

Cottingham Times

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Issue 194 - January 2018



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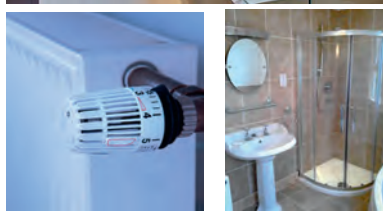
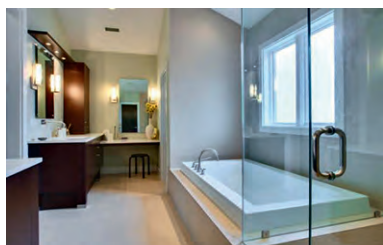
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In Cottingham and District

Cottingham Methodist Church Photography Group

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Tuesday 2nd January - 7.30 pm

Tuesday 16th January - 7.30 pm

Tuesday 30th January - 7.30 pm

A new camera for Christmas? Why not give our friendly group a visit? Our members are happy to offer their help and advice to new members. New members welcome. All levels. New members welcome. All levels. Contact for further details:- John on 842169 or john@jcmhome.karoo.co.uk

East Yorkshire Group of the Hardy Plant Society

Thursday 4th January - at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF, Mike Kinnes 'Winter Colour'. Further information from Lois Scott 01482 494276.

Cottingham Catholic Women's League

Monday 8th January - Paul Schofield will be speaking on his "Fish Trail Round Hull", in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 p.m.

Cottingham Women's Institute

Tuesday 9th January - East Riding of Yorkshire Council Waste and Recycling Team 'What a load of old rubbish'. Competition: A recycled/up-cycled item, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

Haltemprice Art Group

Tuesday 9th January - Monochrome into Colour

Tuesday 16th January - Upside Down!

Tuesday 23rd January - Mini Beasts

Tuesday 30th January - Sketching Evening (Kay Baker, s/l G. Stansfield (model). Members £2.50, Visitors £3.00. Meetings are held in the Cottingham High School, Harland Way (Art room on first floor). 7.00 pm to 9.00 pm.

Cottingham Local History Society

Wednesday 10th January - The Origins of Hull's Telephones and their distinctive phone boxes - Chris Mead, in the Red Hall, Hallgate Primary School, King St, Cottingham starting at 7.30 p.m. Meeting fee, members £1; non-members £2. Contact: Peter McClure 01482 845734.

Cottingham Men's de Luda Society

Wednesday 10th January - David Clark "Georgian Sculcoates", in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

East Riding Cricket Society

Wednesday 10th January - Brewery Bar, King William IV, Hallgate, Cottingham, 7.30pm for 7.45pm. SPEAKER: Q&A with MARTYN MOXON, Director of Cricket, Yorkshire CCC. Coming up - Andrew Gale, Farokh Engineer. Everyone welcome - £15 a year / £5 a meeting. More info: Maggie Sumner (01482 861848) / <http://ercsoc.blogspot.co.uk/>

**Front cover: An icy view of Thwaite Hall Gardens.
Photo: Paul Lakin.**

Beverley Film Society

Thursday 11th January - Barry Lyndon (1975 re-released 2016) UK Comedy Drama 177 mins Directed by Stanley Kubrick, the film originally gained modest reviews but has since been hailed as one of the director's greatest films. The story follows the adventures of an Irish rogue who wins the heart of a rich widow and assumes her dead husband's aristocratic position in 18th Century England. Winner of four Oscars. At Parkway Cinema Beverley. 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

Cottingham Green Women's Institute Evenings

Thursday 11th January - Annual Meeting - Quiz. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

U3A

Thursday 11th January - Carol Harker - Hornsea Pottery, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

East Yorkshire Embroidery Society

Saturday 13th January - John James - Needle Know How, in the Darby & Joan Hall, Finkle Street, at 2.30 pm. Members £1.50; Visitors £2.50. Includes coffee and biscuits. www.eyes-embroidery.co.uk

East Yorkshire Woodturners.

Tuesday 16th January - 6.45pm: Woodturning demonstration by popular professional turner and tutor, David Lowe, from Scarborough. Meetings are every third Tuesday each month at Skidby Village Hall. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door). For further information please contact David Taylor, Secretary, 876702. cotters@cotters.karoo.co.uk

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

Tuesday 16th January - Unfinished Projects, 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.

The Arts Society: Hull and East Riding

Tuesday 16th January - Dr Neil Faulkner: "Lawrence of Arabia - Excavating a Legend". At 10.45 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members welcome. Guest tickets £5.00. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 657574.

St Mary's Church Cottingham

Tuesday 16th January - "Storytime in the Space" (Bible stories with a twist) - A new weekly event starting straight after school in church. Parents and Carers you are invited to bring your children along and join in the fun. This activity is aimed at Primary School children of all faiths or none. Younger siblings are welcome. Drinks and biscuits provided.

Cottingham Evening Townswomen's Guild

Wednesday 17th January - Dr. Lee Karen Stowe, Poppies and Women, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street.

Continued on page six

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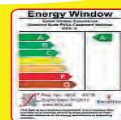
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Cottingham Ladies Circle

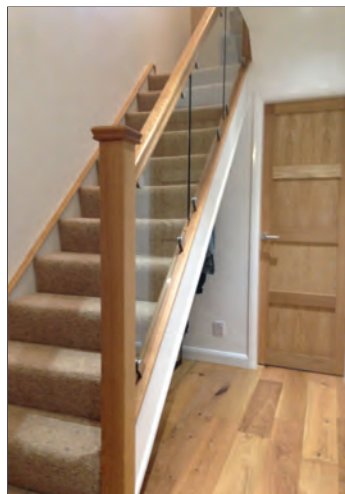
Thursday 18th January - Derek Clark - Light-hearted quiz on Antiques, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Association of the National Trust

Thursday 18th January - 'Hull's City of Culture 2017' an illustrated talk by Paul Schofield, in the Cottingham Civic Hall, 7.30 p.m. Non-Members welcome.

Hull Macular Society

Friday 19th January - at HERIB Beverley Road Hull 10.30 am until 12.15 pm Offering help and advice to people living with central sight loss . Speaker is the chairman Clive Skinner with year end report . And his back to basics talk . For more information 01482 656714.



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Inland Waterways Association

Friday 19th January - Canal Miscellany - Paul Waddington - A look at the varied and unusual articles found on the canal system. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate. All welcome.

Cottingham Men's de Luda Society

Wednesday 24th January - Marion Gable - Air Ambulance, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Cottingham Ladies Circle

Thursday 1st February - Carol Rutherford - 'Canine Partners' specially trained assistance dogs, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Group of the Hardy Plant Society

Thursday 1st February - at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF, Rhona Sutherland 'Fungi'. Further information from Lois Scott 01482 494276.

Bishop Burton Gardeners' Club at Beverley

Tuesday 6th February - Gardening at the Front - Gail Summerfield. At 7.45 pm in St Mary's Church Hall, North Bar Within, Beverley. You are welcome to join us for a talk by Janette Merillion entitled 'Spring Fever'. Entry for non members £4 which includes tea/coffee and biscuits. For more information contact 01482 865432. New members welcome.

Do you wish you could swim?

If you have failed to learn to swim by traditional methods, try something different. Hull Optimists teach people to swim by concentration on balance and breathing skills with a 1-to-1 helper in the water. You may have a disability or a profound fear of water, we can still help you. Sessions are in the warm water at Frederick Holmes Special School, Inglemire Lane during school term times and we now have places available on Mondays at 6pm for beginners, both children and adults, and 7pm for adults only. (Please note there is a waiting list for Thursday evenings). For further information 'phone Beryl on 01482 353547; kelsey59@kelsey59.karoo.co.uk.

The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held outdoors in the summer months and indoors in the winter months. Club competitions and social gatherings form an important part of the Club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email revtrev38@gmail.com

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Hull Folk Dance Club

Tuesday 7:30 to 9:30 Darby & Joan Hall, Finkle St., Cottingham.
Enjoy a free tea/coffee and biscuits and get to know the members.
Come on your own or bring a friend for light exercise in a friendly environment. All dances are walked through. Before being set to music. No experience is necessary, Beginners. Classes are offered and everyone is welcome. Your first visit is free. More information from Keith Alexander on 01482 509751 or Jan Gray on 01482 840637. www.folkdance.me

Kirk Ella & Willerby Short Mat Bowls Club

St. Andrew's Memorial Hall, Beverley Road, Kirk Ella, HU10 7QA, (opposite the Police Station). Sessions on Mondays & Thursdays 2.00 pm - 4.00 pm. NEW MEMBERS VERY WELCOME! Fun, social short mat bowls club with a tea and biscuit break! £3 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 01482 650157 or email bgih@hotmail.co.uk.

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 the Zion URC Church, every Friday night at 8pm. For more information call 01482 830083. Free-Confidential-Advice.

Continued on page 29

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Typically, with a body shop, you're looking at a bill of £350 to £400 whereas our cost would be £140 to £160."

JJ's SMART Repairs offer a collect and deliver service and its location, close to Cottingham Railway Station on Station Road, means it's feasible for some people to drop their car off on the way to work, catch a train and then collect it again on the way back after work.

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Helpful computer advice for the New Year

Happy New Year to all my valued customers and readers. Every New Year brings new opportunities and challenges to us all, so let's hope it's the bright new beginning of everything you want or need.

New gadget set up service. Did you receive a nice new PC, Laptop or Tablet for Christmas? Then we can set it up for you - this has always been a popular service, as, if you're not used to doing this sort of thing it can be time-consuming and a bit confusing. For PCs and Laptops, we can transfer all the data you need from your old machine (even if it's not working). For all devices we can get you connected securely to your Wi-Fi and set up your email. And importantly security can also be supplied and set up. Just call for information.

Or if you didn't get the PC you wanted for Christmas:

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New Year is traditionally a time for resolutions and starting as you mean to go on. So, let's make a wish list for your computer activities.

Does your computer need tidying or cleaning up? Too much accumulated stuff can slow down your computer

What about that back up you've been putting off for ages? Don't forget all those important documents, photos and address book. Do you have a good-size memory stick or better still an external hard drive?

Are you staring at an ancient square monitor with dodgy colours? Could be bad for your eyes.

Have the letters worn off your clunky keyboard and has that mouse seen better days?

We offer reliable computer services in your own home and can offer to supply and replace necessary items at cost-effective prices. This all goes to help make using your computer more enjoyable. Just call for advice.

Make RDM your first call for home computer support – call us on: 875666

Power options on laptops. If like me, you find it frustrating when a laptop goes to sleep every time you turn your back for a minute! Then you'll be pleased to know you can adjust this. Go into Control Panel and open Power Options and you will probably find the setting selected called 'Balanced' or similar. Click to change power settings, there are two settings, battery and mains power, then using the drop-down list change the number of minutes before the screen or hard drive goes off. On the mains setting I personally go for a long screen time, and change the hard drive off setting to Never. Click to save.

Browser or search engine – what's the difference? These two things do get confused. But put simply a browser is just a piece of software that is designed to give your computer access to the internet. Examples would be *Internet Explorer (see below), Edge, Chrome and Firefox, Safari & Opera*. When you open your chosen browser and you type in either an address or a search query, that's when the search engine leaps into action. Google is probably the best known (and has of course become a verb); then there is Bing from Microsoft and Yahoo has its own also. Your browser will have one of these set up and will use that all the time, although you can choose to change it at any time). There is a whole science behind searching the internet, but suffice it to say search engines use complex algorithms to pick key words you have typed and return results based on similar popular searches. The future I am sure will be based on artificial intelligence and machine learning which will actually understand what you are asking so as to be more precise. Mind you when you think how massive the internet is and how quick the results come back now, it's pretty impressive now!

Talking of Internet Explorer, its been around as long as the internet and is starting to show its age. Lots of customers have been experiencing problems with crashes and 'script errors' etc. The only solution is to switch to another up to date browser like those mentioned above.

For honest, unbiased advice & pricing on a new PC call RDM on 875666

Security Central:

If you haven't already upgraded to ESET Internet Security, now is the time to do it. And for anyone who hasn't tried ESET yet, don't just take my word what an excellent product it is, go to the website <https://www.eset.com/uk/home/free-trial/> and download a **free one-month trial!** Just make sure you uninstall any existing anti virus you may have, even if it has expired. For prices, upgrades and licences – just give us a call.

Telephone scam – yes, I must mention this again as I have many times before. There has been another spate of unsolicited calls to computer users in this area purporting to be from Microsoft (which they are not) offering to fix problems with your computer (which they won't) and then fraudulently taking money for their (non-existent) services. If you get such calls, and they can be very persistent, tell them you are not interested, or that you have a local computer specialist, or that you don't have a computer!

Remember to look on my website for copies of the current and previous two articles where they can be read, downloaded or printed. And if you are considering investing a new computer you will also find on there my popular article on 'things to consider when buying a new computer. Or if you would like a copy sent by email, just drop me line.

Richard Mills

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LASTING POWERS OF ATTORNEY

A Lasting Power of Attorney ('LPA') is a document which you sign now to give people the authority to act on your behalf if you lose mental capacity in the future. There are two types of LPA, the first deals with decisions about your Property and Financial affairs and the other with decisions about your Health and Welfare.

It is advisable that every adult prepares both types of LPA so that if you do lose the ability to make decisions at any time in the future, there is someone appointed, who you trust, to step in and make decisions on your behalf, as your Attorney. The types of decisions your attorney might need to make on your behalf are how to invest your money, where you live and whether or not you should receive life sustaining treatment.

If you lose the mental capacity to make decisions about yourself and you have not prepared an LPA, the people closest to you will find themselves in a very difficult position. Your bills will still need to be paid or decisions made about where you live and because you have not already signed a LPA, there is no-one authorised to make these decisions.

In a situation where you have lost mental capacity and haven't signed an LPA, your bank accounts will be effectively frozen as your bank cannot authorise the payment of monies from your account after you have lost mental capacity. This may mean that your care fees cannot be paid or your property sold, if required.

If you do lose mental capacity in the future without preparing an LPA, the only alternative for those closest to you is to make an application to the Court of Protection for a Deputy to be appointed on your behalf. This is a very long and costly process and the Court will decide who to appoint as your Deputy. It could be any member of your family or friends and it might not be a person who you would trust to look after your money or act in your best interests.

It is therefore highly recommended that people put LPAs in place whilst they still have the mental capacity to make decisions.

By preparing LPAs now you will be doing as much as you can to ensure that if you did lose mental capacity in the future all of your affairs are in order. This will mean that the people closest to you do not have to become involved in a lengthy Court application simply to ensure that your bills can be paid and decisions can be made on your behalf.

If you would like any information on Lasting Powers of Attorney or Deputy appointments then please do not hesitate to contact me or a member of our team.

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Wordsearch - Happy New Year

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

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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
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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.

Wordsearch courtesy of <http://www.puzzles.ca/wordsearch.html>

Sudoku No. 131

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

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



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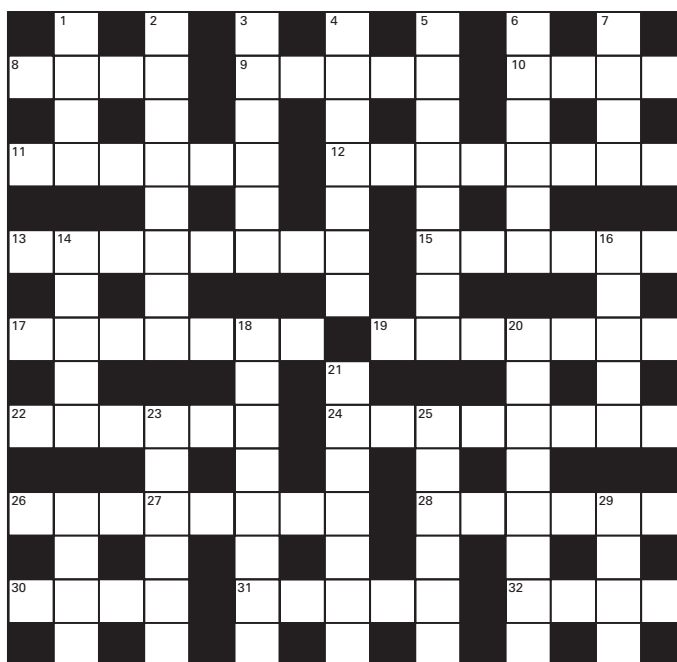
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Crossword – Solution on page 46



Across:

- Letters (4)
- Angry (5)
- Fertilizer ingredient (4)
- An outline (6)
- Imagines to be true (8)
- In a psychotic manner (8)
- The Six Million Dollar Man (6)
- Runs off (7)
- Lose heart (7)
- Cultural (6)
- A black flavored candy (8)
- Break-and-enter (8)
- Graduates (6)
- Skid (4)
- Lofty nest (5)
- A river in central Europe (4)

Down:

- Made from the residue of grapes (4)
- "Praise the Lord" (8)
- A Hindu festival (6)
- A female spirit in Irish folklore (7)
- Capable of being done (8)
- Dinner jacket (6)
- Round red root vegetable (4)
- Something that happens (5)
- Relating to the lower body (5)
- Parcels (8)
- Fragrances (8)
- Killers (7)
- A solid lump of a precious metal (6)
- A place of worship (6)
- Website addresses (4)
- Apprehends (4)

Crossword courtesy of www.crosswordpalace.com
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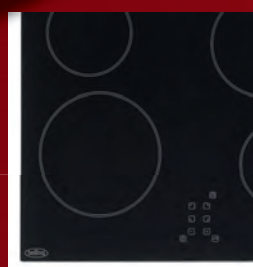


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www.cottinghamtimes.co.uk - January 15

In the Kitchen



Flaky mushroom & thyme pie

- Vegetarian
- Preparation time: 40 minutes + chilling
- Cooking time: 1 hour 15 minutes
- Total time: 1 hour 55 minutes + chilling. Serves: 6

Ingredients

FOR THE PASTRY

- 175g butter
- 225g plain flour
- essential Waitrose Egg, beaten, to glaze

FOR THE FILLING

- 1 large celeriac, about 800g
- 700ml vegetable stock, boiling
- 3 tbsp double cream
- 1 tsp Dijon mustard
- 1 tbsp olive oil
- 15g butter
- 1 medium onion, chopped
- 2 cloves garlic, crushed
- 2 x 200g packs Waitrose 1 Mixed Exotic Mushrooms
- 2 tbsp each chopped fresh thyme and parsley

Method

1. For the pastry, put the butter in the freezer for 30 minutes. Sift the flour into a bowl with a pinch of salt. Grate the butter into the flour and mix together. Add 85-100ml chilled water and mix to a soft dough, wrap in clingfilm and chill for 30 minutes.

2. Meanwhile, preheat the oven to 200°C, gas mark 6. Place a baking tray in the oven. Peel the celeriac and cut into thick matchsticks. Cook in the stock for 15-20 minutes until tender. Drain, toss with the cream, mustard and seasoning. Leave to cool.

3. Heat the oil and butter in a frying pan. Cook the onion and garlic until soft. Add the mushrooms. Cook over a high heat for 5 minutes until lightly browned. Stir in the herbs and season. Leave to cool.

4. Roll out 2/3 of the pastry to line a 20cm springform cake tin, to about 7cm deep. Spoon the mushrooms over and spread level. Arrange the celeriac over the top. Roll out the remaining pastry to cover the pie, pinching to seal the edges. Brush the pastry with beaten egg, cut a steam hole in the centre and place on the hot baking sheet in the oven. Bake for 40-45 minutes until the pastry is crisp and golden. Serve hot with salad.

16 January - www.cottinghamtimes.co.uk

Spiced rhubarb cake with cinnamon cream

The warmly spiced sponge balances the sharpness of the rhubarb brilliantly. Whipped cinnamon cream makes an ideal accompaniment.

- Vegetarian
- Preparation time: 20 minutes, plus cooling
- Cooking time: 1 hour 15 minutes
- Total time: 1 hour 35 minutes, plus cooling. Serves: 10

Ingredients

- 150g salted butter, melted and cooled, plus extra for greasing
- 400g rhubarb, trimmed and cut into 0.5cm slices
- 225g caster sugar, plus an extra 2 heaped tbsp
- 3 tsp ground cinnamon
- 3 large eggs
- 2 tsp vanilla bean paste
- 2 tsp ground ginger
- 225g self-raising flour
- 75g flaked almonds

CINNAMON CREAM

- 300ml double cream
- 3-4 tbsp icing sugar, to taste
- 1 heaped tsp ground cinnamon
- 1 tsp vanilla bean paste

Method

1. Preheat the oven to 160°C, gas mark 3. Grease a 23cm springform cake tin and line the base with baking parchment. Mix the rhubarb with the extra 2 heaped tbs caster sugar and 1 tsp cinnamon; set aside.

2. In a large bowl, beat the remaining 225g sugar and 2 tsp ground cinnamon with the melted butter, eggs, vanilla and ginger. Mix in the flour, followed by the rhubarb, until everything is combined.

3. Pour the cake mixture into the tin and smooth the surface, making sure the batter is evenly distributed before scattering over the flaked almonds. Bake for about 1 hour 15 minutes, until a skewer inserted into the centre comes out clean; cover with foil after 1 hour if it starts to brown too much. Leave to cool in the tin.

4. When you are ready to serve, whisk the cream with the icing sugar, cinnamon and vanilla to soft, light, pillowy peaks. Serve each slice of cake with a generous dollop of the cinnamon cream on the side.

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Worklink's 10th anniversary celebrations

A pioneering scheme which has helped hundreds of people with learning disabilities from across the East Riding enter the world of work has celebrated its 10th anniversary.

Worklink has made a real difference to the lives of hundreds of people by providing accredited training in horticulture, woodwork, and hospitality and catering, before helping many enter employment or further education.

Worklink, which is run by the East Riding of Yorkshire Council, has been based at its purpose built learning resource centre in Cottingham for the past 10 years. The scheme also has outreach centres at Sewerby Hall and Gardens and at the Sobriety Project, in Goole.

Since opening its doors in 2007, over 360 students from across the East Riding have joined the scheme, of which just under half have moved into employment, including work placements or what is classed as 'sheltered employment' with Worklink itself.

Councillor Richard Harrap, council portfolio holder for adult and carer services, said: "Worklink is a ground-breaking scheme

which has helped numerous people secure employment by taking a fresh approach to learning disabilities.

"Entering employment or further education really does have a positive impact on a person's life, not least someone who has to overcome the challenges of having a disability.

"It is clear to see that both students and employers have benefited from the scheme over the past 10 years and long may its success continue."

Last May the scheme celebrated reaching the '100 days a week' milestone, which meant they were responsible for over 60 adults working a collective 100 days a week in their local communities.

The anniversary was celebrated with an open day event at their learning resource centre, in Cottingham which was attended by staff and students past and present, local employers who support the scheme, and civic dignitaries.

Attending the event was 60-year-old Nick Whelbourn, of Hessle who trained in catering at the Learning Resource Centre for two years and now works part-time at Mires Beck Nursery, in North Cave.

Nick was accompanied by his father Walter, 80, and his brother Andy, 55, who has spoken of the real difference the scheme has made to their lives.

Andy said: "The whole family has noticed a vast improvement in Nick's confidence. Before he came to Worklink he wouldn't do anything, he let my dad do everything, he wouldn't socialise, he was very apprehensive about going anywhere especially into a crowded area.

"But now his confidence has grown, he will do things which he never did before, he will ring me, he will sort things out when I have given him details of who to ring, it is just noticeable on those small things but quite big things for Nick."

Photo top left: East Riding of Yorkshire Council chairman Councillor Caroline Fox (centre) with Worklink staff and students from across the East Riding at the 10th anniversary celebrations.

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Malt whisky - 'The whisky' of choice

Apologies for forsaking one of my loves, wine, for another, malt whisky, but I've been meaning to do this for ages, so in the spirit (!) of the New Year, here goes . . . my favourite 10 malts.

Writing about whisky, like wine, in the space of one column is almost impossible; it evokes strong opinions, but like wine, those debates can be savoured almost as much as the drink itself. I say almost . . .

In recent years the rise and rise of Japanese single malts has seemingly been unstoppable while an American-produced Bourbon whiskey (Colonel E H Taylor Four Grain) has just been named best whisky in the world in the 2018 World Whisky Bible, but to me, whisky means Scottish malts. A little bit of Scotland in a glass.

I'm drawn to peaty malts - if peat is burnt while drying the grains, the whisky will have a smoky flavour - so my first port of call is Skye and the island's only distillery, Talisker.

The 10-year-old Malt is my all time favourite and although once often seen discounted down to under £30 in supermarkets at Christmas and New Year, it's less common these days. Instead you'll see such things as Talisker Skye and Talisker Storm but the original 10-year-old is still the best for me.

Highly distinctive, with a strong smoky, peaty flavour because both the malt and the water used are heavily peated. Robert Louis Stevenson described it as "king 'o' drinks" in an 1880 poem. It was awarded "Best Islands Single Malt" at the 2017 World Whiskies Awards.

2. Smokehead: Mystery surrounds this peaty whisky from Islay, not least who makes it. The bottle describes it as "not for the faint hearted" and there's a huge hit of smoke from the first sip. Many have hazarded a guess at its parentage, but the current favourite suggestion is that it is a "young" Ardbeg.

What's disappointing is it can be hard to find; my latest bottle came from a small independent whisky shop in Bakewell, Derbyshire, and before that an airport duty free in France. I used to get some from the York Whisky Shop and, occasionally, Sainsbury's, but neither seem to sell it now. It can be ordered online from various sources.

3. Highland Park: From Orkney, and although slightly peaty this is an altogether smoother, honeyed, whisky. Readily available and guaranteed to impart a warm glow.

4. Deanston: Another that's hard to find. Seems to have disappeared from the shelves of M&S and the York Whisky Shop, but available online. My favourite Highland whisky (from Perthshire), with just a faint whiff of smoke from the lightly-malted peat. Honeyed notes make it one to savour.

5. Laphroaig: We're back to Islay and huge amounts of smoke. Often described as the "Marmite of the whisky world" - you either love it, or hate it. First-timers say it reminds them of cough medicine or, unkindly, disinfectant. But persevere, and you'll love it.

6. Lagavulin 16-year-old: Islay again and a special treat because this will generally sell at a higher price than many of the others I've mentioned. Very peaty and enjoys a fanatical following and works in an extraordinary way with intensely flavoured salty blue cheeses.

7. Benromach: Hard to find Speyside whisky, the smallest distillery in the region, that was revived in 1993. You'll probably need a specialist shop to find it. Floral and smoky on the palate, with a touch of sweetness.

8. Glenmorangie: Best-selling malt in Scotland and second-best in the UK after Glenfiddich. Good introduction to malts; no smoke, just lovely honeyed, caramel tastes.

9. Glenlivet: This succulent Speyside whisky is No 2 global best-seller. Medium bodied and smooth, with the merest hint of smoke.

10. Old Pultney: From Wick in the very north of Scotland. Enjoying a sales boom, with a lovely floral sweetness.

Colonel E H Taylor Four Grain Bourbon, by the way, emigrates from the Buffalo Trace Distillery in Frankfort, Kentucky. Made from a distinct bourbon recipe using corn, rye, wheat, and malted barley, this limited edition bourbon was released for sale in April of this year and retails at just under £100 a bottle. Tunbridge Wells-based Master of Malt (www.masterofmalt.com) had some just before Christmas at £95.90.

And while talking whisky, connoisseurs might like to head for the Glenesk Hotel situated in the beautiful "Britain in Bloom" award-winning village of Edzell at the foot of the Angus Glens. Why? Well it has broken the world record for the largest number of whiskies for sale behind its bar - some 1,031 different varieties in total. The Edzell-based hotel serves whisky from every working distillery in Scotland. Its most expensive dram is the Lagavulin 25-year-old costing £248 a measure.

Other notable whiskies on offer include Tomintoul 33-year-old and Port Ellen 33-year-old, as well as some rare bottlings from the Glencadam distillery, now the only working distillery in Angus. Established in 1825, the distillery closed in 2000 only to be reopened in 2003 following its sale to Angus Dundee Distillers.

Owner of The Glenesk, Dylan Wren, purchased the hotel some five years ago having already accumulated around 200 bottles of whisky. Since then, the collection has spiralled and has surpassed the previous holder of the title, Millionaire's Casino in Ayrshire's 800 bottle offering.

Visitors to the hotel can browse the two large whisky tomes at the bar, containing a full list of all the whiskies together with tasting notes for each bottle.



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New arrival?

Hi, How was your Christmas? I hope it was all it was expected to be and more. It is strange talking about what we did over this festive period when I am writing this two weeks before the event. Therefore, I am afraid I cannot comment on how my family celebrated but seeing how excited my five grandchildren are becoming it will be hectic but fun.

Looking back on my past articles, I reflect on memories made through the year especially of the loved ones we are missing. It can be a dreadfully sad time thinking of who is no longer by our side to venture through a new year. Sadly it is not only relatives/friends we greatly miss but it can also be our four-legged companions. Like humans, they leave such a vast void in our lives when they have passed away making us wonder how we can exist without them . . . but in our own special way we do.

Some of us say never again, they cannot bear to go through the pain of losing someone so dear which is so understandable, but others may take a look at what enjoyment, love and companionship their pet had brought to their lives and look, not for an identical replacement but another little personality to love. I personally feel it is wrong to express your ideas on someone else, everyone is different and grieves in different ways. I, for one, take the second route and love having a pet around no matter how small. So with this in mind, I thought of writing this article with an insight into the Thompson household.

Animals have always played a big part in my life, from our first dog Scamp (a little rag-a-muffin stray who strolled into our lives, myself at the age of 5 and my brother aged 7), through into my teens when I developed a passion for horses and spent all my school holidays and weekends at the local stables in Cottingham, and on into married life when my husband and I bought a gorgeous little crossbreed called Brandy from a pet shop in the town (sadly, back in the



80's pet shop windows where a showcase for many litters). She stayed with me until I sadly lost her through cancer at the age of 10 years and through this time I had given birth to my three daughters who formed a bond so great they missed her terribly when she went. So you can imagine, it didn't take me long to be persuaded to get another dog but this time we approached a local rescue centre. There we saw Tammy, a gorgeous eight-week old cross Bearded Collie who my daughters fell in love with instantly.

She was the 'perfect' puppy, if you can have one described as that . . . never chewed a thing, seemed to be house trained within two weeks and just followed the girls around like their shadows. So what was holding me back? Why wasn't I feeling the special bond, I knew human and animal can have? Don't get me wrong, I loved her but felt there was something. It wasn't until Tammy was six months old, I awoke one morning to find bloody diarrhoea on the kitchen floor.

Panic struck in and the thought of losing another member of our little family was unbearable. Thankfully, after an early morning visit to my vet followed by 48 hours of monitoring, Tammy was on the road to recovery and it was from this moment on I had finally found my special something with her. Whether I had put up an invisible barrier to stop my feelings getting hurt again after Brandy, I don't know but from that day I felt different. Once again our little family unit felt complete. It was so amazing to watch such a unique friendship develop between Tammy and my daughters. As I mentioned earlier, animals have always played a large part in my life so as well as dogs, we also had four cats, three rabbits 11 guinea pigs and a hamster. Something I will always treasure, as I watch my daughters (now in their 30's) with dogs of their own, is the 'bond'. The legacy lives on.

As the years grew, so did Tammy, not only in size but in our hearts. Wherever I went, she was by my side from going to and from school to shopping, from visiting family and friends to eventually becoming a P.A.T (Pets As Therapy) dog. With a bit of time on my hands, I registered Tammy and after passing a short test with flying colours, we got our first 'job' visiting a local residential home. It was wonderful to see how just two to three hours of our time a week, could bring so much pleasure. It was also sad to hear of how some of the residents had to give up their pets to go into the home, so the sight of a big four legged bundle of fun bouncing into the room brought a smile to many faces.

It was the seeing one of the elderly ladies raise her hand and smile for the first time when she first met Tammy something she had never done since she had started living there . . . that made me feel our visits were worthwhile. I am also proud to say Tammy won the regional finals of Companion Dog Of The Year only to be piped to 2nd place in the National finals by a Golden Retriever in Scotland. Sadly, I had to give up our visits when I started working full time for a local vets and yes, Tammy was by my side once again. She accompanied me everyday and was quite happy lying in her basket by my feet, only to get up to greet the 'odd' nervous client to show them that the vet is not as fearsome as he/she may look. She also came on my visits to schools when I gave talks on Pet Care (sadly with Health and Safety etc., we are no longer able to take pets into schools but here at KINGSTON our nurses still do school visits when asked).

One of my proudest moments was when she gave her first blood donation (something we also do at KINGSTON and are constantly looking for donors) and delighted to say the receiver led a full recovery. The list is endless. She had so many loving qualities, so much love to give . . . my four legged 'soul mate'. Then the fateful day arrived. I had to make the decision we all dread. So letting her go with dignity, at the age of 16 years, Tammy died peacefully in my arms, at home and surrounded by all who loved her . . . my daughters and mum.

The old saying "Time is a great healer" is right. We never forget those who we have loved. The memories never go away, but with time the 'raw' period begins to blend into the back ground and the happy times become more memorable. Like people, each pet is different. We don't love them anymore than the previous one, just maybe in a different way.

Never again? Teal!!!! My gorgeous yet destructive black labrador like I was saying, everyone is different.



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Property News from Martin English of Homelink

Water Damage – Who Pays? - Part 2

Under s.11(2) of the Landlord & Tenant Act 1985 the landlord is not responsible for works or repairs for things which the tenant has a duty to use in a tenant-like manner such as carpets or decoration. However, the exact responsibilities may be set out in any explicit terms contained within the Assured Shorthold Tenancy Agreement and what constitutes the Landlords fixtures, fittings and contents.

Who pays for water damage?

The next step for the landlord is to establish who pays for the repairs in both flats.

For a start any insurance on the (upstairs flat) will only cover damage to the landlords flat unless there is block insurance scheme in place. This is likely to be the case where a freeholder and a management company exist who arrange the building insurance for the entire residential block and then recharge each leaseholder for their share of the insurance costs.

Contents insurance is the responsibility of the individual flat owner or leaseholder. Therefore, providing the landlord has contents cover they will be able to claim against the damage caused to the carpet in their top floor flat. The landlord is likely to have liability cover included in their buy-to-let insurance policy, but this is only if it can be proved that they were legally negligent. This means that under the scenario under discussion, the only way the landlord of the upstairs flat would have been legally negligent is if the downstairs flat owner "officially" warned the top floor landlord that they had a leak (or something that may cause a potential leak) that could damage the downstairs flat. Then, following this, the top floor landlord ignored

this warning and then the leak occurred. In practice, there is almost no chance of this happening as by the time a leak is discovered, the likelihood is that the damage has already been caused. This is therefore classed as an accident as far as the buy-to-let insurer is concerned and therefore would not be the top floor landlord's fault.

Therefore, the property investor who owns the downstairs flat has several options. Firstly, depending on the terms of the tenancy the tenant if insured could claim on their contents insurance. It may well be that the insurance company that provides the buildings cover also includes cover for floor coverings such as carpets within the policy.

Therefore, where a residential block insurance policy is in place the costs of both carpets could be claimed for together along with the costs of repair to the ceiling. This would have the benefit for both landlords of not having to get into an argument with the tenant about who is responsible for the costs and then for one of the parties to have to make a separate claim. Where this extent of cover is not in place then the property investor may decide to claim off their own buy-to-let insurance. In this case the property investor and owner of the downstairs flat is not likely to be happy, but it is down to them to pursue their insurer for further advice.

Their insurer could ultimately pursue the top floor landlord's buy-to-let insurer under the negligence clause. The reality is unless the amounts are large and the case clear cut that it is very unlikely to happen. Landlords should always remember that a conciliatory approach is likely to produce a more effective long-term solution than an aggressive confrontational one.

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 875248 or contact through *Cottingham Times* directly.

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"The Tooth and Nothing but The Tooth"

by

Chris 'Dr. Smile Maker' Branfield

Doing some good . . . Now let's celebrate

Hello again. I hope that you are well. Happy New Year to you and sincere best wishes for 2018. Hope had a great Christmas.

I thought I'd start the year on a real positive note. Here goes.

Stop The Waffle

Now I am a self-confessed dentistry geek/anorak. I do waffle on a bit and get excited about modern advancements and the science of dental stuff. So.....I thought I'd give you a rest.

Going Global

Some of you might know that I am a Trustee and founder member of a Charity called Dental Mavericks. We get people, mainly children, who have no access to dental services, out of daily pain. We have done this in Morocco since Sept/Oct 2010. In December 2016 we went to Thessaloniki in Greece to treat refugees. This has been an on going project since. Dental Mavericks, in particular Cally Gedge, who organises pretty much everything, are now helping organise emergency dental

treatment for Syrian refugees in the Lebanon. Now, I went to Greece but I don't think my better half will give me a pass for the Lebanon. Fair do's.

Knitting With Real Purpose

I have some lovely patients who are great at knitting and have knitted loads of stuff for children in Morocco. In Lebanon these baby clothes have gone down a storm. Received with much gratitude. The refugees live in camps in absolute squalor and have nothing. This is such a fantastic thing to do for someone that you do not know and will never meet to help make their lives better.



Life is like the weather: there is rain and grey cloud with intervals of sunshine. This is pure sunshine. When the sun shines we should endeavour to bask in it and not close the curtains and stay in. So let's enjoy this moment of sunshine and be grateful for what we have. Also a big thank you my knitting **Sunshine Makers!!** There is so much anger, pain, discourse and division going on. This is such a great antidote.

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 25 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 humanitarian work go here now www.castleparkdental.co.uk

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Principal Dentist: Christopher Edward Branfield GDC reg no. 68346. Castle Park Dental Care is a Private Independent Practice and is the trading name of Castle Park Ltd. Registered in England. Company no. 06703803.

MARIONOWENTRAVEL

Happy New Year, if you have not got your holidays booked now is the time to make your plans and have something to look forward to. We have lots of New Year offers available giving you savings with many tour operators and cruise lines. Many regular readers know that at Marion Owen Travel we are a bit different. Being a good old fashioned travel agency your needs come first. We are unbiased and offer all operators, along with the ability to tailor make any holiday to your request. Your holiday will not cost you more than other booking channels and our expertise can often save you money! We guide you all the way making sure we give assistance when required with visas. Travel to your cruise terminal or airport can also be arranged, if not included in your choice of holiday. Operators we work very closely with include Saga, Titan, Omega, Just Go, Intrepid, G Adventures, Riviera, Newmarket, Inghams, Great Rail, Explore, Intrepid, Travelsphere, Just You, Azure, Season's, Carrier, Jet2, If Only, Hurtigruten, the list goes on including all cruise lines. If you see a holiday you fancy advertised anywhere, just pick up the phone we will be able to book it for you. Our own tours make up a small portion of our business and are something special not to be compared with other coach holidays. I accompany all departures to ensure you are taken care of from start to finish. Having just 30 VIP seats you need to book early to ensure you do not miss out. As you will see from the dates alongside they are dwindling as they fill. Tour details are on our website www.marionowentravel.co.uk or call in person to our office.



Thursford Christmas Spectacular 2018 - book now, limited seats available
2 days departs - Saturday, 10 November : Saturday, 8 & Tuesday 11 December
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Why not join us on our special promotional days:- Solo Travellers 17th January, China & the Terracotta Warriors in February & holidays with Penguins & artic adventures in March - call for further information.

Perhaps now sit back with a nice cup of coffee and some of those sweet treats we all have left over from Christmas and enjoy the read.

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

Marion, Lynne, Barbara, Julie, Rosie, Alison & Margaret

To make your bookings Tel: 01482 212525 www.marionowentravel.co.uk

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3 dates	Thursford Christmas Spectacular - 2 days & best seats	£ 189

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

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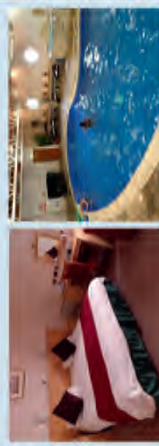
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Your Stars for January 2018

By Kay Gower

Aries (Mar. 21- April 20)

Pacing yourself will determine your success this year. Take things at the speed you can best control. It would be an idea to seek out those who are traveling at a similar pace on this mad highway of life.

Taurus (Apr. 21- May 21)

Theories are all well and good, but the way to bring your heart and head into union is simply to act. Make your move. This month.

Gemini (May 22-June 21)

Say little, listen a lot and you'll be a big hit during the first month of the year. The tables turn, and you take the spotlight with eloquence.

Cancer (June 22-July 22)

It has been difficult to go without when others have had plenty, and yet, you are better for having done this in your lifetime. You know your character is strong. Trust your instincts this year.

Leo (July 23-Aug 22)

With so many planets going direct this month life becomes interesting. Unusual circumstances might be incredibly lucky, or they might just make for an excellent story. Either way will be a good time for you.

Virgo (Aug 22 – Sept. 23)

The next three weeks are for setting a precedent, so make sure you're doing something you'd like to repeat. If things are not moving the way you want, turn them around now while everything is still fresh.

Libra (Sept. 24 -Oct. 23)

It takes two to tango, but it only takes one to free- style. That's where you're at right now, dancing freely and loving it. During January, you don't have to worry about what anyone else thinks.

Scorpio (Oct. 24 - Nov. 22)

It's your year of attracting just what you need. Resources open up in January, so you'll have money, time and creativity to apply to your ambitions.

Sagittarius (Nov. 23 -Dec. 21)

You have a hard time establishing rapport with some people. If you feel it's not going well, step back instead of pushing forward. Travel, especially short trips are lucky. It doesn't have to be far, but it does have to be new.

Capricorn (Dec 22.- Jan. 20)

Mercury and Pluto meet up in Capricorn, adding strength to the many planets in that area. Currently, the Sun, the Moon, Mercury, Venus and Pluto are all visiting the realm of the ambitious sea goat. Capricorn power is strong all month.

Aquarius (Jan 21 - Feb 19)

When you find that you're taking it all a little too seriously, just stop and start again. You can begin anew at any time of any day. This month, February and March, brings an unlimited number of "do - overs."

Pisces (Feb. 20-Mar. 20)

The next three weeks brings change. The love you give comes back to you. The coming Spring will be a lucky time for your family.

ALANON Meetings

Thursday evenings at Holy Cross Church, Carrington Ave Cottingham HU16 4DU. The meetings start at 7.30 pm until 9.00pm every Thursday evening, it is an open meeting for relatives or friends of the alcoholics and who are being severely affected by someone else's alcoholism. This fellowship is an International one, there are no dues or fees for joining all new

comers will be told that they will remain strictly anonymous and anything they share at the meeting would not be discussed elsewhere. Any further information on 01482 508231

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 £39 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 01482 807072 or Ann on 572011.

Continued on page 36

Sudoku Answer from page 12

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

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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 30cm 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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Cottingham Christmas Festival

From the Parish Council Clerk

Thank you to all of those who attended the first ever Cottingham Christmas Festival on Sunday 3rd December. Personally, I was very happy with the way the event went. Certainly I have ideas in mind for how we can improve if we decide to hold it next year but for a first time I think it was a great success. The Civic Hall was full and the outside stalls were well attended. Our roving Father Christmas was busy all day and there was always a crowd around the reindeer. It is my aim, assuming we do the Festival again, to rival the Beverley Christmas Market.

A special thanks must be made to Cottingham Churches Together for the wonderful live nativity, Cottingham Little Theatre for providing Victorian actors, and the Salvation Army & Girls Brigade for providing the music.

I must also thank our team of volunteers who give up their free time to help organise the Festival by attending evening meetings in the months beforehand and also by working on the day itself.

If you would like to volunteer to help make future Cottingham events a success then please send me an email.

Matthew Kay, Clerk to Cottingham Parish Council
parishclerk@riscouncil.karoo.co.uk

A word from our Sponsors



Liz Green presenting a cheque for £500 to Councillors Mike Harkness and Ann Abel.

Liz Green from McCarthy and Stone, the housebuilder behind the new retirement living development, The Laureates in Cottingham, said: "As a company, we appreciate that our responsibility is not only to build quality, purpose-built retirement properties, but also to create a positive legacy in the communities in which we build by showing support to local organisations and groups.

We are delighted to support Cottingham Christmas Festival for what is such an important event in the local area and

which brings together members of the community in the most fantastic of festive settings. It's a brilliant event and anything that shares our values of community and companionship which are among the many benefits of living in a McCarthy and Stone development, we're proud to be involved with."

Thanks also to Southwood Garden Centre Cottingham for providing decorative wreaths.



How to plant conifers after Christmas

Yes, yes, we know you don't even want to think yet about taking your gorgeous Christmas tree down, especially when you have painstakingly decorated it with glass of sherry in hand and Bing Crosby on your stereobut the reality is, the time will come when you have to say goodbye to your beautifully pine scented friend ... or do you ????

PLANTING CHRISTMAS TREES IN THE GARDEN – THE MOST IMPORTANT TIPS

If you plant potted Christmas trees or one of the larger conifers, but also the dwarf conifers sooner or later in your garden, there are a few things to keep in mind.

1. The right location is crucial so that the potted Christmas trees can develop unhindered. A size-limiting cut should not be performed on conifers, as this is often a considerable interference with its beautiful habit. And do not forget: the former Christmas tree should not obstruct or limit the garden inhabitants and persons in the house.

2. First, find out about the final size of the potted Christmas trees that you would like to plant later. How big will your conifer grow? With large conifers you will have to provide enough space! But even dwarf conifers should not be very hard pressed by other plants; due to their low growth, they then quickly disappear between other plants and get bare completely or on one side.

3. Dwarf coniferous plants, including the former compactly growing Christmas trees, work best together individually or in small groups with other weak-growing plants. Columnar conifers are well suited in pairs for marking entrances or passageways.

4. Most conifers we offer during the Christmas season are undemanding at the location you provide them. It should be sunny or partially shaded, with neutral or slightly acidic soil. Most conifers tolerate waterlogging poorly, so the soil must be well-drained, but in contrast it may not get too dry.

5. When planting, you can easily shake out the root ball, which makes it easier for the plant to grow its roots into the new soil. Make sure that the plants are not planted deeper than they were in the pot.

If you pay attention to these few things, then your Christmas tree will also develop well outside in the garden and you will enjoy it for a long time.

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

www.instinctivehorsetraining.co.uk

From pitiful “Meat Pen” rescue to superstar!

How proud am I of my pony! To think that Toby just lives out in my fields normally – to being cleaned up, plaited up, adorned with tinsel, loaded into my trailer and unloaded in the middle of Cottingham on a busy road of traffic and shoppers! He accepted all of this in his stride and behaved impeccably throughout with ears pricked and calmness.

Thank you so much to all of you who came over to meet Toby Pony and our team on Cottingham High Street on Saturday 9th Dec. We had a lovely 2 hours of playing games with passers-by and Christmas shoppers outside the new RSPCA Charity shop. Toby charmed everyone with his various tricks and games and helped raise money and awareness thus.

Watching children interact with Toby for his kisses was charming. He played basketball with them with the surprise of sweets inside his ball. (They hold a net, throw him a ball and off he goes to pick it up and come back with it in his mouth- then he purposefully pops it neatly inside that net!)

His cutest trick is to pick up and hold a proper school hand bell and swing it about. It rings and rings and rings – and he just loves doing it! The audience loved it and Father Christmas was very impressed too!

My special memory was of one elderly lady in a wheel chair who came over to see Toby. She told me of her former life with horses as a land girl in the war and how she continued to love horses throughout her life. Losing her husband and losing the use of her legs a few years ago was a sad story to hear. However, her joy at being able to interact with Toby for those few minutes



in time was very touching. He very gently leaned forwards and kissed her cheek. He played catch the ball and brought it back to her lap. She was so over joyed with this interaction. It was very special.

Toby has a happy ending in his life's story, we found each other. Now he helps raise awareness for all animals in need of rescue, rehabilitation and rehoming. The local Hull branch of the RSPCA do wonderful work with dogs, cats, ferrets, rabbits and wildlife rehab. Please help them by supporting their new shop!

Wishing you all a Happy, Peaceful and Successful New Year. Melanie and Toby Pony xx



Once again Christmas hampers bring festive cheers

During December, Age UK East Riding donated 411 Christmas hampers to older people all over the county who were perhaps facing Christmas alone. (*This was the grateful help received from Councils/ Social Groups/ Clubs/ Charities/ Companies and the General Public*)

Each year the Beverley based charity runs its Caring Christmas Appeal and asks people to donate a shoebox sized hamper containing food and some luxury items. Yet again we had an overwhelming response. For many the very thought that people care, want to show that they have not forgotten that Christmas can be a difficult time for so many, is heart-warming and gratefully received by those who benefit from the kindness and goodwill shown.

Among those who donated were: Staff from East Riding of Yorkshire Council, Reckitts & Benkiser, University of Hull, Woodlands Academy, Church of Latter Day Saints, Patrington W.I, Beverley Rotary Club and over 70 members of the public. We would like to thank everyone who took the time and effort to donate a hamper and to those who helped to distribute them across the East Riding; we owe the success of the appeal to them".

"We offer a heartfelt thanks to all who helped to make a positive difference to the lives of older people locally by supporting this appeal and for the many ways volunteers help older people by befriending, information & advice, I.T. training, I.T. Shopping and many other services"

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St. Mary's Church, Cottingham

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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 25 teams (17 Boy's teams at under 7 to under 19 level, 4 Girl's teams at under 10, 12 14 and 16 level, 1 Men's teams, 1 Veterans teams and 2 Ability Counts teams), as well as an academy for 4 to 7 year-olds and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website www.cottinghamrangers.co.uk

Zion United Reformed Church, Hallgate

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

Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. **Get Fit, Have Fun!** £2.50 Adults; Students £1.00 per evening. For more information telephone Telephone Fiona/Steve on 01482 870906.

Fitmums & Friends Run, Walk

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

Cottingham Bridge Club

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

The Alzheimers Society

Hold a variety of Activity Groups and Memory Cafes for people with dementia, their families and carers. For more information please contact the Hull and East Riding Alzheimer's Society on Tel 01482 211255.

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 12.30 pm till 2.30 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 842215. Or email cottinghamcc@hotmail.co.uk

Calligraphy, Quilling and Folk Art classes

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

The Cottingham Whist Club

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

Hull and East Yorkshire Happiness Group

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

Cottingham Food Bank

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

Scottish Country Dance Club

We meet on Mondays in Arlington Hall, Cottingham, 7.30pm - 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 7.30 p.m. £2 entry. For more information visit <http://loudhailer.net/loudhailer-acoustic-nights/>

Continued on page 45

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Tourist information service in Beverley to relocate to the Treasure House

Beverley's Tourist Information Centre (TIC) is on the move from its current location at 34 Butcher Row to the Treasure House in Champney Road.

The TIC will close on Saturday, 16 December and re-open in the New Year on the first floor of the Treasure House.

The new location will benefit from being in one of the town's most recognisable cultural buildings.

The Treasure House is home to Beverley's library as well as the East Riding's archives and local studies service. It is also the home of Beverley Art Gallery, which has played host to some memorable exhibitions as part of Hull UK City of Culture 2017 - including Wildlife Photographer of the Year and, most recently, 'A Cultural Pilgrimage from Beverley to Hull' by Gary Saunt.

The Treasure House also includes additional facilities, such as a café and toilets.

Councillor Richard Burton, portfolio holder for leisure, tourism and culture at East Riding of Yorkshire Council, said: "This is a positive move for our tourist information services and secures their long-term future in the town.

"As the lease on Butcher Row was coming to an end, the council took the opportunity to assess various options for where the TIC could go.

"Moving to the Treasure House was seen as the best way forward. It's only 175 yards away from Butcher Row and within one of Beverley's most iconic cultural venues."

The new TIC will offer the same services as it did at Butcher Row and the move does not affect staffing levels.

For further information about Beverley, visit www.visithullandeastyorkshire.com/beverley follow @moreBeverley on Twitter or like <https://www.facebook.com/beverleyTI/> on Facebook.

Hull and District Cats Protection Rehoming show Saturday 20th January

The Hull and District Cats Protection will be holding their Cat Rehoming show on Saturday 20th January, in the Darby & Joan Hall, Finkle Street, Cottingham from 11.30 am to 1.30 pm.

Come and meet the cats looking for loving, permanent homes. Refreshments will be available and stalls will include cakes, jams, gifts, cards, cat accessories, bric-a-brac and a tombola.

For more information, please call 01482 790284. Neutering vouchers are available for those on benefits or low income, by calling 01482 657650.

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Hallgate Primary School opens a new Early Years unit for 3 and 4 year-olds

Hallgate Primary School are very excited about launching their new pre-school unit in January.

Hallgate has had pre-school provision on its site for many years; this has previously been provided by the Cottingham Pre-School, run by Mrs Barbara Rowe. When Mrs Rowe announced her intention to retire after over 50 years of working with the children and families of Cottingham, we decided to seize the opportunity to extend our school age range to include 3 year olds.

Our Early Years unit provides a fantastic learning environment for our 3 -5 year olds, with three large, well equipped learning areas and an amazing outdoor area. We now have even more space with the addition of the extra rooms and space previously used by the Pre-school, providing a very flexible and attractive setting. We have great plans to incorporate a dedicated cooking area into the setting, as well as developing our own Early Years garden so that the children can grow and cook their own food.

Our Early Years Unit is led by Mrs Paula Dean, a very experienced Early Years leader with a passion for providing fun and exciting learning opportunities and a clear vision for creating an outstanding Early Years unit. Paula is particularly excited about the increased flexibility that a combined Early Years unit will provide and the increased opportunities to really challenge children who are ready for greater depth in their learning, as well as supporting those who need a little more time to gain their confidence. There will also be huge benefits for those children who apply to continue at Hallgate when they start school because they will already be very familiar with the staff and school environment, making transition even smoother.

After much consultation and preparation, we are delighted that our new F1 unit is opening on January 8th. The F1 unit will form part of Hallgate School's Early Years provision and will be open to 3 and 4 year olds. Parents can apply for sessions as part of their 15 hour free childcare, with additional sessions available on request. Parents who have applied for 30 hour child care are also welcome to register with us. For further details contact our school office on 01482 846136 or visit our school website at www.hallgateprimaryschool.co.uk

Visitors to Hallgate School are always welcome and we hope that you will feel free to come and have a look around our Early Years Unit and the School. Mrs Foster, our Head-teacher, and Mrs Dean, our Early Years Leader, will always be very happy to talk to you.

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New display at Skidby Windmill looks at Friendly Societies in East Yorkshire

The latest display by the Skidby Mill volunteer team opened on Tuesday, 12 December. Entitled *Helping Out: Friendly Societies in East Yorkshire* the display looks at a wide variety of societies such as the Freemasons, Druids, United Free Gardeners, Temperance societies and the Foresters that have existed over the last 200 years or so.

The display includes a colourful selection of regalia, medals, documents and photographs, relating to these often little known organisations.

Said Dr. David Marchant, museums registrar with East Riding of Yorkshire Council: "When people think of societies, many immediately associate them with secrecy, funny handshakes and odd rituals. Whilst you will find information about these things in the display, it is by no means the whole story. These societies were generally set up to provide benefits for their members (or families) when they were sick or out of work for example. And in small towns or villages, the annual club feasts of the societies became an important part of the social calendar. These days, many societies do valuable charitable work in the wider communities in which they exist."

The display will run until 15 May, 2018. The Mill is open 10.00am to 5.00pm (closed for lunch 12.30 - 1.00 pm, last admissions 4.15 pm); Fridays last admission 3.45pm, closing at 4.30 pm. Modest admission charges apply.

For further information call the mill reception on 01482 848405, including Christmas opening arrangements, or visit the website at <http://www.museums.eastriding.gov.uk/>

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Wildlife Photographer of the Year exhibition will return to Beverley in 2018

East Riding of Yorkshire Council has announced that the hugely popular Wildlife Photographer of the Year exhibition – developed and produced by the Natural History Museum – will be back in Beverley in summer, 2018.

Beverley Art Gallery in the Treasure House will host the new 2018 exhibition from Saturday, 14 July to Saturday, 8 September, making it an ideal day out for the summer holidays next year.

The exhibition reflects the 53rd year of the competition, which welcomes entries from professional, amateur and young photographers.

For the 53rd competition, the international judging panel of respected wildlife experts reviewed almost 50,000 entries from 92 countries.

Visitors will be able to see 100 acclaimed photographs from all the competition categories, featuring a huge variety of inspiring images.

Councillor Richard Burton, portfolio holder for leisure, tourism and culture, said: "This is great news! I am absolutely delighted that we have managed to secure the return of this exhibition for 2018, working with our partners at the Natural History Museum, and featuring all the new winning photographs from the 2017 international competition, which will be on show in Beverley for the first time.

"The 2017 touring exhibition brought record-breaking numbers of people to The Treasure House – and to Beverley as a whole – and I have no doubt that the new exhibition will prove just as popular."

Sir Michael Dixon, Director of the Natural History Museum, says 'Wildlife Photographer of the Year is one of our most successful touring exhibitions, enjoyed by millions of people all over the world. The awarded images shine a spotlight on nature photography as a work of art, whilst raising questions about our crucial role in shaping a sustainable future.'

Full details of the exhibition will be announced in the New Year.

Keep up to date with what's happening in the Treasure House by following East Riding Libraries, Museums and Archives on facebook or twitter [@ERidingLMA](https://twitter.com/ERidingLMA).

Photo above: Arctic Treasure copyright Sergey Gorshkov.

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Cycle maps can now be downloaded onto your smart phone or tablet

East Riding of Yorkshire Council has made its cycle maps, taking in a number of routes across the East Riding, available on smart phones and tablets.

Designed by the authority's transport policy team, the maps can be found on the council's website and downloaded using simple step-by-step instructions onto Garmin, MemoryMap or SatMap devices.

Eight cycle maps have been developed for:

Beverley
Bridlington
Driffeld
Goole
Haltemprice
North Holderness
Pocklington
South Holderness.

These have proved very popular with local residents and visitors to the area.

Walking and cycling are healthier and less polluting alternatives to travelling by the car.

Encouraging more people to travel on foot or by bike can help reduce congestion on busy roads.

If you wish to view any of the cycle maps, visit www.eastriding.gov.uk/council/plans-and-policies/other-plans-and-policies-information/transport/transport-policy/#walkers-and-cyclists

Paper copies of the maps are also still available by emailing transport.policy@eastriding.gov.uk.

The London Theatre Voices present Topsy Turvy in Beverley to launch 2018

The London Theatre Voices will be making a welcome return to Beverley on Saturday, 6 January, 2018, at 7.30pm with An Evening of Song.

The group comprises : Soprano – Claire Mitcher, Mezzo Soprano – Amy Kerenza Sedgwick, Tenor - Ben Kerslake, Bass - Andrew Tinkler, and Pianist - Simon Haynes.

The group have performed concerts in many different styles at Beverley, including Gilbert and Sullivan Evenings, Opera Evenings and Music Theatre Evenings, and this time they have decided to combine all three genres.

The first half will be packed with Gilbert and Sullivan's biggest hits and the second half full of operatic arias, duets and quartets, and also they will be squeezing in some songs from the Shows.

Community arts officer June Mitchell said : "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

The concert is part of the Classically Yours series, which continues until April, 2018.

East Riding of Yorkshire Council and Orchestras Live have joined forces to bring orchestral music to venues across the East Riding. Thanks to a grant from Arts Council England, and investment from the council and Orchestras Live, Classically Yours is continuing to bring some of the UK's top orchestras, including Manchester Camerata, Sinfonia Viva and the Royal Philharmonic Orchestra to the area.

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An evening of fun with Rotary

The Rotary Club of Humberside invite you to join them for an evening of fun when they hold a Race Night at North Ferriby Village Hall on Friday 19th January. Tickets are only £10 and include a pie and pea supper and the "ownership" of a horse in one of the races – and if it wins there is a prize! What fantastic value!

Doors open at 6.30pm and the fun starts with the first race at 7.0pm.



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The Rotary Club of Humberside is one of several on the North Bank of the Humber and covers Cottingham and the immediate areas to the north and west of Hull.

All proceeds from the event will go towards the many and varied charitable projects sponsored by the Club.

Tickets may be obtained by ringing 848198 – don't delay or you may miss the fun!

Hull CHA Rambling Club

We are a friendly walking club established 1911, whose members enjoy walking in the Yorkshire Wolds, Howardian Hills, North Yorkshire Moors, Yorkshire Coast, occasionally to Lincolnshire, and walk throughout the year.

Sunday rambles are once a fortnight. Travel by coach to the starting point. Fare £10

We pick up on route to the city centre at Bilton and Holderness Road.

Pick up at City Centre is now **0900 am** for the autumn and winter months continuing Beverley Road and onto Beverley.

Walks with leaders.

A walk 10 to 12.5 miles. B walk from 7 to 9 miles

C walk 4 to 5 miles may be available (please enquire)

Sunday 7th January.

Goodmanham Circular

A. Goodmanham – Londesborough – Nunburnholme Wold – Loaningdale Farm – Kipling Coates Race Course – Hudson Way – Goodmanham

B. Goodmanham – Pond Wood – Deer Park – Towerthorpe Grange – Market Weighton – Hudson Way – Goodmanham

For a C walk please enquire with the Joint Rambles Secretaries.

Sunday 21st January

Rudston to Driffeld.

A. Rudston – Burton Agnes – Harpham – Driffeld.

B. Burton Agnes – Harpham – Driffeld.

For a C walk please enquire with the Joint Rambles Secretaries.

For further information and book a place on the coach, please contact Joint Rambles Secretary Sue O'leary on sue@sueoleary.co.uk telephone 07767420646

Pauline Borger on Pauline.borger223@btinternet.com telephone 07929933323

Check out the website <http://hullcharambling.wix.com/hull-cha-rambling>

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Phoenix Walkers

If you like walking in the countryside/a social day out then why not join Phoenix walkers.

We are 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.

We begin walking again in February. Why not join us.

For further information please ring Dulcie Hartley 01482 509000.



"Lion" - Saturday 20th January at 7.30 pm

Swanland Village Association hopes that you have enjoyed the films we have shown so far this season and hope you will continue to support us throughout Spring 2018.

We start our regular film nights on the third Saturday of each month at Swanland Village Hall with the film "Lion" at 7.30 pm on 20th January. In India, over 80,000 children go missing each year and there are over 11 million children living on the streets. This film is the story of one of them. Saroo, a five-year-old Indian boy gets lost on the streets of Calcutta, thousands of kilometres from home. He survives many challenges before being adopted by a couple in Australia. Twenty-five years later, he sets out to find his lost family. Starring Nicole Kidman as Saroo's adoptive mother.

Tickets £4 (adults £2 schoolchildren) at the door. For further details see <http://www.swanlandvillagehall.info/forthcoming-events.htm>

The East Riding Flower Club returns to the Civic Hall

We are pleased to announce that we will be returning to the Civic Hall, Cottingham for all our meetings in 2018.

We have arranged for three national demonstrators - in April 'The Colours of Spring' by Catherine Gleadhill; in July, Tony Brown will demonstrate 'For the love of Flowers', and in November Craig Bullock will give his Christmas show called 'Winter'.

There will be four area demonstrators in February, June, September and October. In March there will be a workshop followed by a talk, and in May there will be a competition followed by a talk by Paul Schofield on Beverley.

Watch out for details of these meetings in the *Cottingham Times*.

We look forward to working with the 'Cottingham Building Trust' and wish them the best of luck.

Judith Robinson (Hon. Secretary).

Music for Flute and Harp at Concert in Aid of Amnesty International on 26 January 2018

Hull Amnesty Group is delighted to welcome back the Meridiem Duo, who charmed the audience at their concert in aid of Amnesty International in 2016. Playing under the auspices of Live Music Now, Sarah Miller (flute) and Elinor Nicholson (harp) will play a varied programme, including transcriptions of works by Bach, Bizet and Debussy, as well as pieces specifically written for their combination of instruments by composers such as Nino Rota and William Alwyn. Refreshments will be served during the interval.

The concert will take place at 7.30 pm on Friday 26 January in the Judi Dench Theatre of Hymers College, by kind permission of the Headmaster. Tickets, including refreshments, cost £15 for adults, or £10 for under 18s and students with a student card. They may be ordered by email (aubus@aubus.karoo.co.uk or hullamnestygroup@gmail.com) or telephone (01482 849443 or 07584 079252).

All proceeds will go to Amnesty International.



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

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

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



Muscular, Neurological, Skeletal and Vascular:

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

Internal:

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

Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

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

Cancer and Tumour:

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

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

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

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

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



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Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 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.

Hull Zingari

Hull Zingari Cricket Club (est 1896) will be holding indoor net sessions for junior and senior players and new players will be made very welcome. JUNIORS Haltemprice Sports Centre, Springfield Way, Anlaby. 10 Sundays 6pm - 8pm starting February 12. £4 a session. Fully qualified ECB coaches in

attendance. Hard ball and softball. Equipment can be provided. Ring Steve on 447568 to book a place. SENIORS Hymers College Sports Hall, Hymers Avenue, Hull. 9 Fridays 6.30pm - 8.30pm starting January 27. 3 sides playing weekend cricket in the York and District Senior Cricket League. Excellent playing and social facilities. If you are new to the area or looking to play in a higher grade of cricket then contact Ron Biggs (Hon Sec) on 571205 for details of how to join the City's longest established cricket club. www.hullzingari.play-cricket.com and on facebook and twitter

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/

Cottingham Methodist Church hall, Hallgate

Card making class held every Monday (Except Bank Holidays) Classes restart Monday 8th January 2018 - 1.30pm - 3.30pm. All levels welcome. Contact for further details - Ann on 07932833578

Arterian Singers

"Would you like to join a friendly group of men and women who enjoy singing? We meet during school term time at the Methodist Church on Hallgate, Cottingham on Tuesday evenings at 7.30pm. We present three concerts a year; the music ranges from folk songs to songs from the shows to religious works to carols at Christmas. There is no audition, and although it helps it's not essential to be able to read music. Musical Director is Julian Savory. If you think you might like to join us, why not come along one Tuesday evening? You will be made welcome! (If you would like to contact a choir member first, then please ring Maria or Alan Tel 442758).

The deadline for entries in the February 2018 "What's On" section, is no later than the 20th January 2018.



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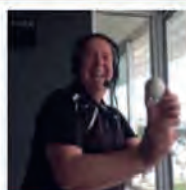
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Crossword solution from page 14



46 January - www.cottinghamtimes.co.uk



Fruit and vegetables contribute to good health

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

Chia Seeds:

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

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

Pomegranates:

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

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

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

Green Tea:

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

Approximately one-third of a green tea leaf is composed of antioxidants known as catechins. 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 and it may be able to prevent the development of certain types of cancers, in particular these include bladder cancer and prostate cancer.

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

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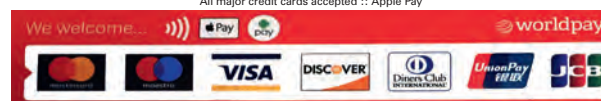
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