

# Cottingham Times

and District

Issue 250 - January 2023



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## The Best Is Yet To Come

by *Richard Blunt*

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*Manor House  
Care*



## A word from our chairman

Christmas is always a special time for us, and as usual our residents and staff had a fabulous time! But, as the festive season draws to a close, we can begin to focus our minds on what will be an exciting 2023 at The Manor House. January is always a good time to reflect the ebb and flow of the past twelve months. With a busy year ahead, we look forward to inviting our friends and family to the Manor House, as well as welcoming new members to our community.

If you want to find out more about The Manor House, please contact our manager Leanne, who will be very happy to help: [leannehatch@parklanehealthcare.co.uk](mailto:leannehatch@parklanehealthcare.co.uk)

*Chris Mitchell, Chairman,  
Park Lane Healthcare*

# Christmas festivities at The Manor House



It was lovely to take part in this year's Advent Window, when we welcomed local carol singers to the home. The singers admired our decorated Christmas windows and enjoyed chatting to our residents over mince pies.

Adding to the Christmas spirit, the children of Little Weighton Primary School, performed their annual Christmas play to our residents.

The highlight of our annual Christmas party was keyboard players Sue and Trudy who visited the home and performed rousing renditions of the residents' favourite Christmas carols.



## A reflective Remembrance

Like every year, November provided the opportunity for our residents to formally reflect and remember those who have lost their lives, fighting wars on our behalf.

Residents were very grateful for a visit from the Royal British Legion, who provided a service for our residents and staff for the third year in a row. The last post was played, and a two-minute silence allowed residents to honour loved ones who have served in the armed forces.



## An afternoon in the 60s

Our residents were delighted to welcome Richard Silvester to The Manor House for an afternoon of 60s music with many residents reminiscing over certain concerts which took place all those years ago.

Residential Care ~ Respite Care ~ Dementia Care

The Manor House, White Gap Road, Little Weighton, East Riding of Yorkshire, HU20 3XE T: 01482 848250

## THE COTTINGHAM TIMES

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Published Monthly by: The Cottingham Times

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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. 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 Cottingham and District

The deadline for entries in the February 2023 "What's On" section, is no later than the 18th January.

### Tower Tour, St Mary's Church, Cottingham

Bank Holiday Monday, 2nd, January 2pm. To book, contact Ian on 07768 319570.

### Cottingham Local History Society

Wednesday 4th January - Old Cottingham Post Cards, Annual Stamp Lecture, Robert McMillan. In Cottingham Civic Hall, Doors open 7.15 pm. Meeting starts 7.45 pm. Members £2; Non-members £3. Contact Peter McClure 845734, email, [cottinghamhistory@gmx.co.uk](mailto:cottinghamhistory@gmx.co.uk).

### Hull Alpha Probus

Club for retired or semi-retired professional people meeting on alternate Thursdays - new members welcome.

Contact the Secretary on 01482 348270 or 07542 959314

12th January at 10:30 AGM & Coffee meeting upstairs at Kristoff's (near Hallgate/King Street traffic lights)

26th January at 12:30 Lunch & Speaker meeting at The Blue Bell (on West Green)

### Cottingham u3a

Thursday 12th January - at 2 pm in the Darby & Joan Hall. There will be a talk on 'Dove House Hospice', which will be followed by the usual tea/coffee and biscuits. For further information or queries visit [www.u3asites.org.uk/cottingham](http://www.u3asites.org.uk/cottingham)

### East Yorkshire Woodturners:

Tuesday 17th January - 7pm, Skidby Village Hall, (doors open 6.30pm): Woodturning tool sharpening demonstration evening by Ian Carress, Woodturner, Mechanical Engineer and Chairman of the Club since 2005. (No need to book - £3.50 on the door for guests). For information about the Club, please contact David Taylor, 01482 876702 or visit the Club's website: [eastyorkshirewoodturners.org.uk](http://eastyorkshirewoodturners.org.uk).

### The Arts Society, Hull and East Riding

Tuesday 17th January - An illustrated lecture by Pamela Campbell-Johnston: "Image and History, Art at the Landsdowne Club". At 10.45 a.m. Mercure Grange Park Hotel, Willerby. Non-members welcome. Guests £5.00. For further details please contact Membership Secretary, Maureen Jones, tel. 01482 869886.

### Hull Stamp and Postcard Club

Wednesday 18th January - in the Arlington Hall, behind St. Mary's Church, Hallgate, Cottingham HU16 4DD at 1.30pm. Chris Dodsworth will be showing Brigg Postal History. Chris is a member of the Grimsby Philatelic Society and will be including some fascinating material. All visitors are very welcome.

**Front cover: Castle Road.**

**Photo: Paul Lakin.**

### Hull and East Riding New Stitchers

Tuesday 17th January - Stitch and Chat. Meetings on the third Tuesday of the month at The Darby and Joan Hall, Finkle Street Cottingham, HU16 4AZ, 7.15pm-9.15pm. For further information contact Jean Ellis 845415. [www.hullandeastridingstitchers.weebly.com](http://www.hullandeastridingstitchers.weebly.com).

### East Yorkshire Association of the National Trust

Thursday 19th January - An illustrated talk by Eric A Jackson JP, entitled 'Model Villages: Philanthropy from Saltaire to Bournville'. Cottingham Civic Hall, 7.30 p.m. Non-members welcome.

### East Riding Flower Club

Monday 23rd January - will meet at the Mercure Hotel Willerby on at 12pm for the Annual Lunch. This will be followed by a short AGM and a talk. This time we are welcoming Marion Gamble who will take 'Antiques & Vintage Items' as her topic for the talk. We look forward to meeting friends old and new at this event. The cost of the two course lunch will be £25 and for further details including menu choices please contact the Secretary on 655514 or email us at: [eastridingflowerclub@gmail.com](mailto:eastridingflowerclub@gmail.com), before 10th January 2022.

### Alternative Aquatics

Is a local charitable, self-help group providing gentle exercise & relaxation for people with back pain and associated mobility problems, in warm water and a friendly atmosphere. Thursdays, 5-6 pm during term time, at the hydrotherapy pool, Frederick Holmes School. The cost is £39/school term. Places available, so for more information please ring Karen on 807072 or Steve on 826873.

### Cottingham Food Bank

Is organised and funded by Cottingham residents and based in the Annexe behind Zion Church, Hallgate, Cottingham. We are open every Wednesday from 10am to 11.30am and we offer a warm welcome to anyone in need of our help. We are available for anyone to use and we do not ask for vouchers or proof of eligibility. Every visitor will be given a bag of food and toiletries to take away and have the opportunity to stay for refreshments. Email: [cottinghamfb@gmail.com](mailto:cottinghamfb@gmail.com) or tel: 845920.

### Skidby Village Hall

Coffee Mornings - join us for a cuppa and a chat, all welcome! Light refreshments on sale, every Friday, 10am - 2pm. Visit [www.skidbyvillagehall.com](http://www.skidbyvillagehall.com) or @SkidbyVillageHall on Facebook for updates and information..

### North Ferriby Short Mat Bowls Club

Village Hall, 50 Church Road, North Ferriby. HU14 3AA. Tuesdays and Fridays, 10am-12noon, and Thursday Evenings 7pm-9pm, except the second Thursday each month, with a qualified coach. All are welcome to any session and can borrow woods and play in stocking feet if need be. For information please contact Mike on 07889 007005.

### Cottingham & Hull Folk Dance Club

Tuesday 7pm-9-30pm at the Darby and Joan Hall Finkle St., Cottingham. No experience necessary come on your own or bring a friend for light exercise in a friendly environment everyone one welcome. For further information please contact Jan Gray on 01482840637 or Keith Alexander on 01482 509751.

*Continued on page six*

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### Cottingham Tennis Club (off Hull Road)

A friendly club looking for new members at all levels including absolute beginners. We have excellent facilities including three floodlit, all-weather artificial grass courts. Lots of opportunities for social and competitive tennis and a dedicated coaching team. Contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

### Christ Church Cottingham

Coffee Mornings 9am-1pm Monday to Thursday, full cafe menu and all proceeds for the Ukraine Aid Effort. 31a Endyke Lane HU164QD. [www.cccottingham.org.uk](http://www.cccottingham.org.uk) for more detail.

### Christ Church Cottingham Play Cafe

Family cafe environment with play area and reduced cost cafe menu. Every Thursday 9am-1pm, all welcome. All proceeds to support the Ukraine Aid Effort.

### Cottingham Badminton Club

Badminton Tuesday/Thursday evenings, 8.00pm while 9.30pm. Cottingham High School. £3 per session. No booking required, just turn up and play. Fun and friendly. Open to all levels and abilities. Steve Baker 07795680912/870906.

### Arterian Singers

Rehearsals start again on Tuesday 10th January 7.30pm at Cottingham Methodist Church, Hallgate, Cottingham. We sing a variety of music and welcome new members in all sections of the choir. For more information ring 845363.

### Cottingham Bowling Club

The bowling club is still open for Carpet Bowls. It is a pleasant way to have gentle exercise in a warm friendly club house. Sessions are held most days from 10 to 12pm; 2 to 4pm and 7 to 9pm. You can ring L. Davy 846611 for more information.

## Haltemprice Art Group are wishing you an Arty New Year

After the celebrations of Christmas and welcoming in the New Year, maybe you are looking for a new challenge, or to re-connect with a passion for painting. If that is the case, we are just the right people to help you!

We would love to hear from anyone, who may have enjoyed drawing and painting in the past but have left their art materials in the cupboard for too long. Make 2023, the year you bring Art back into your life, by joining your local, very friendly, Art Group.

### Let me tell you what we do:

We meet every Tuesday evening, during school term time, on the ground floor of Cottingham High School. Meetings are from 7pm till 9pm, re-starting on January 10th 2023.

We have an interesting and varied syllabus, consisting of sketching evenings, themed subject nights, and an evening with Phil White, who will be demonstrating his passion for painting. (That will be an evening not to be missed). We also hold an Annual Exhibition, in the Civic Hall, Cottingham in April.

We have 14 more meetings, from January 10th to May 9th.

Why not come along for a free taster session. We don’t expect you to join straight away, see if you like what we do, first.

As we are halfway through our Art Group’s year, you can join for just £20, which covers all meetings except Phil Whites Demonstration. There will be a small extra charge of £3.50 for this.

We love meeting new people, so do come along.

For even more information, contact: [david\\_carol\\_goldsmith@hotmail.com](mailto:david_carol_goldsmith@hotmail.com) or Mavis McGowan 01482 502663.

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## 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 we walk throughout the year.

Travel by coach to the starting point. Fare £13.

We pick up at Bilton, Holderness Road, Hull City Centre, Beverley Road, Greenwood Avenue and The Green, Cottingham.

We have two walks planned for January.

January 8th : Malton to Welburn.

January 22nd : Bishop Wilton to Pocklington

Places must be booked in advance.

For further information and to book a place on the coach please contact Joint Rambles' Secretaries, Sue O'Leary on [sue@sueoleary.co.uk](mailto:sue@sueoleary.co.uk) or telephone 07767420646 or Pauline Borger on [paulineborger48@gmail.com](mailto:paulineborger48@gmail.com) or telephone 07929 933 323.

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

Like us on Facebook: The Hull CHA Rambling Club

NEW WALKERS WILL ALWAYS BE WELCOME..

## The Phoenix Walkers

Phoenix Walkers wishes you all the best for the New Year.

We have a new programme of walks for 2023.

Come and join us for an adult coach walk meeting friendly like minded people ,and plenty of fresh air. The walks season starts February 12th till Dec 9th on a Sunday

For more information ring or email Sid & Sue 01482 701325 or [phoenixwalkingclub@outlook.com](mailto:phoenixwalkingclub@outlook.com).



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# Cottingham Parish Council



Welcome to our section of the *Cottingham Times* that keeps our residents updated with local news

## Word from the Deputy Clerk

We wish you all a Happy and Peaceful New Year

We hope you enjoyed our Christmas Festival on 4<sup>th</sup> December 2022, despite the rain over 12,000 visitors attended and it was our most successful Festival yet. A huge thank you to our wonderful Events Committee who have worked tirelessly for months to ensure the success of the Festival, their dedication has been amazing! Thank you also to all those who volunteered on the day. We would welcome your feedback too – our survey only takes 4 minutes to complete and can be accessed via our website or the below link:

<https://forms.office.com/e/2TXdC8FXkk>

Cottingham Day 2023 will take place on Sunday 2<sup>nd</sup> July and booking forms will soon be available – please email [deputyclerk@cottinghamcouncil.org](mailto:deputyclerk@cottinghamcouncil.org) if you are interested in taking part.

## Nicola Pape

Nicola Pape, Deputy Clerk to Cottingham Parish Council, [deputyclerk@cottinghamcouncil.org](mailto:deputyclerk@cottinghamcouncil.org)

## Local help:

### Banking Hub

The banking hub located at 121 Hallgate at the site of the former Lloyds Bank is now up and running and will be a boost to the village for personal and business customers. The hub is open Monday – Friday 9am – 5pm and available facilities include depositing cash & cheques, paying bills, making withdrawals, checking account balances and access to change for registered business customers

### Warm Spaces

The Cottingham Churches are working together to offer places for people to find warmth and company, everyone is welcome and the days/times/locations are listed below:

Monday-Thursday - 9am – 1pm at Christ Church on Endike Lane

Wednesdays - 10am – 12pm at Zion Church on Hallgate

Thursdays - 10.30am – 12pm in the garden room at Holy Cross on Carrington Avenue

Fridays - 2pm – 4pm at the Methodist Church on Hallgate

Saturdays - 10am – 12pm at St Mary's Mark Kirby Coffee Shop on Church Walk.

The East Riding Council libraries offer comfortable seating, games, books and jigsaws

The East Riding Adult Learning Centre on Hallgate also offers a warm space, adult only, with tea, coffee and biscuits on a Wednesday 9am – 1pm



## National Recognition for East Riding Archives' Blockdown project

East Riding Archives' innovative Blockdown project has received further accolades, achieving national publicity through the National Archives.

Designed to collect young people's experiences of the COVID-19 lockdown using the Minecraft videogame as a creative medium and storytelling platform, East Riding Blockdown has now been featured in the National Archives' online publication, 'A Year in Archives 2022'.

The National Archives is the official archive and publisher for the UK government, for England and Wales. They chose to include information about East Riding Blockdown in their publication, which is available to anybody online.

Thought to be the first archives project of its kind in the country, the East Riding Blockdown (ERB) project launched in January, after receiving £4500 grant funding from The Audience Agency, as part of their Digitally Democratising Archives project.

The East Riding Blockdown created an Archiverse world, a virtual recreation of the Treasure House in Beverley in Minecraft. Participants built or digitally wrote about their experiences, and archivist Hannah Stamp then entered the Archiverse and 'archived' their creations in the real-world East Riding Archives.

Participants could explore the virtual Treasure House, meet the team, and see what other young people had created.

East Riding Blockdown has now engaged with over 120 young people aged between 5-15, whose average age was eight. It created an online Minecraft world called the Archiverse- the central learning and engagement space for young people to craft their creations. The project consisted of in-person Archiverse Minecraft events at Bridlington Library, East Riding Archives in the Treasure House, and Beverley Library (with the Teenage Reading Group). It also included a school workshop at Springhead Primary School in Anlaby.

Most recently, the project took part in Tech Week Humber, with two workshops at Wilberforce College and Hull College for over 50 pupils from Oldfleet Primary School and Newington Academy. The children and young people took part in the Archiverse world, learned about archives, and explored the virtual Treasure House in Beverley. Their creations in the workshops have now been archived and preserved.

Ultimately, East Riding Blockdown has created an archive collection of young people's experiences of lockdown which will be permanently preserved in the archives.

Archivist Hannah Stamp said: "I am delighted that our Blockdown project has now achieved national recognition, and engaged with so many young people, and I would like to thank my colleagues in East Riding Archives, libraries and in the council's IT department for their invaluable contributions." Visit the East Riding Blockdown website: [www.eastridingblockdown.org](http://www.eastridingblockdown.org).



# HOW DOES THE LAW VALUE AN INJURY?

The law cannot turn the clock back but it can provide financial redress for past, present and future suffering and losses.

## Pain, Suffering and Loss of Amenity

Compensation, known as “general damages” is awarded for bodily injury and/or psychiatric injuries caused by the accident. The amount takes into account the type of injury, the duration and severity of symptoms and the impact of the injury on the injured person’s daily life. For example, how the injury has interfered with hobbies or pastimes. Comparable reported cases (“case law”) and judicial guidelines are considered, using the lawyer’s experience, to value each element of the claim.

## Special Damages

“Special damages” are financial losses and expenses incurred due to the accident. For example, loss of earnings, the cost of medication, extra travel, physiotherapy treatment, aids and adaptations, damaged clothing/equipment and the cost of an insurance excess. Claims can also be made if services were provided as a result of the accident such as personal care, nursing, help with gardening or other domestic chores. Even if the services were provided for free, the financial value can be assessed and included in the claim.

## Future Losses

For example, future lost income or the cost of private medical treatments such as surgery, physiotherapy or injections. The claim may also include the cost of future care and assistance due to the accident.

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## The Banking Hub has opened on Hallgate, Cottingham

A new banking hub is now open in the former Lloyds Bank branch in Hallgate. Cottingham was earmarked for a banking hub when it was announced earlier this year that Lloyds, the last bank in the village, was to close in September 2022.

The new hub is a face-to-face facility that will allow customers to access their account, deposit cash and cheques, pay bills and make withdrawals.

A counter service will be operated by staff from the Post Office, whilst selected banks will also provide community banking advisors, initially from five banks, on rotation to offer specialist advice and handle more complex enquiries on a drop in or appointment basis.

The schedule for community bankers is listed below and is based on local market share to reflect the needs of customers within the hub catchment area:

Monday – NatWest  
Tuesday – to be confirmed  
Wednesday – Lloyds  
Thursday – Santander  
Friday – Barclays

“This is a real boost for Cottingham and I would also encourage residents to come down to the hub to find out more about the services on offer.”

Gareth Oakley, who leads the Banking Hub project, added, “I am thrilled to announce the opening of the Cottingham Banking Hub. Banking Hubs have the ability to transform communities wherever they open. I've been struck by how much of an impact the Hubs have already had on people, from small businesses who tell me they are now able to sort out their banking cash needs in minutes rather than hours, to older or more vulnerable people who find internet and phone banking challenging. We are looking forward to welcoming the people of Cottingham to the Banking Hub”.

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## Wildlife Photographer of the Year will be back at Sewerby Hall and Gardens in 2023

The hugely popular Wildlife Photographer of the Year exhibition, on loan from the Natural History Museum, will be back at Sewerby Hall and Gardens in 2023 with a brand new selection of photographs.

Earlier this year, the stunning collection of images from all over the world attracted thousands of extra visitors to the venue near Bridlington, and it is hoped that the 2023 exhibition will be equally popular during its stay from Saturday, 6 May until Sunday, 16 July.

Councillor Mike Medini, portfolio holder for culture, leisure, libraries and customer services, said: "We were extremely pleased with the success of this year's exhibition, which drew people of all ages to Sewerby Hall and Gardens, some of whom travelled a long way for their visits.

"We know from the feedback we received that, overwhelmingly, people loved the exhibition and

that many people also discovered Sewerby Hall for the first time. I am absolutely delighted that we have already been able to book the exhibition next year, when visitors will be able to see another brand new, thought provoking and inspiring collection of photographs from around the world."

Keep up with the progress of the exhibition, and all the regular attractions and facilities at Sewerby Hall and Gardens, including the 2022 Winter Woodland event, at [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk).

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**Wordsearch - Happy New Year!**

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

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

Find the words in the letters above:

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

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

**Sudoku No. 186**

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

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

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# MARIONOWENTRAVEL

Happy New Year. Travel & see in 2023. We look forward to organising your travels & creating you special memories. Have you a bucket list or just looking for a new experience? It is time to talk.

**Northern Lights**, we now have our special departure on sale for 2024, the hotel is exclusive to Marion Owen Travel & we are now down to 6 rooms. There are other hotels or cabins but the location is not so preferable. This is adventure is fantastic value other than drinks or perhaps a souvenir it is very inclusive.

**North West Passage of Canada.** Anyone thinking of an expedition? This is my next adventure having enjoyed Antarctica several years ago. Why not join me in August 2024? Call for details it will be a fabulous adventure.

April see's the departure of our next escorted River Cruise. This is a fabulous itinerary and you can either fly to join the ship or sail on North Sea Ferries from Hull. It is quite interesting that the split is 50/50. The ship is all inclusive or wonderful food, excursions, drinks & tips starting at just £1885 this is excellent value.

The New year always brings a wave of new offers to tempt you to book now. If you are pondering let us do you a costing it will probably make you a saving if you act now. E.g. free drinks with Fred Olsen. Extra on board credit or complimentary upgrades—ask for details.

**I am delighted to say that you can now travel to India on an EVisa**, it has been a very lengthy process until now having to visit to obtain a visa in person. I love India and have enjoyed wonderful experiences. We have so many fully guided tours we can offer you. My ultimate journey was just before covid when I cruised along the Ganges from Varanasi to Kolkata.

**Escorted tours** are a great way to ensure you don't miss those important sights in your chosen destination and often include interaction with local communities allowing you to really immerse yourself in their culture, food and this also helps sustain their environment. On our recent visit to Germany we visited family homes, enjoying hearing about their lives and lifestyle whilst enjoying coffee and homemade cake.

**Passports!** It is time to check when yours expires. Only valid for 10 years from the date of issue and most countries now require you to return with at least 6 months validity. Don't get caught out apply in good time.

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23 May	Regent Seven Sea's cruise ex Southampton all inc. luxury 6 star 10 nights from your door starting price	From £6669
14 Jul	Welsh Adventure - 7 nights two centre 3 nights at the Min Y Mor Barmouth + 4 nights at the Tynedale scenery, seaside, train rides, castles & more	£ 975
16 Sep	West Ireland Atlantic Way, our journey continues, another adventure to enjoy. 9 days a great itinerary	£1165
07 Oct	Northern Belle, Britain's most Luxurious Train. Full day outing to Carlisle travelling the iconic Settle to Carlisle route. Brunch + 5 course dinner inc.	£ 495
22 Oct	Fred Olsen 10 night cruise visiting the lovely ports of Lisbon, Gibraltar, Cadiz, Malaga & La Coruna. Sails from Liverpool. Emma will be sailing with you.	From £1299
16 Nov	Thursford Christmas Spectacular, 1 nt DBB	£ 245
27 Nov	Warners Heythrop Park 5 days great itinerary	
02 Dec	Thursford Spectacular at the Weekend 1 night DBB	£ 245
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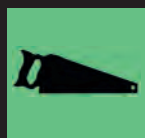
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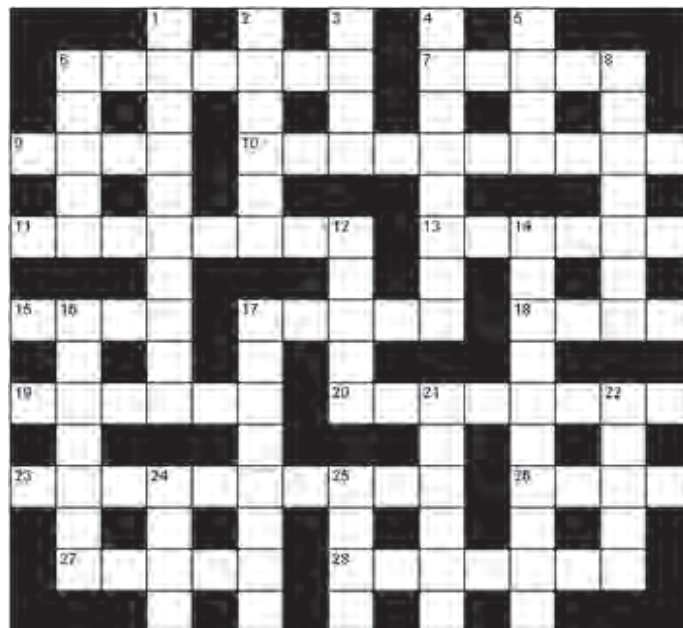
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## Crossword - Solution on page 29



### Across:

- 6 Coiffure (7)
- 7 Eject or deport (5)
- 9 Support (4)
- 10 Displaying raging destructive violence (10)
- 11 Patellae (8)
- 13 Perch (6)
- 15 Utilizes (4)
- 17 A type of semiconductor (5)
- 18 Ripped (4)
- 19 Machines for lifting heavy objects (6)
- 20 Trains (8)
- 23 Record player (10)
- 26 Inactive (4)
- 27 Utilize again (5)
- 28 Permitted (7)

### Down:

- 1 Disappoints (10)
- 2 Dross (6)
- 3 Stalk (4)
- 4 An Atlantic coast state (8)
- 5 A vaulted recess on a building (4)
- 6 A wading bird (5)
- 8 An easy victory (slang) (7)
- 12 Trail (5)
- 14 Questions or conferences (10)
- 16 Suffocate (7)
- 17 Couturier (8)
- 21 Breathe in (6)
- 22 Afflicted (5)
- 24 Person, place or thing (4)
- 25 Biblical first man (4)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)

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[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - January 15



## Chinese New Year The Year of the Rabbit begins on Sunday January 22nd

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 know 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.

16 January - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

### Reunion Dinner

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

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

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

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

New 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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[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - January 17



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

[www.instinctivehorsetraining.co.uk](http://www.instinctivehorsetraining.co.uk)



## Sparkling or tarnished New Year?

**H**appy New Year to everyone. I hope you all enjoyed your Christmas Holidays and that you were all on Santa's good list 😊

We all face an uncertain year ahead. The economy and rising prices is on the fore front of all the decisions we are making. I've never been much of a political animal before - apart from being proactive in animals welfare awareness and laws. However, all eyes seem to be on the news these days, finding out what new disaster or price hike we are all going to have to face.

The legacy of having to bear the inevitable brunt and financial fallout from Covid alongside the dreadful repercussions hitting us as a direct result of a certain Russian megalomaniac, 2023 is going to be another roller coaster ride for us all.

Rising prices are ruling everything. My little business is being bombarded from every angle. I cannot get my head around the vast changes and increases in animal feed week

on week. Every week I go to replenish feed stocks I find that the prices have gone up again. Budgeting is impossible.

Winter time is the most expensive time of the year because of the increased use of commodities like straw, hay, haylage, hard feed, electricity, all alongside increased hours for the hands on staff wages. Horses are high maintenance! My staff are awesome people. They all work so hard and all care deeply for the wellbeing of all the animals. They are the back bone of my little business and are highly valued but are increasingly becoming unaffordable. This coming April there is to be a large increase in hourly pay. Across the spectrum of the age group bands, everyone will be entitled to and earn an extra pound an hour.

Wage increases hit my business twice a year, every year (October and April). No one begrudges this, me least of all. However, the new increases from last April and October are hitting my micro business hard. I fear this coming April's huge hike.

I'm not alone. This situation is one facing all UK's small businesses across the board. We are all in the same boat. Our staff are like our family. Good bosses care about their staff but there is a point of no return - which is my greatest worry.

It has not been any fun at all running my business for the last 10 years. Its consistently been a juggle-robbing Peter to pay Paul. So many small businesses were destroyed during the Covid epidemic which was heart breaking for those small business owners. However, I am the eternal optimist! I am always looking to the future and seeing how best I can implement changes in order to keep being here for the horses, their owners and my staff.

Skidby is no longer a strong farming village, its just one big housing estate now. There is only one large farm which employs outside of the immediate family. There is JMJ woodworking business surviving and employing. Foster Plant hire is surviving in a very competitive market place, providing much needed employment. And then there's me!

My yard has always invested in young people. Within my little world I employ two part time staff and this year I have an apprentice (who is coming on leaps and bounds !) I always have provided support to all our local schools and universities for work placed learning and work experience opportunities. I continue to offer yard visits for degree students from Bishop Burton and Askam Bryan to watch the real life application of the science based training they are learning about (usually for companion species). It's invaluable for them to see these protocols applied to horses.

We are all in this together. Let's all hope and pray that the war in the Ukraine stops quickly so that the whole world can start to recover some sort of normality, what ever that looks like and that freedom is upheld. For as much as we are all suffering from the consequences of this cruel madness, the Ukrainian people are suffering horrifically worse. My heart goes out to them and I know that our problems are insignificant compared to theirs.

***So, good luck everyone! We are all in this together.***

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## What have you got to lose?

Happy New Year. I do hope you all had a good time over the festive period. I don't know about you but as I get older, it passes so quickly and before we know it, a new year has begun. This is when we start thinking of shedding those extra few pounds, we have put on over the festivities. It is so easy for us to put on weight, we know how it happened like those tempting chocolates at Christmas but what about our pets?

Now here are a few startling facts for you....Did you know that for a 10kg dog, 25g of cheese equals 2 large muffins to a human, 1 biscuit equal 1 bar of chocolate or 2 slices of salami equals 1 1/2 hamburgers. Worrying don't you think. So, when your pet looks at you with "those eyes" (because if they are anything like Tali who goes into that dreamy, salivating look) during your meal times or leaving the odd gravy bone when you go out, think again! To some it may come as second nature to keep your pets trim, to others like myself, slightly more difficult... to all the Labrador owners out there, you will empathise with me, I am sure. They are great to train because they are focused on treat rewards but to get the weight off is another matter. Any Labrador on a diet turns into a stealing, munching machine over night! I must say, Tali's weight is ideal at the moment but believe me, it wasn't a couple of years ago when it slowly crept upon us and she lost her waist.

In the case of humans maybe a change of diet, increasing exercise or joining a gym will encourage you to lose weight ...the choice is endless



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but what if it is your pet? I can just imagine you, thinking of your pet running along a treadmill but I am happy to say it is something not quite as energetic.

As well as my very greedy Labrador, my daughter had an overweight cat. Poor Jaffa got cystitis, one of the many conditions that maybe caused in overweight pets along with Diabetes, Arthritis, Heart / Kidney / Liver problems and certain Cancers to name but a few, so we ended up at our Park St surgery having a chat to the nurse who ran the "fat" club as it was known then.

He weighed in at an astonishing 1 stone 5ozs! (See Pic). Having three other cats in the household, we did find it difficult to follow the plan like feeding them in separate rooms, lifting the remaining food and even watching the dog bowls because Jaffa was partial to a dog biscuit or two. I am delighted to say, over a period of time, the weight began to fall off and eventually he dropped to 8lbs. Our once couch potato turned into an amazing fit cat, playing with the others and even vaulting over a 6' fence!! So, with a bit of patience, it can be achieved.

Please also do not forget the bunnies. Yes, they are also prone to weight gain. Did you know that carrots are very high in sugar so should only be given as a treat? If you have any queries regarding a feeding regime for your furry friend, please contact any one of our surgeries to book a nurse weight clinics (there is no charge for these if your pet is already registered with us and has been seen by a vet within a year), when your pet will be weighed, measured and you will be given advice on food etc.

What have you got to lose apart from a few pounds?

### **AND FINALLY.....TALI,**

Over the many years of having pets, I must say each one has had their unique little ways but nothing has surprised me more than my girl, Tali. From a very early age, she has learnt to jump up and rattle the keys in the back door to tell me she needs to go to toilet and after her 'business' she comes in when called...but...Tali being Tali has now decided that she prefers to stay outside so, in my wisdom, she now comes back for a small treat (low fat of course). Good thinking may have crossed your mind but... oh no ..now my bright spark rattles the keys, makes no attempt to go outside but just sits down for her treat (which she doesn't get). This can go on many times during the day / evening but I still have to get up just in case.

Who needs the gym when you have a Tali?

**Until the next time .....**

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## New Archaeology exhibition at the Treasure House in Beverley

**T**reasure! *Hidden Hoards and Fabulous Finds* is a new archaeology exhibition at the Treasure House in Beverley, and runs until 4 February, 2023.

There are thousands of treasured items in the Treasure House but some objects are quite literally...treasure. The exhibition showcases objects that are defined as treasure under the

Treasure Act 1996 and explores this fascinating aspect of archaeology.

It will be a chance to discover Viking gold rings, a pendant with Roman mosaic and an Anglo-Saxon gold pommel (part of a sword handle). There is also some more unusual treasure, such as a pile of 13th century silver coins found near Huggate that have been fused together, and bits of Bronze Age metalworking waste found near Bishop Burton. Under the Treasure Act 1996, even off-cuts of metal can sometimes be classed as treasure!

Anybody who loves archaeology can pop in and discover more about finds in this area. Finds Liaison Officers from the Portable Antiquities Scheme will be on hand to chat about their work, which includes managing a database of over 1,500,000 pieces of

archaeology!

Sally Hayes, Treasure House curator, said: "If you have small archaeological finds, why not bring them along to the event? East Riding Museums will be sharing unusual archaeology and some of the hundreds of coins in the collection - can you match the heads, tails and dates in our coins quiz?"

There is no need to book for the event, which is suitable for all ages.

For more information, visit <https://www.eastridingmuseums.co.uk/>

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ON THE GRAPEVINE



WITH ROY WOODCOCK

Environmental friendly wines

If you're raising a glass to welcome in 2023 then let me be among the first (in print!) to wish you a Happy New Year. And I do hope you had the most wonderful Christmas, too.

We spend a lot of time looking back at this time of year but I wanted to look forwards to some of the wine trends being predicted for the next 12 months and have been looking at a lot of what others have been forecasting.

These are certainly interesting times for the wine market as extreme weather and global events challenge producers. But overall demand for wine remains strong, even flourishing in new and unexpected ways.

In these days of increasing concern for the environment, many are looking for wines that are certified vegan, organic, and sustainably produced, so I was interested to read a recent International Wines and Spirits Record survey that found that half of American wine consumers were positively influenced by branding and marketing which described sustainability initiatives.

Note that these initiatives do not necessarily have to directly involve the production of the wine itself. Even unrelated efforts on behalf of the environment elicited a positive response from consumers.

Certainly small-scale wineries that produce natural wines once considered fringe products are making inroads in markets previously dominated by big wine producers. According to forecasting firm Exploding Topics, global Internet searches for natural wine have increased 150 per cent over the last five years.

Interestingly, consumers generally perceive all wine as natural. The trend toward wines specifically marketed as "natural" is being driven by a segment of consumers who pride themselves on discovery, leading them to an awareness of what actually makes low-intervention wines distinct from other wines.

Traditional wine categories based on colour continue to blur as new generations of winemakers push boundaries and experiment in fresh directions. These new wines often defy conventional classifications, falling somewhere between pale red and dark rosé.

This trend dovetails well with the growing popularity of lighter, brighter red wines, especially those that lend themselves to being served lightly chilled. Think light pinot noirs, cabernet franc, dolcetto, and gamay noir.

Talking of red wine, upmarket magazine and website Harpers had an interesting article which suggested that following an excellent 2022 harvest and an increasingly warmer climate, English red wine is one to watch. English whites and fizz may still dominate overall production (and will do for some time) but we're beginning to see more English reds of decent quality coming through.

English Pinot Noir or field blend reds are typically elegant and bursting with red cherry notes, and tie in nicely with our new-found enthusiasm for home-grown produce.

Rosé has been a hot seller in recent years, continuing to outgrow long-time perceptions of it being a summer-only beverage. Trends within the category include the explosive growth of sparkling rosé in particular, as well as a significant increase in the prices that consumers are willing to pay per bottle.

Elsewhere, value-priced sparklers continue to drive growth in the sparkling-wine category, prompting consumers to embrace sparkling wine as an everyday drink that needn't wait for a special occasion. You only have to see supermarket shelves, particularly at what we once regarded as the "budget" end of the market, groaning under the weight of Prosecco and Cava - and even cheap Champagne - to know this statement is not wide of the mark.

And unthinkable as it was just a few years ago it seems market research suggests the global canned wines market could grow by double digit amounts over the next few years. Consumers increasingly demand convenience, and portable, lightweight cans deliver it. Cans can also make wine more approachable for consumers and upend misconceptions surrounding wine's upper-crusty image.

Nice, a London-based independent wine company founded in 2019 by Jeremy May and Lucy Wright, believes that canned wine presents an opportunity to introduce wine to younger people who would otherwise be intimidated. "There are over 5,000 different wine products in supermarkets alone in the UK - the amount of choice is just completely overwhelming," says Jeremy.

Using "simple to understand" packaging, Nice hopes to reach previously unrepresented audiences in the drinks market.

Meanwhile, another independent, The Copper Crew, founded last year in Cambridge by Oliver Purnell, Theo Gough and Sam Lambson, champions canned wine as a convenient, sustainable option. By packaging wine in recyclable cans, The Copper Crew hopes to reduce its environmental impact.

"When people open a bottle of wine at home, they'll often end up finishing it just because it's there, or they worry about it going off," says Oliver. By tapping into customer psychology and drinking habits, The Copper Crew has created a product centred around ease and convenience. "Our 250ml cans are the same size as a large glass of wine in the pub," Oliver says.

BEST BUYS



Fonseca Terra Prima Organic Reserve

**Where:** Waitrose  
**When:** Now, until January 24  
**Why:** I've very rarely recommended a Port in these columns, but this is a fine example. Smooth, fruity and warming reserve Port made from organically grown grapes in the Douro Valley. It's sturdy and characterful in a rich ruby reserve style, with flavours of blueberry, cherry and plum.

£14.698 (was £18.39)



Winemaker's Lot Rioja Gran Reserva 2014

**Where:** Aldi  
**When:** Now  
**Why:** Nothing says winter quite like a bold Spanish red. A classic Rioja with appealing aromas of vanilla and coconut with kirsch, cherry, and plums on the palate. Mellow, supple yet full of flavour, and great value for a special occasion.

£10.99



Tilimuqui Fairtrade Organic Malbec

**Where:** Waitrose  
**When:** Now, until January 24  
**Why:** Multi-award-winning, this is an elegant, intensely rich red wine with silky smooth black fruit flavours on the palate, supple tannins and a spicy complex finish. Great with a juicy steak.

£7.99 (was £11.99)



Pierre Jaurant Bordeaux 2020

**Where:** Aldi  
**When:** Now  
**Why:** Extraordinary value with lots of cinnamon spice on the nose and a palate with plums and morello cherries." As seen on BBC's Saturday Kitchen, this Bordeaux is a real crowd-pleaser. Quoted by wine guru Helen McGinn on the show as "The best value Bordeaux- it is unbelievably good."

£10.50



## Humber Forest set ambitious tree planting targets for 2023

**H**umber Forest have set a target of over 250,000 trees to be planted throughout 2023 – making a lasting, positive impact on the environment and the lives of thousands of people across the area for generations to come.

The partnership is currently on track to plant 64 hectares of woodland in East Riding this year (estimating 192,000 trees), 6150 metres of hedgerow, and 422 standard trees. This is totalling 223,500 trees within East Riding in the 2022/23 planting season.

The Humber Forest, led by East Riding of Yorkshire Council, is the community forest for the East Riding and Hull, and soon to be North Lincolnshire. It is one of 13 community forests across England in receipt of Defra's Trees for Climate funding, and one of four that make the Northern Forest. The Northern Forest scheme is the Government's 25-year vision to plant 50 million

trees across the north of England, from Merseyside to the East Yorkshire coast, in collaboration with The Woodland Trust.

Available funding covers large and small projects and all agreed costs of tree planting, hedgerow creation, and maintenance for up to five years – it can also include support for tree protection, fences, gates and more.

The Queen's Green Canopy (QGC) is a national initiative encouraging people to plant trees to mark the Queen's Platinum Jubilee. The scheme was due to come to an end at the end of 2022 however, following the death of Queen Elizabeth II, a decision has been taken to extend the project until the end of March 2023. All Humber Forest sites are registered with the Queens Green Canopy with the landowner's permission.

Councillor Chris Matthews, portfolio holder for the environment and climate change at East Riding of Yorkshire Council, said: "The decision to extend the Queen's Green Canopy for a further three months will give residents in the East Riding an opportunity to plant trees in memoriam to honour Her Majesty The Queen.

"Humber Forest continue to set ambitious targets when it comes to tree planting and I'm confident 2023 will be another successful year for the partnership."

### Plant trees on your land

If you're a farmer, landowner, or land manager, Humber Forest would love to work with you to develop a practical and feasible project that's appropriate for your land.

Please get in touch if you are interested in getting involved, whether you're a landowner, business or would like to volunteer at [humber.forest@eastriding.gov.uk](mailto:humber.forest@eastriding.gov.uk)

For more information, visit: [www.humberforest.org/get-involved/](http://www.humberforest.org/get-involved/).

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## Motoring - with Roy Woodcock



### Roy Woodcock gets behind the wheel of the new Vauxhall Astra, the eighth generation of this popular family car . . .

It's a car that's been around for more than 40 years but unlike some other old favourites (Ford recently announced it was retiring its long-time best-selling Fiesta) there's no sign of the Vauxhall Astra disappearing any time soon. In fact, another chapter of this long-time success story has been unveiled.

The new eighth-generation Astra launched as a sporty five-door, with a low-slung look and yet more space than its predecessor. There are versions with highly-efficient petrol and diesel engines, plus, importantly, plug-in hybrids for the first time.

And early in 2023 the range will be boosted further with further hybrid models in the GSe electrified performance sub brand and, ultimately, there will be a full-electric version, the Astra-e. Interestingly, Vauxhall says it is committed to being an electric-only brand from 2028.

With its smaller Corsa continuing to dominate the sales charts, this is an important statement by Vauxhall and an important car for the company, going forward. From a looks point of view it is head and shoulders above the model it replaces. It looks sporty and dynamic, particularly in the profile, thanks to the pronounced forward rake of the C-pillar.

The car is 54mm longer than the previous Astra and 51mm wider. Front on, it has that sleek-looking "Vizor" radiator grille seen on other recent models which allows for the incorporation of the ultra-slim LED headlamps (standard on top of the range

models) which, according to the blurb, "turns night into day". Front cameras are an option, too.

The major styling upgrade continues inside; Vauxhall calls in "detoxing" (think the minimalistic look that was once the next big thing in home design), with their "Pure Panel" digital interface dominating the interior. All models feature a 10-inch driver instrument cluster and a 10-inch digital touchscreen with satellite navigation as standard. Everyday functions like speaker volume and air-conditioning temperature remain hard keyed for ease of access. Apple CarPlay and Android Auto are standard.

Trim levels have been simplified to just three - Design, GS Line and Ultimate. Design models (from £23,275) have 16-inch alloy wheels, the Pure Panel touchscreen and digital instrument cluster, automatic emergency braking with pedestrian detection, cruise control with intelligent speed adaption, electronic parking brake, front and rear parking distance sensors and digital radio.

GS Line (from £26,170) models have 17-inch black alloy wheels, black Griffin logo and Vizor frame, black roof, traffic sign recognition, forward collision alert (all speed), Intelli-Vision 360-degree panoramic parking camera, adaptive cruise control with intelligent speed adaption, dual-zone electronic climate control and heated steering wheel and front seats.

Ultimate models (from £29,285) have bigger (18-inch) alloys, the IntelliLux adaptive LED pixel headlights, a head-up display, wireless charging for mobile devices, semi-automated lane change assist, rear cross traffic alert with heated sports-style front seats.

Space-wise, there's a decent 422-litre boot - a good size for the class - and there's plenty of storage inside the cabin, with a big lidded cubby between the front seats, cup-holders, two trays with sliding covers, and a neat fold-out compartment below the climate controls for phones or sunglasses.

Space, in terms of head and legroom for passengers in the rear seats, could be viewed a tad tight, although those wanting more - and more flexibility with loads etc - can opt for the larger Sports Tourer versions.

Out for a drive, the Astra feels nicely sporty with a taut chassis and decent suspension delivering an untroubled ride - able to deal with the (quite frankly) terrible road surfaces we currently endure. Its roadholding allows you to breeze through corners with confidence.

The response to the new Astra has been very positive, highlighting; already, for example, Top Gear has named it the "best family hatch of the year", highlighting a number of areas important for family buyers, including cost, emissions and space.

\* More information: [www.vauxhall.co.uk](http://www.vauxhall.co.uk).





# 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.

## Problems and Diseases commonly treated by TCM

### Skin Problems:-

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

### Muscular, Neurological, Skeletal and Vascular:-

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

### Internal:-

High Blood Pressure, Palpitation, Obesity, Ashma, Brochitis,



Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Colds, Flu, etc.

### Men's Problems:-

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

### Women's Problems:-

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

### Ears, Eyes, Nose and Throat:-

Otitis, Tinnitus, Sore Throat, Hay Fever, Pharyngitis, Rhinitis, Sinusitis, Ear Infection, Viral Infection, Eye Problems, etc.

### Cancer and Tumour:-

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

### Addictions:-

Tobacco, Drugs, Alcohol, Reduce Weight, etc.

### Mental and Emotional:-

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

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**C**lean 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](http://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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## Your Stars for January 2023

By Kay Gower

### Aries (Mar. 21- April 20)

There could be a drop of magic in the decisions that you make this month. You'll manage to handle what's right in front of you mostly because you'll ignore what's behind you.

### Taurus (Apr. 21- May 21)

The road to success may have rattled your teeth (especially the last two weeks of the year), but it didn't stop you. The beginning of the new year may see you celebrating - a bit road weary, but victorious.

### Gemini (May 22-June 21)

Planetary changes taking place this month and next show that there is much to be gained from being at home and loving the people who are in it. Venus, planet of love and harmony will move into your solar 4th house towards the end of January, helping you become closer to those who mean the most.

### Cancer (June 22-July 22)

There is the likelihood of some strange happenings especially on or around the 15th. Unusual people or unusual experiences come from out of the blue. Strangely, you might find yourself enjoying the shakeup.

### Leo (July 23-Aug 22)

You are someone's hero, and the responsibility isn't one you take lightly. But even heroes need some time off and this month will provide you with a much needed respite - although not before 15th.

### Virgo (Aug 22 - Sept. 23)

Allow the past to guide you into the present, everything you are today is a result of who you were and the decisions you've made, and you're old enough to look back with a smile. When you believe in you, everyone else does, too. The stars line up for a wonderful new year.

### Libra (Sept. 24-Oct. 23)

There will be a need for balance and this may compel you to make gestures of diplomacy especially in the first weeks of the new year. It is possible though to take too much responsibility as the sign of Libra can at times be too agreeable. Note: lopsided wheels don't roll.

### Scorpio (Oct. 24 - Nov. 22)

It's fine listening to the advice that others offer you, but not to the exclusion of using your own common sense. There is a slight chance of someone trying to pull the wool over your eyes around mid month.

### Sagittarius (Nov. 23 -Dec. 21)

You still have the magic. In fact, you have more of it than you did last year. This attracts all kinds of interesting scenarios. Could this be the return of someone from the past?

### Capricorn (Dec 22.- Jan. 20)

Be willing to try new things this year, whether or not you'll like them isn't the point. The point is that you'll know more for trying. You'll be in the right mood to say "yes," and if you make a mistake, you'll soon recover.

### Aquarius (Jan 21 - Feb 19)

There is a skill involved in being able to listen - really listen. When done well, it allows someone to stand out in a sea of self-involved individuals. This month, you will stand out.

### Pisces (Feb. 20-Mar. 20)

You're deeply perceptive this month, but don't go looking for hidden meanings where there are none or suspicions will take over your life especially where love and money are concerned.

# BRICKLIVE Animal Paradise will take over Sewerby Hall and Gardens next summer

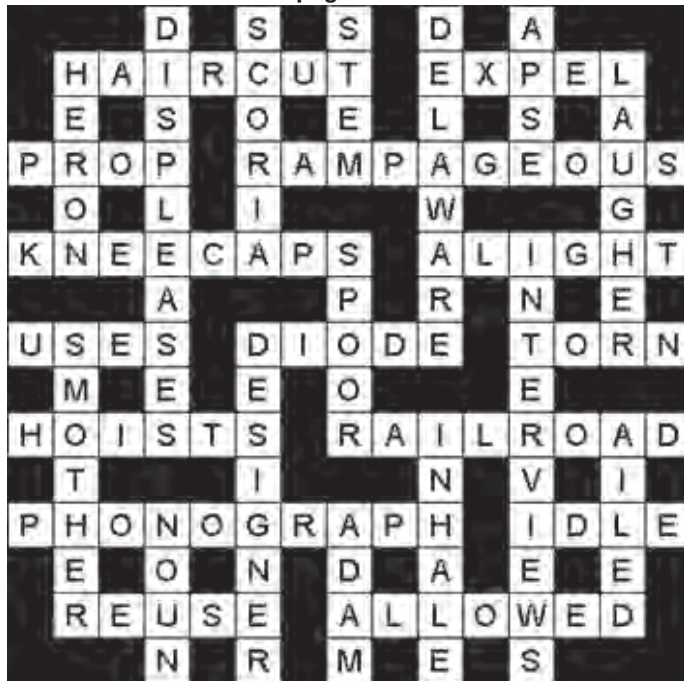
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## Crossword solution from page 14



## Sudoku Answer from page 12

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

From Saturday, 26 August to Sunday, 24 September, 2023, BRICKLIVE Animal Paradise will bring to life an incredible display of some of the world's most beautiful endangered species, hand-built using 556,086 bricks.

A total of 15 animal statues – many of which will be life size - around the gardens will offer a fascinating and memorable day out, whilst also reminding visitors of the importance of preserving endangered species from around the world.

Following on from the Wildlife Photographer of the Year exhibition, BRICKLIVE Animal Paradise will be a unique interactive experience bringing important animal and habitat facts to life in a fun and entertaining way.

Councillor Mike Medini, portfolio holder for culture, leisure, libraries and customer services, said : “This will be an amazing and memorable experience in the beautiful gardens at Sewerby Hall! From a Bengal tiger to a massive gorilla, a dolphin, an orangutan, a selfie safari truck and much more, BRICKLIVE Animal Paradise will have it all. I am very excited that we have been to secure this exhibition, which will round off next summer perfectly!”

Marie Gascoigne, general manager, Sewerby Hall and Gardens, added: “2023 is going to be an amazing year for us! With two stunning exhibitions, and all our usual features like the zoo and of course the house itself, we hope that many visitors will want to take advantage of what we have to offer. This may be a good time to consider an Annual Pass, as you will need to come and see us several times next year!”

For full details, visit [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk).



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The website also has pages for different areas of health and social care, where you can find contact details to arrange an informal conversation about your area of interest with someone who experiences it every day.

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To see all current vacancies, go to: <https://join.humber.nhs.uk/jobs/>

Steve McGowan, Director of Workforce and Organisational Development at Humber Teaching NHS Foundation Trust, said: "We pride ourselves on jobs that offer the flexibility and opportunities you need to succeed. We are committed to supporting staff personally and professionally and we believe that, if you're looking for a new role, our Trust can help you build a career that works for you."

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