

Cottingham Times

Issue 86 - January 2009



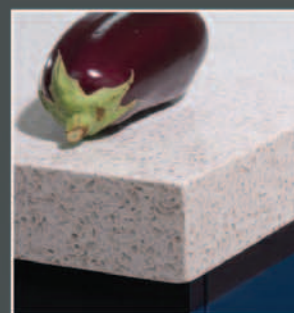
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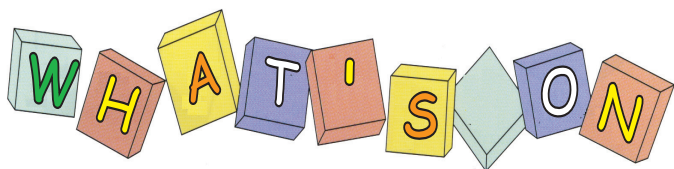
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U3A

Thursday 8th January, "Days Out in Oman", Dr. Hector Sutherland, 2.00 pm in the Darby & Joan, Finkle Street.

Cottingham Green Women's Institute

Thursday 8th January, Annual Meeting, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

East Yorkshire Embroidery Society

Saturday 10th January, Nikky Dillerstone "My Life in a Box", 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).

Hull Wyke Ladies Circle

Monday 12th January, Area meeting (Cerutti 2 Beverley).

Cottingham Women's Institute

Tuesday 13th January, John O'Groats to Lands End, Jayne Wait, at 10.00 am upstairs at Cottingham Civic Hall.

Haltemprice Art Group

Tuesday 13th January "Head On", collage workshop, Jill Carter.

Tuesday 20th January - Sketching, Kate Gendle/Pat Ellis.

Tuesday 27th January - Local Landmarks.

Tuesday 3rd February - Joyce Griffin/Jackie Churchman.

Meetings take place at the Cottingham High School, room T9, Harland Way, Cottingham at 7.00 pm to 9.00 pm

East Yorkshire Association of the National Trust

Thursday 15th January, Mrs. Rose Horspool, History of Yorkshire House and Gardens, in the Civic Hall at 7.30 pm.

The Wold Lace Makers

Saturday 17th January, Quarterly meeting, Workshop - Needlelace with Maureen Bromely, at the St. Johns Newland Parish Church Hall, Clough Road, Hull. Members £1.00; Non-Members £3.00.

North Ferriby Gardeners Club

Monday 19th January. Roger Burnett will talk on Vegetables. Roger is the Chairman of the Britain In Bloom judges. 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.

Front Cover Picture: The Memorial Club, Finkle Street. The photograph was taken and supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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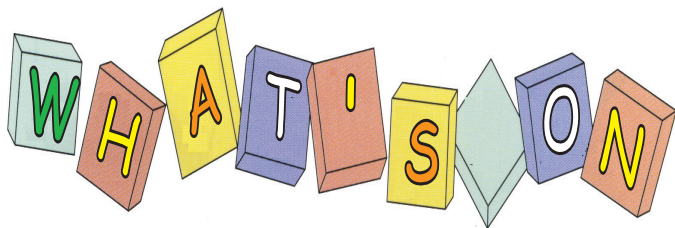
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In Cottingham and District

Hull Wyke Ladies Circle

Monday 19th January, Trip to the BBC Studios.

Cottingham Evening Townswomen's Guild

Wednesday 21st January, "Family History" Steve Shearsmith, at 7.30 in the Darby & Joan, Finkle Street. Social Evening.

Cottingham Men's de Luda Society

Wednesday 21st January - Bubbles, Geoff Gray, in St. Mary's Church Hall at 2.00 pm.

Cottingham Ladies Circle

Wednesday 21st January, at the Zion United Reformed Church, Hallgate, at 7.30 pm. Mr. & Mrs. Bell, Talk and Slides - Cottingham Embroiders.

Cottingham Civic Society

Monday 26th January, "Hull Old Towns Pubs", Illustrated talk Mr. Paul Schofield. In the Darby & Joan Hall, Finkle Street, at 7.30 pm.

Friends of Thwaite Hall Gardens

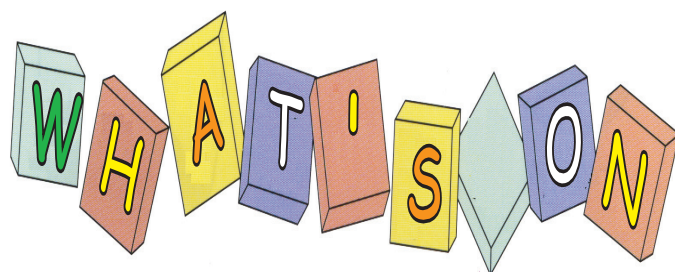
Tuesday 27th January, speaker Peter Dunn, 'A Year on Filey Brigg' at 7.30 pm in the Methodist Church Hall, Hallgate, Cottingham. Visitors welcome.

Cottingham Men's de Luda Society

Wednesday 4th February - The History of Priestmans (Part 1), Bill Bromwich, in St. Mary's Church Hall at 2.00 pm.

British Sugarcraft Guild

Saturday 7th February - "A Mouldy Afternoon" - Find out how to use moulds of all kinds. Tools and paste required. 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf and Leisure Club.



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Value for money travel ideas *By Marion Owen*

Welcome to 2009 I do hope you are looking forward to a nice holiday this year, but if you are still in doubt of where to go, or where will be best for your pound, or if you are having to tighten your belt where can you go closer to home and feel you have had a real holiday, perhaps my jottings may help.

The Euro zone is now hurting with virtually a euro to a pound a G&T at 5 euros is a little pricey. When we ski in France a main course in a Bistro will be £20!

Egypt is good value and Taba for instance on the Red Sea offers clear waters for snorkelling and diving, Golf, Tennis and the opportunity to see some fabulous sights for us culture seekers, e.g. The Rose City of Petra in Jordan should not be missed. Between mid May to September it gets very hot, a little too hot if you are active. Hotels are of a good standard 4 & 5 star, I had a great holiday here and would have no hesitation of going back again. Direct flights are available from Manchester on a Monday.

Perhaps staying in the UK is an option, when all said and done, how well do we know our own country when it has been cheaper to holiday in Spain for years!

Coach tours offer good value holidays including most meals and sightseeing too. We have many options with no single supplement too, great if you travel on your own. Coach operator CAB will have a coach to view on our Car Park Thursday 29th January, we are delighted to be working with them and weekend breaks start from £49 per person upwards.

If you are happy to drive your car, Warner's have a collection of hotels purely for adults and offer good food, evening entertainment and daytime activities, Thorsby Hall also offers Spa breaks ideal for recharging your batteries.

For families there are holiday centres such as Haven & Butlins which have become very modern, to the exclusive Von Essen Hotels which offer a selection of hotels to cater for all needs with or without children who wish to be pampered.

Do you just need a short break from time to time in a good hotel, there is a huge choice of mini breaks in the UK with added extras

e.g., stay Friday, Saturday and Sunday is half price, other options for example include free entrance to attractions or a free evening dinner.

If you enjoy a cruise or want to visit Europe without the Euro, a ship that uses sterling on board will offer you a big saving. Wander ashore in Venice for the morning, go back to the ship for a late lunch included then enjoy a lazy afternoon in the sunshine sipping a cold drink paid for in sterling. Cruise lines to look out for are Fred Olsen, P&O, Voyages of Discovery, and Marco Polo etc. Pop along and have a chat with myself or Lynne if this idea appeals, we are happy to give you plenty of ideas and find something just to suit you.

Further away, value can still be found in the Americas, Asia and Australasia who are still offering good value.

Although the pound has weakened against the US dollar it is still not too bad. Probably the worse thing about the USA is tipping when dining, 15 – 20% is a lot to add to a bill. Whether you are staying in a city or beside the beach, how about a self catering option. Sometimes for no more than the cost of a hotel room you have more space and can cater for yourself if you feel like it. You can buy local produce to experiment with yourself or order in a takeaway, you can still have fun and cut down on your expenditure. You will not always see the offer of self catering options in holiday brochures especially in cities, but all you need to do is ask a good independent travel agent like ourselves.

Wherever and whatever you decide to do, don't hesitate to contact Marion Owen Travel, an idea of your budget helps to narrow the choice but I am sure we will be able to find something just right for you in 2009.



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Should I let my property?

For some people who may want, or indeed need to sell, a property, and are faced with selling in a struggling market with falling prices in comparison with prices that were achievable 18 months ago, letting your property maybe an attractive proposition.

Letting your property, maybe an excellent way to ensure that you can make an onward move whilst maintaining a return on your property, until such time when you feel brighter about placing the property on the market for sale again or indeed it maybe that retaining the property as an investment longer term maybe a viable solution.

Whatever the reasons or rational for considering letting out a property, like any investment you will ever make you should do your homework. For most people, certainly if it is your first experience of letting and more importantly managing a property then there are several issues you need to consider and I would strongly advise that you enlist the advice of a reputable agent with plenty of experience in this area.

How are you going to attract a tenant to the property and how much rent should you charge?

How am I going to screen my tenant?

Where will you obtain a Tenancy Agreement from and will it be suitable for your needs?

Have you got permission from your Buildings Insurer, Mortgage provider and Landlord/Freeholder if you have one?

Will you take a deposit and how will you handle it?

Who will carry out any Maintenance & Repairs?

Where will you go for information on the Rules & Regulations surrounding Tenancies?

Are you aware of your legal requirements for health and safety issues such as carrying out a Gas safety check?

How will you collect your rent?

What would you do if a tenant stops paying rent or is not looking after the property as you had hoped?

If you are unsure about any of these questions at all then you really need to seek professional advice. Renting your property can be an attractive proposition, bringing about welcome returns. However, things can go wrong; you as a potential Landlord need to be prepared for this, most tenancies will take their course without event, however it is only when something goes wrong that you realise the importance of being able to competently deal with all of the above questions that have been raised.

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

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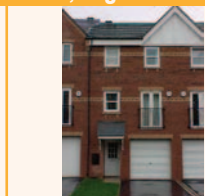


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Exhibition of work produced by pupils of Horton House in Cottingham

An informal exhibition of work undertaken by pupils of Horton House, Cottingham, took place on Wednesday 10th December 2008.

The Horton House School is owned by Mrs. Joan Appleby and named in honour of Brian Horton, currently assistant manager of Hull City, and was opened seven years ago, in Southlands Hall, Thwaite Street, Cottingham is one of four special schools in the area, the main one being based at Wawne.

The residential school caters for children and young people with Special Educational Needs associated with Autistic Spectrum Disorder (ASD), Severe and/or Specific Learning Difficulties (SLD), Social and/or Emotional Difficulties and Challenging Behaviour (SEDB) which is sometimes known as Emotional and Behavioural Difficulties (EBD).

Pupils are boarded on a full board, weekly or on a daily basis with some pupils travelling in from Scunthorpe.

The school has a wide curriculum and is designed to meet the needs and reflects the interests of the pupils. A full national curriculum is undertaken at all levels up to GCE standards.

The school has many activities to encourage the pupils to express themselves such as Canoeing, Chess, Cycling, Riding, Sailing, Drama and The Duke of Edinburgh Award Scheme.

The informal exhibition of the pupils work was organised by art teacher Sonnie Rozenbroek.



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Time for a new computer or make do and mend?

Happy New Year to everyone! Let's hope this year will be better than has been forecast – think positive!

So what's been happening in the IT business for the last few months? Well, component prices have started to creep up over the last couple of months, mainly due to increased shipping and distribution costs. But in real terms computers are still better value than ever. My first PC, quite some years ago now, cost over £1,000 for a fairly basic specification. I remember buying an additional hard drive, and an external 4x speed CD-writer and they cost nearly £150 each! There is no doubt that supply and demand has driven prices way down, and to be fair, quality has improved greatly.

There are of course lots of reasons to have a computer, and many of them can actually involve cost savings. Online billing is fast becoming the norm, (where you receive an email advising you your latest bill or statement is ready to view), as companies try to conserve paper, (and trees!), and keep their own costs down. This saving is often passed on to the customer, or sometimes by contrast they will charge you extra if you don't partake. Travel is a generally cheaper if you can grab a bargain fare online, and of course online shopping normally undercuts high street pricing and you can often get free delivery. You can also cut your utility bills by using online comparison sites. Do your banking online and you can print statements any time of day or night, transfer money and pay bills.

With the growth of the Internet, and the Broadband revolution, computers have become the font of all knowledge. There is nothing you cannot find or learn with the minimum of searching. You can also keep in touch with people worldwide, buy and sell things, and have entertainment on tap. Children have of course grown up with all this technology and take it very much for granted, and they probably have more processing power on their mobile phone than some of us did on our first PC.

So with the current pressure on everyone's purse and wallet, what price is a computer? Well if you were looking at it from a business perspective you would write the expense off over 3 or 4 years, so to bring it down to basics that works out about £3 or £4 per week! Add Broadband and a few optional extras and it's still way cheaper than running a car or even a trip down the pub!

If you've had a computer for quite a few years and it's getting past its best, do you have it repaired or upgraded or buy new? Doubtless the old 'make do and mend' culture is returning to a certain extent and that can be a good thing. Like many other local computer businesses that is certainly something we do a lot of for our customers. But to use the motoring anal-

ogy again there comes a point when it is uneconomic to keep throwing money at something. If you had a car that kept letting you down and you felt like abusing it in a 'Basil Fawlty' kind of way, you would probably cut your losses and replace it! We can help as we can build a PC of any specification to suit your needs and budget.

Computer or Laptop that is the question. There has been explosive growth in the Laptop market mainly due to the huge drop in prices. So is there anything a computer can do that a Laptop can't? The answer is no, not really. If you want a full on games machine or a gigantic screen to do design or image work, then stay with the potential graphics power of a PC; but for general tasks a Laptop is quite capable. You can hook up a printer, scanner, camera, fixed or wireless or mobile broadband, email etc no problem. So are what other considerations are there? Touch typists generally don't like Laptop keyboards, and the touchpad instead of a mouse takes some getting used to. Space saving and mobility is of course where Laptops score highly, but if anything goes wrong, or you want to upgrade, costs can be a lot higher. This is where it pays not to go for the cheapest model; if it only lasts you a year it's no longer good value. The traditional PC will still be with us for some time to come, owing to the flexibility of being able to upgrade, or add a bigger monitor, and some people just like to have the computer and associated kit, on a desk, away from the rest of their living space.

The other question is choice of operating system, the software that makes the computer work for you. Everyone knows Windows, but there is also Mac, that is available only on Apple Mac machines, and lastly there is Linux. This has been appearing more and more, particularly because of the low cost Netbooks (mini Laptops) now available which often come bundled with mobile Broadband deals. Linux is a very straightforward system, is available free for anyone to try and comes in many varying forms, some that even look similar to Windows. But the big news this year (towards the end of it anyway) is that Microsoft is scheduled to launch their next incarnation, Windows 7, see brief details at: <http://www.microsoft.com/windows/windows-7>

Whatever you decide to do over the coming year call us for unbiased advice and quotations and keep an eye on our website, particularly the Help Forum at: www.rdmcomputers.co.uk

Richard Mills, RDM Computers Limited

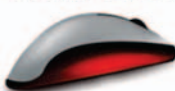
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Jan	Feb	Mar	Apr	May
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3

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Wordsearch - Feelings

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

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

Find the words in the letters above:

Aggravated, Angry, Angst, Annoyed, Anxious, Cheerful, Concerned, Contented, Delighted, Desire, Despair, Desperate, Disappointed, Disquiet, Elated, Exasperated, Excited, Exhilarated, Fearful, Frightened, Fulfilled, Furious, Fury, Glad, Happy, Hate, Infuriated, Irate, Irritated, Joyful, Love, Outraged, Panic, Passionate, Pleasure, Proud, Rage, Regret, Sadness, Satisfied, Sorrow, Uneasy, Worry, Wrath.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 25 -

This is a medium challenge this month

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

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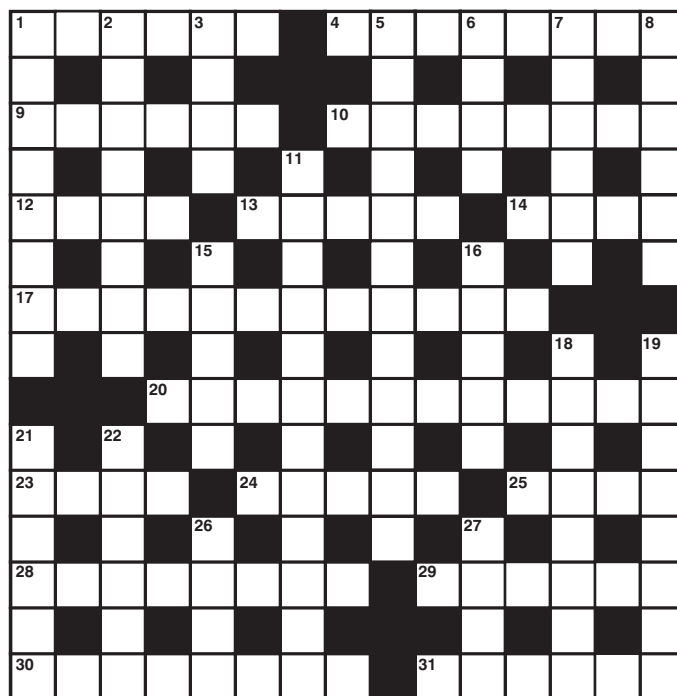
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Crossword - Solution on page 34



Across

1. Animal popular as a pet for children (6)
4. Hard Italian Cheese (8)
9. Washington, first President of the USA (6)
10. Resign from the throne (8)
12. Mongrel dog; Yorkshireman (slang) (4)
13. Female ruler (5)
14. Opposite to warm (4)
17. Lacking symmetry (12)
20. Member of the Salvation Army (12)
23. National emblem of Wales (4)
24. Toy wind instrument (5)
25. Capital city of Peru (4)
28. Abode of the Gods in Norse mythology (8)
29. Military personal identity device (3, 3)
30. Residence of Muslim rulers of Grenada, Spain (8)
31. Extreme fear (6)

Down

1. Sailing or rowing sporting events (8)
2. New York borough (8)
3. Villain in Shakespeare's Othello (4)
5. Shortened version e.g. of a word (12)
6. Letters in the post (4)
7. Alpine skiing discipline (6)
8. Sewing device (6)
11. Austrian composer of nine symphonies (6,6)
15. A stain or smudge (5)
16. Army rank, senior to Captain (5)
18. Member of the clergy (8)
19. Person not known to you (8)
21. Newton-John, Australian singer and actress (6)
22. Riches (6)
26. Peacefulness (4)
27. Bird, symbol of peace (4)

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In the Kitchen



Ingredient of the Month - Kiwi Fruit

The Kiwi fruit plant belongs to the family Actinidia. Although there are around 400 varieties, the ones most widely grown for commercial fruiting purposes are *deliciosa*. When ripe the flesh is soft with rows of tiny black seeds, which are also edible. The flavour can be described as a cross between strawberries, bananas and pineapple and the fruit can be eaten raw or cooked. Kiwi fruit is high in antioxidant vitamin C and a good source of fibre, vitamin E and potassium. It also contains folate, copper, vitamin E and lutein.

Origin and History

The Kiwi fruit is indigenous to southeast Asia. The vines can be found growing wild on the edges of forests near to China's Yangtze Valley, and reach heights of 30 feet or more, and the fruit has been known to the inhabitants of China since ancient times.

The West was introduced to this fruit relatively late on in history and it wasn't until the 19th century that samples of both the fruit and seeds were sent to England and in 1905 plant cuttings were taken to the United States and seeds sent to New Zealand where the fruit was renamed the "Chinese Gooseberry" where the fruit started to be produced commercially in 1940. By the early 1960s New Zealand was exporting crops to the United States where it was re-named Kiwi fruit after New Zealand's national bird the "kiwi."

By the 1970s it was commercially grown in California and available for the first time in supermarkets throughout the country. It was also about this time that nouvelle cuisine started taking its hold worldwide at which point the Kiwi fruit gained great popularity as the "darling" of the new eating craze, especially as a garnish.

Today Kiwi fruit is available worldwide and is commercially grown in several countries including Australia, Chile, France, Greece, Japan, New Zealand, Spain and the USA.

Cultivation and Processing

Kiwi fruit can be grown in most temperate climates so long as adequate summer heat occurs. Commercially grown vines generally crop in the fourth season with full production being reached in 8 to 12 years. Dormant plants obtained from a nursery can be planted out during the spring after the danger of frost and should be planted to the same depth as the plants grew in the nursery. After planting, prune the plant back to one single, healthy shoot 6 to 12 inches long. Kiwi fruit plants are normally male or female. The female plants bear the fruit but a male plant is necessary in order for pollination to take place. In general you need one male plant for three to eight females. Although it is now possible to get self-pollinators, their vigour is generally inferior, producing much fewer fruit.

The vines are trained on sturdy supports or trellises which not only enables the plants to get plenty of light and good air circulation but also allows heavier cropping as, unsupported, the vines aren't that strong and would probably be wind damaged.

Buying and Storing

It is best to buy firm Kiwi fruit and allow them to ripen at home. A Kiwi fruit is ripe when plump and slightly soft to the touch with a fragrant smell. Choose Kiwi fruit with no bruises or soft spots and avoid fruit with wrinkles or signs of exterior damage.

Store unripe fruit at room temperature until the skin indents slightly when touched. It normally takes 3 to 5 days to ripen Kiwis at room temperature although it can hasten ripening by placing the fruit in a paper bag with an apple or banana. Ripe Kiwis can be kept in the refrigerator for up to three weeks. Place them in a plastic bag to help reduce moisture loss.



Freezing Kiwi fruit doesn't impair either the flavour or colour and is therefore an excellent idea when you have lots of fruit available. Also it does NOT inactivate the enzymes which break down protein. They can be frozen whole, sliced or crushed. Choose fully ripe fruit. Sliced fruit freezes and thaws very well making them ideal to use as a garnish. Simply place individual slices on a baking sheet and freeze until solid then store in freezer proof bags. Alternatively, cover with a sugar syrup before freezing in rigid containers.

Kiwi fruit in Cooking

Due to the enzyme called Actinidin, Kiwi fruit is a natural meat tenderiser and cooks have therefore utilised it in savoury as well as sweet recipes. It works by breaking down the protein. The most simple way is to just cut in half or mash the flesh, rub it over meat, and leave to stand for at least 15 minutes but do not marinate for more than 30-40 minutes. It should be remembered that this enzyme also breaks down protein in other foods such as gelatine and dairy products so when it is combined with ice cream, yogurt, or sour cream, it's best to consume it relatively quickly. Cooking halts the protein break-down process. Avoid using raw Kiwi fruit in dishes containing gelatine as it will impair the setting qualities.

Beef with Kiwi Sauce - Serves 4

Ingredients

450g/1lb Rump or Fillet Steak,
2 Kiwi fruit
1/2 Onion, roughly chopped
1 teasp freshly grated Root Ginger
1 Apple, roughly chopped
90ml/3fl.oz. Soy Sauce
90ml/3fl.oz. Rice Wine
1 tbsps Sugar
2 teasps Cornflour (cornstarch)

Instructions

1. Preheat the grill to hot then grill the meat for 5-10 minutes on each side or until cooked to your taste
2. Meanwhile, peel the kiwi fruit, cut into quarters then place in a food processor together with the onion, ginger and apple and process until smooth.
3. Transfer to a small saucepan together with the soy sauce, rice wine and sugar and bring to simmering point, stirring constantly.
4. Mix the cornflour with a little water to make a slurry then add to the fruit mixture and cook, stirring constantly, until thickened.
5. Once cooked, cut the beef into 2.5cm/1 inch thick slices, catching any juices then add to the sauce and mix well. Adjust the seasoning to taste, adding more soy sauce if desired. Serve immediately with rice.

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News from Cottingham Little Theatre

A Very Happy and, hopefully, Prosperous New Year to everyone

1 OUT OF FOCUS.

We are delighted that our audiences for "Out of Focus" really seemed to enjoy the play and our cast members responded to the laughter. We welcomed over 100 guests each night and, on Friday, we actually only had one ticket left by the time we closed the doors. It is a real tonic to all of us in CLT that our audience members appreciate our offerings. We hope to continue the trend in 2009.

2. NEXT PRODUCTION.

As announced in the Programme for "Out of Focus", we will be performing "Dangerous Corner" by J.B. Priestley on Thursday, Friday and Saturday 7th, 8th and 9th May. This is one of his 'Time' plays and promises to be very intriguing. Auditions took place in December and rehearsals start in January. Watch this space for more information.

3. SOCIAL EVENTS

Socially, now that "Out of Focus" has been and gone, this is a very busy and enjoyable time for the Members and Friends of CLT.

Firstly, in December, we had a Christmas Party Night at the Ferguson Fawcett Arms in Walkington and a very pleasant evening was had by all.

In January, we have, firstly, a backstage tour of the Hull New Theatre, secondly, our Annual Dinner, which this year takes the form of a Murder/Mystery evening at Home Farm and finally, our annual trip to the pantomime at the Theatre Royal in York. This year Berwick Kaler is murdering "Dick Turpin" - an event not to be missed!!!

4. PLAY READINGS

Our next Play Reading will take place on Monday 2 February in the Old Brewery of the King Billy Inn in Hallgate. If you would like to take part, or just come to listen, please give Sue a ring on Tel. No. 01482 842250 for more information.

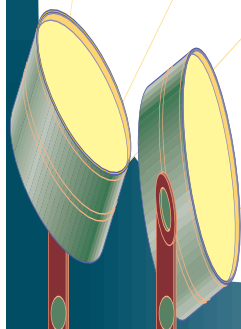
5. NEW MEMBERS AND FRIENDS

If you would like to join us as a Member, have a look in the panel below at the sort of things you could do then give Val, our Secretary, (tel. no. 01482 440588) or our Vice Chairman, Margaret, (tel. no. 01482 846796) a ring.

If you would like to become a Friend of CLT then give Bob or Kaye a ring on tel. no. 01482 842270.

We would love to hear from you.

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Cottingham MOT, Station Yard
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East Riding Domestic Services, Ramsden Place
N.O.C. Property Services, Hull Road
Cottingham Parks Golf Club, Woodhill Way
Miller Eyre Builders, Dunswell Road
Turnbull Landscape Gardens, Dunswell Road
B Brotherton Decorator, Harland Way
Cottingham Times, Skidby

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Association of Businesses in Cottingham and District 2009



**Questions and Answers from the Cottingham Times to
Nick Russell, Chairman of the Association and owner of
Spectrum Video, Hallgate, Cottingham.**

Q1. What is the ABCD and who can join?

The ABCD is a Trade Association set up over 20 years ago to bring together all businesses and trades in the HU16 area. It allows all members to meet up on a regular basis and discuss what is happening in the area. Anyone who has a business in the area of any type can join.

Q2. How much is it and what benefits do they get?

The annual cost is only £25 per annum and for that they get reduced advertising in the Cottingham Times, entry onto the ABCD website, which will be revamped during 2009, window posters, car stickers and the chance to network with other traders at the regular meetings. The networking alone can often provide spin-offs and benefits and many of the meeting have guest speakers.

Q3. How has the membership grown over the last few years?

When I became Chairman, there were only 27 members but after a strong recruitment campaign the membership rose to 110 during 2007.

Unfortunately due to various reasons - economic climate, business closures, change of hands, the membership for 2009 will be around the 80 mark. This is about 30% of all businesses and trades in the area. The aim is to reach at least 50% - around 125 members. One thing that does surprise me is that none of the banks, pubs (except for King William IV) or chain stores ever join and show their support for the village, despite doing plenty of business with the local people.

Q4. How do you feel Cottingham is coping as a Shopping/Business Centre?

Having being involved with a business in Cottingham for over 20 years, I have seen many ups and downs, particularly on the main shopping streets. Businesses still come and go but we have many long established businesses in the village that survive thanks to the support of their customers.

At the moment, I feel the choice of shops in the village is probably the best we have had for a number of years and at the moment only two empty premises. I know we have a lot of charity shops, hairdressers and opticians but all of them are established and survive. What people may forget is all the other types of businesses now trading - shoe shops, coffee shops, wine bars and restaurants - that for many years we didn't have. I think the shopping environment covers most needs of most people with the added benefit of plenty places to sit and recharge their batteries. We also have excellent bus and rail services into the village as well. Also don't forget we have free parking all over the village, which we will fight to keep.!

Q5. Do you feel the current 'Credit Crunch' is affecting the village?

Yes I do and I have to say I am glad that the closures of some national chains has not left big holes in our high street. The predictions for 2009 do not look good, as many experts expect up to 15 national chains to close shops in the early part of 2009. The strength of the retailers and tradesmen in the village is that many are independent of regional chains, who knows what the people of

Cottingham want and whose costs are a lot less than the big national chains.

I think 2009 will see some changes in the village and I think residents need to remember what is on their doorstep and wherever possible shop local.

The original message from the Association has never been so true as now. - Local Shops and Businesses for Local People - Use them or lose them!!!!

Lets keep Cottingham vibrant through the difficult times ahead - keep it local.

I also think that if local businesses are going to survive they have to give what people want - the right product at the right price with the right service.

Q6. So what else do local businesses get involved with?

Well most people know, every year Cottingham has one of the best Christmas Lights display anywhere in the country. What many might not know is that the whole thing is self-funding and put up by volunteers, many (but not enough) local businesses offer financial help but it needs more. Anyone looking to help with sponsorship or just financial help then please get in touch with me. To keep them updated does cost a lot of money. Also part of the annual events calendar now is Cottingham Day - usually the first Saturday of July. Again self funding with the help from the Parish Council and supported by many local businesses.

Committees for both of these are always happy to accept help and sponsorship is always gratefully received.

Q7. So how do you see 2009 for the village and its businesses?

I think it's going to be a very hard year for all types of businesses, not only in the village but also throughout the country. We are very lucky in Cottingham to have most things on our doorstep but every business must ensure they attempt to give their customers what they want. But the opposite must also apply.

Residents and visitors must give the shops and businesses in the village a chance to supply what they need.

As for the Association of Businesses in Cottingham and District, every effort will be made to increase membership to its target number, to work closely with the Parish Council with Planning Applications etc. and we are constantly trying to improve the offer to members with deals on Health Club Membership, Private Medical Insurance and Business Insurance. It only costs £25 a year to join and to let the people of Cottingham know you are supporting the village and - hopefully - they will support you.

To the people of Cottingham I would just like to say on behalf of all traders, thanks for your support but remember:-

**LOCAL BUSINESSES -
USE THEM OR LOSE THEM**



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

New Year Resolutions

So the excesses of Christmas are over and a New Year has begun and as is the custom we will all be making New Year's resolutions about our lifestyle, so let's spare a thought for our pets and look at their weight. Could your pet, whether it is a dog, cat or even rabbit, do with losing a few pounds?

Studies vary, but up to 60% of dogs and cats are overweight!

How do you know if your pet is overweight?

I have a simple way of determining if an animal is overweight.

*Stand above your cat or dog and check that they have a proper waist, a visible indentation behind their ribs.

*Place both hands, palms down, lightly on your cats or dog's ribs and backbone. You should be able to feel the bones with no pressure, can't feel the bones, overweight I'm afraid.

Why should we worry?

Fat pets will have shorter lives. Overweight and obese pets are far more likely to suffer from diabetes, arthritis, heart problems and are increased risks during surgery and illness.

Causes of overweight pets

It's quite simple really; the two most common problems for overweight pets are TOO MANY CALORIES, NOT ENOUGH EXERCISE.

Many pet foods have high fat and energy levels as this makes them

very tasty, but not necessarily good for your pet.

Tit bits and treats are the greatest problem in fighting the fat. The number of times I'm told "and he gets nothing else, no tit bits" when it's obvious he must be! One biscuit for a small dog is the equivalent to a whole packet for us!

Exercise is the other problem or should I say lack of it. As increasing pressures of work and families take hold, exercise for our pets can often be sacrificed. Different dog breeds also need varying amounts of exercise. Working dogs for example need massive amounts of both time and space to exercise.

Other reasons for dogs putting on weight can include breed susceptibility. I always say that a Labrador or beagle can put on weight simply by looking at food, I know how they feel!

Underlying disease is a very rare cause of obesity. If we are struggling to lose weight, clients will often ask could their pet have an under-active thyroid or slow metabolic rate and the unfortunate answer is usually no.

How can we get our pets to lose those extra pounds?

Admit your pet is overweight.

Follow the earlier tips about examining your pet, but if in doubt pop into the surgery and see one of our veterinary nurses who will be more than happy to help.

Set a realistic weight target, get all the family involved and be honest about your pets feeding habits. Split the animal's food into at least two meals and use parts of the daily rations as treats.

There are prescription diets for weight loss and these should be discussed with your veterinary surgeon.

Increase exercise in both amount and frequency. For dogs this is fairly simple and for cats there are many toys now that will encourage exercise even to the extent of throwing a foil ball up and down the stairs for them to chase.

If your dog is arthritic and find exercise painful on its joints then hydrotherapy can be a very good part of your dog's weight loss program.

Monitor your dog's weight every two weeks. This will encourage you if the pounds keep falling off or make you alter either food intake or exercise regime if no weight is lost.

Our veterinary nurses run a slimming clinic at the surgery so if you are worried whether your pet is overweight or not, or unsure how to help your pets lose weight then please make an appointment and they will be only too happy to help.

So let's get our pets fit for 2009 and you never know we may lose a few pounds as well!

Happy New Year

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Maggie makes her Marque with her superb cask ales

Maggie Clarke, the manager of the King William IV (King Billy) public house on Hallgate, Cottingham has recently won the prestigious Cask Marque award for her superb cask ales.

Maggie's ales were checked many times by un-announced visits by brewery experts, who checked the temperature, clarity and taste of the ales she had on sale. She passed with flying colours and now proudly displays the Cask Marque Plaque outside the entrance of the public house.

Maggie was awarded with a framed certificate and the Cask Marque plaque by Annabel Smith (pictured right) a senior executive of the Cask Marque Trust.

A superb range of meals are also available at the King Billy on a daily basis, with all meals being homemade on the premises.

Friends of Thwaite Gardens to hold illustrated talk in the Hallgate Methodist Church on Tuesday 27th January

Friends of Thwaite Gardens will be holding an illustrated talk in the Hallgate Methodist Church, Cottingham on Tuesday 27th January at 7.30 pm.

The talk will be entitled 'A Year on Filey Brigg' and will be given by Mr. Peter Dunn. Refreshments will be available afterwards. Visitors £2.00. All welcome.

Membership of the Friends is £7.00 per annum (£10.00 per couple) and gives you regular access to the beautiful 25-acre gardens, situated close to the centre of the village.

Tombola Prizes wanted for Craft Fair in aid of Macmillan Cancer Support

As all Skidby residents are aware, every year in September we hold an event to raise money for Macmillan Cancer Support, as part of the World's Biggest Coffee Morning.

This year we will be holding a Craft Fair at Skidby C.E. Primary School and are now looking for suitable Tombola prizes. If any readers have any small, unwanted Christmas gifts and are looking for a worthy cause, we would be happy to hear from them. Contact the event organiser Diane and collection will happily be arranged.

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Financial News and Advice

by
Michael Dunn of Accounting
Solution (Hull) Ltd

Some news on interest rates from December, 08:-

The Bank of England's monetary policy committee in December, 08 cut interest rates by a full percentage point to just 2% - the lowest for 57 years and the joint lowest in history.

The cut was widely expected after a run of awful data from every part of the economy this week which suggested that Britain is tipping into a long and deep recession that could last a lot longer than Alistair Darling predicted in last month's pre-budget report.

TUC General Secretary Brendan Barber said: "This decision was spot on. The Bank of England could not be clearer about what it expects the high street banks to do.

The government must now pull every lever of influence to get banks lending. If that doesn't work, radical measures will be needed straight away. The alternative is a wave of bankruptcy and redundancy.

HSBC said it would pass on the rate cut in full, as Lloyds TSB had promised yesterday it would. The Halifax said it would pass on the rate cut in full to all its tracker rate customers, brushing aside a previous downward limit on rates. But Royal Bank of Scotland said that while it would pass the cut on to its business customers, it would "strike an appropriate balance between the interests of savers and borrowers in any decision it makes" on personal customers.

The MPC said in a statement it was worried about stalling business

investment and consumer spending as well as falling house prices. It added that the economic outlook remained poor and credit markets essentially frozen. It also said there remained a "substantial risk" of undershooting its 2% inflation target over the next couple of years.

The pound remained little moved on the news but the FTSE 100 fell back in disappointment that the cut had not been bigger.

Earlier last month the Halifax reported that house prices had fallen by 2.6% last month from October, the biggest drop since September 1992 and one which took prices down a record 16% on a year earlier. Other news showed car sales had collapsed by 37% year-on-year.

The Bank's move followed interest rate cuts by central banks in Asia and in Sweden, where the Riksbank slashed rates by 1.75%. The European Central Bank cut its main rate by 0.75 points to 2.5%.

The MPC began cutting borrowing costs in earnest in October, as central banks around the world joined forces to instigate a coordinated half-point rate cut as the banking system teetered on the brink of collapse. That took rates here down to 4.5%.

Then last month the Bank cut by 1.5 points - the biggest cut it has ever made - to 3%, the lowest since 1955.

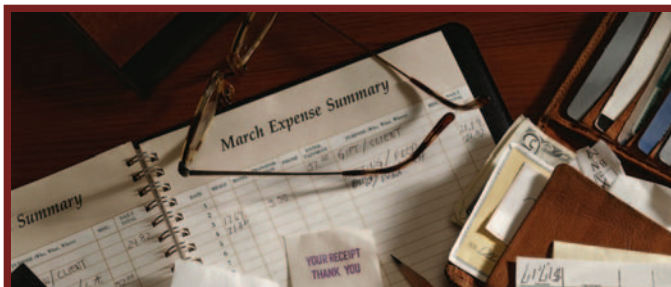
And last month's cut means rates have not been so low since late 1951, when they were raised to 2.5% from 2%. Prior to that they had been at 2% for 19 years bar a blip upwards for a couple of months as war broke out in 1939.

Many economists argue that the lowest rates for decades are needed given that the world economy is potentially facing its biggest downturn since the Great Depression of the 1930s.

The latest cut represents a victory for MPC member David Blanchflower who spent all this year urging his colleagues to cut rates sharply because of the danger of recession. His colleagues preferred to leave rates high, however, as they were focussed on inflation.

But with oil prices having fallen more than \$100 a barrel since the summer and economies everywhere stalling, the danger of deflation is now more real than the risk of inflation.

If you require any advice or help in relation to how the interest rates would or are effecting you, please call us on 01482 656 148 today.



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Jazz Duo in the Windor Restaurant

Saturday 31st January

£24.95 per person

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Valentine's Ball - Saturday 14th February

£29.95 per person

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Murder, Mystery Night - Saturday 14th March

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Medieval Banquet - Saturday 28th March

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Valentine's Coffee Morning at Skidby Village Hall, Saturday 14th February

A Valentine's Day Coffee Morning will be held in the Skidby Village Hall on Saturday 14th February 2009, between 10.00am and 1.00 pm.

There will also be a competition and a display of Valentine's Cards made by the pupils of Skidby Primary School.

Let BackCare's hydrotherapy pool ease your aches and pains

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We meet at 5pm on Thursday evenings at the Frederick Holmes School on Inglemire Lane and the new term starts on 8th January. The cost is only £10 per school term plus the annual £5 joining fee to BackCare. For more information ring Julie on 01482 351011, or simply turn up at the pool for a free trial session.



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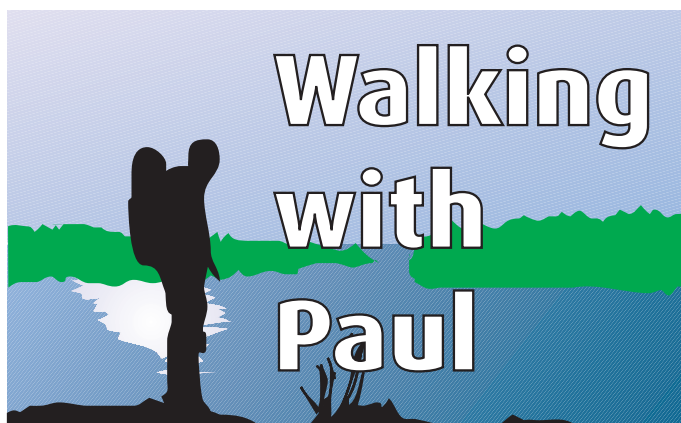


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Here is Paul's eleventh walk in his monthly column. This month his destination is the Cottingham Snickets

Maps:- No map available.

Start at GR. 051327 Cottingham Railway Station.

Distance 4.5 miles approx. Two hours including short stop.

Leave the station car park and turn right into Hallgate and then turn left between Nos. 9 & 11 Hallgate and walk down the snicket. Emerge onto Kingtree Avenue and turn left and follow the road to meet Newgate Street. Turn left and then cross Newgate Street at the traffic island and walk down Snuff Mill Lane.

At the end of the lane, continue ahead and cross Hornbeam Walk and follow a tarmac footpath in the same direction. Immediately after the wall on the left, bear left and cross a grassed area and then left again on reaching Hornbeam Drive. At the end of Hornbeam Drive, bear right and pass No. 52 on the left. Continue down a path and bear left, on reaching the railway track which emerges onto Thwaite Street. Cross over and turn right, cross the level crossing and turn left into Station Walk. Pass the station on the left and at the junction of paths bear right. Continue to meet New Village road and turn left. Follow New Village road as it first bears left and then right.

Cross over Northgate level crossing and immediately turn left into Station Road. After about 20 yards, turn right and walk down a cobbled snicket with a drain on the right. At the path junction, bear right and cross a wooden footbridge and walk down the tarmac snicket with the drain on the left. At the next junction

of paths, turn left and follow the path to emerge on Hallgate opposite the church.

Turn left and cross the road and, at the entrance to Arlington Avenue double back to the right and walk down the snicket with the cemetery on the right. Immediately after passing Church House, turn left and walk down the short snicket to emerge on Arlington Avenue, cross the road and continue straight ahead down a snicket and follow this as it sweeps first left and then right to emerge on Kingtree Avenue. Cross over and walk down the snicket with No.47 Kingtree Avenue on the left.

On reaching the junction of paths, bear left to emerge on Newgate Street. Cross the road and continue down Longman Lane. At the end continue straight ahead down a snicket to emerge on Link Road and turn right. Follow Link Road passing Saner Close on the left and then turn left into Nalton Court. Walk down to the end and then turn right walking in front of the houses and locate a gate in the far left corner. Pass through this gate (Closed between 6.0p.m. and 6.0a.m.) Emerge onto a tarmac path to eventually meet a concrete road and turn right to meet The Garth. Turn left and after about 40 yards, turn right and walk down a surfaced path as it swings right to reach the top of Dixon Court. Walk down Dixon Court to reach the opposite side of The Garth. Cross over and continue straight ahead down a wide path known as Bacon Garth Lane. Emerge onto South Street and turn right to the pedestrian crossing controlled by traffic lights. Cross the road and turn left.

After about 200 yards turn down a snicket on the right to emerge at the top of Finkle Street and turn right. After a short distance turn left and walk down a snicket opposite No. 127 Finkle Street. Emerge onto Hallgate and turn right. Cross the road and turn left down George Street. Just before the end of George Street, turn right down a snicket and follow this as it swings left and emerge on Northgate and turn right. Cross the road and then turn left immediately after passing the Shooting Club. Emerge in Tinley Close and walk down to Queens Drive. Cross over and continue down the path opposite, pass through a metal kissing gate to enter the playing fields.

Turn right and follow the path round the perimeter of the field. At the corner of the field turn right and enter a large field still keeping the back of the houses on the right. On reaching the corner of this field, turn right and cross a bridge and walk down the path with the drain on the left. Eventually emerge onto Lawson Avenue and turn left and then bear right. At the end of the cul-de-sac bear left down a footpath to emerge on Northgate. Cross Northgate and turn right and then immediately left down a snicket to emerge on Cannongate and turn left. At the end of Cannongate meet a path and turn left to emerge on Station Road. Turn left back to the station car park.

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In the Garden



Fruit and vegetable garden

Cut down, and remove the stumps of old or worn out fruit trees that are not worth renovating.

Currants and gooseberries can be pruned now. The main priority with gooseberries and red and white currants, is to prune back the laterals that fruited last year to a couple of buds from the main branches. Blackcurrants do best when one-third to a half of all the older branches are removed from the base each year, to keep a good proportion of young, vigorous growth.

If you did not prune and train your summer-fruited raspberries earlier in the season, then you can still do it now - you will be better able to see what you are doing once the leaves have fallen. Old fruited canes should be cut to ground level and removed. New canes (which will provide fruit later this year) should be tied in to the supports in a well-spaced fashion. This will make picking easier, and will allow you to keep the coming season's new growth separate from its fruiting canes.

Hardwood cuttings can be taken this month, using material removed during pruning. This is a great way to propagate blackcurrants, redcurrants, white currants and gooseberries. Only use disease-free plants for propagation.

This is a good time to plant new fruit bushes and trees - as long as the soil is not frozen or waterlogged.

Spread your remaining garden compost and organic matter over the ground - this will improve the soil next spring and will also leave your compost bin vacant for debris in the new growing season. Or mulch fruit trees, bushes and canes with organic matter.

Place cloches over strawberry plants that were planted last summer, or bring potted ones into the greenhouse or conservatory. The extra warmth will give you an earlier crop.

Clear remaining spent crops from the vegetable garden.

Stake or earth up any Brussels sprouts stalks that look leggy and vulnerable to wind rock. Pick the biggest sprouts from low down the stalks first.

Start forcing rhubarb. Place a large bucket, dustbin or forcing jar over the crown to encourage the fresh, pink shoots to form in the darkness. A few shovels of manure, straw and poultry manure pellets thrown over the top will create extra warmth to speed up the process.

Other crops can also be germinated in pots on the windowsill, and then grown on in the greenhouse for planting out in February. This should result in early crops next year. Lettuces, summer brassicas (e.g. cabbages and cauliflowers), radishes, tiny round carrots, spinach, salad onions and turnips are all suitable.

Prepare soil for Spring planting

If you have not done so already, dig over and incorporate soil improvers into vacant areas of the vegetable plot. You can cover these areas with thick polythene to keep the soil dry and make it easier to work in the spring - particularly useful for heavy clay soils. Clear polythene will increase the soil temperature, enabling earlier sowings in spring. Black polythene and thick carpet will suppress weeds.

If the weather is reliably dry and frosty, then heavy soils can benefit from being left exposed - the frosts will kill pests and improve soil structure by the continual freezing and thawing of soil water.

Save egg boxes as they will come in handy for potato chitting next month. Source your seed potatoes if you have not already done so.

Improve the drainage of heavy soils by working in lots of organic matter. Grit will only be effective when used in conjunction with organic matter.

Digging over the soil in winter exposes soil pests to frost and bird predators.

Sow seeds of Begonia, Lobelia, Salvia and Pelargonium in a heated green-

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house or propagator to provide early plants. Begonia seeds need light to germinate, so do not cover them; 21°C (70°F) is the ideal temperature. Lobelias need 15°C (59°F). Salvias are best at 16-18°C (61-64°F). Pelargoniums prefer 18°C (59°F). John Innes seed compost, covered with a fine layer of vermiculite (begonias excepted), is a good growing medium. Starting the seeds off early will ensure they get the length of growing season they need to produce flowers in the first year after sowing.

Taking cuttings from existing plants multiplies your stocks

Sweet peas can be sown this month, inside a heated propagator, in long tubes filled with compost (toilet and kitchen rolls make good tubes). Some varieties need chitting (nicking of the seed coat), and/or soaking, in order to germinate well. A cool room or sheltered cold frame is fine - no extra heat is required.

Sweet peas sown earlier in the autumn can now be potted on - a 9cm (3.5in) pot per plant is recommended. Place them on a sunny windowsill, or on a high shelf in the greenhouse that gets plenty of light.

Plant lily bulbs in pots and in borders during mild spells.

This is the last chance to sow seeds that need frost in order to germinate (such as native tree and shrub seeds, and alpine plants). If you find you have missed the frosts, then you can always stratify seeds in the fridge. Sowings of alpine plants need protection from winter rainfall - a sheet of glass, or clear polythene stretched over a wooden frame would do.

Root cuttings can be taken now. Papaver (perennial poppies), Verbascum (mullein), Acanthus and Phlox are suitable examples.

In cold spells, protect non frost-proof containers (terracotta pots for example) with bubble wrap, hessian or fleece, to prevent them cracking. Grouping the pots close to a south-facing wall may provide additional protection to the most vulnerable ones.

Keep tubs and containers tidy, cutting back and removing debris regularly. They can be mulched with compost or grit. Grit is aesthetically pleasing, and will reduce the surface puddling that can occur when light composts are beaten into a solid 'cap' by raindrops.

Order catalogues for spring planting of summer-flowering bulbs, bedding and herbaceous perennials.

Stock up on store cupboard items such as string, stakes and canes for use later in the year.

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3. Dig over any vacant plots that have not been dug already
4. Repair and re-shape lawn edges
5. Inspect stored tubers of Dahlia, Begonia and Canna for rots or drying out
6. Prune apple and pear trees
7. Start forcing rhubarb
8. Plan your vegetable crop rotations for the coming season
9. Keep putting out food and water for hungry birds
10. Prepare a polythene shelter for outdoor peaches and nectarines, to protect them from peach leaf curl.



Hull City O.S.C. Cottingham Branch keep hitting their Goals

The Hull City Official Supporters Club (Cottingham Branch) continues to flourish. Their regular meetings in the Old Brewery Bar in the King Billy public house in Hallgate are well attended and, on an even more encouraging note, membership continues to increase.

The last regular meeting comprised discussion of business and plans for the future followed by a question and answer session with highly praised centre-back Michael Turner, a regular 'star man' in Hull City's games this season.

On 7th December the Branch held a Children's Christmas Party. There were the usual fun and games with food on hand to replenish sapping energy levels. In addition to all of this children were treated to a visit by Hull City mascot Roary the Tiger and by, of course, Father Christmas himself. Needless to say, a great time was had by all. And the branch are grateful to the King Billy, Hallgate for there ongoing support in providing a venue.

The next meeting in the Old Brewery Bar is on 24th February with a meeting to be attended by Richard Garcia, the Tigers' Australian mid-fielder.

There will also be a Fundraising Dinner and Auction at the Woksoever Restuarant on Tuesday 10th February, where hopefully a couple of City players will attend. All supporters welcome, for your reservations or for more details contact Ian Garmston at upthetigers@gmail.com or call 07940 560243.

The Branch's efforts in the community would not be possible without the support of sponsors Mitchell James Contractors Ltd., Woksoever Restaurant, Roses Kitchens of Beverley and Grassrootz Lawn Treatment.




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Your Stars for January 2009 -

By Kay Gower

Aries - (Mar. 21- April 20)

There are clear-cut choices ahead of you in January. If you miss an opportunity in the first week then don't worry, you'll get another by the end of the month. Whatever you decide will cause you to turn a corner.

Taurus - (Apr. 21- May 21)

A small windfall is your gift from the stars, allowing you to pay a debt or fulfill an obligation. A successful business project also gets 2009 off to a fantastic start.

Gemini - (May 22-June 21)

Your usual sharp wit could seem elusive now. Emotional confusion is putting a damper on you. Deep breathing or Yoga will help, and so will taking things easy, especially around the 12th.

Cancer - (June 22-July 22)

At the start of January, it feels like you're walking a tightrope between what's good for "you" and what benefits others. By the end of the month, you're on the right path, and these two are one and the same.

Leo - (July 23-Aug 22)

Right now, there's no problem that can't be solved before it occurs. If you remember this during the third week of January then an ounce of foresight could save you a considerable amount of money.

Virgo - (Aug 22 - Sept. 23)

There's not a lot of change in your opinions lately. You know what you think, and what you want and no one is likely to sway you. You may as well tell those closest to you not to try, it's only fair.

Libra - (Sept. 24 -Oct. 23)

You align yourself with winners this year, and reap the rewards of their success along with your own. You will be lucky in all kinds of tests over the next 5 weeks.

Scorpio - (Oct. 24 - Nov. 22)

Change is in the air, and you may not be looking forward to it. Time is on your side though, so do all the thinking you need to do in order to feel comfortable with emerging circumstances.

Sagittarius - (Nov. 23 -Dec. 21)

Be discerning. Remember the lessons you learned last month. Make an attempt to get to know the kind of people who have a reputation for being both honest and smart.

Capricorn - (Dec 22.- Jan. 20)

A plot-twist can change how you feel about everything. Sit down with some new information and allow it to mellow in your mind. Make no snap judgments this month, just let your inner wisdom have some breathing room.

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

Relax this month. The path to success is rarely a straight one. You're doing just fine - ask anyone you know!

Pisces - (Feb. 20-Mar. 20)

Solving a small puzzle solves a big one. You have always been sensitive to what's going on with you on a spiritual level. This month sees you looking for the symbolic meaning of your experiences, and you'll find it.



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I'd just like to start off by wishing all our clients and readers a happy new year for 2009, and thank you for all your loyalty and support in 2008. As we are entering the new year it's all about the new you. Lets change our looks and create something new. Team Unique are always thriving to give out new ideas to fulfil your every need, whether it's a new cut or a new exciting colour, please don't hesitate, ring for your appointments and consultations.

2009 is going to be an exciting time for unique we have just recently launched our new bridal looks, these will shortly be featured in a national magazine. With the arrival of the new year we are helping you create a new look with our fantastic colour offer, this features a Cut and Finish, our famous in-salon Treatment and you will go away with a £20 colour voucher to help you move into the new year with a fresh image all for just £36.00, starting on the 6th of January ending on the 31st. Don't forget to give our reception team a call to make this appointment for you, or why not try our new online booking service, simply log on to our web page and book online at www.auniquesalon.co.uk.

At Unique we are always looking to expand our knowledge and keep our team up to date with all the new trends and techniques so they can pass on them to you. This year we have a new training program in place, which will ensure every visit will be full of new and exciting ideas for all your hair needs and wants.

Our events team is busy too, they are currently looking at new ways to showcase our teams work within the community, and are at the moment in meetings to create a show-stopping hair event which details will be given in next months addition.

Again I and our team would like to wish a very happy new year to you all and we hope to see you soon.

Ben



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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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.

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 under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.

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Hallgate Schools - continued

by Peter Railton

There was more trouble with the toilets in the boys' department when school reassembled on 26th August 1914. This was going to be a recurring problem as the years passed and was to culminate in the demolition of the junior wing of the boys' school in the 1970's due to the presence of underground water and consequent subsidence which is still manifesting itself at the far end of the old 1892 building today.

In 1914 pipes burst and walls bulged in the outside toilet and Mr. Ashton the plumber was called in after the matter had been referred to County Hall.

Government Circulars

Government and County Council circulars were sent to the three departments for pupils to take to their parents urging them to cultivate their gardens and any waste ground in the current emergency. The more shipping space that could be saved on importing food the better, even if it was simply potatoes or other vegetables. A school garden was started and planted up - with what is a mystery, but presumably various sorts of vegetables. I can not find the location of this garden - perhaps it was in the small field where the Adult Education building is, or the allotments where Kirby Drive is now.

Despite the efforts of Mr. Moorby and the staff, an HMI's report issued that August is not at all glowing. The report speaks of 'bright, comfortable and commodious' new building and its equipment and that it 'should rapidly become a good school.' Then it goes on to criticise some of the lessons given and the attainment of many of the pupils whose 'general bearing reflects little credit on the school.' Various suggestions were made to amending the time-table, introducing fresh topics in lessons, strengthening arithmetic which was 'extremely weak in some classes.' History and geography were 'ineffective' and 'something should be done in singing, poetry and reading lessons.'

The Great War Disturbing Concentration

The Headmaster makes no comment on this poor report which deviated considerably from the norm in the school. On 18th September he notes that 'The Great War in France and Germany and Austria is becoming a somewhat disturbing element as regards school work.' More and more war reports filled the local newspapers, leaflets were printed and distributed to households on the current emergency, rumours were rife, all tending to excite the older lads especially when fathers and other relatives joined up, all leading inevitably to a pre-occupation with national events such as had not disturbed the local community before and all contributing to a general lack of concentration at school.

The Staff were asked to contribute each month to the 'Prince of Wales Relief Fund', one of a growing number of such appeals for comforts for the services and help for needy families at home. Two boys, Tom Legard and Charles Bell were warned about truancy 'which has become a usual practice! School closed for Hull Fair on 12th and 13th October.

On 9th November Miss Steel, a teacher, arrived back in the boys' department. Evidently she had been on a visit to Russia during the school holidays and the declaration of war had forced her to stay in St. Petersburg until such times as she could make her way back to Britain. What an opportunity for a class lesson!

£18.4s.0d Raised for Belgian Relief Fund

The Staff organised a concert for the Belgian Relief Fund in November; this was given by pupils to parents in the 'Central Hall', (lately Hall A), on 17th December and raised £18.4.0d. Gas burners which lit the classrooms at that time were giving trouble - as was the boys' toilet again, when subsidence ruptured a pipe and Mr Boynton the plumber was called to see to both jobs after County Hall was informed, but it all flooded again soon after that and Mr Moorby and the caretaker 'spent half an hour clearing it away.'

In the girls' school, three pupils received conditional exemption certificates and Miss Ellen C. Wright was appointed a Student Teacher in the department and commenced duties on Tuesday 1st September. Dr.

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Forbes and Nurse Ward carried out a 'medical' in early September of some 50 girls. An HMI report was received that month which was a far better one than the boys had got.

"This department is very pleasantly conducted; the teachers are willing and careful and the work is steadily on the up-grade except perhaps in Arithmetic which is markedly weak in the lower classes. Composition has improved considerably and the girls recite very nicely."

Suggestions for improving school standards

There followed various suggestions - e.g. alterations to the timetable, handwork, apart from needlework, should be extended, a more responsive attitude to oral lessons cultivated amongst the girls and so on; but on the whole a very good report despite the criticism about arithmetic - but then not many children have ever found arithmetic easy and it was often a subject to struggle with until fairly recent times when new methods and, above all, a new generation of patient teachers came into the schools. But Arithmetic, or Maths, is still not many children's favourite subject!

In September 1914 the staff of the girls' school were - M. Holmes, Head Teacher; M. G. Lait; L. Robinson; E. M. Boothby; E. Ness; M.A. Buttery; E. H. Greer. During the month several girls were excluded on the grounds of scarlet fever - Freda Pegg and Amy and Margaret Scott among them. During the first week of November the girls contributed twenty five shillings for the Belgian Fund which was forwarded to a co-ordinating centre in Hull; appeals went out to all schools for cash and clothing for refugees fleeing ahead of the German advance through Belgium.

More illness due to bad weather

The Rev's Wolstencroft and Lowndes continued to visit the schools regularly to check the registers and look in on the classes. Bad weather that month caused many absences. Dora Hayton was granted a conditional exemption certificate to enable her to work at 'Cottingham Mill' - Paley and Donkin presumably, they employed a lot of girls from the department over the years.

Evidently the war was not only having its effects in the boys' school, but there were similar signs in the infant department too, where pupils were more restive than usual and the accustomed quiet routine of the school was interrupted. Mrs. Moorby records that she often spoke to calm their fears and said that several children prayed every night that God would send the soldiers and sailors back home safely, and that some little ones were missing their fathers who had gone into the army. Schools closed at noon on Thursday 24th December, the first Christmas of the war - and the last for some old scholars from Hallgate Schools.

Cold weather dominates beginning of 1915

Cold wet weather dominated the first two months of 1915 with consequent low average attendances when snow fell; March saw a bright and dry interlude during which two and a half tons of farmyard manure was delivered to the boys' school gardens by Mr. Fisher and 'placed on the soil.' On 11th March two rows of 'Sharp's Express' potatoes were planted and a row of radish seed sown. The weather must have been kind that day as two classes had their drawing lessons outside.

The Hull Municipal Training College indicated a wish to use the school for their student's teaching practice; clearly they were impressed with all departments which must have gone a long way to restoring the confidence of Mr. Moorby after the H.M.I. report of the previous August. Quarterly exams began in the boys' school straight after the Easter holidays in April. On the 21st, six male students arrived from the Training College for three weeks teaching practice, one being placed in each of the first six classes and were to 'teach all subjects of instruction on the curriculum.'

On 3rd May Mr Ness called regarding the increased number of requests from parents for leaving certificates - 'the number of these certificates granted is assuming alarming proportions.' Parents were probably aware of the new legislation coming into force regarding the raising of the school leaving age to 14 and as many as possible were withdrawing their offspring beforehand. We will see a similar pattern developing in the girls' school next time.

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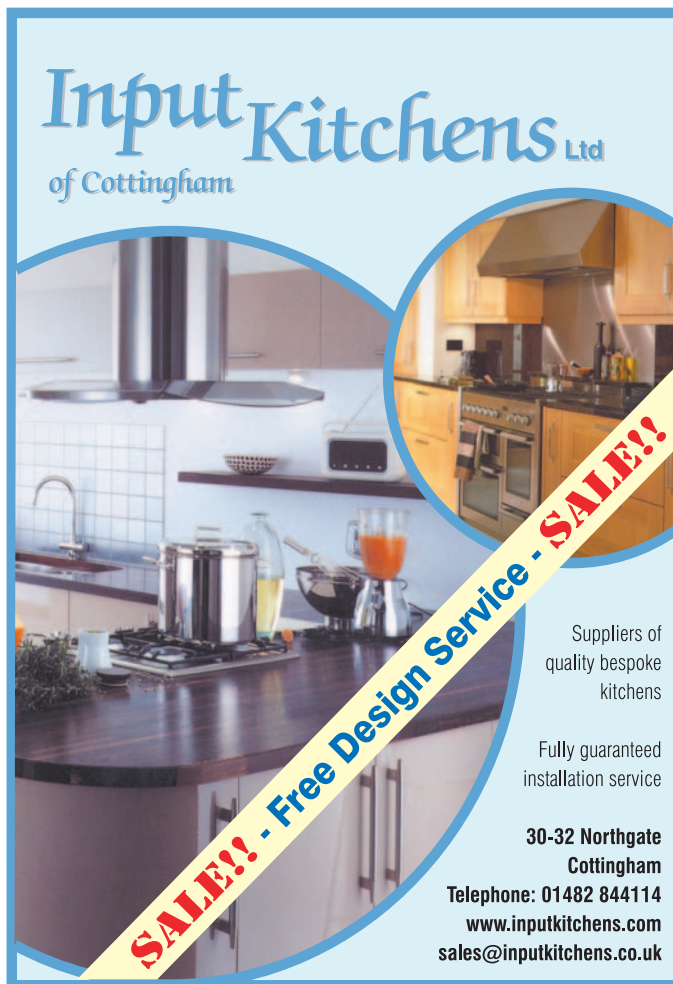
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Alternative Health Matters

by Carole Headley

For those of you that read my last article you may have noticed at the bottom of the page that I am now a distributor for Aloe Vera Products.

What is Aloe Vera? Aloe Vera is often known as the miracle plant, the silent healer, the burn plant or even the medicine plant which has survived the 4000 or so years during which this amazing medicinal herb has benefited mankind.

There are over 200 species of Aloe but probably only four or five with medicinal properties. Of these Aloe Barbadensis Miller (also known as Aloe Linnes and Aloe Vulgaris) is the most potent. It is the only one entitled to be known as Aloe Vera or the true Aloe. Aloe Vera is a succulent, looking rather like a cactus but is in fact a member of the lily family related to onions, garlic and asparagus. When mature, the inner gel can be harvested, preserved and bottled to produce a product that is as near to the natural plant juice as we can get. To benefit from Aloe Vera, the gel can be taken internally for its nutritional, anti-inflammatory and immune balancing effect. It can also be combined with other ingredients to produce topical creams and lotions to nourish and improve the quality of the skin. *(Apart from using the products myself I would not be without my aloe vera plant at home).*

Inside the leaf: Aloe Vera gel contains at least 75 known ingredients, and may be more, which are yet to be discovered. These ingredients can be divided into the groups as follows: **Vitamins** - it contains a wide range but includes Vitamin C and E and Beta-carotene, the precursor of Vitamin A. It is also one of the very few plants in the world to contain Vitamin B12. **Minerals** include magnesium, manganese, zinc, copper, chromium, calcium, sodium, potassium and iron. All these are essential for a healthy body and the gel is a natural health product.

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7. Effect on the skin
8. Effect on gut flora
9. Assists in healthy digestion
10. Effect on the gut

Aloe Vera is not a panacea for all ills and there is no magic about it. It works primarily in the two areas, epithelial tissue and the immune system. Many thousands of people over the centuries have reported benefits for various skin complaints such as eczema, psoriasis, ulcers, burns, acne, even stings and bites. They have found relief for bowel disorders such as colitis, diverticulitis and IBS. Other conditions result from a disordered immune system such as arthritis, asthma and ME (post viral fatigue syndrome). It is important however that people always seek the advice of their doctor when a diagnosis is in doubt or where a condition does not improve. Self-diagnosis can be extremely dangerous as many serious conditions can mimic the more simple ones.

As you can see there are very good reasons for drinking the gel. The products are available to order from the Healing Hut and only takes 2-3 days to arrive. Apart from the Drinking Gel, the company also have beauty products, shampoo and conditioner, styling gel and alcohol-free pro-set, skin care creams, weight-loss products, supplements, aftershave balm for the men, deodorant stick (without aluminium), bath and shower gel, liquid soap for hands and face (ideal for teenagers suffering spots etc.) toothpaste, lip balm, cologne for men and Eau de parfum for women, heat lotion for aches and pains, MSM gel- a strong anti-inflammatory, make-up, even products for your pets. As you can see a very wide range. Items can be purchased individually or we can make up a package. Ideally having a course of therapy treatments and using the Aloe Vera products will help you to gain and maintain optimum health. A discount package can be discussed at a consultation session.

If you would like more information or would like to book a 'demonstration party' please contact Carole at the Healing Hut on (01482) 842078.

Crossword Solution from page 14

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21	O		22	W		R		M		I		R			N						R	
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VILLAGE BATHROOMS & KITCHENS

Don't Move - Improve!

The showroom manager here at Village Bathrooms & Kitchens, advocates the "Don't Move - Improve" ethos. "We have been involved with improving homes all our lives" Steve explains. "Not having a fortune to spend on home improvement, I took plumbing lessons along with plastering and decorating lessons".

"Bathrooms can be made to look great on a shoe string. We stock a £250 suite and if you match that with good taps, nice looking flooring and great tiles, it can look a million dollars"

Kitchens help sell homes and create a living environment. "We have the ability to create a kitchen for you that fits the space available. All our units are hand-made leaving no tray spaces. Yet they also fit the bill on price." From kitchen doors, work tops and handles to a fully designed kitchen of your dreams, we at Village Bathrooms & Kitchens have the style and price for you.

Mr. & Mrs. 'B' of Cottingham - has had a bespoke bathroom unit made to fit a gap in her bathroom, where, along with a walk-in shower, we have created a more manageable bathroom for her in the future.

Mr. & Mrs. 'R' have had a designer shower room fitted into their home. "Definitely pleased with the product, Village Bathrooms can refit our en-suite bathroom later this year".

Mr. & Mrs. 'E' had new doors, handles and work tops were fitted to their kitchen, greatly improving the look and useability. "Everybody says it looks like a new kitchen".

Mrs. M has disability problems. "Best decision we made to remove the bath and fit a shower enclosure. Fantastic!"

We still corner the market in Service, Give us a ring and let us remind you!

VILLAGE BATHROOMS & KITCHENS

58 New Village Road, Cottingham :: Tel (01482) 842550

Bathrooms and Kitchen design
Suppliers of quality bathrooms
and kitchens



VILLAGE BATHROOMS & KITCHENS

58 New Village Road
Cottingham

(01482) 842550

We are bathroom and kitchen specialists
All our bathroom suites are of excellent
quality, just pop-in and see.

All our kitchens are made to measure,
using hand-made carcasses.

JANUARY STOCK CLEARANCE SALE

UP TO 40% OFF - WHILST STOCKS LAST

	Was	SAVE	NOW		Was	SAVE	NOW
Humax LGB22DYT 22" Digital LCD	£350	£70	£280	BEKO CDA539W			
JVC LT26DE9 22" Digital LCD				Frost-Free Fridge Freezer	£270	£40	£230
Built in HDD Recorder	£580	£80	£500	BEKO CDA563W			
Samsung LE26A336				Frost-Free Fridge Freezer	£300	£40	£260
26" Digital LCD	£380	£50	£330	BOSCH KIR18A40 Built-in Larder	£600	£250 *	£350
Samsung LE32A336				BOSCH SMS50E02			
32" Digital LCD	£430	£70	£360	13 Place Dishwasher	£360	£60	£300
Samsung LE37A616				BOSCH WAE24363 1200 Spin Washer	£330	£50	£280
37" Digital LCD	£850	£90	£760	BOSCH WAE28363 1400 Spin Washer	£350	£50	£300
Samsung LE42A616				Dyson DC07i Upright Cleaner	£180	£20	£160
40" Digital LCD	£1,000	£110	£890	Dyson DC19i Cylinder Cleaner	£180	£30	£150
Toshiba 19DV556				Dyson DC16 Hand-Held Cleaner	10% OFF all models		
14" Digital, DVD, LCD	£300	£40	£260	Electrolux Z3042 2000w Upright	£100	£20	£80
Toshiba 22DV555				Electrolux Z4712 1750w Upright	£60	£10	£50
22" Digital, DVD, LCD	£380	£50	£330	Hotpoint FF175P Frost-Free Fridge Freezer	£320	£50	£270
Toshiba 26AV505 26" Digital, LCD	£400	£50	£350	Hotpoint FFA52P Frost-Free Fridge Freezer	£380	£60	£320
Toshiba 42AV505	£660	£80	£580	Indesit TLA1P Larder	£160	£30	£130
Pure Evoke 2XTC DAB Radio	£130	£30	£100	Indesit TZA1P Freezer	£180	£40	£140
Pure Evoke 1S DAB Radio	£100	£20	£80	Indesit BAN12P Frost-Free Fridge Freezer	£320	£40	£280
Evoke 'One' Elite				SEBO X4 Extra Upright Cleaner	£250	£30	£220
DAB Radio, white or Cream	£70	£30	£40	Zanussi ZRB2725			
Pure Chronos I-Dock/DAB Radio	£100	£20	£80	Frost-Free Fridge Freezer	£400	£60	£340
Pure Chronos CD/DAB Radio	£100	£20	£80	Zanussi ZRB2825 Fridge Freezer	£340	£60	£280
Pure Siesta Clock/DAB Radio	£50	£10	£40	Zanussi ZRD183 Small Fridge Freezer	£240	£40	£200
Pure Highway In-Car DAB Radio	£80	£20	£60				
Roberts RD6 DAB Radio	£180	£30 *	£150				
Roberts RD21 DAB Radio	£80	£15	£65				
Roberts Solar DAB Radio	£80	£15	£65				
Roberts CRD51 Clock/DAB Radio	£50	£10	£40				

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