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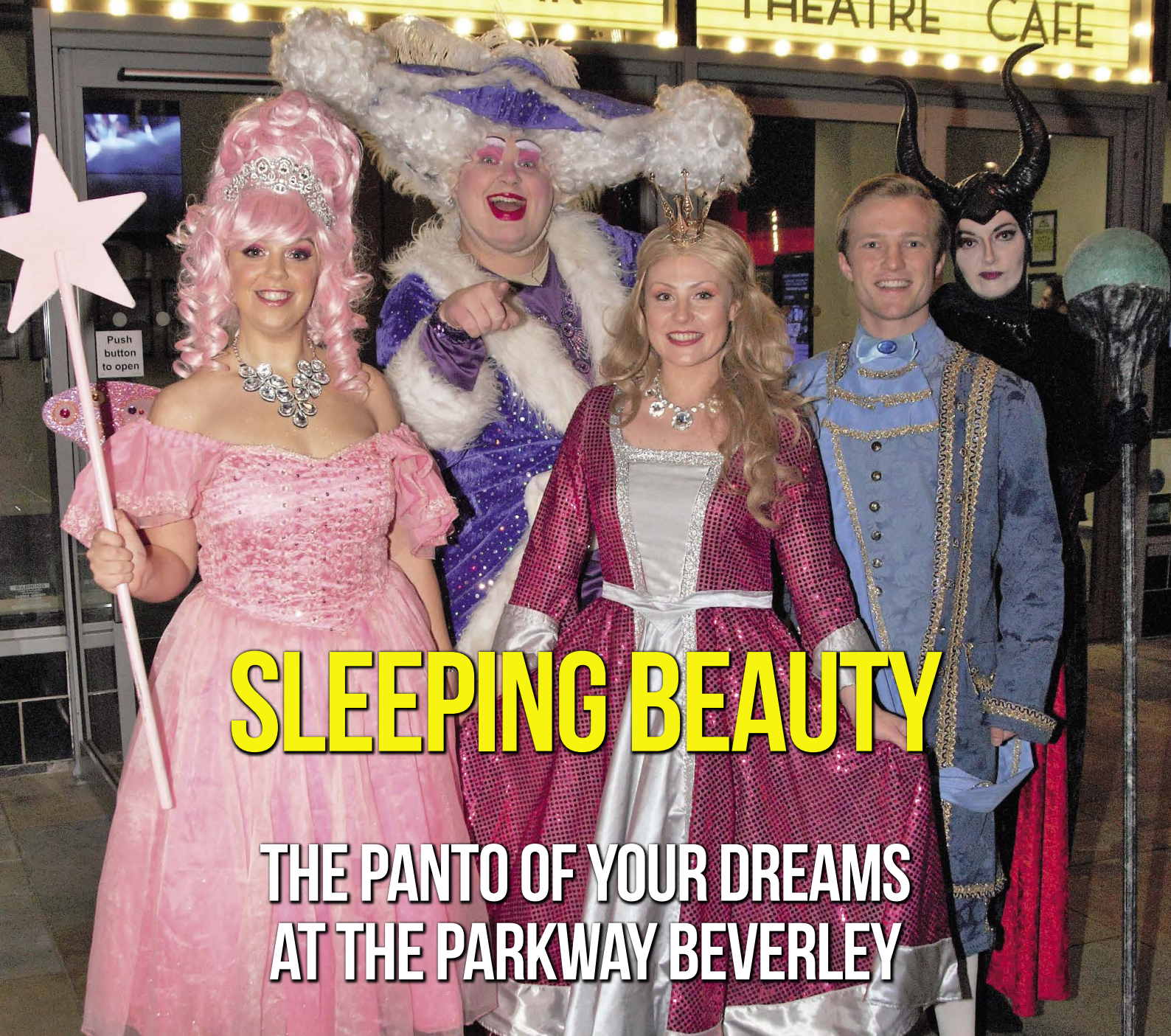
ISSUE 59

BEVERLEY

PICK ME UP, I'M FREE

CINEMA BAR

CINEMAS
THEATRE CAFE



SLEEPING BEAUTY

THE PANTO OF YOUR DREAMS
AT THE PARKWAY BEVERLEY

NEWS, WHAT'S ON, LIFESTYLE, FEATURES, PUZZLES, PHOTOS & MORE



stipendia

payroll solutions

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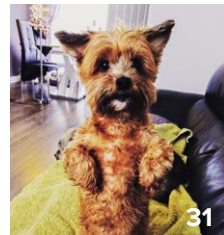
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Competition Terms and Conditions

Competition answers should be emailed to competition@justbeverley.co.uk before the closing date with the competition title in the subject field. Include your name, address and daytime contact telephone number along with your answer. Winners will be notified within 1 week of the closing date and MUST be available for publicity purposes for **Just Beverley** magazine, website and Facebook page and the prize provider. Photographs are usually taken the weekend after the prize-winners have been notified. The judge's decision is final. No cash alternative is offered. Details may be used for marketing purposes by **Just Beverley** and the prize provider and for website analytics by **Just Beverley**.

Contributors:

Julian Minshall, Lara Blythe, Rich Manville, Clare Atkinson, John Benyon, Robbie Burrell, Jane Dale, Shaun Dart, Jack Dickety, Ed Hawkes, Rich Hayes, Laura Hitchman, Lauren Middleton, Colin Raynor, Ian Richardson, Sam Walton, Nathan Wilson, Duncan Jack.

REMEMBER!

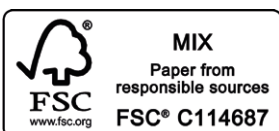
If you see examples of anti-social behaviour or other types of low-level crime, do report it to the appropriate authorities. Without knowledge, the Police and Council cannot put in place processes and procedures to combat it! Cyclists without lights, on one wheel, traveling the wrong way down a one-way street put other road-users in danger - let the Police know immediately!

POLICE - Emergency 999, Non-urgent 101.

ANTI-SOCIAL BEHAVIOUR (East Riding of Yorkshire Council) - 01482 393939.

You can pick up the magazine from:

Parkway Cinema, Flemingate, Beverley Tourist Information, Beverley Library/Treasure House, Tesco, Morrisons, East Riding Leisure Beverley, East Riding Theatre, Browns café, Beverley News, Boyes, Tesco café, Colette and Tyson Garden Centre, Beverley Garden Centre, Cherry Tree Garden Centre, Mace News Saturday Market, Co-op Food Lincoln Way, Tickton News, Costcutter in Walkington, Molescroft News, Grovehill Convenience Store, Maple News, Leconfield PO, Willerby News, Poundland, Halfords, East Riding Community Hospital, Bishop Burton PO, Leven PO, The Altisidora, Cherry Burton PO, Barkers of Cottingham, Middleton-on-the-Wolds PO, Light Dragoon at Etton, Gnu at North Newbald, Monks Walk, Hayride, Sally's Deli, Ferguson Fawcett at Walkington, THECREATIVELAB, health centres, churches, cafés, hairdressers and more!



Please pass your Just Beverley on or recycle it responsibly.
Printed by: Jadan Press.

LETTER FROM THE EDITORS



It's starting to feel a bit like Christmas! We've all enjoyed the Christmas Lights Switch On, Christmas parties are in full swing and people are wearing their Christmas jumpers; it's a fun time of year!

For us, Christmas 2019 is special - we have our in-laws travelling over from Australia to celebrate the festive season and see in 2020 together. It will be a memorable time for all the family.

This year has been a great year - through our Small Change BIG Impact motto we have been delighted to help raise awareness of various campaigns that have made a big difference to people's lives. Next year, 2020, will be no different, but we'll also be making some changes - issue 60 will have some surprises!

From everyone at **Just Beverley** have a Merry Christmas and a healthy New Year. Thank you for all your support.

Just Beverley - It's Your Magazine.
Julian.



Wow, we're into the final month of 2019 already - this year has flown! I've already completed my second month with the magazine and it's great to hear so many good new stories coming through - competition winners, amazing achievers, and some wonderful donations to charity - check out the 'News' section on pages 4 and 5.

I do enjoy the festive spirit this time of year brings - it really is the season of goodwill.

There's lots going on around town in the run-up to Christmas Day with plenty of opportunity to see some wonderful performances, from classic carols to the Panto (Oh, yes there is!). And with 2020 around the corner I'm excited about what the New Year will bring!

Wishing you Merry Christmas and a prosperous New Year!
Lara.



'Community Publication Award'
Shortlisted Nominee
2017 & 2018



REYTA
'Remarkable East Yorkshire Award Nominee 2016'
'Best Newcomer'

GET IN TOUCH WITH US:

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Email: info@justbeverley.co.uk

Telephone: **01482 679947**

Twitter: [@JustBeverley](https://twitter.com/JustBeverley)

Facebook: facebook.com/justbeverley

If you would like copies for your business to distribute to staff and customers, call Just Beverley on **01482 679947**.

'BEVERLEY IN POEMS, PAINTINGS AND PROSE': A NEW BOOK ON OUR BEAUTIFUL TOWN IS LAUNCHED!

Three Beverlonians have recently launched a wonderful new book from a truly artistic perspective. Peter Lee, Stephen Hill and Peter Hick have collaborated to produce 'Beverley in Poems, Paintings and Prose', a tribute to our beautiful and inspiring town!

The book launch was held on the 12th November in the East Riding Theatre café - bar, an apt location for such an artistic contribution. The evening was well attended and provided a great opportunity to view - and purchase - the paintings used in the volume.

Tom Wilders, a director and trustee of the East Riding Theatre led the events of the evening and introduced the four speakers, who included The Mayor of Beverley Mr. Duncan Jack, Peter Lee and Peter Hick, and Dr. Andrew Milner of the charity Help for Health.

With distinctive yet nostalgic images and humorous poetry, the book shows much of why

Beverley is so well-loved. All profits made from the book sales and the sale of the original watercolour paintings are to go to the local charity 'Help for Health'.



The book will be available for purchase at the following locations: Murray Todds, North Bar Within; Beverley Building Society, Saturday market; Hengate Pharmacy at Manor Road Health Centre, Manor Rd and The Bread Shed, 7A Ladygate, all in Beverley.

If you would like to purchase multiple copies please contact chrisherma200@gmail.com.

THE CHERRY TREE CENTRE BENEFITS FROM A FESTIVE KNEES-UP!

The Beverley and District Chamber of Trade held a Festive Party to raise money for The Cherry Tree Centre on Friday 15th November.

The party, hosted by The Potting Shed down Flemingate, was a night to remember with plenty of food, drink and entertainment on offer, even Santa was there taking time out of his busy schedule!



Local singer Lillie performed two sets of party classics and there was a raffle draw with all winners bagging goods worth upwards of £20! One of the prizes even included a flight in a Cessna aircraft! All prizes were provided by local businesses and members of the Beverley Chamber of Trade.

Located down Cherry Tree Lane, The Cherry Tree Centre is a charity that supports the local community in times of need and provides an excellent community centre for groups and clubs to meet. A wonderful resource, the Cherry Tree Centre is a focal point for so many in the local area.



Jo Cherry Tree Centre Manager said "We were so grateful to Beverley & District Chamber of Trade for hosting the festive evening on Friday the 15th November at The Potting Shed. It was a wonderful evening with excellent entertainment and refreshments. The staff, Trustees, volunteers and local people who access our services all commented on a fantastic evening.

"Any monies raised from the event will be used for our survivors of stroke club and our pensioners group. These groups support local people and reduce isolation and loneliness. As a charity we rely heavily on donations and grants."

TOUR DE YORKSHIRE 2020 IS COMING TO BEVERLEY!

Beverley has once again been chosen to co-host the Tour de Yorkshire! Our beautiful town will become the focus of the cycling world for a few days next year as it shares the privilege of holding the race with seven other Yorkshire town and cities - Skipton, Redcar, Leyburn, Leeds, Huddersfield, Halifax and Barnsley.

Beverley is no stranger to previous cycling events and has held Tour de Yorkshire starts in 2016 and 2018.

Earlier this year it took centre stage again and saw the start of the Yorkshire 2019 Para-Cycling International.

The Tour de Yorkshire race will be held between Thursday 30 April and Sunday 3 May and the East Riding of Yorkshire as a county even has a guarantee of a stage start or finish!



The 2020 Tour de Yorkshire and Asda Tour de Yorkshire Women's Race cycle routes are to be unveiled in January. If you would like more information please see: www.letouryorkshire.com.

CHEERS TO BEVERLEY CHRISTMAS FESTIVAL OF FOOD AND DRINK!

The eighth Beverley Festival of Food and Drink, held on 23rd November in Beverley Minster, was hailed a success after raising money for East Yorkshire Foodbank!

A wide array of locally produced artisan comestibles was on sale, demonstrating what wonderful fare our county has to offer!



EAST YORKSHIRE FOOD BANK RECEIVE A £500 DONATION!

The East Yorkshire Food Bank, based down Mill Lane, Beverley has received a much-appreciated donation of £500 from the Beverley Referral Business Network (BRBN).

Annemarie Foster, Member of the Board of Trustees of the Foodbank attended a recent BRBN meeting to receive the cheque, which was handed over by group treasurer Tony Hall.

Run almost entirely on volunteers, with only one paid part-time staff member, the East Yorkshire Food Bank provides 3 day's food needs for those in the community who have, for whatever reason, found themselves in difficulty.



Functioning through referrals from other services in the East Riding, the Foodbank provides nutrition for between 40 and 60 individuals per week. This is a big increase on the average of 14 people per week seen when the Foodbank was first established in May 2016.

Anne Marie was delighted 'to receive a cheque nearly as big as herself', and spoke proudly of the hard work of all the volunteers who help the food bank run as it does.

The BRBN is a group of local business owners that meet weekly in Beverley to network in a positive and supportive environment. The group regularly donate money to local causes.

CONGRATULATIONS LYNNE, NORTHERN MASTERS GOLD MEDALIST!

Lynne Auton, local amateur weightlifter, entered the Northern Masters weightlifting competition on 9th November and won Gold!

The competition, which is divided into categories dependent upon age and bodyweight, was held in the Oasis Youth Centre in Ellesmere Port, Liverpool.

Lynne's coach, Sam Young, owner of strength training gym Strong for Life, gave us a bit of background.

"Lynne started strength training at Strong for Life in 2013. This included squatting, deadlifting,

pressing and pulling exercises. She then completed our beginner Olympic Weightlifting Technique Course in November 2016.

"Lynne went on to compete as a Masters Weightlifter, both at Regional and National levels. She became English Champion, and British Silver medalist in her age and weight category in 2019".

By winning gold at the Northern Masters, Lynne qualifies to take part in the European Masters and World Masters, both to be held in 2020.

Good luck Lynne!



A POSITIVE MOVE AGAINST SHOPLIFTING!

Beverley Shopwatch was started 18 months ago as an initiative between the local police and Beverley retailers to prevent retail crime in Beverley.

Co-ordinated by Shaun Dart, Shopwatch functions throughout the town centre and surrounding areas. It has quickly become a very popular and important tool for staff in retail settings, increasing awareness and encouraging retail outlets to work together to achieve the same goal.

A data sharing agreement has been set up between the police and local retailers whereby images of known shoplifters can be shared. This makes up-to-date information available to all stores in the initiative so they can be prepared and be aware. This is especially true during the Festive Season - a key time for all retailers.

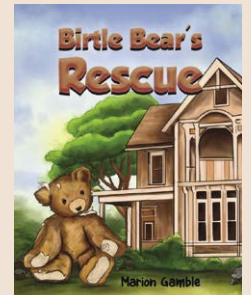


Shopwatch makes Beverley a tough target for shoplifters, and brings together a community of like-minded businesses. That said, Shaun would also encourage members of the public to inform store staff if they see theft occurring in shops.

Shaun is delighted with the success of the scheme, and looks forward to its continued positive impact on the Beverley retail environment for shoppers and businesses alike.

A NEW BOOK FROM MARION GAMBLE

Marion Gamble's new children's book "Birtle Bear's Rescue" is now out, published on 29th November.



The ideal Christmas gift for the family reading time.

Available from Amazon with 30% discount from 29th November or can be ordered from any good book shop.



EVERY THURSDAY AT 10.30am
(doors open 9.45am)

Join us for a free brew and a natter and enjoy some great films on Beverley Parkway's Big Screen. Only £4.20 with drink and biscuits included. Aimed at 55s and over. Films subject to change.

**Thursday 5th December -
The Farewell**

Starring: Zhao Shuzhen, Awkwafina, X Mayo
Director: Lulu Wang

Hustlers

Starring: Jennifer Lopez, Julia Stiles
Director: Lorene Scafaria

**Thursday 12th December -
It's a Wonderful Life**

Starring: James Stewart, Donna Reed
Director: Frank Capra

The Farewell

Starring: Zhao Shuzhen, Awkwafina, X Mayo
Director: Lulu Wang

**Thursday 19th December -
The Kitchen**

Starring: Melissa McCarthy, Tiffany Haddish
Director: Andrea Berloff

It's a Wonderful Life

Starring: James Stewart, Donna Reed
Director: Frank Capra

Thursday 19th December -

Senior screen will be taking a festive break

PENGUIN PARTIES



**ONLY
£195**

- Suitable for ages 5 to 12
- Up to 40 guests (additional charge for extra guests)
- Party games in a private function room with Parkway Penguin
 - Tea and coffee for parents on arrival
- Personal Photo montage on screen followed by your own film screening

For more information,
please contact a member of staff

These are the films scheduled to open in November/December - *all are subject to change.*
Check out up-to-date cinema listings at www.justbeverley.co.uk/cinema-times



27th November



29th November



6th December



13th December



13th December



19th December



19th December



26th December



26th December

COMPETITION WINNER

Congratulations to Mr Philip Millson who won the VIP tickets to see 'Sleeping Beauty', at Parkway Cinema's Theatre.



YOUR LOCAL INDEPENDENT CINEMA



STAR WARS: RISE OF SKYWALKER COMES TO THE BIG SCREEN ON 19TH DECEMBER!

Attention all Star Wars fans! Star Wars Episode IX: Rise of Skywalker is due to be released on 19th December at cinemas nationwide - including our very own Parkway Cinema here in Beverley!

The final film of the sequel Trilogy follows the stories of Rey, Finn and Poe Dameron - members of the Resistance - in their battles against Kylo Ren and the First Order.

This concluding film of the nine-part saga sees the end of the long-lasting war between Jedi and Sith. Carrie Fisher, Mark Hamill and Billy Dee Williams reprise their roles as Princess Leia, Luke Skywalker and Lando Calrissian respectively.

The original trilogy (Episode IV: A New Hope, Episode V: The Empire Strikes Back and Episode VI: Return of the Jedi) famously started the story from the middle leaving future generations to bring to life what has become known as the 'Skywalker Saga'

And do you recognise that familiar cackle? That's right the villain Emperor Palpatine returns!



WIN A PAIR OF TICKETS FOR THE OPENING NIGHT OF STAR WARS: RISE OF SKYWALKER!



To celebrate the release of the Star Wars: Rise of Skywalker on 19th December, Parkway Cinema together with Just Beverley, is offering the chance to win a pair of tickets for the opening night of the latest film in the Trilogy!

Both Mark Hamill and Carrie Fisher were in the original 1970's film Episode IV: A New Hope, cast as brother and sister, Luke Skywalker and Princess Leia. Billy Dee Williams joined them in the cast of Episodes V and VI. All three actors return for the concluding instalment of this epic and much-celebrated story that spans generations.

Name the actor who plays Luke Skywalker in the upcoming film 'Star Wars: Rise of Skywalker'.

Send your answer by email to competition@justbeverley.co.uk by December 11th. Put 'Rise of Skywalker' in the subject box with your answer, name, address and daytime telephone number in the body of the email. The winner will be drawn at random immediately after the closing date and winners informed as soon as possible. The winner MUST be available for publicity purposes for Just Beverley and Parkway Cinema on 14th or 15th December. There is no cash alternative. Good Luck!



EVENT CINEMA

Event cinema offers something a little different to mainstream films. Live and pre-recorded shows beamed in via satellite from all over the world. Here are the latest live streams that you can enjoy on the big screen at Parkway Beverley.

**Sunday 1st December at 5.15pm, Monday 2nd December at 12.15pm & Tuesday 3rd December at 7.45pm -
SOMEBODY UP THERE LIKES ME**

**Monday 2nd December at 7pm & Saturday 7th December at 4.30pm -
LES MISERABLES: THE STAGED CONCERT**

**Wednesday 4th December at 7pm -
BRANAGH THEATRE LIVE: THE WINTER'S TALE (ENCORE) (PG)**

**Thursday 5th December at 8pm -
INVASION PLANET EARTH**

**Tuesday 10th December at 7.15pm -
ROH: COPPELIA**

**Sunday 15th December at 3pm -
BOLSHOI: THE NUTCRACKER**

**Tuesday 17th December at 7.15pm -
ROH: THE NUTCRACKER**

**Saturday 4th January 2020 at 7pm & Sunday 5th January 2020 at 3pm -
ANDRÉ RIEU: 70 YEARS YOUNG**

**Tuesday 14th January 2020 at 6pm -
EOS: LUCIAN FREUD - A SELF PORTRAIT**

**Thursday 16th January 2020 at 7.15pm & Sunday 19th January 2020 at 2pm -
ROH: THE SLEEPING BEAUTY**

**Sunday 26th January 2020 at 3pm -
BOLSHOI: GISELLE**

LIVEshows

**From Saturday 14th December
SLEEPING BEAUTY**

**Sunday 26th January 2020 at 7.30pm -
UNDER THE BOARDWALK**

**Sunday 2nd February 2020 at 7.30pm -
BUZZ COMEDY CLUB**

**Sunday 16th February 2020 at 7.30pm -
PHIL CAMPION**

**Sunday 8th March 2020 at 7pm -
LED ZEP 2**

**Sunday 22nd March 2020 at 7.30pm -
COME WHAT MAY**

BEVERLEY TOWN COUNCIL MAYOR OF BEVERLEY - COUNCILLOR DUNCAN JACK CHRISTMAS MESSAGE 2019



Christmas is fast approaching and Joy and I have enjoyed the first half of our year as Mayor and Mayoress of Beverley. It is great to get out and about and meet the various groups, and people who are working hard to deliver projects and ongoing events that enhance and brighten up the lives of us all here in Beverley. Long may you keep stepping up to the plate!

As a Council we have had a year of change and May's elections delivered 10 new Councillors out of 14 and they have all hit the ground running determined to do what they can for the town over the next four years. New Councillors bring new ideas so keep your eyes open for what they want to deliver.

I would like to wish you all a very Merry Christmas and a Happy New Year from all the Beverley Town Councillors, all the staff and of course from Joy and myself.

Councillor Duncan Jack
Mayor of Beverley

NEW YEAR'S EVE MAYOR'S CHARITY DANCE

The mayor of Beverley is inviting you to join him and welcome in the New Year at a Charity Supper Dance!

A two course buffet supper will be served, and there will be live music from Sean Finch. Tables of up to 10 are available and smaller parties can easily be teamed up. All profits will be equally divided between Dementia Friendly East Riding and The Cherry Tree Centre.



Doors open at 8.00pm. Order your carriages for 12.30pm. Tickets are available from Beverley Town Council (Tel: **01482 870496**) or contact Duncan Jack on **01482 862894** or email grocerjack@grocerjack.karoo.co.uk.



LOOKING TO MAKE FRIENDS in the Beverley area?

Since 1929 many women across the country have enjoyed the invaluable benefits of TG membership. They've experienced new things, visited different places, taken on incredible challenges, fought for women's rights and most importantly developed lasting friendships.

Interested in seeing what it is all about?

You are welcome to attend a Guild before considering membership.

If you would like more information or to find your local Guild visit www.the-tg.com/north or call **0121 326 0400**

Join the TG family

JBJOIN



UNITING WOMEN SINCE 1929

GIVE A "SHOE BOX" GIFT THIS CHRISTMAS!

This time of year sees Jacob's Well's annual shoe box appeal. Each year Jacob's Well sends thousands of "Shoe Box" gifts to children in Africa or Eastern Europe who otherwise wouldn't get any present at Christmas time.



The idea is simple. Find an old shoe box and fill it with lots of things that a child would like to receive. If you have children or grandchildren, you may have many toys that are no-longer played with. Colouring books and crayons make great additional gifts, with things like whistles, bubbles, wind-up torches, jewellery, make-up and small items of clothing also being gratefully received. Mark on your

box whether the gift is meant for a boy or a girl, as well as an approximate target age (teenager, toddler, etc).

This autumn, John Benyon, CEO of Jacob's Well Appeal, went to Burkina Faso to visit a few of the schools that Jacob's Well partners with. There is a civil war there at the moment. John met 30 children who were attending a special class to help children whose parents had been attacked or killed. Whilst nothing can bring back lost family members, the gift of a Shoe Box can bring a moment of joy to a child's life who has lost so much. Many of the shoe boxes we receive this year will go to Burkina Faso to be given to children such as these, many of whom are living as refugees, with very few possessions. It brings great comfort to children to know that people in other countries are thinking about them in their troubles, and it can be a great distraction from their grief to have some toys to play with.

Please do what you can to help some children in need this Christmas.

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CHRISTMAS COMES TO BROOK TAVERNER BEVERLEY

Celebratory cheer has arrived in Beverley as we approach Brook Taverner's first Christmas as a Beverley resident. Our store is now primed and decorated for the festive season and we would love to welcome you with the same Brook Taverner cheer that we have become known for throughout our time here.

Whether it be to peruse our array of Christmas gifts (with products available to suit all price ranges), to gear up for the abundance of Christmas themed parties, events and occasions that seem to occupy the majority of December, or simply to buy that Christmas day outfit to make it one to remember, our product range truly does cater to all.

For most, Christmas is the most wonderful time of the year and for us, it's a great moment to take a step back and reflect on a fantastic 2019, and a chance to appreciate the new friendships we've formed - especially through our Beverley store opening and the people we have got to meet in this stunning market town.



One of our newer friends perhaps, is Bishop Burton College located just 10 minutes away from the town centre on York Road. This friendship has allowed us to support the development of the Fashion Design Courses towards leading Fashion design as well as the development of their students.

Phionna Fitzgerald, Fashion HE Programme Leader stated that, "working on this live project with Brook Taverner has given the students opportunities to develop their fashion industry specific skills and knowledge. Through design briefs, a visit to Abraham Moon & Sons textile mill and the exciting finale to the project, showcasing their work on the catwalk." She went on to add that "this experience is priceless for anyone preparing to enter the industry."



The Degree studies in Fashion - FdA Fashion Design & Clothing and BA (top up) Fashion Design & Manufacture at Bishop Burton College - have been developed to prepare graduates to enter the diverse and exciting fashion Industry. Students gain a holistic view of the industry through studying concepts focussed on studio practice



and design exploration with a particular focus on realisation, entrepreneurial skills, creative pattern-cutting and garment construction, whilst embedding these skills in competitions, live briefs, work placements and small business development.

It's fantastic to see local Beverley organisations benefiting the community and we're excited to see the benefits of the program come to fruition.



Brand New Christmas Collection In store Now

Store Opening Times
Monday to Saturday 9am - 5.30pm
Sundays 11am - 4pm

Closed Christmas Day, Boxing Day
and New Years Day

BROOK TAVERNER
35, TOLL GAVEL, BEVERLEY. 01482 882356

COUNTRYSIDE MATTERS WITH SAM WALTON



There are many frustrating things in farming and of course one of them, and one we have no control over, is the weather. We can drain the fields and keep the outfalls clear so the water can run off, but there is a limit as to how much water you can actually cope with when it rains day after day for weeks on end just as you are preparing the land for next year's crop. 'Longer in bed, heavier in head' is a well known saying and I have always likened it to bringing the crops in early for a larger yield, rather than suffering from a hang over!

There was of course a short period in September when we could have drilled some of the land at least, but it was suggested that we left it for a while to allow black grass to sprout. Sprout it did, so we have that and wet land too. So, you sit and twiddle your thumbs and try to get your brain into gear, wondering which of the spring crops you can sow to lose money, or whether there is another exotic crop that could be used. My thoughts turned to some of the crops I have seen abroad and rice immediately came to mind. It likes rain, lives in water and you could probably grow three crops in two years on the same bog!

Sadly, we lack the sunshine and I doubt we would dare to ask the ladies in our circuit if they would like to plant the rice by hand, even if we did have tropical weather. I have seen lots of rice being grown, mostly in Asia where it is a staple food, and with modern methods now taking over such as combines, harvesting is a lot easier than it used to be. Corn on the cob is grown in Africa for human consumption, but here we grow maize for animal feed. If my memory serves me correctly (doubtful at my age!) I seem to recall that in Africa when maize was harvested by hand, they used to burn the crop once it was mature. This was for two reasons, the first was to get rid of the foliage, and the second to kill all the snakes. If I had a market here for corn on the cob or rice, at least I wouldn't have the snake problem!



LOGAN HARTE ACHIEVES BLACK BELT AT AGE 7!

Logan Harte, a member of the Martial Arts and Leadership Academy, Beverley, has at the age of 7 achieved his black belt! After starting Mixed Martial Arts at the age of 3 in December 2015, Logan has worked his way through the grading system and all of the coloured belts to reach this goal.

The Martial Arts and Leadership Academy is part of the AIM Association and practises a Multistyle Discipline. Logan took his black belt exam in October this year; a test that was almost four hours long, and which included warm up exercises followed by combination work, sparring, and a host of other skills Logan has learnt over the past 4 years.



Logan is an all-rounder when it comes to sport, being a keen footballer when he's not training with the Academy - and his dedication shows. Logan has attended training sessions at least twice a week since joining the Academy. The hard work and his achievements have given him self-discipline, self-belief, focus and confidence, which he has benefitted from both in and out of school.

Master Walker, Logan's instructor said 'Logan demonstrates our motto "to believe is to achieve". For such a young person to achieve a black belt is great testimony to both his and his parents commitment. He is a good example to others, that if you set your mind to something and set your goals you can achieve them'.

This inspiring young man has given us a wonderful example of the phrase 'small change, big impact'. If you believe in it enough you will do it! If you would like to know more about the Martial Arts and Leadership Academy, Beverley, please contact info@martialartsandleadership.co.uk.

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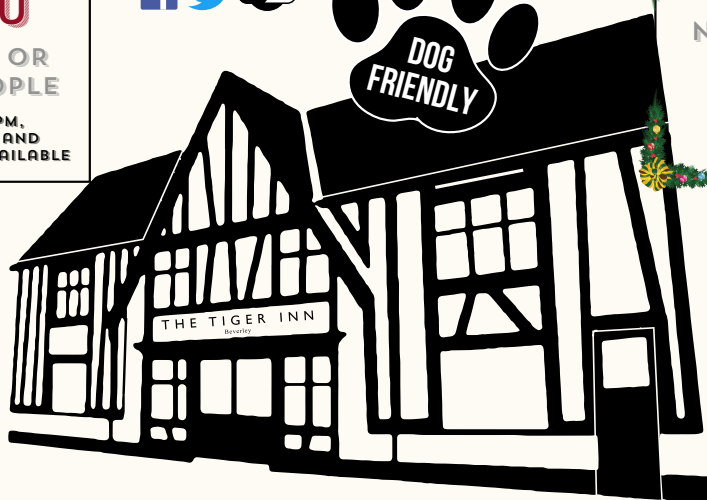
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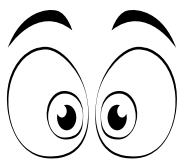
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IT WOULDN'T BE CHRISTMAS WITHOUT A PANTOMIME...

And this year will not disappoint! TaleGate Theatre Productions and Parkway Cinema present *Sleeping Beauty* - a fun-filled festive show for all the family!

The annual TaleGate pantomime is a well-established feature on the Parkway Calendar. To find out more about the fabulous actors that bring the characters to life, **Just Beverley** caught up with the magical Fairy Fabulous played by Justine Lee in this year's 'Parkway Panto'.

1. Do you consider yourself an introvert or an extrovert? Do you change at Christmas?

I'm a bit of both depending who I'm with, but I definitely struggle to contain my excitement at Christmas!

2. When was your biggest adrenaline rush?

Anytime I've ever been on a rollercoaster. I'm obsessed, the higher and faster the better!



3. Is what you are doing now, what you always wanted to do when you were growing up?

Performing is all I talked about when I was younger. I don't really know how to do anything else.

4. Who is the one person you can talk to about anything?

My mum. We've always had a good relationship but we're closer than ever now. Both her and my dad are so supportive, I don't know what I'd do without them.

5. What are you most thankful for?

I have a really good network of friends around me. They are all amazing and I feel really lucky to have them in my life.

6. What's on your bucket list for next year?

I really want to visit the Philippines. My partner's family are from there so I'd love to go and learn more about their culture. Also, I want to be able to do a backflip!

7. If a genie granted 3 wishes, what would you wish for?

An endless supply of biscuits, to keep my friends and family safe, and to meet Beyoncé. I'm a simple soul!

8. What's your idea of a perfect vacation?

Somewhere all inclusive where I can lie down and do absolutely nothing. Either that or Disney World!

9. What do you think about when you are by yourself?

I have quite a wild imagination so I can end up thinking about all sorts of weirdness!

10. Do you judge a book by its cover?

I really try not to. I like to keep an open mind when meeting people and give everyone a fair chance.

11. What's your favourite all-time movie and why?

Pitch Perfect. I've watched it so many times I can practically recite the whole thing!

12. What's your biggest achievement - sporting, hobby or past-time?

Two years ago, I was chosen out of 1,000 choreographers to perform a routine I'd created at a showcase in London. It was something I had done completely by myself and I was really proud of it.

13. What do you like about Christmas in Beverley?

This will be my first Christmas in Beverley and



I'm really excited! I've heard the Minster is beautiful at this time of year so I definitely want to go there.

14. Why should people come to see *Sleeping Beauty* at Parkway?

It really is the perfect show for all the family. The creative team have pulled out all the stops this year to create a truly magical Pantomime.

Don't get caught napping - join Fairy Fabulous in her battle against the evil Molevola at Parkway Cinema this Christmas!

Sleeping Beauty plays from 14th to 29th December at various times with a signed and relaxed performance on Saturday 21st December at 6pm. Book your tickets at parkwaycinemas.co.uk.





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AN AWARD WINNING START FOR GRACE EVA CAKES!

Grace from 'Grace Eva Cakes' recently entered Cake International for the first time and won a Bronze award! Congratulations Grace!



Held at the Birmingham NEC, Cake International is a world-renowned cake competition bringing together some of the biggest names in the cake-making world.

'I felt a sense of achievement just entering the competition knowing how hard it was' Grace said. This was her first time in entering the competition making winning Bronze an even bigger accomplishment!

Grace submitted her entry into the carved/sculpted cake category, which had to be 100% carved from cake and 100% edible - and there was an extremely strict marking scheme.

Grace created an exhausted harvest mouse slumped in an armchair after the busy harvest; 'my cake was inspired by the Brambly Hedge books I used to read when I was younger' said Grace. Based in Molescroft, Beverley, Grace set up her business 'Grace Eva Cakes' in December 2018.

Her passion for many years, Grace was finally able to make this her full-time career after having worked in education for six and a half years previously.

As Grace herself has said 'receiving this award has topped off what has been a great first year for 'Grace Eva Cakes.'"



I'VE BEEN THINKING... SAYS COLIN RAYNOR



Moving into December we know the 12th is going to be a very important date for our country. I've heard more than one person use the words 'miracle' and 'prayer' in expressing their hope that the state of confusion will be resolved.

Two words, usually linked with Christmas later in the month, from people who wouldn't claim to believe in the validity of either word. Let me tell you two stories that put these words in context.

Betty was a young mother who had made a quick trip to the local pharmacy to get some medicine for her sick child. She hurried back to her car and then realised she had locked her keys in the car. In desperation she uttered a little prayer, 'Please God help me get home to my child.'

Within five minutes a motor bike pulled up ridden by a scruffy old man who came across and asked if he could help. Betty told him 'my daughter is sick, I must get this medicine to her, and I've locked myself out of my car. Can you please help me?'

'Sure thing lady,' said the man. He walked up to the car door and in less than a minute the car door was open. Betty was so relieved she hugged him and said, 'Thank God for sending me such a nice man.'

'Lady,' the man said 'I'm not a nice man. I just got out of prison today; I was in for stealing cars'. 'Well thank God for sending me a professional,' Betty replied. Is this a prayer answered?

Bob got himself a dog and every day he would take his canine pal out for a walk. Walking by a lake one day Bob threw a stick across the lake and told his dog, 'fetch'. The dog shot across the water caught the stick in mid air and ran back to Bob without even getting his paws wet. Bob could not believe his eyes. 'Amazing! That's a miracle. How did you...?' Bob threw the stick again, and again his dog retrieved the stick without touching the water.

'Nobody will believe me when I tell them', thought Bob. Just then a man he knew came into view and Bob asked him to watch his dog fetch the stick, which the dog did as before. 'Isn't that a miracle?' asked Bob. 'I don't know about a miracle,' the man said, 'I think you should get your money back. That dog can't swim.'

I think miracles happen all around us every day if we are willing to look, listen, and accept the wonders of the life we are living. Perhaps we can all be a bit more positive in the New Year about even the little things in life, and try and see things a bit more clearly?

After all, we will all have 2020 vision.
Happy New Year!

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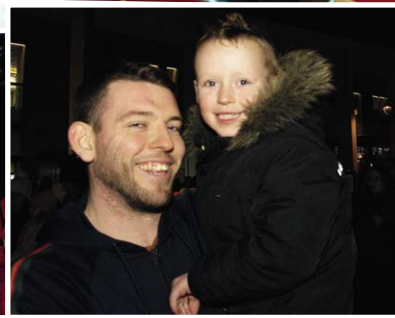
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GUEST AND PHILIPS GET INTO THE FESTIVE SPIRIT

The warm and bright Guest and Philips store in the Flemingate Centre is certainly merry this Christmas!

Every Sunday in December from 1st to the 29th, if you spend £75 or over you get a free lucky dip in the Christmas bag! Guaranteed prizes up for grabs have an RRP of anything between £20 and £120!

The store caters for everyone's tastes, and whether you're looking for smaller stocking fillers to buying that truly special piece that

will stand the test of time, then Guest and Philips is the place to be.

The wide range of brands Guest and Philips stocks includes Clogau, Kit Heath, Tommy Hilfiger, Calvin Klein, Jools, Unique (both Ladies and Gents) and Boing.



With everything from small playful earrings to necklaces and rings that will last a lifetime you're sure to find the piece you're looking for.

A watch makes a very memorable gift - it is seen and used everyday by the recipient!

There are so many styles to suit every personality - sporty or functional, professional or ornate - the style you buy will say so much more than the time.

Brands such as Swatch, Hugo Boss, Tommy Hilfiger, Bering, Armani, Exchange, Casio and Storm are all available.

And if it's just inspiration you need, then come in for a browse, you might just spot the perfect pressie!



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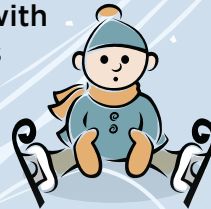
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CHRISTMAS IS COMING, THE GOOSE IS GETTING FAT!

What a wonderful time of year Christmas is; full of joy, wonder and anticipation. There isn't another time of the year where the build up to one event is so big, with preparations these days starting as early as August!



The main title above suggests that for a long time, part of the joy of Christmas has been the anticipation and preparations.

Christmas means so many things to so many people, and even the very origins of Christmas can be seen as a combination of Christian and Pagan festivals - the birth of Christ and the Winter Solstice.

In celebration of this time of year, calendars and schedules are often full with so many social and celebratory occasions going on, and this year Beverley's social calendar is no exception. There are plenty of events going on throughout December with something for everyone.

With concerts across many of the town's churches; theatre performances at East Riding Theatre, the Parkway Charity Christmas Concert and their Panto this year 'Sleeping Beauty', not to mention the Christmas Tree Festival in Beverley Minster between 5th and 8th of the month there's lots to keep us entertained.

If you're feeling hungry after all those events, there are plenty of seasonal menus for you to



choose from too - The Beverley Arms, The Tiger Inn, The King's Head, Chamas and Mirage, too many to mention - we're spoilt for choice!

If you are out and about in the dark, whether on foot or on your bike, make sure you stay safe and bright. There's plenty of advice and equipment on offer at Wilson Wheels - perhaps even for a stocking filler?

If it's Christmas gifts you're after, then Beverley is certainly the place to be with plenty of ideas and types of gift available from Jewellery at Guest and Philips to inspiring works of art from Trent and Salt Galleries, and everything in between.

Flick through the magazine for more inspiration - for the Globe Trotter there's One World Travel; for the fitness fanatic see Anytime Fitness; for those looking to move and feel better see Inches and for that DIY fan? Take a look at all the great deals on

offer from MKM Building Supplies!

Please put a penny in the old man's hat...

Christmas is a season of altruism, generosity and goodwill. We are all part of the larger community of Beverley with plenty of groups, organisations, families and friends all working together and helping each other.

There are many examples in this issue - Jacob's Well Shoebox Appeal, The Beverley Chamber of Trade party raising money for the Cherry Tree Centre, and a £500 donation by BRBN to the East Yorkshire Food Bank.

From charity shop volunteers to those visiting lonely members of the community, there are so many examples of kindness and compassion, it restores faith after such a tumultuous year.

Our 'motto' this year has been 'small changes, big impact', and Christmas time is no exception.

If you haven't got a penny an ha'penny will do and if you haven't got an ha'penny then God Bless You.

We can all make sense of this final section, but cheer, goodwill to all, and cosy evenings spent in good company don't cost much. Regardless of how or why you celebrate Christmas this year, have a wonderful time!



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FAST FACT

It was Queen Charlotte, King George III's German wife that initially introduced the Christmas Tree to the UK.

The trend quickly caught on in upper class society, however it was Prince Albert who popularised the tradition that has since modified into that we do today.

For more information see www.historytoday.com/archive/first-christmas-tree. Bringing the outdoors in, real Christmas trees can be messy, but great fun. Can you imagine real candles balancing on branches? A major fire hazard!



WHEN SHOULD I BUY MY CHRISTMAS CHOCOLATE?

All White Rabbit chocolate is made by hand in the micro-kitchen above the shop in Dyer Lane, Beverley. This is done in small batches to ensure quality and freshness. Seven days a week the chocolatiers are busy; the kitchen does not close!



When it comes to purchasing solid crafted chocolate for Christmas, for example the Santa bunnies in hats, the reindeer scene or the 'Merry Christmas' tiles, buy according to your shopping schedule. These items will keep until their 'use by' date, which for white chocolate is 6 months from the date of production. For milk chocolate it is 8 months, and dark chocolate 10 months.

Truffles, including seasonal truffles like cranberry vodka and Christmas pudding, are a different matter. Many contain fresh

dairy butter or cream, and this impacts their shelf life. To enjoy them at their very best, they should be consumed when they are no more than 1 week old. That said, they are still delicious up to two months after they have been made. In December the kitchen outputs over 1,000 truffles a day to keep up with demand, therefore all the truffles on display are as fresh as you can get, and they are replenished within days.

The White Rabbit shop gets extremely busy in the 7 days before Christmas, so to ensure maximum quality and avoid disappointment buy your Christmas chocolates in early to mid-December. For further information and an expanded version of this article please see the **Just Beverley** website at www.justbeverley.co.uk.



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Reindeer rides offer a unique, eco-friendly way to explore at a gentle pace. Gliding across frozen lakes is a magical experience. They're ideal for both adults and children as the slow speed means you can really appreciate your surroundings too. Reindeer play a big part in the native Sami culture, with herding of reindeer dating back centuries.

Before snowmobiles, huskies provided a fast, reliable way to travel vast distances and transport goods. Whilst there are many experiences unique to Lapland, this is truly memorable - nothing compares



to the exhilaration of being drawn through Arctic snowscapes by eager dogs. You'll speed through the frozen snowscapes taking in the beautiful, natural surroundings of Lapland. Skate across ice-covered lakes, dodge snow-dusted branches through thick forests or track down the Northern Lights on this unique mode of transport. The huskies' excitement is infectious, and they'll be raring to go at the command of the driver. Depending on timing, there are sometimes encounters available with the puppies.

Make your children's winter wonderland dreams a reality: enjoy a private family meeting with Father Christmas on your Lapland holiday. With a charming cabin amid snow-dusted trees and wild reindeer, the scene is set. Inside is richly decorated in a cosy, twinkling display, where Father Christmas and his elves await. The festive meeting is a magical, unforgettable moment for both children and adults whilst on holiday in Lapland.



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KEEPING THE WARM GLOW RIGHT THOUGH WINTER WITH AN OUTDOOR SOCKET!

With Christmas upon us and New Year hot on its heels, the last thing you want to be worrying about is whether your outdoor lighting is safe!

Outdoor lights are a sure-fire way to lift our mood during the dark mornings, cold days and wet weather we're guaranteed to get this winter.

An enchanting Christmas Tree, brightly-lit figurines and warm glowing lights hung on branches all add to the spirit of the season. That said, using indoor sockets for outdoor lighting to brighten the evenings is far from safe, and it's inconvenient too - letting the cold air in and the warm air out!

Instead, using an RCD-protected outdoor socket, which sits in a weather proof box is the safest way to plug in your outdoor appliances; this way you don't need to worry whether its safe or whether your outdoor lightning will last the season!



It's not just an investment for the winter either - a whole range of outdoor electricals are used throughout the year making life much easier (not to mention safer!) in the summer when you don't have to use indoor plug for garden or DIY appliances.

So, if you do intend putting up some outdoor lighting this winter, make sure you do so safely! Remember - loose wires do cause fires. Contact Burton Electrical on **01964 552769**.

IN THE GARDEN... DECEMBER

December is a quiet month in the garden, nothing much is growing, days are short and often wet and cold. As a result most of us retreat inside and turn our attention to other pastimes and/or preparing for Christmas, on that note...

Tips for Happy Christmas Trees

If possible choose a locally sourced and grown tree, or one that has at least been grown in the UK rather than abroad (imported trees may have been cut as early as the beginning of October and sat on a dockside for weeks!).

When displaying trees indoors, avoid placing them too close to a fire or radiator, as this will cause excessive moisture loss and needle drop - even the 'non drop' varieties will shed their needles if not cared for properly.

Cut trees - treat them as you would a cut flower

- When you get the tree home, saw 2.5cm (1in) off the bottom with a saw.
- If you have bought your tree, before it is going into the house leave the netting on and stand it in a bucket of water out of the sunshine and wind.
- On taking your tree indoors, place it in a stand with a well of water in the base.
- Check daily and top up the water when the level drops - a 6ft tree can drink a pint of water a day.
- With care, cut trees should last about four weeks.

Trees in pots

- To reduce stress and damage to living trees, display them in a cool room.
- Bring trees indoors as late as possible - the weekend before Christmas is ideal.
- Do not keep living trees in the house any longer than 12 days, but be guided by the tree. If it looks unhappy, put it back outside.

In spite of the weather, splashes of colour can be found in the garden as berries (Pyracantha, Cotoneaster, Holly and Skimmia); variegated leaves (Ivy, Eleagnus, Holly and Aucuba); bark (Dogwood, Acers, Birch and Cherry) and flowers (Hellebores, winter flowering Jasmin, Viburnum and Bergenia), there may even be a few spring flowering bulbs starting to come into flower.

If you are feeling energetic and want to 'blow some cobwebs away' on fine days there are a few tasks you can do...

- Dig over the garden (don't attempt this if the ground is wet and sticky, you will do more harm than good).
- Clear any remaining leaves that are still lingering in nooks and crannies, and clear away the remains of any old crops.
- Give your pots and containers of seasonal bedding an occasional liquid.
- Continue to feed the birds and make sure they have fresh water.

Sending best wishes for the festive season, and thanks for reading my column

Jane Dale of 'Designed Gardens'. Tel: **07983 392 411**.



WALKING WITH IAN RICHARDSON... COTTINGHAM CHRISTMAS CRAWL



The Lights on Hallgate

Christmas is a fine time to stroll around the large village of Cottingham, as the lovely illuminations are a highlight of any festive period in the East Riding.

The village is a treat for lovers of architecture at any season; this gentle three miles takes in the splendid parish church and a plethora of outstanding buildings, some of them somewhat hidden from the public gaze. Cottingham was also once home to three major figures of twentieth century cultural history: poet Philip Larkin, who is buried here, novelist Winifred Holtby and the broadcaster and lecturer Jacob Bronowski. Three intellectual giants in a community that has been home to thousands of university students.

1 I suggest starting and finishing the walk at Cottingham's fine Victorian railway station, just a 6 minute train ride from Beverley. You could park there, missing out on Christmas cheer in one of Cottingham's excellent pubs. The station has a full set of buildings designed by celebrated architect GT Andrews in 1846, the station master's house is especially impressive. Head from the station towards the village centre.



The Station

2 Turn right into Hallgate, heading towards the imposing tower of St. Mary's Church. On the nice terrace to the left, just before the church, view a blue plaque to Jacob Bronowski who lived here in 1942 whilst teaching Maths at the then university college of Hull. A major thinker Bronowski is best known for his hugely impressive TV series *The Ascent of Man*. You can access the church by the footpath across Arlington Avenue. The window tracery is very beautiful and it is usually open and welcoming. Inside, the best thing for me is a striking medieval brass to Nicholas de Luda. This September I had the special thrill of going on a conducted tour of the tower (courtesy of the marvellous Heritage Open Day Scheme) to the roof with its commanding views. The stair-turret is high and narrow and I was put to shame climbing it by the Tower Captain, of 79!



View from the Church tower

3 Leaving the church, cross near the traffic lights heading into the shopping area of Hallgate, where the Christmas lights are at their best. The village has a great range of independent traders. There are two good chapels and striking pubs, particularly The Blue Bell in West Green. Just before there, on your right are some surprising remains of Baynard's Castle - the outer ditch of a fortified manor, which you may spot in the front gardens. On the site of the castle there is an outstanding timber-framed 17th century house, sadly with no public access.

4 At West Green you can choose: go back to the centre down Finkle Street, or add a mile and a half to your route to see the grave of a man most experts regard as the greatest English poet of the twentieth century, and then on to what is unquestionably the most impressive house in Cottingham.

5 Assuming you are in for the long haul, head right around Westend Road and at the second left follow Eppleworth Road to the cemetery some 250 yards on your right. Larkin's simple grave is in Plot 81. I have admired his poems since studying them at school 45 years ago, he rightly now has a place in Poet's Corner in Westminster Abbey. Some regard his work as being rather depressing, for me his searing honesty and elegant use of language are unequalled. One of his more upbeat lines sprang to mind by his grave *'What will survive of us is love'*...



6 Leave the cemetery and cross over to walk down St Margaret's Road to the main road, Bondyke House on the junction is an impressive Victorian pile. Cross the busy road and just to your left follow Burton Road round to see Southwood Hall, amongst rather anonymous modern homes. Although partly hidden by a hedge, you can see this splendid seventeenth century artisan mannerist house from the access road.

7 It is now rather a hike back into the centre. Follow Burton Road down to Parkway, go left and then at the junction follow South Street to the heart of the village. Just before the traffic lights, is another easy-to-miss Georgian building, South Street House.

8 Ahead at the lights into Newgate for 200 yards, pass Priory Road, to Snuff Mill Lane.

9 Go right. In 200 yards is distinctive Snuff Mill House of 1760; the Venetian window is delightful. Turnaround and go back to Newgate.



Snuff Mill House

10 Go right, over the level crossing, now Thwaite Street. On your left are buildings that were until quite recently university halls of residence. Notable amongst them is Holtby House, lived in during the 1920s by Winifred Holtby, whose *South Riding* is perhaps the best Yorkshire novel. By coincidence, Larkin lived here in 1955, a newly appointed university librarian.

11 Here, turnaround and go back to the station taking Beck Bank to your right - noting the distinctive row of cottages - one of the many architectural pleasures of England's largest village.

This is the last of my series of monthly walks centred on 12 East Riding villages, published in JB throughout 2019. It has been a joy to write them. I wish you all a Happy Christmas and great start to the new decade - another roaring twenties perhaps! I should be back with more walks in 2020.

Ian Richardson.

CLASSIC CARS WITH CAR FAN - THE FORD GT40

To paraphrase a well-known store: This isn't just a Ford, it's a Ford GT40. So-named because it's only 40 inches high; this car puts the fear of God into competitors such as Ferrari and Aston Martin in many races including the famous Le Mans 24 hours. Indeed, this car went on to win that race no less than four times between 1966 and 1969, an amazing feat of endurance and not just for the drivers.

This probably upset Ferrari as they had won it the previous six years running. Legend has it that Ford built the car specifically to beat Ferrari at Le Mans after Ferrari pulled out of protracted and expensive negotiations to become part of the Ford empire.

Whatever the truth is, Ford did a fantastic job, initially building the car in England, before moving production to America. Driving this car demands a certain amount of agility and that's even before you turn the key! The doors cut into the roof and taller drivers needed a bulge making in the roof to clear their crash-helmets.



The car pictured was manufactured in 1966 and is photographed at this year's annual concours d'elegance at Hampton Court Palace, proudly exhibited by its fortunate owner Jean-Francois Decaux of the advertising hoarding company.

Business must be good - should you wish to have this amazing car in your garage, be prepared to dig deep for many millions of pounds and that's if you can find one for sale.

In 2018 the third place 1966 Le Mans winner sold for \$9.8 million. Only around 100 were made so the hardest part is finding one, and if it has racing provenance the sky's the limit.

So don't forget, should you see a GT40, probably at an exclusive car show, don't forget that cheery Carfan wave!

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Send your answer by email to competition@justbeverley.co.uk by December 16th. Put 'Service' in the subject box with your answer, name, address and daytime telephone number in the body of the email.

The winner will be drawn at random immediately after the closing date and winners informed as soon as possible. The winner MUST be available for publicity purposes for Just Beverley and Beverley Motor Works. There is no cash alternative. Good Luck!

T&C's - book in before 31/3/2020 - service to be carried out Mon - Fri during our opening times, no additional work will be carried out, value matched to a quoted service on the particular vehicle that is brought in.



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CELEBRATION
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WHERE IN BEVERLEY?

Where in Beverley would you find this landmark? Answer on Page 32.



WORDS OF WISDOM

If you decide you are going to DO. Then do DO.

CHRISTMAS CHANGE BIG IMPACT!

Hugs - There is no such thing as a bad one.

FESTIVE THOUGHT FOR THE MONTH
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 Smiling is contagious, smiling makes us feel good!

Do you have any amusing stories, quotes or pictures? Send them to info@justbeverley.co.uk

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CYCLING WITH WILSONS WHEELS

With December upon us here are a few festive tips to enjoy the season and make the most of your bike during these shorter days:

Christmas Day is one of the quietest days of the year for traffic on the roads as everybody is sat around the Christmas tree! This means a quick ride out enjoying the calm roads and earning your Christmas dinner and chocolates is a must for any budding cyclist.

Asking for stocking fillers such as mini bike lights is a great idea for the darker mornings and evenings. They're cheap and easy to purchase as there are plenty available on the market.

Adding more visibility to your bike during this time of year is always a great idea. If you're not precious about the look that it gives, why not securely wrap some tinsel around the frame? Even if it's just on Boxing Day, get into the spirit of things, add a bit of festive fun and make you and your bike more easily seen.



People often think children's bikes would be flying off the shelves at this time of year, but this isn't really the case anymore. Cycles for young teenagers as well as adults are also in demand, so why not treat yourself or your partner a new bike?!

And if you're looking to keep cycling over the holiday period, sign up to a 'Festive 500' using the 'Strava' app. This is a popular holiday activity, the aim being to cycle 500 miles over the Christmas period - a great way to burn off all that chocolate and Christmas pudding, and make the most of your time off work!



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Congratulations to Lynne Crookes who won a meal for 4 at the King's Head.



Congratulations to Jason Wilkinson who won their item of choice from Brook Taverner.



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TREAT YOURSELF WITH A VIP PASS TO SALT REVIVE!

Treat yourself to your very own candlelit 'retreat' this winter with a VIP pass from Salt Revive, the perfect way to escape the frenzy of the Festive Season!



A VIP pass gives you the chance to escape the daily hubbub and instead restore the body and mind.

Over a series of sessions you can rest and recuperate with full access to the salt rooms, which can be used as many times as you like within the pass period.*

Weekly and monthly passes are available for both adults and children.



For the price of £55 you have a full week's access to the salt rooms as well as a beauty treatment up to the value of £15.*

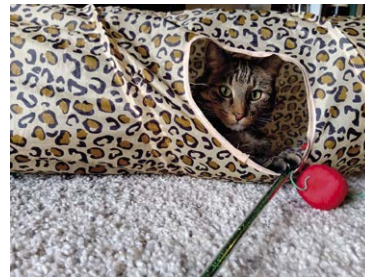
The monthly pass costs £150 and includes an indulgent beauty treatment to the value of £30.*

VIP passes are also available to buy as gift vouchers; a restorative present for yourself or a loved one this Christmas!

* At least 48 hours must be left between treatments.

PETS' BEST FRIEND BY LAUREN MIDDLETON

The Christmas season is creeping up and bringing quite cold and wet weather with it. Even though it makes us feel like curling up on the couch with a hot chocolate, it is important to remember the essential exercise regime for your pets!



Keeping your animals moving helps prevent the cold weather affecting them. A few of my clients are arthritic so their exercise patterns vary, but all of them go for their daily walks. Sometimes shorter and more frequent walks are better for them.

On the subject of exercise, it is important that pet owners

understand how food can play a big roll in this area, as a lot of people fall into the role of 'love feeding'. It is vital to drain your dog's energy by walking or running with them before eating or playing. This will help your dog arrive at a healthy mental and physical state as opposed to being full of food and literally buzzing with energy that they can't get rid of, this state can soon spiral to serious issues.

All of this rain has meant muddy dogs! I like to wash the mud off with water and then towel dry their fur. Shampoo should only be used as part of their grooming regime, otherwise natural oils can be taken from their coat resulting in problems such as dry skin.



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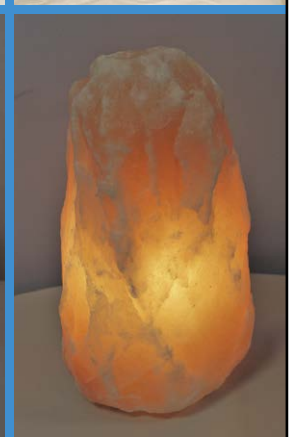


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POEM BY TANYA PARKER - MRS CRATCHIT'S CHRISTMAS

*Of course I was very grateful.
We had the most wonderful meal, the best we've ever had –
eventually.
Yes, it was a wonderful meal,
but how was I supposed to deal with a bird that big
at crack of dawn on Christmas morning,
and not a scrap of warning?
A hoarse "Happy Christmas!" brings me to the door
and I'm faced with this threepenny-bit lad
peeping over the fattest goose – all legs and feathers –
you have ever seen.
The little lad – Sam, his name –
almost falls inside.
I ask him what on earth and he mumbles something about
"nonymous benefactor."
Well, it was my turn to fall over.
He gabbles on about a change of heart
and three spirits, but for certain
whoever he was had taken more than three spirits last night.
Still, Sam would not be altered and it was a prize,
so between us we lug the creature down the street,
rouse friends from their beds, and like that,
ask to borrow their oven!
God bless them, they let us in, though little Molly is all eyes
and Albert didn't half give us some funny looks.
Through the rest of the day we pluck and stuff,
and rope in most of the street.
They bring, thank heavens, what they can,
a troupe of chairs and plates,
apples, brandy, sausage meat,
wine and cloves and mace.
Much later my Bob finds us out, and says, true as the law,
That Mr E's made him a partner,
and would I like a carriage or four?
As evening comes, we all sit down, my Bob just one huge grin,
quite aghast, we cheer the feast, but it's all too much for me.
In the end I don't want to eat (I'm far too tired for food)
but I give a toast to this great strange feast
and the changed, strange Mr Scrooge.*

Tanya Parker won the Yorkshire Open Poetry Competition in 2008 and the Ryedale Poetry Competition in 2013.

Her work has appeared in many anthologies and literary journals including Orbis, Acumen and Dream Catcher.

Tanya's first full length poetry collection is The Problem with Beauty (Stairwell Books as Tanya Nightingale).



POEM BY CLINT WASTLING - JACK FROST



*Sharp frost dusts against the sky,
a myriad stars to delight the eye
and here below Jack's work's begun,
to ice the path and freeze the bone,
so when we wake from night's dismay,
feathered and frosted is the day.*

*Jack whispers over all the Earth
to cool the living, freeze the hearth,
he whispers now across the lake --
shimmering fingers, patterns make.
Across the graveyard he lights the gloom
and blows upon each cheerless tomb.*

*If only you could see Jack's work
not lie a mouldering in the Earth,
if only you could rise again,
a Lazarus soil could not contain.
And as the sunsets, a myriad sparkling stars
will light the way forever to where you are.*

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Tell us about your event!

Email: info@justbeverley.co.uk

Telephone: 01482 679947

For more events visit:
justbeverley.co.uk/events

Monday 2nd December

- The White Horse Folk Club presents Vicki Swann and Jonny Dyer

The White Horse Folk Club at Beverley Conservative Club, Wylies Road, HU17 7AP. 8.30pm. £8. A Christmas show with songs and a variety of musical instruments.

Tuesday 3rd December

- Singalong Memories - Just for Fun - Singalong Group

Walkington Methodist Church Schoolroom. 2pm-3.45pm. £2 (incl. refreshments). For further details please contact Val/Mike on 01482 865249 or Sue on 01482 882188 or email val.memories@outlook.com

Wednesday 4th December

- Christmas Concert at Parkway Cinema

Parkway Cinema, Beverley. 6pm. £2.50 Adults / £1 Children. Raising money for Dementia Friendly East Riding. Tickets available at parkwaycinemas.co.uk

Thursday 5th December

- Richard Durrant Candlelit Christmas Concert

Toll Gavel United Church, Beverley. 7.30pm-9.30pm. £16 Adults/£14 Conc. Tickets available from 01262 678258 or Beverley Library or www.bridspa.com

Thursday 5th to Sunday 8th December

- Beverley Minster Christmas Tree Festival

Beverley Minster, Beverley. Thurs - Sat 10am-4pm, Sun 12pm-4pm. Free. Over 90 trees decorated by local schools, groups and charities. With local singers and refreshments.

Saturday 7th December

- "Follow the Star" A concert by the Stamford Bridge Singers

St. Mary's Church, Beverley. 7.30pm. £10/Children under 12 go free. A concert for Advent, Christmas and Epiphany. All ticket money will be donated to Beverley Community Lift. Tickets available from Beverley Community Lift Charity Shop, choir members, on the door or at: <https://stamfordbridgesingers-followthestar-beverleystmary.evenbrite.co.uk>

Monday 9th December

- The White Horse Folk Club Singers and Musicians Night

The White Horse Folk Club at Beverley Conservative Club, Wylies Road, HU17 7AP. 8.30pm. Only £2. Performers and audience welcome.

Friday 13th December

- Jack and the Beanstalk

Lund Village Hall, Lund. 7.30pm. £11 Adults/£7 Under 12's/£32 or £16 for Family Tickets. Tickets available from 01377 217776/219598 or Beverley Tourist Information 01482 391672.

Saturday 14th December

- Beverley Chamber Choir Concert - Carols By Candlelight

St. Mary's Church, Beverley. 7.30pm. £12.50 Reserved/£10 Unreserved/accompanied children free. Tickets available at www.beverleychamberchoir.org, Beverley Tourist Information 01482 391672.

Sunday 15th December

- Christmas Prelude Concert by the Beverley Male Voice Choir

Toll Gavel United Church, Beverley. 2.15pm. £8. Tickets available Beverley Tourist Information, The Dog and Duck, Beverley or on the door. Christmas Prelude Concert with guest performers.

Monday 16th December

- The White Horse Folk Club Christmas Party Night

The White Horse Folk Club at Beverley Conservative Club, Wylies Road, HU17 7AP. 8.30pm. Only £2. Performers and audience welcome. Varied and unique entertainment is to be expected. Come along and join the fun.

Tuesday 17th December

- Singalong Memories - Just for Fun - Singalong Group

Walkington Methodist Church Schoolroom. 2pm-3.45pm. £2 (incl. refreshments). For further details please contact Val/Mike on 01482 865249 or Sue on 01482 882188 or email val.memories@outlook.com

Tuesday 31st December

- New Year's Eve Mayor's Charity Dance

Memorial Hall, Beverley. 8pm-12.30pm. £40. Tickets available from Beverley Town Council, Tel: 01482 870496 or contact Duncan Jack on 01482 862894 or email grocerjack@grocerjack.karoo.co.uk

BEVERLEY WESTWOOD LIONS CHRISTMAS SLEIGH EVENTS!

Ho Ho Ho, come and see Father Christmas in his Sleigh! He's out and about in Beverley on the following dates:

Saturday 7th December - Flemingate Shopping Centre, 10am to 4pm

Sunday 8th December - Flemingate Shopping Centre, 10am to 4pm

Wednesday 11th December - Coop, Lincoln Way, 5.30pm to 7.30pm

Saturday 14th December - Flemingate Shopping Centre, 11am to 3.30pm

Sunday 15th December - Flemingate Shopping Centre, 11am to 3.30pm

Wednesday 18th December - One Stop Shop, Swinemoor, 5.30pm to 7.30pm

Friday 20th December - Tesco 10am to 4pm

BEVERLEY WESTWOOD LIONS NEW YEARS DAY FUN RUN 2020

Start the New Year off with a 3k or 10k Fun Run and raise funds for your own charity through sponsorship.

Start and Finish at the Beverley Market Cross.



First run away about 11am.

Memento for all 3k finishers. Entry Fee - 3k=£5 & 10k=£8.

3k Family Entries up to 4 members £10.



Contact Les Ford - Tel: 07885 574441 Email: lesandvicki@gmail.com

2nd Monday in the month (unless stated otherwise)

For programme information please ring 07903 136996 for more details

NORWOOD NITES

Community Cinema @ Norwood Church

Winter 2019/2020 Programme

Look us up on Facebook: [norwoodmethodistchurch](https://www.facebook.com/norwoodmethodistchurch)

Look us up on: [norwoodmethodistchurch.org.uk](https://www.norwoodmethodistchurch.org.uk)

If you require transport to and from this event please contact Beverley Community Lift on Tel 01482 868082

Dates & film synopsis:

Monday 9th December 2019 @ 7pm (with mincepies) A 2005 epic war drama film based on the Christmas truce of December 1914, depicted through the eyes of French, Scottish, and German soldiers.

HAPPY NEW YEAR!

Monday 13th January 2020 @ 7pm A 2019 biographical comedy-drama. Ten fisherman from Cornwall achieve a Top 10 hit after they are signed to Universal Records by a cynical London music executive.

Monday 10th February 2020 @ 7pm Javed is a Pakistani teenager who experiences racial and economic turmoil while living in Luton, England, in 1987. He writes poetry as a way to escape the intolerance of his hometown and the stubborn views of his traditional father. When a classmate introduces him to the music of Bruce Springsteen, Javed sees parallels between the singer's powerful lyrics and his own working-class environment which inspire him to find his own voice and follow his dreams.

Films shown in the schoolroom to the rear of the Church
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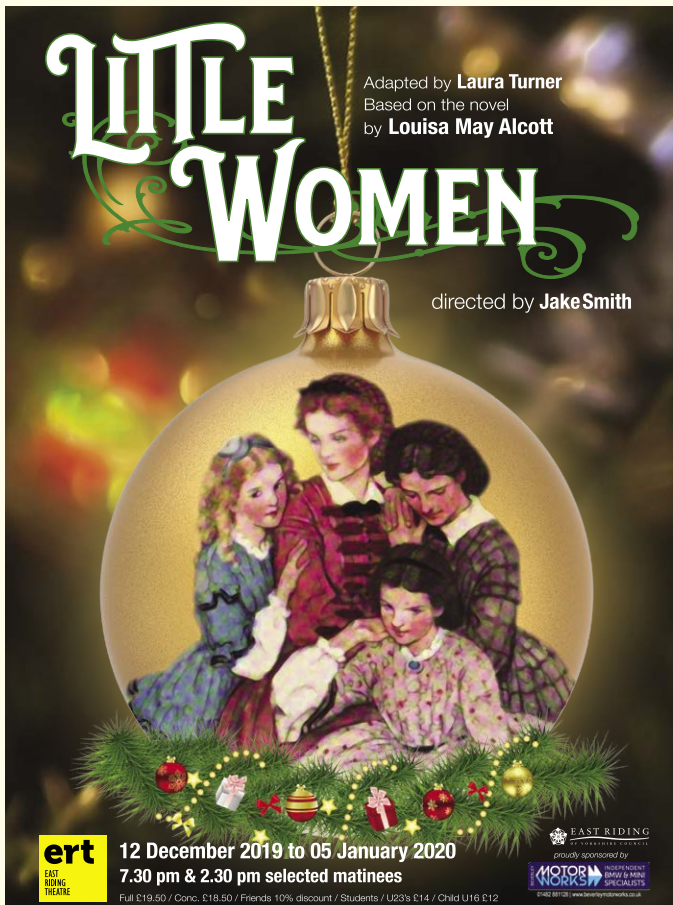
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LITTLE WOMEN

12th December - 5th January 7.30pm & 2.30pm

Director Jake Smith's has delighted audiences at ERT over the last two years with shows *It's A Wonderful Life* and *Goodnight Mister Tom*. This Christmas Jake is thrilled to bring another timeless classic to ERT's stage.

Adapted for the stage by local playwright Laura Turner, *Little Women* is a classic coming-of-age story written by Louisa May Alcott. With their father fighting in the American Civil War we follow four young sisters Meg, Jo, Amy and Beth on their adventures as they struggle with family, love, individuality and finding their place in the world as they grow into *Little Women*.

A warm and heartfelt story, *Little Women* promises to be a wonderful seasonal celebration for the whole family to enjoy whether you are age 10 or 100.

An East Riding Theatre production.

Adapted for the stage by Laura Turner.

Little Women by Louisa May Alcott.

Directed by Jake Smith.

Tickets - Full £19.50 / Conc. £18.50 / Friends £10% off / Students & U23 £14 / Child £12.

www.justbeverley.co.uk



A Winter Family Musical
She Productions Young People's Programme
The Fairy who Fell off the Christmas Tree
17th* - 31st December
10.30am & 2.30pm
Tickets: £6-£10
01482 874050
www.eastridingtheatre.co.uk

ARTS COUNCIL ENGLAND
SHE PRODUCTIONS

THE FAIRY WHO FELL OFF THE CHRISTMAS TREE

17th - 31st December

Part of She Productions' Young People's Programme; 4 annual musicals designed to introduce children aged 3+ to the magic of theatre in a relaxed and informal setting.

It's Christmas Eve and the Fig family are feeling festive.

With decorations galore, the final touch is the Fairy on top of the Christmas tree. It is little Freddie's turn to do the honours but as she stretches onto her tiptoes she stumbles and Fairy tumbles to the floor. "Never mind," says Fiona Fig, "we'll buy a new one tomorrow".

Will Bob the Bauble, Tina Tinsel & the rest of Decorations find a suitable understudy in time or will Fairy be thrown in the bin forever?

With a set made entirely out of recycled materials, this all-singing, all-dancing Christmas cracker is a reminder that being present is the most priceless gift you can give.

This show will take place in the East Riding Theatre Café-bar.

Tickets £6-8.
Family Tickets of Four £25 (Min of 2 Children).



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