registered mortgages against the property and will be paying two separate monthly mortgage repayments. A condition of this second mortgage may mean that you do not pay any interest for the first five years; however the interest rates increase yearly thereafter and your monthly repayments could escalate so that you find it increasingly difficult to keep up with repayments which could lead to your property being repossessed.

Each scheme has its pros and cons and may well be the only way to enable you to buy your dream home but think very carefully before proceeding and separate the facts from the fiction of "Help to Buy."

For further information on Help to Buy, or conveyancing in general, contact Helen at our Cottingham office on 01482 840201 or at our Hull office on 01482 323123 or hlc@graham-rosen.co.uk.



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Wordsearch - Happy New Year!

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

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

Find the words in the letters above:

Auld Lang Syne, Baby, Ball, Balloons, Calendar, Celebration, Champagne, Clock, Confetti, Countdown, Dancing, December, Eve, Father Time, Firecracker, First, Flute, Games, Gown, Happy, Hat, Hourglass, Invitation, January, Kiss, Midnight, Music, Noise Maker, Party, Resolution, Sparkler, Streamer, Times Square, Toast, Tradition, Tuxedo, Vow, Year.

Wordsearch courtesy of www.wordsearch-puzzles.co.uk

Sudoku No. 108

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

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

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

This month his destination is Walkington to Skidby

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

WALKINGTON TO SKIDBY.

Maps:- EXPLORER 293

Start at GR. SE997371 Bus stop near Dog and Duck pub. Walkington.
Distance 3.3 Miles.

From the bus stop adjacent to the Dog & Duck public house, cross the road and walk up Kirk Lane to the junction and turn left to walk along the path at the back of the church. After about 200 metres take the path on the right and walk in a southerly direction along a wide path with horse paddocks on your right.

Pass through a Kissing Gate and enter a wider track then pass through the next gates(or cross the stile if gates closed) and enter a field and walk diagonally to the right across this field.

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

After about 450 metres locate a path on the right and take this as it heads in a south easterly direction with the hedge on the right. On reaching the field corner, turn left keeping the hedge on the right for about 150 metres then pass through the hedge and walk in a Southerly direction and follow this path as it swings first left then right under power cables and emerge on the Skidby to Little Weighton road. Follow this road to a suitable bus stop in Skidby.

How I did it.

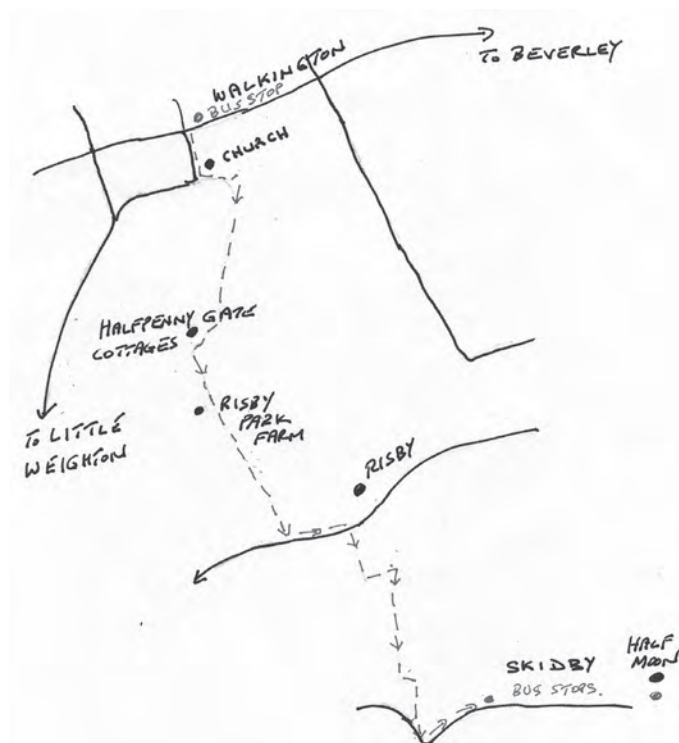
Bus No. 61 from Hull Interchange at 9.08am to Walkington arriving at 10.03am.

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Walk to Skidby arriving at 11.35am (just missing the 11.24am bus)

Boarded Bus No. 180 at Skidby to Cottingham at 12.24pm arriving at Cottingham at 12.32pm and changed to Bus No. 105 at 12.40pm for Hull Interchange.

Note that several buses run from Cottingham to Hull at approximately 10 minute intervals.



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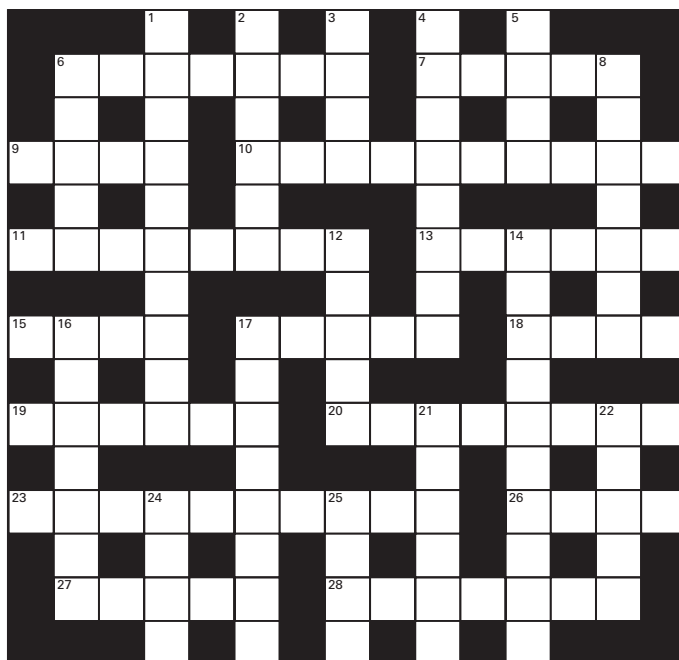
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Crossword – Solution on page 46



Across

6. Surprised greatly (7)
7. Pertaining to modern day Persia (5)
9. Wild African sheep (4)
10. A salad of eggs and meats (10)
11. Recalled (8)
13. Pictures (6)
15. Boyfriend (4)
17. Foolish (5)
18. Lazily (4)
19. Yell (6)
20. Panel of judges (8)
23. Eyeglasses (10)
26. Pulls (4)
27. Pinfish (5)
28. Abides (7)

Down

1. A feeling of excessive concern (10)
2. Deleted (6)
3. Object of worship (4)
4. Great merriment (8)
5. Maori clan (4)
6. Satirical absurd comedy (5)
8. Inner spirit (7)
12. Storehouse (5)
14. Beekeeping (10)
16. Omits (7)
17. Conduct (8)
21. Not outside (6)
22. A giant with 100 eyes (Greek mythology) (5)
24. Terse (4)
25. A suggestive look (4)

Crossword courtesy of www.crosswordpalace.com

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In the Kitchen



Chicken and Sweet Potato Casserole with Polenta

This quick to prepare family casserole is bound to become a favourite. The sweet potatoes add a sweet, rich flavour and vivid colour to the tender pieces of British chicken. The polenta and herb dumplings are light and absorb the flavour of the casserole.

- Preparation time: 10 minutes Cooking time: 45 minutes
- Serves: 4

Ingredients

- Freshly ground pepper
- 1tbsp vegetable oil
- 1 medium onion, peeled and finely chopped
- 1 pack Waitrose 8 Fresh Chicken Thighs, skin removed
- 500g sweet potatoes, peeled and slice into one centimetre thick rounds
- Salt
- 100g polenta
- 50g vegetable suet
- Small bunch of fresh parsley or basil, chopped

Method

1. Heat the oil in a casserole dish, add the onion and fry over a moderate heat until soft. Add the chicken to the onion and cook for 5 minutes until sealed.
2. Add the sweet potatoes to the chicken. Cover and cook for 10 minutes.
3. Stir 200ml cold water into the casserole, season, replace the lid and cook for a further 10 minutes.
4. Mix the polenta, suet and herbs in a bowl, add 50ml cold water and mix to form a dough. Shape into 8 small balls, add to the casserole, replace the lid and cook for a further 20 minutes. Serve with a green leaf salad.

16 January - www.cottinghamtimes.co.uk

Spicy cottage pie with sweet potato mash

- Preparation time: 20 minutes Cooking time: 60 minutes
- Serves: 4

Ingredients

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 1 medium carrot, diced
- 2 medium leeks, thinly sliced
- 450g Waitrose Aberdeen Angus Beef Lean Mince (10% fat)
- 1 tbsp smoked paprika
- 1 tsp ground cumin
- 2 tbsp tomato ketchup
- 4-5 tbsp chopped, flat-leaf parsley
- 500ml beef stock
- 750g floury potatoes, peeled and cubed
- 350g sweet potatoes, peeled and sliced
- 30g butter

Method

1. Preheat the oven to 200°C, gas mark 6. Heat the oil in a non-stick frying pan and cook the onion, carrot and leek for 3-4 minutes until softened. Add the mince, break up with a fork, and fry for a few minutes until lightly browned. Stir in the paprika, cumin, ketchup and parsley. Add the stock and seasoning and bring to the boil. Simmer, half covered, for 25-30 minutes, stirring occasionally. Transfer to a 2-litre shallow ovenproof dish.
 2. While the mince is cooking, put all of both types of potatoes in a pan with cold water to just cover. Bring to the boil and simmer for 10-15 minutes until tender. Drain thoroughly, then return them to the pan and mash with the butter and seasoning until smooth.
 3. Spoon over the top of the mince mixture. Rough up the surface with a fork. Bake for 25-30 minutes until golden. Great served with peas or broccoli.
- Cook's tip This recipe freezes well. Thaw thoroughly before reheating.



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Thai fishcakes

These make a wonderful starter or a light lunch with salad. Try using any white fish or white crabmeat instead of the prawns, and add half a chopped chilli to give an extra kick

- Preparation time: 10 minutes
- Cooking time: 12 minutes
- Total time: 22 minutes

Serves: 4 as a starter

Ingredients

2 Cooks' Ingredients Kaffir Lime Leaves
50g trimmed fine green beans, finely sliced
250g cod fillet
150g pack raw king prawns
1 tbsp Cooks' Ingredients Thai Red Curry Paste
1 medium egg
1 tsp Cooks' Ingredients Nam Pla Fish Sauce
25g plain flour
1 tbsp oil
1 tbsp chopped coriander
3-4 tbsp Blue Dragon Sweet Chilli Dipping Sauce

Method

1. Soak the kaffir lime leaves in a little boiling water for 2 minutes, drain and finely chop. Cook the beans in boiling water for 1 minute until just tender.
2. Place the cod, prawns, curry paste, egg, fish sauce, flour and kaffir lime leaves in a food processor and blitz to give a coarse paste, then season. Stir in the beans.
3. With wet hands, mould into 12 fishcakes. Heat the oil in a large frying pan and fry in 2 batches for 2-3 minutes on each side until golden and cooked throughout. Serve sprinkled with coriander and the dipping sauce on the side.

Carrot cake

Fragrant orange zest, warming spices and molasses flavours from the brown sugar make this cake the perfect teatime treat. And as with all vegetable cakes, we always feel less guilty when going back for another piece.

Ingredients

300ml sunflower oil, plus extra for greasing
100g walnut halves
350g dark brown soft sugar
5 eggs

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350g self-raising flour
2 tsp ground cinnamon
1/2 tsp ground cloves
1/2 nutmeg, grated
1 tsp ground ginger
1 tsp bicarbonate of soda
1/2 tsp salt
250g carrots, peeled and roughly grated
1/2 orange, zest

For the cream cheese icing:

150g unsalted butter, softened
225g icing sugar
600g full-fat Philadelphia soft cheese
1/2 orange, zest and 1 tbsp juice

Method

1. Preheat the oven to 180°C, gas mark 4. Grease and line a deep 20cm x 30cm baking tray with parchment paper; make sure that the paper comes 2-3cm above the sides of the tin. Toast the walnuts in the oven for 10 minutes; turn halfway. Cool, chop roughly and set aside.
2. Whisk together the oil, brown sugar and eggs until smooth. In a separate bowl, mix the flour, spices, bicarbonate of soda and salt, then beat into the wet mixture. Stir in the grated carrot, orange zest and chopped walnuts until well mixed.
3. Pour into the tin and bake for 30-35 minutes until golden and a skewer inserted into the centre comes out clean (cover the cake with foil if it starts to brown too quickly). Once cooked, leave in the tin for 5 minutes, then invert onto a wire rack and cool completely.
4. For the icing, use electric beaters to beat the butter and icing sugar together until light and fluffy. Add the soft cheese, mix for a few seconds, then beat in the orange zest and juice. Use a palette knife to spread over the cooled cake and serve.

Reproduced by kind permission of Waitrose.co.uk.



www.cottinghamtimes.co.uk - January 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

A selection of wines for the New Year

I can't believe we're at the start of a New Year already, but hopefully you all enjoyed a great Christmas, along with some superb food and wine.

Toasting the beginning of 2016 will, of course, have been another good opportunity to open a bottle of fizz, so I make no apologies for returning to the subject of Champagne again, which has been dominating the trade headlines for the past couple of weeks.

The big news, and something that would have been unimaginable just a few short years ago, was that famous Champagne house, Taittinger, subject of one of last month's best buys, announced it was to establish vineyards in the UK to produce "premium" sparkling wines.

Taittinger has purchased a former 69 hectare orchard close to Canterbury and will plant Chardonnay, Pinot Noir and Pinot Meunier - a combination of all or some of these grapes are traditionally used to make Champagne.

According to Pierre-Emanuel Taittinger, president of the Champagne house, the plots have an "ideal terroir" for produce sparkling wine, although he was careful to say the English fizz should not be directly compared to Champagne - something which established English producers like Nyetimber will, I'm sure, dispute.

"Our aim is to make something of real excellence in the UK's increasingly temperate climate, and not to compare it with Champagne or any other sparkling wine," he said.

It is estimated that planting will begin in May 2017, although it could start as quickly as May of next year. However, the first wines will likely not be seen on the market until the mid to late 2020s.

Meanwhile, I was interested to also see that the rising quality of English wine is being continually praised. A blind tasting in October saw two wines from English producers Nyetimber and Hambledon coming top in a contest featuring sparklers from Veuve Clicquot, Pol Roger and Taittinger.

English vineyards are forecast to double in capacity and production over the next seven years, according to trade group English Wine Producers; not surprising when you consider Waitrose report that sales of English sparkling wine enjoyed it's biggest year yet in the run up to Christmas. Year on year sales of west Sussex-based sparkler Nyetimber were up by a staggering 393 per cent, according to the supermarket.

* On a separate topic, it's been revealed that sales of Fairtrade wine have hit an all-time high, with global sales reaching almost 30 million bottles a year, according to a new report issued by the Co-op.

The report, entitled "Behind the Label", looks at the winning formula of Fairtrade wine. The UK Fairtrade wine market is currently in growth - up by nine per cent, with 78 per cent of Brits saying they would buy a bottle of fairly-traded wine.

The Co-op has been leading the way with fairly-traded wine since launching the UK's first own-label bottle in 2000 - before the Fairtrade mark was established. Since then, the competition has expanded with all major retailers now stocking Fairtrade wine.

Michael Gidney, chief executive of the Fairtrade Foundation, said: "The Co-operative's long-standing commitment to Fairtrade wine has changed the lives of wine producers in South Africa and South America, by ensuring they earn a fair price and are supported to build a better, brighter future for their families and their communities.

"What's more, the Co-op has gone further, investing extra funds in its wine-growing communities to help build health clinics, provide access to clean water, enable children to go to school, and much more."

* Another recent report shows that the country with the highest average price in the UK for a bottle of wine is New Zealand. Its wines sell for an average of £7.37, above the overall UK average which is now £5.46.

New Zealand is the leading country in the UK in more "premium" categories, in particular the £7-£8 bracket where it has grown 23 per cent year on year and in all price categories over £7. New Zealand is now second to France in both volume and value.

Overall, while the UK wine market declined two per cent last year, New Zealand saw a 10 per cent increase. Sauvignon Blanc remains the most popular New Zealand wine with UK consumers and New Zealand is growing its share of total Sauvignon Blanc sales with a 39 per cent market share.



BEST BUYS

**Taittinger Brut Vintage 2008****Where:** Asda, Waitrose**When:** Now

Why: I couldn't resist giving this a mention; a truly special fizz which I had the pleasure of tasting recently. Unfortunately I couldn't find any reductions. This special occasion Champagne has an intense sweet fruitiness, with honeyed notes and a rush of tiny bubbles.

£54.35**Chapel Down Flint Dry****Where:** Waitrose**When:** Now until January 26th

Why: Not a fizz, but a superb dry white from an in-form English wine producer. A great alternative to Sauvignon Blanc, with crisp aromas of ripe apple, grass and citrus zest. Perfect match for seafood.

£7.99 (Was £9.99)**Mount Rozier Merlot****Where:** Waitrose**When:** Now until January 26th

Why: Super South African red, with hints of smoke and pepper - a bronze medal winner in this year's Decanter wine awards. Vibrant blackberry and plum aromas, backed by gentle spices and creamy vanilla.

£6.99 (Was £9.49)**Chateau Asco Corbieres****Where:** Tesco**When:** Now, until January 19

Why: Intense red from the Languedoc region of France; very much of that terroir. A full bodied palate, roundness and silky tannins followed by a persistent finish. Good for beef dishes but will also pair well with Mediterranean cuisine.

£5.00 (Was £7.00)



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Reunited by just a chip!!

I have been reading through the past articles which I have written over the years, for around this time and when a new year begins I have mentioned about looking forward and how we cope (sorry that really doesn't sound the correct phrase) or should I say adjust, when we have lost a beloved 4 legged companion or someone close. The New Year is always a time to reflect....to reflect on how we can live our lives through a new year without that someone we held so close to our hearts. My family and I have just been through one of 'those' years and I know we shouldn't be looking back, shouldn't be reflecting on what could have been but I know we will....it is only human nature. Hopefully, in time, we will be able to look forward and smile, smile at the good times and reflect on the happiness they brought to us.

So with this in mind, this year, I thought I would begin on a different and a bit more positive note.....IDENTICHIPPING. Now I do know I am repeating myself and as you get older, you do (or so I am told) but it is so very important to have this done. I was horrified when my elderly cat, Bisley, went missing recently. He got out through an open window, early one morning and I spent most of that day asking passerbys and neighbours if they had seen a white one eared cat. By the evening I had begun printing and posting flyers, asking for help by looking in garages etc. Then low and behold who walked in at 6pm but our little friend. It was a distressing and upsetting time but I did find comfort in the knowing that Bisley is identichipped and if by any chance he had been



handed in to a Veterinary practice or Rescue centre, it wouldn't have been long before we were reunited.

We have had three very happy incidents here at our Cottingham surgery, just recently. ...

The first, I got a call from a lovely local resident, who had been feeding a stray over the past week. This lady was becoming quite stressed and upset because she was due to go away and was worried who will carry on feeding this little chap. The only thing we could suggest was check him for an identichip so over the following few days, she coaxed him into the house and eventually brought him in. After a quick check with the scanner a chip number came up and after a call to the chip data base, I was given the little chaps owner details. With our fingers crossed (I say this because more often than not, owners move house or change telephone numbers and forget to alter the details on the chip) I rang the number and after telling the lady, on the other end of the line, that we had her cat....there was complete silence followed by a stunned voice explaining that her little companion had disappeared over TWO YEARS AGO! One very happy owner.

The next happy occasion involved a rabbit. Now you may seem this is strange but yes, rabbits and even tortoises, are able to have a chip implanted. So this little furry bundle was brought in by the local school after being caught running around their playing field for about a week. Just by chance, we decided to scan the rabbit and was surprised to find the local pet store had placed the chip when she was sold. Sadly, the number given wasn't registered and after ringing the pet store to advise them of this, we were told that they were willing to take her back. The nurse was available to take her to the store, in her lunch break but also decided to go via the address to pop a note through the door explaining where the rabbit can be collected from. Luckily the owner was in but was startled to find her little rabbit had been found. She explained that she had gone missing 6 months previous and had given up hope of finding her. What a happy ending for them both.

Well, it has been a cat and a rabbit so far so how can I end without mentioning our canine friend.

A beautiful little dog had been brought in by a local resident after been found darting across a road trailing his lead behind him. We sometimes, on the odd occasion, come across the lead being attached when a dog has broken away from their owner or even been left outside a shop but on this occasion he was being taken for a walk, by a friend, and had broken away when she was locking the door. Happily he had, you guessed it, a chip and I rang the owner. A gasp came over the phone then a very choked voice told me they had been looking for 2 days! Little one was being looked after for the day whilst the owners were going out for a celebratory meal. They were so distraught when he had gone missing, unable to sleep or eat and had spent many an hour looking for him and putting up posters. We wonder were he had been because we do know there would have been fields to cross and with his lead still attached, it is mind boggling. It was so emotional when both owner and pet were reunited, I am not ashamed to say a tear was shed.

Three happy stories and all down to the IDENTICHIP. How many are not so lucky I do not know and does not bear thinking about but hopefully with reading this there will be many more happy future reunions.

IMPORTANT NEWS....By April 2016 all dogs MUST be IDENTICHIPPED. Please contact any of our six KINGSTON surgeries where we will be happy to give any advice or information on the above.



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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile Maker'
Branfield

A Blast from the Past

Hello again and Happy New Year!! I hope that you didn't over do it on the turkey. Also no casualties on any caramels or nuts!

Filling In The Gaps And Then Something Different

A major way of improving your quality of life if have missing teeth is to fill in the gaps. This can give an enormous boost to your self-esteem. There are several ways of replacing of replacing missing teeth. Some are more successful than others. Some are more "lookers" than "chewers". With some you can look great and chew great. Options available are dental implants, bridges and dentures.

Now For The Different Bit

You may well be fed up with me rambling on about how absolutely, excellently, superb modern day, 21st century dentistry is and 'bigging us up' and patting us on the back. I thought that I would change tack and have a look at some dentistry from the

past. Tooth replacement goes way back and some of it is really ingenious.

In 1931 a jaw bone was found in Honduras. It was believed to be the jaw of a Mayan. The Mayas were a very sophisticated ancient society originating in about 2500 B.C. They reached their cultural heights in from about 300 A.D. to about 900 A.D. The find was believed to be from about 600A.D. The jaw has three pieces of shell that had been shaped into a wedge design and been implanted into the lower jaw to replace some missing incisor teeth. Two of the shell implants had evidence of bone growing around them. I doubt that the long term success rates were that great though. Many different types of materials have been used to implant into the jaws to try and replace missing teeth including shell, ivory, bone and teeth from dead and living animals and humans. There was no modern anaesthesia/analgesia back then so a whole lot of hypnotherapy would have been needed. Mind you I don't know what 'herbs' would have been available back then.



A Rooster With A Tooth In Its Comb!

In the 18th century John Hunt, one of the greatest surgeons of his time, performed an experiment. He transplanted a 'living' human tooth whose root had not yet fully developed (i.e. a child's tooth) into the comb of a live cockerel. The blood vessels from the cockerel grew into the tooth and



it became firmly rooted into the comb. **Now get this bit!** Hunter then advocated that when a tooth was to be transplanted into the socket of a missing tooth that there should be several young donors present. If the first tooth extracted from a child donor did not fit the socket the socket then one from the next donor would be tried and so on until a good fit was achieved. The practice died out after repeated reports of failure and the transmission of disease had been recognised, especially syphilis.

You've never had it so good

I know I said that I wouldn't go on about modern dentistry but compared to that lot I reckon it's not that bad today. I'll zip it now. Honest.

Whoopy Do

I went to Berlin last month to an International Dental Laser Conference and also sat my final exams for a Mastership In Dental Lasers Diploma from the University of Aachen. Well I passed and I'm really chuffed. There was some cutting edge stuff there, it blew me away.

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

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I will never be afraid of the dentist again!

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

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Chris 'Dr Smilemaker' Branfield GDC 68346

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MARIONOWENTRAVEL

Happy New Year, if you have not got your holidays booked now is the time to crack on and make your plans. We have lots of offers available over the next few weeks offering you savings with many different operators & cruise lines. Many regular readers know that at Marion Owen Travel we are a bit different. Being a good old fashioned travel agency your needs come first. We are unbiased and offer all operators, along with the ability to tailor make any holiday to your request. Your holiday will not cost you more than other booking channels and we can often save you money!

Our own tours make up a small portion of our business and are something special not to be compared with other coach holidays. I accompany all departures to ensure you are taken care of from start to finish. Having just 30 VIP seats you need to book early to ensure you do not miss out. As you will see from the dates alongside they are dwindling as they fill. Why not visit our office on 12 January when I will be presenting our tours in detail 10am, 11.30am, 1pm & 2.30pm. More details can also be found on our website www.marionowentravel.com



Thursford Christmas Spectacular 2016 - book now, limited seats available.
2 days ~ 18, 23 & 27 November, & 1 December
includes top seats for the Matinee show & Dinner B&B at the lovely Dales or Links hotel

It is never to early to book for Thursford 2016 and next year it celebrates 40 years of providing excellent entertainment. I guarantee you the best seats in the house coupled with a lovely overnight stay. Then enjoy a leisurely drive home with a break enroute at the Springfields shopping centre in Spalding. This is a wonderful start to Christmas.

This 4 page pull out is introducing you to a small selection of our special departures along with ideas you may not have considered. Our special departures by air are often available on other dates, if the date shown does not work for you but the price may differ. I will not be travelling with you & you will make your own way to the airport.

With normal holidays we do not charge you anymore to book with us and ensure that you have assistance with any visas you require when travelling to far away places. Our expertise helps save you money. Eg booking direct with a tour operator they will send you a form with a pricey fee! Book with Marion Owen Travel and this becomes part of our service cutting the cost to the minimum we often save guests over £100. On the subject of visa's you now require an electronic visa to enter Canada, more details will be furnished on such matters when you make your booking with us.

Don't forget you can book any holiday at Marion Owen Travel we book all tour operators and anything you see advertised anywhere we can book including Saga, Titan, Omega, Riviera, Newmarket, , Inghams, Great Rail, Explore, Intrepid, , Travelsphere, Azure, Season's, Carrier, Hurtigruten, the list goes on including all cruise lines.

Now pull out these 4 pages sit back with a nice cup of coffee and perhaps some of those sweet treats we all have left over from Christmas and enjoy the read.

Remember when you want to get away we are just a call away, also personal visits to our office are always welcome.



Marion

To make your bookings Tel: 01482 212525 www.marionowentravel.com

or call in person to 23 Portland Street, HULL, HU2 8JX Office hours: Monday to Friday 9am - 5pm : Saturdays by appointment only

Prices shown correct at the time of going to press, based on 2 sharing unless otherwise (cruises on lowest grade of cabin) single travellers welcome please ask.

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13 Jan	Millstones super day out inc. food, dancing, singing & fun	£ 43
17 Jan	Harrogate, McArthurGlen & afternoon tea Majestic Hotel 1 night Half board. Single travellers only £5 supplement	£ 99
22 Jan	Alvaston Hall 3 night Big band Jazz weekend - half board	£ 235
22 Jan	Alvaston Hall Afternoon tea & a look around just for the day	£ 45
27 Jan	World of Rhuabarb - day outing inc. tour & 3 course lunch	£ 49
09 Mar	Anton & Erin - Just gotta dance - Bradford, matinee	£ 59
14 Mar	Torquay 4 star hotel half board & excursions	£ 329
10 Apr	BBC Good Food Show - Harrogate	£ 39
18 Apr	Norfolk in Springtime, 4 busy days, Links Hotel half board	£ 318
24 Apr	Harrogate Spring Flower Show	£ 40
24 Apr	Keukenhof via P&O North Sea Ferries 2 nights from	£ 139
09 May	Bodelwyddan Castle 4 night midweek break - half board	£ 299
20 May	Guernsey, Sark & Herm 5 nights Half board	£ 749
29 May	Efteling Theme Park 3 nights via P&O NSF family of 4	£ 850
07 Jun	Bosworth & the National Memorial Arboretum 2 days	£ 145
22 Jun	Luxembourg & 4 countries - 7 day super tour	£ 499
01 Jul	Thoresby Hall 01 July 3 night 70's tribute weekend half board	£ 279
05 Jul	Luxury at Dumfries House . a very special treat 2 days	£ 335
10 Jul	Pontefract Liqueurice Festival - Just for the day	£ 20
03 Aug	Lateral Canal all inclusive luxury barge - 8 nts via P&O NSF An amazing experience just 6 cabins available	£2130
15 Aug	Kettlewell Scarcrows, day outing	£ 30
28 Aug	Efteling Theme Park, 3 full days in the park family of 4 only	£1256
09 Sep	Thoresby Hall 3 night Big Band Live Weekend half board	£ 279
17 Sep	Isle of Man island sights, 5 nights - half board Ramsey Park	£ 495
09 Oct	Harrogate, Shopping & afternoon tea 1 night at the Majestic HB	£ 99
07 Nov	Warner's Alvaston Hall - 5 day Turkey & Tinsel	£ 289

All of our own holidays are financially protected by abta Y2812
Single travellers are always welcome,
we keep supplements to a minimum.



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Cruise finishes in Newcastle coach transfer included back to Hull

Magellan Taster Cruise 01 April 2016, 1 night from £139 per person

Includes travel to Tilbury to join the ship and travel back from Newcastle
Singles £159 - Marion will be hosting a singles table for dinner.

Savings up to 40% are available on departures from all 11 ports around the UK including Liverpool & Newcastle please ask for more details

Please note that these offers can be withdrawn at anytime, lead cabin grades shown are Voyager fares and no cabin number will be given until ticketing. To pick your cabin ask for your chosen grade we are happy to quote & book your choice. Single occupancy please ask.

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ATOL no.0752

Jersey Specials

Following our holiday by sea in 2015, we really enjoyed our time on the island and would recommend Jersey to all ages.

Jersey offers the warmth of a continental climate, same language and currency plus it is duty free - great for shopping.

The island has historical sights, wonderful beaches, an excellent public transport system and is only a short flight away.

If you enjoy walking there are many guided walks on the island to suit all abilities or you can just wander at your leisure.

The Mayfair Hotel, located in St Helier just a short walk from the shops, beach and town centre. St Helier, capital of the Island is flanked by two glorious beaches, separated by a busy harbour.

Facilities at the Mayfair include:

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7 nights - Half Board

28 May 2016 £699

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Deposit £100 per person

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Europe's 3rd largest Theme Park

Efteling

Whit School Holidays 29th May 16

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plus 2 full days in the park & 1 night in the 4 star Efteling Hotel

£899 a family of 4: £760 a family of 3

2 adults £615 : 1 adult & 1 Child £565

(child up to 12 years) Ask for price for under 4 years of age

28 August 16 ~ Bosrijk woodland setting.

Enjoy a 2 nights stay : Apartments family of 4

£1256 : family of 3 £1085 : 2 adults £866

House for 5 £1725 or 6 £1870

Based on 2 adults plus children up to 14 years inclusive

Relaxing overnight crossings are included from Hull to Rotterdam.

The journey from the ferry takes just over an hour to Europe's 3rd largest theme park. On arrival you will have access to the park immediately and your ticket is valid until we depart for the return ferry home to Hull at 4.45pm.

The accommodation at the Efteling Hotel & Bosrijk are both are just a short walk to the park.

EFTELING: For little ones the fairy tale forest with its talking tree is a must, a lovely trail set in beautiful gardens portraying many of our favourite childhood stories. Sit back and take a ride around the park on the train - a great way to get to attractions on the other side. For the daredevils there are numerous roller coasters. The park is full of rides to suit all ages and are all inclusive with your entry ticket. Should you be heading for the shops you will be surprised at how far your money goes, you could have a little princess dress, slippers & extras for well under 50 Euros.

Price per family. 2 nights P&O north sea ferries
4 berth cabin 3 or 4: 2 berth cabin for 1 or 2 sharing
Entry into the Efteling Theme Park for every day
Executive 32 seat coach travel

Optional extras per person: Ferry meal package £50 adults return
Children £29 up to 14 years.

Guarantee a cabin with a window for £40 per cabin

Under 4 years extra reduction please ask.

Holiday Insurance : We have a reasonable policy please ask for your party size price. Call 01482 212525 for more details



There are many theme parks around the world that we can book you to but our favourite has to be Efteling. We have two special departures as shown opposite or an alternative option is to travel by car. Natalie visited with her 7 year old in October so will be happy to tell you more. Whit week we now have room for just 5 families. Don't delay call today.

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For those who prefer to take the hassle away from getting to their hotel we have special departures including travel from the East Riding.

Take away the January Blues at Alvaston Hall on 22nd January, a super weekend awaits. If you have never been to Warner's or Alvaston why not come along, take a peak and enjoy afternoon tea just for the day?

Other departures include 09 May Bodewyddan, 01 July Thoresby Hall,

09 September Thoresby Hall & 07 November Alvaston Turkey & Tinsel

Call for further details. If you travel in a party we will gladly add additional dates.

We have passion for all styles of travel but a special spot when it comes to cruising. We have first hand knowledge of more than 160 ships, not only on the Oceans and Rivers but quirky styles of cruising too.

A luxury barge on the French Canals offers something new for river cruisers or simply a new experience. Newly built carrying just 24 guests this year we visit the Loiret. This is a really lovely all inclusive holiday travelling to the continent via P&O North Sea Ferries.



The Corinth Canal has always been on my bucket list and many ships are to big to navigate this narrow passage these days. Why not join me to discover the historic sights of the Greek Peloponnese on a lovely motorsailer (just like a pirate ship). Flying from Humberide with Marion on 03 November 2016.

The River Rhone, one of my favourite rivers we have an exclusive departure, flying from Humberide on the 1st of July.

Why not come down and find out more I will be presenting these three unique options on Thursday the 14th January. Call 01482 211913 to reserve your seat.

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Join Lynne on our Gastronomic Cookery Tour in conjunction with



14th July 2016
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**New dates
now available
June &
September**



Enjoy days filled with the scent and taste of the old Toscana- and Emilia-Romagna eno-gastronomic traditions. Panoramic walks in the vineyard and olive tree hills.
Taste some typical products, such as wines and olive-oil, cheese and sausages, balsamic vinegar and much more, with the possibility of buying directly from the producer.

Example Itinerary

Thursday Fly Manchester to Venice, transfer to the hotel Al Vecchio Con vento.
Welcome drink & evening meal
Friday Morning, pasta & sauce making after lunch, visit to the vineyard followed by Olive Oil & Wine tasting
Saturday In the morning truffle hunting with the dogs, After lunch cooking lesson by master chef
Sunday Day trip to the beautiful Italian city of Ravenna and visit the superb Byzantine mosaics
Monday Morning cooking lesson. In the afternoon walking tour of Portico/ Followed by an evening traditional Italian buffet with music at the hotel
Tuesday Morning cooking lesson. After lunch cake & pastry making
Wednesday Morning visit to Agriturismo to see cheese production and enjoy tasting followed by travel to Modigliana for a chocolate tour.
Thursday Farewell breakfast. Time to leave for the return journey home.

*The family run hotel-restaurant Al Vecchio offers an elegant yet informal atmosphere in the 19th century converted monastery.
Al Vecchio Convento is ideal to explore Tuscany and Emilia-Romagna*

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For bookings Tel: **01482 212525** or call in person to (we have our own car park)

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For further information & dates telephone 01482 212525 or take a look at the blog Humberside airport www.marionowentravel.com



A successful dinner for the Lions!!

The members of Haltemprice Lions thank all who attended their Sportsmen's Dinner held at the Lazaat Hotel. It was a very successful evening and will result in donations to the Luke Campbell Foundation and the Cystic Fibrosis Foundation.

The photograph shows the President of Haltemprice Lions, Dr. Gulu Rangwala and his wife, Hussiana with the guest speaker, former English Test Cricketers Geoff Miller and Chris Cowdrey, together with Hull's own Olympic Gold Medallist, Luke Campbell.

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Your Stars for January 2016

By Kay Gower

Aries (Mar. 21- April 20)

You'll turn knowledge into money. This year shows you setting one goal after another in many different areas of life and with terrific results. You make a new and important friend this month.

Taurus (Apr. 21- May 21)

You enjoy helping others - with no reward necessary. So, allow yourself be helped too, and without feeling that you must immediately repay everyone involved.

Gemini (May 22-June 21)

You could well be on top form as you enter this new year even though you may get the odd minor irritation cropping up. You are presently immune to people who want to throw a spanner into the works of your life.

Cancer (June 22-July 22)

In a thousand small ways you're being tipped off as to how a certain person will act in the future. If someone shows you who they are...believe them!

Leo (July 23-Aug 22)

You are overdue a lucky break. Be willing to accept what is being handed to you on a plate and avoid asking too many questions. Sometimes there doesn't need to be any complications where success is concerned.

Virgo (Aug 22 - Sept. 23)

You have some big goals this month, and you will be able to achieve them but only if you stay focused. Avoid distraction. Be aware that a new relationship will be like a shooting star, dazzling but sadly impermanent.

Libra (Sept. 24 -Oct. 23)

Strong emotions wash over you like a wave, but don't let them carry you out to sea. Although this energy may be intense it doesn't necessarily call for any action. Take some time out and re charge your batteries.

Scorpio (Oct. 24 - Nov. 22)

You have wisdom to share. Whether it lands well is not your responsibility. You will do your best to show certain someone the way, but ultimately this person must decide what is best for them.

Sagittarius (Nov. 23 -Dec. 21)

If there's one rule that will save you from feeling low, it's to obey the suggestions of your own body. Rest when it says rest no matter what else is scribbled in the diary. Good health and sleep are more closely related than ever right now.

Capricorn (Dec 22.- Jan. 20)

This has the potential to be a good start to the year as far as you are concerned, Capricorn. The planetary positions support an optimistic approach in which you can look on the bright side and make the most of new and positive ideas.

Aquarius (Jan 21 - Feb 19)

Perhaps a special someone will spoil you, or you'll get a bonus that allows you to spoil yourself. In any case, rewards are featured especially the luxurious kind. In the middle of the month - you get a bright idea.

Pisces (Feb. 20-Mar. 20)

To have compassion for others, you have to have it for yourself. This is hard for you because you have a bad habit of holding yourself up to impossible standards. You deserve your own kindness - give it.

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RESIDENCE 9
KÖMMERLING



Swanland Screen to show 'The Second Best Exotic Marigold Hotel' on Saturday 16th January

As the Best Exotic Marigold Hotel has only a single remaining vacancy - posing a rooming predicament for two fresh arrivals - Sonny pursues his expansionist dream of opening a second hotel. Star cast, as in the first of the series, but with newcomer Guy Chambers played by Richard Gere to add extra romantic interest.

As one reviewer wrote, "It makes you laugh, it makes you cry, it makes you reflect. It gets the point of the film across splendidly - that life can be an adventure at any age. That is the point of the film."

So join us at Swanland Village Hall at 7.30pm on Saturday 16th January and prepare to be entertained by The 2nd Best Exotic Marigold Hotel. Tickets (at the door) cost £4 adults and £2 schoolchildren. For further details call Yvonne on 634863 or see www.swanlandvillagehall.info/future-events.htm.

This girl can in the East Riding

East Riding Leisure has launched its own localised version of the Sport England 'This Girl Can' campaign on its website: <http://www.eastridingleisure.co.uk/promotions/this-girl-can/>

The new web pages show the wide range of sports and activities available across the East Riding, and are aimed at encouraging more women to take part in them.

Sudoku Answer from page 12

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

Councillor Richard Burton, portfolio holder for civic wellbeing and culture, said: "Research by Sport England shows a huge difference between the numbers of men and women playing sport. The research shows that females want to get active, but are afraid to exercise because they fear being judged."

"The national campaign by Sport England uses images of women that are the complete opposite of the idealised and stylised images that we usually see. I hope very much that lots more women in the East Riding will be encouraged by these new web pages to try new forms of exercise and so have their self-confidence boosted, and their overall mental and physical health improved."

East Riding Leisure has 11 Leisure Centres across the area, offering a wide range of indoor and outdoor facilities, available for men and women of all ages, shapes, sizes and ability, with a range of membership packages available, as well as Tone Zone fitness centres.

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

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

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

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

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

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



Get kids into the garden

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

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

30 January - www.cottinghamtimes.co.uk

Helping Out

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

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

- A weed is really an 'ugly' plant in the wrong place. Because they compete for food in the soil, it's best to pull them up. Take care to show children which are weeds, or precious plants could come a cropper!

- Some weeds, like dandelions, have deeper roots than others and are a bit difficult to dig up. Start with those that are easily lifted.

- Digging and forking the soil lets in the air which is important for the plants' roots and for all the animals living in the soil.

- To prepare the soil for a flowerbed, you have to turn over down to a depth of about 30cm and break up all the large lumps, adding organic matter, such as well rotted manure or compost.

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



Spring Seeds

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

- Use a stick to dig a trench 2cm deep and place large seeds in at least 1cm apart. Small seeds should be sprinkled evenly pinch by pinch.

- Cover with soil and pat gently. Then water thoroughly with a sprinkler watering can, taking care not to disturb the seeds.

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.

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- Label the area so you remember what you have planted and where!

Containers

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

Winter Bulbs

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

FUN TIPS:

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



STIMULATE THE SENSES:

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

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Clearing away the old with a 'technological' clean sweep

Happy New Year! You may now have the latest state of the art TV, music system, kitchen, or a car that thinks for itself! But what about your computer? If it's more than a few years old why not consider a clean sweep, a technological 'out with the old and in with the new?' Then let's start with some useful terminology explanations.

A PC or personal computer is a 'tower unit' (not a modem - that's what we used to use to dial-up to the internet). Plugged into a flat screen (monitor) & keyboard/mouse. A PC is still preferred by many people who like to work at a desk and want a proper keyboard and mouse. They are powerful, easy to upgrade and repair, and we specialise in these.

All-in-one - this is basically a screen with the computer built into the back of it. Originally developed by Apple, the Mac computer is still the pinnacle of this design, but there are Windows all-in-ones now by the likes of Acer, HP etc. Like a big laptop on a stand really, so hardware repairs can be expensive.

A Laptop is also known as a Notebook or at the top end an 'Ultrabook'. Great for portability and work on Wi-Fi so no cables to hold you back (apart from the power lead when needed).

Netbooks have all but disappeared from sale now, as they were small screen laptops (about 9") and have really been replaced by tablets.

Tablets can have a screen size of 7" or 10" or 12.9" in the case of the new iPad Pro. A brilliant additional item to have around. Again they work on Wi-Fi both here & abroad. They don't do everything a computer can do, but you wouldn't be without it!

When you are buying a new computer, the processor is the most important item inside, because it does all the hard work. My preference is an Intel processor and preferably the i3 or i5 or i7 - but not below that level as they tend to be a bit slow. This part can't be upgraded.

Memory or Ram - this is what helps your computer run faster, it doesn't actually store anything. It is expressed in

Gigabytes (GB or gig) as in 4, 6 or 8GB. The rule here is the more the better, although you can normally add more later if needed.

Hard Drive - this is purely storage, where all your programs, files & folders are kept. Again expressed in Gigabytes, or even Terabytes (1,000 GB). More expensive computers often have SSD (solid state) drives, which are smaller in capacity but much faster than mechanical drives. Hard drive size isn't so important, unless you are storing videos etc. My first PC had a 1GB hard drive, now the starting point is 500GB. How things have moved on, the memory sticks in my pocket are 8GB each!

DVD/CD - also known as optical drives. These are normally found in PCs, but are gradually being phased out in Laptops to save space and power. Downloads and memory sticks are taking over.

Memory sticks - also known as pen or thumb drives. These are basically solid state storage where you can save data i.e. files, folders, pictures etc. and can be plugged into any device that has USB ports. Good for backups & transferring data.

External Drives - also known as expansion drives. These are basically a hard drive in a case. They give you more storage, and are the best medium for doing continual backups. **Contact us for advice on the increasingly important subject of back up and data transfer.**

USB - universal serial bus. This now comes in two types, the standard USB2 and the newer USB3 (normally coloured blue inside) which is approx. 12x times faster. It's only faster in terms of data transfer, it doesn't matter to printers. USB is used to plug in virtually everything, keyboard, mouse, printer, memory stick, external hard drive etc.

Windows 10 - Next month will mark 6 months since launch so I will be doing a feature on the whys and wherefores of upgrading.

ESET I mentioned that ESET has launched version 9 of its Nod32 and Smart Security products. Both offer an enhanced level of security to your computer and are compatible too with Windows 10. **The Smart Security version has a clever new secure browser that takes over when you type in a bank address and keeps your online banking even more secure.** Call us for pricing or for a free trial just go to: www.eset.co.uk

If you are thinking about a new PC, we can supply a new tower that will suit all your needs, with a choice of Windows version, either 7, 8.1 or 10. All our computers come with the latest Intel processors, branded components and genuine software and include delivery to your own home (in the local area of course). The latest Office 2016 can be supplied and installed at the same time. And importantly we can arrange to back up all your data and emails etc. and transfer it all to the new computer. If you decide to buy a laptop or tablet, we also offer a set up service. Please call us for advice.

As always, for information, PC quotes or to book an appointment for a home visit for service or repairs, just call or email. More news on developments next month.

Best wishes for a very successful and Happy New Year!

Richard Mills

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

www.instinctivehorsetraining.co.uk

Reflections of the past year.

Happy New Year to you all, and thank you all so much for the positive feedback and support I have received from writing down my stories, my experiences and my feelings.

I now know that there are a few of you out there where I hit a chord when I discuss my world of understanding animal/horse training, animal welfare in general and different training approaches on offer. I know my insights have helped many of you to better understand your own pet's behaviour, its emotions and ethology...including the ability to evaluate ourselves.

I have recently been off work for a little while recovering from knee surgery. During this time, I have been able to reflect on exactly who I am, and what I stand for in this pet owning world we share.

**If your horse is not
learning the way you
train, then learn to
train the way he
learns**

Melanie S Watson
Instinctive Horse Training

I guess I am on some sort of mission for fairness in horse training and promoting a greater understanding of their welfare needs in general. I spend so much of my time educating horse owners as to how they could change from old age and totally entrenched ideas of dominance training. I extol the virtues of rewarding what we do want and giving no reinforcement to what we don't. Sounds simplistic I know, whereas the reality is really rather complicated, however, it is how we, as humans, would choose to live.

And there you have it...that magic word called choice. Choice is everything! We can choose or at least most of us have choices open to us. The choices we make in how we live has an effect on everyone and everything we share our lives and our planet with. Taking responsibility for our own actions, how we treat those around us and the environment in general, is all part of the mix.

I think I have quite an insular life. I work on the yard with the horses, the owners and my staff. I train everyone and everything all the time. As I learned this insight from internationally respected Dr Susan Friedman, I always concentrate on the study of "1". The animal in front of me as an individual. The owner in front of me as an individual. It is making the difference to "1", 1 step at a time. Each "1" has its own genetic makeup, its own past experiences and associations, its own personality, its own pleasures and its own fears and problems.

Maybe because I have a lot of "1"'s in my life, the numbers eventually add up and expand and reverberate outside of my influence....Just like ripples on water. If my message gets out there into the wider world, then I guess it is not so insular after all. I write articles and post on social media and blog away in the hope that my sharing will become helpful in some small way, a bit like paying it forward.

Wishing you all a very Happy and positively reinforcing New Year.





A New Year to Savour, A Past Year to Thank

As I write this in the middle of a fantastic December festive celebration period I realise how lucky I am to have such amazing staff. In 2015, I was panicking with the loss of Jon, Sam, Sean, Lydia, and Laura, in quick succession, all of whom were stalwarts of the team, who alongside Nick, Vicky, Steve, Karen, Elaine, Annabelle, Lucinda and Janet had made massive contributions to the success of the Half Moon. A few sleepless nights followed worrying about the future when Rob, Sam, Sam, (yes I get confused to) Jo, Leah, Kate, Charlotte and Amber joined the team almost seamlessly creating a very happy Landlord who looks forward to 2016 with renewed vigour supported by a great team once again. My sincere thanks to all of you.

The Half Moon would certainly be nothing without its Customers, all equally amazing, from my regulars who keep me in line, when on occasions things don't go completely to plan, to the many new faces who we have had the privilege to serve during 2015, our sincere thanks to all of you.

As many of you know, I entered into this crazy but fantastic business at 64 following retirement from a more sensible career. I am fortunate to have had two occupations which I have loved, but my experiences of the last 3+ years at the Half Moon has prompted me to give a mention to all the other Tenanted Pub Landlords and Landladies, my admiration goes out to all of you who have succeeded in such a difficult environment where rewards can be huge for the mind and soul but unfortunately little where else. My thanks for keeping the British Pub alive.

Finally but by no means least to my wife Judy my sons James and John and their families Jo, Vicky, Lily, Alice, Oliver, and Matilda, my heartfelt thanks for putting up with a too often absent husband, father and grandfather.

My grandchildren say I spend far too much time at the Pub. **Hic!!**

All that's left is to thank you all, from everyone at the Half Moon, for making 2015 such a fantastic year and to wish everyone a Very Very Happy 2016.

Cheers

Mike and the Team at the Half Moon

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Hallgate Schools - continued

By Peter Railton (Author and Local Historian).
The year is 1955

This article was held over from November 2015 (Editor)

There are entries in the boys' school log book for this significant year, but they are short in detail, e.g. a collection for the Lord Mayor of Hull's Fund for Trawler Disasters (several were lost that year) realised £20. On 1st of April presentations were made to Mr. G. Clarke, Mr. G. Howe, who were to go to the new Harland Way School, and M. & B. Raynolds and Mr. Banks who were to leave the school that term. On the 20th of April the school re-opened as a Junior Boys' Department, Mr. Hyde was in charge as Mr. Panke was absent through illness. The Zion classroom was kept on pro-tem and one of the pre-fabs was loaned to the infants' department and re-arrangement of classes took place with the hall free at last after having been used periodically for teaching purposes.

Boys going on to grammar or similar schools were - A. Watson, S. Blackwell, J. Harbert, R. Stern, T. Shaw, D. Tasker, D. Waldie, J. Cowell, R. Bancroft, plus six more transferred after a few days at Harland Way to Beverley Grammar School as late developers, R. Fox, N. Ashton, G. Partis, R. Whitfield, K. Starr and J. Place.

On the 23rd of June the school sports were held on the Ellerman's ground down Woods Lane, and on the 21st of July Mr. and Mrs. Panke attended the official opening of the new County Secondary School, Harland Way at 2.30pm. When school opened in September there were 313 on the roll - boys

and girls were still to be in separate departments until, the late 1960's.

In the girls' department three new teachers joined the staff on the 5th of January - Miss. M. Segelman, Mrs. M. Mitchell and Mr. Hallet. Medical exams began on the 7th, starting with the 10 to 14 year olds, and the weather turned nasty in the middle of the month with frost and snow.

On the 3rd of February, Mr. Greenwood paid another visit to the school, this time to talk to the senior girls, many of whom would be going to the new secondary school in due course. Three of them, Sheila Smallwood, Margaret Andrew and Deanna Shaw left school early on the 6th of February to go to a weekend course on orchestral work held at Longcroft School in Beverley. Snow and frost persisted throughout most of the month resulting in absences with colds and flu and some of the staff were also affected.

End of term concert

An end of term concert was held on the 5th of April; it was a special event and had particular significance for all pupils and staff because all the seniors left the department; Hallgate's days as a school with junior and senior departments was over; girls who were not going to a grammar or similar school at about 11 years of age were to go 'up the hill' to the new secondary school on the morning of the 20th of April when it opened its doors for the first time, Miss. Segelman, Mrs. Mitchell, Mrs. Clarke and Mr. Hallet left to go with them.

The domestic science room, overlooking Hallgate, was to "be given over to the infants' department plus two H.O.R.S.A. huts which had housed two senior classes were also given over to the infants department. Mrs. Fletcher records -

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"School reopened this morning 20th of April. It is now a Junior School with approx. 230 children on roll organised into seven classes,"

This statement in the log book opened a new chapter in the life of the school; a further profound change was not to come until the late summer of 1969 when Mrs. Fletcher retired and the "boys' and girls' departments became a mixed sex school under their own Headship of Mr. P. Hassam, but the infants continued separately under their own Headmistress, who was Miss. M. Locking at that time.

The arrangement of classes after Easter was as follows - Junior 6 in room 5 with Mrs. Evens; Junior 5 in room 7 with Mrs. Auty; Junior 4 in room 4 with Mrs. Nellis; Remove in room 1 with Miss. Porter; Junior 3 in room 3 with Mrs. Cox; Junior 2 in room 2 with Miss. Anderson; Junior 1 in room 6 with Miss. Selby.

Mr. Lacey emigrates to Uganda to teach in Kampala

Mr. Lacy left to go and teach in Kampala, Uganda, and the headmistress paid tribute to his untiring efforts in the school garden which he and the gardening group tended to the delight of Mrs. Fletcher! The hall was free at last and plans were made to convert this area into a library and quiet reading area until it was needed again as a classroom, (it was still a library and reading area, when the old school closed and everyone transferred to the new Hallgate Primary School in 2008).

Mrs. Fletcher was away ill over part of the transition period but records that 'it was a trying time but everything went well' and paid tribute to the staff and to Mrs. Evans who had worked hard to see that the new arrangements were completed as smoothly as possible.

A parent-teacher meeting was held on the evening of the 9th of May at the new secondary school where Mr. Greenwood and his staff showed everyone around the building, the 10th and 20th of the month were holidays as the hall was needed for voting purposes for the Urban District Council and the General Election respectively - pupils always welcomed elections at the school as bonus days off.

The reorganisation of the school, although alleviating the severe pressure of numbers i.e., 379 girls on roll on the 13th of September 1954 to 230 after reorganisation in late April 1955, numbers began to increase rapidly and further class arrangements were going to have to be made for the autumn term. Mr. Clarke, Chief Education Officer and his assistant Mr. Williams, discussed accommodation problems with Mrs. Fletcher in June. Also that month, Mr. Hart the Music Organiser brought five violins for the girls' use in music lessons.

Continued on page 38

Graham Porter - Caring Dentistry



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The schools sports for both departments took place on the 20th at the Ellerman's Grounds, rain stopped the jumping events at the end of the afternoon and these had to be finished off on the playground next day and the 'yellows' won the school cup.

Haltemprice Junior Sports Day

During July over £79 was collected for the 'guide dogs for the blind fund. Attendance averaged 93% and the end of year subject tests were held as usual and the Haltemprice Junior Sports took place at Carr Lane School in Willerby. Fine Weather prevailed for that and for the 36 dancers who took part in the Junior Dance Folk Festival at Hessle on the evening of the 14th of July. Mrs Johnson and Miss Selby took Junior 4 to Flamborough Head next day and joined Flamborough Juniors in a project in connection with the local environment.

Open Day

Open day was on the 26th of July, afternoon and evening sessions were held and large numbers of parents went to see the work of the school. All junior 5 and 6 classes left the school on the 30th of the month when term ended; they were to go on to the new secondary school or to a grammar school in September. Miss. Anderson left the school to get married and Mrs. Cox resigned because of her expected confinement. Presentations and gifts were made to them from the pupils and staff.

Some 253 girls were on the roll when the autumn term started on the 12th of September. Miss. E. Eggleton joined the staff and Mrs. Lythe took up duty as supply until a permanent teacher was appointed; numbers had increased again by another 23 girls and every sign was that numbers would increase further. The classes were organised thus- Junior 7, 4th year, 38 girls with Mrs. Evans; Junior 6 was a mixed 4th and 3rd year class of 36 girls with Mrs. Auty; Junior 5, 3rd year, 37 girls with Mrs. Eggleton; Junior 4 2nd year, 34 girls with Mrs. Nellist; Junior 3, another 2nd year class of 31 girls with Miss. Porter; Junior 2, 1st year, 40 girls with Mrs. Lythe; Junior 1, another 1st year class with Miss. Selby. It was to be some years yet before the pressures on Hallgate Schools were alleviated, with the building of Croxby School for 180 pupils in 1963, Bacon Garth for 223 pupils in 1969 and Westfield for 437 pupils in 1970, to cater for the huge increase in the house building programmes in those catchment areas and the subsequent demand for school places.

The Secondary School opened with 297 on the roll but numbers increased rapidly as the leavers from those schools plus feeder schools in Skidby, Little Weighton and Dunswell attended, plus later on, pupils from some Hull schools. So ended the history of Hallgate as a right through school i.e. 5 to 14 and 15 years - its story began in 1893 and continued until July 2008 when a new Hallgate Primary School opened its doors to incorporate the infant school built earlier.

The Closing of the Book

These accounts began life as a book, but have appeared in a diary form instead, courtesy of 'Cottingham Times'. The infant school log books were not available to me for a long time, hence the concentration on the junior and senior departments, they end here as the book would have done - in 1955 the timing seems appropriate as Cottingham High School celebrates its 60th year of providing a high standard of education to G.C.S.E, and A- levels and university entrance. Finally, the old buildings will continue in the purpose for which they were built - the education of children at Cottingham Hallgate Schools.

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Lewis Tutty of Cottingham - British National Finalist!

Lewis Tutty from Cottingham and his partner Olivia King from Sheffield recently claimed a place in the finals of the British Nationals Ballroom and Latin Championships held at the Winter Gardens in Blackpool. 19 determined couples took to the floor and fought hard for a place in the top six Ballroom finalists.

Lewis and Olivia took fifth place despite Lewis sustaining a painful injury in the first round. They later went on to reach the semi-finals in the Latin section being placed ninth overall. These results were great achievements for these young dancers who have trained with determination to reach the standard required to take place in this prestigious competition. The following weekend they also won The Kings Trophy in Ballroom and came second in The Kings Trophy in Latin.

The couple only met and started dancing together in August

2014 shortly after which they appeared on Look North with Robin Windsor. After watching them dance Robin said they were "up and coming british talent" and they have proved this during a roller coaster of a year in 2015 by winning a great many first places in competitions all over the country.

Sadly, though the couple have now made the decision to split up. Lewis will go "upwards and onwards" and be trained by his coach, Vicki Smith, the Principal of Rhythm & Dreams Dancing Centre, as a Junior dancer. He will take time away from the competition floor to learn new techniques and routines whilst looking for a new Junior partner. Olivia has decided not to take the step into Juniors just yet and will look for a new partner and continue to compete in the Juvenile Section.

This has been a very happy and successful partnership and these dancers have made their teachers, families and friends proud by their constant improvement and success and I am sure they will both have many more happy years of dancing ahead of them.

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Law firm offers Legal Advice Clinics to help people understand changes to Inheritance Rules

Leading law firm Andrew Jackson have been providing legal advice clinics for over 10 years and have seen their popularity build as a trusted, valuable forum for anyone wishing to discuss wills, powers of attorney, probate or family matters. In light of major changes to rules surrounding inheritance, even more clinics are planned across the region.

Associate Deborah Gilpin, who specialises in this area of law, explains: "Family arrangements are becoming increasingly complicated, particularly as the intestacy rules – the rules concerning the estate of a person who dies without a will - changed on 1st October 2014.

People must understand that if they do not make a will, the law decides who will administer their estate and who will inherit. It's a complex picture, with different versions of the rules being applied dependent on a range of factors. There is a lack of awareness of these matters and we want to help.

Legal matters around bereavement can present real challenges for couples and families at an emotional and unsettling time. It's much better to take time to review issues now, when they are much easier to tackle than they could be further down the line. Our friendly, supportive team is keen to guide people through these matters, providing the expertise they need to plan for the future."

Deborah believes that this is a great way for people to take control of their futures and tackle a delicate subject in a supportive environment, "Our clinics are really important as we know how daunting the legal landscape can be. We are very happy to be able to help by discussing their options with them without them worrying about incurring costs."

For more information about the legal advice clinics or to book an appointment, contact: Jo Pearman in confidence on 01482 325242 or email legalclinics@andrewjackson.co.uk

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New year, new you. There's never been a better time to sign up to an adult learning course in Cottingham

East Riding of Yorkshire Council's adult learning new year course guide is out now. Aimed at people aged 19 years and over, the course guide has plenty to offer people living in the East Riding. Whether you are looking to improve your skills, gain new qualifications, or learn something completely new, there really is something for everyone.

New for 2016 is a 25% early bird discount offer for some accredited courses booked in January and GCSE headstart courses starting in January too. Other courses on offer range from counselling, computer and digital skills courses to pottery, ceramics and craft classes.

You can pick up a copy of our new course guide at The Cottingham Adult Learning Centre, or any East Riding library, leisure centre or customer service centre. Alternatively, download a copy online at www.eastriding.gov.uk/learn.

To book a place on a course you can book online, call (01482) 842329. For details of a centre near to you visit www.eastriding.gov.uk/learn.

Council's apprenticeship scheme makes a difference for Blondes Coffee Shop

Local Cottingham coffee shop Blondes has taken on its first apprentice. The gift shop, café and coffee shop recruited apprentice Charlie Pullen in March this year. They worked with East Riding of Yorkshire Council's employment education and skills team to select and train their new recruit.

Willow Boyle, joint owner of Blondes, said: "Our customer service apprentice Charlie is a fantastic asset to Blondes. He is interested in his work, enthusiastic and keen to learn.

We'd been thinking about taking on an extra pair of hands for a while and it was a chance meeting with someone from East Riding of Yorkshire Council that made us look at the apprenticeship route more seriously. We liked the idea of giving a local young person a chance, as well as been able to train and mould somebody the Blondes way."

Now is the time for your organisation to recruit an apprentice. If you are looking for a customer service, business administration or IT apprentice further support is available from East Riding of Yorkshire Council's Employment Education and Skills team. Tel: (01262) 674968 or visit www.eastriding.gov.uk/recruitanapprentice



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Quora and Aldi delighted with attendance at recent supermarket consultation

Quora and Aldi were delighted with the number of people who took the time to attend the consultation event on Tuesday 8th December, and to leave comments.

Ben Ellis from Quora stated 'we would like to thank everyone that attended.

Around 300 local residents and businesses visited the event during the course of the afternoon along with Ward and Parish Councillors. Many people have also contacted us via our feedback cards, email and telephone

We are currently reviewing the responses received and exploring opportunities to incorporate ideas and suggestions where we can'.

The food and grocery items on display were donated by Aldi to the local foodbank.

Council to seek expressions of interest for Skidby Windmill and Heritage Centre

East Riding of Yorkshire Council has announced today (Wednesday 4 November) that it is seeking expressions of interest from interested parties for Skidby Mill and Heritage Centre, which is currently operated by the council as a visitor attraction and is the home of the Museum of East Riding Rural Life.

The facility includes the area's only working windmill and is open all year round as a visitor attraction, as well as offering conference and catering facilities.

The council is looking to explore options for the future of the listed facility, with a view to making the most of its heritage value and making the best use of the site.

Darren Stevens, head of culture and information, said: "The council is keen to investigate ways of helping the local economy and improving leisure and tourism across the East Riding. As part of this approach, the council wishes to explore all options for the future of Skidby Mill and Heritage Centre, in order to ensure that it has the most viable and sustainable future possible.

"We will therefore be seeking expressions of interest from anybody with the expertise and resources to satisfy our aspirations for further development of the facility to secure the Mill's future.

"I would stress that this is purely an exploratory exercise to determine the ideas and aspirations that any interested parties might have. We have not made any decisions about future arrangements for Skidby Mill, and it is very much business as usual. I would also point out that we have run similar exercises before, and that the outcome really is not a foregone conclusion – we simply want to see if we receive any expressions of interest.

"Staff and commercial tenants at the site have been notified."

The closing date for receipt of any expressions of interest is Wednesday 27 January 2016. For further details of how to submit an Expression of Interest, visit www.eastriding.gov.uk/propertysearch or contact the valuation and estates service on 01482 393998.

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The Cottingham Branch of the Royal British Legion say a big 'thank you'

The Cottingham Branch of the Royal British Legion with to sincerely thank all the businesses, shops, St. Mary's Church, Castle Hill Hospital, schools, the cadets, golf clubs, pubs, etc., in Cottingham, Skidby and Little Weighton

Last, but not least the generous offer of a manned space in the Co-op Supermarket, Cottingham, and offer of volunteers to man the Co-op table. The Memorial Club for their supportive offer of a room to work on our Poppy Appeal.

All your generous support has helped to raise £7,727.71p to date, for which we are very grateful. Well done, and thank you.

Alternative Aquatics seek volunteer to act as 'Life-Guard'

Local charity Alternative Aquatics, who run a disabled swimming group at Frederick Holmes School on Inglemire Lane, are looking to recruit a volunteer to act as 'Life-Guard', although no formal qualifications are required.

For further information contact Karen Pickering via email kazzaboo@hotmail.co.uk or on 07842 084711.

Special Olympics Swimmers excel in Harrogate

At the recent Special Olympics Yorkshire & Humberside Regional Swimming Gala held at The Hydro in Harrogate, local Cottingham swimmers – Adam Loubani, Tim Wong, Owen Garsides & Thomas Waterhouse, all from Special Olympics City of Hull, came home with Medals as well as five personal best times.

Adam Loubani won Silver in the 100m Freestyle and did a personal best time. In the 50m Backstroke he also won a Silver medal.

Tim Wong won Bronze in the 50M Freestyle.

Owen Garside, competing in his first Regional event, gained a personal best times in both his 50M Breaststroke & his 50M Freestyle.

Thomas Waterhouse, also competing regionally for the first time, won a Bronze medal in his 50M Freestyle with a personal

best time and he won Silver in the 25M Backstroke, again with a personal best time.

139 swimmers representing 16 Groups from the Yorkshire & Humberside Region, as well as two from the North West (Blackpool and Cheshire) and four from the Northern Region (Skelton, Gateshead, Teesdale & Sunderland) competed in this event.

Harrogate and Knaresborough Lions Clubs both generously financially supported the event, and they also willingly provided five excellent volunteers, whose expertise ensured that the Gala ran smoothly.

The Mayor of Harrogate – Councillor Nigel Simms and his Consort – Mrs Lynn Simms, presented the medals throughout the afternoon.

For more information contact Judy Burdass on 01262 470201.

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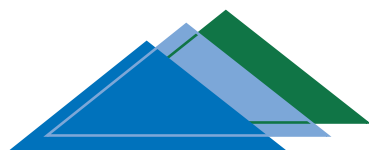
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at the Mayfair Hotel, 5 Days, 4 Nights D/B/B £319.00
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TCM views the body as an organic whole with a network of meridians connecting and co-ordinating the internal organs, Qi ('vital energy'), blood, body fluids, muscles, bones, tendons and the skin.

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

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

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

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

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

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Ellie Mai Fund achieves Charity Status

Ellie Mai was born on February 5, 2006 to parents John and Lisa.

She was a beautiful little girl who loved everything in life. She loved helping people and always put money in charity boxes and gave it to buskers.

Ellie loved going to London to the theatres and Hamleys, playing with her best friends at school, swimming, baking, face-painting and dancing. She was very rarely ill.

In January 2012 Ellie became wobbly. Her left hand became difficult to use and her temperament changed. We went to the doctors and presumed it was an inner-ear infection.

Then she was sent home from school for falling. The next day we rang for an ambulance and Ellie was admitted to Hull Royal Infirmary.

The following day, on her sixth birthday, Ellie had a CAT scan. We had to cancel her birthday party, which made her extremely upset. The scan showed a small abrasive tumour and that afternoon we went to Leeds General Infirmary where Ellie had an MRI scan the following day.

The results came that afternoon. We were greeted by numerous doctors and nurses and the news they gave us changed our lives forever. We were going to lose our little girl.

Ellie had an aggressive Diffuse Pontine Glioma – a brain tumour. This particular one was very rare and incurable. The prognosis was that Ellie had a maximum of a year to live.

The following day Ellie had an operation to insert an accessible portacath in her right side. This would be used for medication, blood transfusions and blood tests. When Ellie came round after the operation, she was very poorly and upset.

We both gave up work to spend every second we could with our precious daughter.

Radiotherapy at Jimmy's in Leeds

Ellie then underwent six weeks of radiotherapy and chemotherapy at Jimmy's in Leeds. For the radiotherapy there was a mask attached to Ellie's head and then attached to a table.

She was also placed on steroids, which caused her to gain weight dramatically. This made her very self-conscious and upset, saying she felt ugly. Ellie said she wasn't a princess any more, and she kept hiding away.

John spent the next few months searching the internet for a cure but to no avail.

We stayed for most of the six weeks at Eckersley House, a home in Leeds for sick children, but all Ellie wanted to do was go home to her cat, Daisy.

Once the treatment was finished we had a long wait until June for another MRI scan which showed the tumour had shrunk a little.

Ellie had a five-day course of chemotherapy every month. Sometimes these were delayed by the need for blood transfusions, which became more frequent and caused her to come out in large bruises.

Ellie wanted to do the things she did before she was ill. She attended school every now and then, usually for half-days as she became tired quickly. She spent a lot of time with our family and Aislinn, her best friend forever.

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Once Ellie stopped taking steroids she lost her weight and looked amazing. People were astonished at how well she looked. Her balance problems were not as noticeable and she was able to use her arm again.

Thanks to all the community support we were able to take Ellie to lots of places.

The Make-A-Wish Foundation sent us to Disneyland in Paris but with our luck, as it was, the princesses and other characters went on strike and the tea party was cancelled.

We then went to Menorca, a farm in Devon and to London several times to go to the theatre and Hamleys. On December 11 we went to Lapland thanks to the When You Wish Upon A Star charity.

In November Ellie was one of the children chosen to switch on the Christmas lights in Cottingham.

On December 2 the mum of one of the children in Ellie's class at school organised a fun day. There was a photo-shoot for all the girls in Ellie's class followed by a limo ride to a pub for a party with animals and a Punch and Judy show. Ellie had an amazing day and was still quite well in herself.

Towards November Ellie's wobbliness returned and her hands became weak again. The doctor decided to take her off chemotherapy as it was no longer helping. We knew then she would probably go downhill quite fast.

Ellie still never complained or asked questions. She just got on with being her loving, cheery self.

After our Lapland trip she started to become ill. She was being sick, complaining of headaches, struggling to walk unaided and the problems with her hand were limiting what she could do.

Martin House Children's Hospice

She was taken to Martin House Children's Hospice where she was placed on a syringe driver which gave her a constant medicine supply.

We got to Christmas and New Year, but then we barely moved off the settee.

Ellie's medicines were having to be increased more and more often. In her last few days she was unable to eat or drink and she struggled with going to the toilet.

She was sleeping between 15 and 18 hours a day and she lost her speech. Not knowing what she was saying broke all our hearts and frustrated and hurt her. We ended up trying to write things down.

Ellie was such an amazing, brave little girl and a fighter. The nurses called her unique, and "a one-off." She kept beating all the odds. We said goodbye four times but she fought so hard and kept proving everyone wrong.

www.cottinghamtimes.co.uk - January 45

In the last week she insisted on visiting Bridlington, feeding the ducks, going to her favourite shop and even though she was so poorly on the Thursday she insisted on going to the Post Office to buy Lisa a lollipop.

The following day we had the rare thunder snow and that night Ellie became unconscious. She slipped away in Lisa's arms on Sunday 20 January 2013.

Ellie was now with the angels and out of pain, but we miss her so much.

The last 3 years.

The Ellie Mai facebook page was set up followed by the Ellie Mai fund, which was an organisation to raise money for other charities such as Wish Upon a Star and brain tumour trust. Over the two years that the organisation ran the total amount raised was in excess of £23,000.

In the summer of 2015 the Ellie Mai fund organisation formed a committee to apply for charitable status, although a long process this was granted in September 2015.

Although it is still very early days for the charity, we have already donated to Martin House a cheque for £878.70 which has been used to fund a new bath cradle.

Charity collection boxes have been distributed through our local region, and meetings have been held with local companies to raise the awareness and funds for the charity. Plans are afoot for the year ahead which will allow us to continue and expand.

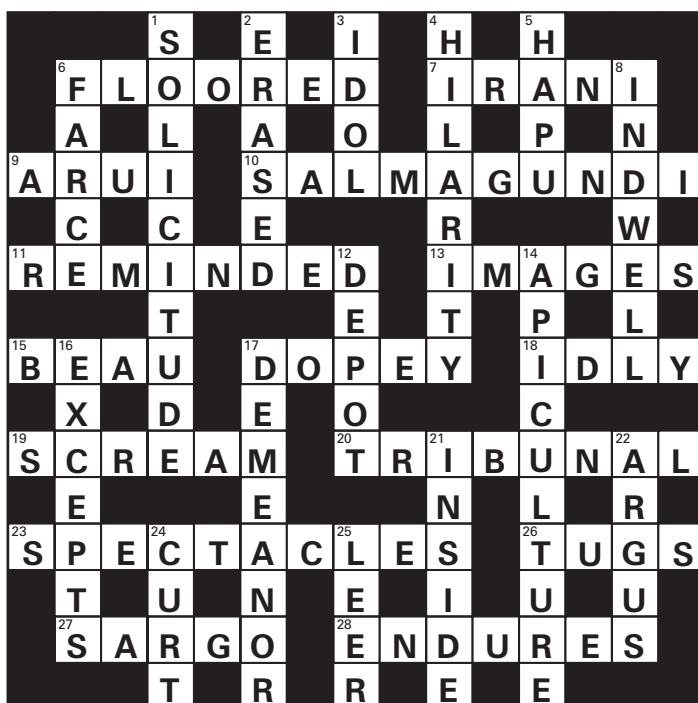
The Ellie Mai tearoom was opened in 2013 as a lasting memory to Ellie, although this is not related to the charity.



Weekly Classes held at:
Darby & Joan Hall, Finkle Street,
Cottingham
Monday 5.30 pm and 7.30 pm
and all Bank Holidays
Also at: Sutton Park, Hull
Tuesday at 9.30 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14



A new year, new eating habits

A new year provides an opportunity to look at your health and to decide how well you are doing in terms of your eating habits. Instead of starting this year off being negative and looking at the habits you should not be doing or the foods you should not be eating, why not turn the tables and focus upon the foods you want to start adding to your daily meals?

Adding superfoods to your diet plan is always an excellent way to spruce up your health and to give you more of the antioxidants you need to stay healthy and strong.

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.

Chia Seeds:

Chia seeds are very much like flaxseeds. They are a source of soluble fiber 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.

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 colorful 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.

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!

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. The main catechin is called epigallocatechin gallate. Due to its long name it is most often referred to by its acronym, EGCG. Research studies have shown that EGCG is effective in terms of boosting metabolism. 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.

Greek Yogurt:

If you have always found yoghurt kind of a blah food then you have not been introduced to Greek yoghurt yet! This type of yoghurt is creamy and tastes more like an appetizing dessert. In fact for non-yoghurt lovers you may not even realize that you are eating yoghurt because it tastes so good!

Add berries to your yoghurt for breakfast and any time of the day. Mix in some flaxseed powder, some wheat germ or some granola. Adding a tiny amount of honey to fat-free Greek yoghurt can also give it an extra special taste!

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