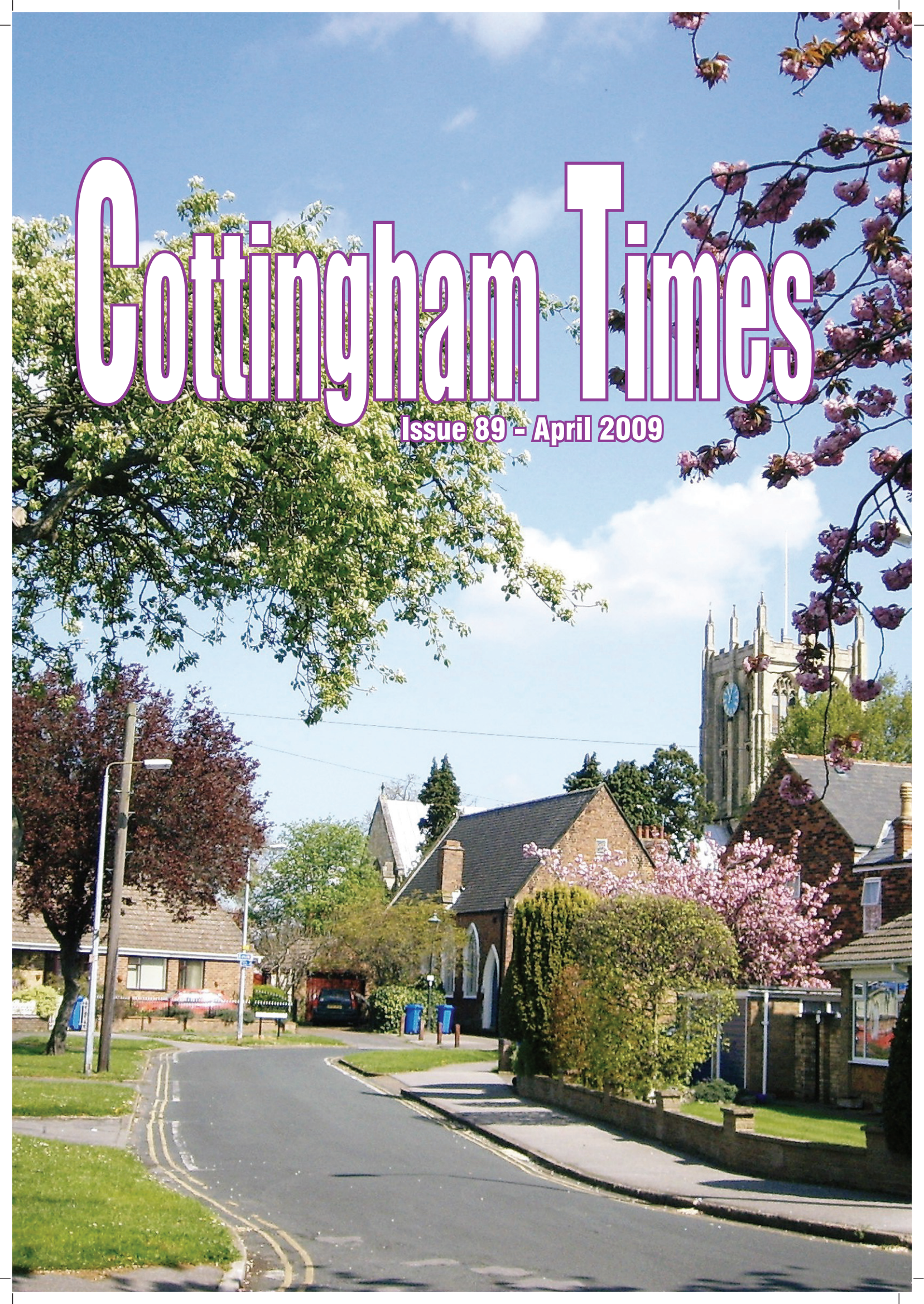


# Cottingham Times

Issue 89 - April 2009







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## In Cottingham and District

### St. Mary's Church, Cottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 50p (including biscuits). A warm welcome ensured.

We also have S.A.L.T. Lunch (Share a Lunch Together) every Tuesday in the Mark Kirby Hall, 12.00 noon to 1.30 pm.

### Mary's Village Pop In - The small hall at the Village Hall, Skidby

Tuesdays and Fridays 10.00 to 4.30 pm. Adults, Children and Young People Welcome. Call in at any time for a drink and a chat. Tea, Coffee, Hot Chocolate, Biscuits, Crisps and Sweets.

### Cottingham Wildlife Watch

Saturday 11th April, 10.00 hours to 12.00 hour, Meeting 10.00 till Noon at Millbeck Wildlife Area, behind the King George V Playing Fields, meet at the Pavilion carpark. Contact Erica 840336, Roy or Helen 845665 if you are interested.

### East Yorkshire Embroidery Society

Saturday 11th April, Kerry Mosley - Knitting Pictures with Wire, in the Darby & Joan Finkle Street. at 2.15 pm, Members £1.00; Visitors £2.00 includes cup of tea and biscuit. (Membership £6.00 per year).

### Cottingham Women's Institute

Tuesday 14th April, "Beverley Barge Preservation Society" talk Nev Holgate, at 10.00 am upstairs at Cottingham Civic Hall.

### Cottingham Men's de Luda Society

Wednesday 15th April - Belsen - Ray Parker (Member), in the St. Mary's Church Hall at 2.00 pm.

### Cottingham Ladies Circle

Wednesday 15th April, at the Zion United Reformed Church, Hallgate, at 7.30 pm. Games Evening and Beetle Drive.

### Cottingham Evening Townswomen's Guild

Wednesday 15th April, Barbary Coast Corsairs - Alan Hopper, at 7.30 in the Darby & Joan, Finkle Street.

### Diabetes UK

Thursday 16th April, Advisor "ROCHE", 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.

### East Yorkshire Association of the National Trust

Thursday 16th April, Mr. Martin Barker - History of the Hull/Barnsley Railway, in the Civic Hall at 7.30 pm. Non-members welcome.

### Skidby Village Institute

Saturday 18th April - Coffee Morning with Exhibition by the local branch of "Weightwatchers". 10.00 am to 1.00 pm in the Skidby Village Hall.

### Cottingham Catholic Women's League

Monday 20th April, Murder, Magic and Medicine - Mrs. Mary Wilkinson, in the Garden Room, Holy Cross RC Church, Carrington Avenue at 7.30 pm.

Front Cover Picture: View of King Tree Avenue. The photograph was taken and supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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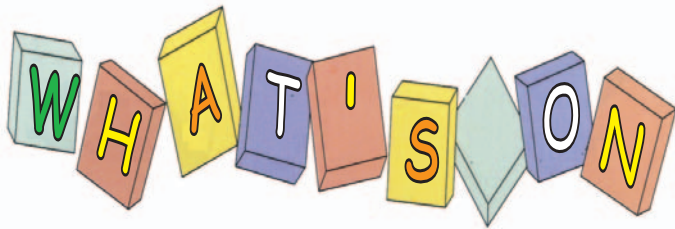
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## In Cottingham and District

### North Ferriby Gardeners Club

Monday 20th April. This evening John Mercer (Bradford) will give an illustrated talk on "Hepaticas". John grows about 100 Hepaticas, these beautiful plants like a piece of Fabergé jewellery are becoming more popular due to an extensive breeding programme in Japan. Meetings are held in the village hall, starting at 7.30 pm. Visitors £1.50 including tea/coffee and biscuits. Annual membership £5.00. For a programme and further information contact Mal on 01482 632282.

### Wednesday Social Club

Wednesday 22nd April, at 2.00 pm in the small Darby & Joan Hall, David Leeson - My Father was a Snob.

### Cottingham Civic Society

Monday 27th April, AGM followed by a speaker to be announced. In the Darby & Joan Hall, Finkle Street, at 7.30 pm.

### East Riding Flower Club

Monday 27th April, Margaret Ecclestone (National) "Purely for Pleasure", Plants stall, open meeting. Visitors £5.00. In the Civic Hall, Cottingham at 2.00 pm.

### Cottingham Men's de Luda Society

Wednesday 29th April - Mike Thompson - "Have you met Al", in the St. Mary's Church Hall at 2.00 pm.

### Cottingham Ladies Circle

Wednesday 29th April, at the Zion United Reformed Church, Hallgate, at 7.30 pm. Jan Wiles - talk and demonstration Pilates (exercise).

### Cottingham Men's de Luda Society

Wednesday 6th May - Yorkgate Garden (Adel).

### Combined Charities

Saturday 9th May - May Fayre in the Civic Hall, Cottingham. 10.00 am to 4.00 pm. Refreshments served all day. Admission 20p. Twenty-three charities presenting gifts, toys, books, jams, preserves, cakes and much, much more for sale all at reasonable prices. Please come along and support us. All the charities need your help.

### East Yorkshire Embroidery Society

Saturday 9th May, Jane Callender - Indigo and Shibori, in the Darby & Joan, Finkle Street. at 2.15 pm, Members £1.00; Visitors £2.00 includes cup of tea and biscuit. (Membership £6.00 per year).

### The Wold Lace Makers

Saturday 9th May, Quarterly Meeting, Jo Firth - Canvas Work Scissor Keeper, 10.00 am. to 4.00 pm. at the St. Johns Newland Parish Church Hall, Clough Road, Hull. Members £1.00; Non-Members £3.00.

### Maureen Hunter Singers

8th, 9th and 10th May. Present "Silver Voices in Spring", celebrating the choirs 25th Anniversary at Bricknell Avenue Methodist Church. Friday and Saturday 8th and 9th May 7.30 pm and Sunday 10th May at 3.00 pm. Tickets £7.00 including interval refreshments are available from Mrs. Sue Helliwell 01482 641229. Free secure car parking is available at nearby Kelvin Hall School.

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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# So, what's new in the world of technology this Month?

**So what's new in the world of technology this month?** A female robot takes to the catwalk in Japan. Google launched its new Street View service to some controversy, Apple trumpets the new arrival of its new baby iPod Shuffle, and following a SatNav can be dangerous! Oh and lastly, can you help me to help you? Please read on...

**Female robot takes to the catwalk in Japan.** Charmingly known as HRP-4C, this is the most lifelike robot to be developed yet, and can walk, move its arms and even talk through moving lips with some facial expression. See the news video at: <http://news.bbc.co.uk/1/hi/world/7947189.stm> (or just Google it!)

**Google Street View is an add-on feature to the excellent Maps service.** It enables the user to 'walk' down a street (just in a number of major cities at the moment) and view buildings on either side in very clear detail. The controversy arose over privacy and whether this could be used as a tool for burglars or others planning illegal activity in an area.

The images are not 'real time' of course; they were gathered over the past year by a specially adapted car with a 360° camera on its roof. One man walking in a London borough saw the car drive past him, and commented that after years of using Google to search for things, he realised he had just been 'Googled back!' To protect people's privacy however all faces and car number plates have been blurred out and if any householder objects to their house being shown they can request it be taken off.

Recently I was following a van with a camera on each corner, owned by the company that does satellite mapping for Google, along Eppleworth Road, so perhaps Cottingham is to be 'upgraded' soon! This area is already shown in great detail anyway on Google Maps. [www.google.co.uk/maps](http://www.google.co.uk/maps)

**Apple's new baby is the tiny iPod Shuffle.** Only about thumb sized, but considerable thinner, the tiny device can hold up to 1,000 songs and has an innovative control built into the earphone leads, and a computerised voice that tells you the track name! See website for details: [www.apple.com/uk](http://www.apple.com/uk)

**A driver is facing a 'hefty recovery bill',** and a possible charge of driving without due care and attention after following his BMW's SatNav to the edge of a West Yorkshire cliff. Even though the track was becoming narrower and steeper, he apparently trusted the device more than his own eyes, and ended up with the car precariously hanging over the edge, requiring a 9 hour rescue operation! [www.guardian.co.uk](http://www.guardian.co.uk)

**ESET has now launched a new version 4** of its best-selling antivirus and security products. Enhanced threat detection features are built in and even a feature that monitors if you have the latest Windows security

updates installed on your PC, directing you to the update site if required. Two versions of the product are available and details can be found at [www.eset.co.uk](http://www.eset.co.uk) including with prices and even a free 30 day trial. We are pleased to have been resellers for ESET for nearly a year now and can supply licences by email or post, or by visit to install. Payment can be made by cheque or cash; useful for those who don't like to buy products online. Existing users who wish to upgrade to v4 can download it and install it over the top of the previous version, you will need your ESET username and password to do this.

**Rogue or fake antivirus (aka malware) products are becoming more frequent now,** and some of the new ones are managing to get past normal defences. Look out for anything with names like Antivirus 2009, XP or Vista Antivirus, and a devious program called FileFix which has to be purchased for \$50 to unscramble your own data after corruption. If anything like this appears on your screen advising you have so many infections or insecure areas, do not click to agree to any offers to download or install anything.

**Up to date programs on your computer are important,** and a useful little utility to check this for you is available free (for personal use) from a company called Secunia. Once downloaded and installed it will offer to scan your PC's programs and advise if an update is available. If so, all you have to do is click on the button and it will locate and install it for you! See website: [http://secunia.com/vulnerability\\_scanning/personal/](http://secunia.com/vulnerability_scanning/personal/)

**Lastly the help me to help you topic!** 'Does this come with an instruction manual?' A question I am often asked, and often the answer is sadly 'No'. Manufacturers for a few years now have reduced costs and paper usage by not producing printed manuals, putting the content on CD instead. Having written articles such as these for many years I am planning to put together a book full of helpful hints and tips, in Plain English of course! Many people have told me in the past that they have bought a computer book but found it didn't tell them what they needed to know. So I would very much like to hear from readers what you would like to see in such a book. Your ideas could involve subjects covered perhaps; such as (but not limited to) basic knowledge, internet & email usage, troubleshooting, printing etc., or type of layout, text, pictures etc. All ideas or suggestions would be welcome and you can email to: [richard@rdmcomputers.co.uk](mailto:richard@rdmcomputers.co.uk) or drop a line to our office address. Many thanks, and I will keep you informed!

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## Cottingham Bowling Club look forward to new season

The members of the Cottingham Bowling Club are looking forward to the new season that opens on Saturday 18th April at 2.00pm (everyone hopes the weather will be OK).

The new President, Alan Woodeson, is also the Competition Secretary and he has laid out a good competition programme for the year. The greens are in very good condition - this is down to the 100% of the work that our greenkeeper and the 'Monday Morning gang' of volunteers carry out throughout the winter.

Have you noticed our new gates? We had to replace the old gates as they were difficult to manage in windy weather.

There are several new members who have joined us over the closed season and an Induction Evening is to be held on 22nd April to introduce them to the game. Have YOU ever thought about taking up bowling? Why don't you contact the Club Secretary, Brian DeVine on 01482 - 847303 if the thought has crossed your mind. You never know, you could be the next international sensation!!

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# Cottingham Parish Council



## Can you help?

Cottingham Parish Council is looking for someone to undertake general maintenance jobs as and when required. If you are interested you should contact Judith or Tina at the Parish Council office for further details (tel: 01482 847623). Please note – anyone interested must have their own Public Liability Insurance.

## ERYC Car Parking Roadshow

Following the public outcry at the proposed car parking charges to be introduced across the East Riding, the ERYC are holding a series of roadshows to allow residents to have their say!! Cottingham plays host to this roadshow in the Civic Hall on Thursday 11 June 2009 between 4.30pm and 7pm. If you have an opinion – come along and make it known.

## KGV – Leisure Centre

Mr Kevin Hadfield, ERYC, was due to attend the meeting to update Councillors on the progress with the KGV Community Trust and the demolition and rebuild of the leisure centre. Unfortunately Mr Hadfield was unable to attend due to an urgent work commitment; he will, however, be attending the April meeting of the Parish Council which will be held on Thursday 16 April 2009.

## S137 Grant

Under Section 137 of the Local Government Act the Parish Council awarded a sum of £300 to help stage the Cottingham Springboard Free Live Music Festival which will be held in various venues around the village on 29, 30 and 31 May 2009.

## Litter Bins

Six new litterbins will soon be installed in the following locations around the village. This is part of the Parish Council's ongoing programme of installing bins to help solve the litter problem in various locations around the village. Please use the bins!

- Endyke Lane near to village entrance sign
- Walk through from St Margarets Avenue to Driffeld Close
- North King Street – near Crosskeys pub
- Baynard Avenue/South Street – next to seat in corner
- Entrance 3 – Castle Hill Hospital
- Dene Road – corner of Westfield Road

## Noticeboard –

### Policy for inclusion of notices

The Parish Council have eight noticeboards around the village and community and charitable organisations are welcome to display notices

(no bigger than A4 size please!) to advertise their services or events. However, Councillors feel that these noticeboards should not be used for the advertising of business services and any such notices will be removed in the near future.

## Revival of Garden Competition

Following the floods of June 2007 the Cottingham Garden competition was cancelled. It seems that even now – two years on – residents who were victims of the floods are finding it difficult to re-establish their gardens. Cllr Abel, the organiser of the garden competition, suggested that this year the Council should run a competition for Tubs and Baskets rather than gardens; councillors agreed that this would open the competition to all residents and, hopefully, traders and public houses etc would get involved. Please pick up an entry form from the Parish Council Offices.

## Cottingham CCTV

From 1 April 2009 the Parish Council will take ownership of the CCTV system from the East Riding of Yorkshire Council. The system has been looked after by the CCTV Working Group historically who have done an excellent job in working with the Neighbourhood Policing team to utilise the CCTV footage in the detection of crime and prosecution of offenders – and this will continue.

It is hoped that upgrades to the recording and signalling systems can be made in the forthcoming financial year to improve image quality and ease of access to recordings and the tender process to appoint a contractor for maintenance of the system has begun.

## Yorkshire in Bloom – Spring Judging

The Yorkshire In Bloom judges will visit Cottingham at 10am on Wednesday 8 April 2009. Their visit usually lasts about two hours when they will visit Cottingham High School, Thwaite Gardens amongst other areas. They also walk around the centre of the village to look at flower displays, hanging baskets and the general tidiness and cleanliness of the village. You can do your bit by keeping the village clean and litter free wherever possible.

## 10th Anniversary

The Parish Council is very pleased to announce its ten year anniversary. It was inaugurated in the Civic Hall on 1 April 1999 and hopes to continue the work of making Cottingham a better place to live and work for many years to come.

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## Cottingham Cricket Club have been busy during winter training

As the season starts in earnest for the club at the end of April, its members have been busy during the winter training at St Mary's College at their indoor nets.

The nets have been well attended by all age groups as the Club run teams at the Under 11, 13, 15 and 17 age groups and a team for Under 9's as well as 3 senior Saturday sides. During the winter the club also achieved Level 3 in the East Riding of Yorkshire Council Accreditation Scheme, it is one of only 7 clubs in the East Yorkshire to have been awarded this level, and is actively working towards the nationally recognised Clubmark Scheme Accreditation, which they hope to achieve during the coming season. The Club has also managed to secure a couple of grants.

A grant from the Parish Council was used to purchase a training mat, to assist in batting, together with further training aids and a £5000 Grassroots grant from the Community Development Foundation will be used to purchase a heavy roller for use on the Clubs Hilltop ground.

A number of the Clubs Junior members have had extra coaching during the winter. Twelve lads have been on the East Yorkshire Coaches Association Development Programme on a Saturday morning at St Mary's College in Hull with 3 others on the Yorkshire Cricket Board Pathways Scheme again at St Mary's. Will Rhodes, who has been training at Headingley on the Pathways Scheme since November, has been pre-selected to represent Yorkshire at U14 level. On a Saturday morning at Cottingham High School the club has provided coaching and games for up to 20 further boys and girls who are Under 11.

For further information on the Club please contact Rob Rhodes on 842215 or visit our website [www.cottingham.play-cricket.com](http://www.cottingham.play-cricket.com)

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# More value for money

## travel hints and tips

By Marion Owen

Where did March go? I managed to have my sneaky weekend in Dubai, it worked well and we both managed to work on Monday after landing in Humberside at 9.10am. I have to say that I can sleep anywhere these days. The weather in Dubai was perfect, it was great to wear light summer clothing and have the warmth of the sun beating down on us it was a real tonic.

Our weekend was action packed and never a dull moment. Our suite at the Dar al Masyif was just superb and great for anyone wanting something special, the canal views offer peace and privacy. We also visited the famous Burj al Arab and enjoyed dinner at the new Gary Rhodes Restaurant. Golf was good although a little more expensive than in some places the bonus being the service and facilities that cannot be beaten!

### Fancy a Break?

If you fancy a break before it gets too hot why not take a 4 night break flying from Manchester travelling in June for just £509 per person! If you have already enjoyed Dubai why not look at a cruise around the Middle East next March – we have a special departure for 7 nights not only offering you new sights this price includes all meals & entertainment galore for less than £950 per person.

Still staying outside of the Euro zone 14 nights in Egypt all inclusive, includes a 7 night Nile cruise, 10 excursions plus a week on the beach on offer for just £899 various dates in May & June although I think June is just a tad too late for the Nile as it is getting a little to hot and the water level on the River starts to restrict the sailings.

Anyway what is new and going on in the world of travel? Summer 2010 cruising is going on sale at a rate of knots. Fred Olsen has had a great start to 2010, prices in the preview brochure are keen. P&O have launched their new ship Azura just this weekend and she is proving popular as with the new Cunard ship Queen Elizabeth. Royal Caribbean & Celebrity are also storming ahead.

Celebrity have their new ship Eclipse sailing from Southampton in 2010 offering many balcony cabins, why not come along to our presentation on Thursday 29th April – tel 211913 for your complimentary ticket.

### Bag a Bargain!

Another event we are having this month is a coach day in Victoria Square in conjunction with CAB'S and Fred Olsen, we will have special offers available so why not bag a bonus!

Talking of bargains, if you prefer sheer luxury look no further, Regent 7 Seas cruises (6 stars) offer suite accommodation, on an all inclusive basis, free shore excursions & free flights. For example Monte Carlo to Athens 16 May for 7 nights from £1741pp or Baltic cities July & August from £1995.

We have a special departure hot off the press Friday 15th October 2010 a 4 night Scottish cruise on the Lord of the Glens from Oban to

Fort Augusta, travelling by rail & coach. Our last group on this ship had a great time the weather was good and the autumn scenery stunning.

Did you see Billy Connolly in Canada? He took the words right out of my mouth when he said he felt privileged to see bear in their natural habitat. It's not too late to join my Canada & Alaska adventure this summer – call for details. The Alaska cruise is now on request but a snip starting at £563 pp aboard Holland Americas Volendam.

Oberammergau 2010 our June departure is now over half full and with the very best play seats included, 9 nights half board and travel throughout at £1250, this is extremely well priced in comparison to other tours on the market. We have a fabulous time in 2000 it is a very moving and special experience.

### Do You Get the Best Price on the Internet?

Do you think you are getting the best price on the internet? Ask before you book I saved a gentleman over £60 per person on his flights the other day. Due to staff shortages over the last couple of weeks I worked on the leisure desk rather than in our cruise department, I have to say I was very surprised how I managed to find package holidays much lower than the quotes clients were finding on the web. It cost nothing to ask an expert rather than look and hope you have found the needle in the haystack.

The Thursford Christmas Spectacular 2 nights half board £189 is now sold out – we do have a wait list in case of cancellations, make sure you do not miss out next time, register now for 2010.

**Travellers tips:** Before leaving home, check your passport is in order 3 months Europe, 6 months worldwide.

Check your European Health card in good time before travelling some are now running out. Do not travel without travel Insurance this could result in costing loved ones in the event of an incident and having to repatriate you home, it really is worth every penny to be on the safe side. If travelling to the USA make sure you have your ESTA before travelling this is valid for 2 years from issue. If you are travelling out of Europe do you need a visa? Check with your doctor re immunisations

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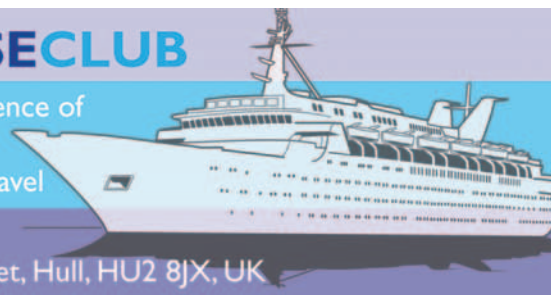
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## Up and coming events from the Friends of King George V Playing Fields

On April 13th Easter Monday, The friends will be hosting an Easter Treasure Hunt at KGV from 11am, there will be an easter bonnet competition for the girls and a whackiest headgear competition for the boys with prizes for the winners, the easter egg hunt will cost £2 per question sheet with prizes for all who take part, refreshments will be available and we look forward to welcoming kids, families and local residents who may be interested in the forthcoming developments at KGV.

April 24th, Friday from 7.30pm, St Georges Race Night at Hallgate Primary School, a fun race night event for all the family to include a supper, tickets priced from £8 per family (2 adults + 2 kids) and £2.50 per adult, £1.50 per child after that. We would welcome interest from local traders who might wish to sponsor a race and would ask that anyone wishing to sponsor a race or wanting further information please contact Dave Sherwood on 07894234454.

Both events will allow anyone interested in the planned refurbishment of the pavilion and the future ownership of the facility by the KGV Community Trust the chance to meet with members of the group and discuss their ideas, concerns, or any aspect regarding what the future holds at KGV Cottingham.

## The Alzheimers Society Hull & East Riding Branch has moved

The Alzheimers Society Hull and East Riding Branch has moved to Suites 8 and 9, The Pavilion, 536 Hall Road, Hull HU6 9BS. The telephone number will remain the same 01482 211255.

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## Wordsearch - Explorers

Can you find the hidden words in the puzzle below, they maybe horizontal, vertical or diagonal, forwards or backwards.

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

Find the words in the letters above:

Amundsen, Barbosa, Bass, Boone, Burke and Wills, Cabot, Cartier, Columbus, Cook, Cortes, Dias, Drake, Eriksson, Fawcett, Flinders, Frobisher, Gray, Hawkins, Heriolfsson, Hudson, Kingsley, Livingstone, Magellan, Marco Polo, Park, Raleigh, Scott, Shackleton, Sturt, Tasman, Tenzing, Vanouwer, Vasco da Gama, Vespucci.

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

## Sudoku No. 28 -

This is a medium challenge this month

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

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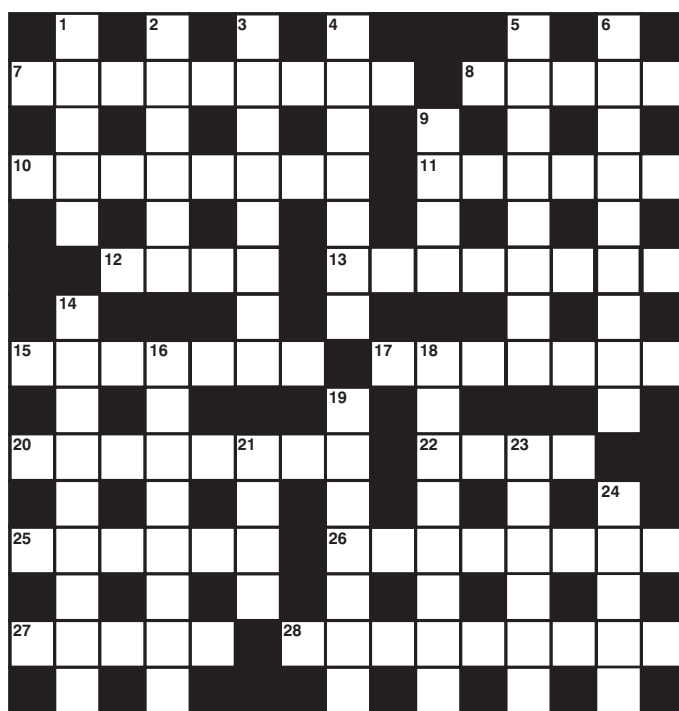
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## Crossword - Solution on page 34



### Across

- Beckoning (9)
- Point of Interest (5)
- Relegating (8)
- Washes (6)
- Sicilian Volcano (4)
- Yearn (8)
- Educated (7)
- Hidden (7)
- Orchestral Composition (8)
- Pull (4)
- Check (6)
- Retarded (8)
- Sow (5)
- Discern (9)

### Down

- Wanderer (5)
- Binge Eat (slang) (6)
- Point (8)
- Cuddle, nestle (7)
- Tiny piece (8)
- Provided (9)
- Read (4)
- Agree (9)
- Deserter (8)
- Dissident (8)
- Was Wary Of (7)
- Fear (4)
- Using Oars (6)
- Irate (5)

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# In the Kitchen



## Ingredient of the month - Ice Cream

Whilst there are all sorts of spectacular stories about the origins of ice cream including Marco Polo bringing it to Europe from China or Catherine de' Medici introducing it to France there doesn't seem to be any real evidence to substantiate any of these theories.

It is true that various ancient civilisations used ice in desserts and that the Ancient Persians even had the equivalent of giant "refrigerators" known as yakhchals which were naturally cooled structures used to store ice through the summer which had been gathered in the winter from nearby mountains but what these peoples ate were more akin to ices rather than ice cream.

### Predecessors to Ice Cream

Evidence of the predecessors of today's ice cream being made was in China during the Tang period (618-907 A.D.), when milk was heated and allowed to ferment to something similar to 'yoghurt' which was then mixed with flour and camphor and chilled before being served. However, the first technical description of ice making using various salts which were mixed with ice, to get low enough temperatures to freeze liquids in a container, was by an Arab medical historian Ibn Abu Usaybi c1230-1270 A.D.

The process didn't reach Europe until 1503. In Italy where it was initially considered more of a magician's trick and the results were not used for edible food until the 1660s when sorbets were eaten in Naples, Florence, Paris and Spain.

### The First "Iced Cream"

The first ice cream made with milk didn't appear until 1664 in Naples and in the UK, ice cream was served at a banquet at Windsor Castle in 1671 however it was such a rarity, that only the guests on King Charles II's table got to sample it. It was after this time that wealthy people wishing to emulate their king, built ice houses on their estates, when ice which was gathered in winter from lakes, ponds and rivers which was stored under straw and bark, until the summer when it was used to make 'iced creams' using the salt freezing method so the dubious ice was never actually eaten. The first recipe in English did not appear until 1718.

The making of custard based ice cream using egg yolks appeared in France in the middle of the 1700s and this is the origin of custard based ice cream and was introduced to America in the early 1800s.

### 19th Century Ice Cream

Ice cream became readily available to the masses in the UK in the early part of the 1800s due to the importation of ice from Norway, Canada and the US in the early 19th century.

The ice cream machine was introduced in 1843 in both England and America. This new contraption consisted of a wooden bucket filled with ice and salt, a handle which rotated and a central container which would be surrounded by the ice mixture and which would contain the ice cream mixture. The churning action produced ice cream which had a smooth texture.

Italy continued to be the European leaders in ice cream making and Italian immigrants to the UK brought their expertise, setting up businesses selling ice cream often wrapped in waxed paper and known to the English as Hokey pokey - a play on the Italian phrase 'ecco un poco' meaning 'here is a little'.

At the end of the 19th Century, mechanical refrigeration utilising gas or electricity took the ice cream industry to new heights as it became possible to transport and store ice cream.

### 20th Century Ice Cream

The second half of the 20th century saw the popularity of ice cream proliferate worldwide mainly due to cheaper refrigeration. Not only were there more outlets selling it, but there was also an explosion of flavours and types.

Another 20th century development was the introduction of soft ice cream. A team of chemical researchers in Britain discovered a method of doubling the amount of air in ice cream, enabling manufacturers to use less ingredients which reduced their costs. The airy lighter texture of soft ice cream was a hit with consumers in particular when it was "piped" into a cone directly from soft ice cream machines.



However, as with many new ideas, in the 1980s, old-style thicker ice creams made a come-back, taking the market by storm.

### Mango Evaporated Milk Ice Cream

#### Ingredients

250g/9oz Mango Flesh, chopped (or fruit of your choice)  
The Juice of half a Lemon  
1 x 175g/6oz tin Evaporated Milk, chilled overnight  
50g/2oz Icing Sugar

#### Instructions

1. Place the mango and lemon juice in a food processor or blender and process to a puree. Set aside.
2. In a large mixing bowl, beat the chilled evaporated milk until thick.
3. Stir in the mango mixture and sugar and blend thoroughly.
4. Transfer to an ice cream maker and churn for 20 minutes or according to the manufacturers instructions. Alternatively, place the mixture in a rigid freezer proof box and freeze until just beginning to set around the edges. Remove from the freezer and beat well with a fork then return to the freezer until firm (3-5 hours).

### Chocolate Bread and Butter Pudding

#### Ingredients:

6 slices well buttered Bread  
50g/2oz Sultanas  
4 Eggs  
1 teasp Vanilla Extract  
25g/1oz Sugar  
600ml/20fl.oz. Milk  
200g/7oz Dark chocolate, roughly chopped  
A little extra Sugar

#### Instructions

1. Preheat the oven to 170C, 325F, Gas mark 3. Grease a 7.5cm/3 inch deep ovenproof dish.
2. Remove the crusts from the buttered bread and cut into quarters (triangles or squares). Reserve 4 quarters for the top and arrange the rest in layers in the dish, sprinkling the sultanas between each layer. Top with the reserved quarters.
3. Place the milk and chocolate in a saucepan and heat to hot but not boiling and stir well until the chocolate has melted.
4. In a large bowl, mix together the eggs, vanilla and sugar then add the hot milk, stirring well.
5. Slowly strain over the bread and fruit, being careful not to dislodge the top layer of bread. Leave to stand for 10 minutes.
6. Sprinkle with a little sugar and bake in the oven for 30-40 minutes until the top is browned and crispy.

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## The Rotary Club of South Cave present a cheque for £2,500 to the 1st Cottingham Scout Group

The Rotary Club of South Cave have presented a cheque for £2,500 to the 1st Cottingham Scout Group at a recent ceremony held in the Cottingham Methodist Church, Hallgate on the 23rd of March.

The cheque was presented by South Cave Rotary President Kevin Higgins to Kate Moverley the Scout Group Leader pictured with members of the Scout Group.

The donation is to assist the Scout Group to replace tents and other equipment which were damaged as a result of the floods of 2007. The money is from a National Rotary Fund which was set up to assist flood victims.

*Pictured above is the South Cave Rotary President Kevin Higgins presenting the cheque to Kate Moverley.*

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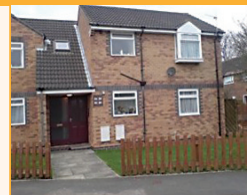


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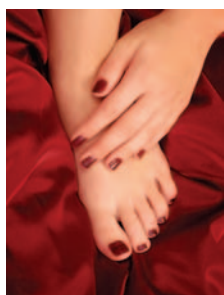
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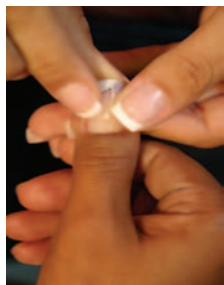
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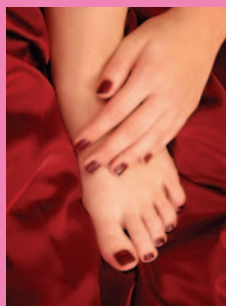
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# Paws for Thought

*A new regular column by Vet Richard Jones of Kingston Veterinary Services, Cottingham*



## A Bunny is not just for Easter

Easter is almost here now and as well as lots of Easter eggs, chocolate Easter Rabbits are also given to children. Rabbits were always thought of as the original first children’s pets along with other small mammals such as hamsters but do we know how much care rabbits really need! I don’t think many of us do, so here is a quick guide to help before

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we rush out to buy a rabbit for our children. I certainly didn’t know how much care was involved until I took two stray rabbits home from work, but rabbits are such characters that they make great pets.

### Housing

If your rabbit is living outside then they need a waterproof hutch, usually raised off the ground, large enough to allow the rabbit room to rise up on its hind legs and stretch out to perform at least three hops. There needs to be a separate sleeping area and the hutch need to be placed out direct sunlight and draughts. I use straw and hay as bedding. Rabbits need to have access to run daily for exercise.

It is essential that the toileting area is cleaned out every day and the whole hutch once a week.

### Feeding

Most health problems in rabbits arise from their diets in the fact that rabbits require a high fibre diet and one that also take a lot of chewing to wear their teeth down. In reality this means a staple diet of hay or grass with some small amounts of supplementary food, ideally an all in one pellet. Do not use the mixed cereal diets as the rabbit will selectively eat the cereal parts leading to obesity and tooth problems as it feels full very quickly and will not eat much hay. Fresh vegetables should be a daily requirement, cauliflower leaves, apples, carrots etc but no lettuce. Fresh water should be available at all times.

### HEALTH PROBLEMS

#### Myxomatosis

This dreadful and nearly always fatal disease causes puffy swellings of the face, eyes and genitals, breathing problems and severe depression. Myxomatosis is spread by fleas or biting flies so your rabbit does not even have to come into contact with other rabbits. The good news is that there is a vaccination available that needs to be given every 6 months.

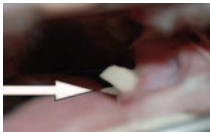
Rabbit with Myxomatosis



#### Teeth

As already discussed rabbits teeth grow continually and need constant use to wear them down. Rabbits suffering from weight loss, lack of appetite or salivating around the chin may have teeth problems , so take them to your veterinary surgeon, where with special equipment the inside of the mouth may be examined. If the rabbit has long teeth or spurs cutting into the tongue these can be trimmed under general anaesthetic.

Spurr on Rabbit’s Molar



#### Viral Haemorrhagic Disease

This fatal viral infection causes breathing problems, diarrhoea although most often the rabbit is just found dead in the hutch. Annual vaccination will prevent it.

#### Fly Strike

Every day you need to check your rabbit’s bottom as a build up of faecal matter will encourage flies to lay their eggs and maggots develop which will eat away the flesh around the anus. In rabbits which have greater risk of faecal impaction there is a solution available from your veterinary surgeon that will stop the fly’s eggs hatching.

Open sores caused by maggots

Maggots on rabbit’s back



All in all rabbits are engaging characters. Ours lived for 10 years and kept us all entertained.

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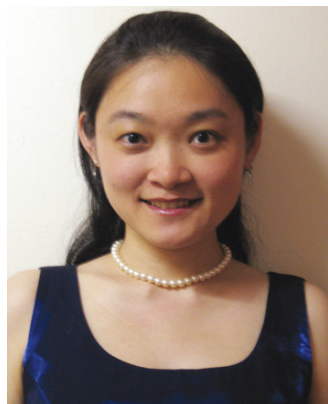
## Musical Stars in their eyes!

Cottingham and district music lovers are in for a real treat later this month, as reported in the last edition of Cottingham Times, when an International Group of Hull University performance students from the music department present an afternoon of instrumental and vocal items from the works of leading composers.

Artists include Fei Fan (piano) photo, who will play solo pieces by Rachmaninov and the spectacular nocturn for left hand by Scriabin, Italian arias from Bellini, Donizetti and Gluck will represent the vocal contribution, from Ying-Ying Chan (photo). The cello will be played by Monika Urbaniak, accompanied by Alexandra Wilk, who will solo Chopin's Polonaise Brillante. Other artists are Gavin Usher and Christopher Fynes, whose pieces will include a Beethoven Romance. Finally, Brittain's Simple Symphony by the Marionette String Ensemble.

Altogether a formidable programme by performers who have already ventured into the public domain and an opportunity to experience a foretaste of musicians of the future.

This concert takes place on Sunday 26th April 2009 at 2.30pm in the Methodist Church, Hallgate, Cottingham. Tickets are £7 and £4 for students in full-time education, available now from Gilly's Balloons, Hallgate also The Photo Shop, King Street. Phone bookings from 01482 847122 and 842347. Ample free parking.



Above Left: Fei Fan (piano); Above right: Ying-Ying Chan (voice)

## Cottingham High School Hosts Football Tournament

Cottingham High School is to hold a summer football tournament for students on Saturday 16th May 2009 from 10am – 12pm. The 5 aside tournament will see a number of teams from local primary schools as well as current high school students competing in various age group competitions.

Refreshments and a BBQ will be available on the day and it is hoped that many parents will come along and support the event and in doing so raise money for the School's Parent Staff Association.



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## News from Cottingham Little Theatre

### "DANGEROUS CORNER"

Set in the 1930's, J B Priestley's classic play of psychological intrigue comes to the Darby & Joan Hall, Cottingham, this Spring.

Directed by Brian Hossack, "Dangerous Corner" sets out to reveal the truth lurking behind the mask of 1930s upper-class respectability. What results is a highly entertaining thriller packed with tales of mysterious death, stolen money, gunshots and decadent living.

High-flying couple Freda and Robert Caplan are hosting a dinner party for close friends and colleagues at their stylish country house. But, as the after-dinner brandy is poured, a chance remark turns their carefree conversation in an altogether more sinister direction.

This classic Priestley 'Time Play' has Robert Caplan uncovering the truth about his brother's supposed suicide - or not, depending on how the dinner party events happen to turn.

Performance dates are Thursday 7th May, Friday 8th May and Saturday 9th May starting at 7.30pm (doors will open at 7pm).

Tickets priced at £5.00 (Concessions £4.50) are on sale at Barkers, Newsagents, Hallgate, Cottingham or from our Ticket Secretary, Kaye, on Tel. 01482 842270. In these days of the "credit crunch" we have kept the price of tickets unchanged for the last three years, so they really represent good value.

Posters are on display in shops and businesses in Cottingham, Skidby, Little Weighton and surrounding areas, and we are very grateful to everyone who supports us in this way.

### PLAY READINGS

No play readings in April or May so the next reading is likely to be Monday 1st June. More information next time.

### SOCIAL EVENTS

We have two social events in the pipeline, a ten-pin bowling evening, possibly in April and our Annual Dinner in May. Venues are being sought so more information next month.

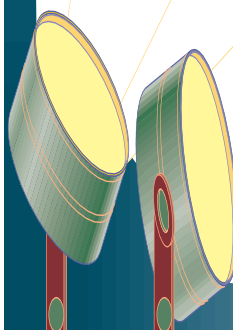
### NEW MEMBERS AND FRIENDS

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## Waitrose Community Matters Scheme presents £280 cheque to Cottingham Scouts and Guides Building Fund

**W**aitrose Community Matters Scheme has presented a cheque for £280 to the Cottingham Scouts and Guides Building Fund at a ceremony in the Cottingham Methodist Church, Hallgate on the 18th March.

The donation was part of the Waitrose Community Matters Scheme which is run in many of their stores including the Willerby Shopping Centre. Customers are given a token with their change which they put into one of three containers inside the store. £1,000 is donated every month with three selected charities receiving a percentage of the money depending on the number of tokens counted.

The cheque was presented by Julie Clark from the Waitrose Willerby store (third left) in the picture above.

## The Great Cottingham Push

Sunday 19th April 2009 at 10.30 am. Hull City's Roary is our Special Guest. Please join us to raise funds for the Guide and Scout Building Fund and Seafarers UK. Sponsorship forms at Cottingham Library or telephone 01482 876630 to receive one direct.

**Below: Answer to Sudoku problem No. 27 from the March issue.**

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

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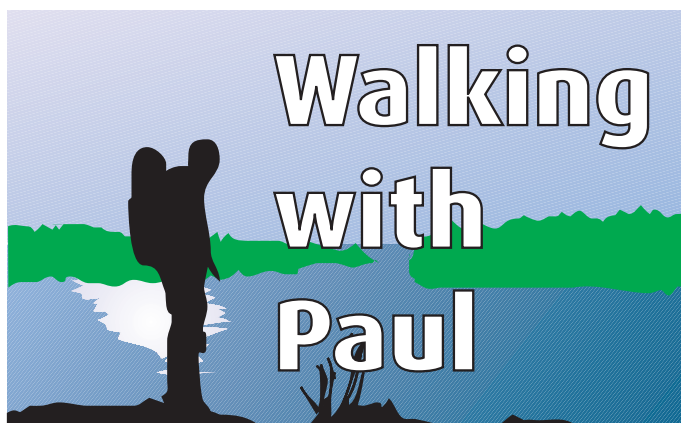
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Here is Paul's fourteenth walk in his monthly column.  
This month his destination is Brandesburton

Map:- EXPLORER 295

Start at GR. 116474 Street parking near Dacre Arms.

Distance 5.5 Miles.

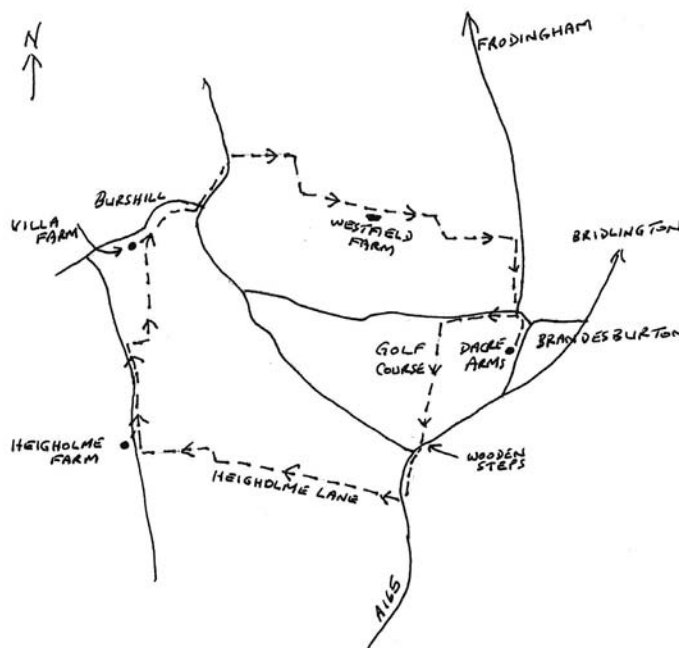
Leave the street parking area near the Dacre Arms and walk in a northerly direction turning left at the road signed North Frodingham and Wansford. Pass Brandesburton Hall, which is now the entrance to a housing estate, on your right and locate and pass through a kissing gate on your left into the Golf Course. Walk across the Golf Course in a southerly direction and exit at some wooden steps onto Hempholme Lane.

Cross this lane and walk along the A165 towards Beverley. After about 350 metres turn right into Heigholme Lane, this lane eventually becomes a green lane and then a path along a field boundary. At the end of the field turn left and then immediately right and cross over a footbridge over a drain. After crossing the footbridge, turn right and after about 200 metres turn left and walk with the field hedge on your right climbing very gently. After a short distance you then begin to descend very gently to meet a hedge. Pass through the hedge and continue walking in the same direction to meet a surfaced lane. On reaching the lane, turn right and follow this lane

as it passes The Coach House of Heigholme Farm on the left and twists its way towards Burshill.

After about 0.5 miles and about 100 metres past a single Hawthorn bush, locate a way marker and turn right following the path to meet a hedge after about 200 metres. Turn left at this point and walk towards Burshill with the hedge on your left. Pass through a metal gate and pass numerous farm buildings on the left to emerge onto the road. Turn right on reaching the road and walk through the hamlet of Burshill to reach a road junction. Turn left at this junction sign posted for Hempholme.

After about 400 metres turn right and walk along the track. This track swings to the right and then left and passes Westfield Farm and then again swings right and left and passes the grounds of the old hospital. On reaching Frodingham road turn right and follow the road back to the start.



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# In the Garden



## Vegetable Garden

**C**hit 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 of soil mounded over the top. Alternatively, plant them through slits in black polythene mulch.

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

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.

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

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).

In very mild areas you may be able to sow dwarf French beans and sweet corn outside under cloches or fleece, but in cooler areas it is best to wait until May.

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



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you can still buy young plants from the garden centre.

Sweet peppers, tomatoes, cucumbers, aubergines, celery, salad 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.

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

Thin out rows of seedlings as soon as they are large enough to be handled.

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.

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

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5. Start to feed citrus plants
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7. Feed hungry shrubs and roses
8. Sow new lawns or repair bare patches
9. Prune fig trees
10. Divide bamboos and waterlilies

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## Your Stars for April 2009 -

By Kay Gower

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

You often disregard what anyone else has to say about your love life. However, don't disregard what you know in your heart to be true.

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

This month offers the connections you've been working a long time to make. Group goals take precedence, and what you learn in the process lets you fulfill your own ambitions.

### Gemini - (May 22-June 21)

When you're tired, you revert to old thought patterns, so it's crucial that you get enough sleep in April. You need to be strong enough to conquer whatever it was that plagued you last month.

### Cancer - (June 22-July 22)

For all those born under this sign, the best is yet to come! This isn't optimism, it's the truth. Enjoy yourself this month.

### LEO - (July 23-Aug 22)

Your usual dramatic and stylish choices are not always functional, and yet, somehow you make them work. That's your gift, Leo, and you make the most of it in April.

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

Sometimes compromise is the best way to resolve conflict, except this month, when it's actually the worst thing you could do!. Why should you be dissatisfied?

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

We live in a world of possibility, and you see more options than other people do, so it takes you longer to decide which choice to pursue. Don't let anyone rush you.

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

It's not terribly easy to let go of the past, especially if you feel that you have a score to settle. Wave goodbye to any negativity this month, and you find the score will settle itself

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

If you can't bring yourself to do what you know you should do, then perhaps you're just not ready yet. It may be best to make April a quiet month.

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

Life unfolds in unexpected and wondrous ways over the next few weeks. Your closest relationships support the ways in which you want to explore your talents. New responsibilities/opportunities could be offered. Just say yes and try something unusual.

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

You can manage any situation that comes up. You will deal calmly with even the craftiest of individuals. This month, it's that cool approach of yours, detached, ordered and reasonable that gets you noticed.

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

You are an astute observer of life, and this month, your observations open the way for riches of all kinds. Knowing when to speak and when to be silent is a key to success. A great month, enjoy it.

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## Forthcoming events at Cave Castle Hotel & Country Club

**EASTER MONDAY - 13th APRIL**

**11.00am - 5.00 pm**

**FAMILY FUN DAY - FREE ENTRY**

Fairground rides available all day, Pony rides, face painting & hair braiding, soccer shoot out, stalls, bouncy castles, childrens races and Salsa class. Family pet fun dog shows: best trick, look-alike, waggiest tail. Competitions: best cake, best painted egg, best easter bonnet, childrens fancy dress. Get creative and get baking!!! Come and enjoy all the fun of the fair!!!

**Salsa and Supper Evening - £15 per person**

**Sunday April 26th - 7.30pm**

No partner necessary, two left feet welcome, fun for all ages with buffet!

**American Independence Day - £25 per person**

**Saturday 4th July**

Celebrate in true American style, with a feast from the ranch. Take to the floor and move your feet under the watchful eye of our expert. Stay over for an extra £40 per person bed and breakfast

**Tina Turner & Rod Stewart Tribute night -**

**£20 per person - Friday 17th July**

Enjoy a night of live music with our two tributes plus supper.

Stay over for an extra £40 per person bed and breakfast

**Ladies Day & Race Day at Beverley - £99 per person**

**Wednesday 12th & Thursday 13th August**

Arrive in style by chauffeur driven limo, ticket in hand, place your bets and enjoy the day, return for salmon & strawberries, overnight accommodation & breakfast. For the enthusiast stay two nights & enjoy racing both days with return travel & tickets for an extra £85 pp



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**WE ARE ALL  
UNIQUE**

### What a busy time of year!

Wella have just re-launched a fantastic hair product-range Sebastian. All of Unique staff are set to enjoy a day at Wella Studio, Manchester. All Unique staff are to enjoy a full day at Wella Studio, Manchester to be fully educated in all things Sebastian. Paula and myself were also lucky enough to be invited to the national launch in London. It is a really great honour to be among the country's leading hairstylists at this prestigious event, we found the evening truly inspiring.

We will have the full range of Sebastian products from Monday 27th April so feel free to call in and speak to one of our fully educated team members, who will be happy to help to advise you on your hair needs.

Our Charity Event at The Pavillion, Lazaats is shaping up to be a great night. A champagne reception will be a great start to the evening, we will then launch our new Summer collection. There will also be a three course meal, charity auction, late bar and dancing. Tickets are £28 with all proceeds going to our chosen charity The Echoes Foundation. We still have a limited number of tables left, if you are interested please call Kate or Danny on 01482 847111 or 645499.

Don't forget to book your hair appointment for the racing season. we are already quite busy on the 12th August which is Ladies Day at Beverley Race Course, so book soon if you're going there or you're going to York races.

2010 is a huge year for weddings, we have been inundated with requests for bridal hair, next month I'll be including a step by step guide to your big day.

### Current trends are:-

1 - perfectly curled from product heavy crisps ones to limp tendrils can be a calamity if you don't know how to manage them. If you're naturally curly apply a curl fluid through damp hair to keep frizz at bay. When drying your hair use a diffuser on a medium heat and move the diffuser around. try to avoid touching your hair until it's dry. The products we recommend are SP Curl Saver Shampoo and Mousse conditioner then Hypercurl to style.

2 - Smooth hair doesn't have to poker straight, volume is still very much in vogue for 2009. A slight wave can still be classed as straight. Use velcro rollers to create body after blow drying. Volumagic is a product we couldn't work without at Unique as it helps to give volume without adding too much curl.

3 - A shiny finish is great whether your hair's long, short or bobbed. Try to get your hair straight with your blow dry rather than relying on your irons (use them at the end sparingly) Always blast your hair with the drier before using a brush as it can take forever to dry soaking wet hair. Our Luminous Range is a range of products designed to create purely shine. The shampoo won Which Magazine Professional Product of the year in 2008.

4 - Hair accessories are huge this season - gem studded slides and practical bands enable you to create a different look for any occasion. Just as you would always wear jewellery hair accessories can make you feel even more glam. If you find your accessories always slip out backcomb your hair a little where you want to wear them to give them something to cling to.

Remember keep your hair looking fantastic this Summer to receive as many compliments as possible.



As a leading salon director and stylist Ben has been involved with major events such as the Wella Roadshow and has trained with the British Hairdressing Team. So make sure you don't miss next months edition of the Cottingham Times for the Unique Hair Guide.

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## Westfield Primary School Pupils win variety of trophies at the Cottingham Music Festival

**P**upils from Westfield Primary School, Cottingham who took part in the Cottingham Music Festival, held recently at the Methodist Church were delighted to come away with a variety of trophies from a range of classes.

The school choir won all three classes beating stiff competition gaining an amazing 89 marks - distinction - which also gained them the Victor Ludorum Shield for the most meritorious performance in the singing classes.

The school recorder ensemble also won their class along with the schools string group, solo performers from the school also did very well.

Music co-ordinator, Mrs Tracey Redhead was absolutely delighted with the children's success. "I am extremely proud of the children's achievements. Taking part in the festivals gives the children something worthwhile to work towards and promotes self esteem. The children have been very committed during rehearsals, which has paid off. I am fortunate to be working with such talented and enthusiastic youngers".

## Help from local churches for those with debt worries

**T**he six churches in Cottingham have teamed up with Christians Against Poverty, a widely respected debt counselling charity, to offer a short three session course on money management. CAP Money is a comprehensive yet astonishingly simple money management course to help you get, and then stay, in control of your finances. The principles taught by our Money Coach in this three-week course have proven to be effective for thousands of people over the last ten years. The course is entirely free of charge, and includes a Money Management Pack with personal budgeting tool.

The first course takes place on the 5th, 12th & 19th of May at 7:30pm at Cottingham Methodist Church. Places are limited so please register your interest early. For anyone who cannot make these dates we plan to run further sessions in the near future. To book, or simply register your interest in the course, please phone Rev Andy on 01482 847164 or email [minister@cottingham-methodist.org.uk](mailto:minister@cottingham-methodist.org.uk) or Ann Moverley on 01482 842169. For more info on the course see [www.capmoney.org](http://www.capmoney.org).

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He has been established for the past six years and has built a reputation for providing excellent quality food and excellent, friendly service.

He has won the coveted Outstanding Achievement Award for Distinction for Excellence in maintaining High Standards of Quality and Customer Service, by The Good Food Guide 2005.

There is ample parking on Hallgate and in the nearby side streets.

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.

**NEW!!!** A superb range of new pasta dishes are now available at Gino's. These dishes consist of variety of pastas including such fillings as King Prawns, minced beef, spinach, garlic, mushrooms, fresh cream. Call in Gino's NOW and enjoy these new superb pastas.

The meals are of excellent size and quality and the Mega Meal at £11.99 is superb value for money.

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.

There is a local delivery charge of £1.00 (subject to change). Visit Gino's soon.

You can now download Gino's Menu from the Cottingham Times website [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.

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#### Crossword Solution from page 14

1	R		2	P		3	I		4	S		5	M		6	F	
7	M	O	T	I	O	N	I	N	G			8	F	O	C	U	S
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27	P	L	A	N	T			28	R	E	C	O	G	N	I	S	E
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## Alternative Health Matters

by Carole Headley

Last month I wrote about vitamins and minerals and so I thought I would continue with the mineral information this month. I sincerely hope you, the reader, have found the information useful or informative. Don't forget to consult your GP or a registered Dietician. Also be aware that the NES programme can identify an imbalance of your vitamins and minerals.

**COPPER** - helps promote a healthy liver, brain and muscle function and essential but only in small amounts. It has been suggested that an intake of 0.8mg to 3mg is safe. There is no recommended daily intake available at this time. Copper plays an important role in cellular inspiration and the synthesis of collagen, therefore helps maintain healthy bones, cartilage, hair and skin (especially their elasticity) Good sources include shell fish, oysters, olives, nuts, pulses, wholegrain cereals, green vegetables (especially grown in copper-rich soil) Processing can reduce mineral content of foods by up to 80% and freezing or cooking can further be lost. A deficiency can occur with some conditions of Crohn's or coeliac disease.

**IODINE** - (is a trace element) and is essential for the production of hormones, thyroxine and tri-iodothyronine, which control the metabolic rate, the conversion of food and fat stores into energy and the production of body heat, Iodine helps prevent lack of energy, tiredness and excessive weight gain. Good food sources are marine fish, seaweed, iodised salt, milk (cattle feed is also iodised), crops and cattle reared on soils exposed to sea spray. (Not sure how you would find out that information!!) The EC RDA for iodine is 150mcg per day. A deficiency in iodine leads to swelling of the thyroid gland (goitre) - this is quite rare in UK. Athletes should take a supplement as iodine is depleted through sweat Selenium also plays a role in the metabolism of thyroid hormones and the effects of iodine deficiency are made worse by low selenium intakes.

**IRON** - a metallic mineral - this is needed for the production of red blood cell pigmentation, haemoglobin (which transports oxygen and carbon dioxide around the body) and the red muscle pigment, myoglobin (which binds oxygen in muscle cells for ready access during exercise). Good sources are: red meat, offal, shellfish, fish, especially sardines, wheat germ, wholemeal bread, egg yolk, green vegetables and prunes and other dried fruits.

**MAGNESIUM** - an essential mineral, seventy per cent of body stores are found in the bones and teeth. It is important in controlling calcium entry into heart cells to trigger a regular heart beat. Magnesium is vital for every major metabolic reaction from the synthesis of protein and genetic material to the production of energy from glucose. Few enzymes can work without it. Good food sources are seafood, seaweed, meat, eggs, dairy products, wholegrain, soya beans, nuts, bananas, dark green leafy vegetables and chocolate. Physically active people should consider taking more magnesium as large amounts can be lost through sweat. Magnesium regulates the movement of calcium in and out of cells, it is important for bone health and preventing osteoporosis.

Again I hope you have found this useful and would stipulate that you consult your GP before taking any of these products especially if you are on medication.

*To be continued in the May Edition of Cottingham Times.*

#### A Very Happy Easter Everyone

Therapies available are Reflexology, Full Body Massage, Aqua Detox, Reiki, Craniosacral Therapy, Ear Candling, Indian Head Massage, No hands Back Massage, Nutri-energetics System. You may also order Aloe Vera products.

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# VILLAGE BATHROOMS & KITCHENS

## Don't Move IMPROVE!!!

### Thinking of removing your bath?

We have talked extensively with estate agents and have carried out an amazing amount of 'bath removals'. It is the opinion of both the estate agents we spoke to, and ourselves that baths don't sell a house.

If you have room for both a bath and a separate shower then do so. However, if space is the key, ask yourself this question.

### "When was the last time you took a bath?"

If you bathe every day, then keep the bath, if you shower everyday, get rid of the bath.

I personally have not had a bath for months, but shower daily. Everyone I speak to and ask this same question, 99% say they shower. So if you want to make showering easy, remove the bath.

We are removing one bath a week, replacing them with all different shapes and sizes of shower enclosures. My fitters are experts in plumbing and tiling, fitting showers into awkward spaces.

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**Mrs. C.** of Cottingham has had her bath removed and a large walk-in shower fitted.

"We don't know how we managed lifting ourselves over the bath edge" (pic on right)

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Humax LGB 22 DYT			
22" LCD, Digital	£350	£70	£280
Samsung LE32A656			
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	Was	SAVE	NOW
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Full HD, Digital, Ambilight, Pixel Plus	£900	£150	£750
Philips 37PFL9603			
As Above But 37"	£1200	£200	£1000
Philips 42PFL9603			
As Above but 42"	£1400	£200	£1200
Philips 42PFL9900			
'Aurea I' Full HD, Digital, Pixel Plus, 4 Sided Ambilight	£3000	£1500	£1500*
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Pure Evoke 2XTC,			
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Pure Siesta			
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Pure 'Bug' Dab			
Clock/Radio	£80	£10	£70*

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Leibherr CUP 2721			
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Bosch SMS 50E02			
Dishwasher, 13 Place	£410	£70	£340
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