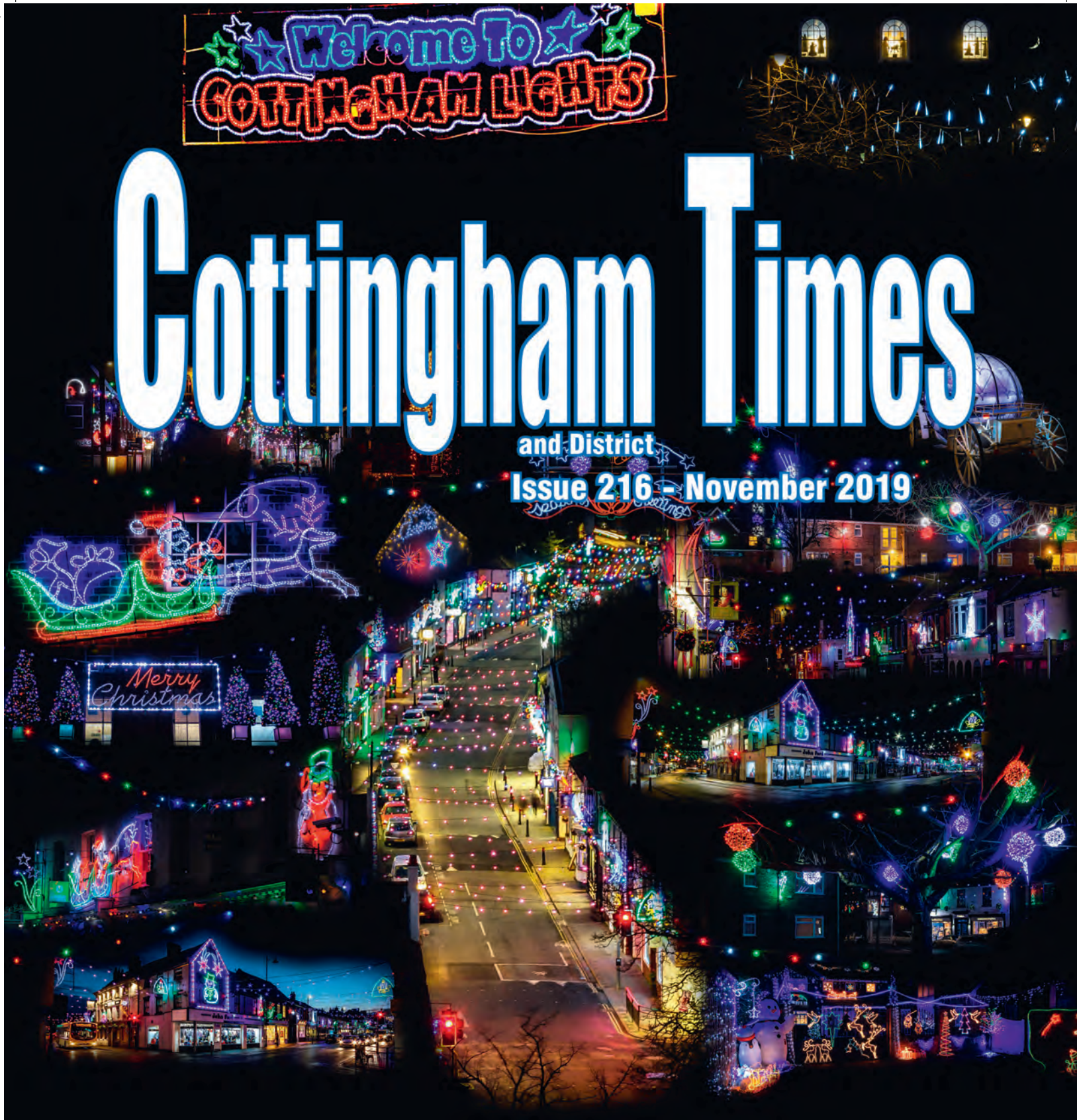


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Issue 216 - November 2019



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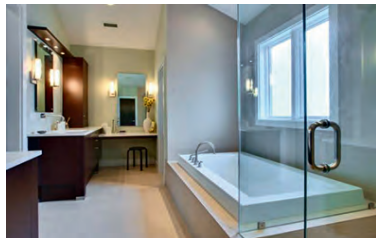
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In Cottingham and District

The deadline for entries in the December 2019 "What's On" section, is no later than the 19th November 2019.

Wild Spaces Group

Saturday 2nd November - Washing the Wood Sculptures, KGV Woods, 12 noon, meet outside KGV Pavilion.

Sunday 3rd November - Millbeck Wildlife Area, 10.00 am. Allotments car-park off Park Lane.

Haltemprice Art Group

Tuesday 5th November - Paint a Pot Again!

Tuesday 12th November - Moonlight

Tuesday 19th November - Sketching Models (J. Hardaker and D. Goldsmith)

Tuesday 26th November - By the Side of the Road

Tuesday 3rd December - Action!

A model and/or still life will be available on sketching nights or you may bring your own subject at any time. Demonstrations, Talks, Workshops, Appraisals etc. Members £2.50, Visitors £3.00 All other meetings are covered by the annual subscription. Cottingham High School And Sixth Form College, Harland Way, Cottingham HU16 5PX. From 7.00 pm to 9.00 pm.

Cottingham Local History Society

Wednesday 6th November - B.O.C.M. Hull's Forgotten Garden Village - David Smith, in the Red Hall, Hallgate Primary School, starting at 7.30pm. Meeting fee: Members £2.00; Non-Members £3.00. Contact Chairman Mr. Peter McClure 845734.

Little Weighton Yorkshire Country Women

Wednesday 6th November - My Father was a Snob. Non members very welcome. In the Village hall at 7.30 pm.

Cottingham Ladies Circle

Thursday 7th November - Sally George - The Importance of Writing Diaries, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Group of the Hardy Plant Society

Thursday 7th November - Alastair Gunn - 'Castle Howard Gardens', at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF.

Hull Friends Of The Earth

Thursday 7th November - and first Thursday of every month, 7.00 pm for 7.30 pm, all welcome, at Blondes Cruelty-Free Eatery, 106 King Street, Cottingham, HU16 5QE.

The Skidby Branch of the Yorkshire Countrywomen's Association

Thursday 7th November - Beetle Drive, in the Village Hall, at 7.30 pm.

East Yorkshire Embroidery Society

Saturday 9th November - Angharad Thomas - Hand in Glove, in the Darby & Joan Hall, Finkle Street, 2.30 pm to 4.00 pm (Doors open 2.15 pm). £2.00 members; £3.00 visitors. Tea/Coffee and biscuits available).

**Front cover: Cottingham Lights Collage.
Photo: Paul Lakin.**

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Humberside Bonsai Society

Sunday 10th November - Shohoin Bonsai Workshop with John Armitage. Meetings are held between 10.00 am to 4.00 pm, in the Darby & Joan Hall, Finkle Street, HU16 4AZ, on the second Sunday of each month.

Catholic Women's League

Monday 11th November - Mass/Prayer Service for Deceased Members and open meeting. Meetings held at the Holy Cross Church, Carrington Avenue, in the Garden Room, 7.30 pm.

Hull and East Riding Astronomical Society

Monday 11th November - "The Beauty and Violence of the Sun", Our "Home Star", A Main Sequence Star in the prime of its life. A close encounter by Hazel Collette (York AS). We meet every second Monday in the month at the Civic Hall, Cottingham, starting at 7:30pm until about 9:00pm. We are a friendly group and you are assured of a warm welcome if you come along to the meetings. You do not need to be an "expert" just someone who "looks up at the night sky and wonders ...".

YPI Camera Club

Monday 11th November - Show an AV using images from a sporting event. We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. AV is the presentation of a series of images or video clips with an accompanying soundtrack. AVs are easily produced using software to combine still images, video, text and sound and can be played on any PC, TV, DVD or sent to YouTube. Turn a collection of digital photos into something you will be proud to show. For more details & examples of our work see <http://www.ypicc.uk/index.html>. New members always welcome – just turn up.

Beverley Gardeners' Club

Tuesday 12th November - Growing and Using Culinary Herbs/Chilli's/Garlic, Paul Turner, at St Mary's Parish Hall, Beverley at 7.45pm. Refreshments will follow the talk. An annual fee of £15 to join the club provides free admission to all talks. Guests are welcome to all meetings at a cost of £4 per talk. For further information please contact the Chair on 01482 865432.

Cottingham Methodist Church Photography Group

We meet in the Methodist Church hall.

Tuesday 12th November 2019 - 7.30pm

Tuesday 26th November 2019 - 7.30pm

For further details contact John on 842169 or john@jcmhome.karoo.co.uk. Interested in Photography why not join our friendly group. New members welcome, all levels and cameras and smartphones.

Cottingham Men's de Luda Society

Wednesday 13th November - Pat Elliott - Beverley Market Place, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

Beverley Film Society

Thursday 14 November - Burning (2018). South Korea | Drama | 148 mins | 15. Strong violence, sex and nudity. Jong-su bumps into an ex neighbour who asks him to look after her cat whilst on a trip to Africa. On her return she introduces Ben, a mysterious guy she met there, who confesses his secret hobby. Based on a short story by Haruki Murakami. Dir: Chang-dong Lee. Films screened on the second Thursday of every month between September and June, society members can also enjoy three extra films throughout the season at no additional cost.

Continued on page six

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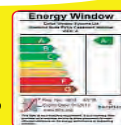
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What's On - Continued from page five

Alpha Probus

Club for retired or semi-retired professional people meets in The Back Room (on Hallgate) on alternate Thursdays. New members welcome. Contact the Secretary on 01482 348270 or 07542 959314.

14th November 10:15 am coffee and conversation

3rd December 12 noon – Christmas Lunch at University (ticket only).

Cottingham Green Women's Institute Evenings

Thursday 14th November - Louise Pepper - Flower Arranger, Competition: Something floral. Held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

U3A

Thursday 14th November - Derek Clark - A light look at antiques and unusual objects, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street, Cottingham.

Inland Waterways Association

Friday 15th November - Fenland Waterways by Tony Porter. Further information from Roger Bromley. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate. All welcome.

The Hull Macular society

Friday 15th November at Sight Support Beverley Road 10.30am until 12.15 pm. Guest speaker from Hull Talking Newspaper. For more information contact Bernard Messingham 01482 860381.

Little Weighton Gardening Club

Friday 15th November - AGM with Mince pies and Mulled wine plus an extra activity/talk to finish the gardening year. In the Little Weighton Village, at 7.00 pm. All welcome £2.00 per talk. Contact Pru Campbell 01482 844461 or Sylvia 07714 089 289.

Wolds Lacemakers

Saturday 16th November - Quarterly Meeting, 10.00 am - 4.00 pm. At The Marist Hall, Church and Parish House, 119 Cottingham Road, Kingston-upon-Hull. HU5 2DH. Members - £1.50; Non members - £4.00. Disabled access.

East Yorkshire Woodturners

Tuesday November 19th - Demonstration by Andrew Hall, professional woodturner from Durham. After a carpentry apprenticeship, Andrew taught apprentices at three colleges in the North East of England. Since 2002 he's been teaching and demonstrating woodturning throughout the UK, and in Germany, Belgium and Ireland. Meetings are held every third Tuesday each month at Skidby Village Hall at 6.45pm. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). For information about the Club, please contact David Taylor, Secretary, 01482 876702, cotters@cotters.karoo.co.uk or visit the Club's website: eastyorkshirewoodturners.org.uk.

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

Tuesday 19th November - Christmas Decorations with Julie, at the St. Faith's Church Hall, Dunswell. Meetings start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com. **PLEASE NOTE NEW VENUE!**

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The Arts Society, Hull and East Riding

Tuesday 19th November – AGM, followed by the Mary Glen Memorial Lecture, Sarah Dunant: “Getting under their skins – Character and story in Renaissance art”. At 10.30 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members welcome. Guest tickets £5.00. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 657574.

Cottingham Community Quiz

Wednesday 20th November - Quiz Master Catherin Adamson, in the King Billy Pub, Hallgate. £6.00 entry on the door including supper. 7.45 pm for 8.00 pm start. Prize raffle on the night. *(Please note that this is a week earlier than normal due to our quiz being double booked)*

Cottingham Evening Townswomen's Guild

Wednesday 20th November - Louise Pepper - Christmas Flower Decorations, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street. New members and visitors are always welcome.

Cottingham Ladies Circle

Thursday 21st November - Terry Richards - Christmas Nostalgia, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Association of the National Trust

Thursday 21st November - 'Thomas J. Somerscales - Landscape Artist', an illustrated talk by Mark Richmond. Meetings take place in the Cottingham Civic Hall, at 7.30 p.m. Non-members are welcome.

Cottingham Methodist Church, Hallgate.

Friday 22nd November - Free Film Night - 6.40pm for 7pm. Refreshments on sale.

St Michael's Church, Skidby

Friday 22nd November - Coffee morning, 10.30 to 12.00. Come and enjoy coffee and home made cake in friendly company. All proceeds towards the upkeep of the church.

The East Riding Flower Club

Monday 25th November - Christmas Meeting, hence refreshments will be served from 12.30 pm. Nick Grounds, a national demonstrator, will be with us on this occasion and will entertain us with theme “Bah Humbug”. The demonstration commences as usual at 2.00 pm. Tickets will be available to purchase in advance for non-members. For further details see our website and Facebook page. The Club usually meets on the fourth Monday of the month at 2pm at Cottingham Civic Hall. We are a friendly club, and welcome new members and visitors to all our meetings.

Cottingham Men's de Luda Society

Wednesday 27th November - Robin Russell - Memories II, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

Cottingham Wednesday Social Club

Wednesday 27th November - Paul Schofield - Fish Trail, in the small hall at the Darby & Joan Hall, at 2.00 p.m. Guests and New Members Welcome.

Wild Spaces Group

Sunday 1st December - Dene Wood, 10.00 am, Dene Lane entrance.

Cottingham Local History Society

Wednesday 4th December - Cottingham Prisoners of War, World War I, Albert Barkers Story, Annual Stamp Lecture, Katrin McClure, in the Red Hall, Hallgate Primary School, starting at 7.30pm. Meeting fee: Members £2.00; Non-Members £3.00. Contact Chairman Mr. Peter McClure 845734.

Little Weighton Yorkshire Country Women

Wednesday 4th December - Christmas Party. Non members very welcome. In the Village hall at 7.30 pm.

The Skidby Branch of the Yorkshire Countrywomen's Association

Thursday 5th December - Christmas Party Evening, in the Village Hall, at 7.30 pm.

Continued on page eight

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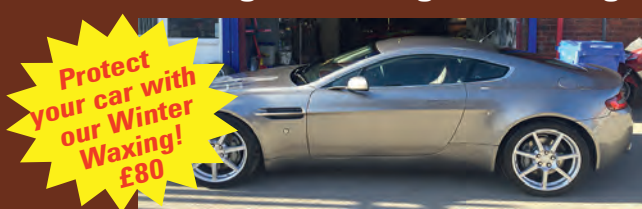
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Open Day

It was lovely to see so many friends old and new at our Open Day - our Centenary Season is now well and truly launched! I've included below a quick summary of what's coming up next but for full details of all 10 of our Centenary productions go to our website, www.cottinghamlittletheatre.co.uk, or get a copy of our fabulous Centenary Brochure, available from the Cottingham Parish Council Offices, Beverley Tourist Information or from the Hull Welcome information centre at Hull Paragon Station.

November 2019 production: When We Are Married

We are delighted to have been given special permission to open our Centenary Season with J B Priestley's wonderful comedy. It is absolutely hilarious - I can honestly say I've never laughed so much during rehearsals for anything as I have during the last few weeks! There are some wonderful performances from my fellow cast members; the costumes look amazing, and so does the set - you are in for an absolute treat. Tickets are going very quickly: please book yours soon to avoid missing out.

Performances are on Thursday 28, Friday 29 & Saturday 30 November at 7.30pm in the Darby & Joan Hall, Finkle Street, Cottingham. Tickets are on sale now price £8, £7 for concessions, from Barkers Newsagents, Beverley Tourist Information Centre or call the CLT ticket line on 07955 138061. Seating is unreserved except for Friends of Cottingham Little Theatre.

NB: Payment for tickets from Barkers is by cash only. Barkers sell tickets for us out of pure kindness, so you'll understand why they can't take card payments for these items.

Sunday 15 December 2019: We're performing "A Little Christmas Carol" at 2pm in the Darby & Joan Hall on Sunday 15 December as part of the Cottingham Christmas Festival, with mince pies and mulled wine included. There is no charge, but donations for Cottingham Lights are welcome. (Limited numbers - doors open at 1.45.)

Saturday 18 January 2020: We're performing "Play in a Day", a one-off event where the cast have 24 hours to put a show together. (They only find out which play they are performing the night before!) Tickets are £5 and are available only via our CLT ticket line (07955 138061).

Murder Mystery Evening: Our popular Murder Mystery will be on Saturday 8 and Saturday 15 February. This year will be a double-bill: "Murder Most Fowl" and "Murder in an Indecent Manor" (which was written specially for CLT). Tickets cost £10 and include a buffet supper. On sale from Monday 8 December 2019, they are only available from Lynda on 01482 849655.

Join us at The Big Audition

We are holding a workshop-style audition for next year's productions at the Darby & Joan Hall on Sunday 8th December from 2.00 - 5.00pm. There are lots of parts available and all are welcome - but please let us know you are coming. For more information, leave a message on the CLT Ticket Line (07955 138061) and Adele or Rachel will call you back. We would love to hear from you - we are very friendly and don't bite!

Continued from page seven

Bricknell Avenue Methodist Church

Saturday 7th December - Present Lewis Scott (Organist), Theatre, Show Tunes, Film Genres, Christmas, at 2.00 pm. Tickets £5 in advance. Tea/Coffee, Mince pies included. Tickets from Church Stewards or Pauline on 849692, email: paulinenewinn@hotmail.co.uk.

Little Weighton Village Hall

Saturday 7th December - Has A Jazz Night at 8pm with the Millar & Spencer Jazz Duo. Tickets £10 from Little Weighton Post Office/Shop or Prue on 01482 844461.

ParkinsonsUK - Hull and East Yorkshire Group Meeting

We meet every third Sunday, from 2.00 pm to 4.00 pm in the Cottingham Civic Hall, Market Green, HU16 5QG. Contact Steph Hoults 07542 096756 or parkinsonsukhullbranch@gmail.com. Helpline 0808 800 0303.

The Beverley Flower Club

Meets on the first Monday of each month, except August and January, when we have a Demonstration of Flower arrangements by an Area or National demonstrator, and twice during the year, usually before Christmas and Easter we have a Workshop when members can try out their own skills. We meet now at Bishop Burton College at 7.30pm and are always pleased to welcome new members. Find us on Facebook or ring 01430 828466 or 01482 865439 for further details.

Cottingham & Hull Folk Dance Club

Formerly Hull Folk Dance Club 1919-2019. Tuesday 7pm for 7-30 to 9-30 at The Darby & Joan Hall, Finkle Street, Cottingham. Enjoy free tea/coffee and biscuits and get to know the members. Your first visit is free. Come on your own or bring a friend for light exercise in a friendly environment. No experience is necessary and everyone is welcome. Closed from 18th Dec 2019 to 7 Jan 2020. More information from Keith Alexander on 01482 509751; Jan Gray on 01482 840637 and www.folkdance.me.

Musical Memories

Do you enjoy a good sing-a-long? If so come and join us on the 1st Thursday of the month, 1.45 pm until 3.15 pm. We have coffee/tea and cakes halfway through. No Charge FREE. And we meet in the Methodist Church, Hallgate.

Wolfeaton Park Bowling Club

From early April through to September we are an active bowling club. New members are very welcome, including complete beginners. We have 'roll-up' social/fun bowling sessions: Mon at 6.30-8.30pm and Tues/Fri at 2pm-4pm. Arrive early (15 to 20 mins) so that we can show you around. Come along and see if you like it - your first three sessions are free, we will provide the bowls and bowling shoes for you to use. We also have club competitions and social events (summer and winter) in which all are very welcome to join. Additionally, most days in the Summer, we have: ladies, men and mixed league matches. We bowl at Bramble Close (off Chestnut Avenue), Willerby HU10 6PD. For more information, about membership and other details, call Sue Hall, Club Secretary - 01482 652384 or email: s.hall@doodad.karoo.co.uk.

Card making classes at Cottingham Methodist Church Hall.

Every Monday (Except Bank Holidays) - 1.30pm - 3.30pm. Why not add that personal touch to your Christmas cards? New members welcome. All levels. Contact:- Ann on 07932 833578 for further details.

Continued on page 42

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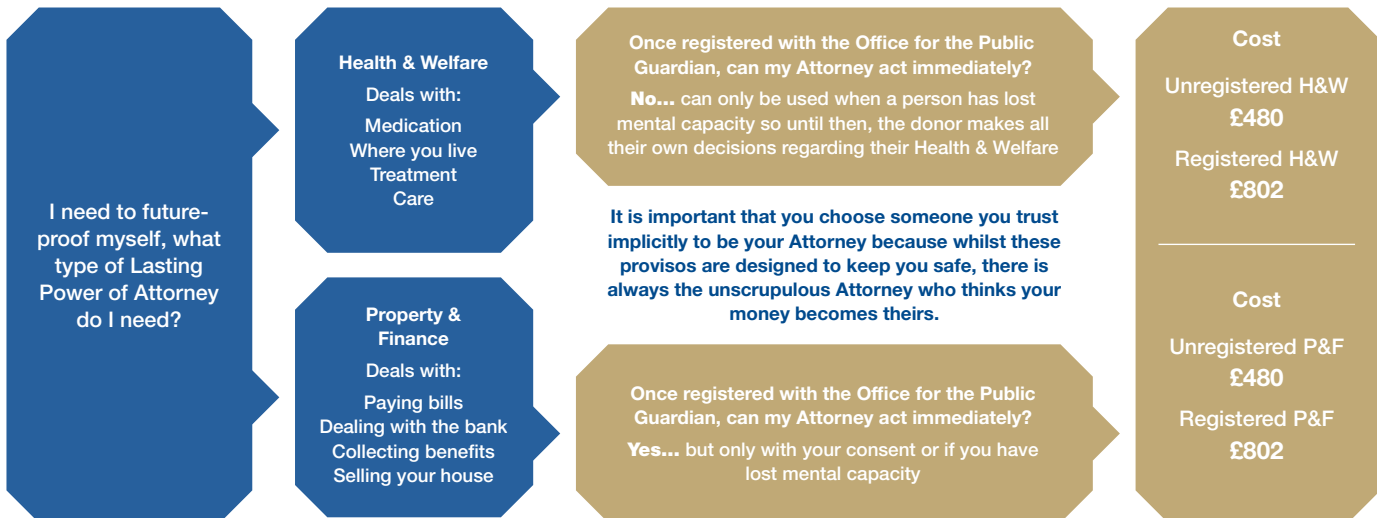
70% of people believe their next of kin always gets the final say when it comes to medical decisions.

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When you discuss a Lasting Power of Attorney with your Solicitor, either Property & Financial Affairs or Health & Welfare, they will talk you through the options of exactly when it can be used. Our easy-to-follow chart should help you plot the right course.



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Smart Home Technology and Fibre-optic broadband

Smart Home Technology – is one of the biggest growth areas in technology. There is a plethora of devices available already, covering everything from doorbells to TVs. Also known as *IOT* – the *Internet of Things*, which basically means a network of connected devices designed to automate tasks with minimum human intervention. So what makes a device 'smart'? No surprise really that is that it connects to the internet and is therefore able to upload and download information and be controlled from an app. An app being a small program that can run on a phone, tablet, computer etc.

So let's take a look at some of these devices, and see what you might already have. To start off with you need a Smartphone that can use all the apps required by these devices. This can be an *Apple iPhone*, or one that runs the *Android* operating system such as those made by *Samsung*, *Huawei*, *Google* etc. Once set up and connected to the internet, you can then download all the apps you need. Smart doorbells, like the ones made by *Ring*, connect to an app on your phone and show you who is ringing your doorbell by video feed, and two-way sound. In the home you may have a voice assistant like an *Amazon Echo*, also known as *Alexa* or a *Google Mini*. These clever little devices can be used to access information from the internet, play your favourite music or radio station, as well as controlling lights, heating etc. Hive is the smart thermostat from *British Gas*, which works from an app and can be controlled by *Alexa* just by saying 'turn thermostat up to...' etc. Smart Plugs work in a similar way and then can be switched on and off by voice command. Smart TVs also connect to the internet by cable or *WIFI* and can download catch-up services, movies etc. We recently bought a new model that can be switched on and off by *Alexa* too. Another advantage of all this connected technology is that you can be in control wherever you are, home or abroad, as long as you have an internet connection. You can monitor your home's *CCTV* system, or just a single camera, check if the heating or hot water is on, switch lights on for security purposes, whatever you have set up will work remotely. And the beauty of it all is that it's not expensive.

Make RDM your first call for home computer support – call us on: 875666

Full-fibre broadband: What is it and how does it work? Ever since the inception of dial-up broadband (remember that?), connections have been by the same Victorian era copper wire! But now you have the choice of upgrading to the much faster and importantly, more stable, fibre optic connection. In this area of course we have our own telecoms provider *Kcom*, and their fibre system is called *LightStream*. This is normally delivered direct to your home by a fibre optic cable into a box outside your home. It then connects to your *WIFI* router and provides very fast and stable internet speeds. As mentioned above, this replaces the traditional copper wire, that now only supplies your landline telephone service. However, in a few cases where it is not possible to run a fibre optic cable right to the property, the service is delivered from a *LightStream* cabinet along the road by copper wire. This is not quite as fast as full-fibre, but still much faster than traditional broadband. For instance, in *Cottingham*, traditional broadband speeds were around 7 to 11 Mbps, but with *LightStream* the average speed is more like 50Mbps., but can go up to over 200 depending on the package you opt for. And the good news is that it is not usually any more expensive than the package you are paying for at the moment.

Is your computer slowing you down? Talking about broadband, some customers have remarked that they didn't think *LightStream* is any faster than their previous service. But that could be down to the computer. If your computer is very old, it may not be capable of going online any faster! To get the best speed and experience, you really need to be using up to date kit, be it a PC, laptop or tablet.

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10 years younger – a recent survey by *Lenovo* concluded that users of technology feel healthier, more emotionally connected and that much younger! Now there's a thought.

Windows 7 retirement date is getting closer – 14 January 2020.

Tip! Look here for advice on buying a new laptop: <http://www.rdmcomputers.co.uk/news>

Eset 'is the new King of antivirus' according to *Which?* Magazine that has awarded Eset Internet Security its best buy award. A fitting award for an excellent product that I am pleased to have been promoting and selling for over 11 years now. For prices, upgrades and licences and renewals – just give us a call.

Scam telephone calls - I would again like to remind everyone, to NEVER let an unknown caller take over your computer remotely, even if they say they are from *Microsoft* or *Windows*. These companies, or any other reputable firm, will NEVER make unsolicited calls to home users. The other thing to watch out for is that these scammers have started cloning UK numbers, so in other words instead of your telephone caller display showing 'International' or 'out of area', they may now show a London, Leeds or Sheffield number for instance. If you give them access to your computer, they will cause all sorts of mayhem, and then ask for a credit card number, so they can extract your hard-earned cash.

Remember to look on my website for copies of the current and two previous articles where they can be read, downloaded or printed.

Richard Mills
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Hull Ladies Choir's Civic Hall Christmas Charity Concert on Friday December 13th

Hull Ladies Choir are again presenting a Christmas Concert in support of the Cottingham Village Trust in the Civic Hall.

They are pleased to welcome Cottingham High School's Music Department as their guests and look forward to joining with them to celebrate Christmas in Cottingham.

The concert will take place in the Civic Hall, Cottingham on Friday December 13th at 7.30pm

Tickets are £5 (including refreshments) and are available from:- Barkers of Hallgate, Cottingham or Gough and Davy, Paragon Street, Hull

Tickets are also available from: Email : info@hullladieschoir.org.uk; Mobile :- 07779 732 322.

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Wordsearch - Fairy Tales

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

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

Find the words in the letters above:

Alladdin, Beantalk, Bears, Beast, Beauty, Big Bad Wolf, Chicken Little, Cinderella, Elves, Emperor, Fairy Godmother, Frog Prince, Genie, Giant, Golden Goose, Goldilocks, Grandmother, Gretel, Hansel, Hunter, Jack, King Midas, Lamp, Little Mermaid, Little Red Riding Hood, Mirror, Pea, Pinocchio, Princess, Rapunzel, Rumpelstiltskin, Seven Dwarfs, Shoemaker, Sinbad, Snow Queen, Snow White, Stepmother, Stepsisters, Swan, Three Little Pigs, Thumbelina, Ugly Duckling, Undine, Wishes.

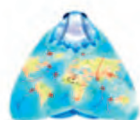
Wordsearch courtesy of <http://www.puzzles.ca/wordsearch.html>

Sudoku No. 153

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

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

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Cruising we have new dates in from Regent Seven Sea's that include the Orient Express to Venice & a Mediterranean Cruise or Alaska & the Canadian Rockies including the Rocky Mountaineer - Gold Leaf of course.

P&O Cruises have now launched 2021/22 sailings, we now expect other cruise lines to follow suit. I am sure Cruise & Maritime sailing from Hull will not be far behind - register your interest TEL 01482 211913 and we will let you know as soon as we get a whisper of dates & sailings to ensure you get your choice of cabins on a great early booking offer.

Well this month sees the start of our Christmas tours, I will be busy out on the road later in the month. Give me a wave if you spot me driving around Cottingham.

Thursford Christmas Spectacular 2020 is selling well. Don't miss out next year as our first date in 2020 is already half full. As usual we will secure the best seats in the house.

Are you on facebook? If so keep an eye on our page as we are posting offers on a daily basis covering a wide range of destinations. E.g. Opera in Italy, Grand Prix destinations. Plus updates on passports & visas.

Our wealth of first hand knowledge travelling around the world by land, sea & air helps tremendously with making your travel arrangements simple and hassle free, leaving you to look forward to and enjoy your holiday. We are real people and always on hand to answer your questions. All you need to do is telephone or visit our office in person. It is always good to talk, we look forward to creating your special memories when we book your next holiday.

Where ever you are looking to travel myself, Emma, Beth & Zoe look forward to be of service. *Marion*

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ideal for all occasions. Christmas, Birthdays, Retirements, Anniversaries, Honeymoons They can be used towards any travel arrangements.

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2020	Many tours for next year are now sold out - you can waitlist		
15 Jan	Boundary Mills January Sale	2020 Day outing	£ 20
24 Jan	Warner's Studley Castle	4 days half board & excursions	£ 359
03 May	Devon & Cornwall's National Trust	members £595 6 days	£ 665
22 Jul	Safari Experience Port Lymne	- 4 days, 1 night luxury tent	£ 625
29 Aug	2020 2 day overnight cruise & the North York Moors from		£ 99
01 Oct	WW1 remembering our family & friends - unique	6 days	£ 595
17 Nov	Thursford Christmas Spectacular	best seats 1 night DB&B	£ 189
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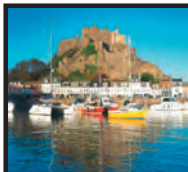
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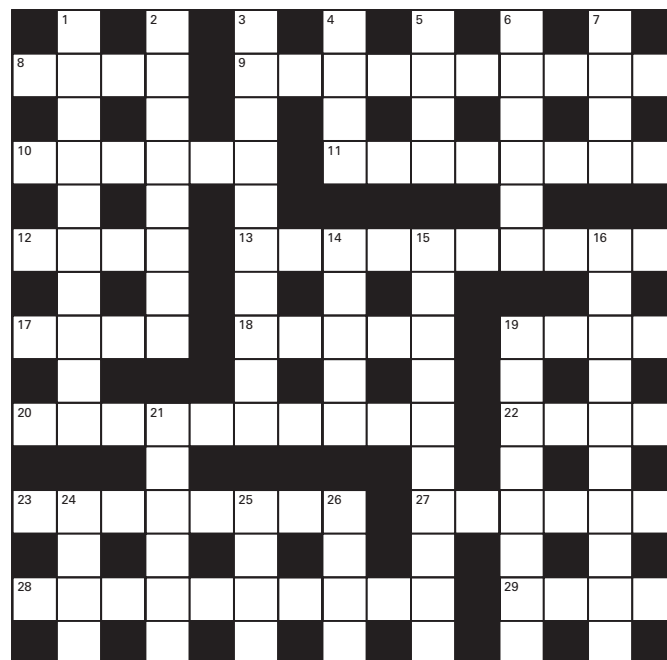
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Crossword - Solution on page 46



Across:

8. Company (4)
9. A day for lovers (10)
10. Creeks (6)
11. Being the exact same one (8)
12. At one time (4)
13. Expounds (10)
17. Scheme (4)
18. Lengthwise (5)
19. Prefix indicating "Equal" (4)
20. Strolling (10)
22. Small insect (4)
23. Start (8)
27. Pharynx (6)
28. Showman (10)
29. Biblical garden (4)

Down:

1. A fragrant oil used in perfumes and insect repellent (10)
2. Indecent (8)
3. Disembowel (10)
4. Add (4)
5. A Freudian stage (4)
6. An unwholesome atmosphere (6)
7. Ship steering mechanism (4)
14. Proof of innocence (5)
15. Responsibility (10)
16. Counted (10)
19. Imposes (8)
21. Flora and fauna (6)
24. Fictional captain (4)
25. As well (4)
26. Acquire deservedly (4)

Crossword courtesy of www.crosswordpalace.com
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The Band Called La Bella in Swanland Village Hall on Saturday 10th November

It is with great delight that Swanland Village Association will be providing an array of talented performances over the coming month in Swanland Village Hall.

It is delighted to announce that *The Band Called La Bella* will perform their musical journey in *La Bella and The Lost Chord of Ulanbataar*, a family show, on 10th November. Then on 30th November the one man show *The Ragged Trousered Philanthropist*, based on the classic book by Robert Tressell will be another play written and performed by the talented Neil Gore.

Also a privately arranged concert in aid of HEART UK will be held on 23rd November when French born singer Flossie Malavialle will no doubt leave audiences wanting more on her tenth appearance in Swanland - due to popular demand.

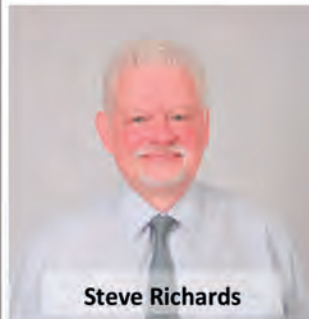
So please join us by purchasing your tickets from Yvonne on 01482 634863 or Corinne on cp@swanland.info.

Tickets for *The Band Called La Bella* and *The Ragged Trouser Philanthropist* cost £8 adults; £7.50 SVA members paid prior to the day; £4 children. Tickets for Flossie Malavialle are in aid of HEART UK and cost £10 adults and £5 children.

Doors open 7pm show starting 7:30pm.

For more information on these and other events held at Swanland Village Hall please visit our 'what's on page' at <http://www.swanlandvillagehall.info/forthcoming-events.htm>.

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In the Kitchen



Toad in the hole, with Swiss chard & mustard cream sauce

- Preparation time: 20 minutes
- Cooking time: 40 minutes
- Total time: 1 hour. Serves: 4

Ingredients

- 454g pack 8 essential Waitrose Pork Sausages, pricked with a fork
- 2 essential Waitrose Red Onions, peeled, trimmed and cut into 6
- 120g plain flour
- 2 essential Waitrose Medium Free Range Eggs, beaten
- 100ml whole milk
- 100ml carbonated natural mineral water
- 400g Swiss chard, thinly sliced
- 1 tbsp olive oil
- 100ml single cream
- 2 tbsp wholegrain mustard

Method

1. Preheat the oven to 230°C, gas mark 8. Arrange the sausages and onions in a shallow ovenproof dish. Cook for 20 minutes until cooked through.
2. Meanwhile, place the flour in a bowl, making a well in the centre, and whisk together the eggs and milk in a jug. Gradually whisk the egg mixture into the flour until you have a thick batter. Gently stir in the water and pour into the hot pan of sausages, return to the oven for a final 20 minutes until golden and puffed up.
3. Meanwhile, gently fry the chard with the olive oil, adding a couple of tablespoons of water to the pan to encourage it to wilt, until the leaves have softened and the stalks have started to become transparent. Just before serving, stir in the cream and mustard, and serve with the toad in the hole.

Cook's tip Need a meat-free option? Use vegetarian sausages. Roast them with the onions and a little oil, adjusting the cooking time in step 1, until cooked through.

16 November - www.cottinghamtimes.co.uk

Winter warming lentil soup

- Vegetarian. • Total time: 35 minutes • Serves: 2

Ingredients

- 1 tbsp oil
- 1 essential Waitrose Carrot, diced
- 1 essential Waitrose Onion, chopped
- 1 red chilli, finely chopped
- 150g Lentils
- 700ml Cooks' Ingredients Vegetable Stock
- 400ml essential Waitrose Passata
- 195g can Sweetcorn, drained
- 1 essential Waitrose Courgette, diced
- ½ x 25g pack chives, chopped

Method

1. Heat the oil in a large pan, and fry the carrot, onion and chilli for 4-5 minutes. Add the lentils, stock, passata and sweetcorn, bring to the boil, cover and simmer for 25 minutes.
2. Stir in the courgette and chives, and cook for a further 3-4 minutes.



Sweet jacket potatoes with vegetable chilli

- Vegetarian.
- Total time: Ready in 55 minutes

Ingredients

- 2 sweet potatoes
- Olive oil spray
- 200g pack Waitrose mixed romano peppers, seeded and sliced
- 1 red onion, sliced
- 395g can essential Waitrose red kidney beans in chilli sauce
- 20g essential Waitrose extra mature grated cheddar

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Method

1. Preheat the oven to 190°C, gas mark 5. Bake the sweet potatoes for 50-55 minutes or until tender.
2. Meanwhile, spritz a frying pan with olive oil and cook the peppers and onion for 5 minutes until softened. Add the beans, cover, and simmer gently for 10 minutes.
3. Using a sharp knife, split the potatoes and spoon in the chilli mixture. Scatter over the cheese to serve.



Beef bourguignon pie

- Preparation time: 20 minutes
- Cooking time: 2 1/2 - 3 hours
- Total time: 3 - 3 1/2 hours. Serves: 4 - 6

Ingredients

500g braising or stewing steak
1 tbsp plain flour
1 tbsp olive oil
200g pack smoked bacon lardons
2 cloves garlic, peeled and crushed
200g shallots, peeled and halved
200g button mushrooms
2 tbsp tomato purée
200ml red wine
400ml beef stock
320g pack puff pastry sheets
1 medium Waitrose British Blacktail
Free Range Egg, beaten

Method

1. Preheat the oven to 180°C, gas mark 4 and have a large casserole dish with a lid ready.
2. Toss the steak in the flour until well coated, and then season with salt and pepper. Heat the olive oil in the casserole dish over a medium heat and fry the meat until brown all over. Remove from the pan using a slotted spoon and set to one side.
3. Keep the casserole dish on the heat and add the bacon lardons and crushed garlic. Fry for 2-3 minutes until the bacon is crisp, then add the shallot halves and mushrooms, and stir to combine.
4. Stir in the tomato purée, red wine and beef stock, then return the steak to the pan. Bring the mixture to the boil and use a wooden spoon to scrape the bottom to get all the flavours into the filling. Cover with the lid and bake in the oven for 2 1/2 - 3 hours.

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5. When the filling is cooked, transfer into a large pie dish and allow to cool briefly. Turn the oven up to 200°C, gas mark 6.
6. Cut a large circle out of the puff pastry just big enough to cover the pie dish. Lay the pastry over the filling and crimp the edges onto the dish. Pierce a hole in the centre for steam to escape and glaze the pastry with beaten egg before baking for 20-25 minutes until golden brown and crisp on top. Serve with mash and fresh veg.

Vanilla cheesecake with blueberry compote

- Vegetarian
- Preparation time: 30 minutes, plus cooling and overnight chilling
- Cooking time: 20 minutes
- Total time: 50 minutes, plus cooling and overnight chilling
- Serves: 10

Ingredients

50g unsalted butter, melted, plus extra for greasing
150g digestive biscuits
2 x 280g tubs Philadelphia full fat soft cheese
100g icing sugar, sifted
200g Greek yogurt
300g whipping cream
1 tsp vanilla bean paste
2 x 150g packs Waitrose Blueberries
2 tbsp maple syrup
1 cinnamon stick

Method

1. Preheat the oven to 150°C, gas mark 2. Grease and line the base and sides of a 20cm springform tin with baking parchment. Put the digestive biscuits in a freezer bag, seal, then bash to crumbs with a rolling pin. Pour into a bowl and mix with the melted butter. Press into the base of the tin and bake for 15 minutes. Set aside to cool.
2. Beat the soft cheese, icing sugar, yogurt and a pinch of salt together with a wooden spoon. In a separate bowl, use a balloon whisk to whisk the whipping cream and vanilla paste to soft peaks, then gently fold the cream through the soft cheese mixture. Pour onto the cooled base and chill for at least 4 hours or ideally overnight.
3. Meanwhile, heat 1 pack blueberries in a pan with the maple syrup and cinnamon. Bring to a simmer and cook gently for 3-4 minutes, until the berries burst. Tip in the other pack and take off the heat to cool to room temperature, then chill. When ready to serve, discard the cinnamon stick and spoon over the chilled cheesecake.

www.cottinghamtimes.co.uk - November 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

Malbec the go-to wine for pairing with a meal

Has Malbec become the go-to red wine for pairing with a meal. I eat out a lot and love people watching as well as perusing restaurant wine lists and I see a lot of people choosing this versatile grape variety to accompany their meal.

In fact, with my wife suddenly switching her allegiance from white to red I've been ordering quite a lot of it just lately.

A soft and fruity wine beloved of beef eaters, it is gaining popularity in the UK with many restaurants offering at least a couple of examples on their lists - one at an entry level and another at the higher end.

I've mentioned beef, but you could say Malbec is the meat lover's perfect wine, as it also compliments rich proteins such as dark chicken meat, pork and lamb; even something as "exotic" as ostrich. It also pairs extremely well with smoky and earthy herbs and spices such as thyme, rosemary, smoked paprika, and cumin.

And on top of that, Malbec will bring out the flavours in roasted veggies, mushrooms, kale and chard. It also pairs well with blue cheese and goats milk cheese.

Although originally grown in France and used as a blending grape for Bordeaux blends as well as being the grape responsible for the "black wine of Cahors", Malbec is regarded largely as a New World wine these days.

Its susceptibility to rot and disease turned French growers away from relying on the Malbec grape; luckily wine makers in Argentina discovered that the heat and higher altitudes of the country prevented the grapes from failing and thanks to its success in the region, Argentina is now responsible for around 75 per cent of Malbec production.

While South Africa, Australia, Chile, and the United States also successfully grow Malbec grapes, the output from those nations is nowhere near the same capacity as Argentina's Malbecs.

Malbec is typically a medium to full-bodied, dry red wine with plenty of acidities and relatively high tannin and alcohol levels. Dark, inky purple in colour and ripe flavours of plums, black cherry, and blackberry can give this wine a decidedly jammy character.

However, the overall flavour profile of Malbec is largely dependent on the region in which it is grown. Therefore, Malbec from Argentina has a noticeably different taste from its French equivalent. Argentinian Malbec is fruit forward with flavours of dark fruits such as blackberry, plum, and black cherry. This is followed by hints of chocolate, leather, and tobacco.

French Malbec on the other hand has far less pronounced fruitiness. Instead, expect strong tastes of leather, pepper, current, and spices.

But regardless of the growing region, pretty much all Malbecs are full bodied and have medium tannins and acidity.

And finally, before you go off and enjoy a glass, here's a tip worth trying. Bearing in mind I wrote recently about the best temperature to serve particular wines and the fact that "room temperature" means a whole lot different in this modern age compared to the days when the advice about serving certain wines at room temperature was first coined, I feel you should serve your Malbec at slightly below modern room temperatures.

That being the case, try putting your bottle in the fridge for about half an hour before uncorking and serving.

* The Co-op o-po unveiled its autumn and winter wine range in mid-October, which saw 25 new wines go into most stores in preparation for the Christmas season.

Notable is the Portuguese red wine that "broke" the Majestic wine website after it was mentioned on a BBC cooking programme in 2015. Porta Seis Red 2018, a blend of Tinta Roriz, Castelão and Touriga Nacional from producer Vidigal (£8), a best-seller at rival Majestic, was responsible for the specialist retailer's busiest ever online trading period after Master of Wine Susie Barrie recommended the wine on BBC's Saturday Kitchen in August 2015.

Within hours of the show airing, Majestic had sold out, clocking up orders for a further 30,000 bottles over the rest of the weekend, prompting it to snap up the entire stock of the 2012 vintage. Majestic is currently listing a Porta 6 (Seis) 2017 vintage on its website.

Other highlights of the new Co-op range include:

* **Is this it? Pinot Blanc (£6.50)**; which sees the return of a Hungarian wine to the retailer's range.

* **Rock and Roots Organic Tempranillo (£6.25)**; which sees the Co-op extending its organic wine offering with new addition from Spain.

* **Chloe Dry Rose (£8) and Chalk Duster Zinfandel (£7.50)**; a brand new red and rosé offering from the USA.

* **Château Tour Du Pas, St-Georges-St-Emilion 2015 (£15)**; an "exclusive to the Co-op wine" which comes with a noble pedigree. For many years Pascal Delbeck used to make the wine at none other than Château Ausone and now brings his considerable expertise to bear on this beautiful St Emilion.

* **Co-op Fairtrade Pinot Noir (£7)**; an extension to Co-op's Fairtrade commitment with this new own-label bottle from South Africa. It's the first time an own-brand Pinot Noir has been available with a Fairtrade mark and is a wine suitable for vegans.

* **Co-op Irresistible Pedro Ximenez Sherry (£6/37.5cl)** – exclusively produced by Lustau and aged for up to 12 years.



BEST BUYS

**Santa Julia Malbec**

Where: Sainsbury's

When: Now

Why: This full-bodied Argentinian Malbec is full of cherry and plum flavours with spice notes and a velvety finish. It is the ideal wine for steaks, burgers, firm cheeses and pasta with red sauces.

£9.00

**Beefsteak Club Malbec**

Where: Waitrose

When: Now, until November 5

Why: I've recommended this Argentinian wine before. Mendoza's high altitudes and splendid sun make it a haven for bold, full-bodied reds with balancing acidity. Mendoza Malbec's popularity is thriving. And its prices are skyrocketing to match. Beefsteak Club is damson-and-mocha-stuffed proof that you can still grab it at a pocket-friendly sum.

£6.74 (was £8.99)

**Valdivieso Winemaker Reserva Malbec**

Where: Waitrose

When: Now until November 5

Why: This one's from Chile. It's a deep, opulent red showing intense red berry and plum fruit flavours and a hint of spice. It has a sweet, long finish, meaning it works well with big flavours such as chilli con carne.

£6.29 (was £8.49)

**Peter Yealands Sauvignon Blanc**

Where: Co-op

When: Now, until November 5

Why: As an alternative to all that wonderful Malbec, this is a lovely example of New Zealand Sauvignon. It's food-friendly and shows typical flavours of citrus and passionfruit and a crisp, long finish.

£7.00 (was £9.50)



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This promotion was so popular in September that we are bringing it back this month with more available appointments as demand was so high

What is Power of Attorney?

If you want someone to act on your behalf in financial or medical decisions, you'll need to give them Lasting Power of Attorney (LPA) over your affairs. You can only set up a LPA while you still have the ability to weigh up information and make decisions for yourself, known as 'mental capacity' - so it's worth putting a plan in place early on.

When should I make a Lasting Power of Attorney?

You should consider creating a LPA in these situations:

You want to guarantee someone you implicitly trust has control over your affairs.

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Helping you nominate replacement attorneys in case your

original attorneys are unable to act.

Drafting how your wishes ought to be expressed to ensure they cater for all eventualities and are capable of being carried out.

Including any specific wording which may need to be included to enable funds held by banks and building societies to be managed on your behalf.

Advising how a lasting power of attorney may be used where assets covered by the lasting power of attorney are owned jointly.

Reviewing the things you need to do to prevent your application for registration being rejected by the Office of the Public Guardian.

Power of Attorney

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A nation of animal lovers

Choosing a pet can be an emotional decision. Pets we had as a child, pets we know through family and friends, or those we see in the media can all influence our decisions.

The UK is a nation of animal lovers, 95% of dog owners, 93% of cat owners and 91% of rabbit owners say that owning their pet makes them happy. Sadly, being loved doesn't always translate to good well being and recent research shows that many pets are not having their five Welfare Needs met (ENVIRONMENT . . . living in a suitable place, DIET . . . having the right type and amount of food, BEHAVIOUR . . . being allowed to show normal behaviour, COMPANIONSHIP . . . living by themselves or with other pets and HEALTH . . . staying healthy). Understanding their needs before getting a pet is the best start but the report also shows that 21% of current owners had done no research before taking on a pet and over a quarter of owners (26%) were unaware of the Animal Welfare Acts, which outline the 5 Welfare Needs. For eg:

1.3 millions dogs ..13% are not walked every day, 1.9 million dogs ..19% are left alone for five or more hours every day, 55% of owners rely on past experience to train their dogs with 12% of dogs have had no training at all . . . 67% of cat owners with two or more cats provide only 1 or no litter trays at all . . . 43% of cats live in a multi-cat household which can cause stress . . . 25% of rabbits



are kept in inadequate housing conditions providing no hay which is their main daily food. 49% of rabbits live alone despite needing the companionship of their own kind . . . THE LIST GOES ON.

FACT . . . Sadly did you know that the main reason for euthanasia under the age of three years is due to behavioural problems? . . . BUT help is at hand.

We are proud to announce, here at KINGSTON, that we are taking part in the WHICH PET INITIATIVE soon to be launched on 4th November 2019.

What does this involve? If you are thinking of being the proud owner of a pet, all it takes from yourself is a phone call to any one of our six surgeries to make an appointment with a nurse.

This appointment is to help you discover which pet is right for you. Our team are perfectly placed to help you choose the next animal member of your family and will help you to understand the impact a new pet can have on your household. We are here to look at all the facts and find out which pet may fit best with your home and lifestyle. This takes into account lots of different aspects, such as what each pet needs to be healthy and happy, what health tests you might need to check which have been carried out for certain breeds, where to source your new pet and the costs involved owning that particular pet. Working with us to help identify which pet and breed are best suited to your lifestyle and where to source your new pet from are the first steps to giving them a healthy and happy life.

AND you will be most surprised to learn that the appointment is completely FREE. Just the knowing that we are helping to lower the percentage of under three year old euthanasia's is fulfilling for us as a practice.

AND FINALLY . . . TALI . . .

The picture says it all....Just when I thought I had cracked it, the drain pipe emerged yet again. Did Tali stay in the garden? Oh no that wasn't good enough, she flew into the kitchen like a greyhound, tail between her legs followed by me, head in hands in despair! Lead training...now that is another thing. After still being dragged around on the end of a lead I thought the best thing would be is to get help so one Sunday afternoon I had a one to one lesson with the lovely Lisa. What usually takes 20 minutes to walk . . two hours later we returned to base. It was a total eye opener for me to learn that I was doing all the thinking for Tali and not letting her make decisions for herself. By stopping every time she pulled, letting her look around and think why, then praising and moving forward when we had eye contact was not only tiring but a great learning curve. It is hard work having a pup again and taking into account I am 11 years older, it is tiring but I know I will get there in the end.

As you may know, I have had a Labrador before but each one is different (as I am learning and sometimes the hard way) so a little food for thought....Tali will not be in the % of under 3's but how many do come into that with similar traits?

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Ann A

"You've done an amazing job keeping everyone up to date. Thank you, you're all stars."

Debbie R

"Well done everyone. So happy I can still travel tomorrow. Thank you so much."



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"The Tooth and Nothing but The Tooth"

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

Some things are good for the soul

Hello again, I hope you are well. As usual there has been a lot going on. Not least was being back in Morocco last week for my 14th dental mavericks expedition.



So Proud

Wow. So proud of this team. Worked so hard for our patients and each other. Humble enough to learn from each other and grow. Now, there's

a recipe for success. Worked side-by-side with my son, Edward, as a clinician. Up in remote, rural villages in the Rif mountains of Morocco getting kids out of daily pain, giving oral health education, preventive fluoride therapy and enough toothpaste and tooth brushes for the foreseeable future. 1600 benefactors!!!

The first day of work we walked. There were a few hills so it really got the system going. We worked in a place called Bab Taza for three days in a row. This was an hours drive in a Land



Rover. The tracks were hard going but the views were fantastic

Building Bridges

After five hard, long and very rewarding days of working we went to a football



tournament. Again, just getting to it was a feat in itself. There were a few really talented players. One nice touch was the introduction of a girls match.

We co-sponsored the football tournament organised by Rif Com to build bridges and develop trust. This is really good for the soul. I've done a good few of these now but this was the best. If any dental people want to get involved message me or go to www.dentalmavericks.org. It just might change your life. It did mine. And those of the kids. HERE'S TO MAKING A DIFFERENCE!!!



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Thank You

Again a big thank you to our local knitting team and knitting patients. We take over this knitting and give to needy people. It was hot when we were there but it does get really cold up in the mountains, especially at night.

Later this week I'm off to a hotel at Heathrow for a two-day course on Myobrace. This is about helping children's face and mouth grow properly to negate the need for extractions and braces and improve airway development to prevent sleep apnoea. Interesting.

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 26 years and has a special interest in Life Changing, Pain Free Dentistry with Dental Implants, 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' Humanitarian work go here now www.castleparkdental.co.uk.

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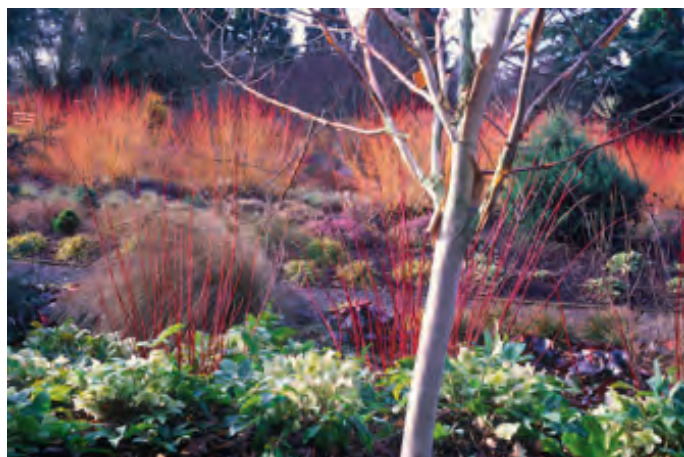
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What will winter bring this year? The weather has been remarkably unpredictable over the last few months making it impossible to make any garden plans. What we do know is that November is sure to have a few sunny days where we can get out into the 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

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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 30 minutes.

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

10 Jobs for this month

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

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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. Plus they have just extended their gifts department which now includes clothing accessories, chocolates, teas and nibbles. It's a great place to shop for that perfect gift. Of course we can't forget their fantastic pets department where they have aquatics, reptiles & small animals which are great to come and visit and with their great pets specialists on hand if you think you've found your perfect pet they can help you sort out everything you need to house your pet in the most comfortable way.

It's beginning to look a lot like Christmas at Coletta & Tyson with our **BIGGEST** Christmas yet.

H.E.R Breast Friend - Sunday 10 November 2019, Christmas Charity Day. Help support H.E.R Breast Friend who are here 9th-10th November fundraising.

Headway - Sunday 17 November 2019, Christmas Charity Day, Help support Headway who are here 17th November fundraising.

Help us celebrate the arrival of Santa in our Grotto!
23rd - 24th November -Saturday

We will be joined by KCFM from 11am as they broadcast LIVE the arrival of Santa from the Garden Centre. They are also bringing their popular Elfie Selfie. Have a selfie with



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their elf for your chance to win a £100 Coletta and Tyson Gift Card.

We will also be joined by the Priory Park Singers who will be making us get those festive feelings between 2-3pm. - All weekend

Our popular Christmas Donkeys will be joining us again this year and will be with us 10am-4pm.

Get into the festive spirit with Christmas inspired Face Painting with the amazing Julie-Marie, she will also be with us 11am - 4pm.

Don't forget to visit The Old Glasshouse while you're here. We will have plenty of festive treats to help you get into the Christmas Spirit!

It will be a truly magical weekend!

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Your Stars for November 2019

By Kay Gower

Aries (Mar. 21- April 20)

Home is the priority right now, and this is a good time to give it extra attention. Your desire for comfort and security is emphasized especially around the 21st of the month when you may be tempted to spend on an extravagant purchase that's just too hard to resist.

Taurus (Apr. 21- May 21)

You may come up against something frustrating this month and like a fly caught in a web the more you struggle the worse it gets. By the end of the month you may have decided on a future plan. Just don't put it in stone. Next month will be much brighter.

Gemini (May 22-June 21)

Decisions, decisions! Don't allow another person's belief system to have more power over you than your own. This month the stars suggest that you should accept only that which you discover for yourself.

Cancer (June 22-July 22)

An unexpected meeting or last minute decision could work in your favour. November and December are big months for you, moves and plans made now or next month will lead to great things. Exciting times.

Leo (July 23-Aug 22)

There are no guarantees that there will ever be a time when you'll feel secure or even inspired enough to do all the things your heart wants to do. So do them now - this month! You really don't need to wait for the new year, this is a great month for new beginnings.

Virgo (Aug 22 – Sept. 23)

A project or something close to your heart reaches crunch point. If you can, try to leave any big decisions until after the 12th but whatever you decide be fearless, the stars will back you up.

Libra (Sept. 24 -Oct. 23)

Your ideas this month are as good as gold, that is if you act on them. There will also be new social and financial opportunities coming down the pipe for you so be prepared especially on or around the 12th. Your winning attitude brings success.

Scorpio (Oct. 24 - Nov. 22)

November shows you traveling in style. There's a drop of magic in the air and something that happens around the 19th will open new doors for you. You're boosted toward a dream that you once thought was completely unreachable.

Sagittarius (Nov. 23 -Dec. 21)

There are times in life when manners and good taste need to be set aside in favour of brutal honesty. This month isn't one of those times. Relationships may be complex right now, it may help if you make a temporary vow of silence. You won't regret it.

Capricorn (Dec 22.- Jan. 20)

Good news. Your finances receive important planetary protection, so do your best to feather your nest while it lasts. This is also a great time for throwing yourself into and enjoying the lighter side of life.

Aquarius (Jan 21 - Feb 19)

Use this month to build upon your emotional strength. Try not to take what others say too seriously - it will throw you off balance. Listen for the validity in their comments by all means, but stay centred on what you know is right and then you won't go far wrong.

Pisces (Feb. 20-Mar. 20)

You appear affluent to others and since nothing succeeds like success, resources and people will come to you. It's important for you to know that you're entering a strong, powerful time. Brace yourself -next month gets even better!

Croxby Primary - Things have been changing at this local primary academy

After being placed into 'Special Measures' by OFSTED in December 2016 with SAT results around 30% below the national average and in the bottom 10% nationally for progress, a turnaround has taken place.

Croxby Primary, which is now part of 'The Consortium Academy Trust' (TCAT), has been on an exciting journey over recent years.

Kerry Mason, Assistant Head-teacher for Teaching and Learning says 'Since the Trust has taken over we have overhauled the curriculum at Croxby. We introduced a 'Croxby Way' curriculum which focuses on the skills and knowledge Croxby children need.'

Croxby's curriculum includes a wide variety of learning opportunities. All children in Key Stage 2 are learning to play two musical instruments. All children receive a 10-week block of musical theatre each year and there are over 70 children representing the academy in inter school sports events.

The new curriculum has had an impact on results as the Assistant Head-teacher for Standards, Mike Copley explains, 'The way we teach has dramatically impacted on results at the end of Key Stage 2. Since becoming an academy with TCAT, results have just been above the national average with this year's reading and writing progress measures placing the academy in the top 18% nationally, with maths progress in the top 10% nationally.'

Sudoku Answer from page 12

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

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Local Beekeeper Neil Gower Continues his quarterly review of the Beekeeping world

Do It Yourself Beekeeping

Build your own

After several years of using the rear of my garage to store junk and various bits of paraphernalia I've finally got round to clearing it out and have created a useable workshop area.

This is good news for my beekeeping as I plan to use it for carrying out repairs to my ageing beehives and to build some of my own equipment from now on.

The majority of my hives are made from cedar but I must admit I was seduced some years ago to try the high quality polystyrene versions for their lighter weight and their insulation factors. These have been very good in practice but their benefits also come with a huge downside in that they are virtually indestructible and certainly not recyclable. A large part of my beekeeping ethos is around conservation and polystyrene hives no longer form part of my plans. Over the summer I have re-purposed my polystyrene equipment. The grooves have been used to create long term insulation in my greenhouse, the broodboxes have been used for a solar powered wax extractor and also for creating cold frames in the garden. These will not rot or decay, but will be re-used year after year. The wax extractor allows me to recycle beeswax from the hives.

Whilst I'm happy that I've been able to put the polystyrene to good use without damaging the environment, it leaves me with a shortage of hive equipment which was the driver for my clear out.

Plans for building beehives and other related equipment are readily available and I'm all set to give it a go. I'll keep you posted on progress in forthcoming articles.

Asian Hornet.

In many ways I wish that I didn't have to provide an

update on the threat of the Asian Hornet but it continues to raise its ugly little head.

The Island of Jersey appears to be at the forefront of the UK's battle against this non-native species that has wreaked havoc across Europe. The Hornet first arrived in Jersey in 2016 and 3 nests were located and destroyed. In 2018 that figure went up to 55 and so far this year almost 70 nests have been located and destroyed on this tiny island. There have been 3 mainland sightings this year and recently a nest was destroyed in Christchurch in Dorset.

Next years Queens are produced in September and October before hibernation in November, so the last few months have now become a busy time for beekeepers in our efforts to keep on top of this threat.

New methods for destroying nests are now being deployed after a UK pest controller was attacked and badly stung by Asian Hornets while dealing with a nest. Previously the nest would have been wrapped in two bags before being removed and frozen, but chemical fogging is now the preferred option.

To date members of the public have been very helpful in Asian Hornet sightings so if you do come across one and are able to get a photo on your phone, please email alrtnonnative@ceh.ac.uk, but remember to be careful as they do have a nasty sting.

The bees

The weather plays a huge part in whether or not honeybees have a successful season and as I started to write the last article I was hopeful that August and September might have been shaping up to be better than it turned out. I measure a successful season as being one where I have healthy bees who are thriving and have enough stores to last them through the winter. If I'm able to harvest excess honey, then I class that as an added bonus. I've been quite conservative this year and have only taken honey from two of my largest hives and I always err on the side of caution. It's better to let the bees have their stores than take them away and regret it later.

My chief honey taster was pleased with what we did take off and I'm going to put some aside this year to make mead. This is allegedly the oldest alcoholic drink in history dating back to 1500 BC and is made by fermenting honey and water. This will be my first attempt and if successful, I'll share the recipe with you.

The bees are still venturing out for short periods on warmish days but that will reduce as the temperature cools down. I've reduced the size of the hive entrances to prevent wasps and other bees from robbing honey. The smaller entrances are easier to defend in the autumn when other insects are on the look out for easy pickings.

The next job will be to put on the mouse guards which I didn't secure properly last year and ended up losing a colony as a result. It's then just a case of keeping an eye on the hives over the winter to make sure the mouse guards remain in place, the entrances don't get blocked from any snowfall, and I don't suffer from any mindless vandalism.

I'll be back in 2020 so wish you all the very best for now.

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Funghi Gratinati

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**'The Green Book' on
Saturday 16th November
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The Green Book is the film chosen for your entertainment by Swanland Village Association showing at the Village Hall at 7.30 pm on Saturday 16th November. This film was requested by many people and won three Oscars, so we hope you will join us on the night for this entertaining and thought provoking film.

Refreshments will be on sale at the interval. Tickets only available at the door - which opens at 7pm - costing £4 adults and £2 schoolchildren. For further information see <http://www.swanlandvillagehall.info/forthcoming-events.htm>.

Pandora's Box of Musical Delights – Cottingham Civic Hall, 15th November 2019

Hull Savoyards are to present Pandora's Box of Musical Delights at the Cottingham Civic Hall on Friday 15th November 2019 commencing at 7.30pm. The evening will be show case of Gilbert & Sullivan and musical theatre. This will include music from The Mikado, Yeoman of the Guard, Pirates of Penzance, Les Miserables, Oliver, Chicago, Oklahoma, the incantation from The Sorcerer and much more for you to enjoy a wonderful evening of music, wit and costume.

Tickets are £10.00 with under 16's free when accompanied by an adult. Tickets available from Barkers on Hallgate, on line at ticket-source.co.uk/HullSavoyards and at the door (subject to availability).

For more information visit www.hullsavoyards.co.uk.



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

www.instinctivehorsetraining.co.uk

How can you help a reactive horse?

This is a question I am often asked by frustrated or anxious horse owners. The answer is in the question really. Reactive means that the horse is often anxious about certain stimuli entering its direct environment. This could be a sudden movement which causes nervous reaction - wind moving the branches, a fluttering plastic bag in a hedge or maybe even a pterodactyl perceived type of sparrow! Perhaps a new type of noise came into its hearing range? Someone power washing a driveway or vehicle, Hammering, roadworks or a million other stimuli.

The very fact that a horse feels the need to react will result in quick, sharp or downright dangerous avoidance behaviour. The behaviours on offer will be to shy away, spook, flee, jump away, spin, plant or freeze and just a few. They show that this horse lives on the edge of fear all of the time. The fear system is an innate, hard driven system. It is all about survival after all and it is present because the reptilian part of the brain is being used.

This part of the ancient brain triggers all the flight, freeze and fight responses. Cognitive learning and rational thinking ability has flown out the door as the horse remains in a state of survival.

I hope you now understand what is happening to this horse under stress and why the horse has no control over its reactions without our help.

Mostly, the first commonly used reaction from a rider is an aggressive one. "Make the horse walk forwards" by increasing aversive aids. Tell it off for being "stupid". Pull its head around by its tender mouth to "move its feet". Hit it with the whip you are allowed to carry. (Strange scenario really. We have banned the use of whips on humans. Slapping our children is now classed as assault. We have banned the use of whips on dogs. Circus acts are no longer allowed to use whips on Tigers and Lions to force them through hoops of fire because the general public don't like seeing



it, yet no one minds seeing riders hit their beloved horse to make it move. They even buy pretty looking whips for their children to use on their beloved ponies!)

It does not need to be this way. We can change so very much through structured training protocols using systematic desensitisation, counter conditioning and reward based marker training.





Property News from Martin English of Homelink

Leasehold and Freehold Property

The terms 'freehold' and 'leasehold' refer to the two main different ways in which properties in England and Wales can be owned.

This article explores the differences between freehold and leasehold, and provides an outline of some of the main issues surrounding leasehold, the more complex of the two.

Freehold

If your property is freehold, you own it, and the land on which it is built, outright. When you die, it is part of your estate and can be bequeathed to your heirs. Your entitlement to do with it as you please is limited only by planning and other laws. Any necessary repairs are your responsibility, but you can generally choose not to carry them out if you so wish.

For these reasons, freehold properties (or, in the case of a flat, a property with a share of the freehold) are usually more desirable than leasehold ones, and so are often worth more.

Leasehold

Though houses can be leasehold, this type of ownership applies more usually to flats. Under a leasehold agreement, you own your property only for the period stated in the lease. The freeholder (who, as we have seen, owns the property outright) grants you the right to do so, and ownership reverts to him when the lease expires.

The length of a lease, naturally, diminishes over time; its initial term can be up to 999 years. Not surprisingly, the duration of the lease purchased has a direct bearing on a property's

value. In some cases, leaseholders have the right to extend their lease or even buy the freehold.

Because leasehold is, in effect, a form of tenancy, an annual fee (known as ground rent) is payable to the landlord (that is, the freeholder or his managing agent). Ground rent may be a nominal sum. A maintenance (or service) charge is also levied, to cover things like managing the building, external redecoration and repairs, gardening, window cleaning, buildings (though not contents) insurance, and so on. Such charges may rise annually without limit, but they are required by law to be reasonable.

The leaseholder usually owns everything within the walls, including the floorboards and plaster, while the freeholder owns the structure, the land on which it is built, and the common parts (which include communal entrance halls, staircases and so forth). The freeholder may be an individual, a company, a local authority, a housing association or a residents' management committee, under which leaseholders join forces to buy the freehold of their building.

Leasehold's main advantage is that it assigns clear responsibilities for upkeep and repairs, protecting individual leaseholders in the event of, say, a leak from a flat above. On the downside, it can be more difficult to obtain a mortgage on a leasehold property; much will depend on the length of time the lease will have left to run after the end of the mortgage term.

If you have any comments or suggestions about the column or you have any property related questions that you would like me to cover please feel free to contact me at menglish@home-link.co.uk 01482 875248 or contact through *Cottingham Times* directly.

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"Taking 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 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!

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Local housebuilder teams up with Cottingham High School students to help give nature a home

Five-star housebuilder Barratt Homes Yorkshire East recently invited 20 students from Cottingham High School to learn about the importance of protecting and preserving wildlife in the community, this autumn. As part of the activity, the housebuilder took the students on a tour of its Gold Standard RSPB wildlife-friendly garden at the nearby Poppy Fields development in Cottingham.

The friendly team at the Poppy Fields development invited 20 eager year seven students to take part in an afternoon of educational fun, showing the green-fingered pupils how they can take simple steps to protect the hedgehogs, birds, bats, butterflies and bees in and around Cottingham, especially with winter fast approaching. The afternoon began with a wildlife talk from Barratt Homes' Technical Coordinator, Paul Stones, followed by a tour of the garden's wildlife-friendly features including a hedgehog highway, scented garden, deadwood feature, bee box, bat box and swift box before ending with a practical planting activity for all of the pupils.

As part of the activity, each student was invited to take part in a competition to design their very own wildlife-friendly garden, highlighting all of the essential features used on the Poppy Fields development to help give nature a home. Upon submitting their entry at the development, a winner will be selected, and their design will be framed in the sales office at Poppy Fields.

Paul Stones, Technical Coordinator at David Wilson Homes Yorkshire East said: "We had great fun with the students at Cottingham High School, and we're so pleased to have the opportunity to play our part in educating local students on how to take simple steps towards protecting wildlife in their own gardens and local spaces. We hope that the students were inspired by the afternoon's activities, and we really look forward to seeing their creative designs!"

Pete Brookes, teacher at Cottingham High School, commented: "We'd like to say a huge thank you to the team at Poppy Fields for providing a brilliant afternoon of educational fun! It's great to get the students outside of the classroom, and I know that they're looking forward to implementing what they've learnt and putting their creative skills to the test in designing their very own wildlife-friendly gardens! I'd also like to extend a huge thank you to Barratt Homes Yorkshire East for their generous donation towards our wildlife-friendly garden at Cottingham High School."

The activity is one of many undertaken by the five-star housebuilder, as part of its on-going partnership with the RSPB. For the last four years, Barratt Developments, which includes both the Barratt Homes and David Wilson Homes brands, has worked in collaboration with the organisation, with both parties working together to agree best practice on the types of plants

and shrubs to use in gardens, the ideal times in the year to survey local species, and how to make good use of already existing natural features within the new build developments.

Located in the popular village of Cottingham, Barratt Homes' Poppy Fields development is a beautiful collection of modern homes in a range of two, three and four bedroom designs. With fantastic commuter links and the bustling village centre just a short walk away, Poppy Fields provides the perfect home for first-time buyers, professionals and families alike.

For more information about Poppy Fields, or to arrange a viewing, please visit: <http://www.barratthomes.co.uk/PoppyFields>.

Maureen Hunter Singers Christmas Concert on Saturday 15th December at Middleton Hall

The choirs are well into rehearsals for their 'Christmas Voices & Brass' concerts, to be staged in the superb Middleton Hall at the University of Hull on Saturday 15th December at 7.30 p.m. AND on Sunday 16th December at 3.00 p.m.

The fabulous 11-piece Riverside Brass (comprising musicians of the highest calibre) will be our guest performers again, and, 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 our audiences away full of seasonal joy.

Tickets (priced £12.00 and £10.00) are available from Mrs. Margaret Talbot, 26 Churchill Avenue, Cottingham, HU16 5NL (Tel: 01482 846 550), or via Choir members.



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Hull CHA Rambling Club

We are a friendly walking club established in 1911 whose members enjoy walking on the Yorkshire Wolds, Howardian Hills, North Yorkshire Moors, Yorkshire Coast, occasionally into Lincolnshire and the Yorkshire Dales, and we walk throughout the year.

Sunday rambles are once a fortnight. Travel by coach to the starting point. Fare £12.

We pick up at Bilton, Holderness Road, Hull City Centre, Beverley Road and Beverley.

Pick up in the City Centre is 9.00am during the Autumn and Winter months.

All walks are with leaders.

The 'A' walk - a fast paced 10 to 12.5 miles.

The 'B' walk - a steady paced 7 to 9 miles.

And usually 'C' walk - around 5 miles and a gentler pace.

Sunday 10th November: Gills Farm / Thixendale to North Grimston.

Sunday 24th November: Fridaythorpe round.

For further information and to book a place on the coach please contact Joint Rambles Secretary, Pauline Borger on Pauline.borger223@btinternet.com or telephone 07929 933 323.

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

Like us on Facebook: [The Hull CHA Rambling Club](https://www.facebook.com/TheHullCHA).

You will be very welcome.

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Two levels of Walks

A Group 8-10 miles

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Shorter walks, a stroll of about 3 miles or so may also be available depending on the location please enquire.

Walks are with leaders and are risk assessed.

Sunday 3 November Danes Dyke Flamborough Headland

Sunday 17 November Thixendale Yorkshire Wolds

For further information and to book your seat on the coach please ring Sid&Sue 01482 701325. email phoenixwalkingclub@outlook.com.

For more information, please call 01482 790284. Neutering vouchers are available for those on benefits or low income, by calling 01482 657650.

Cottingham Calendars by John Dewing now on sale at Best Wishes on King Street

John Dewing who has taken many of the excellent photographs featured on the cover of the *Cottingham Times* over the past thirteen years, has produced an A4 full colour calendar for 2020 with a marvellous selection of Cottingham Views.

The calendar is now on sale at Best Wishes, King Street, Cottingham.

Hull and District Cats Protection Cat Homing show on Saturday 30th November

The Hull and District Cats Protection will be holding their Christmas Fayre and Cat Homing show on Saturday 30th November, in the Darby & Joan Hall, Finkle Street, Cottingham from 11.30 am to 1.30 pm.

Our new range of goods will be on sale together with Christmas Cards, Calendars, diaries and cat accessories. There will be a large cake and jam stall, plus our Christmas Hamper and Cat Christmas Stocking raffles, Guess the weight of the Christmas Cake and a tombola.

Refreshments will be available.

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Caring Dentistry

Mr Porter has finally retired altogether and handed the reins over to Christos.

He now divides his time between feeding the ducks on Walkington pond and tending a small herd of tortoises in Southern Greece.



Stuart Graham
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Sailing to Senegal to volunteer as a Ward Nurse on the *Africa Mercy*

Liz Findley from Cottingham, East Yorkshire is preparing for a 2-month trip to the West African nation of Senegal where she will be volunteering as a Ward Nurse (Paediatric ICU).

The 58-year-old is travelling to the *Africa Mercy*, the world's largest charity-run hospital ship, which provides healthcare and training to developing countries.

"My personal goal is to spend my semi-retirement from the NHS in a productive way. After furthering my knowledge by completing a Diploma in Tropical Nursing in Liverpool this year, I looked for suitable volunteering opportunities. The amazing work of Mercy Ships impressed me in particular. People who desperately need healthcare or surgery can not only be affected physically and emotionally but due to their conditions may be unable to work, go to school or may even face the isolation of stigma in their communities.

Mercy Ships not only deliver healthcare and surgery but train local medical professionals in the latest health and surgical techniques and aim to improve the local infrastructure. This is very important to me as I hope in the future their success could see themselves out of a job!"

The floating hospital is staffed almost entirely by volunteers from over 40 different nations who work in a variety of roles to help change the lives of some of the world's poorest people.

In sub-Saharan Africa, 93% of the population do not have access to safe and affordable surgery when they need it. This results in over 18 million people dying each year from treatable conditions. That's more than die from TB, Malaria and HIV combined.

Mercy Ships addresses this global surgery crisis within Africa by sending hospital ships crewed by volunteers to the places where surgeons are needed most. These surgeons also train local medical professionals who will stay in their home countries, effecting change long after Mercy Ships departs. Mercy Ships has touched more than 2.7 million lives since 1978.

"We are so grateful for the volunteers who travel to the Africa Mercy to volunteer their time and skills. Only 50% of the roles on the ship are medical and every role is filled by a volunteer. From the cleaners to the nurses, the receptionists to the electricians; we couldn't offer this vital service without them." - Hannah Mulvihill, Crew Support Coordinator for Mercy Ships.

As for Liz Findley, she is preparing for cabin life. "I am really looking forward to the challenge of applying my nursing skills to a good cause and meeting the children and families in my care. I will be sharing a cabin with other volunteers which could be tricky being a bit of an insomniac, but I will rise to the challenge and look forward to making new friends. Spending Christmas onboard will be a very special time and my return home is just in time to celebrate the New Year with my family".

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The *Africa Mercy* will stay docked in Dakar, the port capital of Senegal until July 2020. During that time they aim to deliver 1,700 surgical procedures and train 1,400 healthcare professionals.

Between the 1st of October and the 31st of December, any donations made to Mercy Ships from individuals in the UK will be matched by the UK government. This means that donations made will go twice as far providing lifesaving surgeries and medical capacity building in West Africa. Matched funds from the UK government will be spent directly on changing lives in Senegal.

For further information about the work of Mercy Ships, and the volunteering opportunities on offer visit www.mercyships.org.uk.

Rebecca Newman presents 'A Journey through Song' at Toll Gavel United Church, Beverley

There are still some tickets left for classical number one selling soprano Rebecca Newman, who will present a special programme of her favourite operatic arias, traditional folk songs, sacred arias and songs from her childhood growing up on the coast in Devon.

Rebecca has many funny and touching stories from her unusual musical career, which has seen her perform with international tenor Joseph Calleja and stars like Aled Jones, Alfie Boe and Russell Watson.

As seen on BBC's Songs of Praise, BBC Breakfast, ITV and Sky, and heard on BBC Radio 2, Classic FM and various regional radio stations, Rebecca's repertoire and emotive voice will make for an unforgettable evening.

Thursday, 7 November, 2019 at 7.30pm. Tickets cost: Adults £16, Concessions £14; all children under 16 FREE with full paying adult, additional children £6; and are available from Beverley Library, or call 01262 678258, or visit Bridspa.com

The concert is part of Classically Yours, winner of 2018 Royal Philharmonic Society Awards for Audience and Engagement.

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Sunday 10 November

10.45am Remembrance Sunday

The service starts outside near the War Memorial and then moves into the church



Saturday 16 November

6.00pm 'Saturdays at Six' Concert

Organ recital by Julian Savory. Tickets £6 at the door (inc refreshments)

Sunday 17, 24 November

10.45am Advent Book stalls

In the Church Hall after Eucharist. Christmas books for children, devotional books and Advent Calendars

Saturday 30 November

10.00am-12.00 noon Pre-Christmas Coffee Morning

Gift stalls, mince pies and refreshments in the Church Hall

Sunday 1 December

6.30pm Advent Procession with Churches Together

Advent music, prayers and readings. Refreshments

Sunday 15 December

10.00am-4.00pm Christmas Market on the Green

1.00pm Churches Together Live Nativity

Visit the stable at the Duke of Cumberland and watch the Bible story unfold

3.30pm Carols@St Mary's

Come and sing some of your favourite carols and support Crisis at Christmas, the charity for the homeless

Sunday 22 December

6.30pm Service of Nine Lessons & Carols

Tuesday 24 December (Christmas Eve)

3.00pm Christingle with Nativity

Service in aid of The Children's Society

11.30pm Blessing of the Crib and Midnight Eucharist

Wednesday 25 December (Christmas Day)

8.00am Holy Communion

9.30am Family Eucharist

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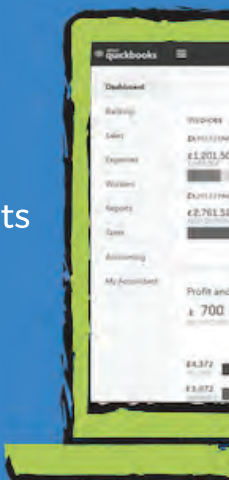
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Cottingham Tennis Club (off Hull Road)

Are you interested in getting fit and making new friends? We are a friendly club looking for new members at all levels of playing ability including absolute beginners. We have excellent facilities including three floodlit, all-weather artificial grass courts. We have lots of opportunities for both social and competitive tennis and we have a dedicated coaching team. Please contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

Do you wish you could swim?

If you have failed to learn to swim by traditional methods, try something different. Hull Optimists teach people to swim by concentrating on balance and breathing skills. You may have a disability or a profound fear of water, we can still help you, providing that you are accompanied by your own carer or helper in the water. Sessions are in the warm water at Frederick Holmes Special School, Inglemire Lane during school term times and we now have places available on Mondays at 6 pm for, both children and adults. We also need someone to help in the water, no experience necessary as training is available. For further information 'phone Chris 01482 849124.

The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held outdoors in the summer months and indoors in the winter months. Club competitions and social gatherings form an important part of the Club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email revtrev37@gmail.com

ALANON Meetings

Thursday evenings at Holy Cross Church, Carrington Ave Cottingham HU16 4DU. The meetings start at 7.30 pm until 9.00pm every Thursday evening, it is an open meeting for relatives or friends of the alcoholics and who are being severely affected by someone else's alcoholism. This fellowship is an International one, there are no dues or fees for joining all new comers will be told that they will remain strictly anonymous and anything they share at the meeting would not be discussed elsewhere. Any further information on 01482 508231.

Alcoholics Anonymous Meeting

If you think you may have a problem with alcohol which is costing you more than money, and want to stop drinking, you will be most welcome at the meeting at the Zion URC Church, every Friday night at 8pm. For more information call 01482-830083. Free-Confidential-Advice.

Alternative Aquatics

Alternative Aquatics is a local charity and self-help group. We provide gentle exercise and relaxation for people with back pain and associated mobility problems, in wonderful warm water and a friendly atmosphere. We meet on Thursdays at 5-6 pm during term time, at the hydrotherapy pool at Frederick Holmes School on Inglemire Lane, Hull, and the cost is £39 per school term. We have a few places available so if you would like more information, or would like to come along for a free trial session, ring Karen on 01482 807072 or Ann on 572011. We are also looking for volunteers and expenses can be paid.

Butterflies

Is one for those with memory loss and their carers. The group meets on the 3rd Friday of the month in the afternoon from 12 noon to 2.30 pm. The venue is in the Methodist Church, Hallgate. A light lunch (optional) precedes a variety of activities, eg. Crafts, entertainment, games. A small charge is made to cover costs.

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St. Mary's Church, Cottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 60p (including biscuits). Please come and help us with our jigsaw puzzle. A warm welcome ensured.

Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 29 teams (19 Boy's teams at under 7 to under 17 level, 1 Youth's under 21's team, 5 Girls teams at under 8's to under 14's level, 1 Men's team, 1 Ladies team, 1 Veterans team and an Ability Counts team), as well as an academy for 4 to 6 year olds, a Wildcats Girl's Footballing Centre and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website "www.cottinghamrangers.co.uk".

Zion United Reformed Church, Hallgate

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

Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. **Get Fit, Have Fun!** £2.50 Adults; Students £1.00 per evening. For more information telephone Telephone Fiona/Steve on 01482 870906.

Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.30 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm. Suitable for men & women of all abilities. www.fitmums.org.uk

The Alzheimers Society

Hold a variety of Activity Groups and Memory Cafes for people with dementia, their families and carers. For more information please contact the Hull and East Riding Alzheimer's Society on Tel 01482 211255.

Cottingham Cricket Club

'The club provides cricketing activities and games for boys and girls from the age of 6. We run 4 Saturday sides, and teams at U9, 11, 13, 15, 17 and 19 and also Girls Teams. All new players of any ability are welcome. Training starts in January with Indoor Nets at Sirius Academy North for all age groups and Seniors on Wednesday evenings 6.00 pm till 8.00 pm and at Cottingham High School (Sports Hall), (tennis ball/kwick cricket ball) for ages 6-15, on Saturdays 12.30 pm till 2.30 pm till Easter. Summer training for Juniors is Friday evenings and Seniors is on a Wednesday. For more information and details contact Rob Rhodes on 842215. Or email cottinghamcc@hotmail.co.uk

The Orchard Stroke Group

The Orchard Stroke Group is a small group run by, and for Stroke survivors and their carers. We meet on the 3rd Thursday of the month at Cecil Gardens, Hawthorn Avenue, from 10.00 am to 12 noon, for a friendly chat over a cup of tea or coffee with biscuits, and if any members need any help with any Stroke-related issues, we can point them in the right direction for information. If anyone would like more information, they can contact me on 01482 565767 or 07908 145585. My name is Rob and I am the chairman of this group and look forward to having some new members,

Calligraphy, Quilling and Folk Art classes

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

Continued on page 45



Nov: **Halloween Ball - Friday 1st**

Who Wants to Die a Millionaire - Murder Mystery - Friday 8th

Tina Turner Tribute - Friday 22nd

Christmas Lights Switch On - Saturday 30th

Dec: **Party Nights - Thursday, Friday & Saturday**

Christmas Lunches - Throughout December

Christmas Lunch - Wednesday 25th

Boxing Day Lunch - Thursday 26th

New Year's Eve Gala - Tuesday 31st

Jan: **The After Party - Friday 10th**

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

Traditional Chinese Medicine (TCM) has existed for over 4,000 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 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

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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, Obesity, Ashma, Brochitis,



Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Colds, Flu, etc.

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Women's Problems:-

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Continued from page 43

Cottingham Bridge Club

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

Thursday Fun

Takes place in the Methodist Church, Hallgate every 3rd Thursday of the month from 2.00 pm until 4.00 pm. Come and join us and play dominoes, cards, scrabble and do a jigsaw or bring your own craft/game. Enjoy a good chat and tea and biscuits. This is FREE, but we have an (optional) small raffle.

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday and Saturday from 10.30 am to 12.00 noon, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

Scottish Country Dance Club

We meet on Mondays in Arlington Hall, Cottingham, 7.30pm - 10.00 pm. Everyone is welcome, beginners (for the first hour) and dancers with experience. It's a fun night with an RSCDS qualified teacher. For more information phone Lynne Brooks 840301 or Joyce Cochrane 871790. Your first night is free so come along and have a go!

The Cottingham Whist Club

Every Wednesday afternoon 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. For further information telephone Jill 843253 - or Pat 07531 762 593.

Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on

a Thursday evening from 7.30 pm. and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on philme79@gmail.com for further information.

Hull Zingari

Hull Zingari Cricket Club (est 1896) will be holding indoor net sessions for junior and senior players and new players will be made very welcome. JUNIORS Haltemprice Sports Centre, Springfield Way, Anlaby. 10 Sundays 6pm - 8pm starting February 12. £4 a session. Fully qualified ECB coaches in attendance. Hard ball and softball. Equipment can be provided. Ring Steve on 447568 to book a place. SENIORS Hymers College Sports Hall, Hymers Avenue, Hull. 9 Fridays 6.30pm - 8.30pm starting January 27. 3 sides playing weekend cricket in the York and District Senior Cricket League. Excellent playing and social facilities. If you are new to the area or looking to play in a higher grade of cricket then contact Ron Biggs (Hon. Sec) on 571205 for details of how to join the City's longest established cricket club. www.hullzingari.play-cricket.com and on facebook and twitter

Haltemprice Dolphins Swimming Club

Every Thursday night. Some of our members have physical disabilities, whilst others have more hidden disabilities. The sessions are ideal for people who are recovering from strokes, heart attacks and other medical or hidden problems. Most of the people we help have achieved much more now as they have needed, and received, extra support. We actively encourage family and friends of disabled members to join us in the pool, as this encourages the social side to the club. There is an aqua aerobics half hour at the beginning of each week for those who would like to join in and keep fit. There is a charge of £2.50 per session for disabled and family members. (Carers are not charged.) Sessions are on Thursday nights from 7.30 to 9.00. For more information tel: D. Thomas on 01482 844815.

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Crossword solution from page 14

1	C		2	I		3	E		4	P		5	A		6	M		7	H			
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How not to catch a cold

You have heard people talk about “catching a cold.” What exactly does it mean to catch a cold? It sounds like a funny way of talking about coming down with a head cold, but it is a common expression, especially during the cold and flu season (predominantly the winter months).

But you may have been misled about the manner in which you “catch” a cold!

We are often led to believe that it is germs that cause diseases and such health issues as the common cold. Germs are everywhere and so are the many viruses that can herald the start of illness.

But ... the story does not end there. In fact it is only the beginning of it.

Germs create disease when the conditions are right for it to occur in the human body. When the environment is already bordering on unhealthy, this is when germs can wreck havoc and strike. However, it can only happen if the immune system is run down. If the immune system is well fortified and going strong, germs have no impact. That is a force field that they are not able to penetrate.

The immune system is an integral part of the functioning of your body. It plays a vital role in how healthy you are (or how healthy you are not!). Your body’s immune system function never takes a day-or night- off. The immune system is successful at fending off germs and other pathogens 24 hours a day, seven days a week.

When the circumstances of your immune system are not ideal, symptoms of illness will appear. If you know that you are stressed out, overtired, and not taking proper care of yourself, your chances of getting sick are much greater. Hello cold virus!

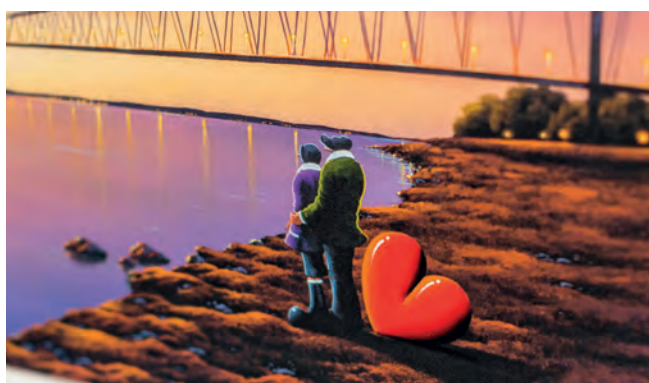
When it comes to a compromised immune system, we need to ask ourselves what we are doing or thinking to cause the problem. It is not just a question of what is happening with our physical health. Our emotional and mental health is often common culprits of illness and disease as well.

Instead of focusing on germs or viruses (which can often cause you needless worry), focus on living a healthy and disease-free life. Make that a priority. Do everything you can to promote the health and wellness of your hardworking (and often under appreciated!) immune system. By boosting the effectiveness of your immunity, you will strengthen your body’s ability to fight off unwanted visitors in the form of unhealthy germs, bacteria and viruses.

A good place to start is to look at what you eat. Eat a nutritious diet that consists of as many organic foods as you can find (and afford). If you can grow your own fruits and vegetables, plant a garden and enjoy your own pesticide free produce.

Exercise regularly, get enough sleep and find effective ways to cope with stress. Regular massages are beneficial, as is periodic chiropractic care. Meditation and yoga are both good ways to relax every part of your being.

Taking care of yourself properly enables your immune system to do the job that nature intended it to do. It can do a super duper job the better you nurture it!



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CHRISTMAS HAS ARRIVED

VISIT THE BEST CHRISTMAS DEPARTMENT IN THE NORTH EAST AS JUDGED BY THE GCA 2018

GROTTO LAUNCH WEEKEND 23RD-24TH NOVEMBER

HELP US CELEBRATE THE ARRIVAL OF SANTA IN OUR GROTTO!
IT WILL BE A TRULY MAGICAL WEEKEND



FACE PAINTING BY
JULIE-MARIE 11AM - 4PM.



BREAKFAST WITH SANTA

£12.90 PER PERSON

9:15AM - 10:15AM

30TH NOVEMBER

7TH DECEMBER

14TH DECEMBER

21ST DECEMBER

TEA WITH SANTA

£12.90 PER PERSON

4:30PM - 5:30PM OR 6PM - 7PM

28TH NOVEMBER

5TH DECEMBER

12TH DECEMBER

BOOKING REQUIRED VIA
OUR INFORMATION DESK
OR BY PHONE: 01482 677521



324 Hull Road, Woodmansey
Beverley HU17 0RU
Tel: 01482865410

Opening times:
Mon - Sat : 9am - 6pm
Sun : 10am - 4pm

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