

Cottingham Times

Issue 108 - November 2010



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We also have S.A.L.T. Lunch (Share a Lunch Together) every Tuesday in the Mark Kirby Hall, 12.00 noon to 1.30 pm.

Mary's Village Pop In - The small hall at the Village Hall, Skidby
Tuesdays and Fridays 10.00 to 4.30 pm. Adults, Children and Young People Welcome. Call in at any time for a drink and a chat. Tea, Coffee, Hot Chocolate, Biscuits, Crisps and Sweets.

Age Concern East Riding of Yorkshire

Every Friday 10.00 am to 11.30 am, call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and make bookings with our Fix-It-Teams. Tea and Coffee available. Telephone 01482 869181 for further details.

Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Simon Ecclesley, Club Chairman on 01482 840367 or visit our website www.cottinghamrangers.co.uk.

Zion United 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.

Hull Folk Dance Club (English Country Dancing)

Tuesday 2nd, 9th, 16th and 30th November, in the Darby & Joan Hall, Finkle Street, from 8.00 pm to 10.00 pm. New dancers are very welcome. For further information please ring Fred Smith 01964 550297.

Cottingham Ladies Circle

Wednesday 3rd November, Talk "Spurn Point Life Boat Station". Mr. R. Benfell, in the Zion United Church, Hallgate, 7.30 pm.

Cottingham Local History Society

Wednesday 3rd November, "It's a Load of Old Bollards" - Chris Mead, The Society meets in the Red Hall at Hallgate Primary School, Cottingham on the first Wednesday of each month from October to April. Entry for all is via the King Street entrance only. The Society meets at 7.30 pm. No entry before 7.00 pm.

Cottingham Men's deLuda Society

Wednesday 3rd November, Mrs. Linda Whitton - Sun, Fun and Shopping, in St. Mary's Church Hall, Cottingham at 2.00 pm.

Yorkshire Countrywomens Association (Skidby)

Thursday 4th November - "Wildlife and Other Things" - John Haldenby, in the Skidby Village Hall at 7.30 pm.

Hull Kingston Lions

Saturday 6th November - Craft Fayre, Thirty stalls including home-made cake stall, tombola and book stall. Entry 30p. 10.00 to 4.00 pm. Refreshments served all day.

Front Cover Picture: Cottingham Lights looking down Hallgate.
Photo by Chris Wright.

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Cottingham Wildlife Watch

Saturday 6th November - Calley Heath - Mini Beast Hunt and Walk around the Reserve. Make a flying insect. Calley Heath GR SE752497. Follow the A1079 to York, through Barnby Moor, the reserve entrance is opposite the Squirrels Hotel, the gate will be open for parking on the reserve. Bring a picnic lunch. Reserve management after lunch.

Skidby Village Hall and Institute

Saturday 6th November - Annual Charities Fair, 10.00 am to 1.00 pm. Free admission, refreshments available. **Registered charities may book a table free of charge.** Booking forms available from the secretary 843446.

Cottingham Catholic Women's League

Monday 8th November, Thirty Five Years at the Chalkface, Mrs. Annette McMillan, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 9th November - General Meeting, Financial Statement, Annual Report, and Election of President, at 10.00 am upstairs at the Civic Hall, Cottingham

Cottingham Green Women's Institute

Thursday 11th November, Speaker: Ms. Linda Mills "Wrapping Presents", Demonstration. Sales table, Christmas wrapping papers and decorations, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 11th November, Paul Schofield - Hull Parks and Gardens, in the hall at the Darby and Joan, Finkle Street, Cottingham at 2.00 pm.

East Yorkshire Embroidery Society

Saturday 13th November, Marilyn Pipe, It Started in a Stately Home, in the Darby and Joan, Finkle Street, 2.15 pm. Members £1.00; Visitors £2.00 including refreshment.

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Continued from page five

Combined Charities

Saturday 13th November, 39th Annual Christmas Fayre, in the Civic Hall, Cottingham, 10.00 am to 4.00 pm. Admission 20p. Cafe open all day - Lunchtimes snacks available. Charity cards for sale, plus fancy goods, books, cakes, jams, preserves etc. All 23 charities are much in need of your support. Please come along.

Wold Lace Makers

Saturday 13th November - Annual Lace Day, Hessle Town Hall, High Street, Hessle, HU13 0RR. 10.00 am to 4.00 pm. Speaker Stuart Johnson "Ramblings of a Bobbin Maker". Admission £3.50. Suppliers in attendance. Non members always welcome. For further details please contact either website www.woldlacemakers.co.uk or Maureen Bromley 01482 845099.

North Ferriby Gardening Club

Monday 15th November, Kew Gardens through the seasons (David Matthewman). Meetings are held in the North Ferriby village hall starting at 7.30 pm.

Cottingham Civic Society

Monday 15th November, "Human History is a Race between Education and Catastrophe and What We Can Do About It" (H. G. Wells) - a talk by Mr. Bill Rigby and Ms. Shan Oakes on Environmental topics, in the Darby & Joan Hall, Finkle Street, at 7.30 pm.

Cottingham Evening Townswomen's Guild

Wednesday 17th November, Pat Elliott, Brief History of Cottingham, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Ladies Circle

Wednesday 17th November, Talk "Adventures of an International Journalist (Part I), Dr. Harris Livas-Dawes, in the Zion United Church, Hallgate, 7.30 pm.

Continued on page seven

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Cottingham Men's deLuda Society

Wednesday 17th November, Bill Bromwich - Development of Written Language, in St. Mary's Church Hall, Cottingham at 2.00 pm.

Diabetes UK

Thursday 18th November, Dr. K. Mohammed, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.30. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 844284 if transport is needed.

East Yorkshire Association of the National Trust

Thursday 18th November, Mr. Geoff Bell, Illustrated talk A Walk Around Cottingham, in the Cottingham Civic Hall, 7.30 pm. Non Members Welcome.

Inland Waterways Association

Friday 19th November - The Grand Canal of China - a presentation from author Liam D'Arcy-Brown, in the Cottingham Methodist Church Hall, 8.00 pm to 10.00 pm. £2.00 which includes refreshments. Non members welcome. Further details from Roger Bromley 01482 845099.

The Multiple Sclerosis Society

Friday 19th November - Coffee Morning, 10.00 am to 12 noon, in the Cottingham Civic Hall.

The Rotary Club of Holderness

Friday 19th November - Charity Craft Fair, in the Cottingham Civic Hall, 10.00 am to 4.00 pm., twenty five quality craft stalls, cakes, books, tombola and refreshments. Admission 30p.

In aid of Hull & East Riding Breast Friends

Sunday 21st November - Crafts for Christmas Fair at the Village Hotel, Hessle, 10.00 am to 4.00 pm. A variety of craft stalls. Admission 50p. To reserve a table please contact Crafty Creations 01482 843663.

Wednesday Social Club

Wednesday 24th November - Derek Clarke - Bits and Pieces (Part 3), in the Darby and Joan Hall, at 2.00 pm.

East Riding Flower Club

Monday 29th November - "A Christmas Compendium" A flower demonstration by David Ryland (National Demonstrator), in the Civic Hall, Cottingham. Doors open at 12.00 noon. Refreshments 12.30 to 1.30 pm. Admission by ticket £8.00 each. Tickets from Judy Robinson 01482 876279 or Thelma Horner 01482 847307.

Cottingham Ladies Circle

Wednesday 1st December, Xmas Lunch.

Cottingham Local History Society

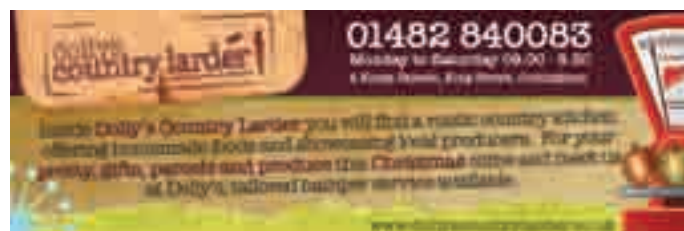
Wednesday 1st December, The Progress of King Henry VIII Through Humberside - 1, Richard Clarke. The Society meets in the Red Hall at Hallgate Primary School, Cottingham on the first Wednesday of each month from October to April. Entry for all is via the King Street entrance only. The Society meets at 7.30 pm. No entry before 7.00 pm.

Cottingham Men's deLuda Society

Wednesday 1st December, Mrs. Alison Parkes, Martin House Trek to Nepal, in St. Mary's Church Hall, Cottingham at 2.00 pm.

Yorkshire Countrywomens Association (Skidby)

Thursday 2nd December - "History of Christmas Festivities", Mary Wilkinson, in the Skidby Village Hall at 7.30 pm.



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Cottingham in Bloom

During the judging process for the Yorkshire in Bloom competition our own Cottingham in Bloom Group were very impressed with how residents and retailers had made a special effort to enhance their properties. Not only does this help impress the Yorkshire in Bloom judges but the colour and variety of the displays help make Cottingham a more beautiful place to live – who could have failed to be impressed by the King Billy, Pullens or The Purple Cow this year. However, three buildings caught the eye of the Cottingham in Bloom Group in particular and we are happy to acknowledge their efforts by awarding them with an Outstanding Effort certificate. The Certificates will be presented at a later date to:

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Thank you, once again, to everyone who made a special effort during the spring and summer with their gardens, baskets, tubs or just had a clean up around the time of the judges' visits.

Graffiti and Criminal Damage

At the Parish Council Meeting the Local Police Team representative reported that there had been an outbreak of graffiti in the village – I'm sure you have noticed it yourself as you walk around the village. If you see anyone defacing property or causing damage please report it to Humberside Police either by telephoning 0845 60 60 222 or by e-mail (with a photograph if possible) to safe.communities@eastriding.gov.uk. You can also use the form at 'contact us' on www.humberside.police.uk. Many thanks to the Neighbourhood Action Team who during their recent clean up day cleaned off a lot of the graffiti.

Parish Councillor – Vacancy

We have now passed the official deadline for ten electors of Cottingham to write to ERYC requesting an election; the Council will now go ahead with the co-option of a candidate. It is hoped that the new Councillor will be in place by the November Parish Council meeting.

Bio-Degradable Dog Poop Bags

Following budget cuts, the provision of free dog bags through ERYC Customer Services is one of the services that has recently been withdrawn. One of the most common complaints received in the office is the amount of dog waste on the streets and snickets of Cottingham. You would think that this would be one of the easiest problems to solve – how can any responsible dog owner not pick up after their pet? Anyone who has stepped in or pushed their pram/bike through a pile of dog waste knows how disgusting it is to clean off. Why then are there still people who think it is acceptable to just walk away after their pets have performed

Well – the Parish Council think there is two things we can do. Firstly we can use a stencil to mark pavements in areas where there is a specific problem to remind dog owners that they need to clean up after their pets. Secondly we can take over the provision of bio-degradable dog bags. From the beginning of November the Parish Council will have free dog bags to hand out to residents. These will be available from the

Parish Council office in the Market Green and from the office at The Pavilion on KGV. We will have a limited number of bags available each month (in packs of 50) which means that residents will be limited to one visit per month. The Parish Council intends to provide this service for six months before reviewing its decision.

The Garth 20mph Road Safety Scheme

To all those residents who replied to the consultation process for the proposed road safety scheme – thank you.

ERYC Consultation Surveys

The 17,700 residents of Cottingham not only have a right to know what is happening within their village and regarding matters that could affect their quality of life on a day to day basis but also to make comment on such matters through the public consultation process. Not many of us like to stand up at meetings to have our say but still feel that we would like our opinions heard; as the ERYC is obliged to consult with the public on many issues often the best way to have your opinions heard is by completing and returning the survey documents you will receive through the post from time to time.

These surveys are a real opportunity for you as a resident to give your opinion regarding various issues, forthcoming building applications, plans for road alterations, re-routing of buses etc and many more issues that affect your daily lives, this is your way to be heard. As Parish Councillors we urge you to complete these surveys making as much use of the comments section as you can, these surveys are taken seriously and do allow you to have a voice.

We are all guilty of thinking what is the point "they" won't take any notice anyway, but if everyone expressed their views, opinions, and commented on what they feel is wrong or right we can make "them" take notice. Having your opinions heard is not always a guarantee of success but at least you would have expressed a view on what is happening in YOUR village.

Be a voice, be heard and fully complete these survey forms

50+ Healthy Lifestyle and Information

ERYC are holding a 50+ healthy lifestyle and information event at the Civic Hall on Wednesday 3 November 2010. This event will run from 11am until 3pm and will include stands and interactive displays on, amongst other things, exercise and staying fit, healthy eating, stopping smoking and mini health checks eg blood pressure. There will also be free refreshments and people available to give you tips and advice. Please come along and see what is on offer.

Contact Details

Should you wish to speak to a Parish Councillor, contact details are displayed in the noticeboards around the village. Alternatively, you can ring the Parish Council office on 01482 847623. Keep up to date with what is happening around the village by visiting www.cottinghamparish-council.org.uk

Free Yoga taster sessions at Haltemprice Leisure Centre

Haltemprice Leisure Centre will be running free taster sessions in yoga between Monday, 6th and Friday, 10th December.

Yoga helps to clear the mind, create a positive sense of body awareness and also lengthens and strengthens muscles, creating fluidity and ease of movement.

Regular attendance allows flexibility, posture, balance and an improved circulation and sense of well-being.

Booking is required for all yoga sessions and take place on Mondays from 6.45 pm to 7.45 pm and 8.00 pm to 9.00 pm, Tuesdays from 1.30 pm to 3.00 pm and Wednesdays from 6.30 pm to 7.30 pm and 7.45 pm to 9.15 pm.

Lisa Kirby, fitness coordinator for Haltemprice Leisure Centre, said: "We would like to offer the experience of a Yoga session to all members of the community. Once you have taken part in the session you will instantly feel the benefits."

For further information or to book a place, contact reception on (01482) 652501 and quote the word 'yoga' or visit www.haltempriceleisurecentre.co.uk

Beward of Rogue Traders at your doorstep

Age UK East Riding is backing a campaign warning older people to be wary of rogue doorstep traders offering winter home improvement services.

The awareness drive has been launched by the Office of Fair Trading and Age UK, the new force combining Age Concern and Help the Aged.

It follows a big increase in the number of complaints about traders

offering home maintenance work on the doorstep.

Common cons include bogus traders offering cavity wall insulation, roof repairs or driveway maintenance.

While canvassing on the doorstep is not illegal, and there are many legitimate businesses selling to people in the home, rogue doorstep trading is an ongoing problem.

In the East Riding, independent local charity Age UK East Riding employs its own team of maintenance operatives who will help local residents to look after their homes without falling prey to rogue doorstep traders.

The charity's Home and Garden Maintenance Service is available to any East Riding resident who is aged over 50, anyone who is disabled or anyone who is caring for an older person.

Its services range from decorating to DIY and repairs, flooring to tiling, laying patios and driveways.

Mark Rounding, Chief Officer of Age UK East Riding, said: "All our maintenance operatives are fully police checked, reliable and considerate."

"There should be no need for anyone to fall victim to rogue traders who turn up on their doorstep offering to do work which may not be necessary, many not be carried out properly and for which they may be charged an excessive amount."

Mr Rounding went on: "Our team is here to help, and householders have the reassurance of knowing that all the operatives are employed by us, so they know that they can be trusted to do a good job, at a reasonable price."

The Office of Fair Trading is offering the following advice:-

- If a trader knocks at your door, do not agree to on-the-spot house repairs, or sign anything on the spot.
- Be wary of special offers or warnings that your house is unsafe.
- Do not make snap decisions. Take time to talk to someone you trust before you make a decision. If in doubt, call Consumer Direct on 08454 040506 or visit www.consumerdirect.gov.uk/doorstopselling.

For more information about Age UK East Riding's Home and Garden Maintenance Service ring 01482 869181.

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Ladies Lunch "Thank You" from the ladies of Cottingham Red Cross

The ladies of Cottingham Red Cross would like to thank all their sponsors who donated raffle and tombola prizes for the ladies lunch held at Cottingham Parks Golf and Country Club on Wednesday 22nd September.

The event was a great success and raised over £500 for local services. Thanks also go to Cottingham Parks for looking after us so well and providing a lovely meal.



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Internet woes and help online

"The Internet's gone off!" A plaintiff cry often heard around the land, and always just at the worst time. An urgent email to send, a final auction bid, a train time to check, or even a status update to do...

Our reliance on the 'Net is now absolute; and most people feel like a part of them has been removed when they lose that vital connection! It happens to all of us at one time or another, and there have been a few times recently when our local service has gone down completely. To get the best results, make sure your equipment is up to date, and change to a router if you still have an old Speedtouch modem.

Karoo being the only Internet provider in the area has long been a source of dissatisfaction for many people. Not that it's a bad service, but because there is no choice. That may be about to change in the coming months following talks between KC and a company called MediaSat3 who is vying to offer an alternative service to home and business users. If terms and technical details can be agreed it could commence in the first quarter of next year.

As part of the BBC First Click campaign, linked to Get Online Week and Race Online 2012, I was to guest on a Radio Humber feature recently. The idea was to give help and advice to enable as many people as possible, particularly the over 55's, using a computer and getting online for the first time. The BBC has come up with a very good website that would be of interest to most people using a computer, including a clever interactive 'password strength checker', at: http://www.bbc.co.uk/connect/campaigns/first_click.shtml

Hopefully some of those people new to the Internet will be reading this very page online, as every month I now upload each one of these articles onto my website: <http://www.rdmills.com> Here you will also find news stories and some other helpful articles, on subjects such as buying a new computer, PC vs Laptop and Internet connection problems.

The choice of new computer equipment can be quite bewildering, PC or Mac, Laptop or netbook. Now the new contender in the ring is the 'tablet'. The Apple iPad was the first of course, but now Samsung is releasing a very similar device, the Galaxy tab, which should be on the shelves as you read this. Several other makes will probably follow.

ESET Nod32 antivirus is still our product of choice, and has been selling successfully for a few years now. If your 2 year licence is coming up for renewal we can do this for you at a discounted rate of only £39 for the standard home edition. This has to be within 30 days of the expiry date, and the advantage is that nothing has to be done on your computer. Once paid, your licence will be automatically updated for another 2 years. If you are buying an additional computer we can increase your licence to cover that too at a very special of only £15. So just contact us to arrange.

Now for some of the questions I have been asked recently, along with the answers:

Q: My computer keeps losing the correct time after being switched off, and sometimes the date even slips back to Jan 2000!

A: Normally caused by the failure of a battery inside the computer. There is a single cell battery in there that powers a chip that keeps all these settings. This battery can be replaced.

Q: My computer sometimes doesn't boot up, or suddenly cuts out after a few minutes.

A: The cause of this is often a bad power supply unit. This is a transformer at the rear of the PC where the mains lead goes into. Again it can be replaced. (However there can be other more serious reasons this can happen).

??? Did you know? – Everything inside a PC runs on just 12v or 5v DC???

Q: Whenever I type in the middle of a sentence to correct or add a word, the new letters overtype all the previous ones, instead of pushing them along.

A: Just hit the Insert key (next to backspace) on the keyboard to stop overtyping in future.

Q: Every time Windows XP starts up I get a message saying: 'Windows Firewall is not switched on'. But when I check in Control Panel, it is on.

A: This is a glitch that has been appearing in XP for some time now, and if you have double checked it a few times, can be ignored.

Q: If I do Internet banking, are any personal financial details stored on my computer?

A: No. Whenever you go online into a banking website, everything you type gets encrypted before being sent over the Internet. Log off the site when you are finished to close the connection properly. For security reasons, don't keep your own records of account numbers and passwords stored on your computer.

Q: My laptop shows about six different wireless networks apart from my own, is this safe?

A: Yes, as long as your own is secured (signified by a padlock next to the name). Wireless routers do put out a very strong signal, so any enabled device will detect all the surrounding ones.

Q: I just had an email returned because I typed the address incorrectly, how do I resend it?

A: To save typing it all again, go into your sent items folder and open the email you sent. Click the forward button, then enter the correct email address. If you wish you can also delete the letters FW: preceding the subject. Then just click send.

Astronomers have discovered a potentially habitable planet of similar size to Earth. The alien world circles a red dwarf star called Gliese 581, 20 light years away. If confirmed, the planet would be the most Earth-like that has ever been discovered in another solar system and the first strong contender for a habitable one. One can imagine an astronomer tuning into the myriad radio signals beaming across the solar system and hearing a disembodied voice crying: "Oi, the Internet's gone off!"

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Wordsearch - Wading Birds

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

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

Find the words in the letters above:

Adjutant, Avocet, Bittern, Courser, Curlew, Egret, Godwit, Heron, Ibis, Jabiru, Jacana, Killdeer, Lapwing, Marabou, Oyster Catcher, Phalarope, Plover, Sanderling, Sandpiper, Shoebill, Snipe, Stilt, Stork, Turnstone, Willet, Woodcock, Yellowlegs.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 47 -

This is an easy challenge this month

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



Cottingham Memorial Club's Coffee Morning raises £1,000 for Macmillan Cancer Care

Cottingham Memorial Club's Coffee Morning in support of Macmillan Cancer Care raised £1000 for the Charity. The event was attended by over 80 people many of whom donated prizes for a grand raffle. During the morning a member made an anonymous donation of £400 which boosted the anticipated fundraising event considerably.

Club Secretary Graham Stroud said; "The morning was a great success and much enjoyed by all who attended. It was good to see so many people being so very generous in support of such a worthwhile cause".

Pictured above left to right, John Wilson, Graham Stroud & Bryan Peaks of the Cottingham Memorial Club, and below, a selection of the prizes which were donated for the event.





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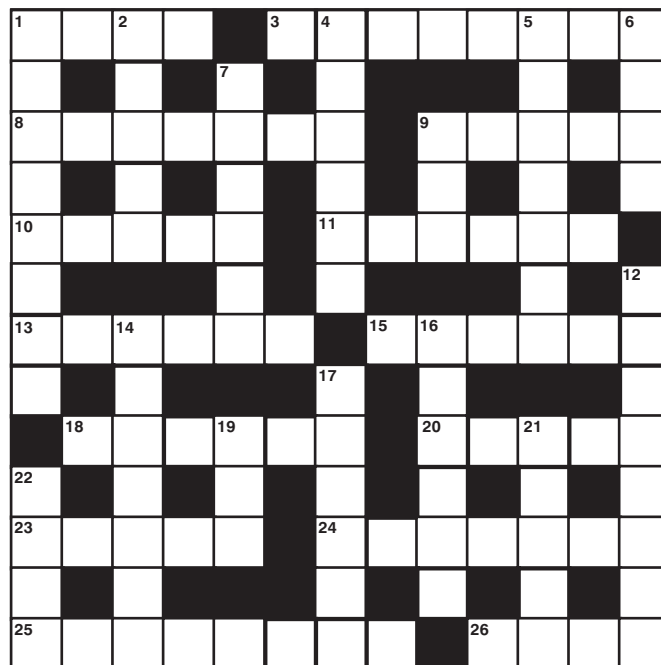
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Crossword - Solution on page 46



Across

1. Block out (4)
3. Amaze (8)
8. Article of clothing (7)
9. Meaning of a word (5)
10. Board game (5)
11. An extreme attainment (6)
13. To the opposite side (6)
15. Upper deck of a ship (6)
18. Reptile (6)
20. Thick (5)
23. Nimble (5)
24. Look over carefully (7)
25. Got back (8)
26. Notable achievement (4)

Down

1. Prestidigitator (8)
2. Tennis stroke (5)
4. Planet (6)
5. Disregarded (7)
6. Pay close attention to (4)
7. Periodic population count (6)
9. Pouch (3)
12. Vanquished (8)
14. Precipitating (7)
16. Pungent edible root (6)
17. Look up to (6)
19. Simian (3)
21. Female relative (5)
22. Impartial (4)

Crossword courtesy of www.puzzlechoice.com

Winter Wonderland

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In the Kitchen



Warm Sustaining Foods for those Winter months

The cold weather again has arrived and Christmas is around the corner so we need to eat warming foods to sustain us and build a residence to the annual colds and flu that raise their ugly heads this time in the year and what better way to do this by cooking stews, casseroles, pot roasts or braises - a tradition which dates back to that our of our ancestors. They did not have the luxury of fan ovens, auto-timers or even electricity.

These methods of cooking well suited peoples of the past - and not only those 1940's housewives who had the whole day to watch over them. When you consider early hunter gatherers or farmers who had to spend long periods of time finding or growing food just to survive, it becomes very clear that even in today's hustle bustle with so many people out at work, it's still an ideal method of cooking enabling us to eat fresh, wholesome, homemade foods and, better still, with all the nutrients in tact.

Furthermore, many slow cooked recipes have the added advantage of being suitable for less expensive foods such as the cheaper cuts of meat or older poultry and vegetables, transforming them from being tough on the teeth to mouth-wateringly succulent.

Preparing ingredients for slow cooking

Liquids - Most slow cooked dishes require liquid in various measures. This can be water, milk, stock, wine, beer or cider. Do experiment to create new and unique flavours and remember alcohol such as wine adds to the tenderising process.

Bakes - In general, keep all of the ingredients in quite small pieces or thinly slice items such as potatoes. Smaller fish can be left whole and larger fish can be cut into cutlets or fillets.

Boiling/ Poaching - Usually used for larger cuts of meats such as bacon and meat joints and whole chickens which are cooked on the stove top. When cooking with the addition of vegetables which are going to be served with the dish (rather than just as flavourings), leave them in large pieces too so they don't disintegrate during the long cooking process.

Braising - Older vegetables should be cut up into bite-sized pieces however baby vegetables such as carrots and turnips can be left whole as can items such as steak.

Casseroles - Older vegetables should be cut up into bite-sized pieces however baby vegetables such as carrots and turnips can be left whole as can items such as chicken breasts.

Pies

Keep the ingredients in small uniform sized pieces to ensure even cooking.

Pot Roasting - Vegetables should be cut into small pieces but the meat left in one large piece.

Stews - All ingredients are usually cut into bite-sized pieces before being cooked.

To brown or not to brown....

Where braising or pot roasting is concerned, the browning of the



ingredients before the liquid is added is an intrinsic part of the process, adding the desired flavour to the finished dish and should always be done.

In stews and casseroles, whilst the main reason for browning is to "seal" the juices in meat, as well as adding extra flavour, this is not always necessary and is entirely dependent on whether you have the extra time it takes to do so. However, if you do decide to brown ingredients before adding the liquid, make sure you don't overcrowd the pan as this just results in the meat being stewed rather than sealed which defeats the object.

When using a slow-cooker for stews, the amount of liquid may need adjusting and the manufacturers' timing recommendations adhered to. Slow cookers are an excellent way to cook stews especially for people who are out at work. Simply turn them on before you leave in the morning and you'll come back in the evening to a delicious freshly cooked homemade stew.

Braised Beef with Mushrooms

450g/1lb Braising Steak, cubed
4 tbsp Vegetable Oil
2 teasp Ground Ginger
2 teasp Ground Coriander
1/4 teasp Ground Cloves
2 tbsp Soy Sauce
600ml/20 fl.oz. Beef Stock
50g/2oz Carrots, cut into matchsticks
175g/6oz Mushrooms, sliced
50g/2 oz Spring Onions, shredded

Instructions

1. Preheat the oven to 180C, 350F, Gas Mark 4. Heat half the oil in a large frying pan, add the beef and brown on all sides. Transfer to a casserole dish.
2. Place the ginger, coriander, cloves, soy sauce and stock in a saucepan and bring to the boil, stirring.
3. Pour the stock mixture over the beef, add the carrots, cover and bake for 1 1/2 hours or until the beef is tender.
4. Just before serving, heat the remaining oil in a large frying pan add the mushrooms and spring onions and sauté for a few minutes until just tender.
5. Add the vegetable mixture to the beef, mix well and serve hot.

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Steak and Ale Pie

Ingredients

1 tbsp Oil
900g/2lb Braising Steak, cut into 2.5cm/1-inch cubes
2 Onions, peeled and sliced lengthways
1 heaped tbsp Plain Flour
360ml/12fl.oz. Dark Ale (beer)
360ml/12fl.oz Beef Stock
1 Bay Leaf
2 teasp Fresh Thyme Leaves
Salt and Black Pepper
100g/4oz Mushrooms, sliced
225g/8oz Puff Pastry
1 small Egg, beaten

Instructions

1. Heat the oil in a large saucepan until very hot, add the meat and fry until well browned and sealed on all sides. Remove from the pan with a slotted spoon and set aside.
2. Reheat the oil in the pan, add the onions and sauté for a 3-4 minutes until browned.
3. Sprinkle in the flour and cook, stirring for 2 minutes then gradually add the ale, stirring constantly.
4. Return the meat to the pan together with the stock, bay leaf and thyme. Season well with salt and pepper then cover and simmer gently for 1 1/2 - 2 hours.
5. Preheat the oven to 220C, 425F, Gas Mark 7.
6. Add the mushrooms to the meat mix well then transfer to an ovenproof pie dish.
7. Roll out the pastry large enough to cover the pie, dampen the edges of the dish and place over the filling pressing down the edges.
8. Flute the edges with a fork or your fingers, brush with the beaten egg and bake in the oven for 20 minutes until the pastry is golden brown. Serve hot.



Steak and Kidney Pudding

Ingredients

25g/1oz Plain Flour
Salt and Black Pepper
675g/1 1/2lb Braising Steak, cut into 2.5cm/1 inch cubes
175g/6oz Ox Kidney, cored and cubed
25g/1oz Butter
1 Garlic Clove, crushed
1 large Onion, chopped
150ml/5fl.oz. Beef Stock
150ml/5fl.oz. Brown Ale
1 Bay Leaf
1 tbsp Worcestershire Sauce
1 tbsp Tomato Purée
325g/12oz Suet Pastry

Instructions

1. Season the flour with salt and pepper and use to coat the steak and kidney on all sides. An easy way of doing this is to place the flour in a large plastic bag, add the meats and shake well. Shake off any excess flour but reserve as this extra flour will be added to the dish for thickening.



2. Melt the butter in a large saucepan, add the onions and garlic and sauté for 3 minutes.
3. Raise the heat, add the steak and kidney and seal on all sides, then sprinkle over the flour and stir. Cook for a further 2 minutes stirring constantly.
4. Gradually add the stock, ale, bay leaf, thyme, Worcestershire sauce and tomatopurée, mix well, bring to the boil then reduce the heat to a bare simmer and cook for 1-1/2 - 2 hours.
5. On a floured surface, roll out 2/3rds of the suet pastry to approximately 6mm/1/4 inch thickness (no thinner) and use to line a 1.7L/3 pint heatproof pudding basin, leaving any excess pastry hanging over the edges.
6. Spoon the cooked meat into the pastry lined basin and dampen the top edge of the pastry with water.
7. Bring a large saucepan half filled with water to the boil.
8. Roll the remaining third of pastry into a circle a little larger than the top of the basin. Use this to cover the pudding and seal the edges together well.
9. Cover the top with a large circle of greaseproof paper and tie in place with string.
10. Place in the pan of boiling water, ensuring the water comes half-way up the sides of the basin. Reduce the heat, cover with a lid and simmer for 2 hours, topping up with boiling water as necessary. Serve hot.

Beef in Guinness

First brewed in the 1700's, Guinness is an Irish black beer or stout which is made from water, malt, barley, hops, and brewers yeast. It's taste is partly achieved by some of the barley being steamed, rolled and roasted which also gives Guinness its dark-colour. Both characteristics lend this beer very well to slow cooking beef.

Ingredients:

1.2kg/2 1/2lb Shin of Beef or other stewing or braising Steak
2 Large Onions, sliced
6 Carrots, sliced
2 tbsp Seasoned Flour
A little beef dripping or oil
240ml/8fl.oz. Guinness
240ml/8fl.oz. Beef Stock
2 Bay Leaves
2 sprigs Fresh Thyme
1 tbsp Freshly chopped Parsley

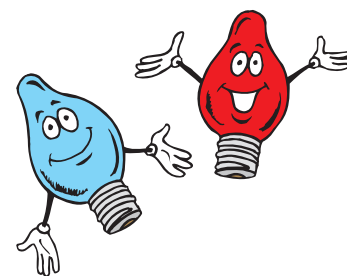
Instructions

1. Cut the beef into chunks and toss in the flour to coat on all sides.
2. Melt the dripping or oil in a large saucepan until very hot, add the beef and seal quickly on all sides. Remove from the pan with a slotted spoon and set aside.
3. Heat the fat again until hot then add the onions and fry gently until soft and transparent.
4. Return the beef to the pan together with the carrots, bay leaves, thyme, stock and Guinness. Mix well, bring to the boil then reduce the heat, cover and simmer for 1 1/2 - 2 hours, stirring from time to time.
5. To serve - transfer to a warmed serving dish, sprinkle with chopped parsley and serve hot.

Switch on Night 2010

November 22nd

Don't Miss It!



After 20 years serving as chairman of Cottingham Lights Lal Kirby has stood down and is replaced by Charles Rawlins of John Fords, Chas has been associated with the lights for 28 years of the 29 the lights have been running.

New features this year include a magnificent new centre piece for the display on the 'old Co-op roof' This has been paid for by a donation from Ms Margaret Clarke of the King Billy, Maggie donated £800 raised by holding a meat raffle every Saturday night, many many thanks to Maggie and her customers. The Parish Council has continued it's superb support by providing a grant to enable the complete re-wiring of the Hallgate section of the lights. There will also be numerous new features in Hallgate and King Street along with various stalls, tombola etc.

The Switch On will be as usual compared by Steve Massam and the ceremony performed by two six year olds, Gemma Isgate and Connell Guerin, at 7.00 pm Monday 22nd November 2010.

After switch-on night, the lights will be in daily operation from mid-afternoon until early January, but they will be switched on all day on Saturdays and on Christmas Eve.

After year-long planning, installation got underway in October, with Hull-based lifting services firm, Peter Hird and Sons Ltd., of English Street, assisting with hoists. All scaffolding has been donated by Alan and Shirely Reid of B. A. Scaffolding.

Although the displays this year have not changed significantly since 12 months ago, there has been further massive investment in the lights, which have become a crowd-pulling Christmas highlight and placed Cottingham under a bright and colourful spotlight in the much wider East Riding area in the last 29 years.

The hi-tech, energy-saving lamps offer a five-colour sequence change and produce a flowing wave-like effect from the traffic-lights junction to George Street.

As well as adding to the spirit of Christmas and the New Year, it is hoped that, as in past years, the illuminations, which are concentrated on the main village-centre shopping areas - and overlooked from the east by the floodlit towering St Mary's parish church - will again attract visitors and shoppers to Cottingham from throughout the Hull and the East Riding region and even further afield.

In addition to grants from the Cottingham Parish Council to each of the three sections - King Street and West End, as well as Hallgate - additional money has been raised from a series of regular annual activities.

Carols and other festive-season music, commencing at 6.30pm, will be provided by ex-members Cottingham Band on switch-on night when, in addition to a wide variety of side-shows and charity stalls throughout the village, there will be children's fairground rides in Hallgate and on the Market Green, where the trees will be festooned with festive-season lighting.

Street sellers have again been asked to apply for a "Cottingham Lights Official Hawker" badge, and officials have appealed for the public to buy items only from the official hawkers displaying their official badge.

Also making a return this year will be the KCFM Radio's promotional vehicle - and stage - which took part in Cottingham Day 2010 celebrations.

Based outside the Duke of Cumberland Hotel on the Market Green, one of the station's presenters will compere the activities - including music and competitions for which there will be prizes - led by the promotion team, who will mingle with the crowds and also collect money to donate to the lights fund.

"We will interact with the people of Cottingham and our emphasis will be on enhancing what is always a brilliant event", said Sarah Harrison, Marketing and Events Manager for KCFM, which broadcasts to Hull and East Yorkshire.

Throughout the afternoon and evening, village-centre road closures and parking restrictions will be in operation. Parking will not be allowed on the Market Green after 3pm. Hallgate will be closed at 5.00 pm and other road closures, from 6pm until 9.30pm, or at the discretion of the police, will be: Hallgate (from Arlington Avenue to West Green); the George Street junction with Hallgate; King Street, from the junction with Finkle Street to Somerfield's car park, which will be open.

There will also be many Craft and other stalls in the Cottingham Civic Hall on the Market Green.

The Cottingham Neighbourhood Policing Team, said that, throughout the event, police officers and PCSOs, in high-visibility uniform, will patrol on foot to provide the public with reassurance and to prevent any public disorder or alcohol-related incidents. The principle intentions are to ensure the safety of persons attending the event and to control the traffic, minimising any inconvenience caused to the general public and other road users.

Officers will deal with any incident promptly and efficiently to minimise disruption to the event and reduce danger to the public, he stressed.

Photo below: Courtesy of Chris Wright



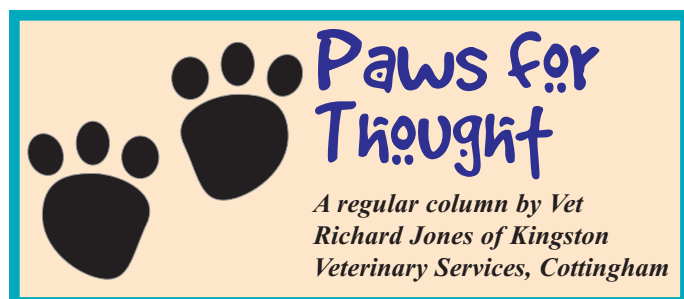
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Well Worth Missing a Curry for

The standard of veterinary medicine has improved dramatically in the twenty years I have been doing the job and last week was an exciting example of that.

As a practice we pride ourselves on looking after our patients 24/7, most interesting cases we see out of hours and last Thursday was no different. Bill the lurcher came in at about 7pm as the last case of the day, his owner having rung only minutes before saying he was bleeding from a wound near his chest. Bill was out on his evening walk, when he scented a rabbit and “lurched” as only lurchers can pulling his lead from his owners hand and disappearing after the rabbit. When he returned to his owner he had an inch wound at the front of his chest but otherwise seemed fine after his chase.

Obviously when we saw Bill we admitted him to suture the wound under general anaesthesia, but were concerned about his shallow breathing. Ryan the veterinary surgeon



Bill the lurcher, post surgery with Paul Atkinson, Veterinary Surgeon

on call that night anaesthetised Bill and took a precautionary x ray of his chest. The x ray showed a slight pneumothorax, that is air in the chest cavity but that could be expected after any chest wound. As he started to get ready to suture the wound at the front of his chest the other four veterinary surgeons, including myself bid him good bye as we went out for a curry. We thought no more about the operating team until mid bhuna my mobile phone went off. The veterinary nurse was on the phone saying that Ryan could smell anaesthetic gas coming from the wound in the chest. This could mean only one thing that one of the lungs must have been damaged and the air was leaking from the hole.

This is an emergency as the lung would collapse leading to severe respiratory distress and death, the only thing to do would be to open the dog’s chest to see what was happening and Ryan would need help. Chief surgeon David Robinson and I left our curry steaming as we rushed to Ryan’s help.

The night staff swung into action as all the chest opening equipment, rib spreaders was unpacked. As you incise into the chest, however, fresh challenges arise. The dog loses the ability to breath for itself once we are inside the chest cavity so the veterinary nurse has to perform intermittent positive pressure ventilation (IPPV), where she inflates the dog’s lungs several times a minute, breathing for the dog. Once we had opened up Bills chest we could see the problem. Bill must have run onto some kind of stake which had penetrated his chest and lacerated one of his lungs in half!! The only way forward was to remove the lacerated lung. Over the next three hours with the nurse breathing for Bill the surgeons removed his lung lobe; of course that was only one lung lobe leaving four behind so Bill would still be able to chase rabbits. All in all the surgery took four hours, after which a chest drain had to be fitted. The surgery was finished at gone midnight.

Only animals can recover as quickly as Bill did. You and I would still be in intensive care but next morning bill was as bright as a button thinking of only one thing, his breakfast, which he devoured. Three days later Bill was back at home, what an amazing dog, that’s why we do this job.

MARION OWEN TRAVEL & CRUISE CLUB

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November 2010

The last month has certainly kept us out of mischief; not only did we hold our biggest Cruise & Holiday Fayre, I have been very busy setting up our very own tour operation. (Marion Owen Travel Holidays ABTA no Y2812). Unlike other tours, mine aim not to be an endurance test, sitting for hours on end on a motorway all day. I am allowing for sight-seeing or relaxation opportunities on a daily basis.

The aim is not to be cheap, but to offer a good standard of accommodation and excellent value for money. You will have the opportunity of visiting interesting places, aboard a comfortable coach with our very own knowledgeable and courteous driver - Dave.

An example of our value: Great Rail Journeys for instance, offer the same Danube River Cruise with only 2 nights extra where as we have 5; you then need to travel to St Pancras, pull your own case around and pay for the ships standard excursion package, which we have included and it's £189 pp more!

I will continue to add more tours to the list as time goes along. We have plans in the pipeline for a weekend in Paris, an Arts tour in France, a Belgium Adventure offering both culture and optional WW1 history. Even whale watching in Scotland is on the cards.....watch this space!

I have just recently returned from a luxury canal cruise in Burgundy, sampling fine wine in the vineyards; the gourmet food was a real treat. Walks and bicycles were available to help burn up the calories, but for some strange reason, I did not partake in the exercise!

Lynne & Kayleigh had an exciting time aboard the new Queen Elizabeth, both saying she is a lovely ship that everyone will enjoy.

Dubrovnik - the new destination from Humberside Airport is selling extremely well for next year. If it is of interest, to you I would make a move now! This is a really lovely area to visit.

Star Clippers: if you have ever fancied sailing on a tall ship, we have two exclusive offers for a week in the Mediterranean next June and September. The price we are offering includes flights and transfers and is less than the cruise only price shown in the brochure. Prices are from just £1112 per person.....call for full details.

It is that time of the year now when we all start to think about the festive season. If you are stuck for a gift why not treat that special someone to a holiday, or part of one in the way of a Marion Owen Travel Gift Voucher? This is an ideal gift to mark a birthday or anniversary, in fact, any special occasion.

Skiing is my winter passion, but as the cold weather has now arrived, I am really pleased that India is looming. I don't often get any winter sun, but I am really looking forward to enjoying the heat with my group - see details below.

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Life Changing Dentistry Abroad - Dr. Smile Maker On Tour

Hello there. It's dark early now as we get into November and Halloween has been and gone. Did you go to Hull fair this year? I hope that you avoided any teeth breakages on toffee, there have been many a dental casualty at Hull fair and on bonfire night. Hull City's season still hasn't got started. I wouldn't say that time is running out but I must admit that my optimism is starting to waiver a tad. Come on lads.

Still Here To Tell The Tale

Well, I'm still here and back in one piece from my dental charity adventure from Morocco. I don't know where to start as it was a trip that has really affected me. I didn't know what to expect really but came back a better person for it I think. It is a bit of a cliché but I learned things about myself. It culminated in treating some Berber children in a school in El Jabah, a fishing village on the North East Mediterranean coast.

The Blue City In The Hills

After flying over to southern Spain to meet up with the team of three other

dentists, three 'normal' people and our Belgian guide, Domien we took the ferry to Tangier, Morocco. Domien is a great guy, full of life and conscientious almost to a fault. You have to work very hard to make things happen and go to plan in Morocco, a promise to 'be there' does not count for much with some. He was constantly on the phone talking in different languages, French, Spanish, Flemish and bits of Arabic. Our first night in Morocco was in the Chechaouen, pronounced Chef Chowan, the 'Blue City' in the Hills. Here we had a guided tour of the Medina by a chap called Mohamed. It was surprising in this place with hotels and restaurants to see woman washing clothes at two washing stations on the river channelled through the town. The buildings are painted blue so not to attract bugs, ingenious.

The washing stations in Chechaouen

The next day we set off on the first leg of the trek over the Rif Mountains.



We began in the Land Rover on the narrow track due to the bad weather. I was so glad to get out and walk as the rocking and rolling on the uneven ground was horrendous. The weather was bleak as we headed up to the clouds. Don't get me wrong this was not a Chris Bonnington type expedition by any way but it was a good trek.

Our destination for the night was a hotel/hostel in Albergue De Azilane. It said hotel but that was pushing it a bit. This was the home of Abdul Karim. He was 52 but looked a lot more weathered than that. He was a great character and very hospitable. He had a small holding in the middle of a hash field. The mountains were covered in hash fields even some of the really steep bits close to the edges of shear drops, amazing. They had harvested the month before This hostel had a main room with a long table and cushioned benches around it. There were four other bedrooms.

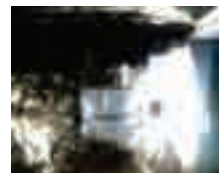
Above: Over Mountains And Through Hash Fields To Treat The Kids



Head in the Clouds



Abdul and Domien



Abdul's kitchen

How we slept depended on how many people turned up. Nobody was turned away so if loads turned up we were sleeping on top of each other. As it turned out I had a mattress to myself in a room with three other blokes, phew, it could have been worse. This was my best sleep of the trip although I was woken early to the sound of chickens and donkeys/mules. Here we ate home-made breads honeycomb and olives for breakfast.

We had an evening meal of a tagine prepared. It was mainly vegetables but had some bits of 'meat' in it. Now I have not seen little ribs like this before in my food and there was little to no grisly meat on them. I don't know what it was and that might be best, mmm. I keep thinking rat but I might just be winding myself up. Abdul's kitchen had goats and chickens in it! A cold shower in torch light before breakfast and of we went again. Round 2 in the mountains.

A Big Thank You

I hope that I haven't bored you so far but all this carrying on I have run out of space so will finish it next time with the proper nitty gritty and important bit of getting kids out of pain. I would like to take this opportunity to thank all the very generous people that have donated money to this charitable cause. You know who you are and I am very grateful. We do hope to continue our work on a bigger scale now that we have established relationships here. I must stress that we were all self-funded and not on a mid-life crisis freebee.

What A Difference A season Makes

I must mention my daughter's football team. You may remember that they got absolutely hammered most weeks last season. However, this year something seems to have clicked and as I write they are top of the league, hoorah! They even managed to win one game 13-0. They know what it is like to lose like that so I hope that the other team are not too downhearted. Well done girls, keep up the effort.

Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 848428. He has been in dental practice for 17 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry. www.castleparkdental.co.uk

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Wartime School Pals Meet Up Again

Four school friends who were in the same class at Cottingham Girls School in the 1940's enjoyed reminiscing over coffee.

Barbara Buttrick was over for a few weeks holiday from her home in Miami Beach Florida. Barbara was the world's first female boxing champion and was known as the 'Mighty Atom' Barbara's 12 year boxing career was recently celebrated when she was inducted into the Florida Boxing Hall of Fame, this was a great honour for her.

The friends look forward to meeting up next year.

Left to Right Jeanne Walker (was WRAY) Mary Spencer (was ROZENBERCEK) Audrey Withill (was GULLIVER) and Barbara Buttrick.

Coffee Days raise £200 for MacMillan Nurses

Betty and Ivy would like to thank everyone who supported their Coffee Days on Wednesday and Thursday 22nd and 23rd September £200 was collected for MacMillan Nurses.

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Here is Paul's latest walk in his series of monthly rambles. This month his destination is Swindale

Map:- EXPLORER 293

Start at GR. 943355 Cross roads 2 miles east of North Newbald.

Distance 5.5 Miles.

Leave the cross roads in a north easterly direction on the minor road towards Walkington. After about 300 metres, turn left onto a path signed Wolds Way and walk with the field hedge on the left. At the corner of the field, turn right

keeping the hedge on the left. At the next field corner cross a stile and descend steeply for a short distance into the dale bottom. Turn left at the bottom and follow the dale as it sweeps to the left.

On reaching a stile near a metal gate, cross the stile and turn left and walk with a plantation to the left and a wire fence to the right. On reaching a chalk road, turn right and follow this as it quickly swings to the left and becomes a grass track at the bottom of Swindale. When this grass track becomes chalky again and about 200 metres from a hedge, turn left and cross a distinct path across a cultivated field to reach a plantation and follow a path through the plantation as it rises diagonally to the right.

On emerging from the plantation, walk with the hedge on the right to emerge on a metalled road, turn right and walk into North Newbald. On reaching the centre of the village, turn right and pass the post Office/Shop and then right again to leave the village on Eastgate which soon becomes Beverley Road. After about 1/2 mile locate a waymarker on the right signed Wolds Way, and follow this along a track to meet up with the earlier track and then retrace your steps along Swindale and back to the start.

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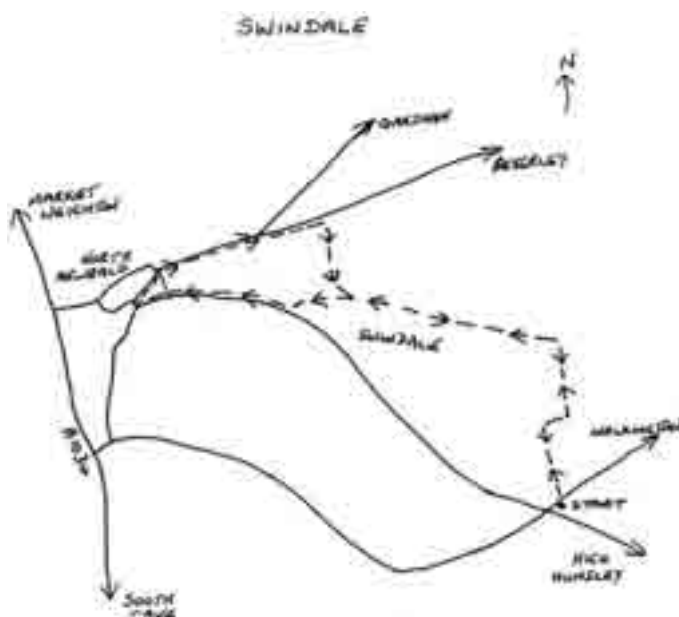
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Summer Reading Challenge Presentation held at Cottingham Library

At an event held at Cottingham library on 30th September, the Summer Reading Challenge presentation of certificates for all the children that had completed the challenge at Cottingham over the summer holidays was held. The theme this year was 'Space Hop'.

The challenge was to read six books over the summer holidays and every week attend a Space Hop session in the library to talk about the books they have read and join in with games and activities. Every week each child also received stickers and colouring/activity sheets and at the end of the 6 weeks they received a medal.

Thirty children attended the presentation along with parents and brothers and sisters. They all enjoyed a family quiz and treasure hunt during the evening and the winners received prizes. The evening was enjoyed by all including the parents and library staff.

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In the Garden



Fruit and Vegetable garden

Plant any cane, bush and tree fruit ordered last month. Do not plant if the ground is frozen or waterlogged. If the planting site is not ready when plants arrive, then heel in the bare-root ones in a spare piece of ground, and leave containerised ones standing - but water them when needed.

Start winter pruning of established, open-grown, apple and pear trees (not cordons, espaliers, pyramids or fans).

Gooseberries, redcurrants and blackcurrants can be pruned from around now, but it might be better to wait until late winter/early spring, so that any winter damage can be removed at the same time. Grape vines can be pruned from now through the winter. Doing this early for those under glass will allow more light to reach other plants in the glasshouse or conservatory. Prunings can be used as hardwood cuttings.

Cut out the fruited canes of blackberries and hybrid berries, if not yet done.

Formative pruning of young, free standing, fruit trees and bushes (under three years old) can also be done from now. They should first be pruned to encourage branching and bushiness from the main stem. Subsequently, they should be encouraged to form an open centred 'goblet' shape of main branches, without any being misplaced or crossing.

Mulch fruit trees and bushes.

Lift and divide rhubarb plants to propagate them, or to rejuvenate old crowns.

Strawberry runners that have been potted up for forcing in February and March next year, should now be turned on their sides, or placed in a well-ventilated cold frame. Excess moisture or warmth could cause rots or precipitate premature growth.

Hardwood cuttings can be taken this month - this is a great way to propagate blackcurrants, redcurrants, white currants, gooseberries and grape vines - providing they are disease (especially virus) free.

Grape vines can also be propagated using eye cuttings. These are shorter than standard hardwood cuttings (having only one bud, or 'eye'), and are used commercially to produce a large number of plants. Only attempt these if you are confident, as



Top 10 jobs

1. Clear up fallen leaves - especially from lawns, ponds and beds
2. Raise containers onto pot feet to prevent waterlogging
3. Plant tulip bulbs for a spring display next year
4. Prune roses to prevent wind-rock
5. Plant out winter bedding
6. Cover brassicas with netting if pigeons are a problem
7. Insulate the greenhouse from frost - bubblewrap works well
8. Stop winter moth damage to fruit trees using grease bands around the trunks
9. Put out bird food to encourage winter birds into the garden
10. Use a seasonal bonfire - where this is allowed



longer cuttings have more buds to rely on for rooting.

Clean and store bamboo canes in the shed (or other dry place) to ensure they're still in good condition for next year.

Vegetables

Harvest leeks. They can be heeled in horizontally into a shallow trench outside the back door, for easy access.

You may have other vegetables ready for harvest: Jerusalem artichokes, winter cabbage, spinach, Swiss chard, kohlrabi and radishes can all still be cropped.

Cauliflowers can be harvested, or left in situ with the leaves snapped and folded down over the curds to protect them.

Lift and store root crops such as carrots, beetroot, turnips and swedes.

Parsnips can be left in the ground until needed, or lifted and then buried in a shallow trench for easy access when needed. They taste better when frosted. Make sure to mark the trench.

If you have Brussels sprouts ready for harvesting, pick the largest sprouts from the bottom of the stalk first.

Stake any Brussels sprouts stalks that look leggy and vulnerable to wind rock.

Plant garlic cloves in modules inside a cold frame, or outdoors in mild areas in its final position (free-draining soils and low rainfall areas only).

Dig over, incorporating well-rotted organic matter if available and weed vacant areas of the vegetable plot. Once they are fully wetted by winter rain, cover them with thick black polythene or other opaque covering, and leave them until next season, when they will be easy to prepare for planting and sowing.

After digging, you may want to mulch.

Now is a good time to get ahead and prepare new asparagus beds for planting up in the spring. Plenty of organic matter and grit will help to improve drainage to the level required by asparagus. A raised bed could be a good investment on heavy clay soil, to make it more asparagus friendly.

Flower garden

Plant tulip bulbs this month. Some tulips persist year to year, some perform less well and are treated as bedding, and replaced every year.

Lily bulbs can still be planted in pots this month (if available). They can either be brought inside next spring to 'force' them into an early display, or left outside to flower naturally in summer.

Last chance to plant out winter bedding. You could try wall-flowers, forget-me-nots, Bellis, Primula, Viola (winter pansies) and other spring bedding plants, planting them into well-prepared ground, or pots of suitable compost. Water them if no rain is forecast, using stored rain or recycled water wherever possible.

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Now is a good time to plant new herbaceous perennials, as the soil is still warm, but moister than it was during the summer.

Penstemons are best left as-is (except for deadheading) until the spring, when they can be cut back further. In mild areas they can carry on flowering well into the late autumn and early winter. The old faded stems will help to protect the crowns from cold. Mulching over the crowns in colder areas will also help.

It is still a good time to lift and divide overgrown clumps of herbaceous perennials. This can improve shape, vigour and flowering, as well as increasing your stocks of favourite plants.

Lift and store dahlias, cannas and tuberous bedding begonias that have been hit by the first frosts. Only in mild areas can dahlias and cannas be left to overwinter in the ground, covering the crowns with a protective layer of straw or bracken, but they may come into flower very late the following year as a consequence of cold weather. Begonias should always be brought in, dried out, and stored in a similar way as for dahlias.



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Your Stars for November 2010 - By Kay Gower

Aries - (Mar. 21- April 20)

What matters most this month is being flexible and finding new, creative ways to reach a long-term goal.

If there is a wish list you've tucked away then break it out, and find a way to check off one of the items on it - right now!

Taurus - (Apr. 21- may 21)

Let go of attitudes and situations that you have outgrown, and reassess your goals. A winning streak starts this month, so leave your doubts behind and aim high.

Gemini - (May 22-June 21)

You're not the type to wait around, you're up and on to the next adventure. But you might benefit if you pause to reflect on what has happened over the last few weeks.

Cancer - (June 22-July 22)

There are no guarantees that there will ever be a time when you'll feel safe, secure or inspired enough to do the thing your heart wants to do. So you'll just have to do it now!

Don't wait for the New Year, this would be a great month for new beginnings.

LEO - (July 23-Aug 22)

You know you have talent, and over the next five weeks you to get the accolades you deserve, especially for your work. Problems that at first seem overwhelming are the biggest opportunities for you to shine.

Virgo - (Aug 22 - Sept. 23)

Don't give in! You're almost there, though it's hard to see the finish line from your current position. Listen especially well to earth signs - that's Taurus, Virgo and Capricorn.

Libra - (Sept. 24 -Oct. 23)

New projects are just waiting for you to take charge. You don't like ordering people around, but if no one directs the action, nothing will get done this month.

Scorpio - (Oct. 24 - Nov. 22)

It's your time of year, and you'll rule the room wherever you go now. Dare to be boldly theatrical, especially if no one else is. A month that keeps on getting better.

Sagittarius - (Nov. 23 -Dec. 21)

During the next few weeks it will be easy for you to become preoccupied with solving the temporarily unsolvable. Take your time.

By the end of the month you will have pieced together a future plan.

Just don't put it in stone.

Capricorn - (Dec 22.- Jan. 20)

Whatever you decide, the stars back you up this month, and most of next! Using your talent brings financial good fortune, but the personal rewards will be even greater.

Aquarius - (Jan. 21.- Feb. 19)

Slow it down. Relax. Work out exactly what you need to do this month, and do one thing at a time. Leave what's not worth doing in a pile at the bottom of a bin that you'll not get around to sorting through in this lifetime! Now go back to the beginning of your horoscope and read the fourth word again.

Pisces - (Feb. 20-Mar. 20)

This is it, your perfect month. There's some loving, some learning, a pinch of adventure and a dash of glamour, and of course, a fine opportunity to make a little money. A wonderful month.

When you are thinking of separating from your partner, or your relationship has already broken down, it can be an extremely difficult and painful time in your life. You will no doubt have concerns about what to do next and where to turn. You may also be worried about how to resolve matters and how much it will cost to do so.

Options™ is a new scheme which has been launched by our nationally regarded family law team, where we offer a free half hour discussion with one of our lawyers, all of whom have many years' experience of working with couples and families in this highly sensitive area of law.

During your discussion, we will talk through the options available for resolving your particular issue. These might include discussions with your former partner through negotiation involving one of our lawyers, through mediation, collaborative law or perhaps the court process.

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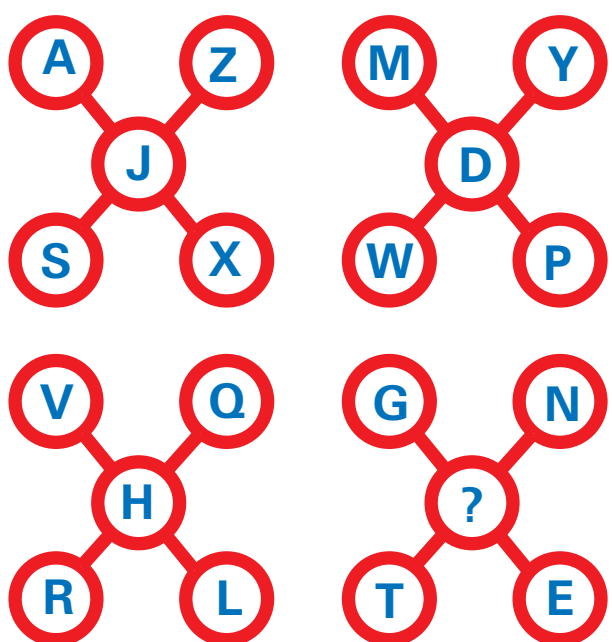
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Andrew Jackson
The Law Specialists

Mind over Matter

The letters A-Z are valued 1-26. In each set, the two numbers on the left multiplied together, minus the sum of the two numbers on the right, equals the value of the middle letter, so the mystery letter is ? (See page 46 for the answer).



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Here is the latest article from Chris who will be reporting monthly with news and tips from the world of fishing

Welcome to this month fishing news my fellow die hard anglers, or at least I hope you are! It is finally here, the colder weather. It is now advisable to start scaling down your lines and hooks, if you have not done so already.

The aim now is to target the silver fish, but do not be surprised if the Carp and the bigger specimens still take your bait. High oil and heavy particle baits should now stop being fed in any quantities.

Start to apply the little and often approach with your feed. For the anglers on the still waters, using your feeders, it may be wise now to dig out your side winders or your light tips, as the bites are usually shy from now on.

The river Hull match two weeks ago had a good turn out with 50 tickets sold. First place was won with about 13lb from the Shipyard at Beverly. Second place won with 101/2lb from Tickton Bridge and third place with 10lb also from Shipyard. Pleasure anglers have been

reporting to me that good bags of Roach and Perch have consistently been caught all along the Beverly stretches, the Roach to an amazing 3lb plus.

The match weights around our neck of the woods are still decent enough, but the backup weights are not as high. This indicates that the fish are starting to shoal up a little, and that they are probably looking for warmer water.

It is therefore wise to plumb up more carefully or if on the tip take more time to count the depth with a bomb. Do not forget as little as 3" extra depth can make all the difference.

SEA SCENE: Firstly, our fresh Lug and Rag worm is now available most of the time without ordering, but please try to book in advance to avoid any disappointment.

The sea fishing reports are encouraging, with good Cod being caught from Scarborough on Marine Drive, mainly on crab and Lug worm. Reportedly Albrough has been producing Cod to 7lb. Bridlington wall is producing lots of whiting and flatties, the baits being used are Rag worm or fish baits such as Mackerel or Sand eel. The night tides seem to be the best at the moment.

Spurn point is productive but the weed on large tides seems to be quite a problem from the Binks down to Barry's gate.

Humber: Old Hall is producing on low water, just remember your waders when you are fishing this mark.

Victoria Dock is seeing only small fish at the moment; I personally think this will change with the colder weather.

Makro threw up a 4lb Cod and a few small fish for one of my customers, he used mussel and shrimps.

TOP TIP: For Vicky Dock and Makro you do not need to cast out whilst the tide is running, as you will be washed around even with 6oz grabs. It is advisable to fish just a few rod lengths out, only cast distance in slack water.

Please keep all your catch results coming in so I can share them with all of you guys.

The first weeks in November will see our Gun Room up and running.

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Source: Market Funeral Services Reports 2003, 2009, 2015. *Estimated price rise to 2015

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Hallgate Schools - continued

The Year 1925

by Peter Railton (Author and Local Historian)

Lantern lectures were held in the 'boys' department in the new year, 'A Journey Across Canada' and 'Road And River In China' were both given by the Rev. Hutchinson, a former missionary, on the same afternoon. A few weeks later slides of the 'Wonders Of York Minster' were shown by the Rev. Harrison of the Minster; this was considered very useful in view of the forthcoming visit by some of the older boys taking part in the York Choral Competitions - the Rev. Harrison promised to show them around, the Minster during the day.

An interesting entry for 3rd of March reads -

"Afternoon session today commences at 1.0'clock and terminates at 3.30 in order to allow, scholars who wish to do so to visit the cinema." Clearly this was not a supervised outing to a Hull cinema, so it was probably the newly opened one in the village that was called the 'Collesium' in King Street opposite the Green, which is now a frozen foods shop and has seen several changes of use in its life but still retains elements of its original function.

Mr. Brooks was absent for a week in March with flu' and laryngitis; Ernest Gardham fell and injured his arm in the school playground and had to get medical attention; in later years he was a well known market gardener on the 'Common'. In May, another pupil, Norman Boyce, fell and cut his wrist badly on a broken bottle on his way to school and the Head took him to Dr. Sissons and three stiches were inserted then he was taken home - like E. Gardham, Norman Boyce became a well known market gardener in partnership with A. & G. West of Middledyke Lane.

Empire Day

Empire Day was celebrated with an exhortation to the boys to 'strive for all that is good in life so they should grow into men able to take their share in the government of the Empire'. Worthy sentiments which probably did influence some attitudes in the 1920's and 30's resulting in those boys aquitting themselves admirably between 1939 and 1945.

Mr. Alan Hardwick and Mr. J. Newton were appointed to the staff replacing Mr. Fox and Mr. Hoggard who left to go to other schools. Mr. Walter Jackson, one of the Managers, examined the school log book on the 1st of September. The log was always presented at the manager's meetings and was usually signed by one of them; this was in addition to the signing upon the visits by the correspondent to the school, at that time the Rev. Ferguson.

Miss Webster received permission to be absent for six months in order to visit her brother in Baghdad; she was replaced temporarily by Mr. Cooper who took over St.VI.

Nurse Ward of the E.R.C.C. visited the department in October and excluded scholars Sleight and Ward because of ringworm. Two days holiday was given for Hull Fair on the 12th and 13th.

School Bullying

Mr. Brookes warned the whole school at assembly one morning against molesting girls and infants on their way to school. He had received complaints from the Heads of the girls' and infants' departments of bullying and told the boys that anyone so reported to him 'would be severley punished.' I bet he would.

Armistice Day Observed

That year's programme for the observance of Armistice Day was detailed as follows -

1. Assembly in the Hall 10.45.
2. Song - "Flag of Liberty".
3. Address by the Headmaster.
4. 11am. Two minutes silence.
5. Hymn - "O God our help in ages past."
6. Prayer.
7. National Anthem.

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Playtime was extended to 11.30 as the programme had clashed with the usual break time. It is a pity that these observances have been abandoned in most schools, but the recent overseas wars have made some schools more aware of the need to recognise these sacrifices.

On the 22nd of December every boy was presented with an orange and an apple, a gift from the staff and managers, and school closed for two weeks holiday.

School Boiler Problems

In the girls' school, the boiler was giving trouble and the temperature barely reached 50°F through most of January and Miss Brimelow complained that the school was too cold for the girls to work properly and 'to sit still in'.

Fancy dress parties were held throughout the department and mothers attended to help to dress the girls and to serve refreshments, and voluntary contributions boosted the school fund. On the 29th of January the school closed at 3.00 pm., many of the girls had been invited to a party given by the British Legion to ex-service men's children; where this was held is not known - possibly in the King Street Rooms.

Miss Buttery met with an accident to her leg and was off school all February and Miss Whitehead stepped into the breach as usual. Measles broke out at the same time and there were many absences. The school dentist was busy on the 14th of March examining girls' teeth.

National Savings Movement Begins

Later that month the National Savings Movement was begun in the school. The pupils bought National Savings stamps at school which were stuck to a card which was exchanged for a Savings Certificate when it was full. Mr. Munday, of the National Savings Committee, spoke to the girls about the importance of trying to save a little money whenever possible and at the same time help the country. This purchase of Savings Stamps at school reached its climax during the second world war.

Miss Phoebe Dixon

"Miss Phoebe Dixon commenced duties here as an uncertificated teacher on April, 1st." Thus Miss Brimelow; recorded the start of a teacher who was to remain at the girls' school for many years and who became well known as Mrs. Evans of the ladies hairdressers in Hallgate. She left temporarily at the end of August to take her certificate course and exams and returned as a certificated teacher.

In May a medical examination of the girls took place and the M.O.H. from the Council - "spoke of the splendid condition physically of most of the girls." The following week the school dentist returned and some extractions were necessary - Ouch!

Some girls were going to compete in Hull Music Festival and extra lessons were given by Miss Taylor and Miss Wolstenholme from County Hall, and the Country Dance section was to be entered by Miss Buttery's class.

On Wednesday 1st of July the prefects had a bazaar in the school yard at 3.30 pm. and collected £5 for the school fund and a half-day holiday was given on the Friday for Cottingham Club Feast. That year was a good one for scholarships - six East Riding ones and a Mark Kirby were awarded to girls from the school - the fourth highest marks for all entrants in the East Riding were achieved by a Cottingham girl, (her name is not recorded).

Care of Baby Lessons

A new innovation was the visit by a Miss Gardham from the welfare centre at County Hall; she gave St.VI and VII girls a lesson on the care of babies which the girls enjoyed immensely. Twenty one girls were sent-up from the infant department that year; sixteen left the top class, and twenty eight new girls were admitted making a total of 230 on the roll; this would indicate new families moving into Cottingham. October not only brought Hull Fair, but excessively wet weather too - many girls arrived at school wet through day after day and this weather continued into November when the usual epidemics of coughs and colds began and everyone, teachers included, welcomed the Christmas holidays.

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

Oscar . . .

This has been an interesting season so far and we have been busy at the yard starting youngsters and sorting out the wish lists of various owners and their troubled horses.

We recently met a young woman called Laura who intended to buy an un-handled, 18 month old gelding called Oscar. It was arranged for me to go with my trailer to try to load him from the shed where he had always lived, alongside a group of other equally unhandled horses. The episode was a nightmare for all involved. I could do nothing to help as it turned out. The situation, set up, and lack of any sort of handling meant that the subsequent fiasco, which the owner had created, was a disgrace. The less said the better. I was just so glad to get that one young horse away.

Oscar was shell shocked at this upheaval and his move to my yard. Bless him. We spent the next few days teaching him that we were not part of his past nightmare. He learned to trust us, tie up and be stroked via a very long stick with a glove on the end. Once we found where his itchy places were, we were able to give him pleasure being touched. He stopped lashing out with both hind legs and he stopped biting and striking out with his front legs too....eventually! In the 2 weeks that we had him, he was taught to lead out to a paddock with freedom, grass and fresh air. We gave him the company of a gentle horse as a companion so that he could learn to socialise with other horses.

We spent time standing by the side of the road so that he could become familiar with traffic. He proved to be an amazing little chap and started to lead up the village, completely un-fazed by all the sights, sounds, hustle and bustle of village life. His curiosity was my main help in his rehabilitation to our expectations of normality. He simply had to know everything..... What it was, how it was and best of all, he wanted it all "NOW"! Perfect.

Great care and thought was put in as to how we approached training him to accept the trailer, after his previous experience at the hands of his previous owner. Funnily enough, his companion horse led the way



there. We parked the horse box out in the middle of paddock where Oscar was loose. When we opened up the ramps, both front and back, I put a bucket of carrots inside. Robert, the companion horse marched straight in and started to devour those carrots with gusto! Poor Oscar ran round a few times with his knickers in a twist then his curiosity and love of carrots got the better of him and he loaded himself! There he stood, alongside his mate, stuffing his face with chopped up carrots...all on his own volition! Fantastic! After that we loaded Oscar up every day and took him for short journeys. Job solved and Oscar was no longer frightened of the confines or feel of the trailer.

One of the biggest hurdles for any handler of any wild, terrified or unhandled horse to overcome is the defence systems put in place by the horse for his own self protection. This is a comprehensive list of violent actions by the horse to send perceived predators at bay. Do not forget that all horses are born wild. As a result of which, we handle them from birth in order to never allow these understandably dangerous traits to become entrenched. It is a dangerous task to try to handle and tame the older horse. Strength and weight becomes the enemy.

Oscar put up a good fight; I wore his front feet on my hip and shoulder more than once in those early days! Once his barriers started to come down then he became receptive to my personal advances on his body! He started to allow me to touch his legs and eventually he allowed me to lift his feet without wearing them!

By the time he went home, Oscar was a changed character for good (and for the good). Laura had learnt how to handle him, lead him, groom him, pick his feet up and had a good relationship with him. He consistently tied up quietly and was content with this whole new world and his whole new life. Laura is a lovely, sensible and caring person. Oscar had all his dreams come true the day she bought him.

Wills - why use a solicitor?

Currently, will writing is an unregulated industry in England. This means that you may be charged a fee for the preparation of a Will regardless of training, supervision, insurance and qualifications.

So, what are the advantages of instructing a firm of solicitors and what key things should you look out for?

All firms of solicitors are required to be registered and regulated by the Solicitors Regulatory Authority ("SRA"). Regulation means that solicitor firms must abide by a Code of Conduct which should ensure that they provide a high level of care to their clients. Solicitor's firms must provide advisors who are properly trained to offer the specific legal advice requested. They must also have appropriate insurance in place for the work that they are carrying out. Should any problems arise, you will have reassurance that the SRA will be able to help you.

Solicitors are required to be upfront and clear about costs. There should not be any hidden surprises along the way. When contacting a firm of solicitors, we recommend that you should always ask for details of cost in advance.

You would advise you to ensure your solicitor is a specialist in Private Client law – not all solicitors prepare Wills regularly. Look out for specialist qualifications such as membership with the Society of Trust and Estate Practitioners (STEP) and members of the Chartered Institute of Taxation (CTA). When arranging an appointment, don't be afraid to ask about the experience of the individual you will be seeing and for details of their supervisor, if appropriate.

Flaws in your Will may only come to light when you are not here to correct the problem. For peace of mind, we would advise you to always check:

- * the experience and qualifications of your advisor
- * whether they are regulated by a professional body
- * what insurance they hold
- * that you receive a clear estimate of charges in advance

Solicitors not only provide legal advice on individual, family and financial situations, but they are also equipped to provide advice on other issues such as powers of attorney, creation of trusts and care home fee assessments that may arise whilst discussing your Will.

For further details, please do not hesitate to contact Leanne Labrom or Caroline Hepworth on 01482 325242.

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You can now download Gino's Menu from the Cottingham Times website www.cottinghamtimes.co.uk under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.

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On the 26th September the VMCC held one of their rallies in aid of the Castle Hill Cancer Unit. Unfortunately the weather was not good and the entry was down to just 10 entrants, even so they raised £100 and the money was used to purchase tea, coffee and biscuits for the staff on the cancer wards. These were presented to the staff by Pete Thompson the rally organiser.

The event came about because one of the members succumbed to cancer and was treated at the hospital and quite a few members and wives have been treated there and are being treated there, so we thought it appropriate to make a donation to the staff, who do a great job as you are all aware.



at Christmas

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Texts and emails for Library Users

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From Sunday, 5th December, those who sign up will receive a message three days before their items become overdue, when items are 15 days overdue and when items they have requested become available.

Those taking part will be able to choose whether they would rather have the information by email or text message.

Councillor Jane Evison, portfolio holder for cultural services, housing and public protection at East Riding of Yorkshire Council said: "The new three day advance reminder will help readers to return or renew loans, which will make a wider variety books which people have finished with available to other users."

The new system will replace one being phased out in November which sent people letters by post about items which are 15 days overdue.

Those who would like to take part should let their local library know how they would like their message.

Our Village Pubs - A new exhibition on display at Skidby Mill

Compiled and produced by the volunteer members of the East Riding Rural Life project, the exhibition is entitled 'Our Village Pubs' and will be showing in the Rural Life Gallery at the mill from now until February 2011.

Village pubs have always played a central part in village life. This exhibition uncovers the history behind some of the region's well-known pubs as well as providing information on coaching inns and alehouses, licensing and brewing, and the links between the infamous highwayman, Dick Turpin, and pubs in our area.

Skidby Windmill is open daily 10am - 5pm (last admission 4.15pm). The admission charge is adults £1.75, concessions £1, children 60p (under fives free). There is no separate charge for entry to the exhibition.

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Croxby Primary School win Schools Sunflower Competition

The winners of this year's sunflower competition for East Riding schools are Cottingham Croxby Primary and Wilberfoss Primary.

Special mentions have also been made of Parkside Primary, Goole; Holme on Spalding Moor Primary; and North Ferriby CE VC Primary, whose students grew sunflowers over three metres tall.

The competition is run by East Riding of Yorkshire Council with the aim of teaching local young people about growing plants and the composting of garden waste.

Packs of sunflower seeds were given to every East Riding school, backed by visits from the council's waste and recycling officers. The compost from this year's plants will be used to grow more next year.

Cottingham Croxby Primary School's winning sunflower hit a record for the competition of 3m 70cm. The school will receive £50.00 in national garden centre vouchers, and a wormery. The runner-up, Wilberfoss Primary, won with a sunflower of 3m 60cm and receives £50.00 in garden centre vouchers.

Hull Savoyards Christmas Concert at the Holy Cross Church

Friday 10th December sees Hull Savoyards return to the Holy Cross Church on Carrington Avenue for a Christmas concert.

The concert commences at 7.30 pm on Friday 10th December 2010, tickets which are £5.00 and in aid of church funds include refreshments and are available on the door.

Please join us for an entertaining and enjoyable evening not to be missed.



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"To be conscious that you are ignorant is a great step to knowledge."

- Benjamin Disraeli

Below: Answer to Sudoku problem No. 46 from the October issue.

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

News from Cottingham Little Theatre

90th Anniversary Production -

"A Christmas Carol" by Charles Dickens

Well, after all the planning, preparation and rehearsals, the time has finally arrived to CELEBRATE our 90th Anniversary. We are really pleased and proud of our achievement, one of the oldest am-dram groups in the country, (could our Founders back in 1920 really have thought that 90 years later their idea of a play reading would have lasted for such a long time - we doubt it) and our production of "A Christmas Carol" will be something really special as we have managed to capture Scrooge (shown below)



and drag him, kicking and screaming, into a really great show. There will be drama, laughter, tears and singing to make a really memorable evening, and towards the end of the show, when Scrooge finally sees the light and gets the party going, the actors will descend from on high (the stage) to mingle with the gathered masses (the audience) to dispense Christmas cheer in the form of wine, soft drinks and mince pies FOR ALL. This is our way of saying THANK YOU to all our audiences over the last 90 years for your fantastic support and to cheer us on our way to our 100th Anniversary.

The dates of the performances are, as if you didn't know, Wednesday 24th, Thursday 25th, Friday 26th and Saturday 27th November and they will be held, as usual, in the Darby & Joan Hall in Finkle Street. Performances will start at 7.30pm and doors will open at 7pm.

Tickets are on sale now, either at Barkers or from our Ticket Secretary, Kaye, on 01482 842270 and are selling fast (especially for Saturday evening). Prices are: Adult - £6. Concessions (60+ yrs and 12 - 18 yrs incl) - £5. Children (11 yrs and under) - £4. We will also have a special Souvenir Programme on sale at a bargain price of 50p - don't miss it.

Last month we mentioned our historic volumes of photographs, posters, press reviews and other memorabilia and we featured a photo of our Founder, Mr. George Exelby. This month we have a photo of the first production "The Merchant of Venice" from 1921. We know the names of many of the actors shown in the photo, but if anyone can identify any of them we would be most grateful:

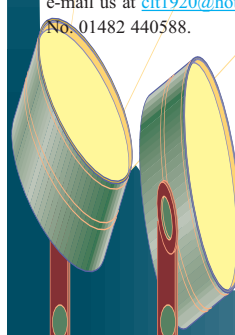


Play Readings

We will have a rest from our Play Reading evening in December, (to allow us to recover from our November show, and the next one will be held in January. Watch this space for more details.

New Members and Friends

If you fancy joining us, either as a Member or as a Friend, and would like to help us as we move towards our 100th Anniversary, please have a look at our website www.cottinghamlittletheatre.co.uk where you can find out lots more about us. Or e-mail us at clt1920@hotmail.co.uk or you can contact our Secretary, Val, on Tel. No. 01482 440588.



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Do Props, Do Costumes,
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Latest News from the Cottingham Post Office

Hello Again

Hope you find the last Posting Dates for Christmas useful, be prepared and be early to avoid any disappointment (The Posting Dates are a guideline only)

Please, please check your posting items, whether they be cards, packets or tubes, come and check with us, we are happy to help. The last thing you need in the festive period is to have to pay to receive your cards and presents! (please note that the minimum charge is £1.10, so once again Please Check!!

Some Inland Guidelines for you to follow are as follows:-

- A letter with a badge on is a 'Large Letter'
- An A4 size envelope is a 'Large Letter'
- Any item bigger than 250mm x 353mm x 25mm is 'A Packet'
- Anything bigger than 610mm x 410mm x 410mm is to big for Royal Mail and will have to be posted by Parcelforce
- Any item worth more than £41 should be sent by 'Special Delivery' it is the only way to be fully insured
- Recorded Delivery/Signed for is not a guaranteed service and you can't track the item.

Some Overseas Guidelines:-

- Length, breadth and width combined must be no more than 900mm, otherwise it has to go by Parcelforce International
- Maximum weight is 2kg or 2000g for Royal Mail, again if it is heavier than 2kg it has to go by Parcelforce International
- Again items with value or importance should go by Airsure/International signed for, please ask for details.
- Bigger items can go by International Parcelforce with one of their trackable services ie. Global Priority, Global Express

Latest recommended posting dates for Christmas

Inland Services

Tuesday 14th December - Standard Parcels
Tuesday 14th December - 2nd Class Postage
Monday 20th December - 1st Class Postage
Wednesday 22nd December - Special Delivery

International Services

Surface Mail Dates have now passed.

Airmail

Friday 3 December - South and Central America, Caribbean, Africa, Middle East, Far East, Asia, New Zealand and Australia
Thursday 9 December - Japan, USA, Canada and Eastern Europe
Friday 10 December - Western Europe

Hope you find all this information useful, if in doubt please just ask us, remember we are happy to help.

Until the next time be safe

Regards Gary & Team

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The Mark Kirby Trust

Many readers will know the name Mark Kirby from the buildings behind St. Mary's Church. The man himself was baptised in St Mary's Church in 1638 and lived to the grand old age of 80, which was quite a feat in those days. Mark Kirby was a Hull businessman importing and exporting a variety of goods, and he was both Alderman and Sheriff of Hull by the age of 33. He married Jane Richardson (whose father was once Mayor of Hull) and they had seven children, although Jane died at age 35, leaving the younger children motherless. There is a memorial to Mark Kirby in Hull's Holy Trinity Church describing him as "...affectionate husband, a kind father, a prudent economist, sincere in promising and punctual in performing..".

In 1712, Mark Kirby gave 17 acres of Cottingham land for the education of ten poor children. There was already a school in Cottingham, but the cost of education was beyond the means of many families. Nowadays, public-spirited benefactors leave money or financial investments to charity, but in those days, farmland was a safe investment that gave a regular income.

Times change; Cottingham no longer has barefoot children too poor to have an education, and the land on Middledyke Lane is no longer a major source of income, so the activities of the Mark Kirby Trust have also changed to reflect modern times. "In recent years the Trust has given small grants for eligible children and educational organisations that benefit Cottingham children. These have included payments to local schools for library books and grants towards school visits and residential courses for Cottingham children unable to fund the total cost, and small sums to local clubs that benefit the children of Cottingham."

The Mark Kirby Trust holds one or two meetings per year, depending on the number of applications it receives. These should be made in writing to the Hon. Secretary, Mrs Iris Pennie, 16 Arlington Avenue, Cottingham HU16 4DP. Grants are made entirely at the discretion of the Board of Trustees, in the spirit of Mark Kirby's intention to help the children of Cottingham.

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Free Admission

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News from the Cottingham

ABCD Business Association

It's that time of the year again when subscriptions for 2011 membership are due. All members this year have had at least one letter to remind them, some have had a second.... just to jog their memory. Chairman Nick Russell said the response has been pretty good with most members sending in their subs in good time. He said "Membership for 2010 was slightly down on 2009 due to closures and retirements but this year he is actively looking to increase the membership.

He has sent application forms to most businesses in Cottingham who are not members and the result has been pretty good so far, but we do need more members. The ABCD really wants to bring as many trades and businesses in the area together to show the residents of the village that everything they need is here on their doorstep"

The cost of joining the Association is only £25 a year. This gets your business into the 2011 Business Directory which is delivered to every home and business in Cottingham, Skidby and Dunswell, a listing on the ABCD website www.abcdcottingham.co.uk, with possible links to your own, as well as the chance to network with other businesses in the area at the regular meetings held throughout the year.

These meetings are a great way to meet other traders and learn what is happening in the village and, of course, your chance to have your say. With regular guest speakers and members of the Parish Council and ERYC in attendance, it's a great way to "be in the know"

If you want your business to benefit from membership and you would like an Application Form, then please ring Nick Russell on 07561 529788 for more information and a form . . . but please hurry as all membership forms **MUST BE IN before November 15th** to allow time for the 2011 Directory to be printed and ready for the New Year.

Nick Russell, says "The aim this year is to get the membership up to over 100 and this could be easily achieved if more banks, pubs and estate agents joined. I am always surprised that very few of them join. Also all the new businesses in the village have had application forms but with mixed response. Come on, join the ABCD and become a bigger part of Cottingham business life"

CAN YOU AND YOUR BUSINESS AFFORD TO MISS OUT IN 2011?

The date of the next meeting will be Tuesday 16th November in the Back Bar of the King Billy on Hallgate starting at 6.00 pm prompt. The guest speaker will be Mr Stephen Parnaby, local businessman, Cottingham resident and Chairman of the ERYC. So come along and put your questions about the future of Cottingham.

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

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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.

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Internal:

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

Men's Problems:

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Cottingham Cricket Club Junior Presentation

At the recent presentation evening, held at Hilltop, Trophies and awards were presented by Mike Best to the Clubs under 9, 11 and 13 teams.

The Under 9 Manager, Danny Furlong, spoke of the teams matches in the Sunday morning festivals that are arranged for that age group and then asked the 24 children who played to receive a medallion.

Manager of the Under 11 team Graeme Furlong said that it had been a mixed season but over 20 players had represented the side, a majority of which were playing their first season of hard ball cricket. Ably led by Danny Lister and assisted by Sam Wilson, the team also played in and won the High Sheriffs 6-a-side tournament at Hymers, and the beach cricket at Bridlington, but unfortunately lost out in the Don Chapman trophy held at Patrington. The team missed out on a place in the local cup final, narrowly losing in a tight semi final to the eventual winners Sutton. It was also mentioned about the eight female members who have joined and played in both soft and hard ball games. The team selected to play in the High Sheriffs Tribune competition was Sam Wilson, Kieran Wares, Tom Whitley, Ross Parker, Lewis Scott and Danny Lister. At the Bridlington Beach cricket the players reached the final against Sutton and produced an excellent result. Lewis Scott, Ross Parker, Charles Fish, Chris Castledine, Tom Whitley, Sam Wilson and Danny Lister were the players.

Trophies were awarded for the Most Improved Player which went to Ross Parker and the All Rounder award going to Tom Whitley. The bowling award went to Ailish Ward and the batting award was given to Captain Danny Lister who steadily improved during the season. The Player of the Year went to the person who had scored the most runs for the team and was one of the leading wicket takers, Sam Wilson. Graeme finished by congratulating Ailish Ward and Harriette Ewens for representing East Yorkshire girls at various age groups and Sam Wilson and Tom Whitley who represented East Yorkshire in the Lord Taverners and district sides.

The under 13's had a relatively successful season winning five of the eight games played. In the cup Beeford were beaten leaving a winner take all game with South Holderness. After scoring 82 in their 20 overs the

Cottingham bowlers put in their best allround bowling display of the season Rizwan Mohammed, Jonny Mawson, Declan Pearson and Cam Furlong bowled 12 of the 20 overs for only 23 runs. Backed up by Jack Lister behind the stumps they won the game with ease.

The semi final against Fenners was played with the team missing four players and with Jonny and Declan nursing injuries they lost to a strong Fenners side. The awards this year were based on what Manager Pete Pearson had seen in matches and also in training and also how they had performed in the matches. In his first season with the club Sam Richman was awarded Best Newcomer. The Fielding award was won by Irfan Mohammed and the Bowling award went to his brother Rizwaan whose bowling at times was a handful and against South Holderness simply awesome. The highest run scorer who also opened the batting was given to Will Fish and Declan Pearson was awarded the All Rounder Award. Player of the season, who as a wicket keeper was simply brilliant, and scored the team's highest score, was Jack Lister.

The Club Chairman, Mike Gibson, then spoke of one of the clubs youngsters and his achievements this year. Having completed his 6th successive year playing for Yorkshire Schools, Will Rhodes was selected for the North Region squad of 13 lads to play in the prestigious Bunbury Under 15 Competition, in Chester, against the 3 other areas of England and Wales. Following on from that, Will was selected with 20 other lads to attend 2 day Skills Training Camp at the ECB National Cricket Centre based at Loughborough University. Whilst preparing to go to Jersey for an Under 16 tournament with Yorkshire Will received a letter inviting him to join the ECB/England Development Programme. The programme is scheduled to last for 4 years subject to Will maintaining current development at cricket and maintaining his grades at school. On top of this happening he has just been awarded a Scholarship at Yorkshire County Cricket Club. Mike concluded by saying how proud everyone was of Will's achievements and wished him well in the future.

Winter Training dates have been fixed and start January 13th 2011 with Indoor Nets at St Marys College, Cranbrook Avenue, Hull and Saturday morning sessions for beginners and improvers start at Cottingham High School on 8th January 2011. Further details can be obtained from Rob Rhodes, Youth Development Officer (Tel. No. 01482 842215).



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To err is human,
but to really foul things up,
you need a computer.
- Paul Ehrlich

Mind Over Matter Solution from page 29

The letters A-Z are valued 1-26. In each set, the difference between the top and bottom values on the left, plus the difference between the top and bottom values on the right, equals the middle value, so the mystery letter is C (3).

Crossword Solution from page 14

1	M	A	S	K		3	A	S	T	O	N	I	S	H	6
	A		E		7	C		A				G		E	
8	G	A	R	M	E	N	T			9	S	E	N	S	E
	A		V		N		U			A		O		D	
10	C	H	E	S	S			11	R	E	C	O	R	D	
	I				U		N					E			12
13	A	C	R	O	S	S		15	B	R	I	D	G	E	
	N		A				17	A		A				F	
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Beware those Winter chills

Winter sneaks upon us each year very quickly. One day the sun is shining the next we are all in our winter woolies trying to keep warm . . . For many people, however, the winter season presents a change in physical and mental conditions.

SAD: With shorter dark days, many people begin suffering from a mental health condition known as Seasonal Affective Disorder. With symptoms marked by significant depression, individuals suffering from SAD are generally happy individuals during the bright sunny days of summer, until the dark days of winter arrive bringing with it dark thoughts and moods. The Seasonal Affective Depression is often believed to be attributed to shortened days, colder temperatures leading to lack of outdoor activities and holiday stress. For individuals suffering from SAD, seeking out opportunities to relieve symptoms is a daily struggle. There are many light boxes on the market which help people with this condition. Going for walks and exercising and eating the correct balanced diet may help.

Colds and flu are threatening again. Also stomach bugs. Each year, at the beginning of Winter more people become ill and the ailments become more difficult to treat as more new strains of bacteria arrive. These viral or bacterial attacks are a sign of body weakness and an unbalanced immune system. They attack us when we are at our lowest and in winter we all tend to be a bit weaker due to the cold.

Worry and stress in this economic climate lowers peoples immune system. People who have an unbalanced immune system lack the tools to identify viruses and their body cannot fight them off. People with healthy lifestyles tend to have less disease. Changing your lifestyle may be difficult, but improving it by following a few useful tips will help you get through the winter a healthier person.

Good diet and sleeping well, reducing stress and workload when possible, will help strengthen our bodies and help them fight off viruses and bacteria that cause illness. Nutrition that is supplemented with vitamins can help us strengthen our immune system by giving it a boost.

Vitamin C It is a powerful additive that fights germs and viruses and helps prevent colds. Vitamin C is found in Oranges, Kiwi, Lemons, etc. Vitamin C is also a great cleanser and fights anti-ageing.

Another natural sterilizer and germ killer is Garlic. Odourless garlic capsules can be bought at any health food shop so your breath will not smell of garlic.

Gargle with warm water containing salt can help against a sore throat and mouth disorders because the ions released into the water create a basic atmosphere that kills germs and viruses.

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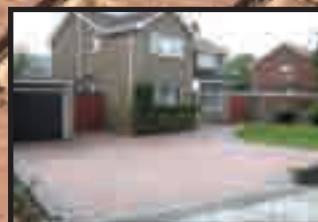
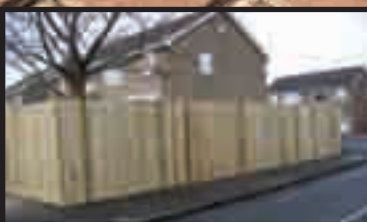
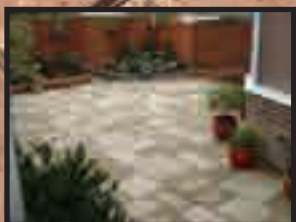
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