

# Cottingham Times

and District

Issue 132 - November 2012



## STEPHEN RICHARDSON

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St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 50p (including biscuits). A warm welcome ensured.

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. *For a limited period Wednesdays only "2 for the price of 1". All welcome.*

### 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.

### AgeUK East Riding

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 other services available. 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 Wilson, Club Secretary, telephone 07904 803739, or visit our website [www.cottinghamrangers.co.uk](http://www.cottinghamrangers.co.uk).

### Zion United Reformed Church, Hallgate

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

### Viewfinder Photographic Society

Meets Monday evening every week in the Skidby Village Hall. Secretary: Mr. Peter Smith, 149 Grovehill Road, Beverley. Tel. 01482 867450.

### Scottish Country Dancing Club

Every Monday - Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. Further further information just turn up, or telephone Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 in the Zion United Reformed Church Hall, Hallgate, Cottingham.

### Fitmums & Friends Run, Walk & Buggy Burn Club

The club meets at Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45am (term time only) and at KGV Pavillion, Cottingham: Wednesdays 7pm; Fridays 6.15pm & Buggy Burn Thursday 10am. Suitable for men & women of all abilities. [www.fitmums.org.uk](http://www.fitmums.org.uk)

### Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. £2.00 per evening. For more information telephone Dave 01482 842855.

### Cottingham Bridge Club

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

Front Cover Picture: A view down Hallgate. Picture by John Dewing, 6a Queens Close, Cottingham. Tel. 847140.

# STEPHEN RICHARDSON



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### The Alzheimers Society

Hold a memory café for people with dementia and their carers, family and friends at the Holy Cross Church, Carrington Ave in Cottingham. It is held on the second Tuesday of the month at 1.30 pm to 3.00 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 01482 211255.

### The British Sugarcraft Guild (Hull and Holderness Branch)

Saturday 3rd November - Mini demonstration by three members. Meetings are held once a month at the Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham, between 2.00 pm and 4.00 pm. New members and visitors welcome.

### Haltemprice Art Group

Tuesday 6th November - Pencil Only.

Tuesday 13th November - Appraisal with Rick Adams

Tuesday 20th November - Sketching - Barbara Baukham/Mavis McGowan

Tuesday 27th November - Acrylics Workshop with Sandra

Meetings held in the Cottingham High School, 7.00 pm to 9.00 pm in the Art Department. New Members always welcome. Annual fees are £20.00 which cover all but demonstrations, workshops, and appraisal evenings where an additional is made. For further details telephone Mrs. Pat Tillotson (Secretary) 01482 352840 or Mrs. Jackie Churchman (Publicity Officer) 01482 866783.

### Cottingham Local History Society

Wednesday 7th November - Mark Kirby's Legacy (Annual Stamp Lecture) - John Phillips. The Society meets every first Wednesday in the month, in the Red Hall of Hallgate Primary School, Hallgate, Cottingham, commencing at 7.30 pm. Entrance is via the King Street entrance to the school. *Please arrive before 7.30 pm as the doors cannot be manned once the meeting has started.* Meeting Fee: Members £1.00; Non-Members £2.00.

### Cottingham Green Women's Institute Evenings

Thursday 8th November, Marion Jackson "Christmas Angels" Demonstration, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

### Holderness Alpha Probus Club

Thursday 8th November - Lunch 12 noon

Thursday 22nd November - Coffee Morning at 10.15 am.

All events take place at The Railway Inn, Thwaite Street, Cottingham. The Club meets fortnightly for alternate lunches from midday onwards and coffee mornings from 10.15 a.m. onwards. The 3 course lunches are followed by a talk from a local speaker. If you are retired and would like to meet new friends contact the Club Secretary on 01964 624238 for information as to the dates of the Club's events.

### U3A

Thursday 8th November - Ray Wallis - A Walkers view of Yorkshire, at 2.00 pm in the hall at the Darby Joan Hall, Finkle Street, Cottingham.

### Beverley Film Society

9th November 2012 - A Separation (2011) Director - Asghar Farhadi, Cert (PG), Iranian, Drama. Oscar winner Best Foreign Language Film. Set in contemporary Iran, a married couple are faced with a difficult decision - to improve the life of their child by moving to another country or to stay in Iran and look after a deteriorating parent who has Alzheimer's disease.

### East Yorkshire Embroidery Society

Saturday 10th November - Jonathan McPherson - Barn Yarns, Back to Machine Basics. In the Darby & Joan at 2.30 pm. Memberships Fees £8 per annum. Meeting fees: Members £1.50; Visitors £2.50.

### Rotary Club of Holderness

Saturday 10th November - Craft and Gift Fair in the Cottingham Civic Hall, from 10.00 am to 4.00 pm. Craft and Gift stalls, cakes, books, tombola and refreshments. Admission 30p (Accompanied children free). All profits to Rotary Local and International Charities.

*Continued on page six*

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*Continued from page five*

### Cottingham Catholic Women's League

Monday 12th November, Alan Richards - An illustrated talk on A Stroll around the Old Town, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

### Cottingham Women's Institute

Tuesday 13th November - General Meeting, Annual Report, Financial Statement and Christmas Sales table, at 10.00 am upstairs at the Civic Hall, Cottingham. **Lift available.**

### Cottingham Ladies Circle

Wednesday 14th November - Mr. & Mrs. B. Elsworth - Holiday Slides, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

### Cottingham Men's De Luda

Wednesday 14th November - Mrs. Linda Whitton - Panama Canal and Engineering Masterpiece, in the St., Mary's Church Hall, Cottingham, at 2.00 pm.

### East Yorkshire Association of the National Trust

Wednesday 14th November - Dr. Kevin Leahy 'Unknown Unknowns - Looking at the Staffordshire Anglo Horde', in the Civic Hall, Cottingham at 7.30 pm. Non members welcome.

### Inland Waterways

Friday 16th November - John Millett and Peter Hopwood will give an illustrated talk about the story of River Foss Society. From 8.00 pm to 10.00 pm at the Cottingham Methodist Church. Admission £2.00 including refreshments.

### Welsh Society of Hull and East Riding

Friday 16th November - Beverley Arms Hotel 7.45 pm for 8.00 pm. 'A Welsh Girl Abroad'. Details 01482 869800.

### Wold Lace Makers

Saturday 17th November, Workshop - Ribbon Lace with Christine Hilditch, Wolds sales table and a Bring and Buy stall. The Church Hall, St. John's Newland Parish, Church Hall, Clough Road, Hull HU6 7PA. 10.00 am to 4.00 pm.

### Little Weighton Village Hall

Sunday 18th November - Christmas Fayre in Little Weighton Village Hall, 1.00 pm to 4.00 pm. Small presents, jewellery, cakes, cards, etc. Stop for a cup of tea and a cake/biscuit.

### North Ferriby Gardening Club

Monday 19th November - The Chelsea Floral Marquee through the eyes of a Chelsea Gold Medal winner - David Matthewman. Meetings are held in the North Ferriby Village Hall at 7.30 pm. Visitors are always very welcome - admission £2. Annual membership £6.00, Includes Tea/coffee and biscuits Further information ring Mal on 01482 632282

### Cottingham Evening Townswomen's Guild

Wednesday 21st November - Pat Elliott - Beverley Saturday Market, at 7.30 pm in the Darby & Joan, Finkle Street.

### Little Weighton Village Hall

Friday 23rd November - Jazz Night with "Sounds Easy". Dance or just relax and listen. Bring your own wine and nibbles. Door open 7.30 pm. Music from 8.00 pm to 10.45 pm. It is a fundraising event towards the refurbishment of the hall. Tickets £10.00 each; from the village shop or box office 01482 844171.

### Skidby Village Hall

Saturday 24th November - Christmas Crafts and Gifts Fair. From 10.00 to 1.00 pm. Lots of local traders with festive crafts and seasonal gifts. Free admission, homemade refreshments on sale all day.

### Cottingham Men's De Luda

Wednesday 28th November - Jim Stansfield - Puberty and Beyond, in the St., Mary's Church Hall, Cottingham, at 2.00 pm.

*Continued on page 29*

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## Article from Cottingham Parish Council Chairman – Cllr Don Hardwick

Following recent events I feel it is necessary to provide an update on the following issues:

1. Costa Coffee – planning approval
2. Castle Hill Park – proposed 600 house development
3. The implications of a Neighbourhood Plan and the current position of the Cottingham Parish Council
4. Planning advice available from the Parish Council and the probable implications of the government's relaxation on planning approval requirements.

I intend to provide the above over four issues of this magazine starting with the Costa Coffee planning approval.

I fully admire the action taken by the affected traders regarding the notice that the East Riding of Yorkshire Council Cottingham Ward Councillors supported the application which was not in the best interest of the village café/coffee providers or the village community.

At the Cottingham Parish Council Planning Committee meeting held on 10 July 2012 a recommendation was made to ERYC to refuse the application based on the following grounds:

- Concerns over the provision for the fire escape and lack of space for the assembly point
- Traffic generation – loading and unloading of delivery vehicles
- Policy S3 of the Beverley Borough Local Plan – adopted plan – June 1996. "The change of use from Class A1 (shops) of the Town and Country Planning (Use Classes) Orders to any other use at ground floor level within the Primary Shopping Zones of the Beverley, Cottingham and Hessle Shopping Areas as identified on the Proposals Map will be approved only when such change of use will not undermine the retail function of the zone and class A1 (shops) will predominate." (The Primary Shopping Zone is defined as – King Street west side, between Hallgate and the Market Green).

The Council already feel that there are too many A3 classes in the Primary Shopping Zone as opposed to A1 retail, this application would only make matters worse.

At the meeting Councillor Jump gave the impression to all who attended that she supported the recommendation of the Parish Council, yet she did abstain at the vote.

*It must be understood that:*

- a) Ward Councillors can be provided with information pertaining to an application after the Parish Council's Planning Committee Meeting
- b) In this case the Officer recommended approval.
- c) Minimal formal planning evidence supporting refusal was provided to the Ward Councillors or ERYC Planning Department by the Cottingham electorate, other than the Parish Council's response.

ERYC Planning Officers will advise their planning committee according to their evidence and the possible success of the applicant at appeal (an appeal would be decided by the Planning Inspectorate) and the cost of defending an appeal which would be borne by the council taxpayers.

What does concern me, and I will try and ensure to all concerned, that at any meeting both Parish and ERYC Ward Councillors make clear their voting intentions and the reasons for their decision based on the current information available.

### Footpath along Mill Beck, Cottingham

Within the next few weeks work will be carried out to improve the footpath along Mill Beck which goes from Lawson Avenue to KGV. If you regularly walk this path you will know the section that slopes badly toward the beck and seems to be falling away. The remedial work will flatten the section and shore up the bank to make this a more safe and pleasant pathway.

### Impending Winter

Last year the Parish Council provided retailers in the village with a bag of rocksalt to use as and when required during the winter. Our intention was to help keep the village centre pavements clear so that residents could use the village shops during times of snow and ice. Councillors agreed that this project had been very successful last year and we will be restocking retailers again shortly.

### Cottingham Day 2012

A big thank you to all who attended the event on Saturday 7 July – what a fantastic day WITHOUT ANY RAIN! A big pat on the back for the Cottingham Day Committee who made it all happen. Amongst all the other thank yous can we say a big thank you to all of you who supported us on the day. Winners of the various competitions are given below:

### Design a Crown Competition

*Winners:* Caitlyn Atkinson, Helena East.

*Runners Up:* Millie Everard, Mason Thornhill-Smith

### Bonny Baby Competition

**Under 1 year of age - Winner:** Bodhi Johnson

**1-2 years of age - Winner:** Amelia Cass

**2-3 years of age - Winner:** Amelia Dale

**Best Dressed - Winner:** Tia-Lily Blue Martin

**Overall Winner:** Amelia Cass

### Limousine Competition - Winner:

Karen Tate

### Name the Snake Competition -

Winner: Ebony Hogan, Name of Snake Wally

### Bark in the Park Dog Show Results

**Class 1 Prettiest Puppy -** Bounty (Bearded Collie)

**Class 2 Best Veteran -** Tilly Ann (15 year old Crossbreed)

**Class 3 Waggiest Tail -** Ella (Crossbreed Labrador/Spaniel)

**Class 4 Prettiest Bitch -** Ruby (Wire haired Hungarian Vizsla)

**Class 5 Most Handsome Male -** Lagan (Smooth haired Hungarian Vizsla)

**Class 6 Best Crossbreed -** Crackerjack (Bit Westie, father unknown)

**Class 7 Best Rescued -** Tilly Ann (15 year old Crossbreed)

**BEST IN SHOW : BOUNTY (BEARDED COLLIE)**

If you feel you can help in anyway with Cottingham Day next year please contact Judith or Tina in the Parish Council Office for more information.



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## Hornsea Freeport hosts grand opening of Arctic Adventure Land

Outlet shopping centre Hornsea Freeport will host the official launch of its Arctic Adventure Land on Saturday 10th November, with the help of Hornsea Mayor John Miller.

The Arctic-themed events programme, designed to help families get into the festive spirit this Christmas, will begin with the arrival of Father Christmas at 11am, who is set to take a sleigh ride around the centre with two real reindeer.

The Mayor of Hornsea will then cut a ribbon to officially launch Hornsea Freeport's new Arctic Adventure Land, which is open from Saturday 10th November to Sunday 23rd December and will feature attractions including a Santa's Grotto, along with a simulated traditional sleigh ride.

Both attractions will be available each weekend, alongside refreshments including mulled wine and mince pies, and cookies and juice for the children, and visitors will have the choice of having a professional photo taken to capture their experience at Hornsea Freeport this Christmas.

Available each day will be an Arctic walk experience featuring festive characters and animated 'Arctic animals' including seals and penguins for the whole family to enjoy.

The launch day will also include carol singing from Hornsea Community Primary School's Rock Challenge group, stilt-walking balloon modellers, face painters from Dove House Hospice and a Viking FM and Magic 1161 Roadshow from 11am to 2pm. The roadshow will see presenters Rosie Madison and Darren Lethem hosting Christmas competitions and games with visitors, and playing festive tunes for the whole family to enjoy.

Visitors will also be invited to meet and stroke two real reindeer and staff members will be on hand to answer any questions about the animals.

Simon Tudor, Centre Manager at Hornsea Freeport, said:

"We've got some fantastic attractions and events happening throughout winter for families to get into the festive spirit this Christmas, and we're confident that our Arctic Adventure Land will prove a big success with our customers. From real reindeer and sleigh rides with Santa to carol singing, face painting, Christmas competitions and Arctic walks, we've got something for everyone."

In preparation for the launch day, Hornsea Freeport has also announced a 'sleigh ride' competition, asking shoppers to nominate a child who has made an exceptional contribution to their local community, giving them the chance to join Father Christmas in his sleigh and win a special present for Christmas. Please visit [www.hornseafreeport.com](http://www.hornseafreeport.com) to make a nomination. Entries must be submitted before Wednesday 7th November.

The centre is also asking local children to submit a Christmas card design, to have the chance of winning some Christmas goodies and vouchers to spend at any store at Hornsea Freeport.

The winning design will be used to create printed cards, which will be sold at each Hornsea Freeport store, along with Dove House's charity shops throughout the region, with all of the proceeds to go to the local charity. The competition will run from Saturday 10th November and will close on Friday 23rd November, and the cards will go on sale from Saturday 1st December.

Submissions can be dropped off at the Hornsea Freeport reception, sent by post to Simon Tudor at Hornsea Freeport Outlet Shopping Village, Rolston Road, East Yorkshire, HU18 1UT or via email at [info@hornseafreeport.com](mailto:info@hornseafreeport.com).

After the launch day, Hornsea Freeport's programme of events will also include magic shows with Puzzling Paul, bouncy castles and a snowboarding simulator experience, along with Christmas readings, workshops and Christmas card making.

For more information, please visit [www.hornseafreeport.com](http://www.hornseafreeport.com) or call 01964 534211.



**HORNSEA**  
freeport

Take the sleigh ride experience to visit Santa in his Grotto

# Arctic Adventure!

Saturday 10th November from 11am

Join us and welcome Santa and his reindeer to the centre, where he will open his Grotto and launch Hornsea Freeport's interactive Arctic Adventure.

**GRAND OPENING 11am!**

Open every weekend until Sunday 23rd December

**Real Reindeer & Sleigh**  
11am - 3pm

**Festive Stiltwalkers and Balloon Modellers**  
11am - 4pm

**Make a Christmas Card @ Neptune's Kingdom**  
All day

**Facepainting and Christmas wrapping with Dove House Hospice**  
11am - 4pm

**Viking FM & Magic 1161 Christmas Roadshow**  
11am - 2pm

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 Pollo con Pancetta  
 Chicken Breast cooked with  
 Bacon, Fresh Tomato, Wine  
 and Cream Sauce  
 Manzo Bordoese  
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 Mushrooms, Paprika, Mustard,  
 Demiglaze, Red Wine and Cream  
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 with Ricotta Cheese and Spinach,  
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## Wordsearch - Around and About

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

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

Find the words in the letters above:

About, Above, Abutting, Across, Adjacent, Adjoining, Advance, Around, Ascending, Backwards, Below, Beneath, Circle, Contiguous, Decline, Decrease, Descending, Diagonal, Down, East, Ebbing, Falling, Flowing, Forwards, Higher, Horizontal, Incline, Increase, Inside, Left, Lower, Next to, North, Outside, Over, Retreat, Reverse, Right, Rising, South, Through, Under, Up, Vertical, Via, Waning, Waxing, West.

Wordsearch courtesy of [www.puzzlechoice.com](http://www.puzzlechoice.com)

## Sudoku No. 71 -

This is an easy challenge this month - Answer page 43

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



# MARIONOWENTRAVEL

## Lots of news to update you on this issue!

**Don't miss out on our exclusive tours** Disneyland Paris is full for Whit half term pending further dates - register now! I am also pleased to say that our website should allow you to browse and book this month [www.marionowentravel.com](http://www.marionowentravel.com).

Having just had a weekend break in Belgium via North Sea Ferries it is surprising how much you can see and enjoy in such a short space of time. Our next continental break is to visit the Christmas Markets. Why not kick off your Christmas season by joining our weekend break via North Sea Ferries to the city of Cologne. You will have plenty of free time to soak up the wonderful German atmosphere at this time of the year, the smells alone ring out Christmas and the tasty fayre you will find available just tops this as a fabulous destination too! Shop in the 7 Christmas Markets, perhaps sail along the Rhine or even include a smattering of serious sightseeing too! From just £169 per person with a night B&B bang in the centre of Cologne we depart Friday evening 30th November returning home Monday 3rd December, even in time to go to work!

**Fred Olsen cruise line summer 2013 all inclusive** drinks package is no longer free but you can pay for it. If you do not drink then you might like their latest campaign. **Buy a selected cruise of 12 nights or more and get a short cruise FREE !!!** Call to day for information as this is a limited offer.

**Cruising from Hull aboard Discovery**, with the change of ship and the consolidation of 10 cruises to only 4 departures sailing from Hull in 2013 cabins are filling. The 6 night Fjords cruise is already sold out, don't think about it any longer I urge you to call Lynne today for availability for the Baltic's, North Cape and 1 night taster cruise.

**Join me on a voyage to Burma**, this is a new escorted departure on 23 February 2014, 16 days offering a very exciting itinerary also taking in Malaysia & Singapore. Your fare includes not only your cruise & flights but excursions, gratuities, wine with dinner and travel to and from your door to our departure point of Heathrow. This is a fabulous cruise to ancient civilisations an experience you will not want to miss. Prices start from £3250 and single travellers can enjoy a cabin for sole use for a supplement from just £400! Call for full details today.

**Single travellers**, if you like top notch accommodation we have a new selection of tours to New York, Morocco & Mexico allowing you to enjoy luxury accommodation along with like minded company as you enjoy the sights together.

**Private planes!** On the side of luxury if you are travelling with family or a group of friends, frustrated at the price, times and days of flights then your own small plane may be just the answer. Ask if you would like further information.

**Australian or New Zealand are you planning a visit?** Sometimes time and distance can be confusing in this part of the world. Kayleigh is our specialist in designing complex itineraries just to suit your dream itinerary. She will guide you as to what is feasible and our tips can often save you money too!

Cruising around New Zealand & Australia is popular but you really do need to allow time to include travel in the interior of the countries too otherwise you are really missing out. Ideally you should plan a holiday no shorter than 3 weeks which will still only allow you a brief overview!

**USA & Canada continue to be popular!** Perhaps you are looking for a new destination for a river cruise? How about the Columbia & Snake Rivers? We always have something we can find for you that is a little different by land, sea or air! Of course we are always here to book those regular package holidays too!

**Marion Owen Travel Gift vouchers are a great easy idea for anyone you are in need of a present for.** These can be used towards all tour operators not just our own tours giving the receiver the maximum choice of holidays to book.

Myself, Lynne, Kayleigh & Sarah look forward to planning your next holiday with you, please call for more information and to book your next escape wherever it may be in the world.

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PS Remember we are independent and offer a full service. We book all tour operators plus have first hand knowledge hard to find in any other travel agency.

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## Exclusive tours...

All of our own exclusive holidays are direct from East Yorkshire and accompanied by Marion throughout & our driver Dave. Our tours are all financially covered by our own tour operators abta license Y2812

- 26 Nov Chatsworth House at Christmas** £35
- 30 Nov Cologne Weekend** Christmas Markets £169  
2 nights on the ferry & 1 night B&B
- 08 Dec Thursford Christmas Spectacular** £155  
1 single only 1 night half board & top ticket pm show.

## 2013 departures

- 15 Jan Potters International bowls** 3 days £189
- 30 Jan Singing in the Rain & Winsor** 2 days £129  
Alternative show "TOP HAT" 1 night B&B
- 06 Feb Dolly Parton's 9 to 5 (York Matinee)** £45
- 14 Mar Bruges Spring Flea Market** 6 days £335
- 11 Apr Settle to Carlisle Railway day out** £55
- 15 Apr Torquay** full board & drinks pm £295  
2 full days sightseeing—super hotel
- 24 Apr Isle of Man** 6 days half board £445  
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- 15 May Jacobite Rail Journey** 3 days HB £245  
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- 19 May Isle of Wight** 6 days quality half board £425
- 04 Jun Danube River Cruise** 12 days £1599  
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- 23 Jun Emerald Island Explorer** 12 days HB £995  
A superb itinerary full sightseeing included of both Eire & Northern Island. Excellent 3 & 4 star hotels. Double room for sole use £180 supp.
- 10 Aug Hamburg & Lubeck** 6 days HB £459  
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- 19 Aug Edinburgh Tattoo** 3 days half board £295  
Also includes Alnwick & Edinburgh Zoo
- 26 Aug Rhine & Moselle River Cruise** luxury £1599  
10 days via North Sea Ferries.
- 26 Aug Rhine & Moselle** Boppard half board 10 days £759
- 16 Sep Meuse River Cruise** 7 nights £895  
Something different for regular river cruisers!
- 03 Oct WW1 Battlefields, Amiens Roderie** £399  
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## Ask about our selection of 2013....

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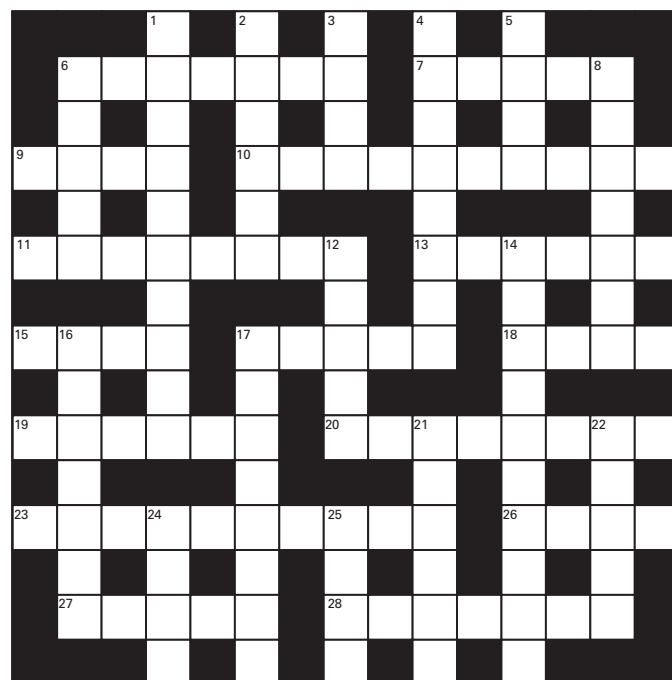
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## Crossword - Solution on page 46



### Across

6. Clothed in finery (7)
7. Affirms (5)
9. Holes (4)
10. Study of mental disorders (10)
11. Ancestry (8)
13. Responds (6)
15. Lash (4)
17. Impressive in scale (5)
18. Point where 2 curves meet (4)
19. Light brownish color (6)
20. Giggled (8)
23. Benevolences (10)
26. Hotels (4)
27. Fully developed (5)
28. People watching their calories (7)

### Down

1. Believer (10)
2. Marksman (6)
3. Lazily (4)
4. Amassed (8)
5. A midwestern state (4)
6. Nimble (5)
8. Fairies (7)
12. Precise (5)
14. Recognized (10)
16. Dancing (slang) (7)
17. Three-masted sailing ships (8)
21. Tuft of loose cords (6)
22. Sea eagles (5)
24. Let fall to the ground (4)
25. Pop (4)

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

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# Christmas is Coming!

Come and enjoy a magical experience and see  
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**The area's largest Christmas display**  
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 3rd - 21st December  
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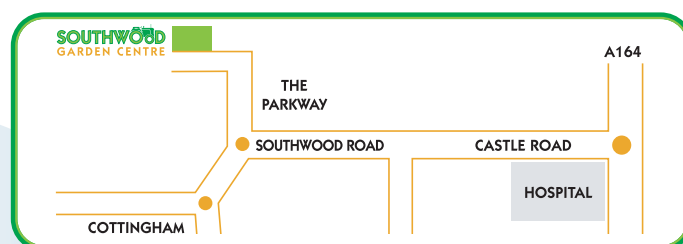
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 our Special Supper  
 Evenings and  
 Breakfast  
 with Santa



Orders now  
 being taken  
 for fresh  
 Christmas  
 Trees

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# In the Kitchen



## Garlic Thyme Chicken

### Ingredients

- 4 Boneless Chicken Breasts, halved
- 2-3 tbsp Olive Oil
- 2 -3 Garlic Cloves, finely chopped
- 2 tbsp Fresh Thyme Leaves
- 2 tbsp Freshly Chopped Oregano
- Salt and Black Pepper
- 4 tbsp Water
- 1 teasp Worcestershire Sauce

### Instructions

1. Place the oil, garlic, thyme, oregano, salt and pepper in a shallow dish and mix well.
2. Add the chicken and coat with the oil and herb mixture, rubbing it into the chicken on all sides with your fingers.
3. Heat a large frying pan until very hot then add the prepared chicken together with the oil and herbs and cook for a few minutes on both sides until well browned.
4. In a small cup, mix the water with the Worcestershire sauce then add to the chicken, reduce the heat, cover and cook over low heat for 10 to 15 minutes, turning once, or until the chicken is cooked through.



### Instructions

1. Place the butter, lemon juice, garlic, parsley, salt and pepper in a bowl and mix well. Form into a cylinder, wrap in foil and place in the freezer for 1 hour.
2. Place each chicken breast between dampened greaseproof paper and beat with a rolling pin or mallet to flatten them out. Refrigerate for at least 30 minutes.
3. Preheat the deep fryer to 170C, 350F. Remove the butter from the freezer and cut into four. Place one piece of butter on each flattened chicken breast then roll up and secure with a cocktail stick.
4. Coat each piece of chicken in flour then dip in the beaten egg and finally roll in the breadcrumbs to thoroughly coat, pressing well.
5. Deep fry for 15 minutes until golden brown or until chicken is cooked. Drain on kitchen paper and serve immediately.

## Chicken Kiev

### Ingredients

- 125g/5oz Butter, softened
- 2 Garlic Cloves, crushed
- 1 tbsp Parsley
- Salt and Pepper
- 2 tbsp Lemon Juice
- 4 Boneless Chicken Breasts, skinned
- Oil for deep frying
- Plain flour to coat
- 1 Egg, beaten
- 4 tbsp Fresh White Breadcrumbs



## Frangipane Apple Tart

### Ingredients

- 225g/8oz Shortcrust Pastry
- 100g/4oz very Soft Butter
- 100g/4oz Caster Sugar
- 2 large Eggs, beaten
- 100g/4oz Ground Almonds
- 1 tbsp finely grated Lemon Zest
- 3 Dessert Apples, peeled, cored and halved
- A knob of Butter plus extra Caster Sugar

### Instructions

1. Preheat the oven to 180C, 350F, Gas Mark 4. Roll out the pastry and use to line a 20cm/8-inch flan dish. Trim the edges and prick the base several times with a fork then line with greaseproof paper, fill with dried beans and bake for 10 minutes. Remove the foil, and bake for a further 5 minutes.
2. Meanwhile, in a large mixing bowl, beat together the butter and sugar until pale and fluffy.
3. Beat in the eggs a little at a time until well incorporated then stir in the almonds and lemon zest and mix well.
4. Transfer the mixture to the baked pastry case then press the apple halves into the mixture, flat sides down.
5. Melt the knob of butter and use to glaze the tops of the apples. Sprinkle with the extra caster sugar and bake for 40-45 minutes, until golden brown and risen.

Serve warm or cold. Excellent served with Vanilla Ice Cream



## Music Lovers *Last Call . . .*

**Offer Falk the Israeli virtuoso violinist to perform at the Cottingham Methodist Church**

ISRAELI VIRTUOSO violinist Ofer Falk and pianist Elizabeth Altman are at the Cottingham Methodist Church on Sunday 18th November for their second visit. Included in a varied popular programme will be music by Max Bruch, Mendelssohn, Tchaikovsky and Beethoven.

The concert commences at 2.30 pm and although tickets will be available at the door, prior booking is advisable at THE PHOTO SHOP, King Street price £12. Ring 01482 847122 for further details.

This concert is a rare opportunity to see two International musical celebrities in the proximity of the village and is a MUST for music lovers!



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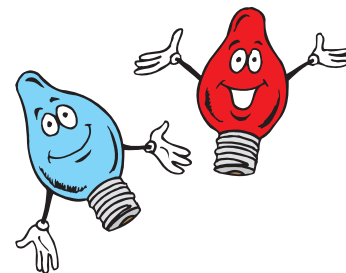
*We would like to thank all our Customers  
Old and New for your custom during the  
past year and look forward to serving you in 2013*



# Switch on Night 2012

## November 26th

## Don't Miss It!



### Cottingham prepares for its greatest night out of the year . . .

Cottingham will once again be illuminated this Christmas and New Year, when the village turn out for the 31st switch-on of the ever popular 'Cottingham Christmas Lights'.

The now famous Christmas Lights in Cottingham were first erected by a group of volunteers in 1981; they have grown from a very mediocre display to the fantastic array we will be switching-on, on Monday 26th November 2012 at 7.00 pm.

Of the original group there are still two volunteers actively involved with the lights, they are joined by a regular gang of eight willing volunteers, who turn out each Sunday morning, come rain or shine or snow, from mid October until the switch on. The volunteers are made up of residents and shop owners of Cottingham.

The organisers of Cottingham Lights would like to thank those of you in the community who have already made donations to the lights this year. We rely on donations from the public, traders, fundraising activities throughout the year and grants from the Parish Council to enable us to not only maintain, but to improve the standard of our display. A huge £5,000.00 has already been spent on refurbishment in readiness of this years switch on, together with the purchase of low energy LED bulbs for the displays.

Last year saw a record number of people witness the spectacular turn on of the lights. This year's switch on night will be another fun packed evening for all the family with local shops staying open and a funfair; we are also pleased that Cottingham High Schools Brass Band will be performing.

The organisers like to keep this event a community event, something for all of Cottingham to be proud of. This year three local children will be chosen for the exciting task of switching on Cottingham Lights, it will be a night to remember for these children.

This year the 'switch on' platform will be located opposite John Fords Menswear, this will help the flow of people around the village.

The thousands of people who attend the switch-on and the people who come to see the lights over the festive season bear witness to how popular they are with this years Christmas Lights Display being the best ever!

**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 the Cottingham Day 2012 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 Co-op'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.

*Top left photo courtesy of Chris Wright.*



### King Billy presents cheque for £700 to 'Lal' Kirby for the Cottingham Lights fund

At a presentation held recently at the King William IV (King Billy) in Hallgate, Cottingham, a cheque for £700 was handed over to Harold Kirby for the Cottingham Lights fund. The donation was the result of the regular Meat Draw which is held every Friday evening at the King Billy.

Charles Rawling of the Cottingham Lights Association would like to thank Martin and Mandy, and the regulars at the King Billy for their support during the past year.

*Pictured above: Second from left Harold Kirby accepts the cheque from Martin landlord of the King Billy accompanied by some of the regulars.*





## Come and see the live Reindeer at Southwood Farm Shop until Christmas Eve

As part of Southwood Farm Shop's Christmas Extravaganza, there are two live Reindeer visiting from the North Pole. They will arrive from November 10th to help when Santa opens his Christmas Grotto.

The Grotto is open every weekend from Saturday 10.00 am to 5.00 pm and Sunday 10.00 am to 4.00 pm. It will also be open weekdays afternoons from December 3rd.

For further information telephone Southwood Farm Shop on 01482 845825.



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## In their dreams . . .

The leaves on the nearby trees are turning into a beautiful shade of amber, glistening in the early morning sun. In the distance I can hear the rumble of the early morning traffic, each car carrying its occupants to work. Dogs in the next door building are awoken to the sound of the gate being opened then the howling begins. The howling of anticipation of will it be walk or feed first? Some of the newly admitted dogs are too frightened to eat...so scared of the human hand, the hand that once went crashing down with a striking blow all because they were so hungry they took the first thing that was put in front of them. Others have had a happier start in life but ending up in the shelter through their owners moving to smaller accommodation or loss of a job.

The howling gets louder so I know the volunteers are on the breakfast round. "Me first" "No me" they shriek. Their calls are carried across the roof tops along to where I am staying. It is hard to get away from their desperate plea's, especially at this very quiet time of the day. More gates clang, then footsteps followed by hesitant paws on the gravel drive. Some have eaten so quickly they are ready for the first walk of the day. One by one they pass my window, each looking in to see if I'm there. All shapes and sizes, young and old all with the same eager look in their eyes....will this be THE DAY?



Ben

Florrie

The volunteers make their way along the lane and back again, towing behind them a very reluctant yet tired resident. Like me, they don't wish them to be in there. They would much rather have all the buildings empty but this is reality. A world where cruelty and compassion run alongside each other and whilst this keeps on going then the shelters will remain full.

The hustle and bustle of the morning progressed, humans and dogs alike passing by my window each giving a wave of the hand or a wag of the tail. Then more cars start to fill the car park. Opening time has begun as potential owners file through the door eagerly checking in at the reception and awaiting to meet the pet 'of their dreams'. Just looking at the faces of some who drive away, today was not the day.... but....hey... is that Ollie? Yes, without a doubt it was the lurcher greyhound cross who had been overlooked by so many but not today...on the end of the bright shiny lead was George. He had been coming to the kennels over the past few weeks, eagerly seeking a 'soul' mate, someone who would help fill the lonely gap that had formed since his wife had died. Today was that day! How he had overlooked Ollie I don't know, but who cares...they have found each other.

As the sun disappears behind the trees and the afternoon seeps into night, the volunteers begin to disperse, each one mulling the day over in their minds. Why wasn't Rex lucky today? They had been so sure that the little bundle of ruffled fluff would be with his own family tonight but just as overjoyed that Ollie had finally gone 'home'. As the clanking of the chain on the gate and the final key in the lock creeps through the dark stillness of the evening, the crying begins. I hear it time and time again as I sit by the fire watching the flames dance around the coals. The howls and cries of the 'souls' left behind ring out into the dark to face yet another day of anticipation and hope. I wish I could help. I wish I could take each one and let them know that one day it will be their turn just like Ollie, but I can't. All I can do is hope tonight they will dream...dream of the day when they will meet their 'soul mate'. As I lift my head from my basket and look into the eyes of Betty, I know one day their dream will come true.

It not only takes time and patience of the many volunteers who run these marvellous rehoming centres but also funds to heat the buildings and food to feed the many homeless animals. With all this in mind, we at KINGSTON are once again supporting the HULL ANIMAL WELFARE TRUST Christmas Appeal. Each of our five surgeries will provide a collection bin at the beginning November, and we are appealing for kind hearted members of the public to donate items of pet food.

It can be as small as one tin or a large bag to feed not just cats or dogs but also the many rabbits, guinea pigs and ferrets the rescue centre care for. Or maybe follow in my mums footsteps who would like the family to donate food to the shelter instead of buying gifts and cards for her 85th birthday next month.

So please donate and lets try and make this Christmas the best ever for all the four legged residents and help to make their dreams come true.

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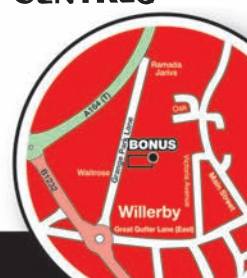
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## "The Tooth and Nothing but The Tooth"

by  
**Chris 'Dr. Smile Maker'  
Branfield**

### The Beatles And Mouth Cancer. What?

**H**ello, I hope that you are well and enjoying the autumnal colours. I hope that you didn't have a dental casualty from Hull Fair. I've seen a few in my time. I didn't make it his year. The kids don't want to go round with parents anymore. Oh hum.

#### 50 Years Of The Beatles And Mouth Cancer

Celebrations are going on all over the place because it is 50 years of the Beatles. We have embraced this to have a bit of fun this week have also linked it with a more serious subject of mouth cancer awareness. I suppose it is like yin and yang, serious with fun. Tomorrow (as I write) we will have a morning of free mouth cancer screening. November is Mouth Cancer Awareness Month.



*The Wig Covered Up  
My Thin Bit*

#### So What Are The Cold Facts?

Over 6000 people will be diagnosed with mouth cancer this year alone in the UK and half will die without early diagnosis. It is on the increase. It is related to age, smoking, drinking alcohol, poor diet, human papilloma virus, smokeless tobacco. Smokeless tobacco is normally defined as any tobacco product that is placed in the mouth or nose and not burned. Although some people believe this type of tobacco is safer than smoking, the reality is that it is much more dangerous. The types of smokeless tobacco products most used in the UK often contain a mix of ingredients including slaked lime, areca nut and spices flavourings and sweeteners. Smokeless tobacco is used particularly by South Asian Communities, especially women. The incidence of mouth cancer is significantly greater among South Asian women.

#### How Do We Detect Early?

Regular screening is important. At our place have a good look under magnification and white light at every examination. We have now invested in the new cordless VELscope Vx which is another layer of screening that shows up suspicious areas due to the way the tissues



*The VELscope Vx*

fluoresce under the specific blue light. I think that thorough examination is so important if we are to make strides turn the tide and stop the increase in mouth cancer. This, along with education, of course.

#### The John Lennon Tooth DNA NecklaceArrived To Start It's UK Tour

There is actually a bit of John Lennon's tooth inside. A bit weird I know, but a little different. We are the first dental practice on the Tour of the country.



Hull City Are Back To Winning Ways and a very exciting game against Ipswich. You could feel the buzz, it was great to get the winner right at the end, edge of the seat stuff. My daughter's team are still unbeaten in the league this season, fingers crossed for the rest.

*Until next time. Take care and be good.*

*Chris*

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 772550. He has been in dental practice for 19 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk).



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## Cottingham Red Cross Ladies Lunch

The 4th annual Red Cross Ladies Lunch was held on 19th September at Cottingham Parks Golf and Country Club. 72 ladies attended and enjoyed splendid food and a great atmosphere. Mr Colin Belsham of Skidby gave a very interesting talk on his work with Skidby's twin parish in Sierra Leone.

With the help of generous sponsorship and donations of raffle and tombola prizes by many local people, this year's event was the most successful to date and raised in excess of £880 towards much needed local services.

The ladies of Cottingham Red Cross would like to thank all sponsors for their support and all the attending ladies for their enthusiasm, generosity and good company.

*Pictured above: Gladys Warriner and Irene Carlin enjoying their lunch.*

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**Here is Paul's latest walk in his series of monthly rambles.**

**This month his destination is Wauldby Green.**

***The map is for a guide only, please use an Ordnance Survey Map or similar if possible when walking.***

**Map: EXPLORER 293**

**Park on the wide grass verge at GR 992306.**

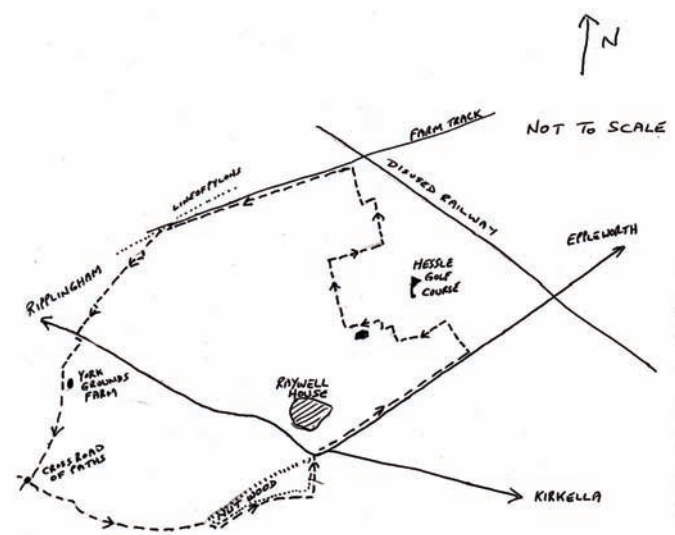
### Distance 6.5 Miles.

**L**eave the cars and walk east on the northern side of the road. Take the left fork at the junction and walk on the wide grass verge to the entrance to Hessle Golf Club. Turn left and walk up the drive and, on meeting the first buildings, turn left and skirt round the golf course on a distinct fenced path.

On reaching Appleshaw Wood at the north of the Golf Course, turn left and walk north with a hedge on the right. Bear left and then right again keeping the hedge on the left to emerge on a farm track just to the west of the redundant railway bridge.

On reaching this track, turn left and after about one mile pass under power cables and then turn left and ascend a slight gradient keeping the hedge on the left. On reaching the Eppleworth to Ripplingham road, cross the road and turn left and after about 50 metres turn right and follow the farm road to York Grounds Farm. Pass through the farm and follow the farm track keeping the hedge on the right.

On reaching a cross road of paths, turn left and follow the sign for Nut Wood. On reaching the wood, bear right and walk uphill to a sign post and then turn left and walk along the upper perimeter of the wood. On reaching the end of the wood, turn left and walk down hill and back to the cars.







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What will Winter bring this year? The weather has been remarkable different over the last few Winters with one of the warmest Christmas's for a long time last year and the year before the worst snow we had seen for over 30 years. What we do know is that November is sure to have a few sunny days where we can get out into the garden and tidy everything up ready for the Spring. Plus when the days are dark and dreary we can cheer our gardens up with bursts of colour. There's something especially valuable about shrubs which flower in winter. Seeing these delightful and resilient flowers putting on a show through short, dark days and taking frost, rain and snow in their stride lifts our spirits and encourages us to get outside. Many can also be cut for indoor winter posies, and many are fragrant.

All gardens should find space for at least some of these Award of Garden Merit winners below.

#### **Cornus mas 'Golden Glory'**

The yellow flower clusters of Cornus mas have long been appreciated but 'Golden Glory' takes it to new heights. Making a small tree, or a large shrub, 'Golden Glory' is less spreading in its habit, more prolific in flower and also flowers as a younger plant. It also features red fruits, which are edible but acid, and reddish purple autumn foliage so has three distinct appeals. 15ft/4.5m

Daphne bholua 'Jacqueline Postill' One of the best of all fragrant flowering

shrubs, its rather upright habit is appreciated by owners of small gardens and its red buds opening to large white flowers create an impressive winter display among the usually evergreen foliage. Then there's the fragrance, which can be almost intoxicating. Appreciates shelter in colder areas. 8ft/2.4m

#### **Mahonia x media 'Underway'**

One of a group of outstanding AGM-winning winter flowering hybrids ('Buckland', 'Lionel Fortescue' and 'Winter Sun' also have awards), 'Underway' is the toughest of them all and is also a little shorter than the others. Its long vertical spikes of slightly scented yellow flowers are really impressive, especially set against the rows of dark, holly-like leaflets. 10ft/3m

#### **Skimmia x confusa 'Kew Green'**

We tend to think of skimmias as valuable for their bright red berries, but this is a form for which the flowers are the main feature. In fact the plant is male and never produces berries but the large conical clusters of fragrant creamy white flowers, set against aromatic evergreen foliage, are impressive over many weeks. 'Kew Green' will also pollinate female skimmias to ensure they produce berries. 3ft/90cm

Viburnum x Another deciduous shrub valued for its combination of colour and fragrance. Deep rose red buds opening to white flowers with pink tints are gathered in clusters along the bare branches and are usually produced so prolifically that twigs can be cut for the house without spoiling the display. The flowers are also unexpectedly tolerant of frost. 10ft/3m



#### **HOUSEPLANTS**

At this time of year it's nice to add colour to your garden and your home with flowers and foliage. There's nothing better for brightening up an indoor environment than a well-grown houseplant and they are available in a vast range of forms from tiny gems suitable for the smallest windowsill to rampant growers for the largest hallway. They offer lush foliage, beautiful blooms and interesting forms. Some thrive in damp bathrooms, others need a sunny spot, so make sure you choose a houseplant that will tolerate the conditions in which it is to grow. Ask our staff for advice on the best choice.

Once you've made your purchase, take care when transporting houseplants to protect them from cold, drafts, wind or excessive heat. Failure to do so can lead to plant deterioration or even death, and the effects may not fully show themselves until some time after you've bought it.

Once your new houseplant is safely home, you need to care for it correctly to ensure that it remains in pristine condition – and this largely depends on how well it is watered. Too little or too much watering can cause problems.

**OVERWATERING:** Giving too much water can be as dangerous as underwatering. The roots not only require moisture but also air, so overwatering leads to the forcible removal of air from the potting compost so the houseplant's roots are killed by suffocation.

**BEST PRACTICE:** Watering little and often is the best advice, taking into account the growing environment and the seasons. Watering from below is the best approach as some plants can suffer from rotting or sun scorch if water is directed onto their stems, root systems or foliage.

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## Top Ten Tips

1. There is still time to plant Spring blooming bulbs for the early part of November
2. Transplant trees and shrubs
3. Prune evergreens to shape
4. Cover strawberries two inches deep with straw or hay
5. Increase feed and provide plenty of fresh water for the birds
6. If you haven't already feed your lawn with a fall or winter feed
7. Rake leaves from the lawn and compost them
8. Drain your hoses and put away over winter
9. Finish weeding and tidying up beds
10. Clean up and cover you garden furniture to protect over the Winter



**DRAINAGE:**

The best method is to stand the pot (which must have drainage holes in the bottom) on a suitable sized saucer into which a small amount of gravel has been placed. Fill the saucer to about 1/3 of its depth with water and leave the plant standing for 30 minutes. If all the water has been taken up you can repeat the operation until uptake stops, then any surplus water should be tipped away but of course retaining the gravel.

**Plant of the month**

**November's plant of the month is the beautiful Hellebores.**

Hellebores (sometimes known as the Christmas or Lenten rose) are perennial garden plants with elegant flowers, perfect for brightening up shady areas during late winter and early spring. Some species are grown for their striking evergreen architectural foliage. Hellebores prefer to grow in rich, well-drained soil in dappled shade. Avoid planting in very dry or waterlogged soil. Provide shelter from strong, cold winds.



Water during dry spells and mulch annually with leaf mould, chipped bark or other organic matter in autumn and winter.

**Events at Coletta's**

**From Thursday the 8th of November** we will be opening late until 9pm every Thursday right through until Christmas

From 6pm-9pm we will have festive delights, special offers, Christmas cheer and some very exciting events and demonstrations. Come and view our Christmas displays, animations and great Christmas range all at great prices. You can always find something special for Christmas from our garden centre with our unique ranging and great value prices. Plus our Oasis Café will be open serving delicious hot dishes, festive dishes and sumptuous cakes.

**8th November 6-9pm- Yankee Candle evening.** For all you Yankee candle lovers this is an event not to be missed. Our lovely Yankee rep will be here to demonstrate and show you how to get the best out of your candles, how to mix fragrances, how they make them and also there will be special discounts available. Come and share your Yankee passion and be sure for an enjoyable evening.

**10th-11th November- Humberside Chrysanthemum society late show-** We are proud once again to host this annual late show. The societies Chrysanthemum's really are a delight to see with beautiful textures and colours. They really are worth coming to have a look at. Plus the members are always happy to answer any questions or offer their expert knowledge.

**15th November 6-9pm- British Heart Foundation (BHF) evening-** Our designated charity this year is the BHF and we are supporting them with an evening to put the 'heart' back into Christmas. We hope you will join us to raise money for this great charity.

**22nd & 29th November 6-9pm** – La Hacienda will be here to demonstrate and show off their brilliant chimeneas, fire pits, patio heaters and ethanol burners. Plus there will be special discounts, festive treats and fun for everyone.

Remember that at Coletta & Tyson garden centre our Christmas Displays are now open. We have some new and exciting themes, a large range of decorations, trees, glassware, candleware, lighting, garlands, wreaths and so much more. You are bound to love our Christmas as much as we do. All at great prices, why go anywhere else?

Coletta & Tyson garden centre is a horticultural family company established for over 70 years. They offer quality, value and service with many of their plants grown here in east Yorkshire. Support your local garden centre.

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## Your Stars for November 2012 - By Kay Gower

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

It's difficult to follow a map if you don't know which way is north. You have to orient yourself first in order to correctly follow the directions. This would be a good time for getting 'emotionally' oriented and preparing for the weeks to come.

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

You have so much to be grateful for that it's almost greedy for you to want some more. But it's not. November is your month, so dare to ask for what you want. Enjoy it.

### Gemini - (May 22-June 21)

Fear is the enemy. It wants to get in your way, but don't let it. The opportunities that are presented over the next four weeks are rare and must be grabbed with both hands. There's something good unfolding, and all you have to do is say 'yes'.

### Cancer - (June 22-July 22)

It will be a little too easy to get caught in a web of negative thinking. That's why it would be wise not to risk being with people who bring you down. Turn up the lights, put fresh flowers in a vase, and go where people are laughing.

### LEO - (July 23-Aug 22)

During the course of this month it may help you to remember that 'opinions' really don't matter, unless you agree to accept them. If you don't agree, the opinion, regardless of from where and whom it comes, cannot touch you.

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

You feel protective towards your loved ones, but you must remember to apply the same feelings to yourself, too. November will be a busy month, but if you don't look after 'you', then you won't be able to look after others.

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

No matter how well developed your confidence may be, there will always be a window for doubt to sneak in. So, let it. A small amount of uncertainty keeps you honest, balanced and likeable.

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

Self-esteem can't be bought with money, and yet there is a cost. Right now, that cost is called "following things through." This month, do whatever it takes to do what you said you were going to do!

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

You need to get away from 'routine' even if it's only for a short period. A sense of freedom is extremely important to you this month. Try to manage at least one day off to simply do the things that you enjoy doing.

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

Strange thoughts cross your mind. Thoughts like: This is the best way everything could have possibly turned out. I can do it! These thoughts are a sign that 'Lady Luck' is back on track.

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

It's one thing to be modest, but it's quite another to devalue your achievements. Speak up this month, especially since there are those around you who will take credit for just about anything - including whatever it is that you don't take credit for. You've been warned.

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

If you're going to make an assumption, then let it be one that will improve your life. It does you no good to assume that when bad things happen, it's "just your luck." Assume that fortune is smiling on you this month - because it is!

Continued from page six

**Wednesday Social Club**

Wednesday 28th November - Jacob's Well - Beverley, in the Darby and Joan Hall, at 2.00 pm.

**East Riding County Choir**

Saturday 1st December - A performance of Handel's Saul, in Beverley Minster at 7.30 pm. Tickets £15, £12 and £8 from Beverley Tourist Information Centre (Tel. 01482 391672) or at the door from 6.45 pm. Accompanied children 16 and under free.

**The British Sugarcraft Guild (Hull and Holderness Branch)**

Saturday 1st December - Lesley Davy's Gingerbread House. Meetings are held once a month at the Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham, between 2.00 pm and 4.00 pm. New members and visitors welcome.

**North Ferriby Gardening Club**

Monday 3rd December - Christmas Celebrations with members in the Priory Rooms.

**Cottingham Local History Society**

Wednesday 5th December - Recent Archaeological Recording in the East Riding - Elaine Moll. The Society meets every first Wednesday in the month, in the Red Hall of Hallgate Primary School, Hallgate, Cottingham, commencing at 7.30 pm. *Entrance is via the King Street entrance to the school. Please arrive before 7.30 pm as the doors cannot be manned once the meeting has started.* Meeting Fee: Members £1.00; Non-Members £2.00.

**Cottingham Civic Society**

Monday 6th December - The Emerging East Riding Local Plan with a focus on Cottingham - A talk by Stephen Hunt, Planning Policy Manager ERYC, in the Darby and Joan Hall, Finkle Street, at 7.30 pm. Members are requested to contribute £1.00 for each for every meeting attended. Non-members are welcome to attend at a charge of £2.00 each. Refreshments are served at a nominal charge.

**Maureen Hunter Singers**

Saturday 8th December - 'Christmas Voices & Brass' concert at the Hull City Hall, with the Hammonds Saltaire brass band as guests. (7.30 p.m.) Tickets priced from £7.50 from the City Hall box office: 01482-300300.

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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**

**H**ello and welcome once again fellow anglers to this month's fishing news. We hope you are all well and are still enjoying your favourite pastime. The date is 15th October.

Firstly I must tell you the results from the River Derwent and River Hull Survey championships.

On day one, 120 anglers entered the competition on the River Derwent; they fished from Sutton to Halsham. Unfortunately the river, due to the flooding just two days before, did not fish very well at all. Nonetheless, a very well done to everyone whom took part.

The winner was a Mr Peter Kittwood from Goole, he drew peg 2 at Halsham and caught 6 perch on Lob worm for a total weight of 6lb 6oz, and for his troubles he went home with £1200. Not bad eh!!! Congratulations Peter.

Second place was Mr Mark Halksworth from Chesterfield. He caught a 5lb Chub on bread flake from Scrayingham.

Third place was Mr Wally Brown from Hull he caught 2 chub again on bread and he was pegged at Buttercrambe.

Finally fourth place was Mr Shaun Leskiewicz; he caught 4lb of Roach.

Out of the 120 anglers whom took part 63 anglers weighed in.

Day two of the competition was on our River Hull, the results this year compared to last years are a lot better. I have been reporting since

June of this year that the River Hull has been producing brilliant bags of fish, and I am pleased to say that even with 159 competitors on the bank, (it was under some considerable pressure) there remained some good surprises and some decent weights.

Firstly I would like to congratulate the winner, Mr Dave Brooks Senior from Hull. Once he caught his breath back after running to his peg at Shipyard he had a brilliant day. He was catching a right mixed bag of Roach, Skimmers, Ide, Perch and Flounder all on maggot and worm. Dave finished up with an impressive haul of 38lb 9oz, and same as the Derwent match, Dave walked away with a nice £1200. Congratulations Dave.

Now then Mr Craig Hirst from Beverly whom came second deserves an extra pat on the back for his result. Craig had a fantastic bag of Roach four pegs up from the Bridge at Tickton that weighed 32lb 8oz, and he caught the lot on the stick float with maggot. Well done once again Craig.

Remember Mark Halksworth from the Derwent match? Well here he is again, Mark caught 19lb 4oz of Roach from Shipyard to come third.

Fourth place was Mr Oliver Waddy from Beverly. He drew at Figham and you aren't going to believe this! He weighed in with 19lb 2oz of Flounders, 23 of them all caught on lob worm. Brilliant. The River Hull match was fished from Hempholme to Kingswood, out of the 159 that entered, 73 weighed in. Someone caught an 8lb Sea Trout from Kingswood but unfortunately could not weigh it in.

Over the two day match Mark Halksworth from Chesterfield finished with 5 points overall and won a further £1000. Congratulations mate. Dave senior ended up with 9 points overall and took another £650. Not a bad weekends work, eh!

At this point, I would like once again to congratulate the Environment Agency and all the others concerned for another well run and organised weekend.

I apologise as the competition results have taken up most of this month's article, but just to let you know that our local river is fishing brilliantly, so please give it a go and remember it is free to fish.

Sea scene: there are lots of Whiting and Flatties being caught daily all down the Humber. There are reports of some Cod being caught from Old Hall and Paull. According to Makro Tommy, Dover Sole is being caught at Makro. On the coast much bigger Whiting from places like Hornsea North are coming in on every night tide with an odd Cod and Bass from nearly all other marks.

Live baits; Lug worm, Rag worm are now available all the time now. Live Blacks and yellowtails will be available after big tides, weather permitting, of course. All your frozen baits are always in stock should we ever run out of live bait. Remember, this does happen, so order early!!

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*Anyway from me Chris and the rest of the Catchmoore crew we wish you "tight lines" till next month.*

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## Have your say on Winter services

**E**ast Riding of Yorkshire Council is holding two events this November to ask for views on winter services.

The events will be held at Cottingham High School on Wednesday, 7 November and Howden School on Wednesday, 14 November and will include the discussion of salting routes, salt bins and how local community schemes operate.

The workshop-style events will provide information and ask for the views of residents, with staff from the council's winter services team, responsible for implementing the council's policy for winter maintenance, on hand to advise on policy issues and the day-to-day running of operations.

Councillor Chris Matthews, cabinet portfolio holder for infrastructure, highways and emergency planning at East Riding of Yorkshire Council, said: "This is a great opportunity for residents to be involved in our policy review and to find out how we can work together to ensure the service meets as many needs as possible."

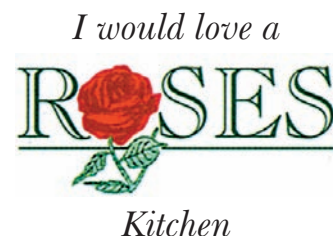
An earlier event took place on 8th October at Driffield School with several people asking for clarification about what would happen if someone had an accident on a footway cleared by a resident. There is no law stopping a resident clearing snow and ice from the pavement outside their property or from pathways to their property or to public areas.

The Government has produced an easy-read guide showing what residents can and cannot do. Type 'Governments Snow Code' into any search engine and the results will return the document.

All residents are invited to these events, but there are a limited number of spaces so booking is essential.

A fourth event will take place in Hedon at a date to be confirmed.

For more information or to book a place, contact the consultation team on (01482) 391474 or email [katherine.hensby@eastriding.gov.uk](mailto:katherine.hensby@eastriding.gov.uk)



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## Hallgate Schools - continued

by Peter Railton - Local Author and Historian

### The Year is 1937

January came in accompanied by a lot of foggy weather, which caused absences among the girls who lived a long way from the school; 'flu then took its toll towards the end of the month resulting in more absences including members of staff - Miss Buttery, Miss Wright and Mrs Wigglesworth who were all away at the same time and classes 4, 5, and 6 were massed together for afternoon sessions for over a week and two supply teachers were sent from Beverley. Attendances varied from 84% to 89% all through February as illnesses of different kinds dogged the school. Mrs Evans caught tonsillitis and was away all May.

### The Year of the Coronation of King George VI and Queen Elizabeth

On the 20th of April, Rev Dakin wrote in the log book -

"This day I visited the Council Schools and found all in order and all girls correct. I was very much struck again with the cheerful service given by the scholars at my request and that tone of cheerful willingness seems to be highly characteristic of the whole working of the school". This was the year of the Coronation of King George VI and Queen Elizabeth and Cottingham schools, in common with the rest of the nation's children, prepared for the event.

The girls decorated their school with flags, talks were given by guests, special lessons arranged, the Coronation Ceremony explained in all the classes with the significance of the occasion emphasised. Three day's holiday was given, 12th, 13th and 14th of May. Sports and parades were organised for the great day and a tea to follow, but the weather was so bad that the outdoor events were cancelled and only the tea survived and pre-school children could attend, I was taken by my mother to one laid on at the Primitive Methodist School Room in King Street, once used as an infant school before the Hallgate Schools were built, the Modus shop stands on the site now.

### Heavy rain and fish paste sandwiches

It rained heavily and we were late in arriving at the venue, with wet coats and an umbrella turned inside out by the strong wind. My aunt and my youngest cousin were waiting for us and the festivities were well under way when we got there, with lots of girls and boys demolishing cakes, buns and sandwiches at an alarming rate until only the fish paste sandwiches were left for us and my memories of Coronation Day 1937 are of vanishing buns and cakes, wet clothes and fish paste sandwiches.

The violin orchestra was again successful at Hull Music Festival and won the Shield. On July the 7th, the Divisional Sports were held at Driffild and the girls took first places in the Senior, Inter and Junior Jumping events, the Junior Relay, and second in the Junior Skipping. The following day the school's own sports were held on the Ellerman's ground and one girl competing in the jumping events fell and broke her wrist and had to be taken to Hull Royal Infirmary (the old one where the Prospect Centre is now).

### Pupils increase due to families moving to Cottingham

After the summer holidays 45 girls were admitted to the department from the infants - an increase of 10 on the previous years this could be as a result of families moving in to the village from outside as Cottingham became an increasingly attractive place in which to live. Eight girls had obtained various scholarships to Beverley High School and to the new Gregg School of Commercial Studies on Beverley Road in Hull. The arrangement of classes and teachers was - Class 1 Mrs Tether; Class 2 Miss Padget, Class 3 Mrs Evans, Class 4 Mrs Wigglesworth, Class 5 Miss Buttery, Class 6 Miss Wright, Class 7 Mrs Wilson.

Mr. Arnett and the Rev French paid their usual visits and signed the log book. Mr. Harris, the dentist, followed up his earlier visit by returning and extracting the teeth of some girls, whose mothers were in attendance. A milestone in the history of the school is recorded by Miss Brimelow: two loudspeakers were placed in the rooms of classes 5 and 7 respectively by the Broadcasting Relay Service, and geography, history and biology talks were listened to. Presumably, a radio licence



was obtained for the department as was the case in the boys' department.

Students from Hull College were in the school during the autumn term taking classes 5 and 7 and no doubt making use of the new facilities. Class 7 girls were taken to the Albion Street Museum to see specimens of birds, accompanied by their teacher and a student. Term exams were held in November and December, plus medicals and the weather was wet and foggy - the year ending as it had begun.

#### Well disciplined and cheerful boys

The boys' school opened on the 5th of January with 246 scholars present and Miss Hardy away with the 'flu. The Rev. Dakin recorded that attendance was down in this department too due to colds and 'flu - "The boys are cheerful and discipline is well maintained."

The arrangement of classes and teachers was - Class 1 Miss Warwick, Class 2 Miss Thomas, Class 3 Miss Hardy Class 4 Miss Brown, Class 5 Mr. Bailey, Class 6 Mr. Wright, Class 7 Mr. Bramley, Class 8 Mr. Hall (later replaced by Mr. Clarke). On the 5th of February a Lantern Lecture was given in the hall on the growing of flowers and bulbs and marketing by Mr. Campbell of Leeds University, in connection with the Cottingham Horticultural Society. Mr. West, of A & G. W. West, market gardeners of Middledyke Lane, proposed a vote of thanks.

#### Scholarships and Lantern Lectures

Four boys successfully sat exams for Trinity House - Hubert Coupland, Frank Fellows, Reginald Johnson and Ronald Arthur Tuttle. Another Lantern Lecture on the evening of the 5th of March was given by a representative of the R.S.P.C.A. and essay competitions were to be held for boys and girls on the subject of the show which dealt mainly with wild animals of the countryside, and two boys, Eric Dawney and Dennis Ireland won Merit Certificates awarded by the National Lifeboat Institution for essays on 'A Lifeboat Rescue'.

On the 21st of April a G.C.E. (General Electric Company) Broadcast Receiving Set was bought out of school funds. This 'asset' was in addition to the wind-up tall gramophone which stood on the dias just inside the hall doors - more of that later.

The school closed for Whitsuntide and the Coronation Sports in May; these were held on Saturday afternoon the 29th at the Grange Field on Harland Way (the site of the Cottingham High School). Various events were held and teachers, parents, local dignitaries and friends all helped and dancing was enjoyed on the field during the evening, music again provided by Cottingham Silver Band and the celebrations were rounded off with a grand firework display.

#### Excursion to London

On Friday the 14th of June, many boys and girls plus teachers and some parents set off for a day's excursion to London, leaving Cottingham Station at 5.30 a.m. Breakfast was taken on the train and King's Cross was reached at 10.15 am. Buses took everyone to the Houses of Parliament and the party was shown round by Sir Servington Savery, M.P. for Holderness. Then to Westminster Abbey, followed by a bus tour of London finishing at Hyde Park where 'a splendid lunch was partaken under the trees with the sun shining gloriously. Then back to the buses for more sight-seeing - Regent Street, Oxford Street, Broadcasting House to the Zoo for a limited visit, then back to King's Cross for the journey home, arriving at Cottingham Station at 10.50 p.m. 'tired but happy'.

#### Memories

Edwin Stroud, Jack Denneth and Kenneth Garwood won scholarships to Beverley Grammar School and 35 boys 'went up' from the infant's department in September. The schools were closed on the 18th of October for the visit to Hull of the King and Queen. I remember being taken to the Station to see the Royal Train pass by, very slowly, through a carriage window I caught a glimpse of a lady's wide brimmed hat which, my mother assured me, was being worn by the Queen!

**One more memory** - a small boy going through the big red door to the infants' school - the rows of coat pegs, the huge hall, the rocking horse, the distinctive smell of wood, floors and the dozens of unfamiliar faces - the start of school life.

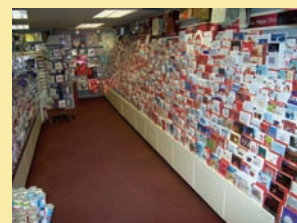
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## “To Them”

Horse after horse walk their four legs through my door, week after week, all bearing scars, both physically as well as emotionally. We see a pattern emerging as each one's life story unfolds before us. Some horses come with a full history from birth, some with a limited history from point of sale where its previous life is shaded with grey. Some come from dealers' yards where a huge dollop of dope and a pack of lies have been told in order to sell to the less experienced and gullible potential owner. A few days later when the dope has worn off usually reveals the horror of their mistake as an extremely different character and personality emerges from their new purchase.

Some owners offer up real honesty over the course of events leading to its need to come and visit us. We always need as much truth as is possible to offer up as we are putting our heads in the lion's mouth, so to speak.

Accidents and injuries can change equine personalities and leave them feeling vulnerable and unsafe....just like us. The same can be said with the effect of environmental changes. We usually have the luxury of power to self govern. We can, as a rule, make choices in our lives not open to our pets...In the main we are masters of our own destiny. We have the ability to choose where and how we live. We choose what we eat and when.

We choose who our friends are and have fashion and music preferences. We choose our working environment, career path, our potential spouses.....we even choose where we go at any one time, which route we take and the speed with which we do it in (with the exception of the motorways which totally dictate to us much to our expressive frustration!) We are even responsible, en masse, for who has the right to govern the country.

Singularly, only cats as pets have the ability to dictate their own path...if the hotel services you offer up are not up to their meticulous standards they will simply move on.....cats do not have owners after all, they simply have staff! They train us to serve them! Sorry if I offend any cat lovers/owners here. It is my simple analogy having been a cat “owner” all of my life, one way or another!

Dogs, horses, pet rabbits, hamsters etc all are completely at our mercy when it comes to how they are treated and cared for. They are trapped in the environment we choose for them to be in with very little or no power to help themselves in any way, shape or form.... except through expressing their emotions through behaviour....be it good or bad.

Horses are sold on. They are loaded into transporters and taken to new homes. They leave behind strongly formed bonds with other horses. The ones left behind are affected by the loss of a bonded companion. That in its own right can have a ripple effect. The “new” horse arrives at the mercy of new owners, new yard staff and already established equine herds. The “new” horse in the field immediately gets threatened or is beaten up by the Alfa horse (usually a mare) in order to put in into its place within the hierarchy. It needs to learn quickly to give no trouble or challenge to the established hierarchy in that new paddock. This is the herd rule of law as ancient as the hills. There is an order to conform to. This done and dusted he will then find his place and hopefully will have the ability and opportunity to bond with a new friend.

Care must be taken when introducing new horses to a field of established relationships as the metal shoes worn by most can and do frequently cause injury and physical harm. Vet bills are the singularly most expensive care cost in maintaining an equine! I am sure vets make it up as they go along adding several zeros to the end amount just for good measure!

Horses need a good routine in order for them to settle in. Routine is as important to animals as it is to providing security to our children. Once in a routine they start to know what will happen **TO them**. I underlined that word on purpose.....To them, not with them, not for them or anything else. All they want to know is that they feel safe, are understood and can find a place to relax and be exactly what they are....a horse, a herbivore, and a quadruped (and as such need to feel predator free!).

They do not have thick armoured plating, claws or big sharp teeth. Defence through flight is their one real defence as is the way of any herd animal at the bottom of the food chain. Awareness of any perceived threat is by smell and movements which then trigger appropriate actions in order to survive. It is these signals which we, as owners, need to be aware of and try hard to train confidence in place of fear or uncertainty....

We are always trapping horses into confined spaces...stables, trailers and lorries, ménages or schools and most certainly the limited space on a road (trapped between the pavement and the traffic)- even a field is an entrapment surrounded by fences or big hedges to confine our animals. After all, horses evolved on vast tracts of open plains or prairies plains where they were free to roam at will.

Where predators crept up slowly, crawling through the long grass, trying to remain hidden for as long as possible in order to pounce at the last minute. The big cats (tigers, Lions etc) cannot out run a horse, surprise is their biggest tool. Our modern day horses are still as acutely aware of their environment and of any perceived threats to their lives as their ancient predecessors....which is why they are such interesting and challenging animals to have as pets.

To own a horse is to take on a huge commitment. Its training is continuous and lasts the lifetime of the horse. As each horse we deal with is a different individual, with differing temperaments and experiences, we, as trainers, constantly learn from each one .....so our training lasts a lifetime too.



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## 'Potiche' to be screened at the Swanland Village Hall

After October's showing of a serious war film please join us for a spot of French comedy with this month's film *Potiche* starring Catherine Deneuve and Gérard Depardieu. This tells the tale of Suzanne Pujol who is a decorative wife: she runs a household, while her imperious and philandering husband runs the family umbrella factory with 300 employees.

While he recuperates from a heart attack during a labor dispute, she brings her two adult children into the factory. Through shrewd use of both her values and an old connection to Babin, the leftist mayor and MP, she gets things moving again..... Do join us to see how.

Where: Swanland Village Hall. When : 7.30 pm Saturday 17th November. How much: £4 adults, £2 schoolchildren For details: Yvonne 01482 634863 or visit [www.swanlandvillagehall.info/swanland-screen.html](http://www.swanlandvillagehall.info/swanland-screen.html).

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# Windows 8 is here! - and lots of useful tips . . .

**W**indows 8 is here! As you read this, the latest Windows 8 will be available on new computers, and as an upgrade to existing ones. Expect quite a number of touch-screen PCs to be available, taking advantage of the operating system's features. Don't forget that if you have purchased a qualifying Windows 7 computer in the last few months, you can register for a special £14.99 upgrade at [www.windowsupgradeoffer.com/en-GB](http://www.windowsupgradeoffer.com/en-GB)

Microsoft has also launched its Surface Tablet; a 10.6" HD screen with two cameras, and 32 or 64Gb of storage space.

Apple's iPad Mini will be on sale now, the new smaller 7" iPad was about to be released as we went to press, and I wonder how many have been sold so far!

The 7" tablet market is becoming quite crowded, with the new iPad Mini going up against the popular Google Nexus 7 and the Amazon Kindle Fire & HD products, amongst others. There are some good comprehensive in-depth reviews of all these online, and probably at this time of year pricing will be a key factor.

A recent survey found that at least 25% of tablet owners use them whilst watching TV, giving rise to concerns over advertising revenues, according to the BBC news website.

*Thought of the day: The late evening news on TV used to be a must watch, but now with constant news feeds on computers, laptops, tablets and mobile phones, I wonder how audience figures have fared.*

**TIP: When printing a document, make sure you only get the pages you want. When the print dialogue box comes up, click to select pages by number, for instance just page 1 or 2,4,7 to print selected pages.**

**Inkjet printers can dry out.** Customers often report that their printer is churning out blank or very faint pages. This is often caused by under-use, leading the inkjets to become dried out and unable to dispense the right amount of ink onto the paper. The only way to rectify this is to do a head clean, which can be found in the maintenance section of the printer properties, or check your manual. However this can be expensive on ink. To prevent this from happening if you don't use your printer a great deal is to make a point of printing something at least once a week, preferably a picture, as this will keep the coloured inks flowing. For those using Epson printers, it is worth mentioning that we supply Jettec compatible cartridges that are very cost effective.

**Tip: If you only ever print in black and white, consider getting a mono laser printer, they are compact and reasonable to buy, and the toner drums last for ages.**

There have been a few notable anniversaries in the technical field recently. The 60th anniversary of the bar code, and 50 years since the invention of the LED.

Facebook has clocked up its one billionth member, and whatever you think about the site, that is some success story!

**Tip: If your wireless router is a few years old, it might be worth investing in a new one.** Karoo has been upgrading the broadband network for some time now, and the newer the router the better speed you're likely to get.

KC Lightstream, the superfast fibre optic broadband service is still being rolled out across the area, and is being 'engineering led'. That means KC is putting it into areas that have always suffered from poor speeds, but also where there is high customer demand, so register your interest online, for home or business use at: <http://lightstream.kc.co.uk/>

**Tip: If you download something, it disappears and you need to find where it has gone; in Windows 7 just click Start, and the click your name at the top of the menu, and you'll see your Downloads folder.**

Eset expiring? – don't worry about trying to do it online, just ring RDM or email [eset@rdmcomputers.co.uk](mailto:eset@rdmcomputers.co.uk) and we'll quote the online price and do it all for you.

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## PIZZAS :: BURGERS KEBABS AMERICAN FRIED CHICKEN

**G**ino's Pizza and American Fried Chicken Takeaway is situated on Hallgate, Cottingham, near the junction with George Street and opposite the United Reform Church.

He has been established for the past six years and has built a reputation for providing excellent quality food and excellent, friendly service.

He has won the coveted Fast Food Guide Quality Award for Excellence in 2010 and now 2011. He also has the Outstanding Achievement Award for Distinction for Excellence in maintaining High Standards of Quality and Customer Service, by The Good Food Guide 2005.



There is ample parking on Hallgate and in the nearby side streets.

Gino's is a bright, clean and friendly premises, and there is a small well-lit waiting area. There is an excellent choice of Pizzas, Burgers, Kebabs and Fried Chicken, and the meals are of ample proportion, even for the biggest appetites. There is also a Gino's Kids Club menu.

The meals are of excellent size and quality and the Mega Meal at £11.99 is superb value for money.

Gino's is now open from 4pm till midnight every day, and is open till 1.00am Fridays, Saturdays and Bank Holidays to provide his customers with good food for longer.

There is a local delivery charge of £1.00 (subject to change). Visit Gino's soon.

**You can now download Gino's Menu from the Cottingham Times website [www.cottinghamtimes.co.uk](http://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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# Moving Abroad?

## A monthly column by Nick Russell

### Car buying

If like us, you have never experienced the second hand car market in Spain you will quickly find out it is nothing like the UK. If you buy privately, you will certainly pay a bit less than at a dealer, but be prepared for Spanish bureaucracy with the paperwork. Unlike the UK, both buyer and seller have to fill in the paperwork take it to the traffic department at the town hall, pay a fee, sign the paperwork and if everything is in order, you now own the car.

This process can be long and drawn out and can take the best part of a day but does protect the new owner from inheriting any fines or debts on the car. We decided to buy from a dealer who would do all the transfer paperwork in the price, as well as give us a warranty. It may cost a little bit more but at least we have peace of mind that everything will be done right. We started with car dealers in the local villages and soon discovered that age and condition didn't really make a great deal of difference to the price.

We saw some real junk at ridiculous prices, all with some body damage, really high mileage, ropey insides or generally just tatty. Most of them don't have prices on them until you ask and a car that would cost you £3,000 in the UK will be at least double that in Spain. Having said that, just about every car we looked at was rust free. As we wanted two cars, we had set a budget and hoped to get a deal but I don't think Spanish dealers understand the concept of a "deal" as the prices stayed the same.

After visiting half a dozen local garages without much success I looked on line and found an English guy on the coast in Fuengirola who sold ex lease cars, about four years old, full service history but high mileage, although the pictures looked really good. I contacted him by phone to find out his location but he didn't have a show room but would bring any cars we wanted to view and meet us in a car park.

Dodgy I know but we selected three cars to look at, all Ford Focus estates, and set off to view them. Anyway the standards were what you would expect in the UK, all polished and clean inside and out, full service and repair history and all original



paperwork. They are all ex lease cars and it looked as if no one had ever sat in the back seats so we picked out two of the three, both four years old but fairly high mileage. He wouldn't move on the price but he did agree to a full tank of diesel in each, that was six weeks ago and so far so good.

### Dead Fish

At the back end of August we had a major problem with the fish pond. We woke up to find about 30 of the biggest fish floating on the water. As we pulled them out of the water and checked them, none appeared to have any obvious signs of infection or disease on their bodies. The next day another 20 had died but what was really strange is that the remaining fish all seem to be ok. I hope it was just an isolated incident as a couple of weeks have now passed with no more dead fish.

### Trip to the beach

When my wife's family came out they wanted to go to the beach so we decided to visit Salobrena to the east of Malaga, a place none of us had ever been to before. It's about an hour's drive from here so we set off about 9.30am and when we arrived it was fairly quiet but by midday the beach was really busy although the weather was gorgeous, the sea was really rough so we couldn't go swimming.

At lunchtime we all headed off to a beach front restaurant offering a 3 course "menu del dia" at nine euros including a drink. As most Spanish tend to head for the restaurants just after 2.00 pm we got there about 1.30 pm, meaning we had ordered and had been served before it got really busy. The food was really tasty and, for the price, there was plenty of it, and they only charged half price for the kids meal. The total bill with drinks was only 80 euros (about £65), not bad value at all for 11 people.

### Next Issue

Trips to Iceland, new bathroom, planning permission, more guests, more days out, figs, grapes, pears, almonds and the fires.

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## Take care of rising funeral costs now...

In 2011 the average cost of a traditional cremation funeral was £3,091\*, and it's predicted to rise to £4,194† by 2016.

Most people will agree that it's sensible to put money aside for a funeral, but with costs rising faster than the average UK savings rate, there could be a shortfall when the time comes. Fortunately you can take care of these rising costs and protect your loved ones with the Age UK Guaranteed Funeral Plan.

The Plan allows you to pre-pay your funeral expenses at today's prices, ensuring that your loved ones won't have to pay a large bill when the time comes. Guaranteed to meet cremation funeral costs The Age UK Guaranteed Funeral Plan is a fixed cost plan – so you know exactly how much you will pay for the services included in the plan. You will be safe in the knowledge that you are protected against further price rises and your money is paid in to an independent Trust Fund until it is required. If you're aged 50 or over acceptance is guaranteed with no medical questions asked.

Guaranteed support for loved ones The Plan also helps loved ones at a difficult time and it only takes one phone call to put the Plan into motion. An experienced and sympathetic Funeral Director will take care of the essential arrangements providing support and guidance and allowing your loved ones to focus on making their own personal tributes.

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East Riding HU17 8AX. 01482 861 065**

**From 09.30am-4.00pm Monday-Friday**

**Or visit our website: [www.ageuk.org.uk/funeralplan](http://www.ageuk.org.uk/funeralplan)**

\*The Sun Life Direct Cost of Dying Survey, 2011. †Dignity. Not all Age UKs offer all Age UK products. Age UK Enterprises Limited is a commercial services arm of Age UK (registered charity number 1128267) and donates its net profits to Age UK.

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Taking care of funeral costs

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It's your party, tell us what you want to hear!  
Friday 30th November, 7th 14th & 21st December  
With 3 course dinner & disco  
**£29.50 per person**

## 'Saturday Glitz & Glam'

Dress up & add a little extra sparkle to your night!

**Saturday 22nd December**

With 3 course dinner & disco

**£29.50 per person**

## 'Christmas Casino Nights'

Come play our gaming tables!

**Thursday 13th & 20th December**

With 3 course dinner & disco **£19.50 per person**

## 'The Big Christmas Quiz'

1st, 2nd and 3rd place prizes!

**Wednesday 19th December**

With 3 course dinner & disco

**£19.50 per person**

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**Saturday 17th - Haley's Comet (Classic Rock Band)**

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## Gardener's Question Time - The Holly, the ivy and other Christmas stories

Following on from Doug Stewart's successful presentation, for us, in May this year, Seafarers UK (East Yorkshire Committee) have persuaded Doug to return, once more, to give us an amusing talk, with his own slant on "The Holly, the Ivy, and other Christmas stories". Doug, who can be heard weekly on BBC Radio Humberside's "The Great Outdoors", will invite you to learn about the folklore and the tales behind the plants and traditions that make Christmas special. During the refreshment break you will be invited to partake of a mince pie and a glass of mulled wine.

This event will take place on 4th December 2012 at 7.30pm in the upstairs room at the Duke of Cumberland, Cottingham.

Tickets cost £5.00 per person, including refreshments, and will be available from 20th October 2012.

For further details, or to order your tickets please contact Peter Clark on 01482 876267.

Seafarers UK are a charity that helps people, locally and nationally, from the Royal Navy, Merchant Navy and Fishing Fleets, and their families, in times of need. Seafarers UK is the working name of King George's Fund for Sailors.

## Michelle added to staff at firm's Cottingham office

Moving into Cottingham appears to have paid off for local insurance broker, Hedon Insurance, as their Cottingham office is proving to be a big hit with local residents.

Hedon Insurance's Managing Director, Anne Walters, is amazed with the office's progress since it opened in February 'It is quite extraordinary. The level of interest that we are seeing from the villagers in Cottingham is fantastic'.

The firm puts its success down to maintaining the 'old' approach of providing a personal, face to face service, in local offices teamed up with the latest technology to provide a powerful proposition that compares favourably where it matters – on price - with most online insurers and direct companies.

Faced with a higher demand than expected the firm has been quick to bring in reinforcements appointing Michelle Moody as a customer adviser at the office.

Michelle comes to the firm from Aviva (formerly NU) but she has previously worked as a broker in the area for Smart & Cook and the Insurance Partnership.

'Michelle's experience will be very valuable in Cottingham and we are pleased to have been able to secure her services' commented Anne Walters.

'I'm glad to be back in a local insurance office mixing with the public again' explains a delighted Michelle 'I am really looking forward to it.'

## Cottingham Calendars with photographs by John Dewing on sale at Barkers of Cottingham

John Dewing who has taken many of the excellent photographs featured on the cover of the *Cottingham Times* over the past six years, has produced an A3 full colour calendar for 2013 with a marvellous selection of Cottingham views.

The calendar will be on sale at Barkers, Hallgate, Cottingham, Christmas Cards are also available.

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## Come and enjoy the up-and-coming events at the Half Moon, Skidby and book that festive meal

### Bonfire Night

Bar-B-Q's ready; Mulled Wine's mulling; Hot Soup Cauldron's bubbling; Jacket Spud Oven's warming up, oh yes and the **Fireworks** are over budget, can't get everything right!

Remember, Remember; children under sixteen get building your Guy's and bring them along to be judged by our visitors on the night, win prizes and the honour of the **Half Moon's best Guy Fawkes 2012**. So let's all hope for a fine night and **above all, be safe**.

### The Festive Season is upon us

With Xmas only seven short weeks after Bonfire Night the Festive Season beckons so we're busy polishing our baubles and trying to decide where to put the Tree. Between December 1st and the 24th we will be offering a two/three course **Seasonal Menu** with full table decorations etc. during Lunch and Dinner service, for **pre-bookings only please**. While on **Christmas Day** itself a sumptuous four course Lunch with all the trimmings will be freshly prepared to make your **Xmas special, please reserve your table early**. No washing up required.

### Refurbishments

A number of refurbishments are taking place during this month. Between October 29th and November 16th a new layout and additional equipment is planned for our **Kitchen** and an additional **Food preparation area** is being created. It is possible that some short interruptions to our service may occur between these dates and we ask for your understanding, thank you. Between November 6th and November 16th the **Gents and Ladies Facilities** are having a complete refit. High Quality temporary facilities will be available during this period.

### Bar news

For those chilly winter evenings we have warming **Mulled Wine** available on the bar and **Wold Top, Headland Red** is introduced as our guest cask this month, its rich red colour and mellow flavour hits just the right spot for **November weather**.

*As always many thanks to our customers*

*for their continuing support, Mike and all the Staff*

**The Half Moon, Skidby. Tel: 01482 843403**

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## Calendar Girls ~ by Tim Firth

**Directed by Lynda Danby  
for Cottingham Little Theatre**

**A Yorkshire story with a very Yorkshire heart**

**B**ased on a true story, this is a gentle, charming, and touching tale of ordinary Yorkshire housewives who pose for a saucy charity calendar to help raise funds to buy a new sofa for the waiting room at the local hospital.

A lovable cast of characters perform this poignant play, a tale of friendships and loyalty, and just a little bare faced cheek!

Performance dates are Wednesday 27th November, Thursday 28th November, Friday 29th November and Saturday 1st December, commencing at 7.30pm at the Darby and Joan Hall, Finkle Street, Cottingham.

Doors will open at 7.00pm as usual, seats are unreserved except for invited guests and Friends of CLT.

Due to popular demand, we are delighted to report that by increasing our seating in the D&J Hall, we have some extra tickets, (at time of going to press) - available from Barkers Newsagents, priced £6.00 and £5.00 concessions.

### Act One – Beginners Please!

Amateur dramatics is not just about acting, a successful show is all about teamwork, both on the stage and behind the scenes. It would be easy to put on a show if we hired the sets, scenery, costumes and props, but it would also be expensive.

Here at Cottingham Little Theatre (CLT), we do all the hard work behind the scenes ourselves, besides – it's all part of the fun!

If you're interested in joining us, there are lots of ways you can get involved, and you don't need to be an expert or hugely confident - we're looking for enthusiasm and commitment. No matter what your skill level, from complete novice or an experienced Jack of all trades, here are some ways you can join in.

Set design, scenery, painting, set construction, stage management, lighting, prompting, direction, costumes, props, make-up, making cups of tea and coffee.

We're always on the lookout for good actors too, and if 'treading the boards' is something you fancy then give us a call, or better still, come along to a rehearsal night and talk to us.

As a member of CLT, you'll laugh (a lot), make some great friends, share in the camaraderie and enjoy the warmth and support of our wonderful audiences on performance nights.

For more information please contact Margaret on 01482 846796 or take a look at our website: [www.cottinghamlittletheatre.co.uk](http://www.cottinghamlittletheatre.co.uk) or email us: [clt1920@hotmail.co.uk](mailto:clt1920@hotmail.co.uk).

## Friends of Hallgate Primary School to hold a 'Nearly New' Baby Sale on 25th November

The Friends of Hallgate Primary School are organising a Nearly New Baby Sale on Sunday 25th November at Civic Hall in Cottingham, 10.30 am – 12 noon.

There will be good quality toys, clothes, books, equipment and everything you could possibly need for children aged 0 to 5 years old.

Refreshments will also be on sale to help raise funds for the school.

If anyone wants to raise some extra cash for Christmas and clear out their lofts/cupboards and would like to hire a table, can they please get in touch with Leigh Pullen on 07854 881587 or [leigh@pullen213.karoo.co.uk](mailto:leigh@pullen213.karoo.co.uk) - all are welcome – this event is not just for Hallgate parents.

We look forward to seeing people on the day and offering their support



### Lifestyle Fame4 present their cheque for £313.09 to Friends of Dyslexia Institute Hull

Pictured above are the Lifestyle Fame4 team presenting their cheque for £313.09pm to Friends of Dyslexia Institute (Hull) at a ceremony held in September.

They have been involved in many varied fund raising activities to achieve their goal.

They have done a car boot sales, washed cars, printed and delivered leaflets, had cake stalls and a table top sale outside Cottingham Methodist Church. The girls have worked really hard and have shown remarkable dedication and a tremendous work ethic to raise so much money.

Pictured above left to right: Kim Haddelsey (Secretary of Friends of Dyslexia), Eve Jackson, Rebekah Horsley, Hannah Mangan, Elouisa Tutty, Jill Bell (Chairperson of Dyslexia Friends in Hull).



**Haltemprice Lions Club**  
Incorporating Haltemprice Lions Club Charitable Trust Charity No. 518253

# Christmas Craft Fair

at the  
**COTTINGHAM CIVIC HALL**

**Saturday 3rd November 2012**  
10am - 4pm

**Admission 50p**






**Tombola - Cake Stall**  
**Plants and Cards**



### The Incredible Dr. Guttman

7.30 pm on Remembrance Sunday (11th November) will see the play The Incredible Dr Guttman performed in Swanland Village Hall. This is a powerful and captivating new play full of passion, determination, humour and learning to start over again, telling the story behind Stoke Mandeville's wheelchair warriors and the first Paralympics.

In 1948, a doctor at Stoke Mandeville Hospital had the audacity to stage the first games for disabled ex-service men and women on the very same day as the London Olympics. Known simply as 'Poppa', Guttman was a charismatic, witty yet driven individual, whose work and revolutionary ideas touched the lives of people all over the world.

His personal story is equally as powerful. As a brilliant young Jewish doctor, Guttman and his family were forced to flee Nazi-Germany, taking refuge in England. Here his work gave new hope to people whose lives had been torn apart by spinal-injury. The Incredible Doctor Guttman is based on the true story of this remarkable man.

Tickets cost £7.50 (adults); £6.50 (SVA members); £3 (schoolchildren). See [www.swanland.info/shows.html](http://www.swanland.info/shows.html) for details Contact Yvonne on 01482 634863 or Ian 632800 to book seats.



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## Alpha Probus club raise £2,300 for two charities

The Alpha Probus club organised a charity garden party in the gardens of 13 and 15 Windsor Close, Cottingham in September and raised the princely sum of £2,300 to be divided equally between Dove House and The Yorkshire scan appeal.

Sudoku Answer from page 12

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

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

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

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

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

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

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

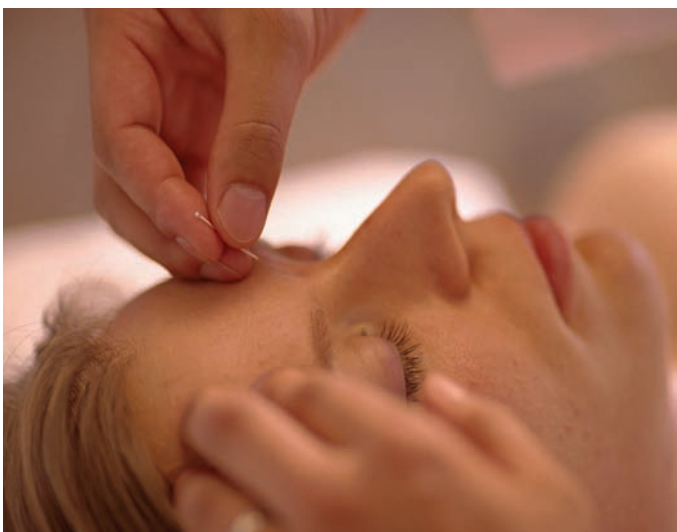
The channels are related to the internal organs, which if out of balance is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

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



### Muscular, Neurological, Skeletal and Vascular:

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

### Internal:

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

### Men's Problems:

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

### Women's Problems:

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

### Ears, Eyes, Nose and Throat:

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

### Cancer and Tumour:

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

### Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

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

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



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## 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 Caroline Hepworth on 01482 325242.

*We believe the information contained in this article to be correct as of October 2012. While all possible care has been taken in the preparation of the information, no responsibility for loss occasioned by any person acting or refraining from acting as a result of the material contained herein can be accepted by the firm or the authors.*

**Andrew Jackson**  
Solicitors

Do you need advice on

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**Powers of Attorney?**

**Probate?**

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**Wednesday 16 January 2013**

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**Thursday 22 November 2012**

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## MMS SOLICITORS

wish to announce that their Cottingham Office at 14 King Street, Cottingham has now closed. We wish to assure all clients past and present that all work will continue on their behalf with no disruption at all and if any consultations are required, we will attend you personally at your home.

**We also wish to take this opportunity to inform you that we can still continue to offer services to clients in the Cottingham and East Yorkshire area and if you need advice on Wills, Probate, Court of Protection matters, Lasting Powers of Attorney and landlord and tenant issues, Deborah Taylor who lives locally can attend upon you at your home, at no additional cost.**

If you feel you could benefit from a home visit or wish to pass on instructions for any work listed above, please contact our offices on **01964 612318** or contact Deborah Taylor direct on **07805 648101** or e-mail [debbie.taylor@mmssolicitors.co.uk](mailto:debbie.taylor@mmssolicitors.co.uk).



**Weekly Classes held at:**  
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**and all Bank Holidays**

**Also at: Sutton Park, Hull**  
**Tuesday at 9.45 am**

**For Membership details Ring Theresa on 823032**

### Crossword Solution from page 14



## Saving Face Every Day

**W**hen it comes to your face you need to take care of it because it cannot and will not take care of itself.

There are three S's that are considered to be an evil trio when it comes to your facial skin and the aging process. They include smoke, stress and sun. All of these factors can play a dramatic role in the number of wrinkles that you have on your face as well as the severity of them. If you smoke give serious thought to quitting. If you live with a great deal of stress then find ways to effectively cope with it. Always use sunscreen when you are exposed to the sun.

When it comes to sun protection, if you are planning a winter holiday away in the sun choose a SPF of at least 30. If possible avoid direct sunlight, particularly between the hours of 10AM and 4PM. A great deal of skin aging has to do with too much exposure to the sun's harmful UV rays. Not only do you need to wear sun block but you should use a quality antioxidant skin cream that will protect you from the acceleration of the aging process as well as the development of melanoma.

### **By doing these things your face should not age as quickly.**

Exercise on a regular basis as this helps to maintain good circulation. It is recommended that you get at least 30 minutes of exercise per day. Moderate exercise is not only good for the skin but it also improves the health of your cardiovascular system, improves your immune system function, controls your weight and protects you from many age related and degenerative diseases.

### **Your teeth are not just there for chewing purposes or to give you a pretty smile.**

Your teeth, as well as your jaw bone, works in unison to hold your facial skin in the correct position. For this reason you need to take good care of your teeth and gums. Make your oral health care a top priority in your life. Do what you can at home but also see your dentist on a regular basis.

Remember that the basics count for a lot when it comes to the health of your skin. Stay hydrated by consuming enough water every day. Do not allow your body to become dehydrated. In the same way get the sleep you need. Most people need in the range of seven to eight hours on a daily basis.

Eat a balanced diet that includes fruits and vegetables as well as nuts and seeds. Eat blueberries to help your face stay young. Blueberries are choked full of antioxidants that are able to fight free radicals that damage the skin.

Introduce flaxseed oil to your diet if you have not already. Flaxseed oil is one of the richest vegetable sources of omega-3 fatty acids and is important in keeping the skin well lubricated, supple and youthful in appearance.

Say no to alcoholic beverages (or at least cut back on them). Alcohol has a dehydrating effect on the body that can also affect the skin. It also adds toxins to a body that is already dealing with chemicals from the air and from food. If you absolutely cannot go without alcohol then choose red wine which contains some beneficial antioxidants.



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# We



# Christmas

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