

Cottingham Times

and District

Issue 182 - January 2017



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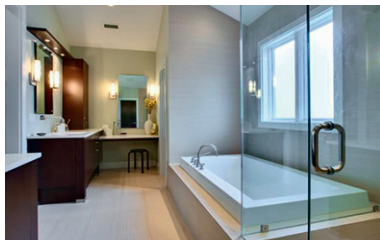
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Turning the soft option

Cottingham and District has hard water and the effects of this can be seen and felt through out the home.

Hard water contains a high level of calcium and magnesium and it is these minerals that we can see as they are deposited as limescale in the kettle on the shower screen or on the surfaces in the kitchen.

You can almost feel the presence of the hardness minerals as they form scum and scale as you try to create a lather and your towels feel rough and hard.

Pipework, appliances and heat exchangers will have been scaled up from years of exposure to the chalky minerals, meaning less efficient heat transfer and water flow.

Don't despair! There is a very simple answer for almost every home, a compact easy to use, quiet, efficient Water Softener.

With a water softener much less detergent is needed in the washing machine and the little that there is left, is rinsed efficiently away, leaving clothes soft and towels fluffy.

Softened water is kind to the skin, much less soap and shampoo is needed and no potentially irritating calcium or magnesium is left to potentially irritate the skin making it itchy flaky and dry many customers say that this benefit alone is enough reason to have a Water Softener.

Good news for the appliances and pipework too, no matter how long or how badly the pipes have been scaled up, a properly specified and installed Water Softener will start from day one of being installed, gradually dissolve away the existing scale and prevent future build up. Appliances and water heaters are restored to efficiency and are protected 24 hours a day from limescale.

Cleaning is a breeze and the shower screen chore is a thing from the past, as is a cupboard full of descalers and other harsh chemicals.



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In Cottingham and District

Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church hall

Tuesday 3rd January - 7.0pm

Tuesday 17th January - 7.0pm

Tuesday 31st January - 7.0pm

Got a new camera for Christmas? Want to learn how to use it?

Our friendly group is happy to help you learn how to move from "auto". New members welcome. All levels. Contact for further details:- John on 8210 or john@jcmhome.karoo.co.uk

Cottingham Local History Society

Wednesday 4th January - Rachel Waters - My Cottingham Connection, in the Red Hall, Hallgate Primary School, King St, Cottingham starting at 7.0 p.m. Meeting fee, members £; non-members £. c ontact: Peter McClure 0148 85 73.

Cottingham Catholic Women's League

Monday 9th January - Marion Gamble - The Yorkshire Air Ambulance, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.0 p.m .

YPI Camera Club

Monday 9th January - "I want to..." Andrew Chadwick demonstrates how to produce the special effects requested by members. Bring two of your AVs that you would like to include in the sequence exchange with Cleethorpes Camera Club. The club encourages the production & appreciation of audio-visual sequences (AVs). We meet approximately every third Monday in the Darby & Joan Small Hall, Finkle St at 7:0pm . AV is the presentation of a series of images or video clips with an accompanying soundtrack. Turn a collection of digital photos into something you will be proud to show. For more details & examples of our work see www.ypicc.uk/index.htm. New members always welcome - just turn up.

Cottingham Women's Institute

Tuesday 10th January - The Headscarf Revolutionaries - Brian Lavery. Competition: A Headscarf, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Ladies Circle

Wednesday 11th January - Mrs. M. Gamble to give a talk re- The Yorkshire Air Ambulance, to be held in the Darby & Joan Small Hall, Finkle Street, at 7.0 p.m .

Cottingham Men's de Luda Society

Wednesday 11th January - Pat Elliott - Cottingham 180 to 2000, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

UA

Thursday 12th January - Peter Smales - It's Up His Sleeve, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

Cottingham Green Women's Institute Events

Thursday 12th January - Annual Meeting - 25th Anniversary - a bit of a do! Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.0 p.m., second Thursday of each month.

Front cover: King George V Playing Fields.
Photo: Paul Lakin.

Beverley Film Society

Thursday 12th January – Whiplash (2014) Cert 15 Drama (USA). Director: Damien Chazelle. An unrelenting instructor, who will stop at nothing to realise a student's potential, mentors a promising young drummer at a music conservatory. Winner of three Oscars and a BAFTA. Meetings are held at the Parkway Cinema Beverley. All films start at 7.30pm on the 2nd THURSDAY of the month (doors open 7.00pm). Membership fee: £15 for whole season of 10 films. PLUS: Tickets £3.00 per film (Members) £6.50 (Guests). For more information www.beverleyfilmsociety.org.uk

Health Qigong Class

Thursday 12th January - 1.30pm-2.30pm. Start the new year learning the Chinese healing and exercise system of Qigong. Darby & Joan Hall Finkle Street. To Book a place Please contact Shaun 07854 306762 or email shaun-sun@hotmail.co.uk. Special Offer for January 3 Classes for £10.00

East Yorkshire Embroidery Society

Saturday 14th January - Nikki Parmenter - Experimental Textile Artist. In the Darby & Joan Hall, Finkle Street, at 2.15 pm. Doors open to non-members. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits. www.eyes-embroidery.co.uk.

Wold Lace Makers

Saturday 14th January - Lace Meeting "Do Your Own Thing", at 10.00 am to 4.00 pm in The Marist Hall, Church and Parish House, 119 Cottingham Road, Hull HU5 2DH. Member £1.50; Non-Members £4.00. Everyone welcome.

East Yorkshire Woodturners.

Tuesday 17th January - 6.45pm: Informal 'Hands On' demonstration evening of wood turning and pyrography techniques. Meetings are every third Tuesday each month at Skidby Village Hall. Visitors always welcome, whether woodturners or just interested - £3.50 on the door. For more information please contact David Taylor, Secretary, 876702. cotters@cotters.karoo.co.uk

Hull and East Riding New Stitchers (HEN S)

Tuesday 17th January - Stitching Surgery, 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.

Hull and East Riding Antiques and Fine Arts Society

Tuesday 17th January – Dr S Fagence-Cooper: "Christopher Dresser: Designer for the Modern World". At 10.45 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members are welcome to come and experience one or two talks as guests (admission £5.00), before deciding whether to join us. Our Society meets on the third Tuesday morning of every month (except August and December) for illustrated talks by experts on a wide range of antiques, design and fine arts topics. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 657574.

Cottingham Evening Townswomen's Guild

Wednesday 18th January - Marilyn Walker - The Forgotten Country House, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street.

Continued on page six

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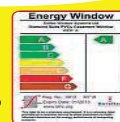
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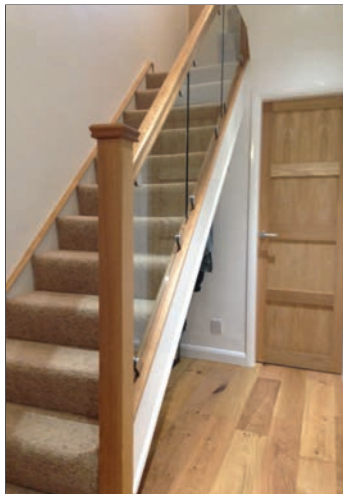
Continued from page five

East Yorkshire Association of the National Trust

Thursday 19th January - Dr. Gerardine Mulcahy-Parker (Curator Beverly Art Gallery) "The History of Beverley Art Gallery and its Collections", in the Cottingham Civic Hall, 7.0 p.m. Non-Members welcome.

Hull Macular Society

Friday 20th January - The Hull Macular support group held at Herib Beverley Road Hull the guest speaker will be Clive Skinner the chairman of the group with his talk on back to basics. Anyone living with central sight loss due to macular is very welcome to come along. Meeting starts at 10.0 am until 12.15 pm for more information contact Clive Skinner on 0148 614.



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Inland Waterway Association

Friday 20th January - Canal Tunnels - Another presentation concentrating on Canal Architecture by Paul Waddington. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate.

Cottingham Ladies Circle

Wednesday 26 h January - Mrs. T. Richards to give a talk looking back to events on the Titanic and Amy Johnson, to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 p.m.

Cottingham Men's de Luda Society

Wednesday 25th January - Paul Schofield - Hull Fish Trail, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

YPI Camera Club

Monday 0t h January - Final assembly of the 'Hull 2017' project. The club encourages the production & appreciation of audio-visual sequences (AVs). We meet approx mately every third Monday in the Darby & Joan Small Hall, Finkle St at 7.0pm. AV is the presentation of a series of images or video clips with an accompanying soundtrack. AVs are easily produced using software to combine still images, video, tek and sound and can be played on any PC, TV, DVD or sent to YouTube. Turn a collection of digital photos into something you will be proud to show. For more details & ex mples of our work see www.ypicc.uk/indexht.ml. New members always welcome - j ust turn up.

Hull Folk Dance Club

Tuesdays 7.0 to 9.0 pm; Darby & Joan Hall, Finkle St. Cottingham. Enjoy a free tea/coffee and biscuits and get to know the members. Come alone or bring a friend for light ex rcise in a friendly environment. All dances are walked through before being set to music. No epe rience is necessary, beginners are welcome. Your first visit is free. More information from Keith Alexander 0148 50975 or Jan Gray 01482 808. www.folkdance.me

Kirk Ella & WillerbyS hort Mat Bowls Club

The Memorial Hall, Beverley Road, Kirk Ella, (opposite the Police Station). Sessions on Mondays & Thursdays 2pm - 4pm. NEW MEMBERS VERY WELCOME! Fun, social short mat bowls club with a tea and biscuit break! £ per session, FREE first session. Club woods available to use, just bring clean flat-soled footwear. Come along to any future session and give it a try! (aim to arrive around 1.45 pm so we can source bowls for you) For more information contact Ian/Brenda on 0148 615.

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Cottingham Tennis Club

Did you follow Andy and Jamie Murray rise to be World No.1 (singles/doubles?) As the days lengthen again, give tennis a try on our all-weather hard /astroturf courts. The Club drive is on Hull Rd. on the right just after Overland Rd. as you come from Cottingham. Discounts for new members.£700 for membership, 0778 428 for coaching. Or search tennis in Hull tea for our website.

Alcoholics Anonymous Meeting

If you think you may have a problem with alcohol which is costing you more than money, and want to stop drinking, you will be most welcome at the meeting at Cottingham Methodist Church (side entrance), every Friday night at 8pm. For more information call 01482-830083. Free-Confidential-Advice

Men in Sheds - Hull

We are a charity organisation and we meet every Tuesday and Thursday at The pavilion, Oak Road playing fields, Opposite Cross Keys Pub, Beverley Road, Hull HU6 7EY, 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 0148 8940 or 0794 898 or visit our website www.meninshedshull.org.

ALANON Meetings

Thursday evenings at Holy Cross Church, Carrington Ave Cottingham HU16 4DU. The meetings start at 7.0 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 0148 683

Alternative Aquatics

Alternative Aquatics is a local charity and self-help group. We provide gentle exercise and relaxation for people with back pain and associated mobility problems, in wonderful warm water and a friendly atmosphere. We meet on Thursdays at 5.6 pm during term time, at the hydrotherapy pool at Frederick Holmes School on Inglemire Lane, Hull, and the cost is £9 per school term. We have a few places available so if you would like more information, or would like to come along for a free trial session, ring Karen on 0148 87072 or Ann on 3201 1.

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 8947. 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 6p (including biscuits). Please come and help us with our jigsaw puzzle. A warm welcome ensured.

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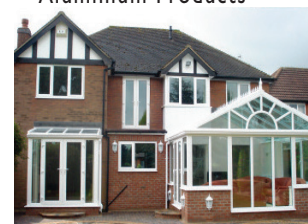
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Cottingham Rangers AFC

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 0148 80924 or visit our website www.cottinghamrangers.co.uk

Zion United Reformed Church, Hallgate

Every Thursday morning, term time. From 9.0 am to 11.0 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.

PlayB adminton

On Tuesday and/or Thursday evenings at Cottingham High School, 800 pm until 9.0 pm during term time. **Get Fit, Have Fun! £2.00** per evening. For more information telephone Dave 0148 828

Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.0 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm; Fridays 6.5 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 88 3

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 1.0 pm to 3.0 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 0148 21125

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 6. We run 4 Saturday sides, and teams at U9, 11, 13, 15, 17 and 19 and also Girls Teams. All new players of any ability are welcome. Training starts in January with Indoor Nets at Sirius Academy North for all age groups and Seniors on Wednesday evenings 6.00 pm till 8.00 pm and at Cottingham High School (Sports Hall), (tennis ball/kwick cricket ball) for ages 6-15 on Saturdays 12.0 pm till 2.0 pm till Easter. Summer training for Juniors is Friday evenings and Seniors is on a Wednesday. For more information and details contact Rob Rhodes on 822150 or email cottinghamcc@hotmail.co.uk

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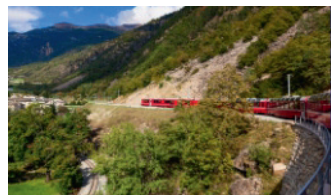
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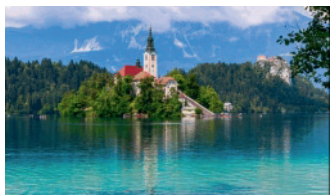
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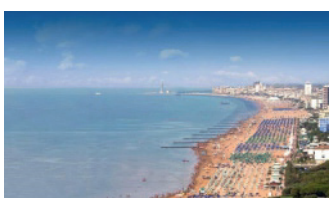
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Wordsearch - Happy New Year

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

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

Find the words in the letters above :

Appetizers, Babies, Balloons, Banners, Buffet, Celebrate, Champagne, Confetti, Dance, Day One, Decorations, End of December, Events, Family, Father Time, Feast, Festivities, Fireworks, First of January, Friends, Hats, Holiday, Horns, Kiss, Midnight, Music, New Years Day, New Years Eve, Noisemakers, Occasion, Parades, Party, Punch, Resolutions, Singing, Streamers, Thirty First, Tiaras, Wine, Year in Review.

Word search courtesy of www.puzzles.com

Sudoku No. 120

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

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

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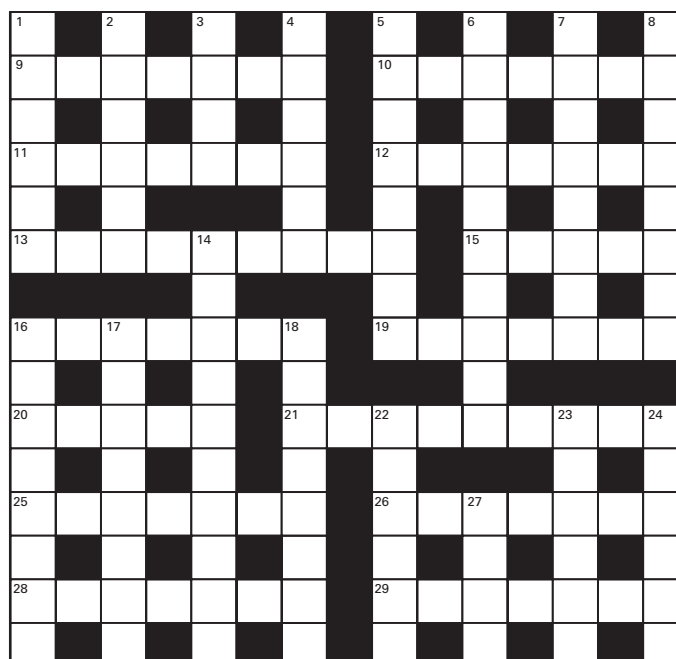
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Crossword – Solution on page 46



Across:

9. Tedium (7)
10. Referees (7)
11. To kindle (7)
12. Army reserves (7)
13. Adolescents (9)
- 15S pots (§)
- 16S tyle of music (7)
19. Inebriated (7)
20. Genus of hemlock spruce (§)
21. Pernicious (9)
- 25N o longer alive (7)
- 26O verthrown (7)
- 28 Type of light (7)
29. Breed of cat (7)

Down:

1. Showing submissiveness (§)
2. Increase threefold (§)
- 3C oncept (4)
4. Unit of electrical current (§)
- 5S uspected (§)
- 6B ewitched (10)
7. Lath (§)
- 8K iller (§)
14. Familiar with (10)
- 16I n a resentful manner (§)
17. Forcing out of bed (§)
- 18G iving off (light, heat, radiation) (§)
22. Pleasure from causing pain (§)
- 23 A marine mollusk (§)
24. Turfed (§)
27. A juicy gritty-tek ured fruit (4)

Crossword: on tesy of www.crosswordl acec om
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In the Kitchen



Lamb & tomato curry

½ sp ground allspice
 4 x 8g packs essential Waitrose British Lamb Diced Shoulder
 3 tsp vegetable oil
 2 onions, chopped
 3 cloves garlic, crushed
 1 tbsp plain flour
 60ml lamb stock
 2 tbsp sun-dried tomato paste
 60g Cheddar potatoes, cut into large chunks
 40g pack Waitrose Classic Vine Tomatoes, skinned and cut into wedges

Method

1. Preheat the oven to 180°C, gas mark 4. Combine the chilli, ginger, curry powder and allspice in a large bowl. Add the lamb and turn in the spices until coated. Cover and leave to marinate in the fridge for about 1 hour.
2. Heat 2 tablespoons of the oil in a large flameproof casserole and fry the lamb in batches until lightly browned. Lift out onto a plate and add the remaining oil and the onions. Fry gently for 5 minutes. Add the garlic and fry for a further 1 minute. Stir in the flour and return the meat to the casserole. Pour in the stock and heat, stirring until barely simmering.
3. Cover with a lid and bake in the oven for 1 hour.
4. Add the tomato paste, potatoes and tomatoes to the casserole, and return to the oven for a further 10 minutes or until the potatoes and meat are very tender. Season if necessary and serve.

16 January - www.cottinghamtimes.co.uk

Squash cottage pie

Total time: 30 minutes. Serves: 4

Ingredients

60g pack essential Waitrose British Beef Lean Mince
 1 onion, chopped
 1 carrot, diced
 2 tbsp beef gravy granules
 2 tbsp Worcestershire sauce
 8 pack Waitrose Sliced Butternut Squash
 6g fresh breadcrumbs
 6g Cheddar cheese, grated

Method

1. Preheat the oven to 200°C, gas mark 6. Fry the mince, onion and carrot in a large saucepan for 2-3 minutes to brown. Add the gravy granules, Worcestershire sauce and 60ml boiling water. Bring to the boil, cover and simmer for 10 minutes.
2. Meanwhile, cook the squash slices in boiling water for 5 minutes until just tender, then drain well.
3. Transfer the mince mixture to an ovenproof serving dish and top with the squash slices. Mix together the breadcrumbs and cheese, and sprinkle over. Bake for 20 minutes until golden.



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Pork & peppers with cornbread dumplings

- Preparation time: 20 minutes
- Cooking time: 1 hour 20 minutes
- Total time: 1 hour 40 minutes. Serves: 4 - 6

Ingredients

1 pack essential Waitrose 4 British Pork Shoulder Steaks
 75g butter
 1 large fennel bulb, sliced
 125g self-raising flour, plus 2 tbsp
 300ml chicken or pork stock
 1 tsp dried chilli flakes
 3 orange peppers, de-seeded and diced
 100ml double cream
 175g pack baby corn, halved
 ½ x 28g pack fresh coriander, chopped
 125g polenta
 1 medium Waitrose British Blacktail Free Range Egg, beaten
 100ml milk

Method

1. Pat the pork dry on kitchen paper, then cut into chunks. Melt 25g of the butter in a frying pan and briefly fry the pork on all sides. Lift out onto a plate. Add the fennel to the pan and fry gently for 5 minutes. Add the 2 tbsp flour and cook, stirring for 1 minute.

2. Add the stock and chilli flakes to the pan, and stir to scrape up the pan juices, bring to the boil. Return the pork to the pan. Cover with a lid and cook over a low heat for 30 minutes. Add the peppers and cook for a further 15 minutes until the pork is tender. Stir in the cream, baby corn and coriander, and transfer to a shallow, freezer-proof baking dish.

3. Heat the oven to 180°C, gas mark 4. Combine the flour and polenta in a mixing bowl. Melt the remaining butter and cool slightly. Stir in the beaten egg and milk. Add to the dry ingredients, stirring with a round-bladed knife to mix. Arrange 12 spoonfuls of the mixture around the edge of the baking dish allowing a small gap between each one.

4. Bake, uncovered for 25 minutes until the dumplings have risen and are just firm. Leave to cool in the dish.

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Zesty Lime Cheesecake with a Crunchy Biscuit Base

This light and fluffy reduced-fat cheesecake, set with jelly, is so refreshing you'll want to treat yourself time and time again.

- Preparation time: 20 minutes, plus 2 hours chilling
- Total time: 2 hours 20 minutes. Serves: 8

Ingredients

50g unsalted butter, cut into chunks
 150g pack Waitrose Reduced Fat Chocolate Chip Cookies, crushed
 135g pack Hartley's Lime Jelly, cut into small pieces
 ½ x 410g can Carnation Light Evaporated Milk, chilled
 200g pack Waitrose Half Fat Extra Light Soft Cheese
 3 limes

Method

1. Line the base of a 20cm x 5cm round loose-bottomed sandwich tin with baking parchment.

2. Melt the butter in a saucepan and stir in the crushed biscuits. Press the mixture into the base of the prepared sandwich tin and chill.

3. In a bowl, dissolve the jelly in 100ml boiling water. Stir with a spoon then set aside to cool.

4. Meanwhile, whisk the evaporated milk in a large bowl using an electric or balloon whisk, until light and fluffy, and doubled in volume. Then whisk in the cream cheese until smooth and well combined.

5. Take the finely grated zest and juice of 2 of the limes. Finely slice the remaining lime and set aside. Add all the juice and half of the zest to the cream cheese mix then whisk in the jelly. (Keep the rest of the zest chilled.) Pour over the biscuit base and chill for 2 hours or until set. Decorate with the reserved lime zest and slices of lime.

Cook's tips

Make a lemon cheesecake by replacing the grated zest and juice of the limes with the zest and juice of 1 lemon, and using lemon jelly instead of lime jelly.



www.cottinghamtimes.co.uk - January 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

Wines from the heart of Yorkshire

Why not make a New Year's resolution to seek out and try some Yorkshire wine? What might have seemed an unlikely possibility a few years ago has now become fact; there are some thriving vineyards right here in Yorkshire.

Laurel Vines, for instance, has 300 vines in its vineyard in the tiny hamlet of Aike, a few miles north of Beverley. Family owned and run since 2009, it currently produces 600 bottles a year (four whites and a rose) and was recently shortlisted in the "Best Yorkshire Wine" category of the 2016 Deliciously Yorkshire food and drink awards, ultimately losing out to another "local" - Ryedale Vineyard (more of them later) at Westow, some 20 miles north-west of Driffield.

Ian and Ann Sargent, of Laurel Vines, toasted their first production just three short years ago and have just enjoyed their best-ever harvest. Initially relying on Germanic grape varieties, they are now branching out with some Pinot Noir grapes planted that will produce Laurel Vines' first red wine.

"Wine making is not for the faint hearted or nervous," say Ian and Ann. "The decision to produce our own wines was easily made but then the magnitude of that decision became reality and the process started; weeks turned into months and then into two years and lots of hard work ensued."

With Ian and Ann's daughter Rebekah acting as the vineyard's sales manager, Laurel Vines can be sampled at a number of local restaurants, including the Pipe and Glass at South Dalton, Whites and the Westwood in Beverley and 18 in Hull. It's also been supplied to the K-Com Stadium in Hull while the company has had a presence at this year's Cottingham and Beverley food festivals and was at last month's Christmas Festival of Food and Drink in Beverley Minster.

Laurel Vines wines can be ordered online at laurel-vines.co.uk

Ryedale Vineyard claims to be Britain's most northerly commercial vineyard and is set on south facing slopes at the foot of the picturesque Yorkshire Wolds.

Run by Stuart and Elizabeth Smith, the first vines were planted in 2006, with the first bottles of wine produced in 2009. A family-run business with four generations involved in the work in both the vineyard and in the winery, it had always been Stuart's ambition to produce his own wine, having supplied top quality grafted vines to the industry for over 20 years.

Ryedale currently produces three white, two rose, one red and four sparkling wines. Over the years their quality has been recognised with a number of awards, including the United Kingdom Vineyards Association's silver medal for its rose wine, Shepherd's Delight, and, in November, the Deliciously Yorkshire award for its Dalesman White Sparkling.

The judges said: "With peachy notes and punchy bubbles, this wine smells fresh and enticing! Clean and refreshing it's certainly very drinkable and a real treat!"

Over the past few years their Vineyards Tours have proved to be very popular - and the wine can be bought from the vineyard; although it's always best to check on availability first. Stockists include the Balloon Tree farmshop at Gate Helmsley, Fodder at the Great Yorkshire Showground in Harrogate and the Castle Howard farm shop. It's also available to order via the ryedalevineyards.co.uk website.

Looking forward to unveiling their first wines in 2017 is the Little Wold Vineyard in South Cave. The vineyard, situated on the Wolds Way, was planted in spring 2012 with further additions in 2013 and 2015

A bumper harvest was enjoyed in 2016 and those grapes are currently being turned into white and, hopefully, rose wines that will go on sale in the spring or early summer. Little Wold, based at Market Place Farm in South Cave (who are also well known as producers of Christmas turkeys), do regular vineyard tours and wine tastings throughout the summer and these will take place again in 2017. For further information visit their website, marketplacefarm.co.uk

Other Yorkshire vineyards include the Yorkshire Heart Vineyard and Brewery at Nun Monkton, between York and Harrogate, which plans to open a new visitor centre and cafe this year (yorkshireheart.com) and Holmfirth Vineyard in Last of the Summer Wine Country, which has been producing its own wine for the past seven years and operates tours for visitors (although its cafe is closed until spring following a fire). More information from holmfirthvineyard.com

One of the longest established Yorkshire vineyards is Leventhorpe, near Leeds, founded in 1988 which produces at least five white wines, a red and a sparkling wine. All the wines produced at Leventhorpe are made from grapes grown within the five acre vineyard in its purpose-built winery. They are then matured in the bottle for at least two years before release.

More information and orders from their website, leventhorpevineyard.co.uk

So, quite a bit of choice to go at if you would like to choose a White Rose wine in 2017, but as the Leventhorpe Vineyard website says, wine growing in Yorkshire goes back further than you might think. "The Romans certainly cultivated the vine this far North. The Cistercian monks at Kirkstall Abbey in Leeds had vineyards, although the exact location is unknown. The Benedictines at St Mary's Abbey, York, had a well documented vineyard of around 10 acres at Askham Richard on the outskirts of the city and had been making wine successfully up to the sixteenth century," a spokesman said.



BEST BUYS


Antonin Rodet Burgundy Pinot Noir

Where: Sainsbury's

When: From January 2 - 17

Why: Bronze medal winner in the 2016 International Wine Challenge awards, this is an enjoyable, light-bodied Pinot that is ideally enjoyed with grilled red meats; roasted red meats, game dishes, soft cheeses.

£9.50 (was £11.00)


Valdivieso Gran Reserva Merlot

Where: Waitrose

When: From January 4 - 24

Why: Delicious Chilean red and a decent bargain at this price, with 25 per cent off. Rich, dark cherry aromas with fantastic ripe, red fruit flavours and well integrated spicy oak notes.

£9.36 (was £12.49)


The Ned Sauvignon Blanc

Where: Morrisons

When: From January 2 - February 5

Why: I've recommended this many times; a favourite New Zealand Sauvignon Blanc of mine. A nose of nettles and grass leads to generous gooseberry flavours with a smoky herbal twist on the palate.

£7.25 (was £9.00)


Château le Bernet Graves

Where: Sainsbury's

When: From January 2 - 17

Why: A dazzling example of a white Bordeaux, with wonderfully expressive flavours of lemon, spring flowers, orange peel and a subtle touch of smoke. Perfect with fish and poultry dishes.

£6.75 (was £7.50)

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Should Auld Acquaintance be Forgot and Never Brought to Mind?

How many of us own up to shedding the odd tear whenever we hear those words sung on New Years Eve. I, for one, often reflect on the past year going over the events, good or bad, and look forward to what the New Year may bring. In my family, my eldest daughter Kath and her partner Matt had their second gorgeous child (my 5th grandchild) Alfie, in May and my eldest grandson Jacob, who is now 5 years old, has just started school. Two very proud moments in my life making lots of happy memories but I do also, at this time, reflect on loved ones who are no longer with us to share and enjoy these precious moments.

There are many people who are not as fortunate as myself, with no close family or relatives and rely totally on their pets for companionship. Whether it is a dog, cat, rabbit or even a rat, no matter what four legged companion they have chosen, it has become their soul mate and confidant for many years. Someone they can trust, never be criticized and is always there for them. So who are we to judge that they too, cannot reflect on their missing loved one?

I know I have mentioned in previous articles of the way some, but not all, people approach this delicate subject. If they are not animal 'lovers' or have no pets of their own, then it is quite normal to often hear "Well it is only a dog, cat, rabbit etc. You can get another". Would they say that if it was a relative or someone close we are grieving for "You can get another friend"? If only we can step back a few paces, 'walk a mile in their shoes' and then reflect, I think we would hear it less often. Life is not that simple, so we just have to accept that everyone is not the same and they grieve in different ways.

My family have had many pets over the years and when it has been the time to say goodbye, we have been faced with the sometimes difficult decision as to whether or not to request for their ashes to be returned, in a casket, from the crematorium. We, as a family, came to the decision to say our goodbyes in the surgery or at home and to commemorate their life by planting a patio rose with a snippet of fur buried in the soil along with an apt saying applying to that particular pet. Sadly, this is something I had to do when I lost my lovely cat, Bisley, in April. Another patio rose is taking pride of place in the garden. We also have many photographs of our beloved pets, dotted around the house amongst family photos...after all, they were family.

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

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

Gentle creature, friend of man,
All my faults your love will span,
All my secrets you will keep,
Every thought, your brown eyes speak.

My dearest friend when all desert,
You lick my hand and share my hurt.
Endure my bad moods, bear my nagging,
Still you greet me long tail wagging.

Your joy in life I envy much,
To gain such pleasure from my touch,
You sleep so quietly at my feet,
Give me your love, your life complete.

You've stayed with me a few short years,
Shared my joys, and all my tears,
I can't express the way I feel,
To walk with you upon my heel.

Now, though your muzzle's showing grey
Your puppy traits you still display.
I'll treasure always the memory,
Of happiness you've given me,

And now you are no longer here,
I think of you and shed a tear,
It's hard to think you've gone for keeps
I miss you and the pain is deep.

Silly Orrin

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

Thank you and see you next month.

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www.kingstonvets.com

Continued from page 18

Calligraphy, Quilling and Folk Art classes

Held during term times in Swanland on Wednesday afternoons; in Woodmansey on Thursday evenings and in Hessle on Friday mornings. Contact Jane Jenkins 01482 832111 for details.

The Cottingham Music 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. 833 7093 or 47042.

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 8pm. No Charge. Contact: Pam 0796 09153 heyhappinesgroup.weebly.com

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 10.0 am to 12.0 pm, and Saturdays from 10.0 am to 12.0 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 8920.

Scottish Country Dance Club

We meet on Mondays in Arlington Hall, Cottingham, 7.0pm - 10.00 pm. Everyone is welcome, beginners (for the first hour) and dancers with experience. It's a fun night with an RSCDS qualified teacher. For more information phone Lynne Brooks

840301 or Joyce Cochrane 871790. Your first night is free so come along and have a go!

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 7.0 p.m. £2 entry. For more information visit <http://loudhailer.net/loudhailer-acoustic-nights/>

Hull Zingari

Hull Zingari, the city's longest-established cricket club, hold their indoor net practices every Wednesday at Sirius North Academy Sports Hall on Hall Road from 8.00 pm until 9.30 pm each week. The club will field senior sides in the York and District Senior League Premier Division and the Holderness Division Two as well as a Sunday side. Cricketers new to the area or those looking to join a progressive club and play in a higher standard of cricket will be very welcome. More info at www.hullzingari.play-cricket.com

Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.0 pm, and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on philme79@gmail.com for further information.

Continued on page 19

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“The Tooth and Nothing but The Tooth” by Chris ‘Dr. Smile Maker’ Branfield

Inspirational . . . There But For the Grace of God Go I

Hello again, I hope you are well and had a great Christmas. Happy New Year to you! Let's see what it brings, eh.



Well, I went with my fellow Dental Mavericks Trustees to Thessaloniki in Greece. It was our first trip there and we

teamed up with a charity called Health Point Foundation, who deliver health care in the refugee camps. An English Doctor from Bradford, set it up. What an inspirational woman. I don't know where she finds the energy.

They have been doing health care over there, and have found that there are urgent needs for dental treatment, so is now focussing on that. That's where we come in to try and help to a bit. The idea of the

trip was obviously to help people out of dental pain, but also to build relationships and understand, so that we can put a process together to then be able to send out teams of volunteers on a monthly basis, as we cannot keep going out ourselves. There are now 20,000 refugees in Thessaloniki spread over 15 camps. 8% are families escaping for their lives. There also quite a lot of unaccompanied minors, whose parents didn't make it.

They Must Be Nithered

Now there's a word I hadn't used until I came to the East Riding. It was really cold in Greece. We were all wrapped up in layers but a lot of refugees had flip-flops and didn't even have any socks!! Oh my word. We left our fleeces, sweatshirts, hats and gloves. Temperatures got sub zero.



Dentist Open

This picture was at the poshest place we worked. Inside was a central sterilisation unit and some dental chairs. It was at base camp. Each day we worked somewhere different on a rotation around the camps. This was real field, outreach dentistry.

We saw people of all ages in pain. They were so appreciative. The thing is, these people are just like you and I who had normal lives with families and jobs, and thrust into living in these camps with no real sign of getting out. In spite of this and the cold, they still stayed in good humour and we had some banter and smiles. Dental Mavericks love music so we have music on. We have the occasional dance. What I love is when you get a connection, regardless of language. Getting that understanding that you will do your best to help as gently and respectfully as you can. That's the buzz.



Hey The Macarena

One camp was run/organised by a Lady Professor, who was also a refugee. She loved what we were doing and would not let us leave until we had a dance. There was a real community vibe going on, which was lovely. Kids that had just had teeth out were dancing and smiling. It was also great for keeping warm. This is humans at their best. Inspiring stuff



Fed Up Of The Spare Bed?

I bet that sounded a bit random! It just popped into my head. I use lasers at work all the time. In February I'm off to Florida to train on using my lasers to do non-surgical shrinking of soft palates to help stop snoring and even help with problems like sleep apnoea. Can't wait.

Wishing you all a fantastic 2017 and hope you make your dreams come true.

Until next time. Take care and good

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 0148 7726. He has been in dental practice for 24 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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Our patients say it best at www.castleparkdental.co.uk

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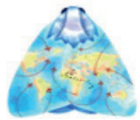
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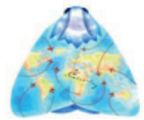
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MARION OWEN TRAVEL



Happy New Year! What have you planned for 2017?

January always brings many new travel offers, certainly far too many to mention here. As you are probably aware we are a full independent travel agency offering holidays with all tour operators and cruise lines... your one stop reliable place to book all of your travel requirements.

In this edition I have taken the opportunity to highlight a selection of our exclusive offers across this 4 page centre pull out. For more, visit our website or call for details.

Japan - the wonderful fall colours is our special in October. This is now half full. We can offer other dates but your travel to the airport will not be included.

Norway's Fjords - join me on a 5 night cruise on 26th May aboard Fred Olsen's Balmoral, from £649 per person, including travel from Hull plus a FREE drinks package! Optional travel from your door is available on most sailings.

SAGA - holidays and cruises. Come down to our office on 19th January, Wayne and Harry from Saga will be with us and you will receive an extra treat when you book!

Do remember when booking a holiday at Marion Owen Travel you never have to worry about the security of your holiday and can sit back, relax and look forward to your break. We are taking bookings for holidays and cruise departures into 2018. We look forward to creating your special memories in 2017 and beyond. *Marion*

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MAYFAIR HOTEL

7 nights - Half board per person
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15 April (Easter) £649

06 May £689

01 July £749

16 September £689

- Transport from home to the airport
- Flying from Doncaster
- Deposit to confirm your place £100
- Double for sole use £175

ATOL no.0752

Just for a day 2017

Enjoy a super social outing with our coach family....

25 January, Millstones - fun food & dancing £40

Bacon roll & coffee on arrival + 2 course lunch & coffee before our return

09 February, World of Rhubarb £49

Talk & tour of a Rhubarb Farm followed by a 3 course lunch

17 February, Afternoon Tea at Thoresby Hall £39

Time to look around Thoresby before indulging in a scrumptious tea

21 April, Harrogate Flower Show £45

Theatre Shows ~ Bradford Alhambra matinees

Depart Beverley 10am: Cottingham 10.15:

Willerby 10.30: Elloughton 10.45

08 February, Anton & Erin £60

22 February, Sister Act £59

01 March, Sunny Afternoon (the story of the Kinks) £59

28 April, The Wedding Singer £50* later start

11 May, The Commitments £59

07 June, Funny Girl (starring Sheridan Smith) £59

28 Feb 2018, War Horse £75

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National Portrait Gallery & Port Sunlight

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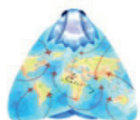
Prices shown subject to availability at the time of booking. Based on 2 sharing unless otherwise (cruises on lowest grade of cabin) single travellers welcome please ask.

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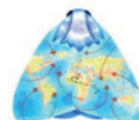
Jan 17*

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www.cottinghamtimes.co.uk - January 23



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DUTCH BULBFIELDS KEUKENHOF

A great little break with a full day to explore the amazing indoor and outdoor floral displays

22 March 2017 £99 per person

Via P&O North Sea Ferries

Your holiday includes:

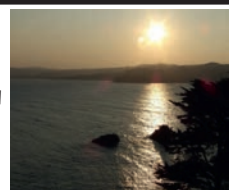
- 2 nights Hull to Rotterdam
- 2 Berth inside cabin
- VIP Coach travel
- Entry into Keukenhof.

Single supplement only £25

Why not upgrade your cabin?

Flat beds £25 or Outside cabin £35 per cabin return
Add Dinner & Breakfast on board Meal Package £52 pp
Please ask re travel insurance

DEVON, THE EDEN PROJECT & THE COTSWOLDS



A wonderful spring break - you will definitely understand why they call it the English Riviera. It is not often we repeat a destination, but at this time of year Torquay always comes up trumps.

27 March 2017 £345 per person

Staying for 4 nights half board at the

4 Star Imperial Hotel

*the setting of 3 Agatha Christie Novels,
it still retains its charm and elegance.*

- Visits to Gloucester, Exeter & Stow on the Wold
- A day visit to the Eden Project including entry
- Day of leisure in Torquay and a Devon Cream Tea

Double for sole use £125

Optional travel insurance £12.80
No age or pre existing medical exclusions



LICHFIELD & THE NATIONAL MEMORIAL ARBORETUM

Lichfield is a city steeped in history with a magnificent Cathedral (tour included).

New memorials were added In 2016 by the National Memorial Arboretum and a new visitors centre opened in November. Our spring visit will be a lovely time to see the superb enhancements at a special and very moving place of remembrance.

Staying 1 night half board at the

BW Appleton Park Hotel

Ideally located for this visit, offering modern amenities along with superb food.

25 April 2017 £110 per person

Single room supplement £15

Optional travel insurance £7.90

No age or pre existing medical exclusions

SCOTLAND'S JACOBITE, SKYE, MULL & IONA



A wonderful itinerary which will not disappoint, travelling by road, sea or rail.

17 May 2017 £725 per person

Your tour includes:

- 1 nt Fort William, 2 nts Skye, 3nts Mull - half board
- Jacobite Express Fort William to Mallaig
- Ferry Crossing to Skye
- Tour of the Island of Skye
- Crossing the bridge over the sea to Skye
- Ferry to Mull
- Tour of Mull
- Scenic/wildlife ferry to Iona via Staffer
- Iona - plenty of time to explore

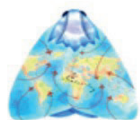
Deposit to secure your place £100

Optional travel insurance £16 no age or medical exclusions

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Ask about our other tours e.g. Blackpool & Joe Longthorn, Luxury break to Harrogate & South Wales





LUXURY ALL INCLUSIVE FRENCH CANAL BARGE



Jeanine, our barge for 2017 will wend her way from Besancon to Dijon allowing you to enjoy scenery and sights not visible when travelling by road. At the same time, you will enjoy superb food and service from a dedicated crew. Carrying a maximum of 20 guests in 11 twin cabins, this is a very special 9 day holiday.

17 August 2017 £2250 pp

Via P&O North Sea Ferries

- Sea view cabins, flat beds & meals
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- Full board and drinks inclusive
- All shore excursions and free wifi

Only 5 cabins available

1 cabin possible for sole use £2950

Deposit £400 per person

Please ask re travel insurance

EASTERN GERMANY



2017 celebrates 500 years of the reformation.

Why not join this very special tour of Historic Eastern Germany?

05 September 2017 £1239 pp

9 days Via P&O North Sea Ferries

Your holiday includes:

- Ferry inc. sea view cabins, dinner & breakfast
- Half board throughout
- Hannover, Wittenburg & Leipzig guided tour
- Dessau guided tour and lunch
- Halle, Eisleben, Eisenach for Luther exhibits
- Erfurt, guided tour and sausage lunch
- Wartberg Castle
- Magdeburg guided tour

Single supplement only £150

Please ask re travel insurance

WW1 THE SOMME & YPRES SALIENT



A final opportunity to join Dave on his special tour of many moving WW1 sites.

05 October 2017 £485 pp

Via P&O North Sea Ferries

Your holiday includes:

- 2 nights, 2 berth inside cabin
- 1 night Flanders Lodge B&B Ypres
- 2 x packed lunches
- 2 nights Hotel de la Paix Bapaume half board
- Comprehensive tour inc. "The last Post" & Oppy for the Kingston Upon Hull Memorial

Double £485, twin £525, single £599,

Ferry upgrades : sea view and flat beds £20
Meal Package £52 per person



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Travel with confidence

Exclusivity agreement on Skidby Mill extended until 31st March

East Riding of Yorkshire Council has announced today (12 December 2016) that it has extended the exclusivity agreement with the Millhouse Restaurant regarding proposals for the future operation of Skidby Mill until 31 March, 2017.

Skidby Mill and Heritage Centre 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 well as offering conference and catering facilities.

The council is exploring 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.

Earlier this year, the council announced that it had concluded the process of seeking expressions of interest from suitable parties for Skidby Mill and Heritage Centre. One expression of interest was received from the Millhouse Restaurant at Skidby.

The council entered into an exclusivity agreement with the Millhouse Restaurant for a period of six months to enable them to put forward a more detailed proposal for the future of the facility for the council to consider. This agreement expired on 2 December 2016. The Millhouse Restaurant have made progress in putting a proposal together but require more time, hence the extension until 31 March 2017. If a viable proposal is put forward by the restaurant, a decision about the future of the mill can then be made by the council's Cabinet.

The council understands that Skidby Mill is a much loved and iconic building and has not made any decisions about future arrangements for the facility. It is very much business as usual for the mill, museum and adjoining independently run café. Staff and commercial tenants at the site have been notified and updated about the extension of the agreement.

Learn Ballroom and Latin American dancing

Learn Ballroom and Latin American dancing. Start Monday January 16th, 8.15 pm to 9.15 pm at the W.I. Hall, South Cave.

For Adult Beginner Couples. Only £5.00 p.p. Callis/Waudby For Dancing. 01482 424418 0780 28 992 infor@calliswadby.co.uk

New venue for the East Riding Flower Club

A 'Happy New Year' to all our members and visitors. The news may have travelled that we are leaving the Civic Hall, Cottingham, due to the uncertainty of the future of the hall. It is with great sadness that we are leaving after over thirty years of holding our meetings there. The facilities and staff there have been a bonus. We do hope that the hardworking supporters are able to form a trust, if so we will return in 2018.

The club was founded in 1960 and membership is usually between 100-140. We meet usually the last Monday in the month (sometimes in the morning now well). Meetings consist of floral demonstrations, both national and area, workshops, competitions, and quizzes. We also organise visits, flower festivals and charity events.

Over the years we have staged festivals at Anlaby, Hessle, Burton Pidsea, Rowley, Walkington and Cottingham, as well as members staging at Beverley Minster and Holy Trinity Church, Hull. Some members have competed at Chelsea and Harrogate Flower Shows.

People often think that you have to be an expert flower arranger to belong to the club - nothing is further from the truth - the only qualification is an appreciation of flowers.

We are a family friendly, fun-loving club. Our new venue is the **WILLERBY MANOR HOTEL, Well Lane, Willerby, HU8 6ER**. We have a luncheon there in January, the first club meeting is on Monday 27th February, at 2.00 pm. Details of this to appear in the Cottingham Times.

More details about the club are available from Judith Robinson, tel. 01482 8879 or visit our website www.eastridingflowerclub.org.



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Your Stars for January 2017

By Kay Gower

Aries (Mar.2 April 9)

Everything to do with finances will change for the better during the first 6 weeks of the year. Eventually you get rewarded for the efforts you have made and could even get an unexpected pay rise or offer of a new job.

Taurus (Apr.2 May 2)

The first week of the year brings useless distraction - try and stay focused. Limit the time you spend with people who can't or won't get behind your plans.

Gemini (May 2 June 2)

You have never been a natural self promoter, but this month you realise that people really need what only you can offer. Telling them about it will be a kindness.

Cancer (June 2 July 2)

Other people see abilities in you that you don't readily recognise. Listen carefully because it's not flattery - it's honest insights that you would be wise to act on in the weeks to come.

Leo (July 2 Aug 2)

You'll be in an outgoing mood all month and will attract new friends. Having lots of friends doesn't make you a better person... it does make you a person with more options though.

Virgo (Aug 28 Sept.3)

The cosmic picture looks promising. You have a wonderful year ahead of you, though you may not think so right now. Take a few risks, you may be surprised at how many succeed. Health begins to improve.

Libra (Sept.4 Oct.3)

You'll be inspired to create, but just remember that you don't have to be an expert before you even begin! Start your new project this month and if you stick with it, you might be the expert by the end of the year.

Scorpio (Oct.4 Nov.2)

You don't need words to be able to work your magic. You make others feel better with just a glance, a smile or a pat on the back. You are a source of encouragement this month for those lucky enough to be in your circle of friends.

Sagittarius (Nov.3 Dec.2)

You're fearless this month. Usually it takes courage to go against the popular opinion, but your convictions are so strong now that you will not let them go unexpressed. A supportive relationship will cheer you on.

Capricorn (Dec 2 Jan .9)

You will hear some good news or an important decision will bring a feeling of satisfaction and put an end to problems, stress and strain. A good start to the year.

Aquarius (Jan 2 Feb 9)

The sun moves into your sign on the 21st. This promises a new start in whatever area of life you feel you most need it. Be prepared, something good is just around the corner.

Pisces (Feb.9 Mar.9)

Strangely enough, you don't have to know the way to get there. You will manage, you'll ask for signs and eventually you'll find yourself in the place you want to be. You're a Pisces, you understand what I mean.

East Yorkshire Climbing and Mountaineering Club

To all climbers, mountaineers and hillwalkers in the Hull and East Yorks area - We are a friendly club based in Hull and East Yorks area. The climbers meet at Rock City in Hull every Tuesday evening in the winter and outdoors in the summer. We have monthly weekend meets to the Dales, Lake District and Scotland. All abilities are welcome to come and try us out. We have just launched our new website and are currently recruiting new members. Check us out at www.eycmc.org and our meet up site is www.meetup.com/East-Yorkshire-Climbing-Mountaineering-Club/

Haltemprice Squash Club

Welcome all players of all standards to join in with all our activities including Club Nights, Mini-Leagues and Humber Squash League Teams. Further information from Dave O'Brien Tel. 8849 or via our website www.haltempricesquashclub.com.

Cottingham Methodist Church hall, Hallgate

Card making class held every Monday (Except Bank Holidays) 1.0pm - 3.0pm. Classes restart 9th January. All levels welcome. Contact for further details - Ann on 079388

The deadline for entries in the February "What's On" section is the 10th January.

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Sudoku Answer from page 12

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

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Clean and repair your garden tools, book the lawn mower in for a service and check garden furniture for any rot. When it is warm enough to brave the elements, treat sheds, fences and trellis with wood preservative; brushes and rollers are fine for most things, however a sprayer is well worth buying for tricky projects such as woven panels!



When soil conditions allow, continue to dig over beds and borders, incorporating as much organic matter as you can. Forking over not only helps prepare the soil for next year, it helps reduce pests by exposing them to hungry birds.

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



When the weather allows, carry on clearing paths of moss and leaves.

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 30 cm and break up all the large lumps, adding organic matter, such as well rotted manure or compost.

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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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, tying a knot at the cut end and filling that end with compost and grass seed so you end up with a good-sized head. Knot the other 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 it on a cup of water and watch your new friend grow grassy hair.

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*.

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.

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

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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!

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Happy New Year and let's plan for a safe and secure 2017

On the positive side, things can only get better as last month will be remembered by many as the month of losing the internet! First of all Kcom had a major problem caused by a cyber-attack on one its most widely used Zyxel routers (more on that to follow). Then along came a Windows networking issue that caused many Windows 10 computers to lose their Wi-Fi connection.

Hopefully by now everyone will be happily back online. But in case you missed the announcements by Kcom across the media, and even if you didn't lose your internet service there is an important fix required if you one of these Zyxel routers. It has a black top and white surround, turn it over to see the model number on the base. This is the message from Kcom issued in mid-December: We are rolling out an automated upgrade for **Zyxel AMG 1302-T10B** routers which is designed to remove any service issues and remove the vulnerability that the cyber-attack exploited last week. In order to find the solution, we have been liaising with other broadband providers affected by the cyber-attack. It is very important **for all users of this router** (whether you are experiencing any issues or not) to follow the simple steps below to upgrade router settings.

1. Unplug your router from the electrical socket and leave it off **at least 30 seconds**
2. Switch the power back on and leave your router for **at least 15 minutes** while the settings update automatically. The lights on the router will flash intermittently during this time. It is very important that you do not try to access the internet during this phase. This will allow your router to process the upgrade and come back online.
3. We expect this to clear any issues you have accessing the internet and it will also remove the vulnerability for **all** customers using this device.

Windows Vista – official retirement date is 11 April 2017. I've mentioned before that Vista is reaching 'end of life' in Microsoft terminology, and this is now the official date for end of support. This follows on from the same scenario for Windows XP back in April 2014. There is no upgrade path from Vista to any other version of Windows, so the only plan of action will be to buy a new computer.

Now is a good time to buy a new computer as Intel has upgraded its processor line-up to the 6th generation. So look out for the number 6 in the description, for instance Intel i3-6100 or i5-6200 and so on, to make sure you are getting the latest processor. This is after all the most important part of any computer, followed closely by the amount of operating memory (called Ram) which should be between 4 and 8 GB – the more the better. Hard drives, where all your data is stored on the computer, are massive nowadays at 1TB (1,000GB). Some computers use SSD (solid state drives) which are smaller in capacity but much faster to boot, and are sometimes teamed up with a traditional storage drive.

Things to consider when buying a new computer. The first and most important is that all your data can be transferred. This includes documents, family history, photos, music & videos, emails and contacts and even internet favourites. Programs however cannot be transferred, they have to be re-installed from the original source i.e. a CD or download and you will probably need the licence number or activation key that came with it. Sometimes however that licence will only permit use on one computer, so you may have to purchase the latest version, which is often better anyway in terms of compatibility. Microsoft Office is a prime example of this, so if you need Word or Excel or PowerPoint plan to buy the latest version or pay an annual subscription for Office 365 which offers all six programs in the suite for up to five computers (incl Mac).

For advice on a new home computer, security and Office versions please give us a call.

If you use theTrainline.com to book rail tickets, I have found they now accept Apple Pay. If you already have Apple Pay set up on your iPhone you'll know the benefits of just waving your phone over the card machine in stores, and now you can book your tickets using the trainline app then just pay by using your fingerprint – easy!

ESET new product line-up - I mentioned this last month, just a reminder of what we can offer for new purchases and renewals. *Nod 32 anti virus* hasn't changed, then we now have *Internet Security* which includes a firewall, web cam protection, and an internet banking module, then *Smart Security Premium* which adds anti-theft and a password manager plus a new data encryption module. They all represent really good value for top class computer protection and a comparison chart can be found online here: <https://www.eset.co.uk/Home/Compare/Windows> Current users can carry on with their existing installation without doing anything, but if you would like to change over to Eset or wish to renew or upgrade your existing product, please don't hesitate to call our number shown below.

Kcom's latest Colour pages has been distributed and RDM Computers is listed under Computer Maintenance.

Everyone likes a bit of free advice, so on my website you will find a free guide with some answers to often asked questions like: 'Why does my computer start and then stop at a black screen? Why does my Windows10 start button not work and I can't get emails?' And not least 'Why isn't my internet working?' (download it while you can!) So just go to www.rdmcomputers.co.uk/news and you will see a link to the this and the previous two articles, plus the free guide.

Also I will be updating the blog on my website regularly with any news items worthy of mention. And for those on Twitter you can find me @rdmcomputers1

You have probably gathered that we take security very seriously, so if need advice on changing or buying anti virus, or if you think you may have been the victim of a scam, just call us for advice.

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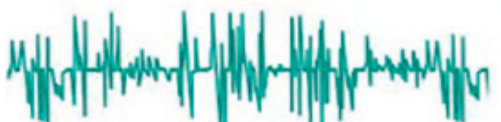
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Melanie Watson of Skidby Livery Stables with the latest of her monthly articles

www.instinctivehorsetraining.co.uk

My 2016 Highlights

Some of my pictures are personal, some are from my business life. They all merge together to build wonderful memories of the year just passed.

Many thanks to all those who have supported me in my work and all those who have taken on the ethos of Force free horse training to build better relationships with their beloved horses. You all make me very proud.

My thanks must go to the NHS for giving me a brand-new knee so I can carry on with a hopefully pain-free life. To my amazing staff who are my rock and my business is as much about their input as mine. To my liveries and friends for being so loyal and supportive through a difficult year.

The year to come will be filled with new challenges, new people, new horses and hopefully reuniting with lots of past customers and friends.

Wishing all my readers, customers, brilliant staff, liveries and friends a very Happy, Healthy and Prosperous New Year.

Picture 1 Being asked to present my work at the Connection Training Conference.



34 January - www.cottinghamtimes.co.uk



Picture 2: To have taken on an RSPCA Rescue dog and given him a forever home...welcome Billy (who is systematically chewing his way through all my worldly goods)!
Picture 3: To have sadly lost a very dear friend and to have her beloved little dog Princess join my Mum, giving her that old, old, old companionship and love.



Picture 4: To have spearheaded a huge collection of equipment and first aid to this wonderful charity in the Holy Land, the horse community proved to be so generous and caring.

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Swanland Screen to show - *Les Miserables* on Saturday 21st January

Swanland Village Association would like to wish all readers a very happy new year and hope you will mark the following third Saturdays onto your new calendars and in your new diaries to remind yourself that it is Swanland Screen night: January 21st *Les Miserables*; February 18 h *The Revenant*; March 18 h Room, April 16 h Brooklyn.

Swanland Village Hall doors open at 7pm and the films start at 7.0pm with tickets (on the door only) at £4 adults and £2 schoolchildren. We have an interval during the film where tea, coffee, fruit juice and biscuits are served and you can add your suggestions for future films to our list.

Information on all the forthcoming films can be found at www.swanlandvillagehall.info/forthcoming-events.htm.

Our January choice, is the 2012, three times Oscar Winner, *Les Miserables*, telling the story of Jean Valjean in 19th-century France. For decades he has been hunted by the ruthless policeman Javert and, after breaking parole, agrees to care for a factory worker's daughter. The decision changes their lives forever. Starring Hugh Jackman, Russell Crowe and Anne Hathaway.

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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 new adult learning course guides are out now. Aimed at people aged 19 years and over, the course guides have plenty to offer people living in and around Cottingham. Whether you are looking to improve your skills, gain new qualifications, or learn something completely new, there really is something for everyone.

Starting in January we have courses on offer that can help you to improve your IT, English and maths skills as well as our most popular courses including counselling, teaching assistant qualifications and photography. If you fancy learning a brand new hobby or skill we also have a range of art, crafts, creative writing and paper sculpture courses on offer. Don't forget our specialist ceramics studio in Cottingham too, where learners can take part in a range of pottery classes from complete beginner to more advanced classes and specialist workshops.

Sign up to a FREE taster course during January

Not sure adult learning is for you? Register for a free taster session and get an idea of what goes on in the classroom, what adult learning centres are like and meet our fantastic tutors. Our taster week takes place between 9-14 January, so hurry to book your place.

There's no pressure to commit to anything further and you may just find something that you really enjoy.

You can pick up a copy of our new course guide at the

adult learning centre on Burden Road in Beverley, 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 or a free taster session you can book online or call (01482) 880. Concessions may apply - ask at time of booking.

Pictured above: Pottery is a popular course at the Cottingham Adult Learning Centre on Hallgate with beginners and more advanced courses plus evening workshops - there's something to suit all levels.

Did you get a new camera for Christmas and want to learn how to use it? Why not learn to take pictures as good as Malcolm pictured below. Malcolm was nominated by his fellow learners to win the learners' learner award in the Moving on with Photography class at the Adult Learning Centre in Cottingham.



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Pick up a copy of the new Spring 2017 course guide at the Cottingham adult learning centre, library or customer service centre or look online at:

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What will you do next?



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Property News from Martin English of Homelink

Article continued from the November issue

Take several pictures of the same thing so that you can make sure you select the best picture when you upload them to your screen. Try taking pictures of the same room from different angles and study what is actually in the picture that you are taking, doors are notorious for getting in the way, take the time to prop these open or take up a slightly different position to shoot from. Nobody wants to see bins either, so move them out of sight for your picture.

It's vital that you have a killer picture, this will make tenants want to find out more, and you can't have enough good pictures, the more pictures you have the better, you want pictures that show the property in a positive light, so only include those that do.

Bathrooms are usually the most difficult room to capture as they are usually the smallest room of the house and if you have got a bathroom to be proud of then you want to show this off. A wide angle lens will help you get a better perspective on the room, however if this is still not sufficient to capture a room without cutting out half of the detail, spin your camera around so that you are taking a portrait picture and you will usually capture a lot more of the picture.

Don't be afraid to take close ups it's not always about a picture of the room, if you have some shiny new expensive taps in your bathroom, try taking a close up picture of this, you might have some really nice looking handles on an expensive looking door, a fancy fireplace or even an ornament in the room for example. By showing these you are visually telling people that your property oozes quality, it's got a nice feel to it and that they need to come and see it.

By having a selection of good quality pictures this allows you to rotate the front picture on your adverts to keep the advert fresh. Regularly rotating the front picture will ensure that your property advert doesn't stagnate and is kept firmly in the minds eye of those searching for their next property.

If you have any comments or suggestions about the column or you have any property related questions that you would like me to cover please feel free to contact me at menglish@home-link.co.uk 01482 8348 or contact through *Cottingham Times* directly.

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**AWAITING
PHOTOGRAPH**

5 Bedroom House

- Modern detached family home
- Exceptionally well presented
- Superb living/dining/kitchen
- Well appointed lounge
- 2 Bedrooms with ensuite facilities
- Family bathroom
- Double garage
- Gardens to front and rear

Cottingham £700pcm



3 Bedroom House

- Good sized living accommodation
- Refurbished property
- Bright large living space
- Fitted kitchen with built-in hob
- Two double bedrooms and one single bedroom
- Family bathroom with shower over bath
- Garden shed to rear
- Gas central heating and double glazing

Cottingham £695pcm

**AWAITING
PHOTOGRAPH**

3 Bedroom Semi Detached

- Lovely property in a cul-de-sac location
- Recently refurbished and redecorated throughout
- 2 Reception rooms
- Kitchen/diner
- Bathroom with shower
- 2 Double bedrooms, 1 Single bedroom
- Garage and off-road parking

Skidby £675pcm



3 Bedroom Bungalow

- Spacious property
- Quiet cul-de-sac location
- Good sized fitted breakfast kitchen with utility area
- 2 Double bedrooms with fitted wardrobes
- En-suite master bedroom
- Large family bathroom with separate bath and shower
- Conservatory
- Double garage, drive and rear garden

Cottingham £495pcm



2 Bedroom Apartment

- A superb duplex apartment
- Fitted kitchen with integral appliances
- Master bedroom with double skylight and ensuite
- Bathroom with shower
- Double glazing and central heating
- Allocated car parking

Cottingham £385pcm



1 Bedroom Apartment

- First floor apartment
- Neutral décor throughout
- Good sized lounge
- Modern fitted kitchen with integrated oven and hob
- 2 good sized bedrooms
- Double bedroom with fitted wardrobes
- Under floor heating
- Double glazing

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Work has started on the new Multi-Service Centre for Cottingham

Work has begun on a refurbishment scheme for the Cottingham Library building, as part of the council's £4 million programme of creating a number of new Multi-Service Centres across the East Riding.

The work at Cottingham will see the customer service centre and registration service move into the refurbished library building, offering customers a one-stop-shop facility, in a modern and attractive environment. It is anticipated that work will be completed within ten months.

During the building works, the customer service centre and registration service will continue to operate as normal from their existing locations. The library service will, however, be relocated to temporary accommodation in front of the Civic Hall in Cottingham for the duration of the work.

The library has re-opened in its new temporary location in front of the Civic Hall.

The opening hours during the building project will be:

Mon	9.0-12.0	1.0-5.00
Tues	9.0-12.0	1.0-5.00
Wed	Closed	
Thurs	9.0-12.0	1.0-7.0
Fri	9.0-12.0	1.0-5.00
Sat	9.0-12.0	

During the building project, the library will provide a wide selection of stock, and three public access computers with internet, printing and scanning facilities.

The council is committed to investing £4 million in the creation of six more multi-service centres by 2019. These will be in Hedon, Beverley, Cottingham, Hornsea, Goole and Howden.

Councillor Richard Burton, portfolio holder for civic wellbeing and culture, said: "The new multi-service centre in Cottingham will provide greater flexibility, allowing residents to carry out a wide variety of transactions at their own convenience while, at the same time, being able to use a self-service provision and access information via public access terminals."

"This is the latest multi-service centre to be developed in key towns across the East Riding and is part of the council's drive to lower running costs whilst seeking to improve access to services."

An East Riding of Yorkshire Council spokesperson added: "We apologise for any inconvenience caused by these temporary changes in Cottingham, but would like to reassure our customers that the end result will provide the local community with a modern and cost efficient facility, bringing a number of services together next year."

A "Thank You" from the Cottingham Branch of the Royal British Legion

The Cottingham Branch of the Royal British Legion, wish to sincerely thank everyone who contributed and volunteered to help. Schools, Shops, Castle Hill Hospital, Golf Clubs, Public Houses, Swift Caravans, Residential Homes, Banks, St. Mary's Church and all businesses.

A very special thanks to The Co-operative in King Street, for the continued support in letting us have a table in the store over the main Poppy Appeal time. Grateful thanks also to the Memorial Club for the use of a room during the appeal.

To date we have collected over £0,000, which is very much appreciated. Last, but by no means last, our very grateful and very much appreciated support from the *Cottingham Times*.

Graham Porter - Caring Dentistry



Graham Porter
BDS

Caring Family Dentistry
GDC Registration Number: 51131



Stuart Graham
BDS, MMedSci (Dental Implantology)

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Chinese New Year The Year of the Rooster begins on January 28th

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

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

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

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

When you translate bamboo shoots into Chinese, the words sound similar to the Chinese for "hoping that all turns out for the best". A whole fish with its head and tail intact will represent togetherness.

40 January - www.cottinghamtimes.co.uk

Reunion Dinner

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

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

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

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

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

The day continues with visits to relatives. The visiting rota has its unspoken hierarchy arrangement. The oldest get to sit at home and wait for the younger relatives to visit them to exchange good wishes to each other. This is a very exciting time for the children because nearly every 'Kung Xee Fa Chai' (it means Congratulations and May you be Prosperous) they recite, they get an ang pow (red envelope containing money) for it.

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

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

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

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

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

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

On this day, the old and young carry a colourful lantern and gather in a neighbouring public place. They gather to admire and appreciate the first full moon of the year (very similar to the Mid Autumn Festival). In China, there are still villages that hold a big Tang Yuan (rice dumplings) cooking and eating session. The dumplings are round and symbolise family unity and completeness. The mid-month Lantern Festival traditionally brings the seasonal passage of the New Year to a conclusion.

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

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

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Chinese Good Luck Foods for the New Year

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

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

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

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

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New exhibition open at Skidby Mill: 'Sail and Steam - Boatbuilding in the East Riding

A new exhibition by the Skidby Mill volunteer team opened at the windmill on Tuesday 13th December.

"Sail & Steam: Boat building in the East Riding", looks at evidence for boat building in this area from Prehistory down to modern times. A number of locations are covered, including Bridlington, Goole, Hessle, Paull and Ferriby. The display runs until 16 May, 2017, and is supported by artifacts from the council's museums service collections.

The Mill is open 10.00am to 5.00pm (closed for lunch 12.0- 1.00pm, last admissions 4.15pm); Fridays last admission 3.45pm, closing at 4.0pm. Modest admission charges apply. For further information please call the mill reception on 01482 8805

World première for Concert in Aid of Amnesty International

The programme for Hull Amnesty Group's next concert in aid of Amnesty International will include the first performance a piece composed specially for the occasion.

To mark Hull City of Culture 2017, Michael Betteridge has composed a short piece based on a poem by Deirdre McGarry from *Still All Can't Be*, the anthology published by the Hull Amnesty Group in 2012. Entitled *the prisoner*, the poem was recorded by actress Mary Hooton and the composer has notated the rhythm and pitch of her voice to create his piece for wind trio.

It will be performed by Trio Volant - Thomas Evans (clarinet), Bea Hubble (oboe) and Richard Beards (bassoon), members of Live Music Now. Their programme will also include works by Mozart, Rossini, Canteloube and Cecilia McDowall.

The concert will take place at 7.30 pm on Friday 20 January 2017 in the Judi Dench Theatre of Hymers College, Hymers Avenue, Hull HU3 1LW. Tickets, including refreshments, cost £5 for adults, or £0 for under 18 and students with a student card. They may be ordered by email (hullamnestygroup@gmail.com) or telephone (01482 83 or 01482 89443 or 078 07923).

All proceeds will go to Amnesty International.

Searchers Competition Winners

The winners of two pairs of tickets for the Searchers Concert on Sunday 18th December at the City Hall, were Ann Abel and Veronica Bailey both from Cottingham.

We hope you enjoyed your evening.

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New year, new you - adult learning course guide available for Spring 2017

There's never been a better time to sign up for an adult learning course, with East Riding of Yorkshire Council launching its new course guide for spring 2017.

Aimed at people aged 19 years and over, the guide is full of courses starting in January that can help East Riding residents improve their skills to get a job, gain a new qualification or learn something completely new.

For residents who are thinking about taking a course but need some ideas, there is a taster week from 9-14 January. Taster sessions are two hours long and aim to give potential learners an idea of what goes on in the classroom, what kind of things they can learn and an opportunity to meet staff and tutors.

Featured in the guide are a number of main courses that lead

to qualifications, such as counselling, photography, supporting teaching and learning, maths, English and ICT related courses.

Shorter courses are also available, such as knitting, soft furnishings and quilting as well as favourite courses including pottery, crafts, drawing and painting and floristry. In total, there are over 120 courses delivered from one of four main adult learning centres in Beverley, Bridlington, Cottingham and Goole.

Sara Arnold, employment, education and skills group manager, said: "There's never been a better time to start learning, whether you're looking to improve your maths, English or IT skills to get a job or signing up for a part-time course."

"If you're not sure that an adult learning course is right for you, sign up to one of our free taster courses and try before you buy! Either way, we would like you to join us and be among the thousands of learners who benefit from education and training with us each year."

Councillor Jane Evison, cabinet portfolio holder for economic investment and tourism, said: "Providing a quality adult learning service is a key priority for the council and allows us to support and grow the local economy by ensuring our residents have the necessary skills to achieve their aims and ambitions."

"The new course guide provides opportunities for people to learn and develop themselves, so why not take a look at the courses available and enrol at one of our learning centres."

You can pick up a copy of the new course guide at any East Riding library, leisure centre, adult learning centre or customer service centre. Copies will also be distributed to local community venues.

Alternatively, you can download a copy online at www.eastriding.gov.uk/learn where you can also book a place on a course, locate your nearest centre and find out about help for learners with learning difficulties, financial support if you are unemployed or to access an advanced learning loan.

Hull and East Yorkshire Hospitals **NHS**

NHS Trust

Living With and Beyond Cancer

Adjusting to life after cancer treatment, or living with cancer, can provoke strong emotions and possible fears for the future. Cancer survivors have a wide range of physical, psychological and social needs.

The Macmillan Survivorship Programme is a service for cancer patients and their families. It is a programme designed to meet the individual needs of the patient and their carer and to focus on recovery, health and wellbeing after cancer treatment.

The service offers appointments at a variety of clinics across Hull, East Yorkshire, North Lincolnshire and North East Lincolnshire.

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- ✓ Nutrition and diet management
- ✓ Telephone group
- ✓ Walking group and well being course

To access the service please contact The Survivorship Team, Hull and East Yorkshire Hospitals NHS Trust, The Queens Centre for Oncology and Haematology, Castle Hill Hospital. Telephone 01482 461091.

Email: sarah.guest@hey.nhs.uk or ask one of the Health Professionals involved in your care.

The service offers one-to-one, group, telephone or email support. The service undertakes clinics in a variety of community areas.

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

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

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

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

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

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

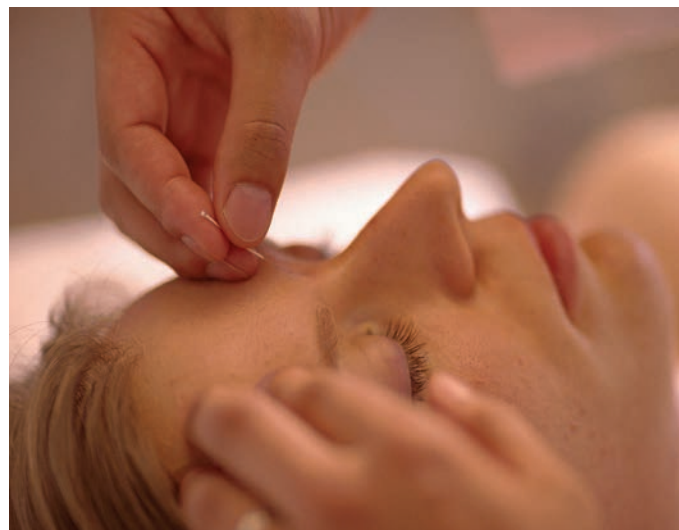
The channels are related to the internal organs, which if out of balance is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

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

Problems and Diseases commonly treated by TCM

Dermatological:

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



Muscular, Neurological, Skeletal and Vascular:

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

Internal:

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

Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

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

Cancer and Tumour:

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

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

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

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

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B. Great Givendale - Millington - Wolds Way to Goodmanham

Sunday 21 January

A. Appleton le Street - Howthorpe Farm - Scackleton - Coulton - Hovingham

B. Slingsby - Howthorpe Farm - Scackleton - Coulton - Hovingham

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If you like walking in the countryside/a social day out then why not join Phoenix Walkers, a very friendly walking group with walks on Sundays in picturesque areas of Yorkshire, Lincolnshire and Derbyshire. The coach picks up on Ferensway Hull then through to Cottingham Green coach fare £10.

Three levels of walks.

A Walk 8-10 miles

B Walk 5-7 miles

C Walk 'The Strollers' a very leisurely 3 miles or so.

We take a break now for the Festive season with walks starting in February 2017

Why not join us in the New Year. For further information please ring Dulcie Hartley 01482 69000

One hundred-strong workout to mark fitness industry phenomenon at East Riding Leisure Beverley

One million exercise fans are expected to take part in the world's biggest workout on 14 January 2017, to celebrate the 100th release of Les Mills BODYPUMP™.

East Riding Leisure Beverley will celebrate the release by hosting a 100-strong BODYPUMP class on 14 January. Members are invited to attend this session from 9am-10am, which can be booked in advance, followed by two more Les Mills classes (Body Combat at 10.15am and Body Balance at 11.00am) and a BODYPUMP class open to all from 1-2pm.

There will also be events at other East Riding Leisure Centres to mark the 100th release. Full details are at www.eastridingleisure.co.uk

The BODYPUMP workout sees four updated and musically refreshed versions released every year, and release 100 in January will mark 25 years of revolutionising the group fitness market. BODYPUMP is now in partnership with Reebok, aiming to create life-changing fitness experiences for consumers worldwide.

The combination of contemporary music, exercise techniques and physical results that can be quickly observed has been the key to the workout's appeal across the generations.

David Johnston, assistant leisure services manager, said: "East Riding Leisure Beverley is one of 1,000 licensed gyms across the world which host this workout, and I am sure that lots of people will want to come along and join in on 14 January!"

"Look out for a chance to claim your free class via our social media page EastRidingLeisure @ERLeisure to celebrate BODYPUMP100 on January 14, 2017 from 1-2pm."

Full details are available at www.eastridingleisure.co.uk/bodypump-100/

Continued successes for Special Olympics City of Hull swimmers

Special Olympics City of Hull swimmers are training regularly and hard, and competing very successfully in preparation for their participation in the Special Olympics Great Britain 10th National Summer Games, which will be held in Sheffield in August, 2017, as part of the Yorkshire & Humberside Regional team.

13 swimmers from City of Hull, recently took part in the Special Olympics Regional Swimming event at The Hydro, in Harrogate, including Owen Garsides, Adam Loubani, Thomas Waterhouse, Tim Wong & Seb Cooper, all who live in Cottingham.

Between these five swimmers – they obtained eight Personal Best times.

This is all very encouraging for the Coaches. All these athletes train weekly at the Ennerdale Centre and East Hull Pools,

After a break for Christmas they will be back in training for the local City of Hull Gala to be held at the Beverley Leisure Centre on Saturday, 4th March.

Congratulations again to all these five swimmers

John Bardsley, Special Olympics City of Hull

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www.hkempandsonltd.com

Public Meeting - Save Cottingham Civic Hall on Monday 30th January at 7.30pm

A Public Meeting will be held in the Civic Hall, Cottingham on Monday 30th January, at 7.30 pm.

This meeting is open to everybody for Information and Suggestions about the future of the Civic Hall and Council Offices.

For further details contact Katrin McClure via email mcclure@mcclure.karoo.co.uk.

The London Theatre Voices - Topsy Turvy

The London Theatre Voices will be making a welcome return to Beverley on Saturday 28 January 2017 at 7.30pm to sing a concert of Gilbert and Sullivan music. The group have now been coming to Beverley for nine years performing Gilbert and Sullivan Evenings, Music Theatre Evenings, Christmas Music and various Opera Nights.

The first half will be devoted in particular to one of Gilbert and Sullivan's most famous and funny Operas The Pirates of Penzance. The 'Poor Wandering One', the Sergeant with his unhappy lot and various Pirates will all be there to entertain you.

The second half will be a mixture of songs, duets and quartets from many of Gilbert and Sullivan's other opera including The Mikado, Patience, Trial by Jury and The Yeoman of the Guard.

Do come along and reacquaint or introduce yourself to the delights of Gilbert's words and Sullivan's music sung by the London Theatre Voices.

Tickets cost Adults £15, Concessions £13 all children under 14 FREE with full paying adult, additional children £5 and are available from Beverley Library or call 01482 395320 or visit events.eastriding.gov.uk.



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 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

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

Chia seeds make a great addition to your breakfast cereal, a bowl of oatmeal or a bowl of yogurt.

Pomegranates:

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

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

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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