

# Cottingham Times

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Issue 180 - November 2016

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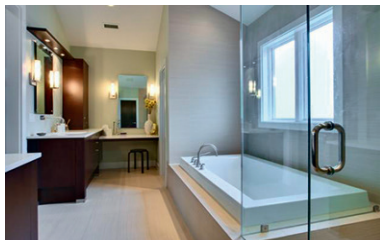
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## In Cottingham and District

### Cottingham Local History Society

Wednesday 2nd November - Rob Bell - The Irish Community in Hull, in the Red Hall, Hallgate Primary School, King St, Cottingham starting at 7.0 p.m. Meeting fee, members £; non-members £2. Contact: Peter McClure 018 93

### Cottingham Men's Club Society

Wednesday 2nd November - Alan Richards - Hull in the 70's, in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

### East Yorkshire Group of the Handypaint Society

Thursday 3rd November - at 7.0pm in St Mary's Parish Hall, North Bar Within, Beverley. You are welcome to come and join us to listen to Kevin Pratt - 'Unusual Bulbs' Entry: £ which includes tea/coffee and biscuits. Further information from Lois Scott 018 92 76.

### Hull Alpha Probus

Thursday 3rd November - Retired professional and business ladies and gentlemen, meet in the King William IV, Hallgate, for lunch at 12.00 noon, with a talk by Mr. D. Curtis on Chain Making. New members are most welcome. For further information contact John Myers (Chairman) on 81 102 or Lesley Fairhead (Secretary) on 83.

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

Thursday 3rd November - An insight into The Blitz by Alan Richards, in the Skidby Village Hall, at 7.0 pm.

### Cottingham Women's Institute

Tuesday 8th November - AGM, Christmas Bring and Buy Sales Table. Competition: Guess the cost of the hamper, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

### Hallam Art Group

Tuesday 8th November - Charcoal Workshop with Mr. Geoff Hewitt

Tuesday 15th November - Sketching Evening (J. Allum/L. Fearnhead)

Tuesday 22nd November - Appraisal with Mr. Barry Whiting.

Tuesday 29th November - Christmas Boxes

Tuesday 6th December - Christmas Celebrations

Meetings take place at the Cottingham High School, Harland Way, in the Art Room on the first floor, 7.00 pm to 9.00 pm.

### Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church hall

Tuesday 8th November - 7.0pm

Tuesday 22nd November - 7.0pm

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### Cottingham Ladies Circle

Wednesday 9th November - Mr. Cundall to give a talk entitled "His Life as a Folk Singer, and various anecdotes about other things he has done", to be held in the Darby & Joan Small Hall, Finkle Street, at 7.0 p.m.

### Beverley Film Society

Thursday 10th November – Weiner (2016) Cert 15 Documentary (USA) Directors: Josh Kriegman, Elyse Steinberg. With US elections nearly upon us this is a timely examination of a disgraced New York congressman's mayoral campaign and today's political landscape. Winner of the Grand Jury prize at Sundance Film Festival. Meetings are held at the Parkway Cinema Beverley. All films start at 7.30pm on the 2nd THURSDAY of the month (doors open 7.00pm). Membership fee: £15 for whole season of 10 films. PLUS: Tickets £3.00 per film (Members) £6.50 (Guests). For more information [www.beverleyfilmsociety.org.uk](http://www.beverleyfilmsociety.org.uk)

### Cottingham Green Women's Institute Evening

Thursday 10th November - Gordon Acaster - Church Buildings and Their Stories. Competition: Winter Wonderland. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.0 p.m., second Thursday of each month.

### North Ferriby Flower Club

Thursday 10th November - Nick Grounds (Wisbech) "Seasonal Anticipation (Open Meeting), at 7.0 pm, in the North Ferriby Village Hall. Tickets are £00 and can be obtained from Margaret Hobson (Secretary) on 01863 1414 preferably after 4.0 pm.

### UA

Thursday 10th November - Clive Hedges - The Life of Anne Boleyn, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

### Skidby Little Weighton Methodist Church

Friday 11th November - will hold a Soup Lunch for Christian Aid commencing at 11.0a.m. Home made soup and rolls will be served. All welcome.

### East Yorkshire Embroidery Society

Saturday 12th November - Val Hughes - Val is tutor and lecturer for the Embroiderers Guild, and the Guild of Weavers. In the Darby & Joan Hall, Finkle Street, at 2.15 pm. Doors open to non-members. Members £6; Visitors £8. Includes tea/coffee and biscuits. [www.eyes-embroidery.co.uk](http://www.eyes-embroidery.co.uk).

### Wold Lace Makers

Saturday 12th November - Workshop - Dorset Buttons with Christine Hilditch and Bel Gilbert, at 10.00 am to 4.00 pm in The Marist Hall, Church and Parish House, 119 Cottingham Road, Hull HU5 2DH. Member £8; Non-Members £0. Everyone welcome.

### Cottingham Catholic Women's League

Monday 14th November - Open Evening, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.0 p.m.

### Beverley and East Riding Croquet Club

Monday 14th November and every other week thereafter - In the Bishop Burton Village Hall (on the left hand side of the pond from Beverley). 9.30 am to 1.00 pm. Beginners will be catered for. Admission £0. Contact us at [info@beverleycroquet.org](mailto:info@beverleycroquet.org), by phone to Debbie on 0777 277 83 or take a look at our website, [www.beverleycroquet.org.uk](http://www.beverleycroquet.org.uk).

Continued on page six

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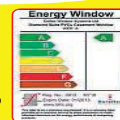
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### East Yorkshire Woodturners.

Tuesday November 15th - 6.30pm : Demonstration by Joey Richardson, internationally renowned professional artistic woodturner and demonstrator. Meetings are every third Tuesday each month at Skidby Village Hall. Visitors are welcome, whether woodturners or just interested - £1.00 on the door. For more information please contact David Taylor, Secretary, 86702. [cotters@cotters.karoo.co.uk](mailto:cotters@cotters.karoo.co.uk)

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

Tuesday 15th November - Christmas Workshop, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 018 85 or [www.hullandeastridingnewstitchers.weebly.com](http://www.hullandeastridingnewstitchers.weebly.com).

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

Tuesday 15th November - Tim Stimson: "The Ferens Art Gallery: Civic Pride - Civic Patronage". At 10.30 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members are welcome to come and experience one or two talks as guests (admission £0), before deciding whether to join us. Our Society meets on the third Tuesday morning of every month (except August and December) for illustrated talks by experts on a wide range of antiques, design and fine arts topics. For further details please contact Membership Secretary, Margaret Ashley, tel. 018 6554

### Cottingham Evening Townswomen's Guild

Wednesday 16th November - Judy from Sugar & Spice, Cake Decorating Demonstration, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street.

### Cottingham Men's Club Society

Wednesday 16th November - Mrs. Jenny Cattermole, in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

### Hull Alpha Probus

Thursday 17th November - Retired professional and business ladies and gentlemen, meet in the King William IV, Hallgate, for lunch at 12.00 noon, with a talk by Caroline Scott on 'Harmonious Poetry'. New members are most welcome. For further information contact John Myers (Chairman) on 81 102 or Lesley Fairhead (Secretary) on 88.

### East Yorkshire Association of the National Trust

Thursday 17th November - Sarah Aitken (RSPB Bempton Cliffs), "Life on the Ledge", in the Cottingham Civic Hall, 7.30 p.m. Non-Members welcome.

### Matula Society Hull Support Group

Friday 18th November - Local author Jed Parkin will be the guest speaker at the monthly meeting held at HERIB Beverley Road, Hull, 10.30 am until 12.15 pm the group is for anyone living with central sight loss. All welcome for more information contact Clive Skinner 018 66714.

### Inland Waterways Association

Friday 18th November - Canal Wildlife and my work at the Canal and River Trust by Ecologist Phillippa Baron. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate.

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### Hull Sings

Saturday 19th November - Commencing 7.0pm at The Civic Hall, Cottingham, Hull Savoyards present Musical Memories – music from Merry Widow, Florodora, Iolanthe, The Mikado, The Gondoliers, HMS Pinafore, The Arcadians, Our Miss Gibbs, The Vagabond King, Ruddigore and many more. Adults £10/ Concessions £5.00 Tickets available at the door or contact 01482 86918.

### North Ferriby Gardeners' Club

Monday 21st November - The All Seasons Gardening - Sarah Hopps, in the Village Hall, starting at 7.0 pm. Tea/Coffee and biscuits are served. Membership £10 per annum, visitors fee £2.50 per meeting.

### Wednesday Social Club

Wednesday 23rd November - It's Up His Sleeve - Peter Smales, in the small hall at the Darby & Joan Hall, at 2.00 p.m.

### Cottingham Methodist Church, Hull

Friday 25th November - Free Film Night - 6.0 pm for 7.00 pm. Refreshments including ices on sale.

### Canine Partners

Saturday 26th November - Come and Meet the dogs! Coffee Morning, All Welcome. Stalls, Cake, Christmas Cards. 10.00 am to 2.00 pm., in the Darby & Joan Hall, Finkle Street. Free Admission.

### East Riding Flower Club

Monday 28th November - "A Winter Wonderland", a floral demonstration by Derek Armstrong (National Demonstrator), in the Civic Hall, Cottingham Doors open 12.00 noon. Refreshments 12.0 pm to 1.0 pm. Visitors £0.00 at the door. Tickets and enquiries Judith Robinson 01482 86279.

### Cottingham Men's Ludlow Society

Wednesday 9th November - Bernard Wilson - Circumnavigation of Lincolnshire, in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

### East Yorkshire Group of the Hardy Plant Society

Thursday 1st December - at 7.30pm in St Mary's Parish Hall, North Bar Within, Beverley. You are welcome to come and join us to listen to "Home Grown Christmas" Bring and Share Social Entry: £4 which includes tea/coffee and biscuits. Further information from Lois Scott 01482 9276.

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

Thursday 1st December - A talk about Mercy Ships by Mr. Blackburn, in the Skidby Village Hall, at 7.0 pm.

### Hull Folk Dance Club

Tuesdays 7.0 pm to 9.0 pm; Darby & Joan Hall, Finkle St. Cottingham. First visit free, beginners welcome. No experience is necessary, all dances are walked through before being set to music. Come alone or bring a friend for light exercise in a friendly environment. More information from Keith Alexander 01482 6975 or Jan Gray 01482 967. [www.folkdance.me](http://www.folkdance.me)

**The deadline for entries in the December 'What's On' section is the 8th November.**

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[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - November 7



# Cottingham Parish Council



Welcome to our section of *Cottingham Times* that keeps our residents updated with news of the Parish Council.

## • Civic Hall

Hopefully you will be aware that the ERYC has made the decision to dispose of the Civic Hall and Council Offices located in Market Green. Although the Parish Council is disappointed in the ERYC decision, it does not feel in a position to take over the ownership of both of these premises. The cost of refurbishment and running costs could probably have a detrimental impact upon the Parish Council's budget and subsequently on the precept it charges to the residents. The Parish Council still has a substantial amount of ~~2899.3~~ outstanding on the loan that was taken out to purchase and renovate the listed buildings in Market Green, currently occupied by the Parish Council Office and Unique. However, five of our Councillors are working alongside some of Cottingham's organisations and volunteers who are looking at the possible formation of a Community Trust to ascertain if it is viable to take ownership of these premises. If you are interested in offering your support to this initiative, please contact Katrin McClure at [coach16@mcclure.karoo.co.uk](mailto:coach16@mcclure.karoo.co.uk) to discuss this further.

## • Cottingham Neighbourhood Plan - Update

We are pleased to announce that the Cottingham Neighbourhood Plan is now in the final stages and is currently out for consultation before being submitted for approval. If you wish to view this document, please visit either the Parish Council Offices, the Customer Service Centre or the Library or visit our website on [www.cottinghamparishcouncil.org.uk](http://www.cottinghamparishcouncil.org.uk). Any comments you wish to make must be submitted to the Parish Council Office by Monday 14 November 2016 in order to be considered. When completed, the Neighbourhood Plan will be subject to examination by a suitably qualified, independent person to ensure that it complies with legal requirements and is in line with both national planning policy and the strategic aims of the local development plans produced by the East Riding of Yorkshire Council. If this is successful, the Plan will then be subject to a referendum within the Parish in which it has to secure over 50% of the vote if it is to be adopted. We will keep you updated as this process continues.

## • Memorial Gardens - Update

As Cottingham Parish Council now owns these gardens, work has begun in improving them and bringing them up to a more presentable standard. Over the next few weeks you will see the trees and shrubs being tidied and reshaped, the central bed and front tubs planted for winter, laurels planted in the gaps in the hedges, along with a new planting scheme along the back wall. Future work will hopefully involve the conversion of the solar powered lights to mains powered ones that will operate on a timing system. We are very proud of these gardens and want to maintain them for the benefit of all our residents and visitors. If you have any comments or suggestions, please do not hesitate to contact the Parish Council Office.

## • Youth Provision

The Parish Council is currently in the process of collating information to submit a bid to the ERYC to help secure the appointment of Youth Workers within the village. These Youth Workers will be employed for a period of six months by Cottingham Parish Council to carry out a survey to ascertain the future youth provision requirements of our village and to look at how we can meet these demands. We will keep you updated on how this initiative progresses.

## • Grant Applications

Cottingham Parish Council welcomes grant applications from any community groups or charitable organisations that operate within and serve the Cottingham community. Applications forms can be found on

our website or by contacting the Parish Council Office. All application forms received are decided upon at the next scheduled Finance & Asset Management Committee Meeting.

We are pleased to have awarded the following grants:-

- Cottingham Methodist Church – donations towards the purchase of a new piano;
- Christmas Lights – donations towards new lights and bulbs;
- Friends of Bacon Garth Primary School – donation towards an outside play area;
- Cottingham Croxby Primary School PTFA – donation towards an outside reading chair;
- Cottingham Neighbourhood Watch – donation towards set up costs for a new website;
- Cottingham Northgate Allotments Association – donations towards a new polytunnel cover following an act of vandalism;

## • Dog Bags

In recent years, the Parish Council has provided dog waste bags, free of charge, to any residents of the Parish. However from 1 April 2016, the Parish Council continued to provide dog waste bags but these were charged at a cost of 50p for 50 bags. It was agreed that all income from the sale of these bags was to be donated to Cottingham Lights and will therefore benefit the residents of Cottingham. From April 2016 to September 2016, this initiative has raised £415.50. We would like to thank you for your support for a cleaner village whilst raising much needed funds for this worthwhile project.

## • Salt Bins

Unfortunately it is getting to that time of the year when our thoughts are turning to the colder weather. As most of the salt bins in the village are owned by the East Riding of Yorkshire Council, they will be in the process of filling the salt bins near you in preparation for winter. If you have a salt bin near your home, could you please check that it has been filled and if not, contact the Parish Offices and we will chase it up for you. Please note that salt bins are intended for self-help use by the public.

## • Christmas Treasure Hunt

We are pleased to announce that Cottingham Parish Council will be hosting a free children's Christmas Treasure Hunt around the village on Sunday 11th December 2016. The Parish Council Office will be open from 3.00 pm to 6.00 pm, in order for your family to collect a question sheet. When all the hidden Christmas 'Treasures' has been found, please return to the Parish Council Office where a small prize will be given. We will also provide mulled wines, mince pies and soft drinks. A local band will play on Market Green to enhance the festive atmosphere. Keep an eye out on our website and notice boards for more details and then come along for some festive fun and see the fantastic Cottingham Christmas lights on full display!

## • Christmas Opening Hours

The festive season is rapidly approaching. For your information, our Offices will close at 3.00pm on Thursday 15 December 2016 and re-open on Tuesday 3 January 2017. We hope that all our residents have a safe and happy Christmas and Best Wishes for 2017!

## • Contact Details

If you would like to speak to a Parish Councillor, their contact details are displayed in the noticeboards around the village or alternatively, you can ring the Parish Council Office on 01482 847623. Our Offices are open on Tuesday, Wednesday and Thursday from 11.00am to 3.00pm. Our website [www.cottinghamparishcouncil.org.uk](http://www.cottinghamparishcouncil.org.uk) has lots of useful information also.

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Whilst preparing a Will in the first instance is essential, regularly reviewing it is equally important. There are many factors which can affect your will, varying from a change in your family circumstances to a change in the law.

We recommend that you review your existing Will at least every 4 to 5 years or more frequently if a major change occurs in your life or in the life of one of your beneficiaries.

Significant events in your life such as marriage and divorce can legally change the effect of your Will as can the death of a beneficiary, the birth of a child or grandchild, entering into retirement or receiving a large sum of money such as an inheritance. Any of these factors could mean that when you die, the wishes contained in your Will no longer reflect your current wishes.

If, for example, you have married since you made your last Will, this would mean that in most cases, your Will would be revoked in its entirety and if you were to die before making a new Will, you would be deemed to have died intestate. If you and your spouse or one of the beneficiaries named in your Will are divorced, this could also impact upon the effect of your Will.

In addition, if a beneficiary of your Will dies during your lifetime, you should consider what you would like to

happen to your assets which would otherwise have passed to them. It may be that you would like those assets to pass to a certain person in substitution but without your Will express stating this, it may not happen.

Changes to the law might influence the provisions in your Will and the way in which it is drafted. The Government has recently announced a change to the way they are intending to deal with Inheritance Tax in relation to your family home effective from April 2017. It is intended to introduce a Residence Nil Rate Band which, provided that your Will is drafted effectively, could increase the Nil Rate Band available to your estate on your or your spouse's death and could mean that any Inheritance Tax payable is reduced.

If you would like to consider how any changes to your family situation or recent change to the Residence Nil Rate band will affect your Will, please do not hesitate to contact our Cottingham office on 01482 840201 or our Hull office on 01482 323123 to arrange an appointment to discuss your Will.



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# Windows Update woes - boo! . . . Hints and Tips - hooray

**W**indows 10 is having a rough ride at the moment – or more to the point so are many of you, its trusty users! News stories abound particularly over issues caused by the ‘Anniversary Update’ that has been rolling out since July. Sound or webcam or printers not working. Even consumer magazine *Which?* has joined the fray by saying “Many people are having issues with Windows 10, and we believe Microsoft should be doing more to fix the problem.” Alex Neill, *Which?* director of campaigns and policy, added: “We rely heavily on our computers to carry out daily activities, so, when they stop working, it is frustrating and stressful”.

Many customers have asked me if they could claim redress from Microsoft after having had to pay to have their computer repaired following Windows 10 upgrade or updates. A report by tech firm Softpedia (<http://tinyurl.com/z2rzz99>) mentions a question raised last year following the launch of the free Windows 10 upgrade on a Microsoft community forum on the subject of a class-action lawsuit being taken against Microsoft. The message says that after upgrading to Windows 10 via ‘automatic updates’ thousands of the PCs have “been rendered useless,” and left with 1. no sound, 2. no operating screen time 3. no access (password issues) 3. memory issues 4. lost files 5. unauthorised access by Microsoft.” However, it noted, users considering pursuing a class-action against Microsoft must keep in mind that they agreed to the EULA (end user licence agreement) while installing the new operating system. This renders some of the problems ineligible for redress, says the report.

Turning off Windows updates has always been regarded as ‘not recommended’ and anyway is virtually impossible in the Home version (without fiddling with the network settings).

Having said all that, many users have got used to Windows 10 a year or so down the line now, so let’s have a look at some of the features, and maybe a few tips you didn’t know about. There are quite a few things you can do with keyboard shortcuts, by first holding down the Windows key  (if you just press it once you will only get the Start Menu)

A quick way to get to Control Panel, shut down & many admin functions is  and x

To get to all your folders in File Explorer is  and e  
Minimize all open windows on screen is  and m

Go to System Properties is  and Pause/Break (top right of the keyboard)

There are numerous sign in options in Windows 10. The most straightforward is to have what is called a local account, which just means your name with or without a password. Next is to sign in with your Microsoft Account plus password. Now you can also choose to use a Pin number instead of a password, use a picture password or if your device has a camera you can even use facial recognition with Windows Hello. All these options are shown in Settings (the small cog icon at the bottom left of the start menu) and click on Accounts and sign in options.

To search for anything in Windows 10 just type into the box next to the Start Button, where it says Ask me anything. If you want to use the Voice assistant ‘Cortana’ you set that up instead and ask her to find things for you!

Everynone likes a bit of free advice, so on my website you will find a free guide with some answers to often asked questions like: ‘Why does my computer start and then stop at a black screen? Why does my Windows10 start button not work and I can’t get emails?’ And not least ‘Why isn’t my internet working?’ (download it while you can!) So just go to [www.rdmcomputers.co.uk/news](http://www.rdmcomputers.co.uk/news) and you will see a link to the this and the previous two articles, plus the free guide.

Also will be updating the blog on my website regularly with any news items worthy of mention. And for those on Twitter you can find me @rdmcomputers1

Lastly, you have probably gathered that we take security very seriously, so if need advice on changing or buying anti virus, or if you think you may have been the victim of a scam, just call us for advice.

Richard Mills

RDM Computers

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## Wordsearch - Animal Groups

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

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

Find the words in the letters below :

Bed, B evy, B race, B rood, C ackle, C lan, C lutch,  
 Coalition, C olony, C ongress, D rove, F lock, H erd, H ive,  
 Horde, M ob, N est, P ack, P od, P ride, R abble, R ookery,  
 School, S hrewdness, S leuth, S warm, Troop.

Word search courtesy of [www.puzzles-to-print.com](http://www.puzzles-to-print.com)

## Sudoku No. 118

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

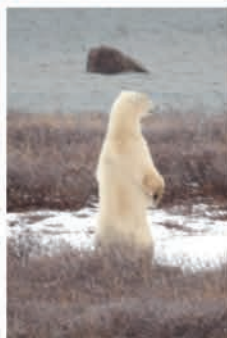
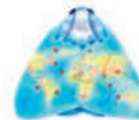
7	9		3				1	8
		2	8	5				9
3				7			6	
6	4			8	1			
	8	5			7			6
2			6		3			
9		4	7			2		
	3			6	2			
	2			3	8		7	

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# MARION OWEN TRAVEL



Winter started for me last month when I visited the remote town of Churchill in Canada to see the Polar Bears migrating towards the icy Hudson Bay. It was an amazing short break that exceeded everyone's expectations. The viewing season is short and only lasts for just 5 weeks each year. Why not register for our next tour in 2018, you will not be disappointed?

Marion Owen Travel have been Canadian Specialists for years and I have to say that even with the weak pound Canada still offers great value. Eating out and shopping are still reasonable.

Toronto is just over 6 hours flying time and makes a great alternative to New York. Flying from Humberside on the 6.05 flight we arrived in Toronto before noon. We then headed to Niagara, just an hour south



of the airport. There are a number of hotels offering fantastic falls views. This was another highlight we slipped in before the Polar Bear Adventure.

**My next big adventure is to Burma** this coming March, why not join me? We have 1 cabin available for 2 sharing, cost £3995 per person. This is a luxury 18 day river tour including sightseeing, meals with drinks, gratuities plus travel to & from home to Heathrow. Who ever books this will enjoy an incredible journey in this mysterious part of the world.

**In the UK** October also saw our 2nd visit to the Majestic Hotel in Harrogate, everyone enjoyed great food, service, comfort & shopping and asked for a repeat next year. Departing 15 October we have 5 single rooms, just £5 extra.

**WW1 sites of the Ypres Salient & the Somme** - Dave is very passionate about this subject. Having done many WW1 tours he is the man to show us around the area, we had a great tour in 2014. Also included in this tour you visit the Hull Pals Memorial in Oppy.

## Gift vouchers ideal for all occasions.

Christmas, Birthdays, Retirements, Anniversaries, Honeymoons They can be used towards any travel arrangements.

**Alternatively we are happy to make a surprise booking for any occasion - we have super Valentines options.**

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05 Oct	Sites of WW1 - Ypres Salient & the Somme - 6 days	£ 485
15 Oct	Harrogate, Shopping & afternoon tea 1 night at the Majestic HB	£ 110

### Just for a day 2017: 11 Jan, Boundary Mills Sales £15 :

25 Jan, Millstones - fun food & dancing £40: 09 Feb World of Rhubarb £49:  
21 Apr, Harrogate Flower Show £45: 08 Jun, Chatsworth Flower Show  
£49: 17 Sep Harrogate Autumn Flower Show £45

Theatre ~ Bradford Alhambra matinee shows ~ 08 Feb, Anton & Erin £59:

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28 Apr, The Wedding Singer: 11 May, The Commitments £59:

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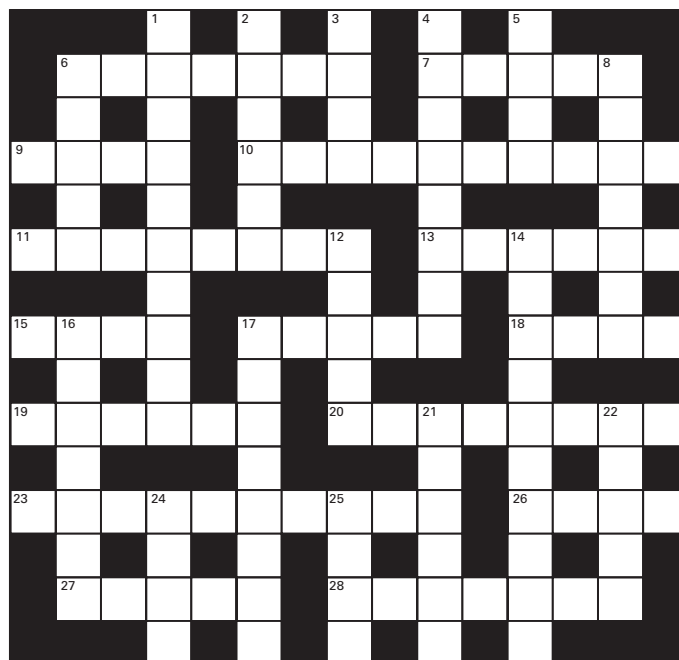
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**Crossword – Solution on page 46**



**Across:** 6 Fails to remember (7); 7 Female organ (5); 9 Not false (4); 10 An unavoidable event (10); 11 Decapitated (8); 13 Relating to the iris of the eye (6); 15 Largest continent (4); 17 Malicious setting of fires (5); 18 Falls behind (4); 19 Prey (6); 20 At an indefinite time (8); 23 Warranted (10); 26 Scarce (4); 27 Moral principle (5); 28 Type of glasses (7)

**Down:** 1 Immaterial (10); 2 Refused (6); 3 Anglo-Saxon's slave (4); 4 A province or territory (8); 5 An Indonesian island (4); 6 Strength (5); 8 Sharp high-pitched dog cries (7); 12 Amounts of medicine (5); 14 Inability to read (10); 16 Smudge (7); 17 Reference books (8); 21 Change (6); 22 Wall painting (5); 24 A tributary of the Rhine River (4); 25 Decreases (4); 7 Ragout (5)

*Crossword: on testy of www.crosswordace.com*

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# In the Kitchen



## Pork stroganoff

- Preparation time: 15 minutes
- Total time: 2 hours 15 minutes. Serves: 4

### Ingredients

- 1 tbsp essential Waitrose Olive Oil
- 1 pack essential Waitrose 4 British Pork Shoulder Steaks, diced
- 1 tbsp plain flour
- 1 clove garlic, crushed
- 2 tsp smoked paprika
- 100ml brandy
- 1 stick celery, sliced
- 80g Waitrose Trimmed Leeks, sliced
- 1 tbsp chopped thyme leaves
- 600ml chicken stock
- 100ml tub soured cream

### Method

1. Preheat the oven to 170°C, gas mark 3. Heat the oil in a large frying pan, toss the pork in seasoned flour and fry for 4-5 minutes to brown. Add the garlic and paprika, and cook for 30 seconds. Stir in the brandy and cook until reduced by half. Add the celery, leeks, thyme and stock, and bring to the boil. Transfer to a casserole dish, cover and cook for 2 hours or until tender.
2. Stir in the soured cream, season and serve with rice or tagliatelle.

## Spicy squash & mozzarella bake

- Vegetarian
- Total time: 30 minutes. Serves: 2

### Ingredients

- 1 pack Waitrose Butternut Squash Wedges
- 200g cherry tomatoes, halved
- 2 tbsp sun dried tomato paste

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

- ¼ tsp chilli flakes
- 100g grated mozzarella
- 6g fresh breadcrumbs

### Method

1. Preheat the oven to 200°C, gas mark 6. Cook the squash in boiling water for 6-7 minutes until just tender. Drain and transfer to an ovenproof dish.
2. Mix the tomatoes with the tomato paste and chilli, and spoon over the squash.
3. Mix together the grated mozzarella and fresh breadcrumbs, and sprinkle over the tomatoes. Bake for 20 minutes until golden.

## Leek & pancetta soup with cheese croûtes

- Total time: 20 minutes. Serves: 2

### Ingredients

- 1 tbsp oil
- 2 leeks, sliced
- 77g Waitrose Cooks' Ingredients Beechwood Smoked Pancetta
- 80g King Edward Potatoes, diced
- 600ml chicken stock
- 4 slices French bread
- 25g Cheddar cheese, grated

### Method

1. Heat the oil in a large saucepan and fry the leeks and pancetta for 3 minutes. Add the potatoes and stock, bring to the boil, cover and simmer for 10-12 minutes until tender.
2. Using a stick blender, blitz gently keeping a nice chunky texture.
3. Place the bread under a preheated grill until toasted, turn over and top with the cheese, grill for 1-2 minutes until melted and serve alongside the soup.



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## Law firm offers legal advice clinics to help people understand Inheritance rules

Leading law firm Andrew Jackson have been providing legal advice clinics for over 10 years and have seen their popularity build as a trusted, valuable forum for anyone wishing to discuss wills, powers of attorney, probate or family matters.

Associate Deborah Gilpin, who specialises in this area of law, explains: "Family arrangements are becoming increasingly complicated, particularly when a person dies without making a will. People must understand that if they do not make a will, the law decides who will administer their estate and who will inherit. It's a complex picture, with different versions of the rules being applied dependent on a range of factors. There is a lack of awareness of these matters and we want to help.

Legal matters around bereavement can present real challenges for couples and families at an emotional and unsettling time. It's much better to take time to review issues now, when they are much easier to tackle than they could be further down the line. Our friendly, supportive team is keen to guide people through these matters, providing the expertise they need to plan for the future."

Deborah believes that this is a great way for people to take control of their futures and tackle a delicate subject in a supportive environment, "Our clinics are really important as we know how daunting the legal landscape can be. We are very happy to be able to help by discussing their options with them without them worrying about incurring costs."

For more information about the legal advice clinics or to book an appointment, contact:

Jo Pearman in confidence on 01482 325242 or email [legalclinics@andrewjackson.co.uk](mailto:legalclinics@andrewjackson.co.uk)

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## Alsace a wine of distinction

Alsace is known the world over for wine with distinctive aromatics, purity of fruit and food-matching prowess, owing to the huge range of soils (volcanic, limestone, gneiss, sandstone, marble and granite to name but a few) and grape varieties, found in the mosaic of vineyards.

You can enjoy everything from vivacious and aromatic Muscats, to spicy and floral Gewurztraminers and smoky Pinot Gris. I love all three, but particularly the last two.

People often associate wines from the region with those of Germany, mainly because of geography and the fact that Alsace and Germany grow the same grape varieties. Because of that, a typical response is "I avoid Alsace wines because there'll be too sweet".

Riesling is a case in point, an underrated wine but considered by many to be the most noble of Alsace's wines and I'm drinking a lot of it right now. Just over one fifth of the region's vineyards are planted with this grape as it thrives in the dry climate here to give characterful and elegant wines.

But where the German winemaker is more likely to add a small amount of the naturally sweet unfermented grape juice back into the wine, the winemaker from Alsace ferments every bit of the sugar in the grape. The majority, therefore, are totally dry.

Another fundamental difference between wine from Alsace and wine from Germany is the alcohol content - wine from Alsace has, typically, 11 to 12 per cent alcohol, while most German wines have a mere eight to nine per cent.

A Riesling I've really enjoyed recently is Clos Saint-Jacques Riesling 2014, available from Majestic at £1.99 a bottle, although the price reduces to £0.99 if purchased as part of a mixed sixbot tles.

Scientist Chrétien Oberlin, who devoted his life to combatting phylloxera, a parasite that feeds on the roots of grape vines, founded Domaine Viticole de la Ville de Colmar in 195 with the financial support of the city of Colmar. Today, the winery is fortunate to own 28 hectares of vineyards with vines in a number of the Grands Crus - including Pfersigberg, Hengst and Florimont.

It also has an additional 10.5 hectares in its Clos Saint-Jacques vineyard, which is where the grapes for this Riesling come from.

Clos Saint-Jacques is located on the outskirts of the town of Colmar, where the warm, dry conditions (Colmar is the second driest town in France) and stony soils are ideal for the cultivation of Riesling grapes.

Protected from the wind by the surrounding high Vosges mountains to the west, the Clos also benefits from a complex terroir, which is influenced by the nearby Fecht river. The intricate soil composition adds to the unique terroir, from low layers of limestone and sandstone, moving up to a stony surface of gravel and silt, all allowing for optimal growth and slightly earlier ripening than other vines in Alsace.

The 2014 vintage saw tricky weather conditions, such as a mild winter and hotter than usual spring. This was followed by a cool summer, all leading to high acidity levels in the grapes. Alongside Sylvaner, Riesling was one of the two big winners in this particular year and the vintage is recognised as producing Riesling wines with great finesse and freshness.

The grapes for this wine were harvested at the peak of ripeness, then the whole bunch pneumatically pressed and cold settled for 24 hours. There was no malolactic fermentation involved, but the wine was aged for two to three months on its fine lees. The result is a wine that is full of pure lime freshness, with a complex minerality owing to the vineyard's soil structure.

This Riesling has a racy acidity, which will allow it to age gracefully. In its youth, the wine is marked by a fruit focus which will then give way to an expression of mineral nuances over the next four to six years.

The nose shows lime, apple and white blossom notes, and on the palate the wine has a balanced spicy finish. The perfect accompaniment to salmon, pork or even soft cheese.

Roberts & Speight's annual food and wine tasting takes place at Longcroft Lower School, Beverley, on Thursday November 10 and Wednesday November 16, from 6.0pm to 9.0pm. Tickets cost £5 and give you the chance to try more than 16 wines, beers and foods. Call 01822 80717.



## BEST BUYS

**Wirra Wirra Church Block**

**Where:** Waitrose

**When:** From November 9 until December 6

**Why:** A classic Australian blend of Cabernet, Shiraz and Merlot from the McLaren Vale. The Church Block is named after a small parcel of vines next to the 19th century church at Bethany. Try with a rare steak.

**£10.49 (was £13.49)**

**Castel Grand Reserve Chardonnay**

**Where:** Tesco

**When:** Until November 7

**Why:** From a premium varietal range; this wine is elegant and refined. This Chardonnay has a beautiful pale yellow colour, with fresh stone-fruit and subtle vanilla-oak notes on the nose and palate.

**£7.00 (was £9.00)**

**Bailly and Bailly Clare Valley Riesling**

**Where:** Waitrose

**When:** From November 9 until December 6

**Why:** Another good Riesling but this time from Australia's Clare Valley. This is a racy example with layers of zingy citrus fruit. Excellent with aromatic Thai dishes.

**£6.49 (was £8.39)**

**Misacela Nero D'Avola Syrah**

**Where:** Tesco

**When:** Until November 7

**Why:** This wine is a mind-blowingly intense blast of pure black fruits with a touch of blueberry and mocha thrown in for good measure. Deep, bold and downright delicious. Try this Malbec with a selection of meats.

**£5.00 (was £6.00)**



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## Little fingers and paws

My Granddaughter Jessica, will be 1 year old in December. Already she is crawling everywhere and pulling herself up along furniture much to the amusement of her 2 older brothers. I must say it is amusement most of the time but on the odd occasion when she heads on a mission towards their toy cars / motorbikes to disrupt whatever is in her path, it's another matter.

Looking around the house, there are a lot of potential dangers for tiny fingers, toes and mouths so my daughter Jenni and husband Adam, have had quite a task making everything 'Jessica' proof. Are the plug sockets covered, is everything high and out of the way or are there any wires she can easily pull? At the moment everything is virtually sound but what about when the festive season begins. The bright lights and colourful parcels around the tree, the smell of Christmas pot pourri and the ever seasonal plants are a magnet to any child let alone a 1 year old but what about our pets? We as parents/grandparents, often take care in buying the toys that are presumed safe for little fingers, watching out for parts that can easily be consumed if they fall into the wrong hands but how many of us pet owners go along with the same line of thinking?

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

In general the amount of Theobromine found in chocolate is small



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

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

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

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

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

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

Something that is not in the house but associated with the cold weather.... anti freeze. Please keep this well away from inquisitive paws. The sweet taste can be so tempting but fatal!!

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

If you have any queries at all or concerns that your pet has consumed a hazardous item, please contact us immediately. Time is important so please do not hesitate, no matter how small and insignificant you feel your questions maybe.

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## "The Tooth and Nothing but The Tooth"

by  
Chris 'Dr. Smile Maker' Branfield

## It's the Future . . . Like Garlic Bread

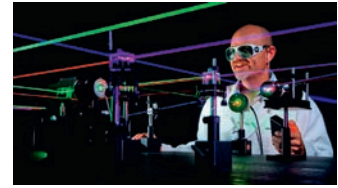
Hello again, I hope you are well. Another busy month has passed. I had a great trip to Munich to an International Dental Laser Conference. The first part was invitation only don't you know. I was the only Brit in the place and got a bit of good-humoured stick about Brexit from some European colleagues. What was interesting was a taste of things to come.

### So, What's The Future?

Well, I thought that we were futuristic using the high tech lasers we have in practice. However, there is a team in Bonn, Germany, that are working on pico and femto-lasers. Get ready for the GEEKY bit. A picosecond is a trillionth (one millionth of one millionth) of a second. A femtosecond is a quadrillionth (one millionth of one billionth) of a second. So these are fantastically small lengths of time. A pico or femto laser has a laser pulse that is that short. This means that a low energy, pulsed laser light can have outrageously high peak power. In turn this means that the very short pulse of electromagnetic energy is powerful enough to strip electrons from atoms. This causes ionisation and formation of plasma. WOW!

### So, What's This Geeky Stuff Got To Do With Dentistry?

It means that tooth tissue, gums and bone can be removed very quickly and with no heat production because the reaction is so instantaneous. In the future it may replace the dental drill. One of the three lasers I use can all this without vibration but needs water for tooth tissue and bone because it is absorbed in water. All three lasers we have are what we call wavelength dependent. These new lasers are not wavelength dependent just low energy but high peak power to create plasma. At the moment though they are about the size of a double wardrobe without a small delivery system!! It was like Tomorrows World. I'm showing my age now.



### Anti Snoring Treatment

I saw another presentation on non-surgical laser treatment to shrink the soft palate to help snoring sufferers. It can also be effective in helping sleep apnoea. No surgery, no numbing, just laser light therapy in three 20 minute treatment sessions. Success rates of 80%, lasting between 1 and 3 years. Guess who is looking for the training course to do it? Exciting, life changing stuff this.

### Free Mouth Cancer Screening

I mentioned last time about November being Mouth Cancer Action Month. In support of this we are putting on a full day of free Mouth Cancer screening with Anna our new dentist. She's getting a fan club already! She will have a good look and use a VELscope Vx device as an extra screening. We are teaming up again with Lloyds Chemist who will do Blood Pressure and Diabetes checks, in the morning and maybe in the afternoon. The date for your diary is November 29<sup>th</sup>.



### Off To Treah Refuges

In the last week of November I am pleased to be off to Greece with my four other Trustees of Dental Mavericks. It is our inaugural trip to treat refugees at camps in and around Thessalonika. We are working with Health Point Foundation and on particular Dental Point Project. I was vetted over the phone last week by the Dental Lead, Ola. She only graduated from dental school in 2011. She has real purpose and it was great to talk with her, she was lovely. There are thousands of people there. Originally there was a non-official camp of 16,000 people. Since the Turkish agreement the camps are now military run and there are 13 of them but they may be up to 15 by the time we get there. We are aiming to sort out a programme and protocol to be able to send out groups of volunteers on a monthly or two monthly basis. Every little helps eh. I love being a Maverick.



Hull City are at home at the weekend. Hoping they don't get another thumping. My son Edward is back from Uni for the match so a good chance for a proper catch up.

Until next time. Thanks 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 23 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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Chris "Dr Smilemaker" Branfield GDC 68346  
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## Swanland Screen - *The Danish Girl* on Saturday 19th November

Another film requested by our audience will be showing at the usual time of 7.30 pm on the third saturday of the month. This time it will be *The Danish Girl* on Saturday 19th November at Swanland Village Hall.

Tickets available at the door for £4 adults and £2 school children. See [www.swanlandvillagehall.info/forthcoming-events.htm](http://www.swanlandvillagehall.info/forthcoming-events.htm) for details of future films or call Yvonne on 01482 634863.

## Cottingham Calendars by John Dewing now on sale at Barkers

John Dewing who has taken many of the excellent photographs featured on the cover of the *Cottingham Times* over the past nine years, has produced an A4 full colour calendar for 2017 with a marvellous selection of Cottingham Views.

The calendar is now on sale for £6.25 at Barkers, Hallgate, Cottingham.

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BY CHRIS LEE



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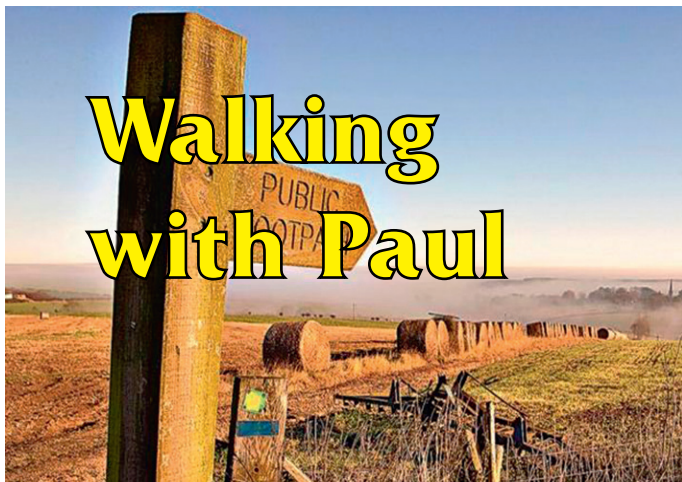



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Here is Paul's latest walk in his series of monthly rambles.

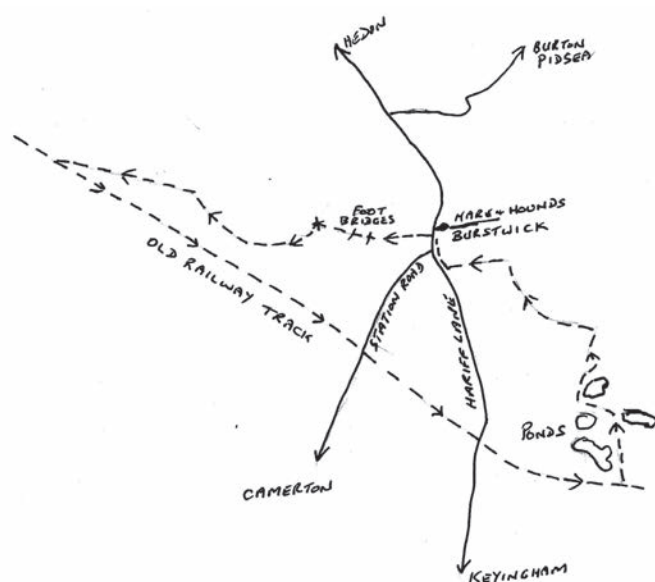
## This month his destination is Burstwick to Hedon

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

**Mp : EXPLORER 29**

**Distance 34 miles.**

**S**tart at the Bus stop immediately before the "T" junction in Burstwick and on alighting from the bus turn left to walk towards the Hare & Hounds pub. At the junction near the Memorial Cross, turn left into Pinfold Lane.



At the end of the lane continue straight ahead between a wooden fence on the left and a hedge on the right. Pass through a kissing gate into waste land and then pass through a second kissing gate into farm land and ascend a short rise into open fields and walk with the hedge on the right which eventually disappears to leave a dyke on the right.

Cross a wooden foot bridge and walk straight ahead across the next narrow field and then cross a wide foot bridge with metal hand rails. Immediately after crossing the bridge turn left and walk with a drain on the left. Continue straight ahead across three fields keeping the drain and, at times, a hedge on the left.

Eventually leave the field to emerge onto the old railway track and turn right. Follow this railway track across two roads which both lead back into Hedon. After crossing the second road, continue ahead for about 90 metres and then turn left into a grass field.

Keep the field hedge on the left and after a short distance pass through a narrow wooded area and cross a concrete bridge. Turn right and follow the track for about 200 metres and then turn left at a way marker sign, cross a foot bridge and pass through a metal gate and walk with the hedge and cemetery on the right.

Exit the field through a metal kissing gate and emerge on a lane, turn right and at the end of the lane continue straight ahead crossing a grassed area to take a path with houses to the right. On reaching the road turn left and cross the road to the Bus stop.

### HOW I DID IT.

Depart Hull Interchange at 10.45 am on Bus No. 77.

Alighted from bus at Burstwick at 11.22am

Completed walk at 1.00pm and boarded Bus No. 77 at 1.05pm arriving Hull Interchange at 1.10pm

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[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - November 25



What will winter bring this year? The weather has been remarkable different over the last few winters with one of the warmest Christmas's for a long time last year and the year before the worst snow we had seen for over 10 years.

What we do know is that November is sure to have a few sunny days where we can get out into the garden and tidy everything up ready for the spring. Plus when the days are dark and dreary we can cheer our gardens up with bursts of colour. There's something especially valuable about shrubs which flower in winter. Seeing these delightful and resilient flowers putting on a show through short, dark days and taking frost, rain and snow in their stride lifts our spirits and encourages us to get outside. Many can also be cut for indoor winter posies, and many are fragrant.



### Houseplants

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

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

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

too much watering can cause problems.

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

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

### Drainage :

The best method is to stand the pot (which must have drainage holes in the bottom) on a suitable sized saucer into which a small amount of gravel has been placed.

Fill the saucer to about 1/3 of its depth with water and leave the plant standing for 10 minutes.

If all the water has been taken up you can repeat the operation until uptake stops, then any surplus water should be tipped away but of course retaining the gravel.

### Pests & Diseases

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

Throughout the year Coletta and Tyson Garden Centre has everything you need for your garden and home including indoor and outdoor furniture. Their pets department including reptiles and aquatics, and have species to entertain you and the children including a very cheeky talking parrot!

Not forgetting the Oasis Cafe, which offers everything from a cuppa to a delicious meal or light bite. All the cafes ingredients are locally sourced and head chef Leanne is bringing in new recipes all the time. As a result the Oasis Café has recently been awarded two East Yorkshire Local Food Network Awards for their Feta, Pea & Mint Quiche winning the Best Savoury Baked Product & their Salted Caramel & Peanut Butter Shortbread winning the Best Sweet Baked Product.

## 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 your garden furniture to protect over the Winter

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This Christmas they have created a magical Christmas scene that takes you through the Christmas section which is filled with fantastic products sectioned into wonderful themes from the traditional red, green & gold's to a sophisticated Winter Secrets theme that boasts this years in colours! With every theme there is a fantastically dressed Christmas tree using products from that theme to inspire you, they really are a treat for the eyes! Once you have made your way through the fantastic themes you arrive at the wonderfully enchanting Christmas village display, it really is a stunning display! After that you arrive at the artificial trees, which this year has an even bigger and better range than before! All displayed in their ranges and sizes so you can ensure you will find the right colour, size and shape this year! Of course not forgetting their huge range of real Christmas trees that is one of the best in the area and they are grown locally too so you are supporting two local businesses and buying a great quality tree which have been hand selected by their plant experts. Prices start from £15.99 and are all undercover meaning you can buy a dry Christmas tree!

Santa will be arriving on Saturday 26th November & we will be holding a great Grotto Launch party for him! Come along and enjoy this great Christmas event, KCFM will be here from 11am – 2pm giving you chances to win great prizes! You will also have the chance to win £100 Coletta & Tyson gift card with Elfie Selfie & there will be charity stalls here too! PLUS your first chance to visit Santa in his magical Grotto! Grotto tickets are £7 per child and available on the day.

Plus there are lots of other events throughout December, tea with Santa, breakfast with Santa and LIVE Reindeer will be in the garden centre for 3 WEEKS from the 28th November -18th December. Check our website for more events and details.

Late night shopping will begin on Thursday 1st December followed by Thursday 8th & 15th. Thursday 1st December is also the popular Yankee Candle Ladies Night, there will be some great Yankee Deals so don't miss out! There will also be great deals in the Oasis Café on every late night so why not make an evening of it, bring the kids to enjoy Tea with Santa, enjoy a delicious tea with our Café Specials, take advantage of our Yankee Night and shop the great Christmas department for everything you need!

### **SANTA'S GROTTO LAUNCH**

**Sa urdŕ d,0 h Nov mber from 11**

Come along for fun, prizes and merriment while we launch the grotto! It's your first opportunity to visit Santa as he arrives in his fantastic Grotto! KCFM shall be at the Garden Centre from 11am and you will have the chance to win a £100 Coletta & Tyson gift voucher with Elfie Selfie!

### **SANTA IS COMING FOR TEA - BOOK NOW**

**Da es Thursdŕ t,8 h & 15 h 4 ŕ m or 6 ŕ m**

Enjoy a delicious tea at the Oasis Café, Santa will come and chat to you and then you can visit his Grotto & receive that special Christmas gift!

**ALL THIS FOR J ST 0 – Ring 1**  
**now to book or pop in.**

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### **SANTA IS COMING FOR BREAKFAST – BOOK NOW**

**Da es Sa urdŕ d,0 h & 7 h 9 11**

Enjoy a tasty breakfast at the Oasis Café, Santa will come and chat to you and then you can visit his Grotto & receive that special Christmas gift!

Coletta & Tyson 324 Hull Road, Woodmansey, Beverley, East Yorkshire HU17 0RU UK Tel. +44(0)1482 865410

For more information on all of Coletta and Tyson's Christmas events please check their website [www.colettagardencentre.co.uk](http://www.colettagardencentre.co.uk) plus follow them on twitter and facebook for updates, offers and events.

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## Your Stars for November 2016

By Kay Gower

### Aries (Mar. 21 - April 19)

You will soon be presented with an impressive array of choices, this is the variety you've been wishing for. But now that you see all that's on offer, deciding might be a bit daunting. The 14th is a good day to make decisions.

### Taurus (Apr. 20 - May 20)

An ambition will be fulfilled before the end of the month, and if you let go of some self-imposed rules and you will be unstoppable. You're headed towards some happy times and personal success.

### Gemini (May 21 - June 20)

A great man defined success as "the ability to go from one failure to another with no loss of enthusiasm." Having an optimistic spirit will attract amazing good fortune for you this month.

### Cancer (June 21 - July 22)

There are those who claim to be 'high maintainance' like it's a compliment! Needing a lot of attention and care from others has never been your style. You make yourself easy to be with, and this works in your favour this month.

### Leo (July 23 - Aug. 22)

You will get much better results if you ease up on yourself. Give yourself the same generous approval you so often give to others.

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

To get to a place of happiness you don't have to trudge through the dark shadows of unhappiness first. It helps that you've been there before and recognise the view. Avoid the shadows and keep to the well lit path.

### Libra (Sept. 23 - Oct. 22)

There are a lot of good talkers around. Don't allow yourself to be seduced by pretty words. What people do only matters if they really do it.

### Scorpio (Oct. 23 - Nov. 21)

Strangely, you may seem to be overtaken this month by very deep sense of nostalgia. Try to keep your memories in perspective especially around the time of the full moon on the 14th.

### Sagittarius (Nov. 22 - Dec. 21)

Try not to put your own self care off for later. Taking care of yourself should include more than just the basics. Make time for giving yourself mental stimulation and fun during November.

### Capricorn (Dec. 22 - Jan. 19)

You're an independent soul with your own ideas about how a situation should unfold. You dare to stand alone, but you won't be alone for long - mainly because your ideas are right.

### Aquarius (Jan. 20 - Feb. 18)

You're engaged in an arm wrestling match with fate. Do you think you will win this one? You could, and easily. Roll up your sleeves, get leverage, and believe.

### Pisces (Feb. 19 - Mar. 20)

Good fortune follows your decision to depend only on yourself. If others turn up wanting to help, then it's the cherry on top of the cake. Just don't count on it this month.

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## at Christmas

### Starters

**Gamberetti Savoia**  
Pastry case filled with Prawns,  
Mushrooms, Fresh chopped Tomatoes  
and topped with Thermidor Sauce and baked

**Mascarpone con Prociutto**  
Bruschetta bread topped with Mascarpone  
Cream Cheese, Marinated Tomatoes and  
topped with Parma Ham  
and served with a drizzle of Pesto

**Paté di Fegatini di Pollo**  
Homemade Chicken Liver Paté  
served with a Salad Garnish  
and Toasted Bread

**Bresola di Manzo**  
Medallion of Cured Beet thinly sliced,  
Served with Bruschetta Bread,  
and Finely Chopped Marinated Tomato

**Salmone Offuscato**  
Sliced Smoked Marinated Salmon  
served with a drizzle of Olive Oil,  
Lemon Juice, Dill and Salad Garnish

**Funghi Grattinati**  
Button Mushrooms cooked in Garlic  
Butter, White Wine and Cream,  
Topped with Cheese and Baked

### Main Courses

**Filetto di Salmone**  
Fillet of Salmon filled with Ricotta Cheese,  
Spinach and topped with a Slice of Parma Ham  
and served with Dill and Creamy Cheese Sauce

**Bistecca di Manzo**  
Rump Steak cooked with Mushrooms,  
Djon Mustard, Vodka Tarragon with  
White Wine and Cream  
(served plain if required)

**Anatra Prune**  
Pan Fried Duck Breast, Cooked with  
Marsala Wine and Prune Sauce

**Pollo con Pancetta**  
Chicken Breast stripped and cooked  
with Bacon, Mushrooms,  
White Wine and Cream

**Tortellini Ripieni**  
Round Shaped Pasta, Filled with  
Ricotta Cheese and Spinach,  
and Cooked with Peppers, Mushroom,  
Garlic and Pesto Cream

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## Cottingham Community Trust being formed in bid to save the Civic Hall and the East Riding's council offices

The East Riding Council is in the process of moving the Customer Service Centre and Registrar offices out of the council offices in Market Green into a new extension being built onto the library, which should be completed by June 2017.

Therefore, the East Riding Council has declared that the public buildings on the Market Green, both the East Riding Council Offices and the Civic Hall, are surplus to requirements and plan to sell them on the open market in 2017.

A working group, made up of representatives of Cottingham's Community groups, the users of the Civic Hall and some parish councillors, are having discussions with the East Riding Council about keeping these buildings for public use, to be run by, and for the people of Cottingham.

In order to try and save these buildings, it is planned to set up a charitable trust, where volunteers can join or support the trust.

If you have legal, financial, business, fund-raising/bidding, property management, building surveying and maintenance, or marketing skills, or any other relevant experience and knowledge, a willingness to volunteer in any capacity.

If you have a desire to secure these buildings for the future, please send your name and your expertise to Katrin McClure via email [coach16@mcclure.karoo.co.uk](mailto:coach16@mcclure.karoo.co.uk), or Save our Civic Hall, c/o The Parish Council Office, 9 The Cottages, Market Green, Cottingham HU16 5QG.

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### Sudoku Answer from page 12

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



## Beekeeping with Neil Gower - Neil continues his quarterly review of the calendar of a beekeeper

### A New Home . . .

Since my last article I've been stopped in the street, at the supermarket checkout, in a car park and even at a set of traffic lights in the centre of Cottingham. The question has always been the same,....."Have you found a new home for your bees?"

I'm delighted to say that after some anxiety they do have a new home

and seem to be settling in nicely.

Many Beekeepers constantly keep their eyes and ears open in the hope of finding sites for new apiaries; some in order to increase their colony numbers, some to be able to provide a quarantine area for swarms they have collected and others who may wish or need to vacate their existing sites. Sitting firmly in the latter category I'd previously put out a few tentative enquiries and started to follow up on some of them once I realised, in the summer that I would have to move from the site I occupied at that time. Fortunately, one of my preferred options started to look promising and actually came together quickly with the result that shortly after my last article had 'gone to press' I was on the move.

My new apiary offers slightly less space and I am restricted to two hives, but I had amalgamated some of my colonies anyway, so this was not really an issue. Once agreement had been reached and I had erected some new hive stands everything was ready to receive the bees.

I closed the hive entrances the evening before the move and the next day I loaded the hives into the back of my car. It's funny how none of the family want to sit in the car with two fully laden bee hives in the back even when they are sealed with duck tape and strapped down with webbing. The transfer was smooth without too much trauma for either me or the bees and they have spent the summer foraging and gaining in numbers in preparation for the winter.

Shortly after the move I received a call from the Government Bee Inspector. He had discovered a case of foul brood during a routine inspection in the area and wanted to examine the apiaries of all local Beekeepers who had caught swarms this season. Foul Brood is a notifiable disease which causes complete colony collapse, is highly contagious and results in the destruction of the bees and the burning of all affected frames and equipment in a fire pit. I was confident that my colonies were not infected as I had only just inspected them and am pleased to report that they received a clean bill of health from the inspector. It also looks like his discovery and prompt action had restricted the problem to a single case.

The British beekeeping fraternity has been monitoring two other potential pest threats to our bees over the past few years. One is the Small Hive Beetle which originates from Africa but has decimated colonies across Australasia and the United States and has now been discovered in Italy. The beetle is a scavenger that feeds on honey, pollen and bee larvae, first weakening and then destroying a colony. The Italian authorities are working hard to isolate and destroy the outbreak and there is cooperation across all European countries.

The second has been the expected arrival of the non native Asian Hornet into the UK. The hornet was introduced into Southern Europe by mistake through the importation of garden ornaments from China and has been working its way northwards through France for some time. The Asian Hornet is carnivorous and kills honeybees as they emerge from or return to the hive by decapitation. Eventually there are not enough bees to defend the entrance and the hornets enter the hive, eat the larvae and steal the honey.

In August of this year the Asian Hornet was discovered in the Channel Islands, and in September the first sighting was made on mainland Britain in Gloucestershire. The Government agency FERA has been planning how to deal with such an eventuality for some time and the plan swung into action. Insects have been caught and destroyed along with nests, and search perimeters have been set up under the control of FERA. A second sighting was then confirmed in October in Somerset. It is suspected that the Asian Hornet will not be able to venture too far north due to the colder winters, but we watch developments with interest.

Unlike some Beekeepers I don't take my bees up to the moors for the heather so my season is pretty much over at the end of August. The good weather in September and early October was very welcome as it allowed the bees to continue to forage for pollen and nectar on Russian Vine, Ivy and Himalayan Balsam which has boosted their supplies for winter. I've treated them against Varroa and have given them extra support by adding syrup feeders to the hive to help them stock up. Wasps are active in the early Autumn looking for an easy meal, so the hive entrances are restricted to allow the bees to defend the hive against wasps wanting to steal their honey stores. Mouse guards are also added at this time of year for the same reason and will stay on until the spring. I'll inspect the hives much less frequently, mainly checking that they have enough food and will let you know how things are looking in my next article scheduled for February.

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# Property News from Martin English of Homelink

## Pictures

**F**inding a tenant is usually the first step for a Landlord in letting out a property. The vast majority of tenants look for a property online and take seconds to decide whether they are interested in a property or not. You may have the most stunning of properties to show to the world, but if your pictures don't reflect this, you won't generate the interest that your property deserves.

Great pictures are essential for the letting and future letting of your property. If your property doesn't quite have the 'curb appeal', don't use a picture of the front of the property as one of your first photos to appear online. Tenants are very different to people who are buying a property, they are not as concerned about what's on the outside, they want to know what is on the inside.

Make sure you have at least one killer picture that has the WOW factor that makes the tenant want to find out a bit more about your property. There is nothing more a tenant likes to see than an impressive kitchen, a light, spacious lounge, French doors, maybe a feature fireplace.

Your pictures can only be as good as the camera that you are using, the picture might look quite good on your phone, but when it is uploaded to your advert, the quality of the picture can sometimes become distorted. Your pictures are likely to be competing with other pictures. Investing in a good camera, using a wide angle lens to get a better perspective of the smaller rooms is an investment

in your property and used correctly will reap the rewards.

A professional photographer may be regarded as a bit of an extravagance to take pictures for you of your property, however, if you know a friendly one, for the price of a bottle of wine or a light lunch this would be a small price to pay for great photos. You may not know a photographer that you can ask, however there are lots of online courses, groups to join and even photographers that are happy to give you some of the basics, which can really make a difference to your pictures.

Take your time and think about what you are photographing, you often only get one chance to take a good picture before a tenant moves in with all of their items. A good picture taken at the start can be kept and reused every time you need to find another tenant and you don't want to wait until a tenant has moved out to take more pictures, you want to hit the ground running as soon as you know a tenant is going to be leaving.

A well-lit room is much more appealing than a dark one. Open all blinds, curtains and doors to get as much light in as possible. Are the curtains straight and uniform and the pictures on the walls straight? Move objects out the way that clutter areas and don't need to be there. If it doesn't enhance your picture then don't let it hijack the shot.

*To be continued*

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### 3 Bedroom Bungalow

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- En-suite master bedroom
- Large family bathroom with separate bath and shower
- Conservatory
- Double garage, drive and rear garden

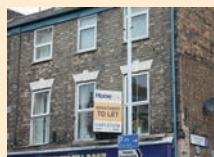
**Cottingham £575pcm**



### 3 Bedroom House

- Newly decorated
- Living room with feature fire
- Kitchen with breakfast area
- Bathroom with shower over bath
- Low maintenance gardens
- Off-road parking area

**Hessle £395pcm**



### 2 Bedroom Apartment

- Central Hessle location
- Well presented and recently decorated throughout
- Large living area
- Newly fitted kitchen
- Bathroom with over bath shower
- Gas central heating and double glazing

**Cottingham £345pcm**



### 2 Bedroom House

- Carpeted throughout with neutral décor
- Spacious through lounge/diner
- Modern fitted kitchen
- 3 piece bathroom suite
- 2 good sized bedrooms
- Rear garden
- Gas central heating and double glazing

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[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - November 31



## Thinking the soft option ....

Quite often the questions we get asked from customers are not about if they should have a Water Softener, they often have already been convinced they should have one by friends or relatives; but practical ones such as; "we would love to have a softener, but they are great big ugly things that have to go in a utility room aren't they?" or "aren't they very complicated and fiddly to use?" or "don't you have to lift huge bags of salt?"

We take great delight in explaining to customers that whatever pre conceptions they may have had about Water Softeners of old, that modern, efficient, compact and well designed Water Softeners are now available that can often fit conveniently in any kitchen, they can be fitted, neat and tidy, in a few hours by our skilled fitters with no fuss. Approximately the size of a computer tower unit the softeners are stylishly designed to fit in the minimum possible space and on our free no obligation site survey we will discuss the various options and possibilities depending on the specific plumbing and kitchen layout in the customer's home.

Are they complicated to use? Well, they used to be, with dials and meters and plugs and sockets and programmes to input, but although this type of softener is still available, worry not! there are modern simple, eco friendly units that are kinetically powered by the water, these units are pre-programmed and the only attention they need is topping up with salt every now and then.

Softeners of old tended to be of the type that required to be filled from large 25 kilo bags of Salt Tablets or Granules and this could be difficult for some customers, I am pleased to say that whilst as stated above this type of softener is still available, modern compact Water Softeners take compact, handy sized salt blocks that are easily stored and convenient to use.

The comfort benefits of soft water for bathing, hair washing, and soft, fluffy laundry are well known to Softener owners and it is often this as much as the cost savings, protection of appliances and pipe work and even the easier cleaning that they enthuse about to family and friends.

Water softeners work 24 hours a day to protect your home from limescale and provide beautifully soft water as well as saving you money, with more efficient and longer lasting appliances, and make the chore of cleaning the shower screen a breeze!

Please give me a call if you have any questions; we offer a free no obligation site survey- testing water hardness, customer requirements and checking the plumbing to recommend the best solution.



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## Cottingham Mowgli Cubs sowing the seeds of tomorrow

The Park Lane Allotment holders were feeling very down in the dumps after the recent vandalism but spirits were lifted when they were inundated with offers of help and after a great deal of hard work things were back to normal

But what could be done to reduce the risk of this happening again? Higher fences, more prickly bushes, midnight patrols all would help but why not introduce the next generation to gardening and then they would learn to respect nature? Ros Jump had a light bulb moment; she contacted Kim Granger (Akela) and Peter Fulleylove (Allotments Secretary) to see if her idea could get off the drawing board.

The Allotment holders very kindly agreed to provide a plot of land that was in too poor a condition to be used for conventional growing; this will be levelled and seeded. Then raised beds, constructed out of old builders bags and fencing, will be placed on the grass. So on Saturday 8th October cubs and parents visited the Allotments along with Cllr Ros Jump to meet up with Kim and Peter to discuss the soil mix for the beds and which types of flowers and veg to grow.

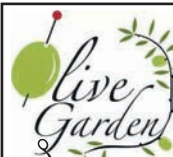
The Cubs, with Mums and Dads, will be free to come and go to tend the beds under the watchful eyes of their mentors, the Allotment holders. Kim Granger adds "that as part of their Environmental Conservation Badge the Cubs have to look after a piece of land or garden and take part in an anti-litter campaign, the latter of which Mowgli Cubs have joined in several times in Cottingham organised by Cllr Ros Jump. The 'Our World Challenge Award', of which there are several parts to complete, also includes a section to take part in an activity about the environment.

There are many activity badges Cubs can earn, but to earn their 'Chief Scouts Silver Award' they must complete all seven Challenge Awards and this is no mean feat for a child of 8-10½. Hopefully we might make a few budding future gardeners out of the Cubs and it's good to see them keeping to their Cub Scout Law, "A Cub Scout always does their best, thinks of others before themselves and does a Good Turn every day".

Some things never change! It's a busy year for the Cub Scouts as they've been celebrating their centenary this year culminating in a party and renewing their promise on Friday 16 December at 7.16 pm, the time the original official registration took place"

I'd like to add my sincere thanks to the Allotment holders for their encouragement and support.

*Ros Jump*



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## Independent Financial Advice arrives on Cottingham's High Street

**B**etter prospects are in store for the finances of the residents of Cottingham, with the news that the Melton based independent financial advisers and mortgage brokers, ICF Group, are opening a satellite office at 97 King Street – within the new Hedon Insurance office complex.

The ICF group have been trading for almost 20 years and have a friendly, experienced team of investment advisers split between their offices in Melton & Bridlington. As well as one of the regions most prolific lending departments - advising not just on residential loans but also on buy to lets and development finance.

Andrew Walters, a director at both firms, is excited at the prospect of having a one stop money shop on Cottingham's high street for the first time in many years – possibly ever.

'As a Cottingham resident, I can see that there is likely to be a demand in the area for high quality investment and mortgage advice as well as the other related services that we offer and I am pleased that we have been able to join forces on this venture'.

Various members of the ICF team will be in attendance throughout the week at the office to provide a diverse range of advice options for people who are interested in broadening their financial horizons.

ICF Managing Director, Neil Davey, is keen to see how the service is received 'It's a new concept for us. We've never been on the high street before. I want people to know that we are accessible and I would invite anyone who is interested in seeing what we can do to just pop in and have a coffee and a catch up with an adviser and see what develops.'

The new Hedon Insurance Complex on King Street is testimony that Hedon Insurance sees a strong future in its activities in the village, having moved from its previous home on Hallgate.

The need for larger premises is, believes Hedon Insurance's new manager, Richard Atkin, due to the way that the company markets itself in the area.

'We have positioned ourselves in the market place as your local insurance broker – and we really are. We are there, where you need us - on the high street – and we are happy for people to just pop in when it suits them to discuss what's on their mind with regards to their insurance.'

*Pictured above: Hedon Insurance's new premises on King Street, Cottingham*

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

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

## Mutilation and abuse in our showing and pet breeding industries.

**H**umans have this fascination in ruining everything. At coffee time this morning my staff, customers and I were all talking about the impact of human vanity on our animals. The discussion ran from dog breeding to suspect veterinary procedures which physically alter an animal for no gain to the animal in question.

Crufts this year was blighted by the extraordinary prize given to a crippled German Shepard, to which there followed a real hue and cry across many spectrums. The dog walked on its hocks because the breeding had sloped its rear end to near complete collapse. The Judge in question had thought that this horrific, hobbled state was not only acceptable but should become the breed standard by presenting it with a win. German Shepard's used to be powerful attack dogs, standing over their forehead on lifted hocks and strong rear end musculature.

So many breeds of dog and cats have had their faces flattened, ears miniaturised and noses shortened to such an awful degree that the animals suffer their entire lives with eye, ear, lung and throat infections as a result. They can no longer breathe. They can no longer eat. Their jaws have become deformed with their lower jaw jutting out in-front of the upper.

So many breeds have become miniaturised to a ridiculous degree, including horses, pigs designed for the pet trade, dogs and cats, rabbits...you name it, we have destroyed any semblance of what the original breed stamp was and all for what? Simply for our human vanity!

In days of yore, all our Clydesdale and Shire horses were routinely tail docked as a safety precaution for their working lives. It was imperative that their tails could not get caught up in the traces, threshers, plough or



any other mechanical farming equipment they pulled. Thankfully these days they no longer dock heavy horse tails but their tails are frequently shaved off just for the show ring. Horses need their tails to swish away biting insects and flies which torment them all summer long. Is it an ethical dilemma to take away their only means of protection from biting flies? I think so. Try standing with your hands tied behind your back and be presented with mosquitoes and horse fly bites for all the daylight hours, all summer long. You would be driven insane! It would literally be a form of torture. There is no need to shave the docks, skilled plaiting can keep the tail up and away in a decorative way for the short time they are in the show ring.

In the USA, tail muscles and tendons either side and underneath the tail are cut or severed to prevent the show Saddle Bred horses from being able to lower its tail ever again. Sometimes they remove part of the end of the tail bones too so that the stump is short and very upright. It is a very painful procedure and perfectly legal. Applying ginger paste to the anus just before entry into the ring is also common practice. How disgusting is that! There has been much publicised over the use of Soring in the Tennessee Walking horse world to produce an over exaggerated gait called The Big Lick.

*"Soring involves the intentional infliction of pain to a horse's legs or hooves in order to force the horse to perform an artificial, exaggerated gait. Caustic chemicals—blistering agents like mustard oil, diesel fuel and kerosene—are applied to the horse's limbs, causing extreme pain and suffering."*

*A particularly egregious form of soring, known as pressure shoeing, involves cutting a horse's hoof almost to the quick and tightly nailing on a shoe, or standing a horse for hours with the sensitive part of his soles on a block or other raised object. This causes excruciating pressure and pain whenever the horse puts weight on the hoof."*

I have only touched on this subject. It is vast, internationally widespread and creates much in the way of suffering to the animals we proclaim to love. We really do have much to answer for in the world of Showing animals across the spectrum and the production of mutilated animals for the pet trade.







## Remember, remember

It's that time of year again when the sky above the Half Moon will be full of crackles and bangs, whistles and sparks, stars and plumes, as our fireworks are lit in celebration of the man who tried to blow up Parliament!! I've always thought this rather strange and very unpatriotic, but whatever the reason it's a great night, thanks Guy.

As always a word of warning. It is a very busy night with very limited car parking space, so please walk to the Pub if possible or if you have to drive please park your car responsibly and be prepared to walk the rest of the way. Safety is of paramount importance to us and once again John has been kind enough to allow us to set off the fireworks in his field behind the Pub, providing a great view while maintaining an excellent safety distance, please do not pass the safety barriers on the perimeter of the car park. Finally, please do not bring your own fireworks, we do not allow any fireworks to be lit on the premises.

We will be seeking to feed the multitude with our external barbeque, from 6.30, serving hot soup, mulled wine, burgers and hot dogs, and a selection of soft drinks. Other drinks are available at the bar and we ask for your patience in being served on what is the busiest 3-4 hours of the year for our small bar where any more than three staff is an impossibility.

I'm under very strict budget control from my accountant this year (as always), but hopefully we'll put on as good a display as we have done over the past few years, maybe a mention of **Jimmy's Fireworks in Sheffield, the best firework shop in the country** will get me a little bit of discount? (I live in hope)

A quick reminder about our Festive menu throughout December. Dates are filling up, so if you are planning a party please contact us soon to book, thank you.

Have a great night on November 5<sup>th</sup>. Be safe.

Cheers from Mike and all at the Half Moon

**The Half Moon, Skidby, "Skidby's Village Pub",  
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# Cottingham Little Theatre



Halloween has arrived - which means that we're bang in the middle of rehearsals for our autumn production! This time it's **"Blue Cross Christmas"** by Nick Lane: It's Christmas and Des and his team in the stock flow department of Jasper & Yates Department Store are preparing for the biggest day of the year: The Boxing Day Blue Cross Sale! There'll be laughs. There'll be tears before bedtime. And there'll be fifty percent off anything with a blue cross! was a big hit for Hull Truck in December 2007 and CLT are proud to be the first ever amateur group to perform it.

I have to say I've thoroughly enjoyed sitting in on rehearsals (and yet again getting told off for laughing too loudly). There's one particular scene in a lift which... No, I'm not going to tell you any more - you'll have to come and see for yourselves! Described as a "great festive uplifting show", "Blue Cross Christmas" will make you laugh out loud and bring a lump to your throat. Not only that but you'll also be able to put the Darby & Joan Hall's new and much more comfortable chairs to the test! What a great way to start the Christmas festivities!

Performances are at 7.30pm on Thursday 24<sup>th</sup>, Friday 25<sup>th</sup> and Saturday 26<sup>th</sup> November at the Darby & Joan Hall, Finkle Street, Cottingham. Tickets are on sale from Barkers Newsagents, Beverley Tourist Information Centre or call/text the CLT ticket line on 07951061. Tickets are £7 each, £6 for concessions.

## **Murder Mystery Evening - Who Killed the Mad Scientist?** **Saturday 1<sup>st</sup> & Sunday 2<sup>nd</sup> February**

The next in our popular Murder Mystery Evenings will be "Who Killed the Mad Scientist?" - a hilarious gothic tale of Victorian skulduggery! As with previous evenings, you watch our well-rehearsed team of actors perform two acts of the Murder Mystery, during which you will have to work out 'Whodunnit'. After a break for supper our two hapless detectives will reveal the culprit(s). There will be prizes for the team or teams which get the right answers and a buffet supper is included. (Bring your own drinks to assist with your observations and deductions!) Fantastic value and always great fun, so be sure to book early.

## **Tickets will be on sale during performances of "Blue Cross Christmas"**

**and then from Monday 1<sup>st</sup> December by clicking on  
The Key & Ring**

We've had a number of wonderful donations to our costume department recently. We are always very grateful for these and we like to write, e-mail or say "thank you" on Facebook where we know people's names. However the charming gentleman who brought along a kilt to our stall on Cottingham Day didn't give us his name - so whoever you are, thank you! Thank you also to everyone who completed the publicity survey during our last production and congratulations to Dorothy Paynter who won the draw for two free tickets to "Blue Cross Christmas".

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## Skidby and Little Weighton Methodist Church to close its doors for the last time

It is with regret that we have to announce that after 202 years of Methodism in Skidby and Little Weighton the Methodist Church will close after the morning service on 27th November 2016.

The present building opened in 1902 and owing to a decreasing congregation and the cost of the upkeep of the premises the decision to close the building has been taken. We give thanks for all those who have faithfully served in the church over the years.

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- ✓ Telephone group
- ✓ Walking group and well being course

To access the service please contact The Survivorship Team, Hull and East Yorkshire Hospitals NHS Trust, The Queens Centre for Oncology and Haematology, Castle Hill Hospital. Telephone 01482 461091. Email: [sarah.guest@hey.nhs.uk](mailto:sarah.guest@hey.nhs.uk) or ask one of the Health Professionals involved in your care.

The service offers one-to-one, group, telephone or email support. The service undertakes clinics in a variety of community areas.





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## Christmas is coming - Don't miss this!!!

We are moving into the Christmas season and the members of Haltemprice Lions have been busy arranging their traditional fundraisers for enjoyment by all. This year the Christmas Craft Fair will be held on **Saturday, 8th November**, at the Cottingham Civic Hall, between 10.00 a.m. and 4.00 p.m. It is expected that all

29 stalls will be sold and care has been taken to ensure there will be no duplication of goods sold on the stalls. Therefore we expect a wide range of Christmas Gifts, Crafts, plants, collectibles etc., together with the Tombola. Of course, refreshments will be served all day. Hope to see you there!!

On **Saturday, 7th December**, the fantastic Christmas Band Concert by the East Riding of Yorkshire Band will be held at St. Mary's Church, Cottingham, at

7.00 p.m. A truly memorable night of traditional music played by an exceptional Brass Band. Tickets are on sale now at **£8 each (£7 concessions)** from John Hall, Tel. No. 01482 8470 or email: [johnhall194@outlook.com](mailto:johnhall194@outlook.com)

Please obtain your tickets early as they are available now.

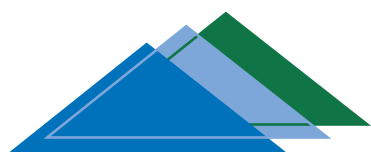
As with all fundraising by the Lions we support local good causes together with national and international disasters or charitable needs. (the Lions will be supporting the recent – and tragic – disaster in Haiti as a result of Hurricane Matthew.) We are always working on a voluntary basis to support every need, do you think you can commit to this – and of course, enjoy the social interaction by developing new friendships? If so contact David Whincup Tel 01482 8267 or email: [dwhincup@caroo.co.uk](mailto:dwhincup@caroo.co.uk) and learn more about the Lions.

## Cat Homing Show in the Darby & Joan Hall, Finkle Street on Saturday 5th November

The Hull and District Cats Protection will be holding a Cat Home Show on Saturday 5th November, in the Darby & Joan Hall, Finkle Street, Cottingham from 11.00 am to 1.00 pm.

Large cake and preserves stall, cards, calendars, wrapping paper, gifts and cat accessories. Tombola and Christmas Hamper raffle Refreshments available.

For more information, please call 01482 79028. Neutering vouchers are available for those on benefits or low income, by calling 01482 6360.



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## Ellie Mai Fund Update

Firstly, a big thank you to McCarthy and Stone, who have kindly presented us a cheque for £0.

Our most recent donation is to Eckersley House which supports families of sick children being tested at Leeds General Infirmary. We stayed with there with Ellie whilst she was undergoing chemotherapy. Thanks to this house we did not have to travel from to Leeds everyday.

We are providing them with a table and six chairs, cleaning products and new towels which we found on their wish list.

Lastly, we are holding a Children's Christmas event in December which will include: • A visit with Santa • Craft Activities • Treasure Hunt.

This event will be a ticket only event and details will be available shortly.

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## The Maureen Hunter Singers "Christmas Voices & Brass" concert at Middleton Hall on December 10th and 11th

The choirs are well into rehearsals for their 'Christmas Voices & Brass' concert, to be staged for the first time in the wonderful, completely rebuilt Middleton Hall at the University of Hull on Saturday 10th December at 7.0 p.m. AND on Sunday 11th December at 3.0 p.m.

Indeed it is a great privilege to be presenting the very first choir concert here – so it will be really special.

Another 'first' – we will be welcoming as guest performers the fabulous Riverside Brass – a band guaranteed to entertain with music to suit all tastes. This 10-piece brass ensemble is made up of ex professional musicians of the highest calibre from military and civilian backgrounds.

As always, the programmes of both senior and junior choirs, and that of the band, will be chosen to provide 'something for everyone' – with the ultimate aim of sending the audiences away full of seasonal joy.

Happily, the Saturday concert is already SOLD OUT, but tickets for the Sunday afternoon concert (priced £ 2.00 and £0.00) are available from Mrs. Margaret Talbot, 26 Churchill Avenue, Cottingham, HU16 5NL (Tel: 018- 66) , or via Choir members.

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## Beware of unannounced doorstep sellers

**R**esidents across the East Riding are being asked to be vigilant and not buy goods or services from unannounced doorstep sellers or unsolicited telephone calls.

Recently, officers from East Riding of Yorkshire Council's food safety team have received reports of gangs, usually from the north east, knocking on doors offering fish for sale.

The scam usually involves a high-pressure doorstep sales pitch in which the resident is encouraged to hand over a sum of money for some fish, which may be of questionable quality.

Whilst the gangs sometimes only accept cash, there have been cases where a hand-held debit or credit card machine has been used to scam residents out of a large amount of cash.

The gangs will usually offer to put the fish, which may not have

any proper packaging or use by date, directly into the freezer and by the time the buyer has realised the fish is of poor quality, those responsible are long gone.

Residents who are targeted by doorstep sellers should:

- not allow cold callers into their home
- not hand over any cash on the doorstep
- not use any bank card or cheque book on the doorstep.

Doorstep selling is just one way of conning money out of people, who can be targeted because they are vulnerable, and the council's trading standards officers are reminding residents to be vigilant when answering telephone calls when someone is trying to sell a product or service and asking for immediate payment.

Councillor Shaun Horton, portfolio holder for community involvement and local partnerships at East Riding of Yorkshire Council, said: "Criminals are starting to use more sophisticated ways to scam residents but people still need to be aware that the old-fashioned methods of telephone and door-step scamming are still being used.


"I would ask people not to feel pressured into buying services either on their doorstep or over the telephone and either shut the door or hang up and not to hand over any money or card details.

"There are many legitimate fish sellers operating in the East Riding who sell locally and these businesses will operate in clearly-marked vans with their details and information on the goods they are selling.

"Those selling legitimate products or services on the phone will give people time to think about what is on offer rather than demanding payment there and then.

"If the goods or products sound too good to be true, they usually are."

Anyone who has concerns or would like to report incidents of being visited by doorstep fish sellers should email [food.services@eastriding.gov.uk](mailto:food.services@eastriding.gov.uk) or Consumer Direct can be contacted on 0345 4040 506 to report incidents of doorstep and telephone selling.




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## Beverley Flower Club welcome National Demonstrator Jonathan Mosley on Monday 7th November

**O**n Monday 7th November Beverley Flower Club will welcome Jonathan Mosley, National Demonstrator to delight and enthral with his demonstration, Crafted for Christmas. This will be held in Longcroft Upper School Beverley, at 7 for 7.30 p.m. tickets £10 which include refreshments tel for tickets 895.

Jonathan is the floral expert on BBC2 The Big Allotment Challenge. He is also the florist to Chatsworth House and is involved with the forth coming RHS show at Chatsworth House in June next year. Jonathan's arrangements are innovative, eye catching and always have the WOW factor. He is very generous with his flower arranging knowledge and passes on lots of useful information and tips.. He enjoys teaching and regularly runs classes.

Beverley Flower Club meet the first Monday in the month (apart from bank holiday Mondays and the month of August) at Longcroft Lower School Beverley at 7.30 p.m. . We have a varied programme with interesting demonstrators from different parts of the country and workshops to suit all levels.

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12th Nov. Willerby Methodist Church

18th Nov. Toll Gavel Beverley

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## Hull CHA Rambling Club

Explore Yorkshire with us. We visit the North York Moors, the Wolds and occasionally Derbyshire and Lincolnshire.

Sunday rambles once a fortnight usually starting at 9am. Travel by coach to the starting point. Fare £10. We pick up in Hull city centre, Beverley Road and Beverley and walk throughout the year.

Walks with leaders.

A. 11 - 14 miles B. 8 - 9 miles

### Sunday November

A. Stamford Bridge - Keady - Woodhouse Grange - Allerthorpe

B. Keady - Woodhouse Grange - Allerthorpe

### Sunday November

A. Pickering - Farworth - Newton on Rawcliffe - Saintoft Grange - Pickering

B. Pickering - Farworth - Haugh Wood - Pickering

Contact Jan 0795 112 [jan.c@outlook.com](mailto:jan.c@outlook.com)

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

You will be very welcome

## Phoenix Walkers

If you like walking in the countryside/a social day out then why not join Phoenix Walkers, a very friendly walking group with walks on Sundays. The coach picks up on Ferensway Hull then through to Cottingham leaving Cottingham Green at 09.20 am coach fare £10.

Three levels of walks:

A Group 8-10 miles

B Group 5-7 miles

C Group 'The Strollers' Very leisurely 3 miles or so.

Sunday 6 November Pickering Thornton Dale

Sunday 20 November Millington Circular

For further information please ring Dulcie Hartley 01869 0000

## Wykehykers Walking Club

We are a friendly long established local group who enjoy Sunday outings by coach once a fortnight.

We visit many scenic areas of Yorkshire, Derbyshire and Lincolnshire each season, starting at 9am and usually home around 6pm. Each trip provides optional guided 8-10 mile or 4-5 mile walks.

### Forthcoming walks:

13 November 2016 Hole of Horcum, North York Moors

27 November 2016 Filey, Yorks Coast

Coach fare is £10 and we pick up from Ferensway to Beverley via Beverley Road when Northbound or Beverley High Road, Ferensway, Anlaby and Boothferry Roads when Westbound.

Take your first step by calling Keith or Alan on (01482) 78917/ 8997 for further details.

# woksoever

### Christmas Day Lunch Menu

**Jimmy's Private Kitchen Surprise Menu**  
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**Bookings Only 12 noon to 4:00 pm**

### Christmas Menu £29.99 per person

**To Start:-**  
Woksoever style vegetable spring rolls  
King Prawn with garlic butter on crispy spoon  
Panko pork loin with Sambal dips  
Grilled chicken skewers with saté sauce  
Shichimi shredded beef and potato

**Followed by**  
Steamed scallop with garlic & glass noodle

**Middle Course:-** Aromatic crispy duck with pancake

**Main Course:-**  
Sizzling fillet steak with black bean sauce  
Classic Sweet and Sour Chicken  
Chinese green fried rice  
3 people+ Stir fried king prawn with sugar snap peas in xo sauce  
4 people+ Roast pork in Cantonese sauce  
5 people+ Deep fried halibut with ginger & spring onion sauce  
6 people+ Home town style Lamb claypot

### New Year's Eve Menu

**£39.99 per person including House Entertainment**

**To Start**  
Chicken curried spring rolls  
Fillet steak skewers in saté sauce  
Temple street style super king prawn  
Golden seafood rolls

**Followed by:-**  
Grilled scallop with seven scichimi and  
Scallop pine seed lettuce wrap

**Middle course:-** Aromatic crispy pancake

**Main course:-**  
Panko chicken with lime and lemon  
Sizzling fillet steak in black peppercorn sauce  
Crab meat and egg-white fried rice  
3 people+ king prawn with garlic sauce  
4 people+ Deep fried halibut with ginger and  
spring onion sauce  
5 people+ Quick fried scallop broccoli in xo sauce  
6 people+ Mix fruit classic sweet & sour chicken

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| <input checked="" type="checkbox"/> All Roots Removed | <input checked="" type="checkbox"/> Hedges Trimmed             |
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## HALLGATE TREE CARE

## *A cut above the rest!*

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

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

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

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

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

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

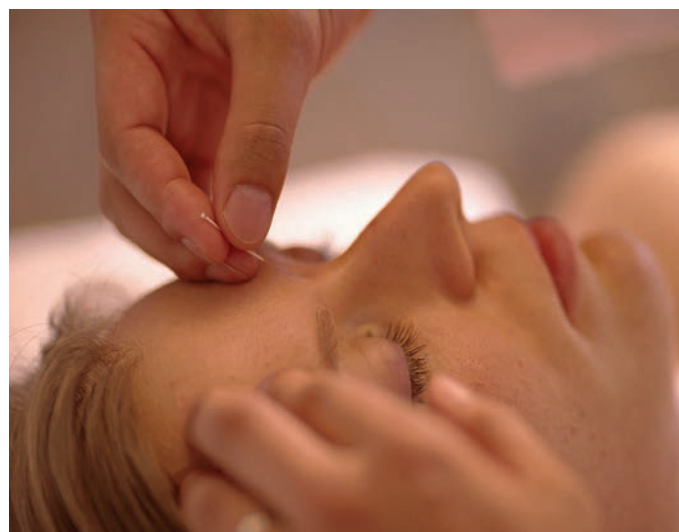
The channels are related to the internal organs, which if out of balance is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

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



### Muscular, Neurological, Skeletal and Vascular:

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

### Internal:

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

### Men's Problems:

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

### Women's Problems:

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

### Ears, Eyes, Nose and Throat:

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

### Cancer and Tumour:

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

### Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

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

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

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



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## Swanland Screen - *The Danish Girl* on Saturday 19th November

**A**nother film requested by our audience will be showing at the usual time of 7.30 pm on the third saturday of the month. This time it will be *The Danish Girl* on Saturday 19th November at Swanland Village Hall.

Tickets available at the door for £4 adults and £2 school children. See [www.swanlandvillagehall.info/forthcoming-events.htm](http://www.swanlandvillagehall.info/forthcoming-events.htm) for details of future films or call Yvonne on 01482 634863.

## Free flu vaccinations available to more school children

**W**ith the flu season approaching it is time for eligible patients to get their vaccinations. This year, as part of the Stay Well This Winter campaign, vaccinations in England are being extended and will now be available to children in school year three.

Once again NHS Hull Clinical Commissioning Group (CCG) is keen to encourage as many eligible people as possible to get the vaccination, particularly those who are most at risk from flu.

The Stay Well This Winter campaign seeks to ease the pressure on the NHS by helping people to remain fit and healthy throughout the colder winter months.

Sarah Smyth, Director of Quality and Clinical Governance/ Executive Nurse, said: "Seasonal flu is a highly infectious virus. While many people recover from it quickly, the flu can cause complications for some.

"Prevention through vaccination is still our best weapon in the battle against the spread of flu. That's why it is so important to protect ourselves and the people around us by getting vaccinated.

"If you're over 65, have a long term medical condition, are living in a nursing home or if you are the main carer for an older or disabled person, then it's essential for you to get your vaccination. We also encourage pregnant women to get the vaccine. Your body will naturally pass on its antibodies, helping to protect your child.

"The big news this year is that flu vaccinations are being offered to more children. If your child is aged two, three or four or is at school in years 1, 2 or 3 then they can have a free, painless vaccination in the form of a nasal spray.

All of these groups are eligible for a free vaccination. Simply speak with your GP, practice nurse or pharmacist.

It is best to have the flu vaccination in the autumn before any outbreaks of flu. People are reminded that they will need it every year as the virus changes. Even if you had a vaccination last year, you may not be protected.

To find out more about flu vaccinations or the Stay Well This Winter campaign visit: <https://www.nhs.uk/staywell/>

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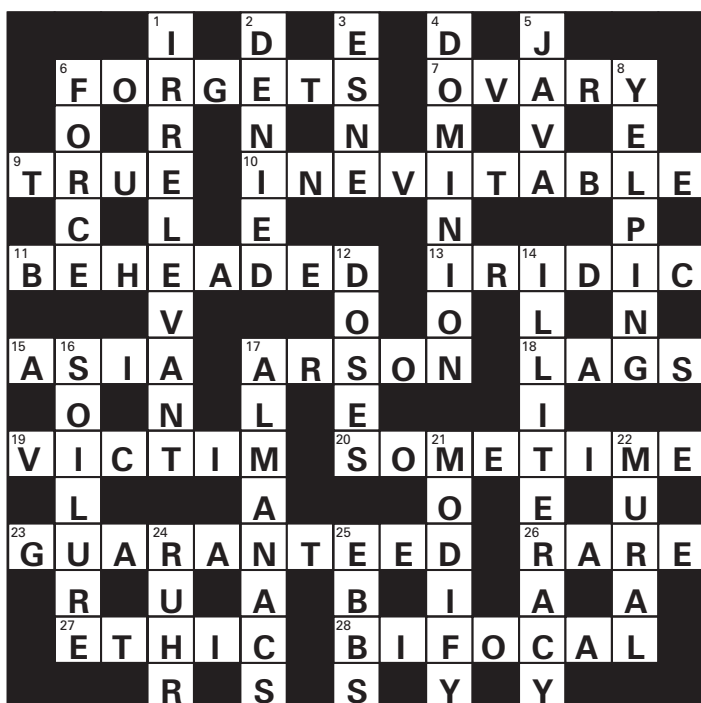
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#### Crossword solution from page 14



## Superfoods

**S**uperfoods can really contribute to your good health because they have so much to offer you. The more that you consume on a regular basis the stronger will be your immune system and the greater your energy and vitality levels. To optimize your health you owe it to yourself to include these foods in your new year's meals!

In my last post I shared two superfoods for the New Year here, but there are lots more but not enough space for them all.

Here we look at three more superfoods that you will want to start enjoying – or more of – this year.

### Chia seeds:

Chia seeds are very much like flaxseeds. They are a source of soluble fibre which is good for the heart. They are also high in protein and high in essential omega-3 fats. They are also rich in calcium, magnesium, iron and potassium. You only need a small portion of chia seeds to give you a boost of energy and to balance out your blood sugar.

Chia seeds make a great addition to your breakfast cereal, a bowl of oatmeal or a bowl of yogurt. These small health enhancing seeds contain six times more calcium than milk, three times more iron than spinach, two times more potassium than bananas and 15 times more magnesium than broccoli.

### Pomegranates:

Pomegranates are a perfect food for the winter because they are most readily available during the late fall and the early to mid-winter months. Often thought of as the "jewels of winter" this colourful and tasty fruit can add variety to your salads and your desserts.

Pomegranates are rich in an antioxidant known as ellagic acid which can help to combat inflammatory health conditions such as atherosclerosis, arthritis and a number of infections. Pomegranates and pears make for a tasty treat when eaten together.

There is a trick to eating a pomegranate. Submerge it in a bowl of water as you go about the task of taking off the outer rind and the white pith. This will cause the seeds of the fruit to sink to the bottom of the bowl. When you eat the seeds directly from the opened rind of the fruit you become conscious of how many you are consuming which makes eating too many highly unlikely.

### Green Tea

If you are a coffee drinker then it would not hurt you to give green tea a try. While coffee does have some health benefits, green tea also has its share of benefits that can do your body good. Both coffee and green tea contains antioxidants and help to promote weight loss. However green tea has also been shown to be an effective cancer fighter.

Approximately one-third of a green tea leaf is composed of antioxidants known as catechins. The main catechin is called epigallocatechin gallate. Due to its long name it is most often referred to by its acronym, EGCG. Research studies have shown that EGCG is effective in terms of boosting metabolism and it also is able to prevent the development of certain types of cancers, in particular these include bladder cancer and prostate cancer.

But the goodness of green tea does not end there. It also contains an amino acid called L-theanine which helps to relieve stress and anxiety and supports a relaxed and calm state of mind. Green tea is good in general (green ginger mint tea is quite a savoury treat!) but if you wish you can choose the most potent form of it known as matcha. This type of green tea is finely milled and very tasty to the taste buds! Yum!



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