

Cottingham Times

and District

Issue 218 - January 2020



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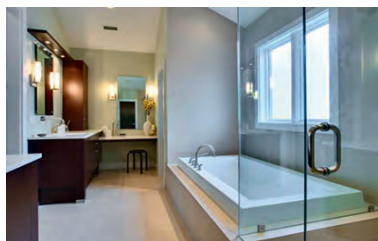
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In Cottingham and District

The deadline for entries in the February 2020 "What's On" section, is no later than 20th January.

Cottingham Methodist Church Photography Group

We meet in the Methodist Church Hall

Tuesday 7th January 2020 - 7.30pm

For further details contact John on 842169 or john@jcmhome.karoo.co.uk. New members welcome, all levels and cameras and smartphones.

Haltemprice Art Group

Tuesday 7th January - Negative Shapes

Tuesday 14th January - Ink and Bleach Workshop with Gill

Tuesday 21st January - A Local Scene in the style of Lowry

Tuesday 28th January - Paint an Old Master

Tuesday 4th February - Fantasy

A model and/or still life will be available on sketching nights or you may bring your own subject at any time. Demonstrations, Talks, Workshops, Appraisals etc. Members £2.50, Visitors £3.00 All other meetings are covered by the annual subscription. Cottingham High School And Sixth Form College, Harland Way, Cottingham HU16 5PX. From 7.00 pm to 9.00 pm.

Cottingham Local History Society

Wednesday 8th January - Hold The Front Page - A 40 year career in Local Journalism - Angus Young, in the Red Hall, Hallgate Primary School, starting at 7.30pm. Meeting fee: Members £2.00; Non-Members £3.00. Contact Chairman Mr. Peter McClure 845734.

Little Weighton Yorkshire Country Women

Wednesday 8th January - Members night to include pie and pea supper. Non members very welcome. In the Village hall at 7.30 pm.

Beverley Film Society

Thursday 9 January 2020 - The Heiresses (2018). Spain | Drama | 96 mins | 12A. Best director award Berlin. Chela and Chiquita are descended from wealthy families in Asunción but, as their finances worsen, they sell inherited possessions and discover new ways to repay their debts. Dir: Marcelo Martinessi.. Films screened on the second Thursday of every month between September and June, society members can also enjoy three extra films throughout the season at no additional cost.

Thursday 30th January - Hunt for the Wilderpeople (2016)

Cottingham Green Women's Institute Evenings

Thursday 9th January - AGM. Held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

Hull Alpha Probus

Club for retired or semi-retired professional people meets in The Back Room (on Hallgate) on alternate Thursdays. New members welcome. Contact the Secretary on 01482 348270 or 07542 959314

9th January 10:15 - AGM & coffee

23rd January 12 noon Lunch and Speaker - Harold Kay - 'The Savoyards'

6th February 10:15 Coffee and conversation

**Front cover: Cottingham Railway Station.
Photo: Paul Lakin.**

The Skidby Branch of the Yorkshire Countrywomen's Association

Thursday 9th January - The New Year Lunch, Millhouse Restaurant, Skidby.

East Yorkshire Embroidery Society

Saturday 11th January - Every Picture Tells a Story - Sue Stone, in the Darby & Joan Hall, Finkle Street, 2.30 pm to 4.00 pm (Doors open 2.15 pm). £2.00 members; £3.00 visitors. Tea/Coffee and biscuits available).

Humberside Bonsai Society

Sunday 12th January - Introductory talk - Bonsai Soils and Fertilisers, followed by an open workshop. Meetings are held between 10.00 am to 4.00 pm, in the Darby & Joan Hall, Finkle Street, HU16 4AZ, on the second Sunday of each month.

Cottingham Catholic Women's League

Monday 13th January - Eye Health Awareness - Tracy Atkinson. Meetings held at the Holy Cross Church, Carrington Avenue, in the Garden Room, at 7.30 pm.

YPI Camera Club

Monday 13th January - A joint meeting with East Yorkshire Video Camera Club. To share some videos and AV's which include video. We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. AV is the presentation of a series of images or video clips with an accompanying soundtrack. AVs are easily produced using software to combine still images, video, text and sound and can be played on any PC, TV, DVD or sent to YouTube. Turn a collection of digital photos into something you will be proud to show. For more details & examples of our work see <http://www.ypicc.uk/index.html>. New members always welcome – just turn up.

Cottingham Evening Townswomen's Guild

Wednesday 15th January - "Who Wants To Be A Millionaire" - Pat Collard, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street. New members and visitors are always welcome.

Cottingham Ladies Circle

Thursday 16th January - Hearing Dogs for The Deaf - Grahame and Jan Shalley. To be held in the Darby & Joan Small Hall, Finkle Street at 2.30 pm.

East Yorkshire Association of the National Trust

Thursday 16th January - "The Hull White City Story" an illustrated talk by Alan Beagle. Meetings take place in the Cottingham Civic Hall, at 7.30 p.m. Non-members are welcome.

Inland Waterways

Friday 17th January - The Bridgewater Underground Canals, by Paul Waddington. In the Methodist Church Hall, Hallgate, at 8.00 pm.

Little Weighton Village Hall

Friday 17th 7pm, Saturday 18th 7pm and Sunday 19th January - Matinee: Mamma Mia - The Experience show by VOW. Participation encouraged, dress up optional and bring your own nibbles! Licensed bar available! Adults £8, children £5. Tickets from Little Weighton Post Office or contact Sue Jackson on 07908 207356. Little Weighton Village Hall.

Macular Society Hull group

Friday 17th January - 10.30 am until 12.15 pm at Sight Support Beverley Road. Guest speaker Clive Skinner with his talk Back to Basics. With help and advice for anyone living with central sight loss. Refreshment on arrival. All welcome £2 for members. For more information contact Bernard Messingham 01482 860381.

Continued on page six

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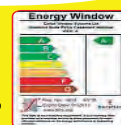
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Hull and East Riding Astronomical Society

Monday 20th January - 'Lunar Rocks 50 Years of Science', by Samantha Bell (University of Manchester). We meet every second Monday in the month at the Civic Hall, Cottingham, starting at 7:30pm until about 9:00pm. We are a friendly group and you are assured of a warm welcome if you come along to the meetings. You do not need to be an "expert" just someone who "looks up at the night sky and wonders . . .".

East Yorkshire Woodturners:

Tuesday January 21st - A Demonstration by Dave Lowe, Professional Woodturner. Dave is from Snainton, near Scarborough, where he is able to offer training courses. He demonstrates at clubs and exhibitions throughout the UK and has written several magazine articles. <https://www.facebook.com/davelowerpt/>.

Meetings are held every third Tuesday each month at Skidby Village Hall at 6.45pm. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). For information about the Club, please contact David Taylor, Secretary, 01482 876702, cotters@cotters.karoo.co.uk or visit the Club's website: eastyorkshirewoodturners.org.uk.

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

Tuesday 21st January - Stitch and Chat, at the St. Faith's Church Hall, Dunswell. Meetings 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. **PLEASE NOTE NEW VENUE!**

Hull Womens' Literary Club

Tuesday 21st January - 'Alice and Lewis' - Maureen Dyer.
Tuesday 4th February - 'The Death of Bessie Smith' Cecile Oxaal. Meetings: Fortnightly, Tuesdays at 7.30pm, The Avenues Centre, Park Avenue, Hull HU5 4DF. The Club has no political or religious affiliations. Visitors are welcome.

St Michael's Church, Skidby

Friday 24th January - Coffee morning, 10.30 to 12 noon. Come and enjoy coffee, homemade cakes and a friendly chat. All proceeds go towards the upkeep of the church.

East Riding Flower Club

Monday 27th January - It takes the form of the annual lunch followed by a short AGM at the Willerby Manor Hotel. This year Nicky Miller from Langlands Garden Centre will entertain us with her talk entitled; 'Tights, Teabags and Pink Daffs'. We welcome members and guests to this event which commences at 12pm and costs £23 for the 3course lunch. If you have not received information about the menu choices then message us on Facebook, email us on info.eastridingflowerclub@gmail.com or telephone Val on: 07811 886279 before the closing date which is 15th January 2020. The East Riding Flower Club usually meets on the fourth Monday of the month at 2pm at Cottingham Civic Hall, Cottingham. We are a friendly club, and welcome new members and visitors to all our meetings.

Beverley Gardeners' Club

Tuesday 4th February - Backhouse Rock Garden and Plants - Peter Williams, at St Mary's Parish Hall, Beverley at 7.45pm. Refreshments will follow the talk. An annual fee of £15 to join the club provides free admission to all talks. Guests are welcome to all meetings at a cost of £4 per talk. For further information please contact the Chair on 01482 865432.

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ParkinsonsUK - Hull and East Yorkshire Group Meeting

We meet every third Sunday, from 2.00 pm to 4.00 pm in the Cottingham Civic Hall, Market Green, HU16 5QG. Contact Steph Hoult 07542 096756 or parkinsonsukhullbranch@gmail.com. Helpline 0808 800 0303.

The Beverley Flower Club

Meets on the first Monday of each month, except August and January, when we have a Demonstration of Flower arrangements by an Area or National demonstrator, and twice during the year, usually before Christmas and Easter we have a Workshop when members can try out their own skills. We meet now at Bishop Burton College at 7.30pm and are always pleased to welcome new members. Find us on Facebook or ring 01430 828466 or 01482 865439 for further details.

Cottingham & Hull Folk Dance Club

Formerly Hull Folk Dance Club 1919-2019. Tuesday 7pm for 7-30 to 9-30 at The Darby & Joan Hall, Finkle Street, Cottingham. Enjoy free tea/coffee and biscuits and get to know the members. Your first visit is free. Come on your own or bring a friend for light exercise in a friendly environment. No experience is necessary and everyone is welcome. Closed from 18th Dec 2019 to 7 Jan 2020. More information from Keith Alexander on 01482 509751; Jan Gray on 01482 840637 and www.cottinghamandhullfolkdance.com.

Musical Memories

Do you enjoy a good sing-a-long? If so come and join us on the 1st Thursday of the month, 1.45 pm until 3.15 pm. We have coffee/tea and cakes halfway through. No Charge FREE. And we meet in the Methodist Church, Hallgate.

Wolfreton Park Bowling Club

From early April through to September we are an active bowling club. New members are very welcome, including complete beginners. We have 'roll-up' social/fun bowling sessions: Mon at 6.30-8.30pm and Tues/Fri at 2pm-4pm. Arrive early (15 to 20 mins) so that we can show you around. Come along and see if you like it – your first three sessions are free, we will provide the bowls and bowling shoes for you to use. We also have club competitions and social events (summer and winter) in which all are very welcome to join. Additionally, most days in the Summer, we have: ladies, men and mixed league matches. We bowl at Bramble Close (off Chestnut Avenue), Willerby HU10 6PD. For more information, about membership and other details, call Sue Hall, Club Secretary – 01482 652384 or email: s.hall@doodad.karoo.co.uk.

Card making classes

Every Monday (except Bank Holidays) at Cottingham Methodist Church hall - 1.30pm to 3.30pm. New members welcome, all levels. Contact:- Ann on 07932 833 578 for further details.

Cottingham Tennis Club (off Hull Road)

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Continued on page eight

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What's On - Continued from page seven

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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 revtrev37@gmail.com

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.

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.

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. We are also looking for volunteers and expenses can be paid.

f4 Photographic Group

The f4 Photographic Group meets every Thursday evening at 7.45pm in The Blue Bell Restaurant, West Green, Cottingham, HU16 4BH. We promote our hobby and skills in Photography by the exchange of ideas and mutual assistance amongst our members as well as interaction with other clubs. We take part in internal and external Competitions, have presentations from visiting speakers and go on field trips during the Summer. We also hold an Annual Trip away. Our Website can be found at www.f4photogroup.co.uk. You're very welcome to come and take a look.

Continued on page 35

3 THINGS YOU DIDN'T KNOW ABOUT CONVEYANCING

1. For those first time buyers who have taken advantage of the Government Help to Buy ISA, when you are close to buying your house, let your Solicitor or Conveyancer know and they will apply for the Help to Buy ISA monies from the Government online. This can then be added to the money that you are putting towards your new home. However, the bonus money will only be released on completion, rather than at exchange of contracts stage. During exchange of contracts a 10% deposit is usually given, but it may be possible to agree a smaller deposit with the seller on the basis that the Help to Buy ISA bonus monies will be with them shortly afterwards on completion.
2. Immediately following exchange of contracts it is the Buyer who bears the risk of any loss of damage to the property. As soon as contracts have been exchanged the Buyer must therefore ensure that insurance is put in place as this will no longer be the seller's responsibility, even though completion has not yet taken place.
3. The average price of a house in September 2019 was £232,574. The annual house price growth in the UK has slowed to its lowest pace in the last 6 years and Halifax believes that house buying activity and price growth will remain subdued whilst the economic uncertainty surrounding Brexit and the global outlook continues.

Lauren Seagrave is a Trainee Solicitor and joined Graham & Rosen in October 2015. Lauren obtained a 2:1 degree in Law from the University of Liverpool and whilst working at Graham & Rosen studied her Legal Practice Course at the University of Law in Leeds. Lauren is currently doing her final seat in our Conveyancing Department.



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Property News from Martin English of Homelink

A winter checklist for landlords

We have had one of the wettest run ins to winter that I can remember, winter is now firmly upon us and the days are shorter. Every year we see many weather-related property incidents at this time of year, and there is a lot that can be done to safeguard against this.

As a landlord, winter poses some unique problems. Your property is at its most vulnerable during the coldest months, and you need to take steps to protect it. As well as helping you fulfil your obligation to provide reasonable accommodation to your tenants, these simple steps will help to ensure that you avoid major problems further down the line.

Check the pipes

Frozen pipes can cause major damage to your property. Pipes are more likely to burst when they are frozen, and this can cause flooding and water damage. This is an expensive prospect.

You can minimise the potential for damage of this kind by making sure that all outside pipes are properly clad. You can clad pipes yourself, and the material to do so is cheap and readily available from DIY shops.

If you notice cracks or fissures in pipes, make sure they are dealt with as a matter of urgency. These will only get worse, particularly in cold weather.

Service the boiler

You have a range of legal responsibilities when it comes to the boiler in your property, including a requirement to secure an up-to-date Gas Safe certificate. In addition, though, you must make sure that this piece of equipment is fully functional – and this never more important than during the winter months.

You should consider having the boiler serviced before the winter. As well as keeping your tenants warm, a properly working boiler will help to ensure that your pipes do not freeze.

Instruct your tenants

Properly informed tenants are your most useful tool in the battle against winter. By making sure that your tenants have the information they need you can significantly reduce the potential for damage.

Consider preparing an information pack that outlines things like how the boiler works, and the location of the stopcock. You should also suggest that they leave the heating on at a low setting if they intend to leave the property empty for a few days, for example over Christmas. This will help to ensure that the pipes do not freeze.

Consider void periods

An empty property can begin to degrade remarkably quickly over the winter. If you are currently suffering from a void period, make sure that you visit the property regularly to do some simple maintenance.

Windows should be opened to air the property, and the heating system should be turned on regularly. Some systems feature automation that will perform this task for you. You should also make sure that the pipes have not frozen, and that the taps work correctly.

Clear the gutters

Blocked gutters can cause water to accumulate, and ice to form. This in turn can increase the chances of overflows or frozen pipes. You should therefore make sure that the gutters around your property are clear of leaves and other detritus, particularly if you anticipate heavy rain or very cold conditions.

Winter property maintenance might seem like a hassle, but it is very much part of the landlord's job. By taking a few simple steps before the cold weather sets in, you can help to minimise the potential for bigger problems later on.

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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- Well proportioned bedrooms
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Immaculate 2 Bedroom House

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- Double Glazing
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Cottingham Times has teamed up with award winning salon Unique to offer FIVE of our lucky readers the opportunity to win a £50 voucher off all hair services at their Cottingham salon at 7-8 Market Green. What's more - all other entrants will receive a £10 gift voucher for participating.

At Unique they are all about keeping up to date with the latest trends and techniques. After celebrating a double victory at the inaugural Yorkshire Salon Awards where they took the title of Best Salon in Yorkshire and Best Salon for Training, Unique remain at the cutting edge of salon innovation. Visit the Unique website and meet the teams or call in for a complimentary consultation (subject to available appointments).

To be in with a chance of winning a £50 voucher or to get your hands on a £10 voucher, simply answer the following question:

Where is Unique Cottingham located?

a. Market Green b. Market Place c. Market Square

Send your answer by email to events@auniquesalon.co.uk by Friday 17th January, 2020. Put 'Unique Competition' in the subject box and your answer, name, address (inc postcode) and contact telephone number in the body of the email. The five first prize-winners will be contacted by telephone and must be prepared to be available for publicity for Cottingham Times and Unique with names and photographs appearing in the Cottingham Times magazine, and Unique Facebook pages. Full terms and conditions are available on Page 11 of this magazine. Entrants who do not win one of the £50 vouchers will receive their £10 voucher by post.



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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
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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. 155

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

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

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MARIONOWENTRAVEL

Happy New Year & new decade wishing everyone fabulous adventures around the world. We have lots of Special Offers and ideas for you and look forward to the opportunity to book your holiday arrangements.

Many of you now know me well I have been a travel agent for over 40 years, our office is a small team of highly experienced travellers and this month I would like to introduce you to the voices you may know from the end of the phone.

To begin with, Emma. Despite having a few years out of travel (yet still remaining in retail) I have worked with Marion since I was 16. My experiences are world wide.

My favourite destinations have been are Australia, Thailand - Krabi & Bangkok, Singapore, Hong Kong, Dubai, Oman and Taiwan. I also have a range of large range of European experiences, but we will leave that for the next chapter.

The special features I bring to the office, are my wealth of knowledge and love of complicated tailor made holidays to fulfill all of my clients dreams and cross off your bucket lists. I pride myself and my attentive customer service that we as a team have built up, such as home visits and service with a cuppa, biscuit and a smile!

My clients are part of a family, not just a one time visit. A fun fact about me - My son is named 'Myles' as I love to travel miles!

Beth: Hi, I am the custard cream coloured one in the corner. I may be just another voice on the phone to many of you, but i do have a range of experiences in the travel world. I took the educational route rather than the hands on approach like Emma and Marion, and did Travel and Tourism at College then did a specialist degree in Air and Tourism Management. However, to gain experience Marion employed me and trained me during my holidays around these qualifications.

Few years later I am back, with a range of Cruise knowledge and a wide variety of itineraries and cruise lines.

My favourite & most knowledgeable will always be Fred Olsen, with a wealth of personal experiences with them.

My recent Fred Olsen experience was to the Norwegian Fjords a land like no other. I am due to travel again to the Caribbean in March for the 4th time. If you are looking for cruising advice, and adventure look no further. We book all cruise lines from tasters to a full around the world cruise.

Do remember we are a full travel agency, we book financially protected holidays and you never have to worry about the security of your money.

We have a wealth of first hand knowledge travelling around the world by land, sea & air with the answers to make your travel simple & hassle free, leaving you to enjoy your holiday. All you need to do is pick up the telephone or visit our office in person. It is always good to talk we look forward to creating your special memories when we book your next holiday in the UK, Europe or Worldwide.

We look forward to helping you create wonderful memories in the next decade. Marion, Emma & Beth

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22 Jul	Safari Experience Port Lympne	- 4 days, 1 night luxury tent	£ 625
08 Aug	Kynren & The Edinburgh Tattoo	3 nights	£ tba
29 Aug	2020 2 day overnight cruise & the North York Moors from		£ 99
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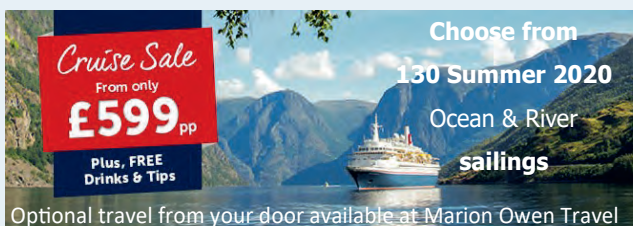
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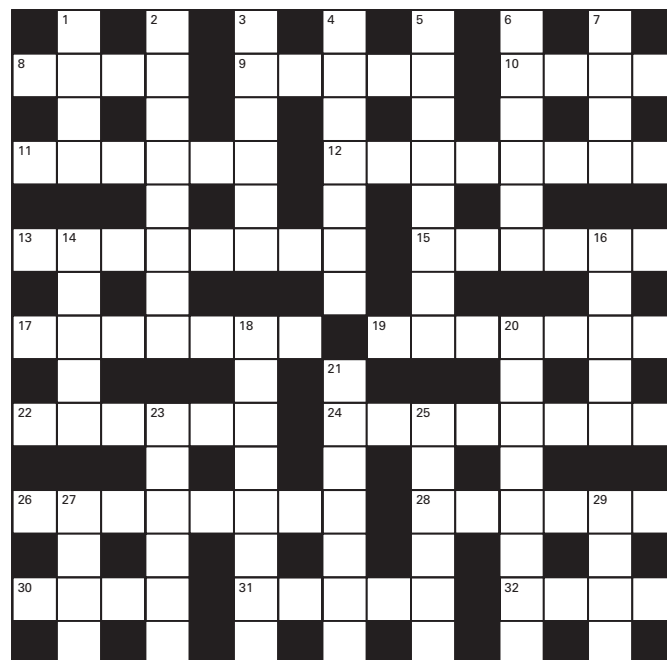
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Crossword - Solution on page 46



Across:

8. Mop (4)
9. Refined woman (5)
10. Stink (4)
11. Seem (6)
12. Examining in detail (8)
13. Fissure (8)
15. Stab (6)
17. A repairer of equipment for horses (7)
19. A planned undertaking (7)
22. Different ones (6)
24. Hard candy on a stick (8)
26. Refute (8)
28. Lurks (6)
30. A juicy gritty-textured fruit (4)
31. System of beliefs (5)
32. Solitary (4)

Down:

1. Exchange (4)
2. Saw (8)
3. Stings (6)
4. Improved or altered (7)
5. Not suitable (8)
6. Hogfish or razorfish (6)
7. Stitched (4)
14. Respond (5)
16. What chocolate comes from (5)
18. Settle (8)
20. Happily (8)
21. Parts of a garment that cover the arms (7)
23. Lapse (6)
25. A unit of instruction (6)
27. Genus of holly (4)
29. Male ruler (4)

Crossword courtesy of www.crosswordpalace.com
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Quality Water is our Business

Hard Water Horrors ?

Fitting a new kitchen or bathroom is often an occasion that gets people thinking about protecting their planned investment from the ravages of hard water; limescale, soap scum, streaks and spotting . . . the list goes on.

After all the effort and cost of selecting and fitting your new units and appliances its only natural to want to keep them sparkling and pristine and the one guaranteed way in our hard water county is to find the correct water softener for the property and get it installed as soon as possible.

Immediately after it is installed, a professionally specified and installed unit will protect plumbing, showers and appliances and keep everything at peak efficiency and performance year after year.

Amazingly the softener doesn't stop there, it will also undo the previous years of scale build up in existing plumbing and appliances and over a period of 12 months or so it will gently dissolve away the limescale.

Cleaning and care for kitchen and bathroom is transformed with a softener; no need for harsh chemicals or scrubbing and elbow grease; a rinse and wipe down is all that is needed.

How will I find room for a water softener, they are huge aren't they?

Well, yes they used to be and indeed some of the older styles and more basic "builder grade" softeners still available are on the bulky side, however the good news is that there are now compact, non electric "consumer range" softeners that are the size of a tower computer, superbly efficient and stylishly designed to blend in.

Will we need plug sockets and a degree in computers to operate it?

In a word, no. The modern softeners no longer need electric power, they are kinetically powered by water flow and are pre set by our skilled installer to give perfectly soft water all of the time, no dials to set or

flashing lights to look out for, its all perfectly simple, perfectly soft.

I don't want to be moving big heavy bags of salt around, has this been improved?

Yes indeed it has, I'm pleased to say, compressed 4kg Salt blocks are now available for certain units, which makes storing and replenishing salt much easier and salt can be delivered direct to your door or picked up from our Hull store as required.



Hard Water Soft Water
You'll love your sparkly, shiny, limescale-free taps, no scrubbing necessary!



Hard Water Soft Water
Maintain the efficiency of your water-using appliances including your washing machine and dishwasher.



Hard Water Soft Water
The water from your shower will be free-flowing rather than a mere dribble.



Hard Water Soft Water
Save up to 12% on water heating bills and maintain boiler efficiency.



Hard Water Soft Water
Soft water will keep your towels and laundry looking and feeling like new.



Hard Water Soft Water
Enjoy a shiny, limescale-free kettle

All the above benefits of a softener will not be at the top of most long term softener owners list of reasons they would not be without theirs, they almost all say it is the luxury of bathing, showering and washing in the superbly soft water, not to mention the super soft fluffy towels that are the product of softened water laundry.



For more friendly, unbiased advice and information, just call **Dave Parry** at:

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In the Kitchen



Slow-cooked pork with polenta & garlicky greens

- Preparation time: 20 minutes
- Cooking time: 2 hours 30 minutes to 3 hours
- Total time: 2 hours 50 minutes to 3 hours 20 minutes
- Serves: 4 - 6

Ingredients

- 2 tsp fennel seeds
- 1 tsp black peppercorns
- 2 large cloves garlic, crushed
- A good pinch chilli flakes
- Finely grated zest of ½ lemon
- 1 tsp sea salt flakes
- 1.5kg pork shoulder joint, skin scored
- 2 fennel bulbs, trimmed
- 1 red onion, peeled
- 2 tbsp olive oil
- 300ml white wine
- 1.75 litres chicken or veg stock
- 3 tbsp Marsala
- 300g Polenta Valsugana
- 3 tbsp finely grated Parmigiano Reggiano
- 2 tbsp mascarpone
- 25g unsalted butter
- 1 large clove garlic, sliced
- 200g spring greens, washed and cut into ribbons
- 250g Tenderstem broccoli, trimmed

Method

1. Preheat the oven to 220°C, gas mark 7. Lightly crush the fennel seeds and black peppercorns using a pestle and mortar. Add 1 clove garlic, chilli flakes, lemon zest and sea salt flakes, and mix to combine. Rub this mixture into the skin of the pork shoulder, getting the flavourings right into the scored skin.
2. Cut the fennel and onion into thick slices, and arrange in a large roasting tin. Place the pork on top, rub the skin with 1 tbsp

olive oil and roast in the hot oven for 20 minutes.

3. Reduce the oven temperature to 170°C, gas mark 3. Pour the wine into the roasting tin and continue to cook for a further 1½ hours, checking every 30 minutes and adding 300ml of the stock to the pan as the wine evaporates.

4. Remove the pork from the tin, cover with foil and leave to rest while you prepare the gravy and polenta. Spoon off any excess fat from the roasting tin and place the tin on the hob over a low-medium heat. Add a further 250ml stock, bring to the boil, reduce to a simmer and continue to cook for a few minutes. Add the Marsala and simmer again until reduced slightly, season to taste and keep warm.

4. Pour the remaining stock into a large pan and bring to the boil. Add a generous pinch of salt and the polenta, stirring constantly. Continue to cook over a medium heat for about 7 minutes until the polenta is thick and creamy. Add the Parmigiano Reggiano and mascarpone, season with black pepper and mix to combine. Keep warm while you prepare the greens.

5. Melt the butter in a large sauté pan. Add the garlic and cook for 30 seconds. Add the greens and Tenderstem broccoli, season, cover with a lid and cook for about 2-3 minutes, stirring occasionally until tender. Serve the pork in slices with the polenta, garlicky greens and gravy.

Cook's tip If necessary, the crackling can be crisped up further in the oven while the pork is resting.

Apricot chicken with turnips

- Preparation time: 10 minutes
- Cooking time: 40 minutes
- Total time: 50 minutes. Serves: 2



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Ingredients

3 tsp rapeseed oil, plus extra for drizzling
350g pack turnips, scrubbed, halved and cut into 1cm slices
1 onion, roughly chopped
75ml fresh Cooks' Ingredients Chicken Stock
85g Bonne Maman Apricot Conserve
1 tbsp wholegrain mustard
1 tbsp fresh thyme leaves, plus a little extra to serve
500g pack Waitrose & Partners Pork and Apple Stuffed British Chicken Thighs
200g pack Tenderstem broccoli, to serve

Method

1. Preheat the oven to 200°C, gas mark 6. Heat 2 tsp oil in a frying pan and cook the turnips and onion over a high heat for 5 minutes, until turning golden here and there.
2. Tip the vegetables into a small roasting tin (keep the frying pan for later). Add the stock, conserve, mustard and 1 tbsp thyme leaves; stir well. Sit the chicken thighs on top and drizzle with a little extra oil. Season and roast for 35 minutes, until the vegetables are tender and the chicken is golden and cooked through, with no pink meat remaining, and the juices run clear. Spoon some of the apricot and mustard juices over the chicken towards the end of cooking.
3. When the chicken is nearly ready, heat 1 tsp oil in the frying pan and sear the broccoli on a high heat for 3 minutes, turning often. Season, add a splash of water, cover and cook for 2 minutes more until just tender. Scatter a little thyme over the chicken pan, then serve with the broccoli.

Sausage and ratatouille casserole

Serves: 4

Ingredients

454g pack essential Waitrose 8 British Pork Sausages
400g essential Waitrose New Potatoes, diced
400g can essential Waitrose Chopped Tomatoes
390g can essential Waitrose Ratatouille Provencale
1 x ½ 25g pack fresh flat leaf parsley, chopped

Method

1. Place the sausages under a preheated grill for 15 minutes, turning occasionally. Cut into thick slices once cooked.
2. Meanwhile, cook the potatoes in boiling water for 10 minutes until tender, drain and return to the pan, add the tomatoes and ratatouille and simmer for 5 minutes.
3. Stir in the sausages and cook for 2–3 minutes. Sprinkle over the parsley and serve.



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Spiced latte cake

- Preparation time: 25 minutes, plus cooling
- Cooking time: 50 minutes
- Total time: 1 hour 15 minutes, plus cooling. Serves: 10-12

Ingredients

250g unsalted butter, melted
300g self-raising white flour
1 tsp baking powder
250g Billington's Light Brown Soft Sugar
½ tsp ground nutmeg, plus a pinch more
¼ tsp salt
1 tbsp instant coffee powder, plus 1 tsp
75ml whole milk
275g low-fat fresh vanilla custard
3 medium British Blacktail Free Range Eggs, beaten
4 tbsp Billington's Golden Caster Sugar
2 tbsp dark rum
200ml whipping cream

Method

1. Preheat the oven to 180°C, gas mark 4. Use a little of the butter to grease a 23cm springform tin, then line the base. Sift the flour and baking powder into a large bowl. Add the light brown soft sugar, a pinch of nutmeg and the salt. Mix well with your hands to smooth any lumps in the sugar, then make a well in the middle.
2. In a cup, mix 1 tbsp coffee with 1 tbsp hot water. Stir into the melted butter with the milk, 175g custard and the eggs; whisk into the dry ingredients until smooth. Pour into the tin and bake for 50 minutes, until risen, golden and a skewer inserted into the centre comes out clean. While the cake bakes, mix 1 tsp coffee with 2 tbsp caster sugar, 1 tbsp water and 1 tbsp rum to make a syrup; set aside.
3. Place the cake, in its tin, on a wire rack to cool. After 30 minutes, poke lots of holes into the top using a cocktail stick and brush with the coffee syrup. Once cooled completely, remove from the tin and put on a plate.
4. Make a frothy topping by whipping the cream with the remaining 2 tbsp caster sugar and 1 tbsp rum until very thick, then fold into the remaining 100g custard. Spoon and spread the topping onto the cake, then use a fine sieve or tea strainer to dust with the remaining ½ tsp nutmeg.

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www.cottinghamtimes.co.uk - January 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

Happy New Year and flat wine bottles

Blimey! Well here we are, 2020, I can't quite believe it but before anything else do let me wish you a Happy New Year.

Resolutions? No, I'm not doing them this year, but as we go into the next 12 months I am wondering if the way we buy our wine is about to change?

I say that because of a couple of things I've noticed recently point towards us buying more food and drink online. Amazon, for example, has launched its first own brand wine, called Compass Road, which sells for £35.99 for a case of six bottles (£5.99 a bottle).

Currently there are five choices - three white, Pinot Grigio, Riesling and Chardonnay, a rose and a single red, Merlot. But are they any good?

I have to admit I haven't had the opportunity to taste any of them, so I was interested in the comments of Lucy Shaw, editor of The Drinks Business website, who told the London Evening Standard: "They retail at £5.99 a bottle, which puts them very much in the entry-level bracket. At that price point you have to hunt for wines of quality - the UK duty alone on a bottle of still wine is £2.68 - so I was pleasantly surprised by how clean and crisp most of the wines were."

"It's not clear who they are aimed at, possibly millennials given the colourful contemporary packaging."

And she continued: "While we work hard in the trade to try to encourage consumers to spend more than £5 on a bottle of wine, the range is largely clean, balanced, refreshing and well made, so will certainly find an audience."

The other thing I noticed is that a London company has launched a flat wine bottle, designed to fit through UK letterboxes. No, it isn't April 1... this is actually true!

The bottles, which are said to be "eco friendly" because they are made from pre-existing, recycled plastic, can hold the same volume (75cl) as a "normal" bottle, yet each one is claimed to save 500g of CO2 compared to an average wine bottle.

According to its website, the manufacturer, Garcon, says its aim was to cut the costs of failed deliveries - which in the UK alone are estimated to be £1.6 billion - and help to reduce the near one million kilograms of carbon emissions associated with missed deliveries in the UK.

The bottles - which are available from Funky Pigeon, Next and Moonpig among others - cost £13.99 and those currently available include a Chilean Sauvignon Blanc and Merlot and a Spanish rose. But it's not hard to see, should this trend take off, that others will pick up and expand the idea, which in turn should also drive down price.

Talking of price, and returning to those Amazon wines, it's interesting to note the big difference in cost of buying the wines in the UK, compared to say Germany, where they would be close to 19.99 euros instead of £35.99.

It's all to do with the amount of duty levied from country to country. Here, we're charged the duty, plus VAT, so on a £5 bottle of wine that works out at a total tax of £3.06. I'm told the UK is the fifth most expensive country to buy alcohol in the EU, around 29 per cent above the average, or 40 per cent more than Germany.

Predicting trends in 2020 is always a difficult business, but one thing seems certain - the continued rise in demand for organic wines and wines suitable for vegans.

According to The Wine Society almost one in five Christmas tables had vegetarian or vegan meals prepared alongside or instead of the traditional fare, while the Vegan Society claims that more than half of UK adults have adopted "vegan buying behaviour" which, coupled with the enormous increase in people who are full-time vegans, has led to a major increase in demand for wines which are vegan-friendly and are clearly marked as such.

Reflecting on that, the Wine Society has increased its offering of vegan wines and sent me a couple of examples to try - they were good and you can find out more about them in my "best buys" this month.

As odd as it may sound to some, not all wines are suitable for vegetarians or vegans. This is because winemakers often choose to "fine" their wines before release. This process can help soften a wine but also removes any potential haze that may appear in bottle.

Because proteins are involved in the process, winemakers might use isinglass derived from fish guts, animal gelatine or egg whites, all of which gather together the solids in the wine that would otherwise make it cloudy.

The solids along with the clarifying agent are then all removed so are classed as a "processing aid" rather than an ingredient. At most, only trace amounts of the fining agent will be left in the finished wine.

To produce a wine suitable for vegetarians or vegans, winemakers can avoid using fining agents altogether and produce a wine with more sediment or can use bentonite, which is a clay-based substance and works well for clarifying many wines.

Some vegans also wish to avoid products produced by the labours of animals. This means that those producers that are reverting to using horse-drawn ploughs in their vineyards to improve the condition of their soil cannot produce vegan wine.



BEST BUYS

**Foresco Umbria, Barberani 2017**

Where: The Wine Society

When: Now

Why: One of the two vegan wines I mentioned. A generous warm-flavoured Italian red that makes a great alternative to pricier super-Tuscans. It is a well-judged blend of 80 per cent Sangiovese with 10 per cent each Merlot and Cabernet Sauvignon.

£10.50

**The Society's White Burgundy 2018**

Where: The Wine Society

When: Now

Why: The society's best-loved and most-bought wine for many years, this Maçon white continues to rise above the ebb and flow of fashion. 2018 was a warm, ripe vintage, and the wine has lovely depth of flavour and roundness of texture with apple fruit and a fresh finish. Remarkable value. Visit www.thewinesociety.com

£9.95

**Yalumba Organic Shiraz**

Where: Waitrose

When: From January 3 - 21

Why: Made from organically-grown grapes, this Australian red is suitable for vegans and vegetarians and is light, fruity and smooth with a fantastic peppery finish. Try it with any pasta dish and you won't be disappointed.

£7.49 (was £8.49)

**Champteloup Muscadet Sevre et Maine**

Where: Waitrose

When: From January 3 - 21

Why: A lighter diet after the excesses of Christmas? Well Muscadet established a reputation a long while ago as a great wine with seafood and this is a good example. Crisp and bright with lemon fruit and a mineral core, it's simple but delicious.

£6.99 (was £8.79)

A 25 year success story and still growing

As we despairingly watch on, only to see several golf courses across the UK either struggling or closing each year, it is a refreshing change to shout about the success of a club that has continued to grow through a global recession and extremely testing times for the golf industry. Cottingham Parks is that club.

So, why have Cottingham Parks succeeded when other clubs have struggled? The answer would seem quite simple in that they have slowly developed the site, never over-stretching themselves and re-investing the profits at every opportunity. But where else have they devoted their time and resources?

Built on land once farmed by owner John Wiles, this family-run business was opened on 1st August 1994 with a family audience very much in mind. Starting with just a container for the clubhouse and shop, Cottingham Parks can now boast all the amenities on offer at other clubs plus so much more. Aside from the two 18 hole golf courses, there is a Health club with Gym, studio classes, Swimming pool, Jacuzzi, steam and sauna rooms, all backed up by first class catering within the spacious clubhouse (pictured below).



To complete the facilities there is also a driving range, a putting green, two short game areas, one artificial to allow for all year round practice, and 21 holiday lodges all on the one site. Says John Wiles "In the early days our success was very much built on hard work and team spirit with everyone doing what ever was necessary to make it work. As the site has developed key personnel have been brought in to further grow the business. Throughout this process we have always maintained our determination to provide an excellent facility underpinned by good customer service".

From the outset Cottingham Parks looked to attract families into golf and placed an early focus on developing their Junior Academy which has reaped rewards over the years when Cottingham Parks Juniors became the first East Riding club to represent Yorkshire in the national junior team finals. The importance attached to the Juniors in those early days still exists through the thriving Junior Development programme with free membership for any junior who's parent is a full paying member. This, along with the Academy membership, is just one of the many member incentives on offer.



Careful attention has also been given to the development of the golf course, with the construction of many man-made water features and the planting of one thousand trees that now frame the fairways. The 9th hole is a good example of this (pictured), at only 350 yards long has presented more than a challenge. This careful attention quickly established the Cottingham Parks course as a popular destination for a whole host of visitors and remains one of Yorkshires hidden gems.

Another important development was the addition to the company portfolio of the Skidby Lakes course in 2008, which gave members the option of two courses for the price of one. The Lakes course was re-designed in 2016 and although shorter than the Parks course, presents an equally challenging prospect. These changes have seen a growing following among casual visitors who seek out those excellent value for

money venues.

You always receive a warm welcome at the club with numerous events throughout the year helping to create a great camaraderie spirit within the club. These events, which include social golf evenings and summer leagues also serve to sharpen that competitive edge. This was never more evident than in 2016 when two pairs from Cottingham reached the international pairs World final, both finishing in the top ten. In 2000 the club held its first Pro-am and by 2011 this had grown into a two day pro-am and shown on Sky tv.

To complement the golf there is a vibrant spacious clubhouse with an excellent choice of top quality food on offer. This can range from a healthy breakfast option to a fully fledged restaurant experience based around various international cuisines. In all, it is the ideal place to sit on the balcony on a summer evening enjoying a meal and a drink whilst carrying out the post-mortem on your round of golf.

To complete the member experience a health club, with a gym area and studio which host a variety of classes, was added in 2001. Shortly after the swimming pool, sauna and jacuzzi were opened, all of which maintained the vision of a family club with many now taking full advantage of all the facilities on offer. The Health club using all the latest technology was upgraded in 2017 with the focus heavily on the wellbeing of our members with staff always on hand to help.



Completing the package, there is a remedial masseur (Steve Osborne) along with a hair and beauty salon (Gingerlily) on site.

With the not insignificant costs involved in running an operation of this size and its impact on the environment, consideration was given to both the efficiency and carbon footprint of the business. To achieve both of these objectives the company took the plunge and invested in both Bio-mass and solar energy installations. While extremely costly at the time both have now proved to be a wise investment.

So what of the future? Not being ones to allow the grass to grow under their feet, the directors of Cottingham Parks are already looking to the next stage of the development. John Wiles added "Outline plans have been drawn up for the construction a hotel, which would sit well alongside the 21 lodges currently on site. All we need now is the go-ahead from the local planning office".

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Should Auld Acquaintance Be Forgot And Never Brought To Mind?

How many of us own up to shedding the odd tear whenever we hear those words sung on New Years Eve? I for one, often reflect on the past year going over the events, good or bad, and look forward to what the New Year may bring. Within my family, I now have five gorgeous grandchildren ranging from 3 years old up to 8 years . . . five very happy proud moments in my life but I do also reflect on loved ones who are no longer with us to share and enjoy these precious moments.

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

I know I have mentioned in previous articles of the way some, but not all, people approach this delicate subject. If they are not animal 'lovers' or have no pets of their own, then it is quite normal to often hear "Well it was only a cat, dog, rabbit etc. You can get another". Would they say this if it was a relative or someone close who we are grieving for "You can get another friend/relative?". If only we could step back a few paces, 'walk



a mile in their shoes' then reflect, I think we would hear it less often but life is not that simple so we have to accept that everyone is different and do not grieve all the same. No amount of words I can say will express the feelings anyone goes through when they lose a companion.

It is a mixture of grief, sadness, loneliness, despair and also guilt in the cases of euthanasia. Guilt because we, as owners, have had to make that awful decision, dreadful decision to end our pets life. Who are we, some may ask, to say when the time is right? All I can answer is no, I do not think there is. We can say if you think about euthanasia as letting your pet go with dignity and not ending their life. This may sound strange to people who have never owned a pet but I do strongly believe our companions are like us and feel uncomfortable towards the end.

Sadly, myself and two of my daughters had to make this decision last year. My gorgeous Labrador Teal passed away in May after a short stay in our Park St hospital. I wasn't expecting her to go down hill so quickly and was devastated and not prepared. I didn't know how I would cope, not only at home but having Charlie my daughters dog with us diverted my thoughts, but also here at work seeing gorgeous dogs walk through the door..... In some ways it helped enormously especially talking to our wonderful clients.

Sadly two months later in July, we lost my daughters dog, Charlie. Devastation prevailed once again and a plummet in feelings plus coping with a now extremely quiet house, we started to question...why? Why in such a short space of time? Going over and over the same questions, we knew we had to let go and reassure ourselves in the knowing we let our two companions pass peacefully. Time went by but then tragedy struck for the third time in the November when our gentle giant, Baxter, belonging to my eldest daughter and her partner, was found to have an underlying problem during a routine check up. That same day, they had to make the decision to let him go, which was totally unexpected but knowing that if they had kept him going, he would have eventually suffered.

We all had so many emotions that year, sadness, grief and anger all rolled into one. Time is a great healer and 2018/19 has seen us with two new additions to our family.....my infamous Labrador Tali and my daughters latest addition Dexter a Cockapoo plus Rocky the tortoise and an aquarium of fish belonging to my daughter who had lost Baxter. They have helped enormously especially over this years sad anniversaries. Every grieving owner is different, some say never again, or maybe sometime, or others go straight out to find another companion. Who is to say what we should do or how to cope.....there is no answer.

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

AND FINALLY.....TALI.....

By the time this article is out, the festive period will be over and have I survived? Mmm time will tell but with only just under two weeks to Christmas, so far Tali has managed to destroy ornaments, numerous pens (whilst I was writing my cards), Christmas cushions plus many rolls of sellotape and the wrapping hasn't yet begun! Everything has to be beyond Tali height or out of the way.....hence my tree is in the hall..... and I have very little decorations in the lounge (not like me at all) only a garland that is draped along the fireplace which is proving very tempting to a twitchy nose. I have yet to start baking and I know this will be no mean feat when I have my assistant Tali doing a perfect interpretation of a ballerina.....dancing on her hinds legs supported by her front paws on the work tops working her way along...tongue at the ready. Oh how I dream of days gone by when presents could be left by the tree and mince pies on the table BUT I wouldn't change a thing!

Until the next time...

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“The Tooth and Nothing but The Tooth”

by
Chris ‘ Dr. Smile
Maker’ Branfield

And Breathe

Hello again, I hope you are well and Happy New Year. I hope you had a great Christmas and it wasn't too hectic. So, another year is here already. It seems to go faster and faster. May be a good time to just sit down, reflect and breathe.

It's Not About The Mouth

We all take breathing for granted as it happens automatically. You don't have to actively think about it for it to happen. It's a good job or we wouldn't get anything else done. However, there are health benefits to breathing a certain way over another so it would be beneficial to take some time thinking about breathing and training ourselves. It needs some effort as



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changing habits is hard to do and can take months.

What am I rambling on about? Well it's nose breathing. Nose breathing and keeping our mouth closed and tongue up is healthier. It's healthier in a number of ways relating to air quality, the oxygen our tissues get, reduction in snoring, and also development of the face and jaws to improve the airway (preventing snoring and sleep apnoea, improve head posture, and lead to straight, un-crowded teeth). Wow that seems a lot of stuff.

Natures Inhaler

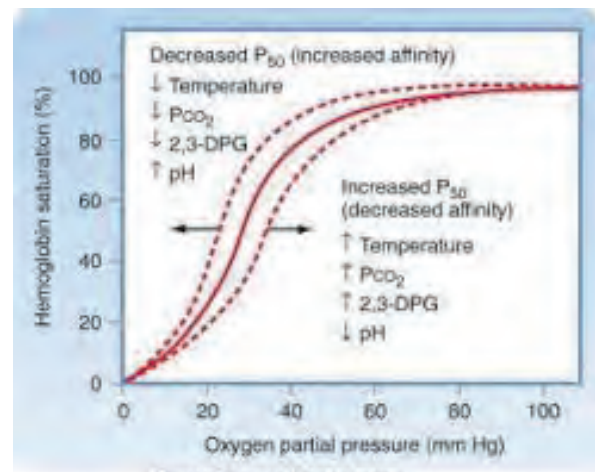
It is natural to nose breath, we are designed to do it. The nose filters (there are hairs in it), warms and moistens the air. If we breathe nice and slow it releases Nitric Oxide (NO) which is bacteriostatic (prevents the growth of bacteria). It increases the CO₂ in the blood. Oh no, I hear you cry. This is a good thing. Increased CO₂ in the blood stream acts to stabilise smooth muscle and preventing it going into spasm. Pretty much any type of tube structure in the body (blood vessel, airway, bladder) are made of smooth muscle. So, this can be helpful in asthma, high blood pressure and bed wetting in children.

Now This Sounds A Bit Mad

Having more CO₂ in your blood stream will mean more oxygen available in your tissues and cells. Huh?? How can this be? Well, a bloke called Bohr won a Nobel Prize figuring this out. He worked out the haemoglobin oxygen dissociation curve. Haemoglobin is the molecule in red blood cells that carries oxygen around the body. With more CO₂ in the blood the haemoglobin releases the oxygen more.

Why?

I'm such a geek, I know. However, we do anti-snoring therapy with lasers that works well. I am looking at ways to maximise the outcome and to look at ways to prevent it in the first place especially with children. Getting deep in the basics of why really helps. More on this in the future. Oh, and look up Buteyko breathing online/you tube. It's really good for clearing the nose.



Not A Great Look

I'm at it myself training to nose breath and have even taken to taping my mouth shut whilst I sleep. I use 5cm micropore tape. Definitely do not use cello tape or duck tape!!!

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 27 years and has a special interest in Life Changing, Pain Free Dentistry with Dental Implants, 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' Humanitarian work go here now www.castleparkdental.co.uk.

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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!

26 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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Our soaps are used widely by those with Eczema and dry skin conditions and are **Free from Parabens and harmful chemicals.**

www.wauldbysoap.com

Your Stars for January 2020

By Kay Gower

Aries (Mar. 21- April 20)

You always know when you're on the right track. Although it would make life much easier to sense when you're off it! Don't wait for all that drama. Make some changes now.

Taurus (Apr. 21- May 21)

You are likely to meet a number of unusual and interesting people this month. You're being drawn to those who are more creative or eccentric in some way. Financially the picture is bright, trust your intuition to guide you..

Gemini (May 22-June 21)

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

Cancer (June 22-July 22)

Remember the time when you wanted something so badly but you hesitated, and while you dithered someone else just walked up and took it? There's so much more you can have this year, if you just believe it should be yours.

Leo (July 23-Aug 22)

Getting your own way with others should be a piece of cake, particularly if you decide to use a combination of tact and simple common sense. A new start is on the cards in whatever area of life you feel you most need it.

Virgo (Aug 22 – Sept. 23)

This first month of the year proves to you that all your hard work has been for a purpose. Surprising twists and turns over the coming weeks will cause you to act quickly or miss out. Eat, sleep and exercise ensures you stay mentally and physically nimble.

Libra (Sept. 24 -Oct. 23)

Rather than get embroiled in emotional problems, take this month as an opportunity to have some time to yourself to gather your thoughts. There's so much going on in your mind that you need some time to think things through.

Scorpio (Oct. 24 - Nov. 22)

You don't need a change of scenery this month as much as you need a different cast of characters. It's been a while since any fresh blood came onto the scene. You'll welcome the excitement of new faces in your group.

Sagittarius (Nov. 23 -Dec. 21)

The new year will bring the resolution of old conflicts and perhaps the birth of new dreams. You may be asked to make a commitment soon, only you can decide if this will make your life richer.

Capricorn (Dec 22.- Jan. 20)

Your opportunities will be numerous and exciting. The sun is in a positive position for you for most of the coming month. With little to hold you back, this could be one of the most lucrative periods of the year. **The stars line up for a wonderful 2020.**

Aquarius (Jan 21 - Feb 19)

Matters around the home front seem to be the most fulfilling for most of January. You can afford to view this month with interest, not least because there will be some entertaining possibilities in store.

Pisces (Feb. 20-Mar. 20)

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

Hull CHA Rambling Club

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

Sunday rambles are once a fortnight. Travel by coach to the starting point. Fare £12.

We pick up at Bilton, Holderness Road, Hull City Centre, Beverley Road and Beverley.

Pick up in the City Centre is 9.00am during the Autumn and Winter months.

All walks have leaders.

The 'A' walk- a fast paced 10 to 12.5 miles.

The 'B' walk- a steady paced 7 to 9 miles.

And usually a 'C' walk- around 5 miles and a gentler pace.

Sunday 5th January: North Frodingham round.

Sunday 19th January; Cowlam Manor/Cottam to Fimber

For further information and to book a place on the coach please contact Joint Rambles' Secretaries, Sue O'Leary on sue@sueoleary.co.uk or telephone 07767 420646 or Pauline Borger on Pauline.borger223@btinternet.com or telephone 07929 933323.

Sudoku Answer from page 12

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

Check out our website <http://hull-cha-rambling.wix.com/hull-cha-rambling>. Like us on Facebook: **The Hull CHA Rambling Club**. You will be very welcome.

Phoenix Walkers

Wishing you a Happy and Healthy New year.

If you like walking in the countryside/a social day out.

Then why not 'Put your boots on' and join Phoenix Walkers for a brilliant day out. We are a very friendly walking group with walks on alternate Sundays in picturesque areas of Yorkshire, Lincolnshire and Derbyshire.

The coach picks up outside Hull Truck Theatre on Ferensway Hull at 8-30am, Beverley Road around 8-45am and Cottingham Green around 9am.

Coach fare £10.

You may come three times before deciding to join us (£10 fee)

Two levels of Walks

A Group 8-10 miles

B Group 5-7 miles

Shorter walks, a stroll of about 3 miles or so may also be available depending on the location please enquire.

Walks are with leaders and are risk assessed

We take a winter break now but hope to see all existing and new members in 2020. Our first walk to 'Blow the Cobwebs Away' is Hornsea on the **9 February**.

For further information and to book your seat on the coach please ring Sid&Sue 01482 701325. email phoenixwalkingclub@outlook.com.

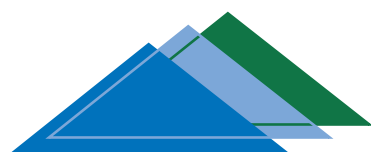
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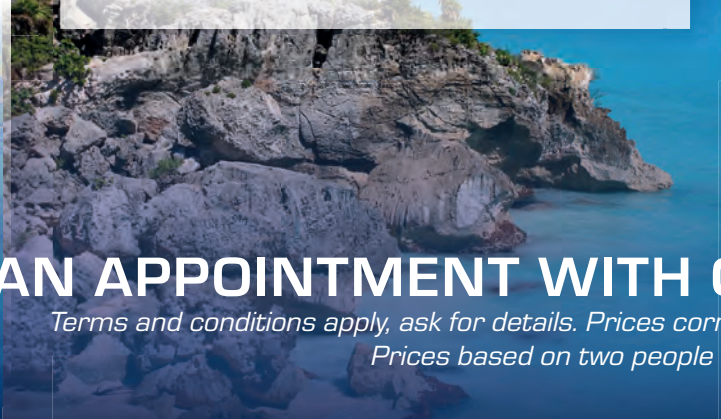
MEXICO

14 nights | 7 June 2020

Departs Doncaster Sheffield | 3* Rio Luptia at Playacar
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Board Basis: All Inclusive

£1,399pp

Other dates and airports available



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14 days | 3 September 2020

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Tour Highlights: Game drive in Kruger National Park, Featherbed National Reserve, tour of Cape Town including Table Mountain, tour of Cape of Good Hope

Itinerary:

Day 1: Arrive in Johannesburg
Day 2: Pretoria – Sandton
Day 3-5: Kruger National park
Day 6: Port Elizabeth
Day 7: Tsitsikamma National Park
Day 8: Knysna
Day 9: Oudtshoorn to Capetown
Day 10-14: Cape Town

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Other dates available



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Cottingham Little Theatre

Well, things seem to have running at full speed since we started rehearsals for "When We Are Married" in September and with a full year of Centenary events on the way, it's not going to slow down any time soon! Below is a brief update of what we've been up to recently, and a quick look ahead at the first three months of 2020.

When We Are Married

Three sell-out shows and three fantastic audiences! We managed (eventually) to find tickets for all those who contacted the Ticket Line, but it was a close call. Thank you for some really lovely comments about the production: we're glad everyone enjoyed it and delighted to have been able to start our Centenary Programme with a bang (or perhaps I should say a flash/bang!)

The Big Audition

What a wonderful afternoon we had in the Darby & Joan in early December, with 40 very talented people making us laugh, and sometimes cry, as they showed us what they could do. We have now cast all seven of the 2020 productions, and as well as many familiar faces you will also see a few new ones. It's going to be an amazing year!

Cottingham Christmas Festival

As I write this I've just come back from the Cottingham Christmas Festival. What a wonderful afternoon we've had. We were overwhelmed by the response to "A Little Christmas Carol", with over 100 people joining us in the Darby & Joan Hall for mulled wine and mince pies and to watch the show. Thank you all for coming and for your generosity - we raised over £100 for the Cottingham Christmas Lights!

Play in a Day - Saturday 18 January 2020:

Will it be "Honour" or "The Three-fold Cord"? Only Sue (Treasurer) and Brian (Director) know which play won the vote from the "When We Are Married" audience - and they're not telling! The cast only find out which play they will be performing the night before the show, so it's going to be a challenge - come and see if they succeed! This performance will be great fun in a relaxed and informal setting - you bring the liquid refreshment; we will provide the nuts and crisps! Tickets cost £5 via the CLT Ticket Line 07955 138061.

Murder Mystery Evening: Saturday 8 and Saturday 15 February.

This year's Murder Mystery evening will be a Centenary double-bill: "Murder Most Fowl" and "Murder in an Indecent Manor" (which was written specially for CLT). Tickets cost £10 and include a buffet supper. They are only available from Lynda on 01482 849655 and are going VERY fast, so if you want to come give her a call as soon as possible.

Heroes - Saturday 28 March 2020

Our third production this year will be "Heroes" - a wonderful bitter-sweet comedy set in 1959 about three First World War veterans who dream of making their escape from their convent hospital. Philippe, Henri and Gustave are being played by three of our own CLT "veterans" and this is going to be a very special evening. Tickets cost £5 via the CLT Ticket Line 07955 138061.

NB: tickets for our May production, "Quartet", go on sale on **Monday 6 April** from Barkers Newsagents, Cottingham; Beverley Tourist Information and via the CLT Ticket Line (07955 138061). Tickets are £8, £7 for concessions.



Pedal Power for your local hospice

Will you take on an international cycling challenge for your local hospice, testing your inner strength as well as your inner tube?

Dove House Hospice is looking for people to cycle 292 miles from Hull to Paris over four days in May 2020.

Cycling 70 to 85 miles a day, the event is for both experienced cyclists and those who are new to the sport. It's guaranteed to be an unforgettable challenge.

On Sunday 10th May 2020, you will leave the grounds of Dove House Hospice on Chamberlain Road and cycle to King George Dock to cross on the ferry before the real challenge begins the next morning as you cycle across a mixture of smooth direct roads and peaceful country tracks through Belgium and into France. The cycle finishes on 14th May under the awe-inspiring Eiffel Tower.

Anita Brien, Events Coordinator at Dove House Hospice said "It's the first time we have invited people to join Dove House for a challenge like this and we're really looking forward to it. There are hundreds of people who cycle every day across the area and this is a great chance for those people to challenge themselves for a fantastic cause. Everyone taking part is making a real difference to the lives of people living with a terminal illness across Hull and East Yorkshire."

Dove House Hospice is this area's only hospice, providing emotional, practical and emotional support to people living with a terminal illness as well as support to their friends and family. The hospice relies on the donations from the local community to ensure they can support whoever needs them, whenever they need them.

Dove House Hospice are asking for a registration fee of £200 and then all cyclists need to fundraise at least £1800. For more information you can contact the events team on 01482 785795 or events@dovehouse.org.uk or visit the website www.dovehouse.org.uk/cycle.

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New Years Resolutions

Often we find that in January couples may make the decision to separate or issue divorce proceedings, having waited until after the Christmas season, particularly where there are children involved, to take any formal steps. We offer a free initial consultation so if you are considering making a fresh start for the new year we would be happy to advise and guide you for the best course of action for you.

Expanding Our Family Department

Having recently joined the firm following a relocation to Hull is Neeta, a Senior family solicitor at our Cottingham office.

She qualified as a solicitor in 1993 and since then has specialised in Family Law. Neeta has over 26 years of experience and expertise in family work. She covers all divorce matters and deals with complex financial issues including pensions, properties and business on divorce, and cases for high net worth individuals.

Neeta advises clients in all family areas including pre- nuptial and post- nuptial agreements, cohabitation, and children matters.

Neeta abides by the codes set down by Resolution, and as such, where possible she seeks out a conciliatory and collaborative approach.



During her career she has been an Advanced member of the Law Society's Family Panel accreditation scheme, recognising her detailed knowledge across a broad range of family law issues. She has also held several senior roles and worked across London and in the home counties.

Neeta prides herself in achieving practical solutions in complex situations, whilst both guiding, and supporting clients through this difficult time in their lives.

To book your free initial 30 minute consultation call our office on 01482 875000.

Meet, Greet & Eat

FREE Legal Advice Clinic with Caroline and team on the first Saturday of the month from 10am to 12 noon. Teas, coffees and freshly baked scones provided. We look forward to seeing you.





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

www.instinctivehorsetraining.co.uk

The man and the Angel

A man dies and is on his way to heaven. He is met at the pearly gates by a group of Angels. One steps down towards the man and starts looking into his face. He looks at his arms and his legs. He examines his hands.

The man said to this Angel "What are you looking at, or what are you looking for?"

"Wounds" replied the Angel. "I am looking for your wounds".

"I have none" replied the man with confusion in his eyes.

The Angel looked into the mans eyes and replied. "You lived a life and fought for nothing? You lived a life and found nothing worth fighting for?"

When I was told this short story, it touched something inside of me and I spent the evening considering all the subjects which are most important to me on a personal level and considered how many wounds of note that Angel would find on me.

I know my main fight and my life's work (no surprise to anyone who regularly reads my articles or who knows me personally) is one for improved animal welfare and education. Educating people is everything. Helping the to better understand behaviour and the influences which trigger unwanted behaviour, lead them to make management and training changes for success. So what does success mean? It means that if you can change the animal on the emotional level then it finds peace, calmness, feels safe and as such its behaviour and quality of life will improve beyond measure.

All one can ever do is one small thing at a time. Help one person to help one pet be it horse or dog etc. The ripple effect is noted here because if fear is the trigger to violent behaviour in a horse- say towards a vet or a farrier, then they themselves become safer in its presence, as does the handler. Fears are created by experiences so we need to understand how we can change the immediate outcome for the animal by breaking training down into micro steps and building in a high valuable reinforcement history. Its called behaviour shaping and the pet is rewarded with high value food as well as relief that everything is starting to feel different in a very good way.

Social media helps me get the training possibilities out into a greater audience view which in turn may persuade some to change what they are doing and research learning theory, behavioural science, clicker training, positive reward training or seek out help form a proper behaviour trainer/consultant etc.

This said, how can we move to influencing change in a larger way to meet a far greater audience and to have a greater impact on the lives of our most vulnerable charges? Significant change needs to come from the top- our elected Government and MP's. We so badly need them to grant animals sentience, in law.

ANIMAL SENTIENCE IS REAL.

Could we have a new start for animals in this new year, with a new Government at the helm and Brexit just around the corner?

WHAT IS ANIMAL SENTIENCE?

Sentient animals are aware of their feelings and emotions. These could be negative feelings such as pain, frustration and fear. It is

logical to suppose that sentient animals also enjoy feelings of comfort, enjoyment, contentment, and perhaps even great delight and joy.

We all see the joy in a dog with a toy or a ball. We see lambs out in fields play with each other and use objects in their environment to jump on and off- just for fun. We see so many examples of exactly the same joyful behaviours in all species of farmed animals if they are given the chance to be able to perform natural behaviours. We see strong maternal bonding in every species of animal world wide and we witness very observable grief behaviours through separation for their babies, from each other within a herd or group. Death within a group causes observable grief behaviours and mourning in so very many domesticated as well as wild species.

We know they can all make very strong social bonds, show nurture and care. If only our Government would agree to these vastly scientifically proven facts, then the law would force significant change in care, housing, management and transport. How is it ever right for the huge trade in 10 day old calves to be shipped from Scotland to the EU for veal production as one example where change is so desperately needed. The suffering is immense.

I've copied these words from online resource- I hope they make us all sit back and think.

Science shows us some interesting abilities in farm animals:

- Sheep can recognise up to 50 other sheep's faces and remember them for two years
- Cows show excitement when they discover how to open a gate leading to a food reward
- Mother hens teach their chicks which foods are good to eat
- Lame meat chickens choose to eat food which contains a painkiller

Scientists believe that sentience is necessary because it helps animals to survive by:

- learning more effectively from experience in order to cope with the world
- distinguishing and choosing between different objects, animals and situations such as working out who is helpful or who might cause them harm
- understanding social relationships and the behaviour of other individuals.

The growing scientific interest in animal sentience is showing what many people have long thought to be the case – that a wide range of animals are thinking, feeling beings. What happens to them matters to them.

Our Government needs to follow Brussels, Austria, Slovakia and others who have granted sentience to animals and given them more value. The USA still categorise animals as objects and as such, have no rights to feelings.

Bring on the wounds to my body for those Angels to see. They are insignificant compared to the emotional wounding we cause day in day out to millions of animals in our "care".



Support the advertisers who appear within the Cottingham Times

Butterflies

Is one for those with memory loss and their carers. The group meets on the 3rd Friday of the month in the afternoon from 12 noon to 2.30 pm. The venue is in the Methodist Church, Hallgate. A light lunch (optional) precedes a variety of activities, eg. Crafts, entertainment, games. A small charge is made to cover costs.

St. Mary's Church, Cottingham

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

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 29 teams (19 Boy's teams at under 7 to under 17 level, 1 Youth's under 21's team, 5 Girls teams at under 8's to under 14's level, 1 Men's team, 1 Ladies team, 1 Veterans team and an Ability Counts team), as well as an academy for 4 to 6 year olds, a Wildcats Girl's Footballing Centre 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. Suitable for men & women of all abilities. www.fitmums.org.uk

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 Bridge Club

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

Thursday Fun

Takes place in the Methodist Church, Hallgate every 3rd Thursday of the month from 2.00 pm until 4.00 pm. Come and join us and play dominoes, cards, scrabble and do a jigsaw or bring your own craft/game. Enjoy a good chat and tea and biscuits. This is FREE, but we have an (optional) small raffle.

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.

Continued on page 36

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The Orchard Stroke Group

The Orchard Stroke Group is a small group run by, and for Stroke survivors and their carers. We meet on the 3rd Thursday of the month at Cecil Gardens, Hawthorn Avenue, from 10.00 am to 12 noon, for a friendly chat over a cup of tea or coffee with biscuits, and if any members need any help with any Stroke-related issues, we can point them in the right direction for information. If anyone would like more information, they can contact me on 01482 565767 or 07908 145585. My name is Rob and I am the chairman of this group and look forward to having some new members,

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday and Saturday from 10.30 am to 12.00 noon, 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!

The Cottingham Whist Club

Every Wednesday afternoon 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. For further information telephone Jill 843253 - or Pat 07531 762 593.

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

Haltemprice Dolphins Swimming Club

Every Thursday night. Some of our members have physical disabilities, whilst others have more hidden disabilities. The sessions are ideal for people who are recovering from strokes, heart attacks and other medical or hidden problems. Most of the people we help have achieved much more now as they have needed, and received, extra support. We actively encourage family and friends of disabled members to join us in the pool, as this encourages the social side to the club. There is an aqua aerobics half hour at the beginning of each week for those who would like to join in and keep fit. There is a charge of £2.50 per session for disabled and family members. (Carers are not charged.) Sessions are on Thursday nights from 7.30 to 9.00. For more information tel: D. Thomas on 01482 844815.



Major refurbishment of Skidby Windmill

East Riding of Yorkshire Council is about to embark on a major refurbishment of a much loved East Riding landmark - Skidby Windmill.

The refurbishment will require the removal of all the sails and the fan tail and their transportation to a traditional millwright in Norfolk where they will be stripped and carefully examined for rot and other damage and then restored to their former glory.

Paul Kilvington, the council's group manager, building facilities, says: "Skidby Windmill is a fine example of a Victorian working windmill and requires a great deal of maintenance. The mill is listed grade two with Historic England and this is a very high listing indeed. The council wishes to do everything it can to ensure the mill is in fine condition for the next generation to enjoy".

Nial Adams, museums and archives manager, says: "In the short term, the mill will look very odd with its sails and fan tail removed.

We don't quite know what the millwrights are going to find when the sails are stripped and examined and therefore how much will require to be done.

"We will also have to wait until the weather is right before everything is put back on so we cannot say exactly when the mill will be returned to its former state. But it will happen, and Skidby Mill will be able to have its sails turning again. We just ask for people's patience in the meantime".

John Skidmore, director of adults, health and customer services, added: "The council is determined to play its part in looking after the heritage of the East Riding and is delighted to be able to fund the restoration of a building which symbolises the proud agricultural history of the area."

Flute and Guitar concert in Aid of Amnesty International

The Hull Amnesty Group will be presenting its annual concert in aid of Amnesty International on Friday 24 January 2020. Playing under the auspices of Live Music Now, the Meraki Duo - Meera Maharaj (flute) and James Girling (guitar) - will perform music that ranges from Dowland's 'Flow my tears' via Romanian dances by Bartók to works by Richard Rogers and Burt Bacharach. Refreshments will be served during the interval.

The concert will take place at 7.30 pm on Friday 24 January in the Judi Dench Theatre of Hymers College, by kind permission of the Headmaster. Tickets, including refreshments, cost £15 (or £10 for under-18s and students with a student card). They will be available from 9 January and may be ordered by email (aubus@aubus.karoo.co.uk or hullamnestygroup@gmail.com) or telephone (01482 849443 or 07940 925714). All proceeds will go to Amnesty International.

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Christmas and New Year recycling guide for East Riding residents

Christmas and New Year generates more waste than any other time of the year in the East Riding – but the good news is most of it can be recycled.

Last Christmas and New Year more than 9,000 tonnes of waste was collected from East Riding households – and 60% of that was recycled thanks to the brilliant efforts of residents.

The waste and recycling officers at East Riding of Yorkshire Council are issuing some festive advice to help residents recycle even more during the holiday period.

Christmas trees, cards, wrapping paper, gift boxes ... even the bones from a turkey ... can all be recycled at home by putting them in the correct bin.

This year the waste and recycling officers are asking residents to make an extra effort to recycle plastic packaging.

In the East Riding, the **majority of plastic** items can be recycled in the **blue bin**, including:

- Bottles and bottle tops
- Food and drink cartons
- Yogurt pots and other dessert pots
- Tubs including those from spreads, ice creams and sweets
- Food trays

Residents are asked to place these items loose in the blue bin, not in bags. Please also make sure they are empty and clean, with no food or liquids inside them.

Thinner materials can't be recycled and need to go in the **green bin**, including:

- Black plastic bags and charity bags
- Food bags (from bread, frozen and fresh food)
- Crisp and sweet packets and wrappers
- Food pouches including pet food
- Toothpaste tubes and other cosmetic tubes
- Straws

Cling film, bubble wrap and polystyrene

Although these can't be recycled they won't end up in landfill. All green bin waste is converted into refuse derived fuel (RDF), taken to a multifuel plant where it is used in the generation of electricity.

Hard, rigid plastics should be taken to **household waste recycling sites** where there is a designated collection point, including:

- Buckets
- Children's toys (please remove batteries)
- Garden furniture
- Guttering and pipes

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Paul Tripp, head of streetscene services for East Riding of Yorkshire Council, said: "Residents in the East Riding are fantastic at supporting our recycling schemes but there's more we can all do, especially over Christmas and the New Year.

"The amount of waste packaging sky-rockets at this time of year, but the good news is the vast majority can be recycled at home, so please help us to recycle even more by putting your waste in the right bins."

Here is a Christmas guide to bin collections and recycling in the East Riding:

Bin collection dates will change over the Christmas and New Year period, but will return to normal from Monday 13 January.

To find out when your bins will be collected, look out for the **2020 bin collection calendar** which will be delivered through letterboxes in early December.

The calendar also includes a recycling guide, so if you're not sure which bin to put an item of waste in, just have a look at the guide.

You can also find your festive bin collection dates by visiting the website bins.eastriding.gov.uk and typing in your postcode. You can also download a copy of your calendar from here.

You can also sign up for the council's free text message reminder service for bin collections – more than 55,000 residents already have!

Details of how to sign up for the text service are on the 2019 Bin Collection Calendars.

Household waste recycling sites in the East Riding will be open throughout the holidays from 10am to 5pm each day, on Christmas Eve and New Year's Eve when they will close at 4pm. They will be closed all day on Christmas Day, Boxing Day and New Year's Day.

Blue bins can be used to recycle Christmas cards, envelopes, wrapping paper, cardboard and cardboard boxes, plastic tubs and

trays, all glass and plastic bottles and jars, cans, tins, aerosols, tin foil, foil trays, books, newspapers, magazines, juice cartons, egg boxes.

Please make sure they are all empty, clean and put them loose in the blue bin.

Brown bins can be used to recycle all cooked and uncooked food waste, including plate scrapings, peelings, meat, turkey and other bird carcasses, meat bones, egg shells, tea bags and small amounts of sauces, creams and soups. Any garden waste can also go in the brown bin.

Free kitchen caddy liners to put your food inside are available at household waste recycling sites, customer service centres, libraries, mobile libraries and leisure centres.

Real Christmas trees can be recycled by placing them next to your brown bin on collection days in January, or they can be taken to household waste recycling sites. Please remove all lights and decorations.

Broken Christmas lights and other unwanted electrical items can be taken to the small electricals section at household waste recycling sites.

Batteries – please don't put them in your bins! Instead please take them to supermarkets and local shops which have battery recycling collection boxes or to any household waste recycling site.

Crisp packets and polystyrene cannot be recycled, so please place these in your green bin.

Clothing, shoes and textiles cannot go in your bins, so please take these to local clothing recycling banks or to charity shops.

Unwanted Christmas gifts can be donated to charity shops or taken to household waste recycling sites for donation to the Dove House charity reuse shop at the Humberfield household waste recycling site, near Hessle.

Caring Dentistry

Mr Porter has finally retired altogether and handed the reins over to Christos.

He now divides his time between feeding the ducks on Walkington pond and tending a small herd of tortoises in Southern Greece.



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Harry Potter Book Night will be back in East Riding Libraries in 2020

Tickets are now on sale for Harry Potter Book Night 2020 in East Riding Libraries.

The ever popular event returns in February next year for an evening of games, crafts, and fun. There will be readings, the

Sorting Hat ceremony, the Polyjuice Potion Game, and Ancient Runes Lessons! There will also be a chance to take part in a game of Quidditch (indoor version) and a magical beast hunt.

Librarian Kimberley Harston said: "Harry Potter Book Night is one of the most popular events of the year in East Riding Libraries. It's a great chance to put on your Harry Potter outfits, maybe bring your wand, and have a fantastic evening out!"

"These tickets might make the perfect Christmas gift for the young Harry Potter fan in your family!"

Harry Potter Book Night events will be held at:

Haltemprice Library: 6 February, 2020: 6pm-7pm

Beverley Library: 6 February: 6pm-7pm and 8 February: 2.30pm - 3.30pm

Cottingham Library: 4 February: 6pm-7pm

Hessle Centre: 4 February: 5.30pm - 6.30pm

Willerby Library: 6 February: 4.30pm-5.30pm

Tickets must be booked in advance and are available either online at www.eastridinglibraries.co.uk/whats-on or in the libraries themselves and cost £4 each.



East Riding residents are England's top recyclers for third year running!

Residents in the East Riding are the top recyclers in the country – for a third year running!

Government figures released recently show East Riding of Yorkshire Council recycled, reused or composted more household waste than any other council in England in 2018/19.

This is the third year running the East Riding has topped the national results released annually by the Department for Environment, Food and Rural Affairs (DEFRA) – out of a total of 344 local authorities in the country.

Thanks to the huge support of residents, East Riding of Yorkshire Council was able to recycle, reuse or compost 64.8% of all household waste in the 2018/19 financial year.

A total of 196,440 tonnes of household waste was collected from East Riding residents' wheelie bins and from the council's 10 household waste recycling sites between April 2018 and March 2019.

From that 109,314 tonnes of waste was sent for recycling, reuse or for composting.

The national recycling rate for England was 45.1%, slightly up on the 44.8% recorded last year.

Paul Bellotti, director of communities and environment at East Riding of Yorkshire Council, said: "To have the highest recycling rate in England for the third year running is a fantastic achievement for the East Riding."

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"We also want to thank our waste and recycling team and our brilliant bin collection crews, who are out in all weathers emptying people's bins. Their efforts are very much appreciated by residents.

"As a council our aim is to improve our performance and improve our services for residents."

East Riding of Yorkshire Council's recycling rate of 64.8% was an increase on the 64.5% recorded for 2017/18.

Twelve years ago the council was ranked 214th in England with a recycling rate of 24.9%.

The two nearest councils in the national results this year were South Oxfordshire District Council with 63.3%, and Three Rivers District Council with 63%.

East Riding of Yorkshire Council's refuse collectors empty the bins of more than 153,000 households each week.

The fortnightly collection service is comprised of a blue bin for recyclable waste, a green bin for non-recyclable waste, and a brown bin for food and garden waste.

The council has 10 household waste recycling sites across the area, plus a Dove House charity reuse shop at the Humberfield household waste recycling site at Hessle/North Ferriby which sells items which residents no longer need but have donated at their local waste and recycling sites.

The Arterian Singers begin rehearsals

The Arterian Singers start their rehearsals for their Spring Concert Tuesday 7th January 2020 at Cottingham Methodist Church, Hallgate, Cottingham, 7.30pm. We welcome anyone who enjoys singing with a group of friendly people. The choir has four sections soprano, alto, tenor and bass. If you are interested in joining ring Maureen on 845363 or Janet 849415



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Chinese New Year The Year of the Rat begins on Saturday January 25th

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

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

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

Some of the dishes that are laid on the banquet table have superstitious attributes such as: Ginkgo nuts; these represent gold ingots and are full of auspicious luck for fertility. Black moss seaweed is a symbolic food of prosperity. This is also true in the case of a whole chicken which is a desirable addition to the feast. Dried bean curd is placed on the banquet table to symbolise happiness and luck. Lotus seed is seen as another

fertility symbol and signifies having many offspring. Nian Gao is a traditional sweet steamed glutinous rice pudding, when you eat this dish you will aid growth and abundance.

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

Reunion Dinner

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

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

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

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

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

Chinese Zodiac Animal Chart for Each Year

Rat	1900	1912	1924	1936	1948	1960	1972	1984	1996	2008	2020
Ox	1901	1913	1925	1937	1949	1961	1973	1985	1997	2009	2021
Tiger	1902	1914	1926	1938	1950	1962	1974	1986	1998	2010	2022
Rabbit	1903	1915	1927	1939	1951	1963	1975	1987	1999	2011	2023
Dragon	1904	1916	1928	1940	1952	1964	1976	1988	2000	2012	2024
Snake	1905	1917	1929	1941	1953	1965	1977	1989	2001	2013	2025
Horse	1906	1918	1930	1942	1954	1966	1978	1990	2002	2014	2026
Sheep	1907	1919	1931	1943	1955	1967	1979	1991	2003	2015	2027
Monkey	1908	1920	1932	1944	1956	1968	1980	1992	2004	2016	2028
Rooster	1909	1921	1933	1945	1957	1969	1981	1993	2005	2017	2029
Dog	1910	1922	1934	1946	1958	1970	1982	1994	2006	2018	2030
Boar	1911	1923	1935	1947	1959	1971	1983	1995	2007	2019	2031

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The day continues with visits to relatives. The visiting rota has its unspoken hierarchy arrangement. The oldest get to sit at home and wait for the younger relatives to visit them to exchange good wishes to each other. This is a very exciting time for the children because nearly every 'Kung Xee Fa Chai' (it means Congratulations and May you be Prosperous) they recite, they get an ang pow (red envelope containing money) for it. The second day of Chinese New Year is named 'Kai Nien' meaning "Year Beginning" which starts with a very early morning breakfast. Special dishes with symbolic names will be served. The special dish of this day is long noodles which are served with everyone competing to toss the noodles as high as possible with their chopsticks. The tossing of noodles is a symbolic activity done to promote longevity. This means that, unless you are unable to do so, you stand up and raise your arms full stretch in the air holding the noodles aloft. In order to get extra lift off, some people use super long chopsticks and stand on chairs so you should probably make sure the ceiling fan is turned off.

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

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

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

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

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

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

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

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Chinese Good Luck Foods for the New Year

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

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

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

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

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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 4,000 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 its central belief that health in all parts of the body is due to the relative balance of Yin and Yang. Yin-Yang theory forms the basis of TCM's holistic approach to health and disease and also offers practical guidance in the prevention and management of diseases.

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

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

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

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

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Castle Hill nurse Justin shares experience of refugee camp with school children

A man who spent seven years in a refugee camp before becoming a nurse at Castle Hill Hospital has shared his experience with children from an East Yorkshire primary school.

Justin Mwange fled to Zambia with his family from the war-torn Democratic Republic of Congo and spent seven years living without hope before he was granted refugee status and moved to Hull.

Now, after qualifying as a nurse this summer and joining Hull University Teaching Hospitals NHS Trust, Justin has gone to Newport Primary near Brough to share his experiences with Years 4 and 5.

Justin said: "I was very pleased to go to the school and tell the children about what it was like to go to school in Congo. We

would walk 15 miles there and back to school every day and we'd to work to pay for all our books and even our pencils.

"They were interested to learn about my time in the camp and I was able to tell them why I wanted to become a nurse."

Teacher Carolyn Ashley got in touch with the hospital trust to pass on the children's letters and a visit was arranged for Justin and Vicky Needler, Practice Learning Facilitator so he could share his story.

Justin wanted to become a nurse after watching people die by the side of the road because of the lack of basic health care as his family and neighbours walked for three days in searing temperatures to flee the war tearing his country apart.

During his years in the refugee camp, Justin volunteered as a support worker with Medecins Sans Frontieres helping people with malnutrition.

Although fluent in French and Swahili, he spoke little English when he arrived in the country with his wife Elizabeth Nyota in 2007 as part of a refugee resettlement programme. He moved to Hull where he started English classes and took a job working in a factory to provide for his family.

He completed English as a Foreign Language programme at the University of Hull before applying to study social work and graduated in 2012. He then enrolled at the university to study nursing in 2016 and gained a first in his Bachelor of Science nursing degree this summer.

He now works on Ward 10 at Castle Hill, looking after patients with colorectal conditions and digestive problems.

Teacher Carolyn Ashley said: "We have been working on a project about peace, conflict and rights this year and one of the subjects we were looking at involved refugees.

"We then saw Justin's story and the children decided to write him letters.

"It was a privilege to meet Justin and we're so pleased he was able to come and meet the children."



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Hull and District Cats Protection Cat Homing show on Saturday 1st February

The Hull and District Cats Protection will be holding their first Cat Homing show on Saturday 1st February, in the Darby & Joan Hall, Finkle Street, Cottingham from 11.30 am to 1.30 pm.

If your New Years Resolution is to find a new feline friend, why not come along and meet the cats seeking new loving permanent homes.

Stalls will include cakes and jams, cards, gifts, cat accessories and a tombola. Refreshments will be available.

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

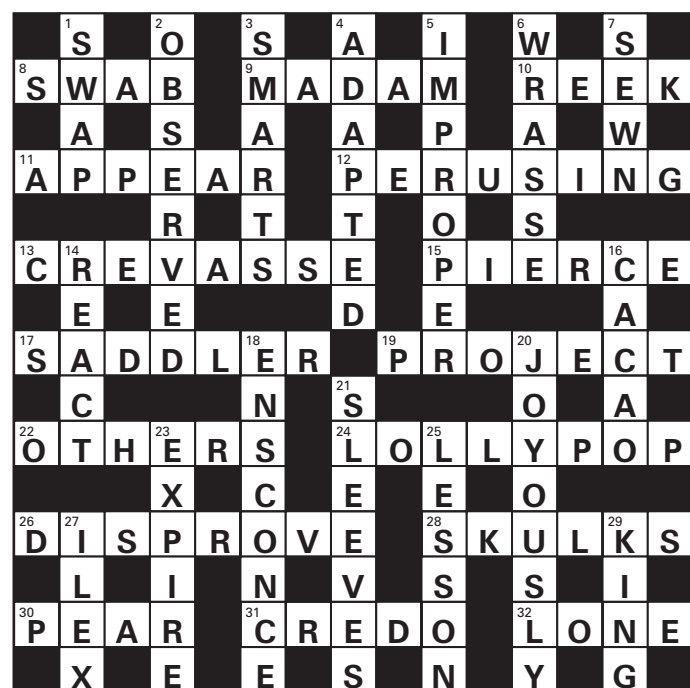


"All is True" on Saturday 18th January at 7.30 pm in the Swanland Village Hall

Swanland Village Association would like to invite you to see the film All is True at 7.30 on Saturday 18th January at Swanland Village Hall. We are starting 2020 with the story of the later life of William Shakespeare with a wonderful cast including Kenneth Branagh, Judi Dench and Ian McKellen.

Tickets (available at the door) cost £4 - adults - and £2 for schoolchildren. Refreshments on sale at the interval. For further details see www.swanlandvillagehall.info/forthcoming-events.htm.

Crossword solution from page 14



Winter is not always kind and gentle to skin

Not all seasons affect the skin in the same way. While getting sunburned is not a worry during the cold winter months there are other concerns that you must think about.

For instance during the coldest months of the year low humidity levels outdoors combined with dry heat indoors can lead to skin that is itchy, dry and on the irritated side.

To treat your skin in the best way possible you need to take the natural approach to keeping it healthy. That means taking care of it from the inside out as well as from the outside in. Your skin needs to be nourished by the foods you eat but also by what you do to it externally.

What then should you do in terms of seasonal skin care?

One of the most important things you can do is to make sure that your skin care regimen includes exfoliation. This is essential for both your face and your body. By skipping this essential step in your skin care process you can easily end up with skin that is dry, flaky and not very flattering. Exfoliating at least once a week will get rid of the layers of dead skin cells and will allow the newer and smoother cells to shine through.

You can exfoliate your face using an exfoliating scrub that is soft and gentle. You can exfoliate your body in the shower using a soft loofah or scrub.

Another option is, to do dry skin brushing or a dry brush exfoliation on your body right before you take a shower. Not only does this get rid of dead skin cells but it is also a form of detoxification for the skin. Doing this also improves blood circulation and it reduces puffiness of the skin. It is also believed to be very soothing for the nervous system. Just make sure that you choose a soft natural bristle brush that will not bruise your skin.

Do not spend too long in the shower or bath or take really hot ones. This can dry out your skin. Once you are finished bathing before you dry off, slather a rich moisturising cream on your body that will lock in moisture and will make your skin feel softer.

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