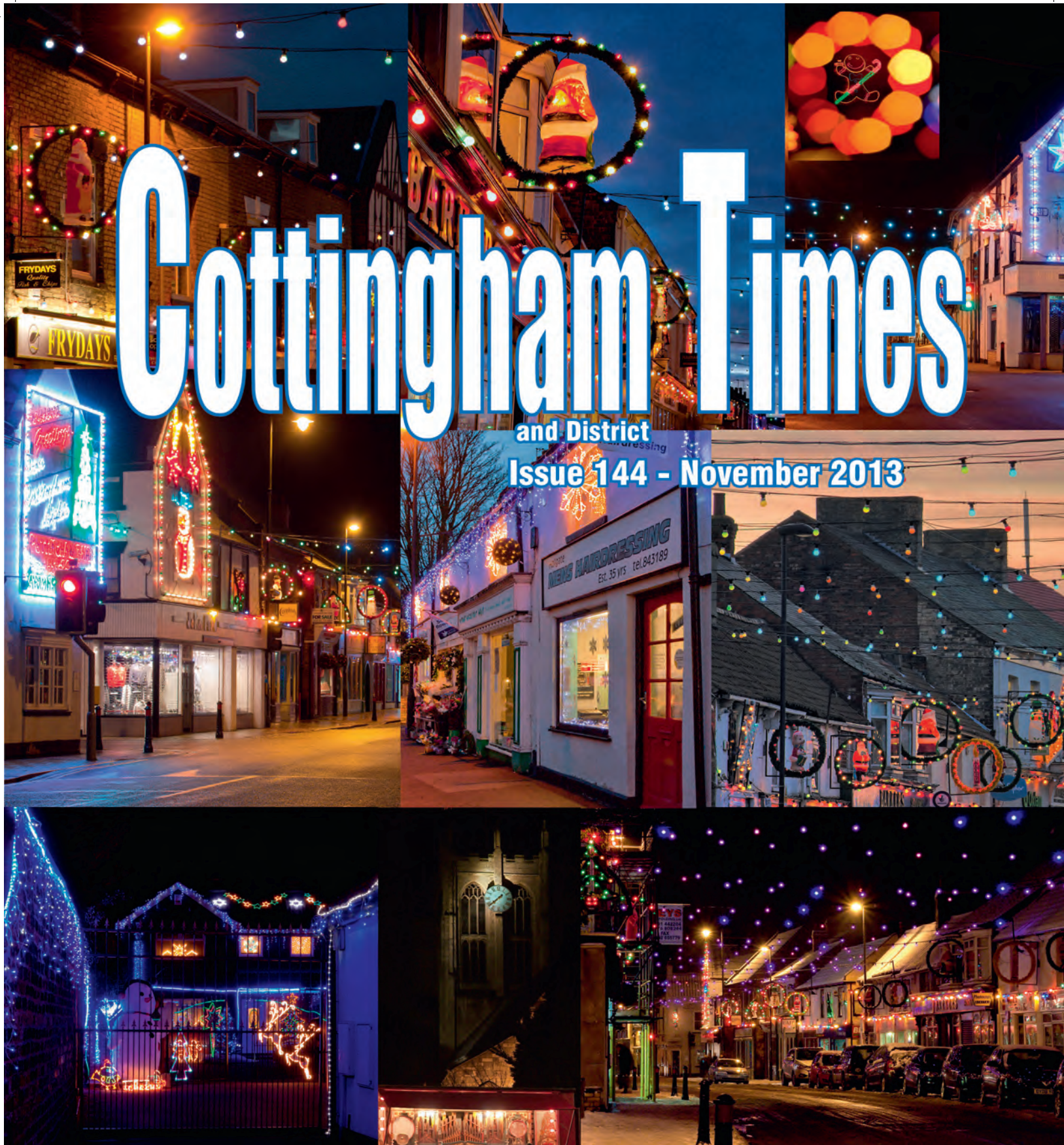


# Cottingham Times

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Issue 144 - November 2013



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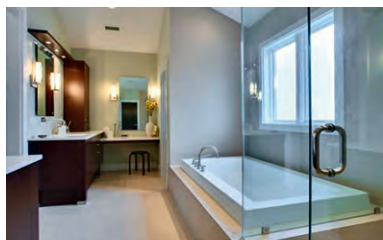
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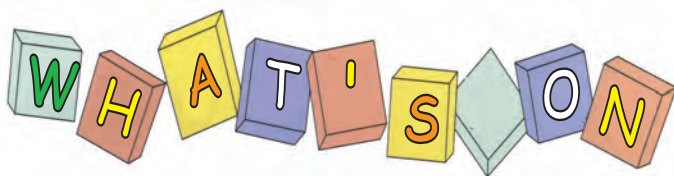
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## In Cottingham and District

### St. Mary's Church, Cottingham

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

### 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.

Front cover picture: Composite of the Cottingham Lights from 2012. Photo by Paul Lakin, 9 Dixon Court, Cottingham, HU16 5BN. Tel. 01482 846804.

### 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 Jon Constable, Club Secretary, telephone 01482 840377, 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. For further information just turn up, or telephone Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 pm in the Arlington Hall, Cottingham.

### Walk & Buggy Burn Club

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45am (term time only) and at KGV Pavillion, Cottingham: Wednesdays 7.00 pm; Fridays 6.15 pm & Buggy Burn Thursday 10.00 am. Suitable for men & women of all abilities. [www.fitmums.org.uk](http://www.fitmums.org.uk)

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### 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.

### 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 Telephone 01482 211255.

### Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. In 2014 we will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at U9, 11, 13, 15 and 17 and all Girl teams at U11 and 13. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Tuesday evening 6 till 8pm and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

**GIRLS CRICKET.** Cottingham Cricket Club are holding three Cricket Taster Evenings at Cottingham High School for Girls only. On Thursday 7th, 14th, and 21st November from 6–8pm we will be in the School Gym. Come along and have a try for an hour or two. More information from Rob Rhodes 842215 or the Girls co-ordinator Michelle Deacon 07894439294.

### Calligraphy, Quilling and Folk Art classes

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

### Cottingham Methodist Church Hall

Card making Class meets every Monday afternoon (except Bank Holidays) 1.30 pm to 3.30 pm at Cottingham Methodist Church, Hallgate, Cottingham. All Levels. Contact: Ann on 079328 33578.

### Haltemprice Art Group

Tuesday 5th November - Design your own Christmas Card  
Tuesday 12th November - Acrylic Workshop with Sandra  
Tuesday 19th November - Sketching Night - Julia Allum/Carol Davidson

Tuesday 26th November - Straight Into It

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.

### The Cottingham Local History Society

Wednesday 6th November - Richard Clarke - Humberside Landscape and its impact on regional history. The Society meets every first Wednesday in the month (except January, which is on the second Monday), 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.**

*Continued on page six*

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### Hull Alpha Probus Club

The Hull Alpha Probus Club will be meeting at The Back Room, Hallgate, Cottingham on the following dates:-

7th November - Lunch

21st November - Coffee Morning

Lunches are from 12.00 p.m. onwards and are followed by a talk from a guest speaker. Coffee mornings are from 10.15 a.m. onwards. If you are retired, live in and around Cottingham and would like to meet new friends, please contact the Club Chairman on 01964 624238 for more information.

### Yorkshire Countrywomen's Association (Skidby Branch)

Thursday 7th November - Lisset Memorial - Peter Naylor. Meetings held in the village hall Skidby on the 1st Thursday in the Month at 7.30 pm.

### Pamper and Shopping Evening

Friday 8th November - In the KGV Sports Centre, at 7.00 pm to 10.00 pm. We are raising some money towards various charities (some local). We have treatments available and gifts, cakes, etc. so sell. Free Entry.

### Skiby & Little Weighton Methodist Church

Friday 8th November - Soup Lunch. Delicious home made soup and rolls will be served from 11-30am onwards at the Methodist Church on Main Street Skidby in return for a donation for Christian Aid.

### East Yorkshire Embroidery Society

Saturday 9th November - Speaker Lucy Ann Harding from Milk Girl to Textile Illustration Artist. In the Darby & Joan at 2.15 pm. Memberships Fees £8 per annum. Meeting fees: Members £1.50; Visitors £2.50. Includes tea, coffee and biscuits.

### The Rotary Club of Holderness

Saturday 9th November - Craft and Gift Fair, to be held in Cottingham Civic Hall, from 10.00 am to 4.00 pm. Craft and gift stalls, cakes, books, tombola and refreshments. Admission 40p (accompanied children free). All profits to local and International charities.

### Wold Lace Makers

Saturday 9th November - Workshop/Fantasy Flowers with Mainly Lace, Cottingham Road Baptist Church, Chanterlands Avenue, 10.00 am to 4.00 pm. Admission £1.50; non members £4.00.

### Swanland Village Hall

Sunday 10th November - Double Bill at 7.30 pm., Stand up poetry with Kathryn Scott 'A Woman with a View', followed by fantastic Blues Acoustic duo Tom and Ruth, £6.00 on the door.

### Cottingham Catholic Women's League

Monday 11th November, Open Meeting, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

### Cottingham Women's Institute

Tuesday 12th November - AGM, Christmas Sales table, Competition: Guess the weight of the cake, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

### Cottingham Ladies Circle

Wednesday 13th November - "New York, New York" Mrs Marilyn Walker, in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm. **PLEASE NOTE NEW VENUE!**

### Cottingham Men's de Luda Society

Wednesday 13th November - Puberty and Beyond, Jim Stansfield, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Continued on page eleven

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# Cottingham Parish Council



## Neighbourhood Watch Group

### EAST RIDING NEIGHBOURHOOD WATCH

#### Did you know.....

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(\*Source: Association of British Insurers)

- Do you want to live in a community where neighbours know each other better and help each other more?
- Do you want to help reduce crime in your neighbourhood?
- Do you want to feel safer in your own home?

#### Yes? Then why not set up a Neighbourhood Watch Group?

The purpose of Neighbourhood Watch is to make our local area a safer place to live and to help develop more of a community spirit. The benefits of living in a NHW area include;

- Reduced risk of being burgled
- Free crime prevention advice and information from the Police and East Riding of Yorkshire Council.
- Depending on your insurer, you may be entitled to discount on your home insurance.

It's not difficult to start a group and it's free – all it costs is some of your time.

If you think you might be interested or would just like a bit more information please contact:

**Julie Llewellyn: E mail - [Julie.Llewellyn@eastriding.gcsx.gov.uk](mailto:Julie.Llewellyn@eastriding.gcsx.gov.uk) / 01482 391013**

## Keldgate Road

Finally, after what seems like an extraordinarily long time, we are on the final consultation stage for the installation of bollards on Keldgate Road which will halt the illegal encampments that have plagued the area over many years. The Parish Council, along with Ward Councillors, and Skidby Parish Council are delighted that we are nearly there.

## Complaints to the Council

From time to time residents may feel it necessary to complain to the Parish Council who take all complaints very seriously and welcome the opportunity to respond. This is only possible if complainants provide their name, address and contact details. Anonymous complaints can not be investigated or replied to and anonymous complaints simply cannot be actioned. We have a Complaints Procedure details of which are available on the Parish Council website or from the Parish Council offices. The Parish Council is here to listen to you.

## Grant Forms

Community Groups or charitable organisations wishing to apply for grant funding from the Parish Council should be aware that we have a new grant form which is available from the Parish Council offices.

## Photos

The Parish Council has recently awarded grants to KGV Cottingham Community Trust, Friends of KGV Playing Fields and Cottingham Little Theatre. Attached are photos of two of the cheque presentations. First: Cottingham Little Theatre

8 November - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)



(from left to right – Rachel White, Richard Richards, Cllr Ann Abel, Cllr Win Knight, Margaret Hoyes and Cllr Sam Kind). Second: Friends of KGV Playing Fields (from left to right – Cllr Ann Abel, Fiona Griffiths, Gordon Wilkinson and Cllr Mike Harness).



## Graffiti and Criminal Damage

On the same theme - if you see anyone defacing property or causing damage please report it to Humberside Police on **101** (this is the new non emergency number, which replaces 0845 60 60 222) or by e-mail (with a photograph if possible) to [safe.communities@eastriding.gov.uk](mailto:safe.communities@eastriding.gov.uk). You can also use the form at 'contact us' on [www.humberside.police.uk](http://www.humberside.police.uk). Many thanks to those unpaid volunteers who carry out unofficial cleanups around the village!

## Contact Details

Should you wish to speak to a Parish Councillor, contact details are displayed in the noticeboards around the village. Alternatively, you can ring the Parish Council office on 01482 847623.

Keep up to date with what is happening around the village by visiting [www.cottinghamparishcouncil.org.uk](http://www.cottinghamparishcouncil.org.uk)

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# What's in a number? . . . and Flossie the 50-year old computer to be re-booted!

**What's in a number?** Windows 8.1 is here! Microsoft has released the first big update to Windows 8, and guess what? It includes an easier way to shut down the computer – good news for everyone who is a bit fed up with swiping in the corner and clicking on menus! The big change is that your computer will now boot to the Desktop, not the start screen, you can change your background picture just like before, and there is now a 'Start button'. Although this is still not what we were all used to on previous versions, and a single click will simply take you over to the start screen, but a right click on this button produces a menu including Shutdown options, Control Panel, File Explorer & search plus many administrator-type functions. Another new feature on the start screen allows you to arrange your tiles into groups and type a heading at the top of each group. To do this right click at the bottom of the start screen and click Customize. Windows 8.1 is available as an update to anyone running 8 on their computer, just by clicking on the Store tile and agree to download - it is a big file though, about 3.7GB, so watch your download limit.

**PC or not PC:** Despite global trends to the contrary, PC sales locally have been quite buoyant over the last few months owing to the forthcoming demise of Windows XP that I have been mentioning for some time now. Many computer users are not happy to convert to laptops or tablets and still prefer the comfort of a traditional PC tower - and today they are *so much faster* and quieter than their 'beige box' ancestors! Call or email for a quotation.

**What kind of Office...?** A new computer will invariably mean a new version of Office too. If you have experienced problems opening documents from other people, it could be time for a change. Word, Excel & Powerpoint are included in the latest 2013 Home version of Microsoft Office, which is sold for installation on just one computer. However if you have more than one, or you require other programs like

Publisher or Access or Outlook, then Office 365 is the way forward. Instead of buying this whole suite of programs which could cost £400! You can subscribe to Office 365 on up to 5 machines (including Macs) for just £80 per year. Call us for details.

**Threat – what threat?** ESET has released version 7 of its award winning anti virus software with added threat protection. The Smart Security product will also be upgraded soon. Existing users can download the latest version from [www.eset.co.uk](http://www.eset.co.uk)

**Keep taking the tablets:** With the gift-giving season fast approaching, there are a whole raft of new tablets coming onto the market. Samsung has Galaxy Tab 2, Amazon has released a new Kindle Fire HD and a bigger HDX model. Google has a new Nexus 7 model, and there are rumours (aren't there always) of new Apple iPads coming soon. Even Tesco and Argos have joined the fray with their own cut-price tablets at just over the £100 mark. It is estimated that about 25% of the population own a tablet, and I think this is likely to rise dramatically by the start of next year!

**Alternative take:** Last month I mentioned Chromebook as an alternative to a traditional laptop, well since then I decided to purchase one myself. I have the Samsung model (my favourite make) and I must say I am very impressed. The size of the screen (11.6") may not be to everyone's liking, but is good quality, and of course makes for an extremely light and compact laptop. At around £200 this is a very cost effective option to a standard laptop for those that just want to get online and do email etc., as you can't load any programs, all apps like word processing are available online through Google Apps. Read customer reviews before purchasing.

**Science Fiction of science fact?** Reading through the latest technology news stories online, I was struck not for the first time how close we have come to creating things that previously only existed in sci-fi. In the last month there have been stories of the first 'bionic' hand on the NHS; a 'bionic man' with working heart, lungs, kidney and blood flow. Robots that can walk and not fall over, and exoskeletons being developed for the military which will give the ability to lift huge weights, have their body systems monitored, provide extra protection and include weapon systems (remember the machines in Avatar? – but not that huge size!). And get this, a team at the University of Massachusetts is currently developing liquid body armour - made from fluids that transform into a solid when a magnetic field or electrical current is applied – wow!

**Flossie, the 50-year-old computer, to be rebooted:** Another interesting story from the excellent BBC News website concerns the ICT1301 – a mass produced computer from the 1960's measuring a massive 20ft by 23ft and weighing 5 tonnes., and all this to check exam results or produce invoices! By 2016 it is hoped this gargantuan will be working again at the National Museum of Computing. Who knows what computer devices we will all have by then!

**Strange but true...** Underwater Wi-Fi to help scientists detect Tsunamis and other threats, and Li-Fi could be coming: Wi-Fi signals from light bulbs...research is a wonderful thing...



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### Cottingham Green Women's Institute Evenings

Thursday 14th November - Terry Maine - Magic Lantern Show.  
Competition: A black and white or sepia photograph, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

### U3A

Thursday 14th November - Roger Coates - Travellers Tales, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

### The Dante Alighieri Society

Thursday 14th November - 7.30 pm at the Graduate School, University of Hull, Cottingham Road. Richard Sylvester - An Evening of Popular Italian Guitar Music, with comments on the background of some of the pieces. The Society is an International Socio/Cultural organisation for lovers of Italian Language and Culture.

### The Inland Waterways Association

Friday 15th November - Tall Ships - Sailing Adventures for All, an illustrated talk by Rowena and Adrian Lovett. Rowena and Adrian tell about their journey on *Tenacious* and *Lord Nelson*. 8.00 pm to 10.00 pm in the Cottingham Methodist Church Hall, £2.00 including refreshments.

### Cottingham Combined Charities

Saturday 16th November - Christmas Fayre, in the Cottingham Civic Hall, between 10.00 am and 4.00 pm. Admission 30p, children free. Refreshments served all day, over 20 charities with lots of cards, goods, cakes, preserves and more. Father Christmas visiting at 11.15 am.

### Hull and District Cat Protection

Saturday 16th November - Christmas Fair and Cat Re-Homing Show in the Darby and Joan Hall, from 11.30 am to 1.30 pm. Stalls will include cakes and jams, Christmas Cards, wrapping paper, calendars, diaries, gifts, cat accessories, and tombola. Refreshments will be available. If you can't make the show, and are interested in offering a cat a loving home. Tel. 790284. Some of the cats available for adoption can be seen on our new website. We will also be at the Cottingham Combined Charities Christmas Fayre, in the Civic Hall on the same day.

### Cottingham Methodist Photography Group

Meet in Cottingham Methodist Church Hall  
Tuesday 17th November 2013 at 7.30pm at Church Hall  
Tuesday 26th November 2013 at 7.30pm at Church Hall  
Contact for further details - John Tel No: 842169 or  
[john@jcmhome.karoo.co.uk](mailto:john@jcmhome.karoo.co.uk)

### Little Weighton Village Hall

Sunday 17th November - Little Weighton Village Hall are having a Christmas Fayre on Sunday 17th November from 1pm until 4pm. There will be plenty of stalls selling small Christmas gifts. Tea, coffee and scones will be on sale.

### North Ferriby Gardening Club

Monday 18th November - Gardens of Arizona - John Killingbeck, 7.30 pm in the North Ferriby Village Hall.

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

Tuesday 19th November - Christmas Tree Dabble. Meetings are held at the Endsleigh College Centre, Beverley Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Brenda Tennyson on 01482 708525.

### Cottingham Evening Townswomen's Guild

Wednesday 20th November - Pat Elliott - A Pilgrimage to St. Johns, at 7.30 pm in the Darby & Joan, Finkle Street.

### Diabetes UK

Thursday 21st November - Dr. C. Walton (Consultant Diabetologist). Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

continued on page 36

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Cottingham High School: A school that provides all students with exciting opportunities that build confidence, develop skills and promote academic excellence.

## Request for community members of the Trust Board and Governors at Cottingham High School

Cottingham High School is seeking new members of the Trust Board and Governors. We are looking for people who have strong community links and a real passion to play an active part in shaping the school's future and supporting our strong desire to deliver quality education to all its pupils. A person with experience of secondary school curricula would be particularly welcome to complement the Governors' existing set of skills.

### The functions of the academy Trust include:

- Overseeing the achievement of the objectives of the school
- Taking part in annual and extraordinary general meetings
- Appointing some of the Governors
- Signing off the financial accounts and annual report.

### The role of Governors includes:

- Setting the strategic direction of the school by setting the values, aims and objectives of the school
- Agreeing the school improvement strategy which includes approving the budget and agreeing the staffing structure
- Ensuring accountability by regularly auditing performance against the school development plan and budget
- Holding the principal to account for the performance of the school
- Ensuring parents and pupils are involved, consulted and informed as appropriate.

If you are interested in either of these roles please contact Lesley Browne (Business Manager) or Patrick Anson (HR Officer) at the school on telephone number 847498 in order that we can register your interest.

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## Wordsearch - Wild Things

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

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

Find the words in the letters above:

Aardvark, Albatross, Alligator, Anaconda, Antelope, Baboon, Badger, Bandicoot, Bear, Buffalo, Buzzard, Centipede, Cheetah, Cougar, Crocodile, Dingo, Eagle, Elephant, Falcon, Giraffe, Gorilla, Hawk, Hippopotamus, Hyena, Iguana, Jaguar, Kangaroo, Leopard, Monkey, Rattlesnake, Rhinoceros, Sealion, Tapir, Tarantula, Vulture, Walrus, Wolf, Zebra.

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

## Sudoku No. 82

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

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

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# MARIONOWENTRAVEL

Local, independent & passionate about travel !

It was sad to hear Tian Tian our Panda in Edinburgh had lost her cub many of us I am sure where looking forward to another visit to see the youngster. Our guests in China at the moment are having a wonderful time and have visited the Pandas locally. We can offer you a super experience with the Pandas in China during our October special departure in 2014. Departs 5th October 16 days £2990 per person based on 2 sharing - this is a fully escorted experience travelling from your door and even includes your Chinese visa!

Christmas is coming and most definitely for Marion Owen Travel as we have the start of our 5 Thursford Christmas Spectacular departures this month! You can book now for next year - advance deposit £10. We book the very best of seats for the evening show to ensure you get the very best experience. Many coach operators just take the seats they are given.

Struggling with your Christmas shopping? A Marion Owen Travel Voucher can be used towards any holiday with any operator. Should you opt for a simple day out or a full holiday for a gift we love arranging surprises. For anyone who may just like an easy day out our Settle to Carlisle railway is always a hit - the next date for this is 27th March or what about a day out at Downtown £18 on the 8th of January offers undercover shopping during the sales. The outlet sells top designers plus has a full department store and two restaurants.

For our tours we pick up in easy locations throughout the area ensuring you are travelling for the minimum of time and I am always on board along with our tour driver Dave. Our VIP coach is something special, spacious leg room, seat back tables, magazine pockets, foot rests and WC. You need to book early e.g. Cornwall Gardens now only has 6 seats left! Do look out for our purple coach - why not give us a wave?

Saga Cruises: I have been mentioning regularly that the direct sell tour operators are realising that travel agents are a valuable channel of selling their holidays. There is no additional cost to yourself and our services are included, you have no lengthy out of town calls and can visit us face to face if you so wish. We have been selling cruises aboard the Saga ships for the last year or so now and we do like to have first hand experience before we promote at Marion Owen Travel, especially in the cruise market where ships vary in quality and style so much. We have now experienced well over 140 ships and the Saga Sapphire last week was a pleasing experience. I found her very well appointed, spacious plus the food and service was good. For adults only sailing from the UK ports next year with a home pick up, is this for you? To find out call or visit as below:-

**SAGA CRUISE DAY - Tuesday 3rd December 10am - 2pm**  
Bookings, Brochures & the opportunity to chat in store  
at Marion Owen Travel - we look forward to seeing you.

On the topic of cruising we have a growing selection of single cabins at a reduced supplement - some even with no extra to pay on selected cruises e.g. Fred Olsen, Voyages to Antiquity and more. Lynne and I keep abreast of things and you just need to talk to us it is impossible to cram all of our information into a one page advert, our own little magazine or our website [www.marionowentravel.com](http://www.marionowentravel.com) - the best way is always to talk. Remember too we sell all cruise lines and if you enjoy a balcony cabin and quality we may have a gem you don't know about offering incredible value - you could even leave your wallet at home!



Fancy a relaxing exotic quality break in the sunshine! Mauritius is having a big drive to attract visitors - I personally love the island which can be visited year round it offers stunning scenery, wonderful beaches, excellent hotels and warm friendly people. The island attracts many golfers to its numerous courses, it is a popular destination for weddings and honeymoons plus many hotels offer accommodation for larger families sleeping up to 5. Although it is a long flight the advantage is that there is no great time change to play havoc with your body clock. Interested? - call for more details.

Canada is one of our favourite destinations in the office and now is the time to book if you are looking to travel next year. We can tailor make your dream itinerary and sometimes add additional sights you would not have thought of. Western Canada often teamed with Alaska is a fabulous destination, I have been fortunate to experience the area year round and I can hand on heart say you will not be disappointed in the destination and usually one visit is never enough. Fresh air, scenery, wildlife, so many outdoor activities along with vibrant friendly cities. Ideally we need a sketchy outline of what you would like to include, the number of days you can be away along with a start date and your budget. From this we can suggest your itinerary. You may wish to take an escorted ready made tour, self drive in a car or campervan, use the trains and scheduled bus and ferry services.

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08 Jan	Downtown January Sales shopping day	£ 18
14 Jan	Potters World Bowls 3 days of bowling /3 nits Leisurely start 1 nt half board 2 nts full board	£ 269
24 Jan	London sights & shopping 2 nights HB Phantom £45, Warhorse £70 bar £1 per pint	£ 129
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26 Feb	Liverpool & 7 Brides for 7 Brothers 2 days HB	£ 119
04 Apr	Cornwall Flower Show & Gardens 5 nights	£ 399
24 Apr	Paris - 5 nights with Art Historian Fiona Irwin	£ 415
11 May	Castle of Mey & Orkney 6 nights half board	£ 649
21 May	Flowers in Bloom - a relaxing short day out	£ 15
24 May	Disneyland Paris 5 nights- family of 4	£ 1190
07 Jun	Rhine Cruise - super itinerary 9 nights No night sailing and lots of time in port.	£ 989
18 Jun	Wicked the musical - matinee in Leeds	£ 65
22 Jun	Eastbourne 6 nights half board, excursions	£ 399
02 Jul	Spa Francorchamps Classic Bikes 6 nits	£ 486
11 Jul	Nidd Hall - Strictly weekend with Ola & Jordan	£ 329
28 Jul	Warner's Bodellwyddan Castle 4 night break	£ 317
26 Aug	Danube River Cruise 5 * Mozart 11 nights includes excursions & wine, beer with meals	£ 1689
11 Sep	WW1 - 5 nights a special 100 year tour	£ 485
21 Sep	Isle of Wight - 5 nights half board - special theme walking & non walkers will be catered for. Super hotel Brunswick Shanklin	£ 429
08 Oct	Northumbria—Art , History & Gardens Bamburgh Inn Seahouses 3 days half board +	£ 265

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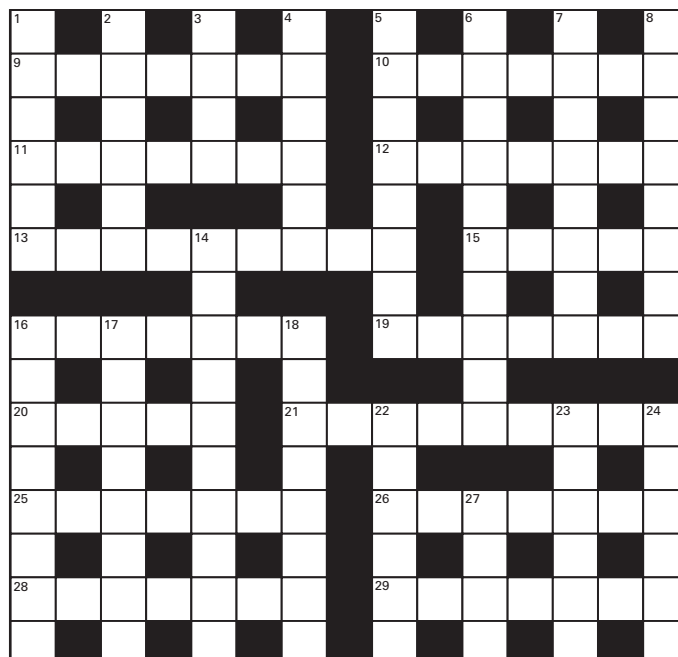
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## Crossword – Solution on page 54



### Across

9. Hunting guide (7); 10. Do away with (7); 11. A cry of praise to God (7);  
 12. Male chicken (7); 13. Bush kangaroos (9); 15. Watered (5);  
 16. Mournful (7); 19. Convent (7); 20. Calamari (5)  
 21. In a normal manner (9); 25. Get over an illness (7)  
 26. Official emissaries (7); 28. Pertaining to melts of liquid crystals (7)  
 29. A fire-breathing monster of Greek mythology (7)

### Down

1. Shun (6); 2. A type of internal-combustion engine (6)  
 3. Repair by sewing (4); 4. A Hindu festival (6); 5. Fort (8); 6. Not stereo (10);  
 7. Aversion (8); 8. Day after Wednesday (8); 14. Attestations (10)  
 16. Suffering (8); 17. Blast-offs (8); 18. Ability to read (8)  
 22. A plan of action (6); 23. A piece of mail (6); 24. Flunky (6)  
 27. Network of horizontal and vertical lines (4)

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

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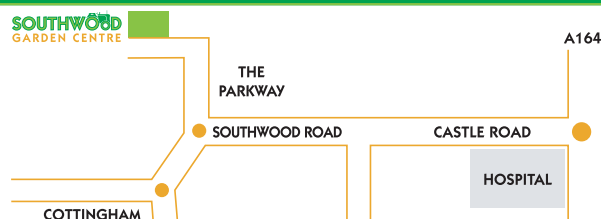
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# In the Kitchen



## Smoky Sausage Potato and Bean Casserole

Sausages braised in a flavoursome tomato and paprika sauce for a smoky flavour, with warming cannellini beans and potatoes

### Ingredients

- 1 tbsp olive oil
- 8 thick Sausages
- 1 onion, peeled and cut into slices
- 2 garlic cloves, peeled & finely chopped
- 1 leek, washed and cut into thick slices
- 2 medium potatoes, peeled and cut into chunks (approx 450g)
- 2 tsp smoked paprika
- 2 x 400g tins plum tomatoes
- Splash of red wine
- 200ml beef stock
- 350g cannellini beans (drained weight)
- Salt and pepper
- Small handful of flat-leaf parsley or chives, chopped

### Instructions

1. Heat the oil in a large sauté pan and fry the sausages for 8-10 minutes, turning frequently until browned all over. Remove from the pan, cut in half and set aside.
2. Drain any excess oil from the pan then add the onion and garlic and sauté for a few minutes to soften. Add in the leeks, potato and smoked paprika and cook for 4-5 minutes.
3. Pour in the tomatoes, red wine and stock and bring to the boil. Reduce the heat and return the sausage pieces to the pan, along with the cannellini beans. Cover with a lid and cook for 20-25 minutes over a low heat, stirring occasionally. Remove the lid and continue to cook for a further 5-10 minutes.
4. Season to taste, and scatter with parsley or chives.



## Savoury Baked Fish

### Ingredients:

- 450g/1lb Fish fillets, e.g. Cod, Haddock, Whiting, Pollack, Hake, Halibut, Coley
- 100g/4oz Streaky Bacon, chopped
- 2 Onions, sliced
- 50g/2oz Butter
- 1 level teasp Mixed herbs
- 1 tbsp Fresh Parsley, chopped
- 25g/1oz Flour
- 300ml/10fl.oz. Milk
- 75g/3oz Cheddar Cheese
- Salt and Pepper
- 25g/1oz Fresh White Breadcrumbs
- 4 Tomatoes, thickly sliced

### Instructions

1. Preheat the oven to 180C, 350F, Gas mark 4 and lightly grease an ovenproof dish.
2. Wash the fish fillets under cold running water and dry on kitchen paper.
3. Melt half the butter in a frying pan, add the bacon and onions and sauté for
4. Drain the onions and bacon and spread evenly in the bottom of the ovenproof dish. Sprinkle the herbs over the onion mixture and place the fish fillets on top.
5. Melt the remaining butter in a saucepan, add the flour and cook for 1-2 minutes.
6. Remove the pan from the heat and gradually add the milk, a little at a time.
7. Remove from the heat and add the cheese, salt and plenty of pepper. Mix well until the cheese has melted then pour over the fish.
8. Sprinkle the breadcrumbs over the fish and sauce and bake for 15 minutes.
9. Place the sliced tomatoes in a border around the edges of the baked fish, return to the oven and bake for a further 15-20 minutes until browned and crispy. Serve immediately.



## Sporty Story event a success at Cottingham Library

**A** Sporty Story event held at Cottingham Library in September was well attended by both parents and children.. The children were read stories on a sporting theme by library staff and Hull FC legend Johnny Whiteley, MBE, assisted by the Hull FC mascot 'The Arlie Bird'.

Over 30 children attended the story day and were entranced by John's tales of his days as a child playing rugby in the street using paper wrapped up with string, to his later playing career with Hull and winning the World Cup with England.

There was also a raffle to win a Limited Edition World Cup Rugby Ball.

*Pictured above: Some of the children with the Hull FC mascot 'The Arlie Bird'.*

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## Successful clean up in the village

On Saturday 14th September about twenty cubs, pack leaders and parents, plus one dog, joined us for the clean-up around the railway station. As this is one of the main entrances to the village we felt it was a good starting point and then, via various routes, did a general litter pick all the way back to The Green. Geraldine and Ros were left to spruce up the library area.

All this combined work produced a large amount of rubbish, and due to the eagle eyes of the young cubs', one lonely frog which was re-homed.

Thanks go to Kim Granger the Monday Club Scout Leader, and their helpers, all her cubs and their parents – not forgetting the dog.

We hope to see everyone, and perhaps some new faces, next spring.

*Ros & Geraldine*

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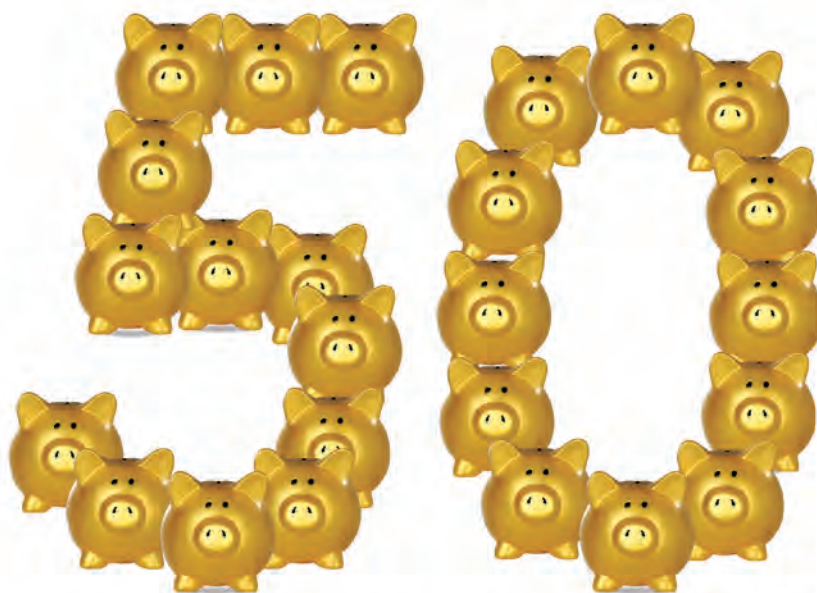
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## On the 12th day of Christmas a hazard I can see

To write an article about Christmas in October may seem slightly strange and early to some but it was whilst thinking of what presents to buy my ever increasing circle of grandchildren, 'HAZARDS' sprang to mind.

My 2 year old grandson, Jacob, loves toy cars, tractors and especially motorbikes but this year may prove a little more difficult with his new little brother, Joshua, on the scene. So many small parts can go very easily into the wrong little hands. The same will apply to Noah, my other grandson, who will most probably be crawling by then but with no sibling around (at the moment), tinsel, baubles and Christmas tree lights will be amongst the many potential dangers for him. We, as parents/grandparents, often take care in buying the toys that are presumed safe for little fingers, watching out for parts that can easily be consumed if they fall into the wrong hands but how many of us pet owners go along the same line of thinking?

Like I have mentioned in previous articles, if we can all apply the 'parents' way of thinking and this time look around our homes for any potential 'hazards', then you maybe surprised.

Every child loves chocolate and to see the various array of sweet items dangling from the Christmas tree can be so tempting but more so to our canine friends. Human chocolate is highly is highly toxic in dogs, especially dark chocolate because the cocoa beans contain a substance called Theobromine.



In general the amount of Theobromine found in chocolate is small enough such that chocolate can be safely consumed by humans. In domestic animals, the amount metabolises more slowly so they can easily consume enough to cause toxic poisoning. The most common victims are dogs for which can be fatal. The toxic dose for cats is even lower and are less prone to eating chocolate since they are unable to taste the sweetness.

Everyone likes a Christmas cake even if its just for the icing and marzipan but please be very careful as 2 of the ingredients namely raisins and currants, can be potentially poisonous and is highly toxic to a dogs kidneys.

So far it has been our canine friend but our felines do not get off that lightly. Tinsel can be so decorative around the tree and also a playful attraction to small children but in a cats eyes its especially exciting. After all, it's shiny, dangles and is something new in their environment so few cats can pass this up. Playing with the tinsel is not the problem, it is when it gets wrapped round their tongue or is swallowed when the nightmare begins. Objects that are swallowed can cause an obstruction in their digestive tract which may then involve major surgery to be removed. With the tree still in mind, cats may also be attracted to the baubles which then may shatter, splinter and cut their paws. In the case of real Christmas trees, beware of the sharp pine needles.

Twinkling lights around the tree is a big attraction to any toddler and can be so mesmerizing but obviously DANGEROUS, even to cat or young puppy.....lights have electrical wires which are a major hazard when chewed not only for them but a potential fire risk too. Please bear all these in mind when decking out your halls.

How many of us have holly, ivy or poinsettia in the house? Me for one, but how many realize they are toxic to our furry friends? Also on the list are mistletoe and amazingly, lilies! They are all my favourites but are now kept well out of reach of inquisitive paws. Turkey bones (although tempting to give as a treat) can cause choking, constipation as well as seriously damaging internal organs. I know the next one may seem silly but alcohol should never be given to a pet. I'm not saying you will be offering a 'tipple' on Christmas day morning but if a glass is within easy reach to our four legged friends then they could be just that bit too inquisitive. If drank it could lead to coma and eventually death.

New pets.....we do not recommend getting a new pet for Christmas. It is better to leave it until after the festive season when things in the household are just that bit more calm but if you happen to have a new addition, please make sure they are identichipped. With all the hustle and bustle, coming and goings in the house, an escaped pet may go unnoticed for a few hours which may then be too late. It may only cost the price of a couple of bottles of wine but is for life so what better way of giving you that extra peace of mind. Some of the nicest things at this time of year are the smells...logs on the fire, baking in the oven or pot-pourri pots which give off the amazing smell of Christmas. I used to like them around the house during the festive time but since 2 little dogs were admitted to our Park Street surgery with poisoning after eating one of these pots, they are now kept well out of reach. They contain 2 substances namely essential oils and cationic detergents and it is the later that is the most concerning. It can cause severe ulceration and chemical burns to your pets skin and their digestive tract.

So there we have it.....the HAZARDS of Christmas.... but please remember, they are only hazards when they are within the reach of inquisitive paws, mouths and not forgetting little fingers!

If you have any problems or query's at all, we at KINGSTON are open 24 hours, 365 days a year and are only a phone call away. Please don't leave it until it's too late.

Finally, we have started receiving inquiries about the HULL ANIMAL WELFARE Christmas Food Appeal. We, as a whole practice, will be taking part again this year beginning in November. You will find a collection bin in the reception area of each of the five KINGSTON surgeries. Please note, we are also appealing for any spare blankets or towels you may have, which will greatly help with their washing/drying costs.

Please, please, please give as much as you can afford, how ever small it may look.....it all helps! (as you will read in my article for December).

Until then, enjoy the lead up to the festive season.

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# HALLGATE TREE CARE

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but The Tooth”**  
by  
**Chris ‘ Dr. Smile Maker’  
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## Dental Mavericks In Morocco

### Ending Daily Dental Pain For Children

**H**ello again, I hope you are well. Well, it's been another busy month. I went back to Morocco with The Dental Mavericks and then just after we got back there was a 2 days dental course in Hull at the Village Hotel that I had organised on behalf of the Yorkshire Branch of the British Dental Association. It went really well, thank goodness, with some great feedback.

### Back In Morocco

This year was Dental Mavericks' 4<sup>th</sup> mission to Morocco. We all flew into Tangier to meet up. That is no easy thing either. There are no direct flights from the UK. There were some new team members, who were great, they fitted in fantastically well.

We had our names printed in Arabic on our T-shirts this year. I think that this was a really nice touch as it helped to connect a bit easier. I tell you; it was a relief on the way to the clinic when somebody shouted “Chris” and some derogatory word or something else. Phew, they had my name right! It was as close to celebrities that we had come.



*Gillian and myself from Castle Park Dental Care*

### More Challenges Of Course

There are always challenges. Last year we had our trailer impounded at customs for 3 days. This year that all went swimmingly as there was only a small contingent with the trailer and they were met by the Health Minister.



We intended to start in the morning for a full day at the clinic in El Jabah. The bloke in charge of the clinic only told us the day before that we only had it from 3pm because there was a market on in the morning in town. We couldn't believe it. Anyway we negotiated to a 2pm start but wanted to work later. We knew there would be a lot to do again.

### Another Successful Ending Of Dental Pain For The Kids



We have gained the trust of the kids and the community in El Jabah. We are now really organised in the way we go about things and they know that we CARE! It is very much a slow burner in terms of prevention. I must say this year was our biggest challenge relating to difficult extractions. A lot of adult molars that were really rotten had to

come as they were causing pain and way beyond repairing in any case. We build some rapport as best we can and do things as gently as we can with a lot of TLC.

*Pictured above: Ahmed was pleased , Checking Out The Teeth*

### I Had To Laugh

I did laugh. One lad had a big molar to come out. I went slowly and gently, a bit like “the tortoise and the hare”. Anyway, as the tooth started to give just before it came out, Ahmed smiled and put his thumb up. He was a nice lad and very grateful. Bless him.

### Up Into The Mountains

We had a new project after El Jabah in a Village in the Rif Mountains. This was an eye opener for sure. I'll tell you about it next time, if I might indulge.

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

*Chris*

Chris Bransfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 20 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's charity work go here now [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk)

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## Isn't Life Interesting . . .

by Paul Smith

### Ever thought that fairy stories are bad for your children?

All young children love fairy stories. Cinderella, Snow White, Sleeping Beauty, they're part of growing up. However, feminists hate fairy stories.

This is because fairy stories are all about older women wanting to do criminal harm to young girls purely because of jealousy over looks. The Queen gave Snow White a poisoned apple to make her comatose. Another Queen designed a spinning wheel to make Sleeping Beauty become comatose for 100 years. Cinderella was treated as a slave in the kitchen by her step-mother. So the baddies are always older women – and, guess what, men are always goodies. Fairy stories teach young girls that men (princes) are also very valuable goodies, because they will firstly rescue them from the crimes of envious older women, and secondly give them a lifetime of bliss simply by the act of marriage – “and they lived happily ever after”.

So you can understand why feminists get so cross about fairy stories.

*But that won't stop young girls loving them.*

### How to solve a business problem

Many years ago there was a company on Hessle Road called Cawood Foods. It bought fresh fish from the Hull docks, canned it and exported the tins to the West Indies. They then had a row with the Jamaican Government, which banned Cawood Foods from the country. The bosses at Cawood Foods simply changed the name of the company, put new labels around the tins, and carried on selling to Jamaica as before.

*And the Jamaican Government never realized.*

### The difference between a job and a career

I don't normally like writing about myself, because I'm very boring, but you may find this story helpful, so I have included it.

A job is what you don't look forward to on a Monday morning. A career is where you do enjoy your work. When I was 20 (a very long time ago) I didn't know what to do. I had drifted from job to job. Then somebody suggested I get careers advice from the Jobcentre. They had a section there for people with A levels and

degrees. I thought I had nothing to lose, so I went there and saw this chap aged about 45 who was excellent. He asked me what did I like at school, what didn't I like, what was I good at, what was I no good at, what were my hobbies and interests, and after ten minutes he said I ought to become an accountant. I had never thought of it.

Someone else went there and saw a girl aged about 21. She was just learning the job as a careers adviser and she was hopeless. Perhaps that wasn't her fault – we are all hopeless when we first start at work. But I was lucky. I got somebody very experienced and first class. When I was talking to this careers adviser, I talked a lot about money, shares and investments, something I've always been interested in, and it was that which gave him the clue.

So I became a tax accountant – income tax, capital gains tax, VAT, corporation tax and inheritance tax. That's why I do probate. Income tax returns tell the Revenue if any income tax is due, and probate forms are just the same – they tell the Revenue if any inheritance tax is due when somebody dies. I had found a career, not a job. All my life I've enjoyed my work. Careers advice is wonderful if you get somebody who knows what they are doing. So if you get a poor adviser, never mind, go elsewhere and just keep trying.

*Because the piece of advice I got was the best I've ever had.*

### The joke at the end

My wife was hinting about what she wanted for our upcoming anniversary. She said, “I want something shiny that goes from 0 to 150 in about 3 seconds.”

*I bought her a scale.*

Sometimes I wake up grumpy.

*Other times I let him sleep.*

Mummy, Mummy, why is Daddy zig-zagging down the garden?

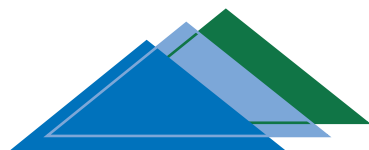
*Shut up and reload.*

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

This month his destination is Brandesburton

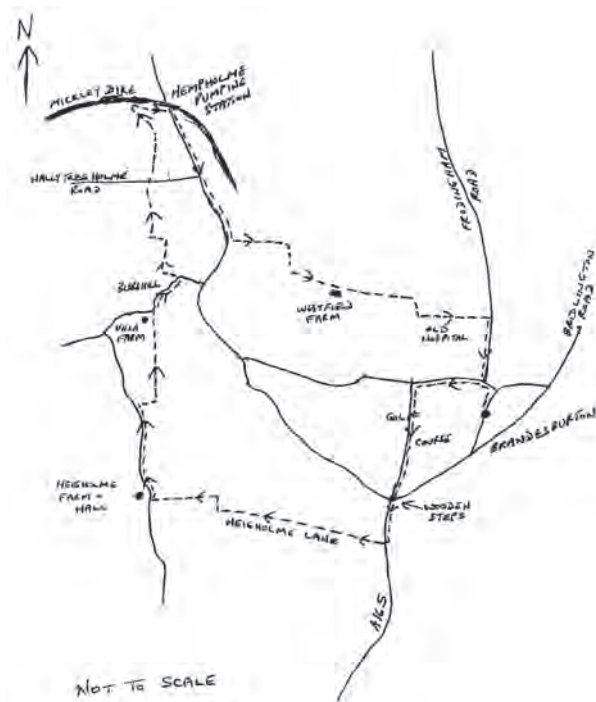
*The map is for a general guide only. Please use an Ordnance Survey Map or similar if possible when walking.*

Map:- EXPLORER 295

Start at GR. TA116474 Street parking near Dacre Arms.  
Distance 7.0 Miles.

Leave the street parking area near the Dacre Arms and walk in a northerly direction turning left at the road signed North Frodingham and Wansford. Pass Brandesburton Hall on your right and locate and pass through a kissing gate on your left into the Golf Course. Walk across the Golf Course in a southerly direction and exit at some wooden steps onto Hempholme Lane.

Cross this lane and walk along the A165 towards Beverley. After about 350 metres turn right into Heigholme Lane, this lane eventually becomes a green lane and then a path along a field boundary. At the end of the field turn left and then immediately right and cross over



a footbridge over a drain. After crossing the footbridge, turn right and after about 200 metres turn left and walk with the field hedge on your right climbing very gently. After a short distance you then begin to descend very gently to meet a hedge. Pass through the hedge and continue walking in the same direction to meet a surfaced lane. On reaching the lane, turn right and follow this lane as it passes The Coach House of Heigholme Farm on the left and twists its way towards Burshill.

After about 0.5 miles and about 100 metres past a lonely Hawthorn bush, locate a way marker and turn right following the path to meet a hedge after about 200 metres. Turn left at this point and walk towards Burshill with the hedge on your left. Pass through a metal gate and pass numerous farm buildings on the left to emerge onto the road. Turn right on reaching the road and walk through the hamlet of Burshill to reach a sharp right hand bend. At this bend locate a way marker and stile on your left and cross the stile walking through the field with the hedge on your right. After a short distance turn right through a metal gate and again walk through this field with the hedge on your right. Cross the stile at the corner of the field and turn left walking with the hedge on your left. Follow the field boundary as it turns right and on reaching the second corner of this field cross a drain by a footbridge and continue walking in the same direction with a drain on you left. At the end of this field turn right onto a short green lane and emerge onto a surfaced lane known as Hallytreeholme Road. Cross this road and walk with the drain on you left. On meeting the raised drain embankment, double back and follow this back to the brick Hempholme pumping station and emerge onto the road.

After about 0.5 miles, locate two metal gates on the left and pass through these gates and walk along the track. This track swings to the right and then left and passes Westfield Farm and then again swings right and left and passes the grounds of the old hospital. On reaching Frodingham road turn right and follow the road back to the start.







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What will Winter bring this year? The weather has been remarkably different over the last few Winters. 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 shrub winners below.

#### Cornus

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

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

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

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 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 under watering. 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.

#### 10 Jobs for this month

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
56. 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 your 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.

### Pests & Diseases

**Healthy Habit:** Plants that are well-fed and watered are less likely to suffer from pests and diseases, so prevention is always better than cure. However, keep a look-out for common houseplant pests. Pick off any visible pests from the stems, leaves or soil, clean leaves with water and use a chemical spray available from our garden centre, or try an organic or biological control.

### Houseplant offers at Coletta & Tyson garden centre

13cm foliage houseplants £2.99 each or two for £5.00

13cm flowering houseplants £1.99 or three for £5.00

Poinsettias arriving from mid November



### Events at Coletta's

**9th-10th November** - Humberside Chrysanthemum society late show- We are proud one 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.

**23rd-24th November** - A team from Wolds Lacemakers will be attending at Coletta & Tyson's Garden Centre between the hours of 10.am and 4.p.m to demonstrate the art of lacemaking. There will be practice pillows for visitors to 'have a go' on as well as lace on display and lacemakers will be working on their own projects.

Plus Wolds jam makers will be here on the 23rd with tasters and delicious products on sale.

**30th November - 1st December** - KCFM will be presenting their radio show from the Garden Centre with their "Street Crew" on Saturday 30th November. It will be our 1st Santa's Grotto weekend and then it will be open everyday 11am-4pm. H.E.R. Breast Friend will be holding a charity stall to promote this great cause, they will have cakes for sale, tombola & raffle & more.

We will also be launching our Tea Cup Ride for the children, which will be open every weekend in December.

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## Your Stars for November 2013

By Kay Gower

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

It most likely has something to do with the way you jump into life with a sense of excitement and fun. By the end of the November, you'll be even more popular than you were at the beginning.

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

Burst out of your comfort bubble and you'll see some exciting benefits. The new moon in the first week of November brings new spices to the table, and there will be more options available to you than you could possibly sample in one month. Enjoy.

### Gemini (May 22-June 21)

In some way, you are learning to walk again, try to remember that missteps are still steps. Look upon them as actions that zig and zag ... this can still be considered progress. You are on the right track; everything is going to be fine.

### Cancer (June 22-July 22)

Change. It has to be more than just wishing a situation were different.

It's likely that nothing will change this month or even next, nothing ever does ... without someone first wishing it would.

### Leo (July 23-Aug 22)

You'll find it remarkably easy to take hold of situations and guide them in the direction you want them to go. Your warmth and patience helps to bring out the best in others.

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

There are times when we all feel like we've been there and done it all. But we haven't. Shake off the weary feelings and get willing to see life anew. It may very well begin to glitter for you in November.

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

Around mid month you may feel a strange need to whisper your secrets to someone.

Don't. The need will fade, but secret knowledge will linger on.

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

You plan well, although the month is dotted by exhilarating and unpredictable circumstances. The last week of November, something shiny and new replaces what was broken or worn out.

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

A small amount of uncertainty never hurt anyone, it will keep you honest, balanced and likeable.

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

You need to get away from the day to day routine, even if it's only for a short period. A sense of freedom is important to you during November. Try to manage at least one day to yourself to do the things that you enjoy doing most.

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

Keep your message short and sweet. When your communication is to the point - yet kind, it's easy to remember, and will be acted upon. Play your cards right this month, and people will move in the way you want them to go.

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

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

# Waitrose through the Grapevine

**Tom Greef, Wine Specialist, Waitrose Willerby**  
*Hello everyone and welcome  
to my monthly column.*

Sherry, Champagne and Whisky! I've got it all to talk about this month so I'm diving in head first because if I distract myself by discussing the fact that Christmas is almost here, which means I get to eat mince pies all day, every day, then I'll forget what I was going to say.

Right, let's start with sherry! I always leave a small glass of it out for Santa on Christmas Eve... sadly by the time he arrives I've drunk it all. Williams & Humbert 12yo Oloroso (£8.69, 37.5cl) is quite an extraordinary sherry from a producer with a very rich history. This Oloroso is very dry but has so much fruit flavour it has an almost natural sweetness to it. It's got hints of almond, orange peel and caramel along with raisin which is topped off with a long, soft finish. Fantastic value which is well worth trying.

My sweet tooth also leads me to Waitrose Jerezana Rich Cream Lustau (£9.75, 75cl). This is a rich and sweet sherry which is made up of aged Oloroso and Pedro Ximenez wine. It is packed full of dried fruit and Christmas spice and is a match made in heaven for my secret addiction to mince pies.

Waitrose Brut NV (£19.99, 75cl) is wonderful for celebrating Christmas with the family. This international gold medal winning Champagne is made using Pinot Noir and Pinot Meunier, which gives it great depth of flavour, and Chardonnay which adds a zing of lemon zest. A long lightly toasted finish makes this a great value fizz.

If you want to treat yourself though, it might be worth trying Pol Roger Brut Reserve NV (£38.99, 75cl). It is from one of the best regions in Champagne – Epernay, which houses its cellars deep in the chalk on which Epernay sits. The cellar is so deep underground that it stays very cool, allowing a slow fermentation which helps the

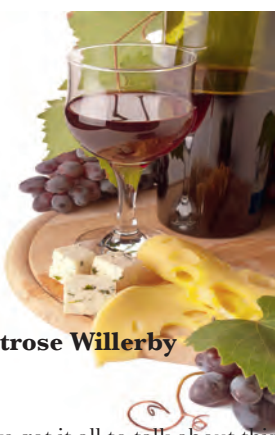
Champagne develop. Heavily favoured by Winston Churchill, this Champagne is very full flavoured whilst being able to remain fresh and well balanced.

I wanted to mention Whisky this month as well because we sell a lot as gifts at this time of year and it can be quite daunting trying to choose one so I've picked two excellent ones which make great presents.

Penderyn single malt Welsh whisky (£36.50, 70cl) is an award winning single malt from the only distillery in Wales. It is aged in old Bourbon and Madeira casks which impart huge amounts of flavour. On the nose you can pinpoint aromas of toffee and sweet raisin along with rich fruit cake and the palate shows flavours of vanilla and again, sweet raisin. Excellent single malt from outside of Scotland.

Lastly we have Aberlour A'bunadh Cask Malt (£41.50, 70cl). A'bunadh which means 'of the origin' in Gaelic is a non-chill filtered whisky which is aged in Oloroso sherry casks which impart huge amounts of flavour into this whisky. It is also cask strength as there is no water added to bring it down to strength meaning that each batch they make is unique and can be as strong as 60% if not more, so I highly recommend the addition of water when drinking as it helps to release more aromas.

The whisky itself is full of rich cinnamon and nutmeg aromas, followed by rich fruit cake, bitter chocolate and waves of Oloroso sherry. A real treat for any whisky lovers!



## Bulgarian Aid Craft Fair

'BULGARIAN AID will be holding its Christmas Craft Fair at the Civic Hall on Saturday 23rd November from 10am to 3pm. Entrance 50p including free drink, accompanied children free. There will be 30 stalls offering produce and gifts for sale. Musicians will entertain throughout the day and there will be a Super Raffle.

Freshly refreshments will be on sale and Mulled Wine and Mincepies will be on offer. This year Bulgarian Aid have some special Christmas Cards, four designs, ten in a pack for £3.



### at Christmas

Starters	Main Courses
<p><i>Zuppa Funghi</i> Cream of Mushroom Soup, Bacon and Ciabatta Bread</p> <p><i>Antipasto di Carne</i> Selection of Italian Cured Meat and Bruschetta Bread</p> <p><i>Paté di Fegatini di Pollo</i> Home Made Chicken Liver Paté served with a Salad Garnish and Toasted Bread</p> <p><i>Gamberetti di Savoia</i> Pastry case filled with Marinated Prawns, Wild Mushroom, Fresh Tomato, Cream and Cheese, Baked and Served warm</p> <p><i>Carpaccio di Salmone</i> Smoked Salmon, marinated in Olive Oil, Lemon Juice and served with Bruschetta Bread and Chopped Tomato</p> <p><i>Funghi Grattinati</i> Button Mushrooms cooked in Garlic Butter, Wine and Cream, Cheese and Baked</p>	<p><i>Anatra Pascos</i> Pan Fried Duck, Cooked with Mango Chutney, Wine and Cream</p> <p><i>Salmone con Gamberetti</i> Fillet of Salmon, Cooked with Wine, Dill, Mushrooms, Prawns and Cream</p> <p><i>Pollo con Pancetta</i> Chicken Breast cooked with Bacon, Fresh Tomato, Wine and Cream Sauce</p> <p><i>Manzo Bordoese</i> Strip of Steak, Cooked with Onions, Mushrooms, Paprika, Mustard, Demiglace, Red Wine and Cream</p> <p><i>Tortellini Funghi</i> Round Shaped Pasta, Filled with Ricotta Cheese and Spinach, Cooked with Wild Mushroom, White Wine and Cream (cheese)</p>

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### Sudoku Answer from page 12

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





**Here is the latest article from Chris Catchmoore 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, the date is 16<sup>th</sup> October. Well, the colder wetter months are upon us once again but not to worry, luckily the fishing can still be brilliant as long as you use the following winter tactics:

First of all it is definitely time to scale down your main lines and your hook length. It is quite important to scale down your main lines as well as your hook length because if you don't you may find that there isn't as much stretch in heavier lines. Therefore a hard strike may result in a broken hook length or a hook pull. Try to have your mainline only 2lb heavier than your hook length and this should reduce problems. It also goes without saying; reduce your hook size and the size of your hook bait. The fish are not actually hungry during winter but if you are crafty you can still entice a few. I have said it before and I will remind you again, feed little and often, now and right through the colder months.

Now is a good time to experiment with alternative hook baits, as the fishing slows down the fish that do wish to feed can be very fussy. That being said don't over complicate your main feed i.e. if you are using a feeder with ground bait do not put too many loose offerings in, after all you want the fish to find your hook bait and not to get preoccupied with 'freebies'. If you are using a pellet feeder switch to the smallest you have and go onto micro pellets only. When using a waggler instead of a pouch full of bait in your catty put just a pinch in.

Do you remember last month I told you about the River Derwent and River Hull Championships, well the results are in!

#### **Derwent 12<sup>th</sup> October.**

The competition was fished from Barnby Barrage to Howsham. 130 people fished and out of that 88 people caught.

The lower river produced a lot of Roach. However above Sutton it fished very hard. 30 people caught over 1kg (2.2lb).

The £1,000 prize winner of the River Derwent Championship was Jullian Griffin (Hull & District) with an impressive weight of 12kg 110gr (26lb 7.9oz), all Roach on the stick float at Bubwith. When you consider that most of the Roach weighed between 2 – 4oz, 26lb is a lot of fish. Well done Jullian. Second place went to Michael Rapier from Leeds, he fished the feeder and caught 7kg 320gr (15lb 15.4oz) of bream at Barmby Barrage

Third place went to Martin Highe who weighed in with 3kg 340gr (7lb 2.1oz).

Finally fourth place went to Marko Cjuranovic from Leeds who weighed in with 3kg 50gr (6lb 7.7oz).

#### **River Hull 13<sup>th</sup> October:**

150 people entered this match. This year saw the event fished from Kingswood to Tickton. Once again if you were not on one of the key areas (which I do keep telling you all about) you struggled! Over 100 people weighed in which is not that bad especially with the horrendous weather conditions on the day. Before I announce the winner, a lot of flounders (flatty's) were caught with the best weight of these being caught by N, Wardrobe who fished Figham and caught 5kg 950gr (13lb 1.9oz). That is better than some match results on the beach! Ha Ha.

Anyway first place on the River Hull Championship went to Trevor Sharp (anglers corner) who caught Roach, Perch and skimmers from shipyard to weigh in with an impressive haul totalling 17kg 720gr (38lb 13.7oz) well done buddy, and enjoy the £1,000 prize.

Second place went to Shaun Lesco (Beverley) with 17kg 480gr (38lb 5.1oz). Shaun caught all his fish on the Dean's stretch.

Third place was Craig Singleton from Doncaster, he also fished Dean's and caught 17kg 350gr (38lb 0.5oz)

The top three were definitely close!

Finally fourth place went to John Cunningham (Hull) who fished shipyard and caught 11kg 360gr (24lb 14.8oz). Well done to all of you.

Once again this event was run very professionally so hats off to everyone concerned.

Some good news, do you remember our annual cancer charity match? The match raised £720 for Castle Hill Hospital. Well, a Cottingham fellow angler who wishes to remain anonymous popped in the shop the other day and handed me a further £300 towards the monies already raised. The grand total that we have now raised for cancer this year is £1020. The certificates from Castle Hill Hospital are now on display in our shop. Thank you all once again.

Christmas voucher are available in store now.

For all those interested the Brid Wall challenge between Captain Pugwash (John) and Eric the Viking Is: Pugwash 2 – Viking 1/

*Till next month this is Chris wishing you all "tight lines".*

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## Building bridges at the Prince of India

The Prince of India Restaurant at 119 Hallgate, Cottingham is currently building bridges with the traders and public of Cottingham after events which unfortunately happened in the recent past.

The owner Rashid and his staff are organising a series of Charity Buffet evenings to raise money for local charities in and around Cottingham.

They intend to donate funds to Hallgate School's Rock Challenge to help with costumes, travel, scenery, etc. Other charities will also benefit.

The next Charity Buffet evening is on Monday 4th November at 7.00 pm onwards. Come along and enjoy the superb food and help good causes.

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## Hallgate Schools (continued)

by Peter Railton (Local author and historian)  
1943.

When school opened in January, Councillor Arnett observed that -  
"The attendance is not good on account of sickness, I understand. In respect of this, it is strange that the children can play about in dirty ditches all day and still not go to school because they are supposed to have colds."

An appeal by the Lord Mayor of Hull for Merchant Navy Week raised £2.10s.0d in the boys' department. There was a tremendous loss of life among the civilian crews of merchant ships as convoys crossed the Atlantic or took supplies to Russia, which was just becoming apparent at that time - this branch of the war effort was not viewed with the same enthusiasm that characterised the armed forces.

Another 'old boy' was killed in action in March; Private Norman Stabler died in Tunisia during the heavy fighting there. I remember the headmaster announcing the deaths of ex-scholars during morning assembly in the hall and of special prayers being offered.

A Std.3 boy, Brian Firth (in my class) was bitten by a dog on his way to school after dinner; his leg was bleeding and he was in a state of some shock. Mr Brookes applied iodine (the yellow dye frowned upon now by the experts) and Elastoplast and sent Brian home with instructions to his parents that he should be taken to the doctors.

### "Wings For Victory" raises £914.10s.0d

"Wings For Victory" week began on the 21st of May. Councillor T. S. Ward opened an exhibition of models, essays, drawings etc. and parents were invited to be present and the assembly was addressed by Mr. Brookes, as once again remarkable results were attained when parents and children dug deep into their pockets in support of this very popular appeal and a grand total of £914.10s.0d was raised by the three departments - contrast that with the Merchant Navy appeal!

Prizes of Savings Stamps were presented to pupils who won the various sections in the competitions. Mrs. Arnett did the honours and others present were Mr. Ward, Mrs. Ward, Mrs. Witty and Mrs. Simmonds, the organiser of the Cottingham W.V.S. Recipients were Geoffrey Simmonds, Raymond Peterson, Brian Fairhurst, David Jarvis, Brian Taylor and Dennis Bannister in the models section and John Kilvington, Keith Jewitt, Laurie Allman, Gordan Dobson, Raymond Johnson and Terence Greenwood in the drawing section.

Successful boys in the scholarship exams were Allan Brown, Neil Killgren, Brian Meare, Stanley Paine, Brian Taylor, Dennis Turner and Ronald Wilson. A 'book drive' was launched and an appeal went out for books in good condition to be sent to the forces to read in any spare moments.

### Singing Lessons

A student teacher, Miss Mary Birtles joined the staff in September; I remember her teaching singing in our class; in those days 'Strawberry Fair', 'Lindon Lea', 'Polly Wally Doodle' and 'Bobby Shaftoe' were the staple diet - twenty-odd years later it was 'My Favourite Things' and 'Edelweiss' - a great improvement. Miss Birtles persevered with our class, teaching the scales 'Doh, Ra', 'Me' - whether it made any difference to the frogs chorus which characterised most of our output I'm not sure.

On the 9th of September Mr. Brookes wrote in the log book - "This morning, in celebration of the unconditional surrender of Italy to the Allies, a short service of rejoicing was held at Morning Assembly by the School. The boys were addressed by the Headmaster and the Hymn 'Now Thank We All Our God' was sung. Special prayers of thanksgiving were said, followed by the singing of the National Anthem. Then followed "Three Cheers for His Majesty the King, three for the Prime Minister, and three for the British Empire". An extra fifteen minutes recreation was allowed by the Headmaster and the school flag was hoisted and flown throughout the day."

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was sung. Special prayers of thanksgiving were said, followed by the singing of the National Anthem. Then followed "Three Cheers for His Majesty the King, three for the Prime Minister, and three for the British Empire". An extra fifteen minutes recreation was allowed by the Headmaster and the school flag was hoisted and flown throughout the day."

### Playing in dirty ditches

In November, Councillor Arnett again protested about poor attendance due to alleged colds and the fact that he had seen more children 'playing in dirty ditches' around the village. He objected to children being used for potato picking and felt that the system "was no good for teachers, school, or children" and that it was "absurd". An ominous entry by Mr. Brookes in the log book reads -

"6th December. I have today returned to school after a period of illness (six weeks) owing to nervous debility and general weakness."

January the 4th saw all the teachers back at school and most of the girls, but some were off ill especially with whooping cough which was very prevalent throughout the three departments and of course 'flu accounted for others. Mrs. Wrigglesworth and Miss Bell the cookery teacher were absent through illness and Mrs. Burton the supply teacher fell ill and Mrs. Harness, another supply teacher, was sent in her place. Councillor Arnett also complained in the girls log book of:-

"children playing in unhealthy ditches and when questioned as to why they were not at school have replied 'I have a cold'. If these children are not kept at home to improve their general health, they may just as well attend school".

In April there was a 'sale of goods' held at the department - a combination of jumble sale and garden produce stalls which raised £15 and a concert given by the girls to parents realised another £3 and the total was contributed to the "Wings For Victory" week.

The attendances did not pick up very well during that spring, 88% to 93% being the averages. The illnesses which had abounded

were slow to clear and not many of the staff escaped having to have time off for sickness, including Miss Brimelow. One of the girls, Dorothy Whitelock, had her bicycle taken from the cycle shed but it was found by the police and returned to its owner.

Following the "Wings For Victory" week, a display of drawings, paintings and essays were put on show for parents to go and see. Many girls won prizes for their essays or pictures with the theme of the war in the air. Among them were Mavis Bilton, Janet Allison, Margaret Scritt, Jean Whitton, Dorothy Stabeler, Hilary Harvey, Ann Clark, Pat Bone, Audrey Mildred Jean Wray, Margaret Vickers and Mary Stabeler.

### Thousands of books collected

After the summer holidays, a book drive was held and literally thousands of books were collected for the armed forces. Help towards the war effort took on a more practical nature when, for two weeks in October, 32 girls of over twelve years of age were taken by bus to Market Weighton to help with potato picking on a farm. Mr. Arnett records that attendances were very poor and claimed that children were staying away from school ostensibly for harvesting potatoes, but never joined the bus! £6.14s.71/2d was raised for the British Legion Poppy Day appeal that year, an increase on the previous year. Attendance never picked up all autumn and was still only 82% at Christmas - the result of colds, 'flu, measles and chicken pox.

The pace in school quickened that year because of the visits of local and national education officials. This was due to government plans and aspirations for schools after the war and Hallgate Schools were a microcosm of the national scene. Education was to be expanded and reorganised, provisions made for school meals and free milk, more classroom space and much more were embodied in a memorandum circulated in a 'Green Book' and Mr. R. A. Butler, President of the Board of Education began work on a new Education Bill along side the proposed social reforms of the Beverage Report regarding post-war national welfare.



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

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

### My Lifestyle choice

**T**his life of mine has the same ups and downs as any other. I consider myself blessed that I have spent a life time doing what I love as far as work is concerned.....training, competing and playing with horses.

A section of the downs are the inevitable injuries to me of course. I'm writing this article in rehab having just had my knee operated on for a torn cartilage and my old ankle injury re investigated. On the lighter side at least I have the time today to sit quietly to write this article, which makes a very pleasant change.

The weeks leading up to this operation have been absolutely manic. For reasons out of my control my staff have been ill, injured while away from work, on holiday.....not at work anyway leaving me with running the yard, all their work on top of all my work mostly on my own. I have more than earned time out!

My last set of training horses have all been extremely complicated as well as time consuming.....interesting though!

Sky was a young 17hh Gelding who reared on top of you at any time on the ground and who also threw that behaviour in whilst attempting to mount and being ridden. He was sorted and sent home in 3 weeks and his owner Tracey spent quite some time with me learning all the techniques she needed to in order that she could keep the changes once back home. Sky felt like he needed to defend himself against any human.... he had been very rushed in his early days of breaking in and Tracey, unintentionally, inherited all his resentment at point of sale. They are both doing very well now and are working together as a cohesive partnership. I visited her West Yorkshire yard once just to help her be confident enough to establish and keep those changes in place. Sky tried to revert back to his old habits once back home because it was learned behaviour in that environment. We did not allow that to happen and to watch him relax his frame once he realised he did not need to fight his corner there was fabulous. Happy calls from Tracey confirm that all is well in their world now.

Hummie came in for confidence building in heavy traffic and to help his mum Soshana recover her self confidence after

having had awful experiences out on her home roads. As a result of his fear of big vehicles coming up behind him he would instinctively spin left and bolt for home, really awful for both of them as well as extremely dangerous. I put in place a stop to the option of left turn and brought in positive reward for right bend and investigation. Hummie was given the chance to learn how to stop and think, bring rational thought to the fore instead of habitual and instinctive flight, how to gain enough confidence to be able to approach and touch and investigate and be immediately positively rewarded with apple. This in turn gave him the power to then chase away large vehicles rather than have them chasing him. This is a tricky and time consuming training programme with massive benefits when in place. Mum had to learn to trust me, trust the techniques, trust herself and have Hummie learn to trust her new found leadership skills. They are now back home and I have had happy reports of very real success. Soshana is an extremely good horsewoman and I am very proud of her combating her own fears as she has done and continues to do. There are no magic wands in horse/people training. There are structured techniques, positive reinforcement, new and very real control skills and breathing out at times of stress

I will tell the tale of Donny next time. He has overcome great fears and overwhelming trauma to get back to allowing a rider back up on board. Bless him.....quite amazing.

One of my friends put this up on my Facebook page the other day and it did make me smile.....I see myself and my childhood in these words!

For the girls with the Muckers, half chaps and gloves (with a hole in a finger)! For the girls who skip a party because they have to get up at 4:30am. The ones who will feed, muck out, and repair a fence- for the love of their best friend. This is for the girls who can drive a tractor before they can drive a car. For the girls who would rather jump fences than skip rope. This is for the girls who think bailing twine and duct tape are tools. For girls who spend more money having manes and tails plaited than have their own hair done.

This is for the girls who are excited opening a box with a leather halter in it. Who shovel snow to get to the stables. For the girls who filled a stocking for a horse. Who wear a bracelet or a belt with their horse's name on it, not a Boy. This is for the girls who dreamed of a pony for Christmas. This is for the dreams we hold and the memories we all share. We know how to love unconditionally because a horse has taught us. This is a lifestyle not a hobby.

*Photo: is of Soshana learning to ride Hummie in the rope halter. This skill is taught to build mutual trust, balance, flexion and new control moves.*



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## Flash, Bang, Crackle, Crash no it's not an Ooops in the Half Moon Kitchen it's Bonfire Night

**W**ell It looks like summer has finally left us but I don't think we can complain. Following what seemed to be a very long winter last year, we've really had a cracking summer. I've just one more request for one more dry, bright night and I'll be a happy landlord. **TUESDAY NOVEMBER 5th pleeeeeeease.**

Off I went to Jimmy's Fireworks in Sheffield last week and spent hours deliberating over two particular firework packages, both good but one just under budget and one just a tiny little smidgen over. In the end, true to form, I chose the right one.

So with the main job out of the way concentration was on what lessons we can learn from last year. With such a large amount of people visiting over a short period I felt our service was an issue last year, so we're organising our outside food service differently which we hope will reduce the long queues of last year. On offer will be Hot Soup and dipping bread, Burgers, Hot Dogs, Mulled Wine, Beer in cans and soft drinks, while the Skidby School PTA will be running a sweet stall. Our internal bars will be staffed to capacity but we are a Small Pub and we ask for your patience in what is the busiest four hours in the year. Our Dining facilities will be closed on the night.

Now some serious words, although our car park is large for a small Pub it will fill up quickly so please park responsibly when parking in the vicinity. We will do our very best to ensure a safe environment but please obey barriers and any safety notices displayed on the premises. With so many people around we ask that you or your children do not bring your own fireworks on to any part of the property, thank you.

Our Firework display will start just after Dusk, as soon as the sky is dark enough to enjoy the display and early enough so the children can get back home to prepare for the School the following day.

So call in enjoy some food, drink responsibly and enjoy the Fireworks, but above all be SAFE and considerate to others.

**Just one more dry bright night, pleeeeeeease.**

Cheers from Mike and the Team at the Half Moon, Skidby's Village Pub.

Telephone 01482 843403 for bookings and information.

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**By Tim Firth  
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Brian has worked a little bit of Christmas magic, taking our cast back into the world of the primary school nativity play.

What makes this delightful story so special is that the roles of children are played by adults. The classroom antics backstage at Finkle Street are awash with jealousies and teasing, and of course, Christmas carols as only 'children' know how.

A perfect preparation for Christmas!

The performance dates will be:

Wednesday	27th November
Thursday	28th November
Friday	29th November
Saturday	30th November

To Commence at 7.30pm at the Darby & Joan Hall, Finkle Street Cottingham. (Doors will open at 7.00pm). Seats are unreserved except for invited guests and Friends of CLT.

Tickets are priced at £6 (concessions £5.00) and are available now from Barkers Newsagents, Hallgate, Cottingham, or contact our ticket secretary Rachel White on 841030.

## PLAY READINGS ~

Why not join us at one of our 'Play Reading' evenings?

These evenings are held monthly (usually on the first Monday), in Ellie Mai's Tea Room in The Duke of Cumberland Cottingham.

Allan Purdue, one of our experienced and popular actors hosts the evening, and everyone is welcome to either read or just to listen and enjoy a drink and a friendly night out.

The dates for the next Play Reading is:

Monday 4th November.

Please be there for 7.15pm for a 7.30pm start.

Check our website [www.cottinghamlittletheatre.co.uk](http://www.cottinghamlittletheatre.co.uk) for our next Play Read in 2014.



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### East Yorkshire Association of the National Trust

Thursday 21st November - Christopher Oughtred 'From Corner Shop to Corner Shop in five generations, the William Jackson story, in the Cottingham Civic Hall, 7.30 pm. Non-members welcome.

### Cottingham Methodist Church

Friday 22nd November - Free Film Night, 6.30pm for 7pm. Popcorn, ices and chocolate on sale.

### Little Weighton Village Hall

Friday 22nd November - Little Weighton Village Hall present the Bad Apple Company's 'The Mice Who Ate Christmas' at 7.30pm. A comedy written by Kate Bramley. A happy start to the Christmas celebrations. Tickets £9.50 and children £5, from the village shop or Tel. 01482 844171.

### Handmade and Vintage Fair

Sunday 24th November - A wide range of crafts and gifts for Christmas will be on sale including painted furniture, trinkets and collectables, hand-made jewellery, cushions, wheat bags, knitted items and plants. Refreshments available in our Vintage Tea Room all day. Entry Free. This event will support Macmillan Cancer Support.

### East Riding Flower Club

Monday 25th November - A Flower demonstration, David Ryland (National Demonstrator Northamptonshire. In the Civic Hall at 2.00 pm. Doors open 12 noon, light refreshments, 12.30 pm to 1.30 pm. Admission by ticket £10 each. Tickets from Judy Robinson 01482 876279 or Dorothy Griffith 01482 656500.

### St. Mary's Church Tower

Monday 25th November - A chance to see the Cottingham Lights Switch-on from above when St. Mary's Church Tower will be open. To Reserve a place call Ian Booth on 848041.

### Cottingham Men's de Luda Society

Wednesday 27th November - A Life in Food, Ray Parker, MBE, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

### Wednesday Social Club

Wednesday 27th November - John Scotney - Chapels, Charities and Choirs, in the Darby & Joan Hall, at 2.00 pm.

### Skidby Playing Fields Association

Friday 29th November - Quiz Night in the Skidby Village Hall at 7.30 pm. Tickets only entry. £7.50 per person, to include fish and chip supper. Teams of upto six people can enter. Please contact Lynne O'Connor on 07772 394773 or Biddy Collins on 849899 or Carl Bevan on 07977 397710. For more details and to reserve tickets.

### Skidby Village Hall

Saturday 30th November - Christmas Craft and Gift Fair. 10.00 am to 3.00 pm. A massive range of festive stall from local crafts people. Seasonal refreshments, free admission and a very warm welcome to everyone.

## Success for Skidby Exercise Group

The Skidby Gentle Exercise Group meets in the Village Hall (Skidby) once a week. On the 1st October they attended Beverley Leisure Centre for an Inter-Village Soft Bowls Tournament organised by ERYC Sports and Leisure Department. Two teams were entered, one of which came away with the Winner's Trophy!

The day before, the group had taken a walk around the village and up past the Mill to raise awareness of National Older Persons Week, and to show that older people can get out and about and enjoy the countryside, and have friendship and fun at the same time. The group also received a Community Award in recognition of this event.

The group is open to anyone - no restrictions on age or fitness levels - and meets on Monday afternoon from 3.00pm to 4.00pm. For more details contact Mary Young on 01482 843446.



## Cottingham Red Cross Ladies Thank You Lunch

The 5th annual Red Cross Ladies Lunch was held on 18th September at Cottingham Parks Golf and Country Club. 72 ladies attended and enjoyed splendid food and a great atmosphere. Mrs Maria Hardy, a florist from Sandhill Nursery and Garden Centre, did a flower arranging demonstration and afterwards auctioned off all the arrangements and the remaining flowers, which had kindly all been donated by the Garden Centre.

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 £1,110 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.

*Above: Maria Hardy completing one of her arrangements.*



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# Moving Abroad?

A monthly column by Nick Russell

## Fiestas

Just when we thought that our village had finished with its summer fiestas, up pops another one. This time it was Hispanic Day or National Day which is on 12th October every year and is a national public holiday.

It commemorates the day that Christopher Columbus set foot in the Americas in 1492 and on this day most businesses in Spain are closed and different regions celebrate in a variety of ways. In our village, the Guardia Civil (police) take over the school hall from midday and organise free food and drink for everyone till the early hours of the next day.

We didn't go last year for some reason but as it was on a Saturday this year we decided to go, grandkids and all, as it would be rude not to. A couple of the other British families that we know were there, so we weren't the only foreigners there, not that it would have been a problem as Antonio the policeman and his wife Rosa, who organise the do, greeted us all with kisses and handshakes and introduced us to their family which made us feel really welcome.

It was late afternoon when we got there and it didn't take long for the jugs of beer to start slipping down a treat. I was sat next to the man from Alhambra Beer who had supplied the beer and every time my glass was empty, he took it away from me and brought me a cold full one....what a nice man!!! I don't know who supplied the spirits but there were loads of bottles behind the bar so no one would have gone short. It was a really friendly do and it was nice to see people from the village getting together and having a good time.

The next fiesta is this weekend, 17th to the 20th October, in the village that the grand-children go to school, Villanueva de Mesia, which will probably mean most of the businesses will be shut for this period. Its amazing that, despite the recession, these fiestas are usually really well attended.

I think that is it for fiesta now until after Christmas but you never know!!



## The big switch-off

The satellite launch that is expected to lead to the disappearance of UK channels in Southern Spain has finally happened, two months behind schedule. Although no one seems to know exactly what channels we will be losing, most people seem to be saying it will be most, if not all of the free to air channels, including radio and this will all happen before Christmas. We have already lost ITV and Ch5 from Sky although we can get ITV on a free-sat box and Ch5 on sky on Ch5 HD, so it doesn't make a lot of sense to me. The expats in Andalucia are not happy and neither are the Brits in "Little England", Gibraltar.

At least we have Spanish tv in the house which does have some English channels on it but not the soaps, much to my wife Ritas disappointment.

## Visitors and guests

August, September and the beginning of October have been really busy for us with family and friends visiting almost non stop, which is really nice for us to see them but it does mean we don't get as much done as we normally do. We now have a couple of weeks before our next guests arrive in November which should enable us to crack on with jobs.

## Casitas

As I mentioned in last months article, the ground floor bedrooms and bathroom of our little holiday rental are now completed and have had their first guests. Since then, the first floor has the original corrugated roof removed, the height raised and a new timber and tile roof fitted, which looks amazing.

Also all new electrics have been fitted and, by the time you read this, the inside and outside will have been rendered and painted and hopefully will have exterior doors fitted upstairs. Then it is down to tiling the floor and fitting the lighting.

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We went to Granada the other day to order a couple of sofas and dining table and chairs but they won't be here for three months which is very frustrating and the kitchen will be about a month. It does mean we can at least get everything else, building wise, completed before furniture gets in the way.

Anyway what it does mean is that, at last, we are now able to start taking bookings for the casitas on a self catering basis for next year, so if you might be interested and would like more details and photos, prices etc, please send an e-mail to [nickruss@hotmail.co.uk](mailto:nickruss@hotmail.co.uk) and I will send you any info you require.

We have already had a few bookings from guests who came out this year, which is really nice. A full page advert will hopefully appear in this paper in the February edition. My son Tom has worked really hard in getting the casitas finished and I don't think anyone will be disappointed if they stayed here.

## Weather

The weather still continues to be fantastic, certainly compared to the UK. The heating has not yet had to go on, light quilts have only just gone on the beds and days are still spent in shorts and t shirts. It is still hitting the mid 20's in the afternoon and the mornings are bright and fresh...absolutely lovely and perfect for working outdoors.

## Olives and Grape vines

Olive picking season is nearly upon us, December onwards, and I have been spending days in my olive grove clearing weeds and tidying up and cutting back the trees. It looks like my crop this year might be bigger than last as many of the trees are loaded with olives. Lets hope the price goes up as well.

I picked most of my grapes in late August because I had loads and they were falling from the vines making a right mess on the patio and at the moment they are brewing for wine which should be ready for Christmas. I know it is early but last week I cut the vines right back to get rid of all the leaves and to let a bit more light onto the patio and to save me sweeping up 2 or 3 times a day/

## Time up for Siestas?

Any visitor to inland Spain will know that many business close at 2pm for a 3 hour siesta, reopening at 5pm. Now a National Commission has called for far reaching reforms on working hours to help the country out of recession and reduce unemployment.

Long lunch breaks were necessary when working in temperatures of 40+ but with the growth of air conditioning in most work places it is felt that the siesta is now no longer a necessity and would bring Spain in line with the rest of Europe making business more productive.

From a personal point of view we found it very frustrating when we first came to live here but you have to respect their lifestyle and I think that out here in the sticks, they will find change difficult.

## Trip home

My wife and I are coming back to the UK for a break at the end of November for a few days as it is our daughter and our grandsons birthday and of course we want to see the fantastic Cottingham lights once again.

Hopefully it won't be snowing or too cold, otherwise we are going to have to buy some winter clothes. It will give us an opportunity to meet up with old friends and have a wander around the village.

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Cottingham's first Notary Public for at least a generation, Neil Oakes, is open for business in George Street. Notaries make up the oldest and smallest branch of the legal profession and generally deal with clients who are involved in transacting legal matters abroad. Neil is delighted to have moved into Cottingham after many years practising as a solicitor/notary in Hull. Neil's office is within, but is independent from, Jane Brooks Law Solicitors at 2/4 George Street. Among the services that Neil offers are:

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**Christmas Launch of festive activities at Hornsea Freeport**

**W**ith an exciting programme of free events designed to delight adults and children alike, there's something for everyone at Hornsea Freeport this festive season.

The outlet shopping village will be running a wide range of festive activities from Saturday 16th November to Monday 23rd December, including a special appearance from Santa himself at 11am on launch day.

Arriving in a sleigh pulled by two live reindeer, Santa will take a ride through the centre, before stopping off at his grotto, where children will be able to pass on their Christmas wish lists.

As part of the centre's Christmas competition, one lucky child will also get the chance to join Santa in his sleigh. To nominate a child who has made an inspirational contribution to the local community, visitors should complete the submission form on the Hornsea Freeport website.

Balloon modellers performing pocket magic will be entertaining the crowds, and there will also be the chance for several visitors to win a family ticket to this year's pantomime, 'Jack and the Beanstalk', at Hull New Theatre.

Viking FM will be playing a whole host of Christmas classics and will also be providing a snow machine to give the centre that authentic winter feel.

Santa's Grotto will be open every weekend in December from 11am until 4pm and there will also be creative craft shops running, giving children the opportunity to get artistic, making tree decorations, cards, ornaments and presents from a variety of paper crafts.

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



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## Christmas is coming - and the Lions are active!

It is now possible to say that Christmas is 'around the corner' and Haltemprice Lions are promoting their Christmas activities. On Saturday 30th November the Lions' **CHRISTMAS FAIR** will be held at the Civic Hall, Cottingham from 10 a.m. to 4 p.m. There will be plenty of stalls for you to buy your presents including crafts and novelties and what about the bowl of bulbs? The ladies will be holding their cake stall and organising their home made refreshments.

Please come along either to browse or buy, it will be a pleasure to see you. For enquiries regarding the stalls please contact John Brumpton on telephone 01482 657838.

Following the Christmas Fair, the Haltemprice Lions will be presenting their **CHRISTMAS BAND CONCERT** on Saturday, 7th December at the Cottingham Methodist Church Hall in Hallgate at 7.30 p.m. The East Riding of Yorkshire Band will be present a packed programme including the Christmas favourites. This is a really exceptional concert and tickets are already selling. To obtain your ticket (£7.50 each - concessions £6.00) please contact David Whincup Tel. 01482 847367 or Fred Cawood Tel 01482 845132. Refreshments are available on the evening organised by the Church ladies.

The proceeds of this concert are to be donated to the charity OPSA (Overseas Plastic Surgery Appeal). The Hull base team of Plastic Surgeons, Nurses and Operating Department Practitioners visit Pakistan twice a year to provide plastic surgery to underprivileged children and young adults. Most have cleft lip and palate, but others have hand deformities and burn scars. Without surgery some may die or left begging on the streets.

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The Haltemprice Lions are proud to support OPSA.

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The 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 held securely in an independent Trust Fund until it is required. If you're aged 50 or over acceptance is guaranteed with no medical questions asked.

**Buy before 30 November 2013 and save up to £210**

### 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.

### To request your FREE no-obligation pack pop into:

Age UK East Riding (Trading) Ltd  
16 North Bar Within  
Beverley  
HU17 8AX  
01482 861065

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

\*The Sun Life Direct Cost of Dying Survey, 2012. †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. Age UK is a registered trademark. The use of the name and logo 'Age UK' is done so under licence agreement between Age UK and Age UK Enterprises Limited. Registered office: Tavistock House, 1-6 Tavistock Square, London WC1H 9NA.

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Or call **0800 032 9413**  
Please quote reference **AMT020AC**

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# CAVE CASTLE HOTEL & COUNTRY CLUB

## Christmas Murder Mystery Thursday 12th December 'A Christmas Killing'

Conrad & Clara Christmas are hosting a party to celebrate the festive season. Although they always throw the best in town, there is always the inevitable family argument, the usual drunken revelry and some unplanned surprises. Amongst their guests is someone who does not wish them well, someone who bears a grudge. Why not join us for this Christmas party with a difference and find out for yourselves just what is going on and who that someone is!

**£32 per person**

Stay over if you dare! Only £135 for two sharing, including event, bed & breakfast

## Too Busy to Party this Christmas??

Join our after Christmas Party Night  
Friday 10th January 2014  
Dinner & dancing until 1am

**Only £19.95 per person**

Stay over from only £49 room only when attending a Christmas function or Too Busy To Party night

## Christmas at the Castle Party nights

Start the festivities early,  
have your knees up in November!!  
join our 1st party night,

**Saturday 30th November £24.95**

Places still available at party nights on:

Thursday 12th & 19th December £19.95  
Friday 20th December £24.95

### Lunches:-

3 course £15.95, 2 course £13.95

## New Years Eve Gala Dinner

£75.00 per person  
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**Telephone: 0844 686 2240 (local rates apply)**

**Cave Castle Hotel & Country Club,**

Church Hill, South Cave HU15 2EU

Email: [info@cavecastlehotel.com](mailto:info@cavecastlehotel.com)



# 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.

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

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



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## Free Legal Advice Clinics

Following the success of our Wills Clinics, held monthly at Civic Hall, Cottingham, our Family Law Specialists will now be available to offer legal advice on Family issues.

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

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

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

We can help you decide which route is best for you and your particular circumstances and then guide you through that process to ensure re-assurance for you, and a settled future, as swiftly as possible.

Contact Jayne Lowde on 01482 325242 now to book your **FREE Options™** appointment at our Cottingham Legal Clinic.

Andrew Jackson  
Solicitors

Do you need advice on

**Wills?** Family Issues?

Powers of Attorney? **Probate?**

We are holding **Legal Clinics** at  
**Cottingham Civic Hall** from 12 noon - 5pm on;  
**Wednesday 20 November 2013**

And now also at **Beverley Memorial Hall**  
from 10am - 1pm on;  
**Thursday 21 November 2013**

**FREE INITIAL CONSULTATION**

For further details or to book an appointment,  
please contact Jayne Lowde or Jo Pearman on

**01482 325242**

Marina Court, Castle Street, Hull, HU1 1TJ

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## Top selling author Valerie Wood to visit Cottingham on Saturday 16th November

Valerie Wood is coming to Barkers in Cottingham on Saturday 16th November, to sign copies of her new book *His Brother's Wife*. Valerie will be signing her new book between 11.00 and 12 noon.

## Hull Savoyards present "Utopia Unlimited" or The Flowers of Progress at Cottingham Civic Hall on Saturday 30th November

It is perfect on the island of Utopia – well Utopian! But, King Paramount wants to improve the situation by modelling it the 'Great and Glorious Country called Great Britain.

But the real power-base lies with two wise men Scaphio and Phantis, this unscrupulous pair control the King. The King follows their lead or risks being blown up by the Public Exploder! A representative deputation from Great Britain arrive to put things into English order. This culminates in the King floating Utopia as a Registered Company.

As ever, things do not turn out well. With everything running in perfect order, lawyers are out of work, doctors have nothing to do, no wars to fight...but then they all discover one element of British life is missing: Government by Party – with one party dutifully undoing what the other has done...some things never change.

Saturday 30th November 2013 at the Cottingham Civic Hall, Market Green, Cottingham. HU16 5QG commencing at 7.30 pm. Tickets available at the door £8.00 and £7.00 concessions.

# MAJOR ANNOUNCEMENT

## GILL JORDAN & LINDA THELWELL JOIN TOTAL ESTATE PLANNING

Total Estate Planning are delighted to announce that Gill & Linda have joined the company. They both live locally and will be known to many of you, having spent thirty years working in financial services in the area.

Gill & Linda pride themselves on delivering an excellent personal service with focus being on offering the very highest standards in customer care.



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**TEP**  
TOTAL ESTATE  
PLANNING



We are naturally delighted that Gill and Linda have chosen to join us – as we both hold the same values and seek to offer clients a high quality, ethical and confidential service. Total Estate Planning can advise on or arrange help with a variety of issues such as, Legal services – including Wills, Powers of Attorney, Wealth Management, Protecting your assets, financial services.

### TYPICAL ENQUIRIES HAVE BEEN:

- Clients concerned that if they died and their partner remarried their own children may become disinherited – with their money being inherited by the surviving partner's new family instead.
- Clients ensuring their wealth is passed on to their families in full agreement with their personal wishes.
- Clients who are frightened that they may lose a high proportion of their estates, including their home to Care costs – leaving practically nothing for their children.
- Clients not wanting to burden family members with the onerous task of winding up their estate and wanting to reduce the probate costs.

With careful planning, these types of concerns can be reduced and often resolved – thus ensuring more of what you have worked hard for goes to the people you genuinely want to benefit.

Gill and Linda will be delighted to hear from you and are offering an initial free consultation in the comfort of your own home.

CONTACT GILL ON:  
07539 472 047

CONTACT LINDA ON:  
07539 469 179

info@localestateplanners.co.uk



## AgeUK Caring Christmas Hamper Appeal 2013

Once again, Age UK East Riding is launching its annual Caring Christmas Appeal. The charity is urging people throughout the East Riding to get involved by donating a shoebox sized Christmas hamper. The hampers will then be distributed just before Christmas to isolated and vulnerable people in the region.

Last year residents of the East Riding donated several hundred hampers which were distributed by Age UK East Riding staff, volunteers and community groups.

The hampers are always very much appreciated by the older people who receive them. One elderly resident said: "It was lovely to receive such a kind gift. The items will be very useful over Christmas and the New Year. It was nice to know that someone had made such an effort just for me."

The shoeboxes should be filled with non-perishable food such as tins of soup, fish or fruit as well as items such as tea, coffee, biscuits and a luxury item (home-made food products and alcohol cannot be accepted). Food items must have a 'use-by' date of at least February 2014. Donors can also include a Christmas card with a festive greeting.

The box and lid should be wrapped separately with Christmas paper, or left unwrapped with a piece of wrapping paper enclosed.

The boxes should be delivered to the Age UK East Riding office at 16 North Bar Within, Beverley, HU17 8AX by Friday 6th December, or may be taken to any Age UK shop in the East Riding.

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**MINIMUM ORDER £15.00**  
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The Management reserve the right to refuse delivery

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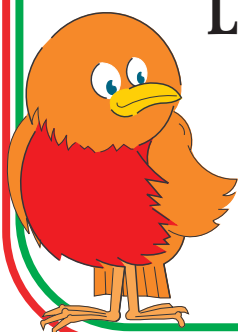


# Christmas is Coming

**Orders now being taken for:-**

**Local Free Range Turkeys, Chickens, Ducks, Geese,  
Local Prime Beef, Pork and Lamb**

*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 2014*







Roses of Beverley  
Unit 6 The Courtyard, Tokenspire Business Park  
Beverley. Tel: 01482 869111

## Residents of Southfield Court, Cottingham raise £565.12p for Macmillan Cancer

The residents of Southfield Court, Cottingham have raised £565.12p at the coffee morning which they held in aid of Macmillan Cancer.

They would like to thank everyone including the residents, who came and took part on the day and help them raise money for such a worthwhile charity.

They would like to say a special 'thank you' to PO Ferries, Southwood Nurseries, Johnsons Butchers, Morrisons, Colette of Segals Jewellers Paragon Street, and Hull FC players for signing a rugby shirt.



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★ **Please keep this safe** ★

## Cottingham prepares for its greatest night of the year . . . Monday 25th November

Cottingham will once again be illuminated this Christmas and New Year, when the village turn out for the 32nd switch-on of the ever popular 'Cottingham Christmas Lights' at 7.00 pm.

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 have witnessed over the past years.

Of the original group there are still two volunteers actively involved with the lights, they are joined by a regular gang of

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### Sleep

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### Live Music

Country & Western with  
**Peter Caulton**  
Saturday 30th November  
£15 including supper  
7.30pm start



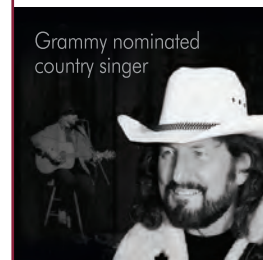
### Drink

A wide range of fine wines, cask ales & speciality spirits are available.



### Celebrate

The perfect place to celebrate, with bespoke packages for weddings and all other occasions.



Grammy nominated country singer

eight willing volunteers, who will begin erecting the now famous lights on Sunday 13th October, they turn out each Sunday come rain or shine or snow, until the switch on. The volunteers are made up of residents and shop owners of Cottingham. The fact that these helpers are volunteers is why we have to begin so early in the year, they have to juggle this with their day jobs and families, so those of you think 'it's too early to start putting up the Christmas lights'....now you know.

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 would especially like to thank Martin & Mandie and the Patrons of the King Billy, Hallgate, Cottingham who have kindly donated £1000.00 this year raised from the weekly meat draw.

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.

Last year saw a record number of people in the Lights history witness the spectacular turn on. This year's switch on night will be another fun packed evening for all the family with local shops staying open and a funfair. 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.

Once again, the 'switch on' platform will be located opposite John Fords Menswear, this will help the flow of people around the village, when the lights are turned on at 7.00 pm.

The hordes 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!

*Charles Rawlings, Chairman Cottingham Lights*



**Christmas Lunch Menu**  
**Pre-Bookable Only**  
**26<sup>th</sup> Nov - 24<sup>th</sup> Dec**  
**between 11.30am & 2.30pm**

*Spicy Parsnip & Carrot Soup, served with homemade bread*  
*Shredded Ham Hock & Pea Puree*  
*Smoked Mackerel Pate served with Melba Toast*  
*Brie Melt with Plum & Red Onion Relish*



*Traditional Roast Turkey with cranberry sauce and trimmings*  
*Braised Beef with Bacon, Chestnuts & Wild Mushrooms in a*  
*Madeira Sauce*

*Baked Halibut with English Butter Sauce & Shrimps*  
*Goats Cheese and Butternut Squash Lasagne (V)*

*All Served with Potatoes & a selection of vegetables*



*Homemade Christmas Pudding & Brandy Sauce*  
*Chocolate Torte & Ice-Cream or cream*  
*Lemon Posset with Raspberries*

*A selection of Cheeses with celery, grapes & crackers*

**2 Courses - £14.95 per Adult or £7.50 per Child**

**3 Courses - £16.95 per Adult or £8.50 per Child**

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## Nearly New sale of baby and toddler items at Hallgate School

The Friends of Hallgate Primary School are organising a Nearly New Sale for Baby & Toddler Items on Sunday 24th November at Civic Hall in Cottingham, 10.30am – 12 noon.

Please come along and grab a bargain at our Nearly New Sale – all welcome.

There will be good quality prams/buggy's, toys, clothes, books, equipment and everything you could possibly need for children aged 0 to 9 years old. There is a separate larger items gallery to view all large items in one place.

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

Do you want to raise some extra cash and clear out your lofts/cupboards – please get in touch with Leigh Pullen on [leigh@pullen213.karoo.co.uk](mailto:leigh@pullen213.karoo.co.uk) or 07854 881587 about hiring a table for this event – again all are welcome. Tables cost £8 and are approximately 1m x 2m.

Admission is 50p per person with children under 16 free.

## Maryanne Frank voted Cottingham Slimming World - Woman of the Year

Maryanne Frank was voted woman of the year at cottingham slimming world group after losing 4 stone, she then did a charity bike ride with a local cottingham group. Riding from Lands end to Brandesburton, raising over £8,000 for cancer research.

Maryanne attends slimming world on Mondays at Darby and Joan hall, finkle street cottingham held at 5.30 pm and again at 7.30 pm.

Without her weight loss maryanne would not have taken part in the bike ride and is now a very fit and active mum due to her weight loss.

For further details on slimming world please contact slimming world consultant. Theresa Foster on 823032.

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## Want to see six impossible things?

The place to be is Swanland Village Hall at 7.30 on Sunday 24th November. What is this show? Two seasoned entertainers divert us with impossible acts of peril, comedy and virtuosity with a show that has something for everyone.

This show plays fast and loose with fact, fiction, magic and science and things are never quite what they seem. Are they tricks or did something strange happen? Not even your hosts are quite sure how it works. Intrigued?

Please do come and join us. see [www.swanlandvillagehall.info/future-events.htm](http://www.swanlandvillagehall.info/future-events.htm) for more information or call Yvonne on 01482 634863.

Tickets cost £8 adults (£7 for SVA members paying in advance) and £4 schoolchildren. Bring your own drinks and glasses, nibbles will be provided.



Films continue on the third Saturday of every month at Swanland Village Hall and the November showing on the 16th is the 2012, winner of 2 Oscars, "LINCOLN". Directed by Steven Spielberg and starring Daniel Day-Lewis and Sally Field. Tickets cost £4 adults and £2 schoolchildren, payable on the door. For details of all the forthcoming screenings, please visit [www.swanlandvillagehall.info/future-events.htm](http://www.swanlandvillagehall.info/future-events.htm).

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## Application by The NHS to build 600 houses on Castle Road, Cottingham to be considered at planning meeting on Thursday 7th November

13/00379/STOUTE, Planning Officer M/s Susan Hunt.

It seems very likely that this outline planning application will be considered by the Planning Committee on Thursday 7th November at 2.00 pm. County Hall, Cross Street, Beverley.

If you wish to attend as an observer please ensure you arrive at County Hall by 1.30pm in order to gain access to the meeting. Unfortunately you will not have the opportunity to speak. We suggest that you double check 24 hours before that this item is on the agenda. Phone 393939 and ask for M/s Susan Hunt or contact either Cllr Mathieson (847276), Cllr Jump (842272), Cllr Slater (876630) or Cllr Green (844351)

## Notice of Closure:- Northgate level crossing

The East Riding of Yorkshire Council hereby give notice that during the periods 22.15 hrs Tuesday 12 November 2013 until 06.00 hrs Wednesday 13 November 2013 no person shall cause any vehicle to proceed over Cottingham North Level Crossing, Cottingham to enable essential track maintenance to be carried out.

The road closure is necessary to enable essential track maintenance work to be carried out in a manner consistent with ensuring the safety of the public.

The alternative route for traffic affected by the closure will be via New Village Road, Thwaite Street, Newgate Street, South Street, Baynard Avenue, West End Road and Northgate, Cottingham.

The road will be open at all times for pedestrians, but will be closed for all vehicles including the emergency services.

Further information can be obtained from Streetscene Services (Highways) on 0845 600 1666. Ref. JS.

## Removal of Build-out on King Street, Cottingham

Work was scheduled to start week commencing the 7th October on the removal of the build-outs in front of the shops on King Street. However EYMS expressed concern that private cars would use the area for parking, making it difficult for their buses to access the bus stops, and ERYC were hoping to bring forward the installation of a pedestrian crossing.

It was also felt that there should be a dedicated loading bay with the possibility of a drop off/pick up point. Not wishing to have two sets of road works within a short period of time your ward councillors have discussed the issues with officers and the plans are now being redrawn.

We will issue a press release once plans have been agreed and dates finalised.

Your ERYC Cottingham Councillors

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### Crossword solution from page 14

1	E		2	D		3	D		4	D		5	G		6	M		7	D		8	T
9	S	H	I	K	A	R	I		10	A	B	O	L	I	S	H						
	C		E		R		W			R		N		S		U						
11	H	O	S	A	N	N	A		12	R	O	O	S	T	E	R						
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13	W	A	L	L	A	B	I	E	S		15	H	O	S	E	D						
					F						O		O		T		A					
16	D	O	L	E	F	U	L			19	N	U	N	N	E	R	Y					
	I		A				I								I							
20	S	Q	U	I	D			21	T	Y	P	I	C	A	L	L	Y					
	T		N		A		E				O				E		E					
25	R	E	C	O	V	E	R			26	L	E	G	A	T	E	S					
	E		H		I		A				I		R		T		M					
28	S	M	E	C	T	I	C			29	C	H	I	M	E	R	A					
	S		S		S		Y				Y		D		R		N					



## Far Infra-Red Therapy

There are many different types of far-infrared products entering the markets, everything from saunas to FIR light emitting lamps to garments, hairdryers and even water treatment systems.

Far infrared Therapy is widely used as a natural alternative and complimentary treatment for many ailments.

Toxins in our body are suspended in water molecules and gather in stagnant clumps or globules. Far Infrared clothing emits the safe FIR waves into your body. The rays are easily absorbed by the cells and help to break up the toxic clumps releasing them back into the bloodstream where they can then be flushed out of the body.

Far infrared therapeutic clothing emits and reflects safe, natural light energy, deep into the muscles and joints. These gentle rays relieve pain and inflammation, while providing improved blood flow and promoting the healing process....

\* Far Infrared Therapy is a natural, drug-free healing method used to relieve pain, restore energy, and boost the immune system.

\* Far Infrared Therapy has been available for hundreds of years.

\* As our population ages and the cost of traditional western health care spirals upward, Far Infrared Therapy is becoming an increasingly affordable, safe solution.

\* Far Infrared Therapy is important for reasons of its simplicity, effectiveness and economy.

\* Far Infrared Therapy is the alternative and complimentary medicine for pain relief.

\* Far Infrared Therapy enables the body to regain its self-healing abilities.

NASA certainly understood some of these effects when it developed FIR materials for radiant heat during space travel. Hospitals have also taken advantage of some of these properties to keep newborn babies warm using FIR materials around incubators.

For many, the biggest news in FIR technology is its application of the far-infrared sauna in the evolving science of detoxification. At home and in clinics, these saunas are said to yield many benefits - including relief from different kinds of pain; stimulation of immune response; improvement in skin tone and conditions such as burns, eczema, acne; and the accelerated burning of calories.

Benefit of FIR 'Sweatless' Sauna in Comparison to Conventional Saunas "Traditional wisdom has suggested that saunas work largely by promoting detoxification through the sweat," says John C. Cline, M.D., B.Sc., C.C.F.P., A.B.C.T., Medical Director of the Cline Medical Centre and Oceanside Functional Medicine Research Institute, Canada. "Saunas also stimulate cells to release toxins which can then be eliminated by the liver and bowel.

Several published studies have now shown that this hypothermic therapy can bring about the rapid removal of a wide range of toxic substances from the human body." The FIR energy emitted in these saunas may induce two or three times the sweat volume of conventional saunas, yet they operate at a much cooler air temperature range: about 110 - 130 deg F, compared with 180 - 235 deg F in a conventional sauna.

Many individuals who cannot tolerate a conventional sauna, steam room or sweat lodge will find FIR saunas pleasant. The lower heat range is also safer for those with cardiovascular risk factors or fragile health because lower temperatures don't dramatically elevate heart rate and blood pressure.





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<sup>†</sup>Home Exchange is subject to availability, status and eligibility and does not guarantee a like for like exchange. Your present home must meet certain basic qualifying criteria to be eligible. Estate Agent's fees paid for following instruction made by or on behalf of Miller Homes. No reimbursement will be made for marketing fees instructed prior to reservation. <sup>^</sup>Offer subject to reservations made before November 30th 2013. Where not already fitted, free carpets chosen from our standard range. All offers are plot specific subject to Miller Homes' standard terms and conditions. Price and availability correct at time of print. Artist's impression for illustration purposes only.



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