

Cottingham Times

Issue 65 - April 2007

**Cottingham - To Win "In Bloom"
Competition Again?**

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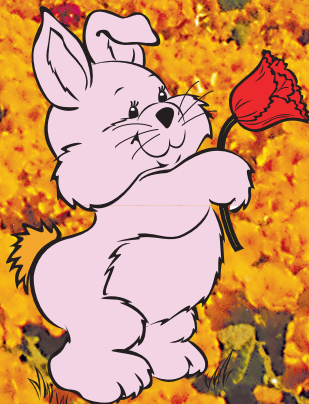
**Kumon Maths
and English Class
Open Days**

**King George V
BMX Trail update**

**Cottingham Little Theatre
to stage
"Murder by Death"**

**Cottingham Tigers
R.L.F.C. News**

Down Memory Lane



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1 Newgate Street, Cottingham HU16 4DY. Tel: 840035

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Editorial Contributions: Tony Fairhurst

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Tel: 01482 840035 - Fax: 01482 840035

Editorial and Contributions

Tel: 01482 840035 - Fax: 01482 840035

Accounts: Tel: 01482 840035 - Fax: 01482 840035

E-mail: media@cottinghamtimes.co.uk

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In Cottingham and District

Cottingham Women's Institute

Tuesday 10th April, at 10.00 am upstairs at Cottingham Civic Hall.

East Yorkshire Federation of Women's Institute Cottingham Green

Thursday April 12th, Sailing on the Lord Nelson, Mrs. Beryl Whipp, Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 12th April, Alan Hopper, East Yorkshire Fisheries at Iceland 15C at 2.00 pm in the Darby & Joan Hall, Finkle Street, Cottingham.

East Yorkshire Embroidery Society

Saturday 14th April, 2.30 pm Darby & Joan Hall, Finkle Street, Claire Tinsley from Brierly, South Yorkshire - From Scraps to Accolades. Visitors admitted after 2.15 pm numbers permitting.

Cottingham Catholic Women's League

Monday 16th April, "Bound for Botany Bay", by Mrs. S. Gardner.

Cottingham Gardening Club

Tuesday 17th April, in the Garden Room, Holy Cross Community Meeting Room. A talk by Gail Summerfield on "Something for Nowt".

Cottingham Evening Townswomen's Guild

Wednesday 18th April, at 7.30 in the Darby & Joan, Finkle Street. A talk by Alan Kerr, "Lees Rest Houses".

Cottingham Men's de Luda Society

Wednesday 18th April, Bernard Swift, 40 Years a Vet, in the St. Mary's Church Hall, at 2.00 pm.

Diabetes UK

Thursday 19th April, Dr. C. Walton (Consultant in Diabetes), at the Board Room, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.30. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 844284 if transport is needed.

National Trust

Thursday 19th April, Mrs. P. Carrick, "Vita Sackville-West, Writer, Gardener and Lover", 7.30 pm Civic Hall, Market Green, Cottingham.

Front Cover Picture: This is a photograph overlooking West Green and the Blue Bell Public House. The photograph is kindly provided by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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In Cottingham and District

P.A.G.E.R.

Thursday 19th April, Outing, I - Max Photography.

Cottingham Men's de Luda Society

April 22nd to 29th - Douro Cruise.

Cottingham Civic Society

Monday 23rd April, Annual General Meeting (followed by a talk, to announced), 7.30 pm. in the Darby & Joan Hall, Finkle Street.

East Riding Flower Club

Monday 23rd April, Margaret Kingswood, "On the Orient Express" also a plant stall, in the Cottingham Civic Hall, Market Green at 2.00 pm.

Wednesday Social Club

Wednesday 25th April, Mr. and Mrs. Spence, "Jersey", at 2.00 pm in the small Darby & Joan Hall, at the rear of the building.

Cottingham Men's de Luda Society

Wednesday 2nd May, John Coulthurst, The Red Cross, in the St. Mary's Church Hall, at 2.00 pm.

East Riding County Choir's 50th Season Concert

Saturday 5th May 2007 at 7.30 pm. at Beverley Minster, Beverley, The East Riding County Choir will be joined by Beverley Chamber Choir and the East Riding Sinfonia conductor Alan Spedding MBE. Elgar. The Dream Gerontius. Tickets from Beverley Tourist Information Tel: 01482 391672. Prices £12 - £8 for the disabled

If you would like more information about the choir visit our website www.eastridingcountychoir.co.uk



Jazz at the Duke of Cumberland, Cottingham

April 20th. The Melody Jazz Trio. Also Julia Wray, Sax. Starts 8.30 pm. Admission £2.00.

Please send us your Society or Pub's information for the What's On column, and let everyone know what's happening in and around the Cottingham area. If people don't know they won't go.

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New Cruise Ships being launched include Carnival Freedom and Ocean Village 2

By Marion Owen

Well here we are already a 1/4 of the way through the year & the pace of life is getting a bit too much already - my silly season seems to have arrived earlier than ever. I think most of my clients have now come to terms that my desk would not be normal if I didn't have to move papers for them to have a resting place to sign their cheques!

There are many new ships being launched this year. This month I had the honour of being at the naming ceremony of Carnival Freedom in Venice and I have to say what a tasteful ship she is, I was very impressed all round. What a fabulous setting as well overlooking such a magical city. The cruise terminal is only a stone's throw away from the Grand Canal and the weather was kind with sunshine and blue skies. A good time was had by all even though we arrived home exhausted.

Next month see the launch of Ocean Village 2 a very relaxed affair and Royal Caribbean's mammoth Liberty of the Sea's. Southampton will be manic at the end of April, the mayor love's the growth of the port I just wish he would think a little more about the roads to the port for all of the extra traffic being generated beware if you are heading that way this summer leave a little extra time.

I strolled into the office last Wednesday feeling quite relaxed and assuming my jobs scheduled for the day would go smoothly but no such luck, awaiting my attention was the new Fred Olsen 2008 & world cruise 2009 brochure. I buckled down to choosing my special departures and felt happy with my progress until I saw my emails. Princess departures now to choose, P&O's new ship Ventura and then before I



left in the evening the 2008 cruising from Hull had hit my desk!

The 2nd of April sees P&O's new ship on sale - 3000 beds it will be an equal match to any of the big ships on the sea's complete with Noddy to entertain the children! For the more traditional cruisers Cunards Queen Victoria has a fabulous selection of fly cruises in the Mediterranean whilst the older lady QE2 will continue to offer sailings from Southampton with 10 nights from just £899 plus additional perks for early bookers.

If you are not a cruiser yet and want to know more why not come along to our cruise day at the Civic Hall on Saturday 28th April. There is a ship out there to suit everyone taste these days!

	<p align="center">MARION OWEN TRAVEL & CRUISE CLUB THE CRUISE & LONGHAUL SPECIALISTS A selection of escorted specials</p>		
<p>River Duoro 7 Night Cruise 4* ship 05 June 07 £980pp Fully escorted</p>	<p>Paris & the Scenic Seine 7 Nights Peter Deilman's 5 Star Cezanne Humberside flights £1355pp twin share</p>	<p>Leisure Groups Good for couples & No Single Supplement.</p> <p>Bulgaria 06 June 14 Nights £395pp 4* Hotel - Half Board</p> <p>Sri Lanka £915pp 14 September 14 Nights all inclusive Hotel Neptune Susan enjoyed this!</p> <p>Benidorm £442pp 14 Nights all inclusive 04 December 2007 or 16 March 2008</p>	
<p>Caledonian Canal 4* Lord of the Glens 01 Nov 07 - 5 Days from just £399pp Fully escorted</p>	<p>Fred Olsen's NEW Balmoral 02 June 08 - 9 Nights Rome to Venice Fly Cruise Fully escorted From just £995pp Singles £1505</p>	<p align="center">Cottingham Civic Hall Saturday 28th April P&O, Cunard and Princess Presentations Call for your free tickets now New Ships Ventura and Queen Victoria Booking now for 2008 Early booking discount Plus many extra perks!</p>	
<p>New Year Rhine Via North Sea Ferries - 5 Nights 29th December 3 nts Full Board on the Rhine from £349pp</p>	<p align="center">Prices quoted minimum grade cabin or room for two sharing unless stated and all subject to availability. Telephone or call in for bookings and full details today - we have our own car park 23 Portland Street, HULL Tel. 01482 211913 abta D6499 retail agent for Atol holders.</p>		

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Cottingham Parish Council



PC Stephen Morley's report on incidences throughout Cottingham

Compared with the previous month, figures for violent crime in Cottingham during the period from February 15 to March 14 were slightly up, but the statistic has not given the village's Neighbourhood Policing Team undue concern.

PC Stephen Morley, the village's Neighbourhood Police Officer - accompanied by Insp. Mark Hughes, Head of the Cottingham Neighbourhood Policing Team, and Miss Helen Wheeler-Osman, of the village's Neighbourhood Action Team (NAT) - revealed the figures in his report at last month's Cottingham Parish Council meeting.

He also pointed out that an increase in criminal damage was mainly due to a rise in graffiti incidents and reported that one of the perpetrators has been cleaning up his "handywork".

Police were aware of a resident's complaint that youngsters have, apparently, built a DiY BMX track at the rear of Holly Drive and Green Lane, and trees are being damaged. The situation is being monitored and the police have already moved on some non-local youths.

Questions were raised about the status of the two parking bays on Newgate Street, close to the traffic-lights junction and next to a section of road which has been narrowed for the construction of a traffic island.

The East Riding of Yorkshire Council has informed the parish authority that they are not parking bays and yellow lines should be in place. But councillors did not feel that there was any reason to remove the bays because the road is wide enough for them to remain.

Miss Wheeler-Osman spoke about the Cottingham Neighbourhood Action Team - a successor to the Local Development Group - which, she said, plays a big role in ensuring that people who are affected by problems of crime and disorder

in the village - both residents and businesses - are given the opportunity to get more information about what crime takes place, identify the problems facing the community, and actively work with the police and the local authority to develop and deliver solutions.

Crime statistics for period February 15 to March 14 (compared with period January 18 to February 14) - Burglary (dwellings and other): 8 (-14); Vehicle crime: 13 (+6); Violent crime: 19 (+9); Criminal damage: 23 (+10); Drug offences: 4 (no change); Theft and handling: 35 (+14); Other crimes: 4 (no change). TOTAL OFFENCES: 106 (+20).

Additional Cycle Rack facilities in Cottingham

After discussions between Brian Reed, an East Riding of Yorkshire Council official, and Cottingham Parish Council clerk Judith Macklin, in connection with additional cycle facilities in the village, the ERYC will install extra cycle racks at Somerfields, as well as in Hallgate - at the traffic-lights junction close to the Hallgarth home for the elderly - and outside the ERYC offices on the Market Green.

Jesmond Road development appeal turned down

"Clerk Judith Macklin has reported to Cottingham Parish Council that she has been informed that the appeal against the refusal for planning permission to erect houses in Jesmond Road, off New Village Road, has been turned down by the East Riding of Yorkshire Council.

Yorkshire in Bloom judging to take place on April 13th

Coun. Win Knight, a driving force behind Cottingham's "Yorkshire in Bloom" entry, has announced that the Spring judging will take place from 1pm on Friday, April 13. The village's "In Bloom" group will provide transport for the judges.

Urgent need for repairs to water supplies to allotments

Cottingham Parish Council's Allotments Committee is due to meet early this month after committee chairman Coun. Don Hardwick reported that there is a pressing need to replace the pipe which supplies water to the plots, at the rear of King George V Playingfields, off Northgate.

The East Riding of Yorkshire Council will not allow the water to be turned on using the existing pipe, which is damaged and uneconomical to repair. The committee has been asked to urgently discuss the matter and agree to a solution so that the water supply can be restored as quickly as possible.

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Down Memory Lane



Cottingham Hall

Hull merchant Thomas Travis, who owned Snuff Mill - more correctly known as South Mill - in 1755, built the adjacent Snuff Mill House for his residence five years later. By 1795, Thomas wanted a bigger- and finer - home and built Cottingham Hall on the estate.

At the rear (pictured here) of the property, described as "one of Cottingham's chief houses" there was a large fish-pond and the water flowed, via a weir, into Cottingham Beck, from which nearby Beck Bank got its name.

William Henry Heap Hutchinson, a member of a large ship-owning family, lived in Cottingham Hall in 1872 before he left about 20 years later to live in nearby Kingtree House, but he had returned to the hall by 1900. The hall - after which Hall Walk, off

Snuff Mill Lane, is named - was demolished in 1935 and the land used for housing development.

Cottingham Hall had a sweeping drive to Thwaite Street - it is also recorded that it had a "curved double drive-way leading up to the house, and a large lake at the rear". The lake - presumably what was also described as a "large fish-pond" was the scene of many Edwardian skating parties and was filled in when the house was demolished.

This early-1950s drawing of the rear of Cottingham Hall was one of a series of past and present village landmarks by Cottingham artist Herbert Rodmell and first published in the "Cottingham Review".

PRO-TECH

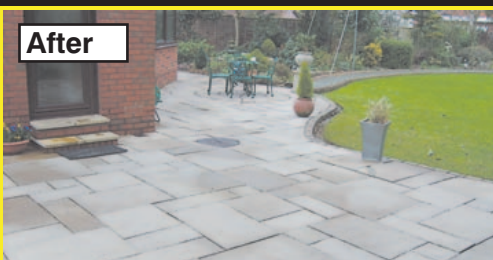
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Cottingham to stage Tom Atkinson Trophy



For the second year running Cottingham LTC will play host to the Tom Atkinson Trophy. Teams representing the Hull league will play against teams from the Driffield League in aid of the Take One Moment charity which was set up in memory of local tennis star Tom Atkinson who died tragically in a car accident in Germany at the age of nineteen in 2005. The charity was set up by his mother and father, Rosie and Keith, and brother Ben to raise funds to help victims of road accidents at home and abroad.

In 2006 the areas top men's players battled for the Trophy with the Driffield side narrowly coming out on top, this year Cottingham professional Paul Holtby hopes the Hull side can turn the tables. "This years event is bigger than the last as we are also running three Mini Tennis events at the same time with boys and girls playing at Mini Red level (4 to 7 years), Mini Orange (7 to 9) and Mini Green (9 to 11)" says Holtby "but with the Auction, including signed Henman and Murray shirts, the raffle, bouncy castle, face painting, mini football event and top food we're sure it's a great day out for everyone". The event is held at Cottingham LTC on Hull Road on 29th April from 1.00 with the Grand Auction taking place at 5.00. Everyone welcome.

On the courts, a cold windswept day at Cottingham saw Angus Field win the LTA Mini Green Tournament beating the host clubs Oliver Jackson in the final.

Behind the scenes CLTC's facilities manager Chris James completed another leg of his marathon renovation of the clubhouse by completing the roof and ceiling. "The building was originally constructed in 1922 and we are trying to update the Hall area as sympathetically as possible" said James

Pictured below Facility Manager, Chris James during his renovation of the clubhouse.



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Find the trees in the puzzle below

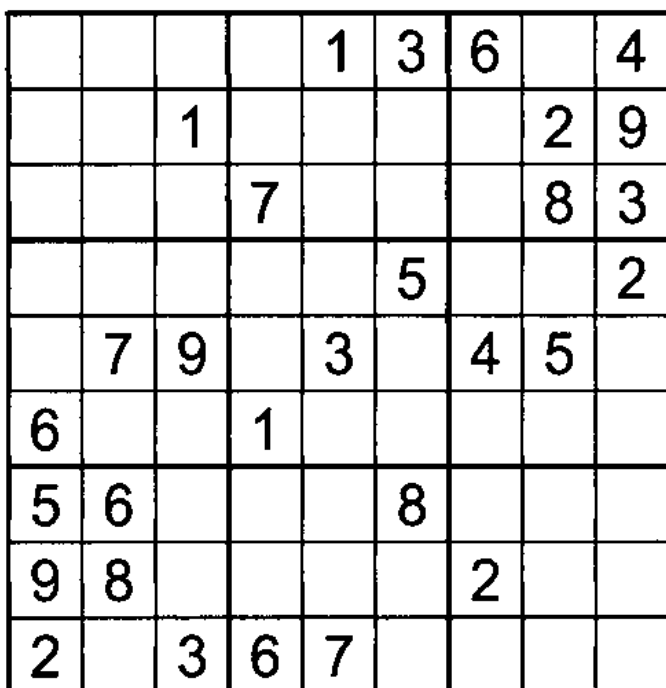


Find the Trees in the letters above:

- | | |
|-------------|------------|
| Apple | Birch |
| Blue Spruce | Cherry |
| Chestnut | Cottonwood |
| Dogwood | Elm |
| Eucalyptus | Evergreen |
| Fig | Fir |
| Hickory | Maple |
| Oak | Palm |
| Peach | Pine |
| Walnut | Willow |

Sudoku No. Two -

This is another easy one



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Elgar in Beverley Minster

This year the East Riding County Choir's May concert in Beverley Minster, under its Musical Director Alan Spedding MBE, is a very special one, because it is a dual celebration. First it is the choir's 50th anniversary. It was founded in 1957, so, with two concerts a year it has performed around a 100. Second it is the 150th anniversary of the birth of Sir Edward Elgar, the famous British composer whose image appears on many £20 pound notes. His anniversary is being celebrated with concerts all over the country. You have only to google Edward Elgar to realise how he is taking the country by storm! To commemorate these anniversaries the choir is performing his work *The Dream of Gerontius* in May. This is a very popular and beautiful work which is not performed often in this area, consequently it will be of particular interest.

With 140 current members, 36 patrons and interested audiences, in one way or another a considerable number of Hull and East Riding people are touched by the choir.

Tickets (£12 - £8) are now available for the concert (7.30 pm on 5th May 2007) and can be obtained from Beverley Tourist Information Centre, tel: 01482 391672. Disabled access is available at the Minster.

Cottingham Bowling Club season begins Sunday 15th April

Cottingham Bowling Club will soon see the start of the 2007 season. This year there is an additional or even alternative sport that members (and others!) can play. Petanque or boules is a game that is can be played after the usual end of the bowling season and the 'bowls' are much smaller than woods.

The bowling season will start on Sunday 15th April (weather permitting so fingers crossed!) - if you think you might like to try the bowling that you may have seen on the box come on down.

For further information contact Brian DeVine, Club Secretary. Tel. 01482 847303.



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Sudoku Nos. Three & Four

The first is medium, the second is difficult

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

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

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Cottingham Little Theatre to stage “Murder by Death” in the Darby & Joan Hall between May 10 and 12th

Clare Froud, who decided to join Cottingham Little Theatre after watching the village drama group's previous production of “Celebration”, a comedy by Keith Waterhouse and Willis Hall, late last year, is among the cast of 10 for the next production “Murdered to Death”, by Peter Gordon, which is also a comedy.†† It will be staged in the Finkle Street Darby and Joan Hall on Thursday, Friday and Saturday, May 10, 11 and 12.

“The play is a spoof of the best of Agatha Christie traditions and is set in a country manor house in the 1930s. The assembled characters - caught up in side-splitting antics which follow the mysterious death of the house owner - are guaranteed to delight”, said Bob Minors, the drama group's spokesman.

“Murdered to Death” is directed by experienced Brian Hossack, who also directed “Celebration” which was played to near-capacity audiences.

Performances start at 7.30pm (doors open 7pm) and tickets, priced at £5.00 (£4.50 concessions) are available from Barkers, Newsagents, Hallgate, Cottingham, or from the ticket secretary (Tel: 842270).

**I have a little garden
With which I'll never part
It blooms in full abundance
In the corner of my heart**

**When I am sad and lonely
And not feeling at my best
I just walk around my garden
And have a little rest**

**It gives me much pleasure
And lifts my spirits high
It gives a kind of peacefulness
Money could not buy**

**But this special little garden
Which only I can see
Is locked within my heart
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Crossword - Solution on page 30

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
20					21			22				
23					24		25					
			26			27		28			29	30
31	32	33			34			35		36		
37				38				39			40	
41			42			43				44		
45					46		47		48			
		49				50		51			52	53
55	56					57		58				
59					60		61					
62					63					64		
65					66					67		

Across

1 Speed Ratio, 5 Rich tapestry, 10 Vex, 14 Tropical plant, 15 Fulcrum for an oar, 16 Land in water, 17 Woman of noble birth, 19 Split, 20 Paste of inexpensive fish, 21 Move to another country, 23 Appetite, 25 Fuming sulphuric acid, 26 Fragrant oil, 28 Intertwine, 31 Word that can precede hygiene, tradition and agreement, 34 Epic poetry, 36 Rod used to reinforce concrete, 37 1980's movie starring Bo Derek and Dudley Moore, 38 Chocolate chewy cake, 40 Gone by, 41 Bury, 43 Sharp, 44 Mid-month times, 45 Equally old, 47 Horizontal, 49 Ruler of Hyderabad, 51 Provide a substitute for, 55 Academic world, 58 Large sandwich, 59 Allot, 60 Commotion, 62 Oil-rich Islamic theocracy neighbouring Iraq, 63 Impertinence, 64 Otherwise, 65 Dunce, 66 Cornered, 67 Antlered animal.

Down

1 The house of a parson, 2 Vocally, 3 Venomous snake, 4 Spiral, 5 Excited, 6 17th letter of the Greek alphabet, 7 Capital of Italy, 8 Budget alternative, 9 Out of it, 10 Misgovern, 11 Capital of Pakistan, 12 Flutter, 13 Festive occasion, 18 Send forth, 22 Style, 24 Aquatic opossum, 27 Spur part, 29 Prison, 30 Greek god of love, 31 Auricular, 32 City in Western Nevada, 33 Prenatal, 35 Twisted expression?, 38 To make of brass, 39 Resupinate, 42 Plain, 44 Gave light, 46 Bewail, 48 Fencing sword, 50 Kitchen appliance, 52 White poplar tree, 53 Perfume the air, 54 Go into, 55 Among, 56 Atlantic mackerel, 57 Land measure, 61 "- had it"

"Crossword provided by BestCrosswords.com
(<http://bestcrosswords.com>). Used with permission"

Motivational Quote of the month

"Deeds done in harmony with one's path of life are those which bring clarity and peace and harmony to the doer."

- Buddha

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Cottingham News Snippets from 1953

Village's Grand Old Man Dies

Cottingham will miss the familiar figure treading purposefully on, his hands clasped behind his back, the ever-obedient dog "Judy" trotting along at his heels. Charles Arthur Arnett has passed away. (1953)

A resident of Cottingham for 37 years, Mr Arnett devoted 20 years of his life to Cottingham as a member of the Cottingham and Haltemprice councils. Many have wilted beneath his fiery eloquence, both in and out of the council chamber.

Very keen on sport from his early days, Mr Arnett was primarily responsible for the purchase of the 26-acre recreation ground (now King George V Playingfield).

Mr Arnett was also the driving-force behind the prevention of Cottingham's inclusion into Hull by the Haltemprice Amalgamation.

He gave 23 years devoted service to his country as a member of the armed forces before retiring in 1919 when ranking as a Lieutenant Quarter Master. Last year, at the age of 81, he stated in his election address when he was standing for election to the Haltemprice Urban District Council: "I am as young as half you people half my age. If I can rush up and down a hockey pitch for an hour and walk from Anlaby House to my home in 55 minutes, what is wrong with me or may age".

How the Council spends your Money

(Appropriately, at the time when East Riding of Yorkshire Council have recently sent out the Council Tax bills for 2007, the following is an extract from a Cottingham news item in 1953).

Like the majority of local authorities this year, it has been found necessary, owing to increase costs of materials, labour, wages, etc., to increase the rates in Haltemprice Urban District.

Local authorities are faced with the same problems as other business concerns and substantial cost increases have to be budgeted for this year.

The HUDC therefore has confirmed a General Rate for the year April 1 1953 to March 31 1954 of 24s. 2d in the £, payable in two half-yearly instalments of 12s. 1d in the £ and is allocated as follows:

East Riding County Council - 17s; HUDC - 7s 2d.

This represents an increase of 1s 6d in the county rate and 1s in the UDC rate and the two services accounting for the major part of the increase are (a) Education (County Council) and (b) Main Drainage (Haltemprice).

Major constructional works such as new schools, housing and main sewers are financed out of loans repayable over a period of years during which time the loan interest and capital repayment is an annual cost to the local authority.

If comparison is made between the year 1939 and the present year (1953) it will be found that the rate set for the year just prior to the outbreak of war (World War Two) is made up as follows: ERCC - 7s 61/2d; HUDC - 3s 91/2d. Total: 11s 4d.

This shows a gross increase of 107 1/2 per cent since 1939 - rather more than double the year prior to the war but, if the figures are separated, it will be found that whereas the County rate figure by over 100 per cent the Haltemprice figure has not yet double itself and whilst it is irksome to us rate-payers to have to face rate increases, it is only fair to admit that most commodities which the over-age man and woman buys have increased since 1939 to a much higher proportion than that - in many cases to three and four times their pre-war values.

Continued on page twenty

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Down Memory Lane



**Elmtree House,
Cottingham**

Standing in grounds which once occupied most of the present Finkle Street and South Street, Elmtree House, is now owned and occupied by the Cottingham Memorial Club and also used for meetings by Cottingham Branch of the Royal British Legion. Built in the 1820s, the first owner was Hull draper John Hebblewhite and, after his death, it passed to Richard Wilson, from Dudley in Worcestershire, who was also a draper.

In the 1860s, John Clay, a Hull merchant, altered and enlarged the property. It was used by Hull University College as a Hall of Residence - it was an annex to Needler Hall - for a brief period

from 1936 before the students moved to Westfield House (now the Fair Maid public-house in Baynard Avenue). During World War Two, Elmtree House was used by St John Ambulance Brigade as a first-aid post.

This early-1950s drawing of the building - when what is now known as "Grandads' Park" was part of its well-treed grounds - was one of a series of past and present village landmarks by Cottingham artist Herbert Rodmell and first published in the "Cottingham Review".



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In the Kitchen



Ingredient of the Month Garlic



There are entire books written about the curative abilities of garlic. Research suggests that it reduces blood pressure, helps with the problem of blood clotting, lowers the LDL which increases bad cholesterol, boosts the immune system and encourages recovering heart attack victims. Garlic's famous smell comes from allicin, which inhibits bacterial growth and fungus. It also helps with an overgrowth of yeast in the body and is used in treating Candida. Garlic increases the flow of digestive enzymes and encourages detoxification through the skin. Despite the odour which comes through the skin, garlic is good for you. Throwing a clove of garlic in your vegetable juice every day will be excellent for your health, even though it may reduce your social life. Before juicing, drop the garlic into vinegar for 1 minute to destroy any bacteria or mould on the surface.

Garlic & Mushroom Pasta Serves 4

Ingredients

75g/3oz Butter
675g/1-1/2lb Mushrooms, thickly sliced
350g/12oz Short cut Pasta (e.g. macaroni)
Juice of 1 Lemon
3 Garlic Cloves, chopped
2 tbsp Fresh Parsley, chopped
Salt and Black Pepper

Instructions

1. Melt the butter in a pan, add the mushrooms, cover and cook for 10 minutes, stirring occasionally.
2. Meanwhile bring a large pan of salted water to the boil, add the pasta and cook for 10-12 minutes.
3. Add the lemon juice and garlic to the mushrooms, cover and cook for a further 5 minutes, stirring occasionally. Add the parsley, salt and pepper and mix well.
4. To serve - drain the pasta well and toss in the sauce. Serve immediately.

To celebrate Easter Day this year I'm going to feature a recipe using Passion Fruit, the reason being that the plant was given its name by Christian missionaries who used the flower to symbolise the "Passion of Christ" i.e. his suffering at the crucifixion, to the indigenous natives in South America.



When you look at the flower, it's easy to see why. The double row of coloured filaments (the corona) represented either the crown of thorns and a halo. The ten sepals and petals represented the disciples (apart from Judas and Peter, who both distanced themselves from Christ prior to the crucifixion - mmmmm, a little contrived but..... The five anthers were the five wounds on his body, and the three stigmas the nails. And it doesn't stop there! The leaves represent the spear that the Roman soldiers used to pierce his side or in some cases the clutching hands of the soldiers and the tendrils, the whips which were used to scourge him.

So, here's a lovely cake to bake for your Easter Prep and Cooking time: 50 minutes plus cooling
Makes 1 x 20cm/8-inch two-layer cake

Ingredients

225/8oz Butter or Margarine
225/8oz Caster Sugar
3 Eggs, beaten
1/2 - 1 teasps Vanilla Extract
100g/4oz Desiccated (Shredded) Coconut
150g/5oz Self Raising flour
For the filling
175g/6oz Cream Cheese or Mascarpone
200ml/7fl.oz. Crème Friche
1 tbsp Caster Sugar
4 Passion Fruit



Instructions

1. Preheat the oven to 180C, 350F, Gas Mark 4 and grease and line 2 x 17.5cm/7 inch round sandwich tins with parchment paper.
2. In a large mixing bowl, cream together the butter and sugar until pale and fluffy.
3. Gradually add the eggs, a little at a time, beating well between each addition. Don't worry if the mixture starts to curdle, just add a spoonful of the flour and carry on.
4. Fold in the coconut and flour and mix well. Divide the mixture between the prepared cake tins and bake in the centre of the oven for 25 minutes. try not to open the oven door before 20 minutes cooking time.
5. Remove the cakes from the oven and allow to cool for 5 minutes before turning onto a wire rack. Carefully peel off the paper and allow to cool completely.
6. Place the cream cheese, crème fraiche and sugar in a mixing bowl and beat until well blended. Set aside.
7. Cut each passion fruits in half and scoop the seeds and pulp out into a bowl.
8. Once the cakes are completely cold place one on a serving platter, spread the cheese filling evenly over the top, making sure you take it completely to the edges of the cake.
9. Top with the passion fruit pulp, once again allowing it to go right to the edges, then place the other cake on top and sprinkle with icing sugar.

Garlic information reproduced by kind permission of www.juiceland.co.uk

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The East Riding Association of the National Trust

The East Yorkshire Association of The National Trust met in the Civic Hall Cottingham, 15th February for a talk on "Yorkshire's Wild Beauty" given by Mr. J. Gardner.

He began on Filey Brigg on a New Years Day, with a range of winter visitors to our shores, oyster catchers, sand pipers, knots and dunlin. Bridlington harbour was the next port of call followed by Bempton Cliffs, noisy and smelly but spectacular. Guillemots, kittiwakes, herring gulls, razorbills, fulmars, gannets and puffin were all shown. Many shots of the birds were taken while they were in flight, all exactly in focus. This is one of the advantages of digital photography, you can view your results immediately and discard unsatisfactory shots. Puffin were scarce at the time so shots of puffin taken in Scotland were also included. These were followed by Atlantic grey seals, snipe and bearded tits taken on the Humber estuary and wild fowl, shovellers and avocets taken on Blacktoft Sands.

The varied inland wildlife of Swaledale, Tan Hill, and the speaker's home territory of Wakefield included snipe, owls, plover and buzzards amongst an extensive and impressive collection of other birds.

Plants were also included from the grasses on reed beds, to bluebell woods, buttercups, barley stalks and orchids.

The much loved landscape of the dales was shown in Summer and under snow. The colourful pheasants, kingfishers and dragonflies were included in the variety, together with the wildlife at the National Trust's own property of Studley Royal.

A shot of sunset over Winterset Reservoir brought the most enjoyable talk to a close.

Mr Gardner brought along copies of some of his photographs for sale at the end of the meeting and the queue to buy these was a testament to the popularity of his talk.

Answer to Sudoku March No. 1

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

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Ladies - Do you like to lunch? HERIB to hold ladies only lunch at Cave Castle Hotel

Are there any ladies out there who like to lunch? HERIB are holding an exclusive ladies only lunch at the wonderful Cave Castle hotel with the renowned Dorothea Desforges giving a very entertaining talk on "Life, Love and Laughter." and the Hon. Mrs. Susan Cunliffe-Lister as our special guest

This is a great excuse to dress up and enjoy lunch with a few friends - a real girly day out for all, and a wonderful way to show your support for HERIB your local charity.

This is a great opportunity for networking and meeting new clients for all those business ladies out there. If you have just started a new venture or are in the processes of launching this would be a fantastic way to build your client base.

Thursday 19th April at Cave Castle, South Cave between 12.00 and 3.00 pm. Tickets are £22.50 per person

If you have any questions about the day, please contact Ann or Mel at HERIB on 01482 342297

Please say you can come!

Cottingham News Snippets from 1953

Continued from page fifteen

In order to show how the rates are made up in this area, a schedule is shown here giving the details of each £ of rates is allocated.

Of each £ rate paid by a rate-payer: 6s 3d - education; 3s 8d - highways; 2s 3d - health and welfare service; 1s 4d - police; 1s 3d - sewerage and drainage; 7d - house refuse collections and disposal; 6d - street lighting; 6d - fire services; 3s 8d - all other services.

Other service include: libraries, civil defence, administration of justice, town planning, housing, cemeteries and open spaces, registration and elections, allotments, Coronation activities, diseases of animals, weights and measures, conveniences, mortuaries, public buildings.

For each £1 of expenses met out of rates a further £1 15s 9d is met out of Government grants and a further 11s 11d out of rents and other income.

OLD MONEY NOTE: One shilling (1s) = 10p; there were 12d in one shilling, and 20 shillings in a £.

Sign Vanishes

An unusual kind of theft occurred in the village when a very heavy tobacco advertisement was removed from its place above the door of Hallgate confectioners. The police were informed and are investigating the matter.

Pig Publicity

Two men with sacks and sticks caused quite a stir by driving a pig for slaughter along the middle of Hallgate. The animal showed no liking for its new-found publicity and caused plenty of trouble before reaching its destination.

100-Year Old Gun found in false roof

An old gun, a bottle of beer and a mouse trap were found between the joists in the false roof of the home of Mr and Mrs Blades in Finkle Street. The gun, a smooth bore, percussion cap sporting gun, is one typical of those used in the period 1830 to 1860.

It is well rusted and the stock is riddled with wood-worm and bears no date or maker's name, but the mouse trap and bottle of beer are both in good condition.

There was about one inch of beer in the bottle when it was found.

Mrs Blades said that she had never seen the gun before, but thought that it may have been left there by her father, the only previous occupant of the house. Her other contention is that the workmen, when building the house, had used the gun for shooting rabbits in the surrounding fields, and the beer to drink with their sandwiches. The mouse trap? Well!

Three Days in Band - Plays on Radio

Bandsman David H Smith, whose home is in Priory Road, was honoured last month (March), when he was detailed to play for the RASC (Aldershot) Staff Band, on the (BBC) Light Programme. He had been with the band only three days and in the Army only three weeks. Before his call-up, David played his clarinet regularly for the Hull City Police Band, the Hull University College Orchestra and the Hull Philharmonic Orchestra.

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Cottingham Combined Charities Annual May Fayre on Saturday 12th May

The Cottingham Combined Charities will be holding their annual May Fayre on Saturday May 12th in the Civic Hall, Cottingham. Open from 10am - 4pm Admission 20p includes a free raffle ticket.

Twenty four charities will present stalls with a wide variety of goods from books and stationery to cakes, preserves and plants. The Guides and Brownies will be serving refreshments all day including lunchtime snacks.

Entertainment by Rhema Urban Dance at 2pm. Casualty simulation (pretend wounds) available just for fun courtesy of the Red Cross.

We need lots of support to keep the charities valuable work going.

Please come along.

Archeological Collections of the East Riding Museums

The March meeting of the East Yorkshire Association of the National Trust, held in Cottingham Civic Hall, was addressed by the East Riding Council's Museums Registrar, Dr David Marchant. He illustrated many of the wide-ranging artefacts that form part of the archeological collections of the Council's Museums, particularly those in the recently opened Beverley Treasure House.

Although several of the most nationally important findings are now housed in the British Museum, items on display include Neolithic skulls and burial implements from prehistoric sites in the county, a medieval brooch from Sledmere and a Tudor dress hook found near Pocklington. Dr Marchant talked about the 4th century Romano-British settlement at Bessingby and the Saxon cemetery, near Sewerby, with its rather gruesome 'live' burials, face down with rocks on their backs! South of the River at Barrow-on-Humber, a hoard of Roman silver coins has been found, of which around 20 can be seen in Goole museum.

During the past ten years, findings from over 250 sites have been deposited with the Museum's Service, due partly to the growth of amateur metal detecting, with 'detectorists' finding a surprising number of important historical pieces. Work is currently continuing on the Celtic weapons cache from South Cave, comprising five late Iron Age swords/scabbards and over 30 spearheads, which it is hoped will be put on display at the Treasure House in Beverley at the end of the year.

Friends of Thwaite Gardens, Cottingham

Take a leisurely stroll in the tranquil surroundings; take in the beauty of the many mature specimen trees; observe the changes as the seasons progress; learn of the wildlife habitat, or simply sit and enjoy the tranquil surroundings.

Where is this place? Is a question asked by many. It cannot be in Cottingham!

Yes it is, here in the heart of Cottingham and as a member of the friends of Thwaite Gardens you have access to walk around Mon-Thurs 12.30pm - 3.30pm and Friday 12.30pm - 3.00pm.

Support your local retailers - Use Them, Or Lose Them

Membership for one person is £7 per annum and for two living at the same address £10.

We hold three presentations per year, have an annual open day (this year May 20th) Sunday 10.30am - 4.00pm) and issue a newsletter three times a year.

All funds go towards projects within the gardens. Our latest project is the construction of a Winter garden.

If you have never seen the gardens there is an introductory picture on the front of Issue 64 of the Cottingham Times, but to enjoy it even more, come along to the Open Day on 20th May 2007.

I am sure you will be surprised that we have such a gem in Cottingham.

The Friends Group are here to support its future in our community. Pam Bailey, Secretary Tel 01482 843304



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In the Garden



Vegetable gardeners' calendar April

Chit and plant out second early potatoes in the first half of the month and maincrop potatoes in the second half. Potatoes can be planted in deep drills or in individual planting holes, with 5cm (2in) of soil mounded over the top. Alternatively, plant them through slits in black polythene mulch, or grow them in thick plastic bags (old potting compost bags are perfect).

Sow beetroot, carrots, Swiss chard, summer cauliflower, kohlrabi, lettuce, leeks, radish, turnip, spring and pickling onions, peas and perpetual spinach in well-prepared soil.

Try sowing some unusual vegetables such as salsify, Hamburg parsley, or scorzonera, both root vegetables favoured by the Victorians, and still eaten a lot on the Continent.

Broad beans grown in pots can now be transplanted into the garden.

Plant shallots, garlic and onion sets. Plant Jerusalem artichoke tubers.

Plant asparagus crowns. A deep, friable, well-drained soil with plenty of organic matter incorporated is ideal.

Pea plants should be supported with sticks, twigs, green support mesh, or wire netting.

In the second half of the month (wait until early May in cold areas) you can sow marrows, courgettes, pumpkins and squash in a heated glasshouse at a germination temperature of 16°C (61°F).

As soon as they are large enough to be handled, sow a seedbed of brassicas to provide transplants of sprouting broccoli, cauliflowers and cabbages that will be ready for planting out to their final position in June or July, and for harvesting in autumn/winter. It is rather late for sowing Brussels sprouts, but you can still buy young plants from garden centres.

Fleece and polythene can be used to protect early outdoor sowings. Many vegetables can bolt if sown outside too early without protection (beetroot being an example). A greenhouse or conservatory is useful in all but the very mildest areas with the lightest soils, to start seeds off, hardening off and transplanting the young plants into the

vegetable garden later in the spring.

Sweet peppers, tomatoes, cucumbers, aubergines, celery, salads and globe artichokes can all be sown in a frost-free greenhouse. Artichokes and celery can be transplanted outside later in the spring. Tomatoes germinate best at 22°C (72°F), and can either remain in the greenhouse or go outside from early summer onwards. Peppers, cucumbers and aubergines do best kept under cover throughout their life.

Pot up tomato seedlings when they develop true leaves above the more rounded seed leaves. After growing on in small pots, they can be planted into larger pots or growing-bags.

Plant out onions sown from seed earlier in the spring. Don't use ground used for onions in the last three years to prevent disease problems.

Control weeds by hoeing between rows during dry weather.

You could prepare your runner bean supports and trenches for sowing (in May) or planting out (in June). This will save you time later.



Plant of the month - Magnolia

Magnolias are among the most ancient of the flowering plant genera. Fossil remains of the simple Magnolia flowers have been found in rocks belonging to the Tertiary period (2-65 million years ago) and show that little evolutionary change has taken place. Today there are around 125 species of deciduous and evergreen magnolias from both the old and new worlds, including North and Central America, the Himalayas and Asia.

Magnolias were named after Pierre Magnol (1638-1715) a physician and botanist who was professor of botany and director of the botanic garden at Montpellier, France.

Magnolias vary in size from large trees to small shrubs and are valued for their longevity and exquisite, often fragrant blooms. Magnolias produce some of the largest flowers of any tree or shrub grown in temperate gardens, though some species take many years to flower.

Continued on page twenty five

Top 10 jobs

1. Keep weeds under control
2. Protect fruit blossom from late frosts
3. Tie in climbing and rambling roses
4. Sow hardy annuals and herb seeds
5. Start to feed citrus plants
6. Increase the water given to houseplants
7. Feed hungry shrubs and roses
8. Sow new lawns or repair bare patches
9. Prune fig trees
10. Divide bamboos and waterlilies

CD & DVD Writers - How and Why To Use Them, and the latest on Windows Vista

By RDM Computers

This month we will look at CD & DVD writers and how and why to use them, and look at the latest news on Windows Vista.

Known variously as CD or DVD writers (RW), re-writers, burners etc., any fairly new computer should have come supplied with one of these, if not it can always be added. They look the same as the humble CD Rom, i.e. a drive to put a disk into, but have come a long way in the last few years, being much faster and more efficient. To find out what you have, just go into *My Computer* and you will see all the drives listed (make sure there is no disk inserted first), you will either see CD or DVD Rom, or CD-RW or DVD-RW, or you may even have one of each.

Let's get the terminology out of the way first. ROM means 'read only memory' so if you have a *CD Rom* or *DVD Rom* that is all it will do, read from CD's or DVD's, like playing music, films, installing programs etc. Whereas a CD-RW or DVD-RW, will *read and write* to that type of disk. Writing is also known as 'burning' owing to the technology employed being a laser that *burns* an image onto a blank disk. Size is important here as a blank CD will hold approximately 600 - 800Mb and a blank DVD will hold up to 4.7Gb (the new dual layer ones up to 8Gb). That is a lot of space!

That is why these drives are now probably the most popular means of backing up and copying data, one CD may hold around 2,000 photographs for instance. As we have stressed before, you should back up the important data from your computer regularly; photographs and other information may be irreplaceable. Everything is stored on your hard drive, but if one day that was to fail, you could lose everything, so beware!

Backing up or copying to CD or DVD is easy, you can use special software that is already on your computer like *Nero* or *Roxio* for instance, and there are others. Or if you have *Windows XP* making a CD is even easier, just right click on a file or folder and from the menu and choose Send to and the click on the writer drive, i.e. CD-RW and it will send a copy of the file or folder. Keep doing this until you have everything you need to save. A message bubble will keep appearing from the bottom right hand corner of your screen, click on that and then follow the instructions. Insert a blank

CD into the drive and in a few minutes you will have a back up copy of all the data you wanted. Write on the disk with a CD pen or indelible marker and keep it somewhere safe, or you may want to send it to someone else for them to view the information.

DVD burning is only really necessary if you are making your own movies or if you data won't fit onto a CD. In this case you will normally need to use the other software mentioned above. Although if you have the new Windows Vista you will notice when you go into Computer that there is an icon at the top to burn DVD.

Talking of Vista, many people have been asking if they need to upgrade and what it will do for them. We discussed the merits of *Vista* in last month's feature, and my own opinion is not to worry about upgrading unless you really want it now. The best advice is to buy *Vista* on a new computer; it is more cost effective to do it this way, provided you are in the market for a new one!

A few issues have come to light since the new operating system was launched in January. The most significant being that the standard Karoo broadband modem (*Speedtouch*) does not work; at the time of writing there was no special driver available. You will need a *modem router*, which Karoo is now supplying.

Anything attached to a computer needs a driver to make it work, this is just a special piece of software that tells the computer what it is and how it works. Although *Vista* does have built in drivers for many devices like printers, some other types of equipment like scanners might be a problem to start with. Those of you who had XP when it first came out five years ago will recall similar teething problems. Things will get sorted out as soon as the various manufacturers make the software available.

Next month I will have news from the UK's major annual computer trade fair; *Channel Expo*.

Richard D. Mills
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Gino's is a bright, clean and friendly premises,

and there is a small well-lit waiting area. There is an excellent choice of Pizzas, Burgers, Kebabs and Fried Chicken, and the meals are of ample proportion, even for the biggest appetites. There is also a Gino's Kids Club menu.

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Gino's is now open from 4pm till midnight every day, and is open till 1.00am Fridays, Saturdays and Bank Holidays to provide his customers with good food for longer.

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Cultivation

Magnolias are not difficult to grow provided that certain conditions are satisfied in siting, planting and management.

Most species are best positioned with shelter from wind and frosts since the branches are brittle and the blooms can become damaged by late frosts. However, *Magnolia x loebneri* is one of the hardiest magnolias and can remain undamaged while others growing around it may succumb.

Magnolia x loebneri cultivars are remarkably tolerant of a wide range of soil types, from acid to alkaline and from light sand to a moisture-retentive (but not waterlogged) clay. They benefit from thorough ground preparation prior to planting to produce a rich, fertile loam. Never plant magnolias too deep, the top of the soil should match the existing compost level. Magnolias have fleshy roots which if damaged while not in active growth do not heal over sufficiently quickly. If a plant is potbound the roots should be carefully and gently teased out and planting postponed if necessary until the weather is warmer.

Unless specimens are being wall trained or become damaged, magnolias do not need pruning as a regular cultivation requirement. If pruning is required a good rule is to prune plants that flower in spring and early summer between late July and early September. Late flowering species should be pruned when growth begins in the spring.

Magnolias are generally free of pest problems, though young plants are vulnerable to attack by slugs, which if left unchecked can defoliate the plant.

Magnolias can be affected by several diseases. While highly resistant to honey fungus, plants under stress can become susceptible. In young specimens the leaves may become smaller and look chlorotic while larger specimens will gradually decline over several years.

Secondary infections can also lead to the decline of specimens after damage caused by frost (which causes the shoots to die back) or deer and rabbit damage where the bark may be gnawed.

Propagation

Magnolias can be successfully propagated from seed, cuttings, layering, chip budding and grafting.

Where open pollination has taken place, considerable genetic variation has been found in collected seed, so plants rarely come true. Plants raised from seed will also take a considerable time to flower, although some hybrids raised from seed flower in under 10 years. The advantages of raising plants from seed are that exciting new cultivars can be bred and seedlings generally exhibit fast establishment and good growth.

Most magnolias can be propagated by cuttings. Deciduous cultivars and species should be raised using softwood cuttings taken in early summer while semi-ripe cuttings taken in late summer should be used to propagate evergreens.

Many commercial nurseries use chip budding and grafting to propagate named magnolias as large plants can be raised quickly this way. Grafting takes place between September and March while chip budding is carried out in July, when the plants are in growth.

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Kumon Maths and English Class Open Days

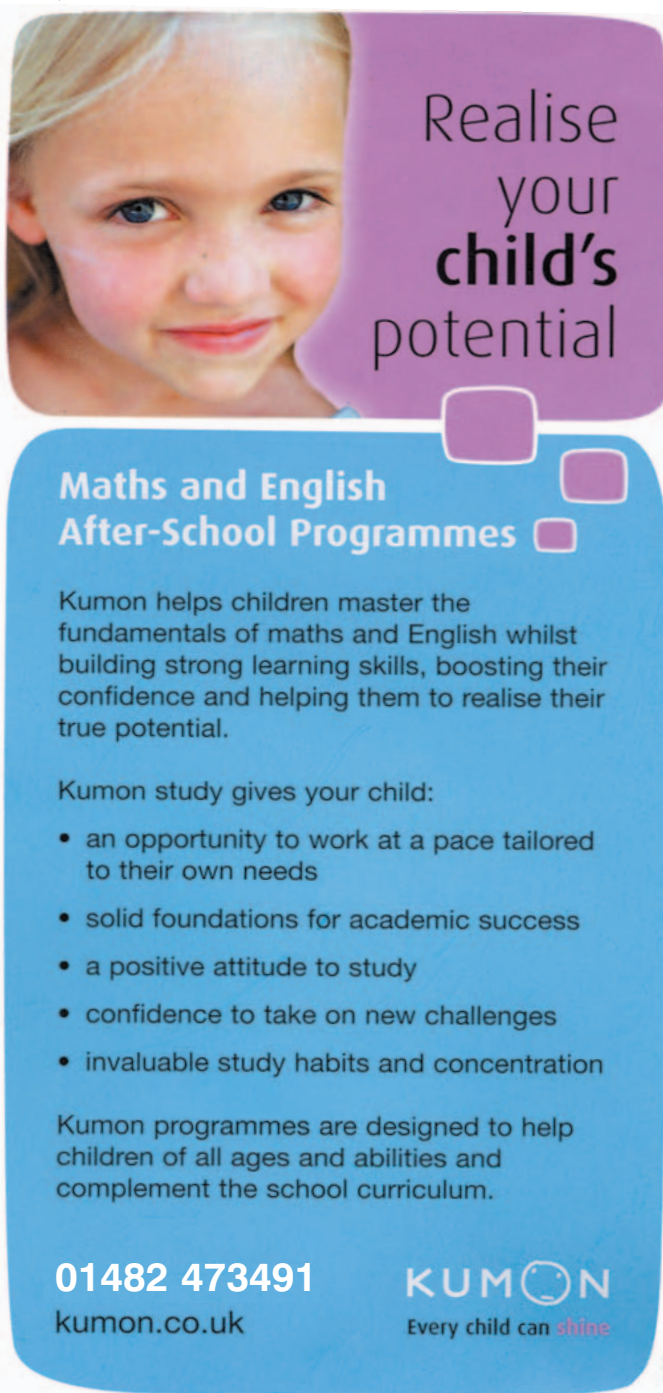
The Cottingham Kumon Maths and English Centre instructor Steven Honey is planning to hold a series of 'Open Class sessions' in April and May, where interested teachers and parents who want to find out more about the Kumon learning programmes can visit the Centre.

The 60 students who currently visit the Centre each week use the step by step learning programme to master key skills that help to make them more confident in their schoolwork. 'We focus first on building confidence and mastery of the basics' says Mr Honey, who taught in a local Hull school for 10 years before discovering Kumon.

Special Educational Needs experts endorse Kumon for children with learning difficulties to use. 'Most average ability' students who use the Kumon study programme move up at least one ability set in school within eighteen months of Kumon study. This has been evident with most of the 400 plus students who have attended the Centre and committed to a year of Kumon study since it opened 8 years ago.'

To book a place for an Open Class session, please contact Steven Honey on 01482 473491. (Places will be limited for each session so please book in advance).

Possible dates to book sessions are currently April 19th, 23rd and 26th and May 10th, 14th and 17th. Fees are charged on a monthly basis (£45 per subject) with a one off enrolment fee of £15.



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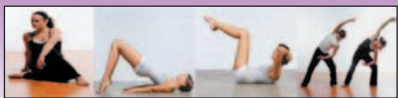
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Your Stars for April 2007 -

By Kay Gower

ARIES - (Mar. 21- April 20)

Mid month an old friend or lover may return or call when you least expect it. A business partner or colleague will upset or irritate you, steer clear especially towards the end of the month . . . you won't win this one.

Taurus - (Apr. 21- May 21)

Through your decisive actions improvements are now being made in many areas of your life. Struggles you may have suffered in the past are coming to an end. The sun moves into your birth sign on the 21st promising a new start in whatever area of life you feel is most in need of it.

GEMINI - (May 22-June 21)

You begin to feel more laid back about life once Venus moves into your birth sign on the 13th . Kind words will win you new friends, but kind deeds done in secret will give you a warm and satisfying inner glow. Watch out for the dates 17th - 24th April you could be in for a bonus or a small windfall.

CANCER (June 22-July 22)

A new moon on the 17th April, will open your eyes to new opportunities and help you to realise that all things are possible. Give your ideas a shot this month and don't allow yourself to be intimidated by others.

LEO - (July 23-Aug 22)

This month, (especially around the 17th - 27th) you may have to consider a particular plan or action carefully. The planets indicate that there is a possibility that you may not be as cautious as would usually be the case. Perhaps the advice of a trusted friend would help matters.

VIRGO - (Aug 22 - Sept. 23)

Professionally speaking there's no reason at all why you should not be getting more or less what you want from life. Personal attachments . . . especially romance might be somewhat different. Avoid arguments like the plague this month, particularly when you're not sure of your ground.

LIBRA - (Sept. 24 -Oct. 23)

Take advantage of a continuing uplift regarding love and all relationships in general at this time. April would be an excellent month for visiting places of interest or stretching your general knowledge. You need to feel comfortable in social situations, so stay in the company of people you like and trust.

SCORPIO - (Oct. 24 - Nov. 22)

Planetary activity in the fun-loving area of your chart will make it easy for you to find new friends and explore new places. Free yourself this month from the pressures of unnecessary deadlines and life will no longer feel like such a chore.

SAGITTARIUS - (Nov. 23 -Dec. 21)

Expect an increase in your financial obligations. You may be considering a major trip or move, your present living conditions may no longer appeal to you and you will want to move to a new house or begin a new life elsewhere. You will discuss the possibilities with others.

CAPRICORN - (Dec 22.- Jan. 20)

Success is in the preparation and April is the month when you should put in the spade work. Your finances may have been rather erratic lately Capricorn, so this would be a good time to make some changes and try putting them on a more solid footing, of course if you are a typical Capricorn you will have already done this.

AQUARIUS - (Jan. 21.- Feb. 19)

A new moon on the 17th April, will open your eyes to new opportunities and help you to realise that all things are possible. Give your ideas a shot this month and don't allow yourself to be intimidated by others.

PISCES - (Feb. 20-Mar. 20)

"There is nothing new under the sun." These words may be many years old but still hold true. What's beginning to happen now may at first glance seem like a new development. Look a little closer Pisces, and you will see it's the same old story, once you realise this you'll know how to deal with it. You'll also stop worrying and start to enjoy yourself.

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Cottingham Tigers become members of the British Amateur Rugby League Association

Cottingham Tigers R.L.F.C are members of the British Amateur Rugby League Association, the Rugby Football League and the Kingston upon Hull Amateur Rugby League.

The club has a full constitution and equal opportunities policy in force.

Club History

Cottingham Tigers R.L.F.C was formed fifteen years ago as a means for the youngsters of Cottingham and the surrounding area to enjoy the game of rugby league.

The club has made remarkable progress since those early days and can now justifiably boast to be amongst the most progressive and well-organised clubs in amateur rugby league.

The club is entirely self-funded relying like many other amateur sports clubs on subscriptions, fund raising and sponsorship.

Six years ago the club finally found a home of its own, sharing the facility at the New Hilltop development on the site of the former De La Pole hospital with Westella and Willerby A.F.C and Cottingham Cricket Club as part of the Cottingham Young Peoples Sports Foundation.

The club are proud to boast that they were the first club in this area to receive the Sport England Clubmark accreditation. This is the award given by the national Governing body and to achieve it we have to demonstrate a good level of proficiency throughout the club in all areas of club management.

Playing Strength

The club now boasts organised rugby league throughout the year at every age group.

Summer rugby is played by age groups under 8, 9, 10 and 11 and age groups under 12, 13, 14, 16, 18 and open age play in the traditional winter months.

Approximately 200 children and young people enjoy the benefits of organised coaching and training at the club at least three times per week.

In Summer 2006 the club made the bold step to expand into Summer rugby league under the guise of Cottingham Phoenix and were successful in winning the Northern Conference Premier League only to lose narrowly (in extra time) in the play off final.

Because of our success and proven pedigree, we have now accepted an invitation to play in the National League 3 during summer 2007. This is the highest standard of league outside of the professional game.

Facilities

* Because of achieving Clubmark status, we applied for a grant in 2002 under the Sport England Community Club Development Fund to enable pitch refurbishments and the construction of permanent changing rooms to replace the existing and somewhat dilapidated temporary facilities.

* We were successful in achieving this award but it quickly became apparent that the award would not cover the cost of the project so further funding was sought (in conjunction with Westella and Willerby Football Club) from the Football Foundation and also further funds were sought under the Government Landfill Tax credit scheme.

* This was a long and very involved process with all three applications coming together only this summer and allowing building work to start in the last two weeks. The pitch renovations will commence in Spring 2007.

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Update on the BMX trail to be built at King George V Playing Fields

The King George V Friends Group - comprising Cottingham residents, park users and community-spirited people who have an interest in improving the King George V playingfield (KGV) facility for people of all ages - was formed in September 2005.

The "friends" meet monthly - normally on the last Monday - in the meeting-room (7.30pm) at Cottingham Parish Councils' offices on the Market Green, when any person who is interested is welcome.

After a group of village youngsters enquired about the feasibility of building a BMX trail at KGV - owned by the East Riding of Yorkshire Council - the "friends" made tentative enquiries, through the authority's officers and an elected member.

But they were told that, under no circumstances, would the authority allow such a facility to be built at KGV. It was a response which the "friends" refused to accept, particularly as no adequate explanation for the refusal was offered by either the elected member or officers. Consequently, another elected member was asked to investigate the refusal.

Within two months there was an apparent U-turn, and the "friends" were told that a BMX project was possible if plans could be drawn up, funding sought and planning permission gained.

In early 2006 the "friends", in conjunction with several council officers, started work on research and design for the proposed BMX track. The younger members of the group who originally approached the "friends" about the concept, made a major contribution in the design process and also offered technical advice.

Members of the "friends" and ERYC officers visited BMX projects at Welton and Sheffield, from where they gained a practical understanding of the logistical aspect of BMXing, as well as a valuable insight into the 'BMX' culture.

The youngsters who use the two facilities are dedicated, passionate and enthusiastic - character traits which were recognised as beneficial to a wider range of facility users in terms of the peer pressure that might be applied to other teenagers who frequent the KGV and partake in anti-social behaviour.

Last summer, the KGV project began to take shape and progressed to the stage when ERYC officers and "friends" group members scheduled individual responsibilities and an activity programme. It meant that the public consultation, health and safety, as well as engineering assessments, could be carried out and funding, planning permission and the full backing of Cottingham Parish Council could be obtained.

At their meeting in mid-February, the village authority agreed to be guarantors, allowing the friends group to lease the land (from the ERYC) and provide insurance cover, which will be funded by the "friends". The parish council has been fully supportive of the "friends" since inception and has given financial assistance with its launch party and its Cottingham Day celebrations.

Funding for the project will be provided jointly by the "friends" and the ERYC in the form of a BIFFA Greenland

grant and capital funds and planning permission will be sought. A full submission will be made to the committee in June and approval is expected in July.

The BMX project is also supported by the Mill Beck Wildlife Group and Yorkshire Wildlife Trust, who will assist in replanting the soft landscaping and woodland area adjacent to the proposed site.

The BMX facility will be surrounded by soft landscaping, which help to reduce any noise, and also enhance the beauty of the natural landscaping already in the area, as well as providing additional habitat for the wildlife.

The BMX track will consist of about 35 different jumps, with sections for the expert BMX-ers, newer BMX-ers and youngsters learning to ride bicycles. It will provide a safe area and an opportunity for parents to teach cycling skills to their children in a socially acceptable environment from which they could aspire to become BMX enthusiasts.

It is hoped that the facility will attract users of all ages and provide a recreational pursuit which encourages a healthier attitude to park use, together with a significant reduction in anti social-behaviour which is a major cause for concern.



King George V Pavilion pictured since the fire

In addition to the BMX project the "friends" will be making improvements to the tennis courts, while a refurbished and improved drainage system will allow the area to be turned into a multi-sports surfaced area to accommodate tennis, five-a-side football, netball and, possibly, basketball. The work will further improve the facility and provide an increase in the types of recreational activity available to teenagers and other park users.

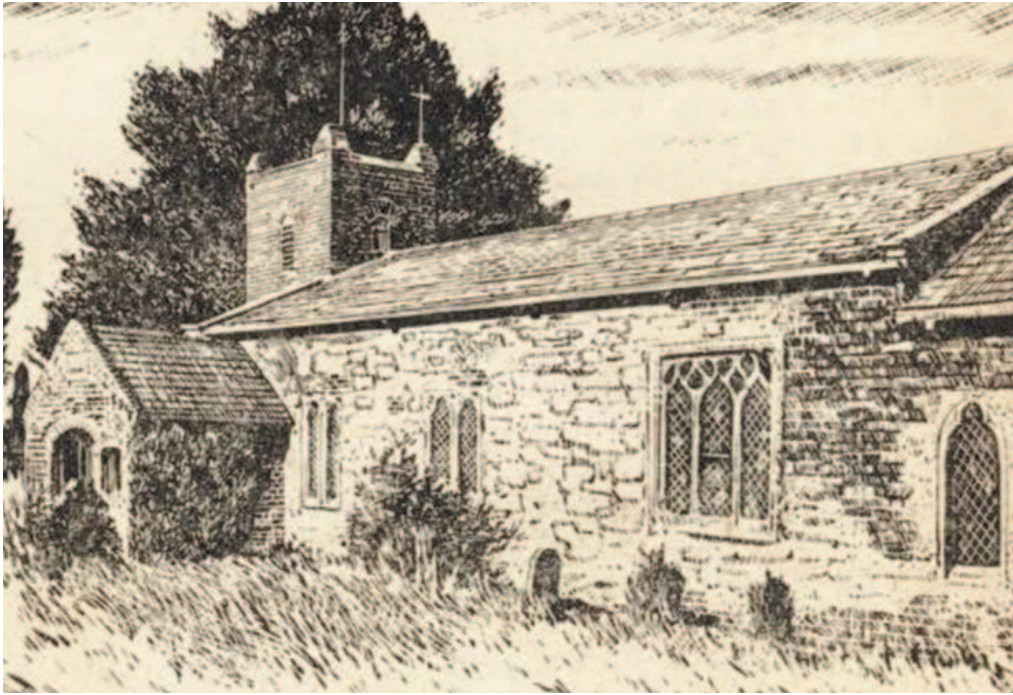
Provided that there are no hiccups with funding and planning, it is hoped that the projects will be completed by the autumn, by which time the future of the Cottingham Sports Pavilion - recently severely damaged by fire - will be determined.

The "friends" group has already consulted with ERYC officers who have outlined several options open to the community in terms of redeveloping the pavilion site and adding facilities to encourage growth in positive use.

Anyone interested in joining the "friends" is asked to contact Cottingham Parish Councillor Gary Cooper (vice-chairman) on 07702-670022 or Jan Rodgers (secretary) on 844914. They will be pleased to discuss the group's activities or hear ideas and concerns regarding the KGV facility.

The "friends" group is open to anyone who has an interest, either as a casual user or a member of the community, and involvement is encouraged at all levels to suit the individual

Down Memory Lane



**St. Michael's
Church, Skidby**

This drawing of St Michael's, Skidby's parish church, was one of a 1950s series of past and present Cottingham and district landmarks by Cottingham artist Herbert Rodmell and first published in the "Cottingham Review".

The caption to the illustration read: "The font which it now contains was made in 1661 for Cottingham Parish Church (St Mary's),

by Tobi Clark, for a cost of 15/- (15 shillings - or the equivalent of 75p). The font was taken to Skidby when the Goddard family of Thwaite Hall presented the Cottingham church with another font in the late 19th Century. The original Skidby font was probably of Norman origin and now lies in the vicar's garden there".

PHAZE

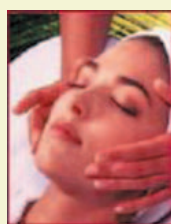
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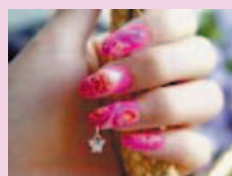
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Matt's Monthly Motivation

By Matt Burton



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Tony Arnott
Tel: 844104
*Garden Maintenance,
Grass\Hedge Cutting,
Spring planting still available for 2007*



Crossword Solution from page 14

1	M	A	C	H		5	A	R	R	A	S		10	M	I	F	F		
14	A	L	O	E		15	T	H	O	L	E		16	I	S	L	E		
17	N	O	B	L	E	18	W	O	M	A	N		19	S	L	I	T		
20	S	U	R	I	M		21	E	M	I	G	R	A	T	E				
23	E	D	A	C	I	T	Y		24		25	O	L	E	U	M			
				26	A	T	T	A	R		27		28	E	N	L	A	C	E
31	O	R	A	L		34	E	P	O	S		36	R	E	B	A	R		
37	T	E	N		38	B	R	O	W	N	I	E		40	A	G	O		
41	I	N	T	E	R		43	K	E	E	N		44	I	D	E	S		
45	C	O	E	V	A	L		47	L	E	V	E	L						
			49	N	I	Z	A	M		51	R	E	P	L	A	C	E		
55	A	C	A	D	E	M	I	A		57		58	R	E	U	B	E	N	
59	M	E	T	E		60	E	X	C	I	T	E	M	E	N	T			
62	I	R	A	N		63	N	E	R	V	E		64	E	L	S	E		
65	D	O	L	T		66	T	R	E	E	D		67	D	E	E	R		

It's a bit of a cliché but "there's a lot going around at the moment". Chesty coughs, sore throats and runny noses seem to be the norm, so how can you boost your immune system and reduce your chances of catching such bothersome bugs?

A run-down body provides an inviting environment for viruses to come in and stay for a while. While it is difficult to live in a society and not come into contact with the hordes of germs that are literally everywhere, you can reduce your own susceptibility and bolster your immune system by simply choosing the right foods to put on your plate.

Eat leafy greens every day. Kale, spinach, seaweed and algae are excellent sources of vitamin D, the immunity-booster we usually get from sunshine in the summertime. Along with contributing to a stronger resistance against coughing co-workers, recent studies indicate that higher vitamin D levels can benefit ailments as diverse as osteoporosis and multiple sclerosis.

Include kiwis, grapefruit or orange juice in your daily routine. All are great sources of vitamin C, the antioxidant we've known for decades to be powerful in fighting colds and flu. It's also found in cabbage, bell peppers, tomatoes and broccoli.

Snack on almonds and sunflower seeds. Not only do they supply vitamin E, an antioxidant that fights off free radicals and keeps skin soft and youthful, but they are an excellent source of essential fatty acids to keep body systems running smoothly.

Enjoy your garlic! The stinky bulb was once worn in a garland to ward off disease, a superstition that actually has scientific basis as eating garlic can provide a variety of health benefits, including a boost to the immune system that can help ward off nasty bacteria. Besides, eating garlic usually ensures that people keep a bit of distance - always a desirable action for avoiding the flu virus!

Lace your food with Ginger where possible. Ginger is long used as a folk remedy but it can open nasal passages, soothe nausea and generally help the immune system.

Finally, ensure complex carbohydrates figure in your diet. Whole grain foods, sweet potatoes and beans are good sources of complex carbohydrates. As discussed in previous articles, our bodies need them for energy and when there aren't enough present it begins cannibalizing other tissues for the power needed to function properly. This in turn creates a deficit somewhere else in the body, weakening the defences along the line and opening a toehold for invading germs.

If you'd like any further advice regarding this month's topic, please call us at Cottingham Parks Golf and Country Club on 846030, where a member of our Wellness Team will be happy to help.

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BEKO TDA531 Fridge/Freezer White	£200	£170
BOSCH KUR1544 B/In Larder	£420	£300 *
BOSCH KSV33622 Fridge/Freezer	£370	£300 *
CANDY CCV150 Wine Cooler	£180	£160
LIEBHERR Side by Side American Fridge/Freezer	£3500	£2500 *
Wine cooler, stainless steel	£270	£240
LEC T5066 Fridge Freezer		

* One Only

Home Laundry

	Was	NOW
HOTPOINT FDW60 12 pl Dishwasher	£300	£250
INDESIT IDL530 12pl Dishwasher	£240	£170
SMEG DF614 S/Steel 12pl Dishwasher	£620	£420
SMEG WMF16AX 1600 Spin Washer S/Steel	£850	£560

Televisions

	Was	NOW
CROWN CTF 101 10" Battery/Mains	£130	£100
PHILIPS 42PF7621 LCD HD Ready, Int Digital	£1800	£1400
PHILIPS 42PF9831 LCD HD Ready, Digital, Amalite	£3500	£2800
PHILIPS 37PF5521 LCD HD Ready, Int. Digital	£1400	£1100
SHARP 32GA4 LCD 32" Widescreen Silver	£1800	£700 *
SHARP LC15LIE LCD Cordless TV, Silver	£1000	£700 *
CROWN CTT3207 LCD 32" Widescreen Silver	£900	£500

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Vacuum Cleaners

	Was	NOW
DYSON DCO8I Bagless Cylinder	£180	£160
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DYSON DC14 S1Y Bagless Upright	£230	£180
DYSON DC14 ANIMAL Bagless Upright	£280	£230
ELECTROLUX Z4491 Cylinder	£55	£40
ELECTOLUX Z4703 VITESSE Upright	£60	£50
HOOVER TC1182 Bagless Cylinder	£65	£50
POLTI 710 ASPIRA Steam Cleaner	£450	£350
POLTI LEADER Steam Cleaner	£300	£230
SEBO KI Cylinder	£160	£135

Cooking

	Was	NOW
CREDA S420 S/Steel Built Under Double Oven	£630	£350 *
HOTPOINT GC750 Hob Gas, Five Burner	£260	£200 *
HOTPOINT BD32 White Built in Double Oven	£530	£220 *
HOTPOINT HD70 70cm Glass/S/Steel Hood	£390	£220 *
HOTPOINT HTV10 60cm Basic Hood	£70	£55
LOFRA PXUD66 S/Steel Double Oven, Ceramic Hob	£700	£580 *
SMEG DUC08 S/Steel Built in Double Oven	£750	£530 *
SMEG SC110 Multifunction Built in Single Oven	£730	£450 *

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DAB Radio

	Was	NOW
PURE EVOKE 1XTC DAB Radio	£90	£75
PURE EVOKE 2XTC Stereo DAB Radio	£125	£100

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	Was	NOW
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