

# Cottingham Times

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Issue 156 - November 2014

## STEPHEN RICHARDSON

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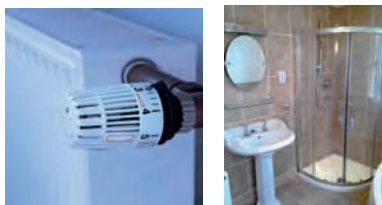
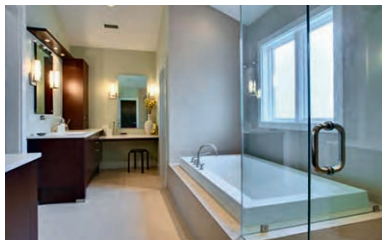
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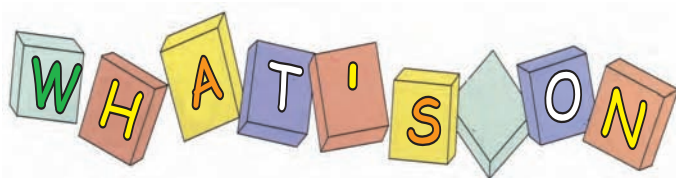
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## In Cottingham and District

### St. Mary's Church, Cottingham

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### AgeUK East Riding

Most Fridays 10.00 am to 11.30 am, call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and other services available. Tea and Coffee available. Telephone 01482 869181 for further details.

### Cottingham Bridge Club

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

Front cover: Cottingham Christmas Lights  
Photo by: Paul Lakin.

### 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.

### 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.

### 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.

### Fitmums & Friends Run, Walk

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

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### The Alzheimers Society

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

### 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.

### 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.

### Humber Raiders Basketball Club

Training sessions are held every Wednesday evening between 7.00 pm and 9.00 pm and on a Saturday afternoon between 1.00 pm and 3.00 pm. If you would like to join us for a free starter sessions we would be pleased to hear from you on [recruitment@humberraiders.co.uk](mailto:recruitment@humberraiders.co.uk) or 07789 986323.

### The Cottingham Whist Club

Every Wednesday 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. For further information tel. 843253 - 07531 762593 or 473042.

### The Green Ginger Garland Dancers

Lady folk dancers established over 30 years ago. Thursday practices in the hall behind the Zion Church, Hallgate, Cottingham, between 8.00 pm to 10.00 pm. Every Thursday apart from August. For further information contact: [www.greengingergarland.com](http://www.greengingergarland.com) or team leader Jenny Pittock on 01482 657778.

### Writing Circle

A friendly and supportive group of aspiring writers meet weekly on a Monday at 10.30am, at Pearl's Place on Hallgate, Cottingham. New members are welcome. This is not a teaching class but we offer gentle critique and bags of encouragement if you want to write a novel, poetry or just flash fiction and personal journaling. No Charge. Contact: Lynne 07866850400

### Hull and East Yorkshire Happiness Group

Everyone could do with a bit extra Happiness in their life. To find out how, join us for lots of laughter, the company of diverse but like-minded people (and cake) at Pearl's Place on Hallgate, Cottingham on the FIRST Wednesday each month at 6pm. No Charge. Contact: Lynne 07866850400 or Pam 07966091513 [heyhappinessgroup.weebly.com](http://heyhappinessgroup.weebly.com)

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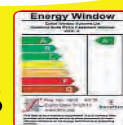
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*Continued from page five*

### English Country Dancing

The fun way to keep fit and make new friends. Every Tuesday at Darby & Joan Hall, Finkle St., Cottingham from 8pm till 10pm. Beginners welcome, no previous experience necessary. Additional sessions for beginners only will be held some afternoons by arrangement. Either come along on any Tuesday or for further information please ring Fred on 01964 550297.

### Cottingham Singers

**Singers Wanted!** The Cottingham Singers meet every Wednesday at Bricknell Methodist Church, Bricknell Avenue, from 7.30 pm to 9.30 pm. They are looking for, Altos, Tenors, and Basses to join. The Singers covers a variety of music including Folk Songs, Spirituals, Choral Works, Songs from the Musicals and they perform a concert at Christmas and in the Summer, as well as concerts for different charities if asked.

### Haltemprice Art Group

Tuesday 4th November - Demonstration with Heather Burton

Tuesday 11th November - Paint a Portrait

Tuesday 18th November - Sketching Night (B. Bauckham/M. Sink)

Tuesday 25th November - Monochrome from Colour

Tuesday 2nd December - Christmas Festivities

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 charge is made. For further details telephone Mrs. Pat Tillotson (Secretary) 01482 352840 or Mrs. Jackie Churchman (Publicity Officer) 01482 866783.

### Cottingham Local History Society

Wednesday 5th November - Annual Stamp Lecture. Ruth Atkinson, 'The Humber Sites and Monuments Records: An introduction to the heritage assets within the parish of Cottingham. Meetings monthly at 7.30 p.m. at Hallgate Primary School, entrance via King Street. Please arrive before 7.30 p.m. as the doors cannot be manned once the meeting has started.

### Yorkshire Country Women's Association (Skidby)

Thursday 6th November - Trekking the World's Mountains - Carl Bevan, in the Village Hall, Skidby, at 7.30 pm.

### Hull Alpha Probus Club

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

6th November - Lunch

20th November - Coffee Morning

4th December - Ladies Invitation Lunch

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.

### Wold Lace Makers

Saturday 8th November - 'Lace and a piece of cake', 10.00 am to 4.00 pm in the Marist Hall, Church and Parish House, 119 Cottingham Road, HU5 2DH. Members £1.50; Non-members £4.00.

### The Rotary Club

Saturday 8th November - Craft and Gift Fair, 10.00 am to 4.00 pm in the Civic Hall, Cottingham. Craft Stalls, Cakes, Books, Tombola, Refreshments. All profits to the Rotary Charities.

*Continued on page eight*

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*Continued from page six*

### **Cottingham Catholic Women's League**

Monday 10th November, Open Meeting, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

### **Cottingham Women's Institute**

Tuesday 11th November - AGM. Christmas Sales Table. Competition: Guess the cost of the Christmas Hamper, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

### **Cottingham Methodist Photography Group**

We meet in Cottingham Methodist Church Hall

Tuesday 11th November at 7.30 pm

Tuesday 25th November at 7.30 pm

Why not pay us a visit and join a friendly group. Members are always happy to offer help, advice and support to new members. New members welcome. Contact for further details - John Tel No: 842169 or [john@jcmhome.karoo.co.uk](mailto:john@jcmhome.karoo.co.uk)

### **Cottingham Ladies Circle**

Wednesday 12th November - Mrs. J. Smart gives a talk entitled 'An Orphanage in Lesotho, South Africa', in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm.

### **Cottingham Men's de Luda Society**

Wednesday 12th November - Blackpool and Beyond, Jim Stansfield (M), in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

### **East Riding Cricket Society**

Wednesday 12th November - Well played, Jeeves! Brian Halford, in the Brewery Bar, King William IV, Hallgate, 7.45pm

Annual membership £15. Guests always welcome £5. Prize raffle - £2/ticket - includes vouchers for free tickets to watch County Champions Yorkshire CCC at Headingley in 2015. At King William IV, Hallgate, Cottingham (New Venue) at 7.30 pm for 7.45 pm.

### **Cottingham Green Women's Institute Evenings**

Thursday 13th November - Clive and Kath Richardson, 'The Woman who didn't Exist'. Competition: Poppies. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 pm, second Thursday of each month.

### **U3A**

Thursday 13th November - Roger Coates - Travellers Tales 2 - Afghanistan, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

### **Beverley Fine Arts Society**

14 November 2014 - The Broken Circle Breakdown (2012) Cert 15, Drama (Belgium) Director: Felix van Groeningen  
An Oscar nominated, powerful and haunting tale of love, death and bluegrass, which slips between a couple's first passionate encounters and their later battles against their child's illness. We meet on the third Wednesday of the month, excluding August and December. Our talks begin at 10:30 am, lasting for about an hour, with an opportunity to ask questions at the end. Meeting are held at: The Willerby Manor Hotel, Well Lane, Willerby, HU10 6ER. If you would like to join us, or possibly try us out for a meeting with a view to joining, then contact our Membership Secretary on 01482 843356 who will be pleased to provide more detail. (or if unobtainable, phone 01430 422114 to speak to another committee member) Website <http://beverleyfinearts.wix.com/bdfas> or Email: [BeverleyDFAS@hotmail.com](mailto:BeverleyDFAS@hotmail.com)

*Continued on page 29*

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# The Internet of Everything

**I**s it really November already? Winter draws on and the trend will be for everyone to be spending more time in front of their computer screen, and more specifically, using the internet. So by no coincidence, this month's article is all about that.

Peering through the mists of time back to the early 1960's, when most people were looning round in bell-bottoms and platforms, Universities in the UK, USA and France were experimenting with sending data between campuses. Fast forward through the years of peace & love, and what was known as The ARPANET was pioneering 'internetworking' and a standard was born that survives to this day: TCP/IP. This is the protocol by which all data is transmitted & received over the internet. Gradually these closed networks were opened up to commercial organisations in the 1990's, and as mentioned last month, by 1994 there were 1,700 website up and running. And in those days you would have to pay to access them!

1998 saw the start of the internet revolution when high street giant Dixons launched subscription-free access to the internet for the masses. In those days, if you were lucky enough to own a computer with a modem inside plus an ordinary telephone line, you could get a CD from Dixons and install Freeserve and 'dial-up' to the internet. Those of you who remember this will also recall listening the high-pitched squawks and twangs as computers started talking to each other, and the 'world-wide wait' was born; that was the minutes it took to watch each website load!

'And then it was now', as they say in all the best stories. We're all blasé about the connected world, and in these frantic times if a website takes more than a second or two to launch users will lose interest and move onto the next link. 'Online'

has become a byword for doing everything from shopping to banking and even paying taxes. We are encouraged constantly to 'go online'. And indeed many people spend a large part of their waking hours doing so. A recent survey reported that the very first thing most people do when they wake up is to check their smartphone or tablet!

**The Internet of Things is the next buzzword (IoT).** Estimates vary as to the number of devices that will be connected by the year 2020 but is around 26 to 30 billion. So the concept is that all manner of devices and services will be connected from household appliances to cars, and more importantly health-related systems like heart monitoring. Every device will need a unique identifier (known as an IP address), and the method we use now is having to be reworked to handle the massive and growing requirement. You may have seen adverts for services such as Hive, that enables you to control your home heating from your phone. CCTV is another important user of this technology. Fridges, washing machines and other appliances are next. The idea is that wherever you are, as long as you can get online, you will be in control.

**But what happens when your internet goes down?** Calamity, the end of the world is nigh, how can we possibly survive, cut off from the rest of the world! There used to be a joke email doing the rounds that warned that the internet would be closed down on January 1<sup>st</sup> each year for cleaning – can you imagine if that were true!

**So who are the people that make sure we all stay connected?** Well that falls to your internet service provider (ISP), in our area that of course means KC, aka Karoo. At this point I will thank Chris Philpott, Technical Support Manager for inviting and showing me around the impressive set up at the KC head office in Hull. All the staff are located in one big open plan office and cover everything from marketing & sales to residential and business technical support areas.

**KC Technical Support (tel: 606101) is open 7 days a week** and handle everything from telephone faults to broadband problems and help. In order to maximise support they have a high-tech computer system that is solely concerned with anticipating customer demand based on incoming call history. This is constantly updated and works out how many staff need to be available on-shift at any time, and when they can take their breaks and days off. Their experienced specialists aim to answer calls in the quickest possible time, but at peak times bearing in mind broadband issues can be quite time consuming, queues inevitably build up. Best advice before phoning in is; first check your router and see if all the lights are on, if in doubt power it off, leave for a minute or so and turn back on again. If you have more than one computer, try the other one. If you use a wireless connection, try plugging in an ethernet cable from your computer to the back of the router and see if that works. Lastly, KC technical support can't deal with problems like your computer not starting up, or not booting into Windows, for that you know who to call (875666)!

**Chris also told me about KC Lightstream and other future developments,** so for a more detailed view of my visit to KC please see the News section on my website.

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**Wordsearch - Home Sweet Home**  
 Can you find the hidden words. They may be horizontal, vertical, diagonal, forwards or backwards.

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

**Find the words in the letters above:**  
 Abode, Accommodation, Billet, Boarding House, Bungalow, Cabin, Caravan, Chalet, Condominium, Cottage, Domicile, Dormitory, Duplex, Dwelling, Flat, Habitation, Hermitage, Home, Homestead, Hotel, House, Houseboat, Igloo, Living Quarters, Lodge, Maisonette, Mansion, Mobile Home, Motel, Penthouse, Residence, Shack, Shelter, Tent, Trailer, Villa, Wigwam.

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

**Sudoku No. 94**  
 This is an easy challenge this month - Answer on page 29

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



# MARIONOWENTRAVEL

November already! Christmas will soon be upon us. If you are stuck for a Christmas present don't forget our Holiday vouchers that can be used towards any holiday booked with any tour operator. Of course you may wish to purchase a holiday or outing outright. A popular treat is our evening flight in search of the Northern Lights. The lights are an amazing sight from up above but the spectacle of the stars alone make it a wonderful night.

You will be surprised how many holidays can be offered from Humberside airport. Next year we have direct flights for a special walking holiday in Austria, flights to Croatia & Italy plus cruising aboard NCL mega Epic & smaller ship Jade. Plus of course connections world wide with KLM - all of these holidays are bookable at Marion Owen Travel.

Are you a wildlife lover and hankering after seeing bears? Canada & Alaska are the most renowned but, you may not wish to travel that far. Well closer to home Finland offers tours and now Croatia's National Parks are gearing themselves up for visitors. Polar bears can be seen on the odd cruise up to Spitzbergen but it is not a regular occurrence, Canada's Churchill is the place to visit to see these Kings of the Arctic jungle. Autumn is the time to visit, we have a selection of tours you can choose from.

When travelling on a short break many of us want to make the most of the destination we are visiting. Take Iceland as an example, don't just look for the cheapest way to get there as it can be expensive to then get around and is not the type of place where you can hop on a public bus to go off and see the sights. Our tour operator partner Riviera Travel have great escorted city options e.g. Iceland for 5 days from £799 per person.

At the moment I am staying at Warner's Alvaston Hall in Cheshire. This collection of hotels are just for adults offering lovely accommodation with good food plus a programme of entertainment and activities - just like a cruise but on land! We have a selection of visits including travel aboard our coach to different locations. February we are featuring Cricket St Thomas in Somerset. This tour includes a visit to Gloucester Quays on the way down, Stow on the Wold returning plus a day out to Lyme Regis with two days to enjoy Cricket St Thomas and its wonderful grounds. If you remember "To The Manor Born" this was where the series was filmed. We have single rooms with no supplement available too.

I do like a bit of winter sun, but also an adventure, Vietnam & Cambodia is my next high light at the end of March. If you fancy joining me we have just one room/cabin left. We are a group of 16 at the moment and it will be a very special 18 day river cruise & tour experience.

Now this leads me to River cruising, we book all operators by all modes of travel including rail to arrive at your ship. We do also have our own exclusive charters. Our Rhine & Moselle offers great value, no night sailing and lots of time to explore in port as well as a relaxing cruise each morning amongst stunning scenery. We have 6 single cabins available for just an additional £200. Alternatively, for something different we have our delightful all inclusive Barge Hotel sailing in French waters from Strasbourg in the Alsace, we have only 4 cabins left on this cruise. We travel via North Sea Ferries from Hull, including meals and a 2 bedded outside cabin.

You will notice that our own tour availability this year is very little, remember we only have 30 seats on our special coach, you need to book now. I look forward to you joining me, regular & new guests welcome. Do also remember we book all tour operators including Saga, Great Rail, Titan, Omega, Newmarket, Diamond, Viking... at no extra cost to you, our service comes included in your price.

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|        |   |       |
|--------|---|-------|
| 11 Dec | German Markets Aachen, Cologne & Dusseldorf   | £ 249 |
| 17 Dec | White Christmas (Tom Chambers) London by rail   | £ 105 |
| 16 Jan | Warner's Nidd Hall 3 nt weekend : drinks inclusive  | £ 235 |
| 24 Jan | Bletchley & IWM with "Art Historian Fiona Irwin" 2 days HB  | £ 125 |
| 17 Feb | Snowdrops at Hodstock Priory just for the day   | £ 29  |
| 09 Feb | Warner's Cricket St Thomas 5 days singles no supp   | £ 275 |
| 25 Feb | Mathew Bourne's Edward Scissor Hands matinee  | £ 49  |
| 02 Mar | Warner's Sinah Warren 5 days singles no supp  | £ 299 |
| 13 Mar | Warner's Nidd Hall 4 day weekend - single no supp   | £ 223 |
| 19 Mar | Chesterfield Flea Market just for the day   | £ 24  |
| 25 Mar | Northumbria with "art historian Fiona Irwin" 3 days HB  | £ 269 |
| 25 Apr | Harrogate Spring Flower Show just for the day   | £ 39  |
| 26 Apr | Keukenhoff Bulb Fields - 2 nights North Sea & Entry from  | £ 129 |
| 10 May | Isle of Arran, Castles & gardens of Ayrshire 5 night tour   | £ 525 |
| 04 May | Warner's Alvaston Hall 5 days singles no supp   | £ 299 |
| 19 May | Beamish just for the day  | £ 38  |
| 22 May | English Battlefields day out with "Art Historian Fiona Irwin"   | £ 45  |
| 27 May | Orkney & Norway 8 night cruise aboard the Funchal   | £ 974 |
| 09 Jun | Flowers in Bloom just for the day   | £ 15  |
| 21 Jun | "Best of Ireland" 8 night fabulous tour half board  | £ 895 |
| 12 Jul | Liquorice Festival just for the day   | £ 24  |
| 26 Jul | RHS Tatton Park & Cheshire Halls & Garden's 3 days<br>half board at the 4 star Shrigley Hall Hotel                | £ 279 |
| 09 Aug | Edinburgh Tattoo - 2 nights B&B & good seats  | £ 269 |
| 15 Aug | Rhine River Cruise, 9 nights - 7 night cruise from  | £1199 |
| 27 Aug | Barge Hotel Strasbourg & the Alsace area 8 nights all inc.  | £2350 |
| 21 Sep | Jersey & Weymouth 7 days no early starts <b>NEW</b>   | £ 499 |
| 16 Oct | WW1 Ypres & Diksmuide with Art Historian Fiona Irwin  | £ 275 |
| 27 Oct | NCL's new Mega Cruise ship - 2 days inc. Oxford from  | £ 169 |
| 18 Nov | Thursford Christmas Spectacular 2 nights HB & top seats<br>Inc. Springfield's & Lincoln, also departs 24 November | £ 259 |
| 21 Nov | Thursford Christmas Spectacular 1 night HB & top seats<br>Also departs 27 November, 01 or 03 December             | £ 169 |
| 14 Mar | 2016 Torquay, Exeter. Plymouth & Devon Cream Tea dance  | £ 329 |
| 15 Sep | 2016 Isle of Wight, Oxford, Stratford, island sights, superb hotel  | £ 469 |



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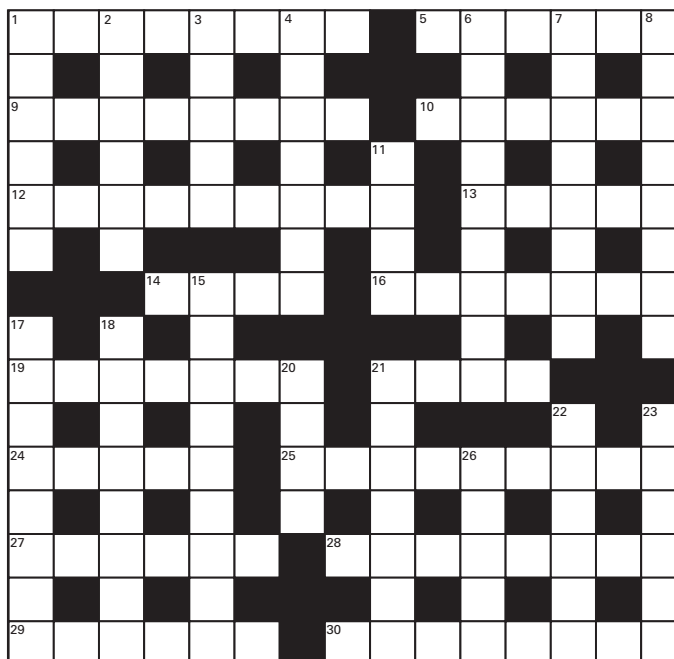
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**Crossword - Solution on page 46**



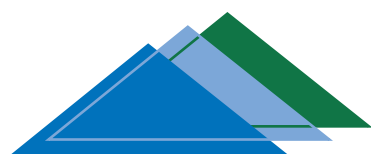
**Across:**

1. Annoyed (8); 5. Cigarettes (slang) (6)
9. Holiness (8)
10. Pal (6); 12. Box or jar (9)
13. Coincides in their characteristics (5)
14. Moves (4); 16. Not cognizant of (7)
19. Collision (7); 21. University square (4)
24. A trademarked nickel-iron alloy (5)
25. Hard-hitting (9); 27. Attack (6)
28. Lose an unborn baby (8); 29. Resulted (6)
30. Ahead in development (8)

**Down:**

1. Cut in two (6); 2. Calibrating an instrument (6)
3. Additional (5); 4. Prolongs (7); 6. Pot or grass (9)
7. A large covered flat-bottomed boat (8)
8. Avoid (8); 11. German for "Mrs" (4)
15. In another manner (9)
17. Guess (8); 18. Reaps (8)
20. Holes (4)
21. Asked (7)
22. Cloth (6)
23. Remained (6)
26. Hot chocolate (5)

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



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# In the Kitchen



## Beetroot Soup

### Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- 1 potato, peeled and diced
- 2.5 cm piece of fresh ginger, grated or finely chopped
- grated zest of 1 orange, plus extra to serve (optional)
- juice of 2 oranges
- 3 medium beetroots, cooked, and cut into small dice
- 1.2 litres of water
- a little cream or yoghurt, to serve (optional)

### Method

1. Cook the beetroot - gently wash leaving roots and an inch or so of stalk and boil for 30 minutes. Slip out of their skins by squeezing them under a cool tap.
2. Heat the oil in a large pan, add the onion and fry until soft but not coloured. Add the potato and ginger and fry for 3 minutes.
3. Add the orange zest and juice, plus the beetroot and water, then bring to the boil and simmer for 20 minutes, until the potato is tender. Blend until smooth. Reheat gently and season to taste.
4. Serve garnished, if you like, with a swirl of cream or yoghurt and a little grated orange zest.

## Oven baked bubble and squeak

### Ingredients

- leftover cooked potatoes
- leftover cooked green veg e.g. savoy, kale, broccoli, brussels sprouts
- salt + pepper
- butter
- grated cheese (optional)

### Method

1. Preheat the oven to 200°C. Grease a baking dish with butter. Mash or finely chop the veg and season well with salt and pepper.
2. Press into the baking dish and dot with a little extra butter, some cheese too if you like. Bake for 20 mins or so until golden brown on top. Serve with grilled tomatoes, bacon or baked beans!

## Apple, Orange and Dried Apricot Crumble

### Ingredients

- 8 dessert apples, peeled, cored and cut into 1cm dice
- 1 orange, peeled and divided into segments (or diced)
- juice and grated zest of 1 orange
- 100g dried apricots, roughly chopped
- 60g dates, roughly chopped
- 60g light soft brown sugar
- 175g plain flour
- 125g butter
- 100g caster sugar
- 60g rolled oats

### Method

1. To make the topping, put the flour and butter in a food processor and whiz until the mixture has a fine consistency. Remove and place in a bowl. Add the sugar and oats and rub together with your fingertips so the mixture is slightly lumpy and not dry.
2. Mix the apples and orange with all the remaining ingredients and place in an ovenproof dish. Top with the crumble mixture and then bake in an oven preheated to 150°C/Gas Mark 2 for 45 minutes, until the fruit is tender and the topping golden brown.



Recipes courtesy of  
Riverford Chef Kirsty Hale at  
[www.riverford.co.uk/recipes](http://www.riverford.co.uk/recipes)



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## Busy November for Haltemprice Lions

The members of Haltemprice Lions have organised two events on the same day in November!! Their very successful Christmas Fair will take place at the Cottingham Civic Hall on Saturday 22nd November, starting at 10.00 a.m. and continuing through the day.

Once again all stalls have been sold and an array of Christmas crafts, cards, dolls, plants, cakes etc. will be on sale. Admission is 50 pence at the door and wholesome refreshments are available throughout the day.

The Lions are pleased that the East Riding of Yorkshire Band has again agreed to perform in concert at the St. Mary's Church in Cottingham, on the same day, Saturday, 22nd November, commencing at 7.00 p.m. A varied programme will be played of traditional and favourite music. The band was formed over 26 years ago and has been successful in many national competitions. It will be a very enjoyable evening.

Tickets are available from David Whincup of Haltemprice Lions, Tel. No. 01482847367 email: [dwhincup@dwhincup.karoo.co.uk](mailto:dwhincup@dwhincup.karoo.co.uk) and cost £8.00 each (concessions £7.00). The 2nd Young Person's Music Competition has now been arranged and will take place at the Willerby Methodist Church on Saturday, 28th March, 2015.

This proved very popular on its inaugural event this year and was soon over-subscribed. Valuable cash prizes are available for the winners and the competition is open to 12 to 18 years old age range and all instruments.

Further details and entry forms etc. available from Haltemprice Lions, 4, Longmans Lane, Cottingham, HU16 4EA.

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10am - 1pm  
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Monthly clinics are also held in Hedon & Withernsea

For further details or to book an appointment,  
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**01482 325242**

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Andrew Jackson Solicitors are authorised & regulated by the Solicitors Regulation Authority: Ref 51781

## Law firm offers Legal Advice Clinics: Inheritance rules to change this year

Leading law firm Andrew Jackson is to provide further legal advice clinics across the region, in light of major changes to the rules surrounding inheritance.

Solicitor Deborah Gilpin, who specialises in private client work, said :- "Family arrangements are becoming increasingly complicated, particularly as the intestacy rules - the rules concerning the estate of a person who dies without a will - are due to change on 1st October this year.

"If you do not make a will the law decides who will administer your estate and who will inherit. As a result of the changes that are due later this year, who will inherit your estate may depend upon when you die."

She added: - "The Law Commission recently recommended that unmarried couples who meet certain criteria should inherit from each other in the same way that married couples do. Since these recommendations are not being followed it's more important than ever to take professional advice to ensure that your legal affairs are in order."

Andrew Jackson's clinics, which have been running since 2003, have proved to be a popular forum for people wishing to discuss wills, powers of attorney, probate or family matters, such as separation and divorce.

"We are very happy to be able to help people in difficult situations by providing them with initial advice without them worrying about incurring any costs," Deborah added.

The clinics are already held in Hull, Beverley, Cottingham, Hedon and in September we launching a new clinic in Withernsea.

For more information or to book an appointment at one of the firm's clinics please contact Jayne Lowde in confidence on 01482 325242 or email [jayne.lowde@andrewjackson.co.uk](mailto:jayne.lowde@andrewjackson.co.uk).

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## On the first day of Christmas, my Labrador brought to me..... an empty chocolate box!

**Y**es, that is what Teal proudly presented to me one early December morning. No problem you may be thinking but I was horrified because the box had been full and was ready to be wrapped. Human chocolate 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 metabolizes more slowly so they can easily consume enough to cause chocolate poisoning. The most common victims are dogs for which, can be fatal. The toxic dose for cats is even lower and also they are less prone to eating chocolate since they are unable to taste sweetness. So, as I was saying ... Teal!

My lovely day off began and ended in our Park Street waiting room. She was admitted into the hospital for the day to induce vomiting and also to be monitored. Upon my return I was told that not only did the remains of the chocolates appear but 6 foil cartons which had belonged to the mince pies that had miraculously disappeared the day before. This leads me into another potential type of poisoning, raisins, currants or grapes. The Christmas cake laced with alcohol sitting in the tin, is a temptation to any human but to a dog it can be potentially lethal. You may think it is the alcohol content but surprisingly it is the fruit which can be highly toxic to a dogs kidneys...and you've guessed it Teal



stole one of these too and another visit was made!

These are hazards 1 and 2 .. 10 more to go:

So far it has been our canine friend but felines do not get off that lightly. Tinsel can be so decorative around the tree and also a playful attraction in a cats eyes. 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, its 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 sharp pine needles. Lights surrounding the tree maybe a big attraction to any 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.

We are now half way there and the next one may not be so obvious...

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 favorites but are now kept well out of reach from 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 of our four legged friends then they could be just that too inquisitive. Sadly, 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 be then 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 piece of mind? Some of the nicest things at this time of year are the smells....logs on the fire, baking in the oven or potpourri pots which give off the amazing smell of Christmas. I used to like these pots around the house but after finding out that they contain two substances namely essential oils and cationic detergents (the latter being the most concerning) I have stopped using it. It can cause severe ulceration and chemical burns to your pets skin and their digestive tract so should be kept well out of the way.

Finally, ANTI FREEZE....the sweet taste of this substance will entice any cat but is deadly!

So there we have it...THE 12 HAZARDS OF CHRISTMAS...but please remember, they are only hazards when they are within the reach of inquisitive paws and mouths.

If you have any problems or query's at all, we at KINGSTON are here to help and are only a phone call away.

Finally, please also remember the not so fortunate four legged friends, spending their Christmas in one of the marvelous rescue centers around the area. We, at KINGSTON, are once again supporting the very worthy cause of the HULL ANIMAL WELFARE TRUSTS Christmas food appeal. Starting this month through to December you will find a collection bin placed in the reception area at each of our 5 surgeries around Hull. So when you are popping in or even passing by please do not forget to donate any item of food, large or small for dog, cat, rabbit or rodent...anything will be most appreciated. Please please please help to make it a brighter Christmas for our not so fortunate 4 legged friends.

*On behalf of all the staff at KINGSTON, we wish you all a very Merry Christmas and a Happy and Healthy New Year.*

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## Beverley Musical Theatre to hold auditions for "Singin' in the Rain"

**B**everley Musical Theatre are holding open auditions on November 9th for their production of "Singin' in the Rain".

The show will be at Hull New Theatre from June 9th to June 13th 2015

Please only audition if you can commit to rehearsals on Wednesday and Sunday evenings and if you have experience, enthusiasm and a willingness to promote the show.

If you would like to audition, you need to reply to [jonwhiteyes@hotmail.com](mailto:jonwhiteyes@hotmail.com) stating which part you would like to audition for and what experience you have and your age

You will be sent the audition piece, audition song, audition time and venue.

Below are the principal parts to audition for, please do some research to see which one you would consider yourself suitable for:

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RF Simpson  
Roscoe Dexter  
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## “The Tooth and Nothing but The Tooth”

by  
Chris ‘Dr. Smile Maker’  
Branfield

### Dentistry, Rif Mountains Style



A couple of weeks ago I returned from my 6<sup>th</sup> trip to Morocco with Dental Mavericks to get the children there out of dental pain. There were 3 of us from Castle Park Dental Care, Gillian my practice manager, Edward my 18 years old son and myself. That’s 20% of the group. We returned to the Rif Mountains in the north part of the country. We were collaborating with Rifcom, another charity that do community projects in

the Rif Mountains. Wow, what another amazing, successful trip. Pictured above: Castle Park Team, Chicken Head & All

#### Challenges Old And New

This trip we thought we had it nailed regarding customs but it was not to be. We arrived on the Sunday. Most of us flew into Tangiers but one contingent with the trailer and equipment took



the ferry. This year we had a customs officer that we contacted before arrival. All papers were in order and they were told to come back at 9am on Monday morning to get the stamp and be away.

BUT, oh no. 7 hours later, still no stamp and a right carry on for no apparent reason. Most of us went to the first village of our trip, Akchour. We had no kit so couldn’t anything done that day. Argghhh. The poor customs official trying to help actually came in on her day off, bless her. They got clearance in the end and turned up a bit late. We were all glad to see them though. It was starting to look up. The rest of us had used the time to have a walk in the mountains.



*This walk was an adventure on its own*

#### A Slow Burner Then

So, it was a slow start but we did see a few children the next day and got them out of pain. Akchour was a small place and not that busy. It was great for the new members of the team to get some work done and find their feet in this strange environment for dentistry, and for us all to gel as a team. Us old hands were there to help. I love this about Dental Mavericks. The headmaster of the local school was to release the kids for treatment but it never happened. I suppose that he didn’t know us from Adam and we hadn’t got the trust yet. Things were to get a lot better! A lot, lot better! More next time.

#### In The Final

It’s been a year for finals with Hull City getting to the FA cup final. Oh, while I remember my daughter’s football team got their win of the season. Hooray! Well-done girls. Well, Castle Park Dental Care have been shortlisted to be finalists in The Dentistry Awards 2014 for practice of the year. We are really chuffed to get that far. The Team are buzzing and we’re off to the ceremony in December.

**FINALIST**



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

*Chris*

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 21 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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What a difference my treatment has made to my life. I can now eat, chew and do all the things I had difficulty with. Many, many thanks to Chris and his team. *E Day, Beverley*

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

This month his destination is Victoria Square to Stoneferry

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

Start at Victoria Square City Centre.

Distance 2.3 miles.

From Victoria Square walk down New Cross Street into Queens Gardens and walk to the left of the Fountain then take the ramp down into the garden and walk towards the towering statue of William Wilberforce. On reaching the end of the gardens emerge on Wilberforce Drive and turn left and cross the road at the traffic lights and walk towards North



Bridge spanning the river Hull.

Cross the bridge and at the busy junction take great care to cross into Witham. Continue down Witham and cross the dual carriageway when convenient and continue down Witham to Holborn Street, turn left into Holborn Street, cross over Spyvee Street and continue walking in the same direction along a distinct path and cycle lane. Pass a children's playground on the left and on reaching Mark Street turn left and then immediately right and again continue in the same direction.

On reaching Chapman Street, follow the path to the right passing under Mount Pleasant via an underpass then follow the path as it swings to the left, cross James Reckitt Avenue and follow the path signed Bransholme, Sutton and Hornsea. Distance to this point 1.2 miles.

Pass through a squeeze stile and continue walking towards a railway bridge, pass under the bridge and continue on the path/cycle track. After passing various derelict buildings, ignore the track to the right signed Sutton and Hornsea but continue ahead on the track signed Bransholme although the sign is not clearly visible.

On reaching Chamberlain road cross over and continue walking in the same direction. Total distance to this point 1.7 miles.

Pass allotments to the right and then an area of waste ground to the right. Almost at the end of this waste ground turn left on a short path to emerge on Foredyke Avenue then turn left. Ignore all side roads off to the left but continue down the main road to the end. Pass to the left of the last house and emerge on Stoneferry, turn left and walk the few yards to the bus stop. Total distance of walk 2.3 miles.

#### How I did it

Started walk at 10.00 am at Victoria Square.

Completed walk at 11.05 am and boarded bus No. 30 at 11.10 am back to Hull Interchange.

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The weather has been remarkably different over the last few winters with one of the warmest Christmas's for a long time last year and only a few years ago we were knee deep in snow. This year differs from the last again with the MET office and the papers saying this winter will be the coldest yet with snow brought down from the artic. Even though we usually take the papers weather warnings with a pinch of salt it is always best to be prepared and protect your garden.

Many plants succumb to frost or to cold, excessively wet soil during winter. The leaves can be frost-bitten and the roots can rot. Prevention is the best course of action and we recommend protecting your plants before the first frost strikes to ensure a good display next year.



#### How to prevent winter damage;

**Mulching** – mulching can benefit the soil as well as protect beds from winter weather. It is especially beneficial if you have clear beds. Bare soil is not a natural state and mulching can prevent leaching and soil erosion. Composted bark, mushroom compost, leaf mould and well-rotted manure are great soil quality improvers. A great tip is to pile leaves up when you have cleared them from the lawn and beds. Having a leaf pile will promote leaf mould, which can then be used on bare beds.

**Protect plants** – there are a number of ways you can protect frost tender plants. You can transport plants like Canna and Dahlias into a container to be moved into the greenhouse, or you can wrap plants with horticultural fleece.

**Plant windbreaks** – your garden can take a beating from strong winds over the winter months. We suggest planting a strong hedging plant where possible to help protect your garden.

**Stake saplings and rose bushes** – staking will add strength to young vulnerable plants. Make sure when staking that you do not cause too much damage to the root ball if they have been planted recently.

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

**Move container grown plants** – ensure container grown plants are kept in a dry, sheltered area where they can be grouped together for mutual protection. You can protect roots from freezing by wrapping the containers with bubble polythene or a horticultural fleece.

**Check sheds and fences** – before the weather worsens it is always best to check garden structures for loose panels, roofs, posts and fences. Either replace or repair as this will help to prevent further damage.

**Drainage** – wet soils can lead to uprooting trees in heavy winds. Deal with any drainage problems promptly over the coming months.

**Clear snow off trees and hedges** – a build up of snow on hedges or the crowns of trees can cause branches to break. Shake off excess snow if it begins to build up and prune hedges to taper at the top to minimise snow damage.

**Feeding** – avoid using a nitrogen-rich fertiliser too late in the season as this can stimulate sappy growth.

**Protect herbaceous perennials** – use grit around the base of the plant as this will stop moisture collecting and rotting the stems. Apply a layer of bark compost about 5cm deep around the plants to help keep them warm.

If you require any assistance and advice our staff are happy to help you find what you need to protect your garden this winter.

Our real Christmas trees will be in mid November ready to put up and decorate in your home.



## 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
6. If you haven't already feed your lawn with a fall or winter feed
7. Rake leaves from the lawn and compost them
8. Drain your hoses and put away over winter
9. Finish weeding and tidying up beds
10. Clean up and cover you garden furniture to protect over the Winter

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### New at the Garden Centre

Christmas is well and truly upon us and the centre is decked out. We have everything you could need to decorate the home this Christmas as well as a large range of gifts.

We have a massive selection pot grown trees and artificial trees to choose from. Plus, when you spend £35 or more on an artificial Christmas tree in our centre we will give you a free £5 gift voucher to spend in January.

### Plant of the month

Our plant of the month for November is Buxus. Loyalty Card Members can receive 10% off all Buxus plants. Not a member? It's free to join either online or at the Information Desk.

An evergreen plant that is best grown in a partially shady or fully shady position in the garden is an easy to manage plant. Buxus is an ideal plant for shaping due to its compact and dense nature. Buxus also makes a great hedging plant for the same reason and can even be grown in a container.



## What's happening at Coletta & Tyson's?

### 6th November – Yankee Night

From 4pm until 8pm we will be hosting Yankee Night at the garden centre. Enjoy a drink while you get great offers on Yankee Candles. Spend £15 and get a free holder then get a free medium jar when you spend over £25. Offers valid on this night only.

### 8th & 9th November – The Humberside Chrysanthemum Club Late Show

The Humberside Chrysanthemum Club will be returning to stage their late show. Judging will start from 10.30am each day with prizes awarded from 3.30pm on Sunday. There are 26 prizes to be awarded over the weekend and some beautiful displays to see.

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### 27th November - Festive late night open until 8pm-

Loyalty members get 500 points when they spend £25 between 4-8pm plus free mince pie and mulled wine on arrival

### 29th November – KCFM Grotto launch day and H.E.R Breast Friends Charity Weekend

KCFM will be here to launch our Santa's grotto with a competition in the garden centre. Plus every child that comes on the launch day will get a free bottle of Disney Frozen bubbles- while stocks last. H.E.R Breast Friends will be in the garden centre this weekend to raise money and awareness of breast cancer. The charity supports local people affected by breast cancer.

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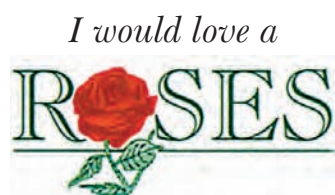
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## Your Stars for November 2014

*By Kay Gower*

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

Make a list. You might not cross anything off this week or even next, but if you don't have a list you're likely to steer off course. This month's organization will lead to December's action.

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

Happy times with family and friends become happier, while sad times become a little less sad. Enjoy this month, these respites are often needed after periods of high stress.

### Gemini (May 22-June 21)

This month's proceedings will be like a recipe which you will follow exactly. Just stick with the original plan and don't worry if it all turns out looking different from the picture. In the end you'll 'eat' and be satisfied.

### Cancer (June 22-July 22)

Good luck is yours in financial affairs. You are the most fortunate of signs on the cash front right now. It's time for you to 'seize the day' – just make sure it's your day and not built around someone else. A lovely month.

### Leo (July 23-Aug 22)

Looking back on good times may give you inspiration when things are not going according to plan. So, take a good look at your past trophy cabinet...then go out and win another cup!

### Virgo (Aug 22 – Sept. 23)

Look at every opportunity as an artist would look at a blank white canvas. See the potential of the plain and the dull and build upon this to make your future brighter.

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

Bigger projects are beckoning. It's time to move on from current pastures and accept that the grass can indeed be greener on the other side. The end of the year brings a financial boost especially if you go for new career opportunities.

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

You will have something important to do this month. November is a time to be all you can be and more, so let nothing and no one stop you.

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

Your life right now is like a full mug of coffee – there's so much in it that it has to be carried very steadily and sipped very carefully. Don't make a fast move in any direction! When in doubt, stillness is always the answer.

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

You dreamed of better days, and now you can finally start implementing the improvements. Right now you may not have all the resources you need, but you have enough to start moving forward.

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

There's a bit of a wild goose chase going on, this month. Small mix-ups are likely. Do not assume anything. Wait for proof.

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

Lifestyle changes are beginning to happen – slowly but surely. Things you no longer need are dropping away and new interests are creeping in. New friends are on the way, too.



Continued from page eight

### Cottingham Combined Charities

Saturday 15th November - Christmas Fayre, 10.00 am to 4.00 pm in the Civic Hall, Cottingham. Admission 30p. Children Free. Refreshments available all day, Father Christmas will be arriving at 11.15 am.

### Cats Protection

Saturday 15th November - Christmas Fair and Cat Homing Show. From 11.30 am to 1.30 pm in the Darby and Joan Hall, Finkle Street. For further information about this or cats available for adoption please call 01482 790284.

### Swanland Village Hall - Swanland Screen

Saturday 15th November - "The Book Thief", at 7.30 pm. Tickets £4.00 adults, £2.00 school children. For details contact Yvonne Dumsday on 01482 634863.

### Friends of Hallgate Primary School

Sunday 16th November - Nearly New Sale for Baby and Toddler Items, in the Civic Hall, 10.30 am to 12 noon. Admission 50p; children under 16, Free.

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

Tuesday November 18th - Christmas Dabbles - 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.

### Hull and East Riding Antiques and Fine Arts Society

Tuesday 18 November - Lecture on 'The Founders and Treasures of the Wallace Collection' by Stephen Duffy. At 10.45 am in the Pavilion Suite, Willerby Manor Hotel. Guests/non-members welcome.

### Cottingham Evening Townswomen's Guild

Wednesday 19th November - Waste and Recycling in East Yorkshire by a team member, at 7.30 pm in the Darby & Joan, Finkle Street.

### Diabetes UK

Thursday 20th 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.

### East Yorkshire Association of the National Trust

Thursday 20th November - Barbara English 'The Common Pastures of Beverley', in the Cottingham Civic Hall, 7.30 pm. Non-members welcome.

### The Inland Waterways Association

Friday 21st November - The Adventures of Apollo - by David Lowe. 8.00 pm to 10.00 pm in the Cottingham Methodist Church Hall, £2.00 including refreshments.

### Hull Savoyards

Friday 21st November - 80th Anniversary Year Concert, at the Civic Hall, Cottingham, commencing 7.30 pm, tickets £7.00.

Continued on page 32

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### Sudoku Answer from page 12

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

www.cottinghamtimes.co.uk - November 29



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

**H**ello and welcome fellow anglers to this month's fishing news it is the 21st October. How are you all? Ok I hope and that you are all still fishing! By the time your read this you may all have dug your winter woollies out, but hey if you have wrapped up correctly then a drop in temperature isn't a problem is it?

This month's tips are to scale back on everything and I do mean everything. The fish will be a more lethargic by now and not bang on the feed as they are in the warmer months and they become weary about feeding. They still do feed and that is the reason a lot of us fish all year round. The Carp don't tend to fight half as hard in the colder months and the silver fish do not give as good a bite indication like they do in the warmer months. So you should be adjusting your tackle accordingly. First of all change the line on your spools to lighter lines, e.g from 6 – 8lb in summer to 3 – 4lb in winter. Plus use a smaller hook and smaller hook lengths i.e down to 18 – 20's and 1 ½ - 3lb hook length. This goes for both your float and feeder gear.

As for your pole fishing it is basically the same principle. Firstly go on to your medium to light elasticated top kits and then just like your reel lines dig out your fine line, small hooked rigs.

Then the biggie, you even have to scale down on your feed. I know I have told you this many times before but it is time to feed little and often, unless the fish are feeding very well if they are not then don't feed very often. Sometimes you may decide to chuck a bomb out with just a grain of corn or a single pellet with no extra feed going in at all.

This is where your own judgement has to come into play. If you are not having any indications from any fish at all periodically keep looking over this swim but fish a different swim instead. The other option is to stop feeding the swim altogether and try another tactic such as a

change of bait etc. I mentioned changing bait it is also time to do that as well. Start using a darker ground bait from now until next March and don't forget to riddle it. Take static baits such as casters, corn and dead maggot. Feed small pellets or hemp and try smaller hook baits such as pinkies and bread punch depending on the size of your quarry of course. With a bit of lady look your catch rates will still be very good if you follow this advice.

The River Hull Championship results as follows:

1st place – N Hurst he fished at Tickton opposite the pub and weighed in with 8930g or 19lb 9oz, well done mate.

2nd place – D Brooks Snr, he weighed in with 7810g or 17lb 4oz. Dave fished Shipyard at Beverly.

3rd place – B Brown whom weighed in with 6340g or 14lb 15oz he fished at Deans.

4th place – L Todd, he weighed in with 6300g or 14lb 13oz and he fished at Shipyard too. Well done guys.

I believe 157 people fished so that is not a bad turn out eh? Give it a go and fish our River Hull it is fishing its head off at the moment.

River Derwent Championship results as follows:

1st place – Eric Peacock he weighed in with 6kg 970g and he fished Barmby. He caught on pole and caster.

2nd place – John Urruty he weighed in with 6kg 780g, he fished at Bubwith and caught all his fish on the stick.

3rd place – Craig Hurst he weighed in with 5kg 360g he also fished at Bubwith.

4th place – Julian Griffin he weighed in with 5kg 260g he fished at Barmby.

Nigel Hurst from Murfield and Craig Hurst from Beverly (not related) tied on points for 1st place overall. Nigel took the Championship after the weights were added up. 114 anglers fished this championship and overall 270 anglers fished the Hull and Derwent Championships and over £10,000 were paid out in prizes, not bad that hey guys? Well done to Nigel for winning and well done to everyone else who entered. The survey could not be done without you guys.

**Sea scene:** the coast is finally producing some good Cod. Top marks are Dimlington, Cowden and Albrough. Best baits are Lug worm and Crab with Ragworm catching Bass and Flattys. The Humber is producing loads of Flattys with an odd Cod to 6lb and some whiting. Once again do not forget to order your live bait as early as possible to avoid disappointment. But as you know we always have an excellent supply of frozen baits to go at if you forget to order.

Remember that our fireworks are on sale until November 10th and are back on sale in December for New Year, Christmas vouchers are available too.

**Garden corner:** we now have in stock a variety of Christmas wreaths and hand crafted Pomanders.

Finally without wanting to cause too much disappointment, I would like to announce to you all that my intention is to stop writing this article. My reason is that I feel after over four years that I am repeating myself too many times. I do not wish for my article to become stale. I love giving advice to people and I will continue to do so in the shop. I feel it is time to say Tight Lines for the final time in your December issue. I have enjoyed talking to you all over the months and I thank you all for your positive feedback as well. I will look forward to seeing you all either on the bank or in the King Billy from time to time. *So till next month from me Chris and the Catchmoore crew "tight lines".*

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Friday and Saturday 12 noon to 11.00 pm

### Swanland Village Hall

Sunday 23rd November - Live show of family favourite "Peter Pan", at 7.00 pm. Tickets from Yvonne Dumsday 01482 634853, costing £8.50 (£7.50 for SVA members); £4.00 school children; £20 family (2 SVA members + 2 children).

### Cottingham Men's de Luda Society

Wednesday 26th November - Iceland - Robin Russell (M), in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

### Wednesday Social Club

Wednesday 26th November - Speaker: David Clarke - Bits and Pieces (continued), in the Darby & Joan Hall, at 2.00 pm.

### Cottingham Churches Pupil Worker Trust

Wednesday November 26th. - Monthly supper quiz, at the King Billy Pub Hallgate, 7.45 pm for 8pm start, £6 entrance, great food, prize raffle, good company. Contact: Keith Gibson on 842597 or email: [gibol@supanet.com](mailto:gibol@supanet.com) for additional information.

### Cottingham Methodist Church

Friday 28th November - Free Film Night, 6.40 pm for 7.00 pm. Popcorn, ice and chocolate for sale.

### Skidby Village Hall

Saturday 29th November - Christmas Craft and Gift Fair, 10.00 am to 3.00 pm. Over 30 stalls, refreshments and Free Entry.

# A TOUCH OF ELEGANCE

*Beauty Salon & Hairdresser*

A Touch of Elegance has recently celebrated its 9th Birthday and we would like to thank all our customers, past and present for your loyalty over the last nine years, and as a gesture of goodwill, please cut out the 10% OFF Voucher, for your next visit.

We are pleased to announce we have a new Beauty Therapist in Danielle (seen here in the picture with Leanne).

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On another note, our beautiful hairdressing room has become available again, so if you are interested in joining the team, please contact us on 01482 845472 and we hope to see you again in the very near future.

Best regards Leanne x



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### East Riding Flower Club

Monday 1st December - Christmas Floral Demonstration by Lesley Devalle, 2.00 pm in the Civic Hall, Cottingham, no admission before 12 noon. Refreshments 12.30 pm to 1.30 pm. Tickets £10.00 includes refreshments. Enquiries Judy Robinson 876279.

### Cottingham Men's de Luda Society

Wednesday 3rd December - Christmas Lunch (with the ladies), in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

### Cottingham Local History Society

Wednesday 3rd December - Christopher Oughtred 'From Corner Shop to Corner Shop in five generations' (The Story of William Jackson Stores). Meetings monthly at 7.30 p.m. at Hallgate Primary School, entrance via King Street. Please arrive before 7.30 p.m. as the doors cannot be manned once the meeting has started.

### Cottingham Branch of the Royal British Legion

Saturday 13th December - Sequence Dance at the Darby & Joan Hall, Finkle Street, 6.30 pm to 10.30 pm. Admission by Ticket £8.00. Raffle, Fish and Chip Supper including tea or coffee. Tickets available from Barkers or telephone Alan on 841604. All proceeds to the Poppy Appeal 2014.

*The deadline for entries in the December "What's On" section, is Monday 17th November.*



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## **The 2nd International Animal Trainers Conference at Twycross Zoo**

**I** have just had the pleasure of attending this amazing conference again. It was nearly the highlight of my year....my anticipation was rewarded hugely!

The 1st Conference a year last April had a huge impact on me as a trainer because it opened up a whole new world of Animal training possibilities of which I knew nothing. Training horses using exactly the same techniques as you would use to train a dolphin was an alien world to me. These reward based techniques are all based on absolute unarguable science.....and are 100% ethical. Nothing is done with pressure, nothing is done with punishment and everything is laid out for the animal to be able to succeed. Everyone wants relaxed animals in their care so that living the life is a pleasure for all concerned. Understanding enrichment and its huge variety in its own right is really important to any animal in our care.

Attending this second Conference has reinforced many friendships I made previously and has helped me to understand far more in relation to training any animal, not just horses. ....and this includes training Humans too!

As with any training strategy there is so much to learn about the absolute basics. In this last year and a half I have spent a vast amount of time getting my head round the science, the long complicated words as well as the actual delivery of reward based training actions. I have read many relative books, attended other conferences (Dr Susan Freidman was brilliant for one!)and have had personal training myself. I have watched endless footage

and have taken Animal welfare and training courses.

It is so important that trainers and pet owners completely understand the impact that their actions have on the behaviour of the animals in their care. We all have huge responsibility when it comes to shaping how our pets, children and even spouses feel by the actions we choose to use in given circumstances.

When deciding on a training plan of action we need to be very clear about what the end result should be, look like, feel for the animal and how it is delivered. When behaviour is going wrong the main criteria is that the course of action you decide to take will completely eliminate the wrong behaviour by building in a positively reinforced desired behaviour (or emotion....as emotions are behaviours too) Having the ability to master a very clear line of communication with your chosen species to mark the second in time the animal performs what you want and following it up with something very reinforcing for the animal is simply brilliant. It works for the trainer because you are spending all your time looking for the good stuff and not the bad! It's great for the animal because they get to find out that we really can understand how they feel and we can be there for them completely free from any negatives!

All animals are like human toddlers in one respect. They get frustrated as well as fearful and can only communicate these frustration feelings through their actions. It is our responsibility to mould their environments, routines, regimes and interactions so that aggression and frustration does not rear its ugly head. Aggression in animals is normal behaviour even though it is obviously undesired by trainers and owners. It is innately hard wired into the brain systems and is part of their coping mechanism.... it helps them cope with their environment. Survival is a massive innate drive and is number 1 for us all when all is said and done. A caged lion or Tiger will tend to display aggression more often than if it is free to roam in its natural setting therefore unbelievable work is going on behind the scenes in order to fulfil these animals needs by providing enrichment is environment, enrichment in training and fulfilling all their natural needs. I didn't realise how very aggressive Sea lions are naturally, some animal species are simply more aggressive by nature but any animal, from a mouse to a Giraffe can and does display aggression. Testosterone can fuel aggression in its own right (as can alcohol and drugs in humans.) It is avoidable of cause and that takes huge skill and knowledge from trainers with animals in captivity.

We keep horses in captivity, even if we deny it. They are only free to roam when they are turned out in a field.....but that field is still fenced round preventing true roaming, which is how a horse was designed to live. It is all relative at the end of the day. Avoidance and reduction of aggression and frustration is a hugely important part of any animal owner's responsibility. Therefore the more we understand about proven science of animal learning and training, the more harmonious the relationship can be.... which is then hugely reinforcing on both sides.

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## Remember, remember, the 5<sup>th</sup> of November (and to be more realistic with my target dates)

Having announced that October was to be a painting and decorating month, progress, I must admit, has not been great. The Dining Room should still be finished by the time this article is published, however organising the work in the bar area has fallen behind somewhat and it may be that this will stretch into the new year before completion as we approach a very busy time of the year. Other work going on behind the scenes is taking more time than envisaged, I must be a bit more realistic in my targets. *That sounds familiar!!*

### Bonfire Night

So, on to what is one of the biggest nights of our year Wednesday 5<sup>th</sup> November. I have made my trip to Sheffield and collected a van full of Fireworks, I was a little worried that

the heat coming off my Debit Card would set the fireworks off before I got them back safely, but all went well.

We will have warming Hot Soup, spicy Mulled Wine, Cheese Burgers and Pulled Pork and apple sandwiches available in outside catering facilities for you to enjoy from 6.00 pm and Skidby School will have a sweet stall and other goodies, proceeds of which will be going to boost School funds so please support them. The Fireworks will be starting at approximately 7.00pm.

This night is proving more and more popular each year and I advise you to come early and walk if you can because Car Parking on that night is limited. **Safety is of paramount importance** with so many people, so please keep within the roped off spectator area and supervise your children at all times and **please do not bring your own fireworks**. Thank you.

### Other Items

Many thanks to all of you who supported our Macmillan Coffee Morning, to my wife and others for their cake donations, and particularly to Steve whose fantastic raspberry cheesecake vanished before my eyes, I never had time to try a piece myself. We raised £180 on the day, thank you.

Our Festive Menu Bookings for December are going very well with a number of days already fully booked so if you're thinking of organising that party don't delay phone us now, 01482 843403.

As always many thanks to all customers and staff for their continued support and hard work, I look forward to serving you throughout November.

*Cheers, Mike*

The Half Moon, Skidby's Village Pub. Tel. 01482 843403

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*Salmone con Gamberetti*  
Fillet of Salmon, Cooked  
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Prawns and Cream

*Pollo Pancetta Funghi*  
Chicken Breast cooked with  
Bacon, Mushrooms,  
Wine and Cream Sauce

*Bistecca di Manzo*  
Rump Steak cooked with Onions,  
Mushrooms, Paprika, Mustard,  
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# Cottingham Little Theatre



Cottingham Little Theatre Presents ~

## 'Oh What a Lovely War'

Joan Littlewood's Musical Entertainment

By Theatre Workshop, Charles Chilton, Gerry Raffles  
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*Presented by arrangement with SAMUEL FRENCH LTD*

This amateur production is to be directed for  
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**Wednesday 26th, Thursday 27th, Friday 28th,  
and Saturday 29th November 2014 at 7.30pm  
with a Saturday Matinee at 2.00pm.**

Doors will open at 7.00pm for evening performances  
and 1.30pm for the Matinee.

In The Darby & Joan Hall, Finkle Street, Cottingham.

In order to commemorate the outbreak of WW1,  
Cottingham Little Theatre are to perform 'Oh What A  
Lovely War', a theatrical chronicle of the horrors of war  
told through songs and documents of the period.

*In 1914 when the Army came to town they wanted one thing –  
YOU.*

It is often said that there is no town or village in Britain that  
was left untouched by WW1, and by 1918, millions of new  
recruits had left their homes and families never to return.

This play features a colourful cast of characters who swap  
helmets and sides to give a vibrant and touching account of  
the four years that shaped the twentieth century.

With some of the most evocative music of the period, this  
show uses an inspired mix of pathos, irony, anger and  
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[www.cottinghamlittletheatre.co.uk](http://www.cottinghamlittletheatre.co.uk)



## Cottingham Open Gardens 2015

Following the success of the 2014 Open Gardens when over £7000 was raised for The Dove House Hospice it has been decided to repeat the event in 2015. We have more people offering to open their gardens and suggesting ideas for making next years event even better.

We will be opening on two Sundays from 10.00 am to 4.00 pm on the 14th and 21st June 2015.

If you would like to be involved please contact the secretary by phone on 01482 875129 or email [jimstan471@gmail.com](mailto:jimstan471@gmail.com)

## Under starters orders at the Skidby Mill

The latest exhibition by the Skidby Windmill Volunteer Team has opened this week. "Horses for Courses" looks at the sporting use of horses in the region, including the breeding of race horses by major local landowners such as Sir Tatton Sykes (1772-1863) of Sledmere House.

The display also covers the origins of important local racecourses, such as Beverley and Hedon and looks at major races such as the Kiplingcotes Derby and the Holderness Point to Point. The display will run until 3 March 2015.

The Mill is open daily 10am to 5pm (last admissions 4.15pm). Modest admission charges apply. For further information please call the mill reception on (01482) 848405.

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## Litter problems in Green Lane, Cottingham

Local residents living in the vicinity of the amenity space on Green Lane are becoming fed-up with having to clear litter which has been generated, in the main, by people playing football. No one is objecting to the noise, just the mess that these young people leave behind, when there is not one but two litter bins within easy reach.

The litter nuisance has escalated over the summer with residents being able to easily fill a carrier bag a day with discarded soft drinks bottles and sweet papers.

If these kind volunteer litter pickers didn't collect the litter it could be shredded by the council mowers and the plastic shards can easily cut a dog's paw or harm wildlife. Even a child could suffer a nasty cut from some of the litter.

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Many parents I'm sure just don't realise their children are dropping the litter so it wouldn't do any harm to have a word or a gentle reminder to put litter in a bin or take it home. Dropping litter is an offence but we don't want to go down that road.

Cllrs Ros Jump and Geraldine Mathieson are making this heartfelt plea to anyone using the amenity space "We are very lucky to have this green space and yet many residents are failing to value its importance and if we don't look after our environment then who will?"

*Ros Jump*

## Christmas Floraganza - 'For the love of Mary'

Following a very successful show earlier this year in Cottingham, the famous florist, **Robert Forbes**, is visiting the Cottingham Civic Hall again on Friday,

28th November, the evening commences at 7.30 p.m. The evening is organised by the Hull, Beverley Borough and Holderness Branch of the Multiple Sclerosis Society. Probably one of the best known floral artists in the country, Robert will be presenting flower decorations on a Christmas theme. However, the evening is more poignant as on this occasion Robert has named the evening 'For the love of Mary'.

Robert's sister-in-law, Mary, a Cottingham resident, died a few weeks ago. Mary had suffered from Multiple Sclerosis for many years but had always been active promoting the local Branch. Tickets are priced at £8.00 and can be obtained by telephoning **01482 842006**.

All the proceeds will be donated to the local branch of the Multiple Sclerosis Society to support local people who are affected by the illness. Robert's Christmas shows are always excellent entertainment and consequently tickets are in demand, ensure you get yours by ordering them early!



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## Jack Arnold of Cottingham raises £1,100 for Macmillan Cancer

Jack Arnold (14), of Cottingham has raised a total of £1,100 for Macmillan Cancer after a 10k run for the charity.

Throughout the summer Jack has been collecting sponsors and donations from residents of Cottingham and managed to raise the fantastic sum of £1,100.

Jack would like to thank everyone in and around Cottingham who has sponsored him and gave him donations.

*Pictured above: Jack pictured outside the Queen's Centre at Castle Hill Hospital with Tania Hicks (Macmillan information centre manager).*

## Southfield Court residents say "Thank You" to the people of Cottingham

The residents of Southfield Court, Meadow Way, Cottingham would like to say a huge "Thank You" to the people of Cottingham for their help in raising a massive £720.00 for Macmillan Cancer at their recent coffee and cake day.

They also would like to express their thanks to all the helpers and donators, cake bakers and to everyone who attended.

## Santa and his Live Reindeer arriving at Southwood Garden Centre on Saturday

### November 8th

Santa and his live reindeer will be arriving at Southwood Garden Centre on Saturday 8th November at 10.00 am, so come and enjoy this magical experience.

Come and see Santa in his Grotto every weekend Saturdays 9.00 am to 5.00pm; Sundays 10.00 am to 4.00 pm. Weekdays from 1st December 1.00 pm to 6.15 pm.

Reindeer feeding is available daily. See instore for more details.

Bookings are now being taken for Supper and Breakfast with Santa. Don't Miss Out, Book Now.



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Wednesday 24th

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## AgeUK East Riding now open five days a week

**A**ge UK East Riding is pleased to announce that its Beverley office is now open for business five days a week, thanks to a boost to staffing.

A new insurance arranger Michelle Dryden has recently joined the organisation and will be working on Wednesdays, Thursdays and Fridays, and insurance arranger Jane Lister will remain working on Mondays and Tuesdays.

The Age UK East Riding service allows people to drop in to discuss a range of products available to them, including home, car, and travel insurance, as well as hearing aids, stair lifts, recliner chairs and adjustable beds.

Insurance Arranger, Michelle Dryden said: "Something very important to those in later life is to be able to discuss their business face to face and many of our customers value a more personal approach. I am delighted that we are extending our face to face service by offering this to local people five days a week, and am very pleased to be on board."

The East Riding team provides a friendly, face to face service and is also able to give information on a range of issues including money matters, housing rights, health and social care, leisure and social activities, family and personal matters – among other things that can impact quality of life for those in their later years.

Age UK East Riding is located at 16 North Bar Within, Beverley, HU17 8AX and open Monday – Friday between 9.30am – 4.00pm. To speak to Michelle or Jane please pop in to the office or give them a call on 01482 861065.

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## The Rotary Club of Humberside receives music bursary to help talented young musicians

**T**he Rotary Club of Humberside has received a prestigious award for the introduction of a music bursary scheme to help talented young musicians develop their skills.

In association with the Hull Music Service, the Club is giving grants worth up to £1,000 over five years to children at schools across the City. The young musicians are able to apply for the grants in order to receive extra tuition to develop their talents. So far more than £12,000 has been raised through sponsorship and concerts.

Now the Club has received an award for the best new event of the year introduced among nearly 50 Clubs throughout Yorkshire and Lincolnshire.

Already seven awards have been made and more will follow in the near future.

Paul Lees, chairman of the Rotary Club's Major Events Committee said; "This is the first time we have received such an award. The bursary scheme has been praised in many areas and without it some of those who receive money would not be able to develop their talents.

"We have already arranged further concerts – in November this year and March next year – in order to raise more money for the scheme which it is planned should continue for many years to come. We have received the backing of many businesses and charities in and around Hull who have been more than willing to give us their support".

The next fund raising concert will be on Saturday 29th November at the Albermarle Centre in Hull which will feature the East Yorkshire Motor Services Brass Band and the City of Hull Youth Brass Band.



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## Cottingham Red Cross Ladies Lunch, a Thank You

The 6th annual Red Cross Ladies Lunch was held on 24th September at Cottingham Parks Golf and Country Club. 72 ladies attended and enjoyed splendid food and a great atmosphere. Our theme this year was Memories of World War 1 and, in line with this, Alan Brigham of Hull People's Memorial, gave a talk on the 100th anniversary of that war.



*Marilyn Page and Jennifer Hodge waiting for lunch*

With the help of generous sponsorship and donations of raffle and tombola prizes by many local businesses and individuals, this year's event raised in excess of £1,100 towards much needed local services.



*Tables were decorated with union jacks and each lady was given a table gift wrapped up as a Red Cross food parcel in line with the theme*

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



## Haltemprice Lions Club

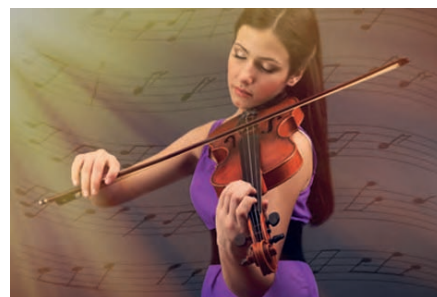
Incorporating Haltemprice Lions Club Charitable Trust :: Charity No. 518253



to be held at  
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[email: dwhincup@dwhincup.karoo.co.uk](mailto:dwhincup@dwhincup.karoo.co.uk)



## 2nd Young Persons' Music Competition

will be held at  
**Willerby Methodist Church**  
**on Saturday 7th March 2015**  
Full details and admission forms from Haltemprice Lions  
4 Longmans Lane, Cottingham  
HU16 4EA  
[email: dwhincup@dwhincup.karoo.co.uk](mailto:dwhincup@dwhincup.karoo.co.uk)

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**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.

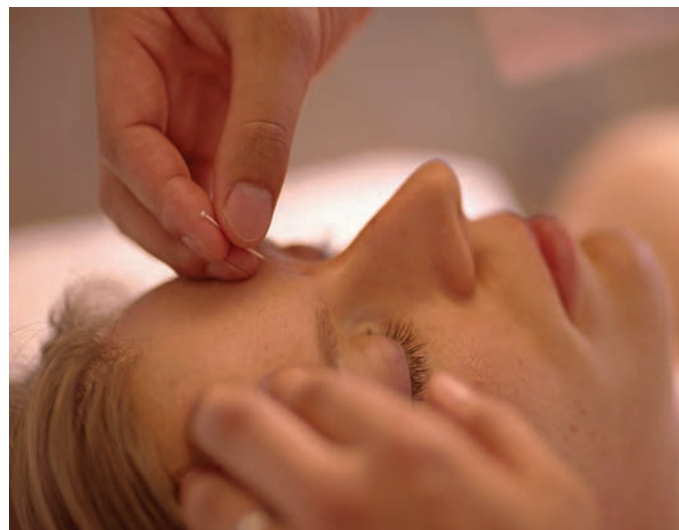
The channels are related to the internal organs, which if out of balance is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

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:

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## Crossword solution from page 14

|    |   |   |    |    |   |   |   |    |    |    |   |    |    |   |   |   |    |   |   |    |   |   |
|----|---|---|----|----|---|---|---|----|----|----|---|----|----|---|---|---|----|---|---|----|---|---|
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## Are you a health and wellness rule breaker

Are you the type of person who enjoys bending the rules to the point where they break? Yes? No? Perhaps, sometimes? The person who routinely breaks the rules may think that they are super cool in doing that but when it comes to your health, following this pattern can do more harm than good.

The truth of the matter is that the quality of your health is the result of a set of very basic rules. They are not hard to follow once you get into the habit of following them. When you choose to play by the rules, your chances for achieving optimum health go up exponentially.

Those who break the rules will pay for it. They may not pay right away, but eventually their ways will catch up with them. Let us look at some of the most obvious ways in which people break the rules of health and wellness.

### Rules NOT to be Broken:

**Breathing is so basic yet it is something that we so often do not give any thought to.** But it is an essential of life! If you stop breathing or breathe in a shallow manner, a price will be paid for that. The same can be said if you are constantly breathing in pollutants. Practice deep breathing that comes from your diaphragm. It is the healthiest manner of breathing and does your whole body a world of good.

**Nutrition is simple yet so many people eat junk or eat for speed or convenience,** and not for the good health of their bodies. You need to consume quality food to grow and repair your body. Food is also your source of fuel.

**Hydration is a necessity of life.** Drink enough water every day so you never become thirsty. The state of thirst equals dehydration which is not good for you. Be careful though - do not confuse the signals for thirst with the pangs for hunger. Sometimes when you think you are hungry, you are actually thirsty. Know the difference.

**The body was meant to move.** A life lived in a sedentary manner can lead to poor circulation, stagnation, weight gain, stiff muscles and joints. It can also hamper the function of the immune system and the lymphatic system. The body is not picky about the type of exercise you do, just make sure that you do indeed exercise!

**Rest is needed for the proper functioning of the brain and the body.** Get your rest because it is while you are sleeping that your body renews and repairs itself. There is no substitute for restful sleep.

**Show love and kindness.** Love with all of your heart those who are closest to you. Show caring and concern for everyone in your life. That includes your work colleagues, your neighbours and the people that serve you at the grocery store and the dry cleaners. Be good to everyone who crosses your path. You are included in this too! Don't forget to show love to yourself!

**Forgive others and forgive yourself.** The power of forgiveness is very strong. When you refuse to forgive, it hurts you more than the other person. To value yourself and others and to have a purposeful life, you must learn how to forgive.





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~Home Exchange is subject to availability, status and eligibility. It does not guarantee a like for like exchange. Your present home must meet certain basic qualifying criteria to be eligible. All offers are plot specific and subject to Miller Homes' standard terms and conditions. Prices and availability correct at time of print. Artist's impression for illustration purposes only. Photography represents a typical Miller Homes' interior. Carpets and floor coverings are not included in our homes as standard.



We



*Book Your  
Christmas  
Meal with  
Us now*

# Christmas

*Open Now...*



Glass baubles  
£2.49 each or  
5 for £10



Christmas now  
in at



Buxus  
10 % off



Two Soups  
For only  
£6.00

Yankee Candle  
Night

Thursday 6th November  
4pm - 8pm

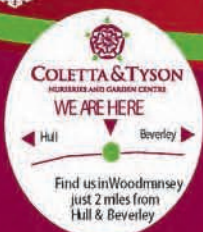
- Free mince pie & mulled wine on arrival
- Spend £15 on Yankee & get a free votive holder worth £4.99
- Spend £25 on Yankee & get a free small Yankee candle jar

- Includes a picnic
  - Colour your own bauble
  - A visit to Santa's Grotto
  - Most importantly a gift
- Limited places available

Join Santa For  
Tea This December

On 4th, 11th & 18th December  
4pm - 5pm or 6pm - 7pm  
£9.99

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Mon - Fri (8.30am - 6pm)  
Sat - Sun (8.30am - 6pm)



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