

Cottingham Times



Issue 67 - June 2007

**Don't Miss Cottingham Day
Saturday 7th July**

**Thousands of Pounds
worth of damage to
St. Mary's Church**

**Westfield Primary
School Pupils
Budding Estate Agents**

Myeloma Awareness Week

**Cottingham Rangers
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Win Drypool League**

**The Landaus
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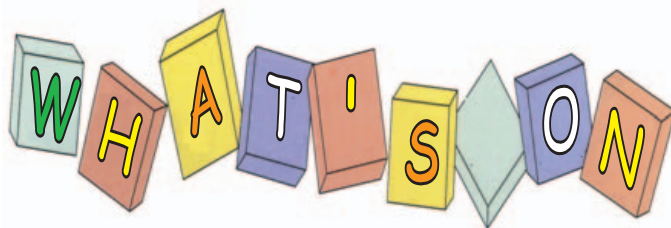
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In Cottingham and District

The Cottingham Band

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Skidby Village Hall & Institute

Saturday 9th and 10th June, 11.00 am to 6.00 pm. 34th Annual Art Exhibition and Sale, with local resident guest artist at work.

East Yorkshire Embroidery Society

Saturday 9th June, Darby & Joan Hall, 2.30pm. Francis Pickering from Charing, Kent. Binding Passions.

Cottingham Catholic Women's League

Monday 11th June, "Hidden Holderness", Mr. Larry Malkin.

Cottingham Women's Institute

Tuesday 12th June, at 10.00 am upstairs at Cottingham Civic Hall.

East Yorkshire Federation of Women's Institute

Cottingham Green

Thursday June 14th, Love, Life and Laughter, Dorothea Desforges, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 14th June, Diana Sandy, "Current Food Issues", at 2.00 pm in the Darby & Joan Hall, Finkle Street, Cottingham.

Cottingham Men's de Luda Society

June 18th to 22nd, Visit to East Anglia and Duxford Air Museum.

Cottingham Gardening Club

Tuesday 19th June, Holmfield Garden, Fridaythorpe, Driffield, Evening visit.

Front Cover Picture: This is a view of Market Green. The photograph was taken and kindly provided by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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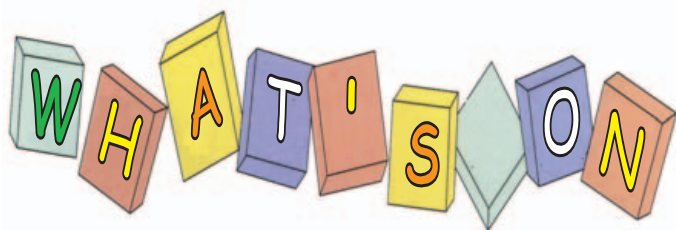
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In Cottingham and District

Cottingham Evening Townswomen's Guild

Wednesday 20th June, at 7.30 in the Darby & Joan, Finkle Street. Nursing on the Docks, Beryl Whipp.

P.A.G.E.R.

Thursday 21st June, Outing, Picking and North Yorkshire Railway.

Diabetes UK

Thursday 21st June, Dr. E. Kilpatrick (Consultant in Clinical Pathology), 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.

Wednesday Social Club

Wednesday 27th June, Mires Beck Nursery, Gardening for Handicap, at 2.00 pm in the small Darby & Joan Hall, at the rear of the building.

Skidby Village Hall & Institute

Saturday 7th July, Charities Fair, (10.00 am to 3.00 pm) in the Village Hall, Skidby.



Elliot's Wine Bar, King Street, Cottingham

Sunday 10th June - The Landaus

The Blue Bell, West Green, Cottingham

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**We look forward to seeing you
on Cottingham Day
Saturday July 7th**

Thousand of Pounds worth of damage to the stonework at St. Mary's Parish Church

Thousands of pounds worth of damage to the stonework at St Mary's parish church was caused late last month when vandals climbed scaffolding being used for repairs to the south transept roof to gain access to the roof of the nave from where three heavy stones, which formed the parapet-style crenellations, were wrenched away and hurtled to the graveyard 30 feet below.

The incident at the 12th Century Grade 1 listed building is thought to have occurred on Wednesday, May 23, between 10pm and 10.30pm, and added to a five-week spate of vandalism which included a break-in at the vestry - also on the south side of the church - and the theft of a neck-microphone.

Church officials understand that passers-by on the snicket, which loops from Hallgate round the southern side of the church, saw a group of people on the roof, but have not been able to identify them.

Cottingham's village-centre CCTV system covers a section of the church, where there is also internal security camera coverage.

Several empty larger bottles, recovered from close to the scene of the damage, have been placed under security wraps and will be used as evidence, if necessary, during the on-going investigations into the damage.

Following a request to Cottingham Parish Council late last year by St Mary's Parochial Church Council for an extension of Cottingham's no-drinking zone to cover the church grounds, the village authority asked the East Riding of Yorkshire Council to implement their request. The extension had not been sanctioned by the time of the nave roof incident, but an ERYC spokesman said that it should be in place in the near future.

Although damaged, two of the three sand-stones plummeted onto soft ground in the graveyard, but the badly-shattered third crashed onto a headstone and tipped it well away from its upright position.



Mrs June Green, a churchwarden at St Mary's, pictured at the scene of the vandalism. Cost of repair work is likely to run into thousands of pounds.

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The place to be in East Yorkshire on Saturday 7th July 2007

The third annual Cottingham Day is set to take place on Saturday 7 July 2007, at various locations around the village.

This year's event will be bigger and better than last year's successful day with many different events already booked for what will be the biggest day of the year for Cottingham.

Half the car park on Market Green will be used for fairground rides whilst a stage will be erected across the entrance to the library. Throughout the day there will be performances from Violet 59 and Chiquitita (ABBA tribute band). The stage will also be used for a demonstration of body combat from Cottingham Parks Health Club and the presentation of prizes. Also there will be a Cottingham Day Tombola. If anyone would like to donate an item for this event, please contact the Parish Council office on 847623 for more information. All proceeds will go to financing future Cottingham Days.

There will also be the Crime Prevention Bus, a Fire Brigade tender and a St John Ambulance as well as a climbing wall supplied and manned by the army.

Host of events and shows

Grandad's Park once again will play host to most of the child-orientated events and shows.

Shows already booked for the day include a Dog Show, Giant Jenga, a Penalty Shoot-out organised by Cottingham Rangers, mini tennis organised by Cottingham Lawn Tennis Club and a broken crockery stall organised by the Scouts.

Also booked to keep children entertained is a children's workshop organised by Scrapstore and a circus skills display and workshop put on by the Magic Carpet Theatre and the Daylight Theatre, as well as children's rides and a bouncy castle.

Just in case, there will be a manned Red Cross First Aid Post.

The Civic Hall is fully booked as usual with trade stalls which will be open from 10am to 4pm with the Darby &

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Joan Club playing host to an array of charity stalls with a steam organ in the car park.

In the Memorial Garden on Hallgate there will be a display of 1940's clothing. Next door, the Methodist Church will be holding a flower display between 10am and 4pm as well as serving light refreshments.

The Memorial Club in Finkle Street is having an open day between 11am and 4pm so call in and have a look round this old building.

Vintage Cars and Motorcycles

This year we will see a Vintage Car and Vintage Motorcycle display (weather permitting). The Motorcycle Club will show their bikes in the car park of the Memorial Club and the East Yorkshire Thoroughbred Car Club, along with the Morris Minor Owner's Club, will put on a display of their cars down Hallgate.

George V Playing Fields

The George V playing fields will host a family fun day event starting at 4.00pm.

Cottingham Day will kick off around 11am with a parade around the village featuring groups from the local primary schools, Scouts, Guides and Brownies, starting from Hallgate School and finishing at approximately 12 noon. It is hoped that the vintage cars and bikes will also be part of this parade.

The whole day should give everyone a fantastic, fun-filled day out with enough entertainment for even the most diverse tastes.

The success of the day will depend on everyone turning out and having a good time, supporting all the events and, because of the anticipated numbers; FREE parking will be available at The Lawns site on Harland Way, just a short walk from the action.

It should be noted that some of the activities may not be available if the weather is inclement.



‘First Class Westfield Junior Estate Agents’

The month of May brought rain and sunshine whilst nationally all year 6 pupils, (10 & 11 year olds) underwent exams in Maths, English and Science. During the lead-up to these S.A.T.'s tests Westfield Primary School engaged in enriching pupils writing skills through teaching in smaller groups for a designated period of time.

Picture above are the ‘First Class Westfield Junior Estate Agents’, Back Row, left to right: Carol Ryan, Emily Whitham, Jessie Clutterbrook, John Parr, Tom Daly, Emily Thompson, Jennifer Scott, Victoria Hook. Front row: Left to right: Charlotte Horne, Sophie Randall, Amie Stone, Lydia Giddings, Sophie Grewer, Isobel Sinclair.

Year six teacher, Carol Ryan, planned some of her literacy lessons around the theme of ‘Properties Overseas’. Twelve pupils were given a task to select a property in Spain with the objective of writing a comprehensive description of it whilst also trying to persuade someone to purchase the property. Here is a fine example of quality writing from Amie Stone; ‘ This extraordinary villa has many special features and an exotic modern look. Having been recently built, the property is close to a large golf course, a multitude of local shops and a serene beach. Sea-views can be seen on the terrace as well as mountains (The Sierra Nevada). Furthermore, the breath-taking private garden is surrounded by mature trees and plants...’

The completed children’s work was a credit to them; therefore, it was decided to share their skills with local and overseas estate agent ‘ Frank Hill’ of Hallgate, Cottingham. Mrs Ryan contacted the branch manager, Victoria Hook, who was delighted to be invited to Westfield to read and evaluate the children’s efforts. Moreover, Victoria gave an in-depth talk to the group about the general running of an agency, the protocol that has to be adhered

to and the strict code that has to be followed when listing people’s properties.

The children studied existing ‘Frank Hill’ brochures absorbing the lay-out, format and formal language used whilst Victoria distributed letter-headed note paper to each child, requesting that they all produce a brochure advertising their own home for sale. Without a doubt the results were phenomenal and both Victoria and Carol were proud of their efforts. The Cottingham office employees judged all the group to be ‘First Class Westfield Junior Estate Agents’ and they were awarded a certificate for their exemplary writing skills and commitment to the project whilst Lydia Giddings was given a special prize for her direct, professional approach quoting: “This unique, semi-detached house situated in the popular village of Cottingham is ideal for a family. It offers: central heating, full double glazing, a kitchen extension and a loft conversion”.

Class teacher, Carol Ryan, was extremely pleased with the outcome stating that: “This was a very worthwhile exercise which gave way to lots of cross-curricular links. I do feel that the objective to further improve writing skills was achieved in a fun and creative way whilst forging links with a business within the local community and using a valuable resource that is ‘on our doorstep’.

Jessie Clutterbrook quoted: ‘ I think that these series of lessons have really helped me and my fellow students in achieving higher levels in persuasive writing and the usage of formal language.’

Finally, Charlotte Horne confirmed Jessie’s statement and added: ‘It has been an enjoyable, satisfying experience which has enabled us all to be critical friends to each other in a positive way.’

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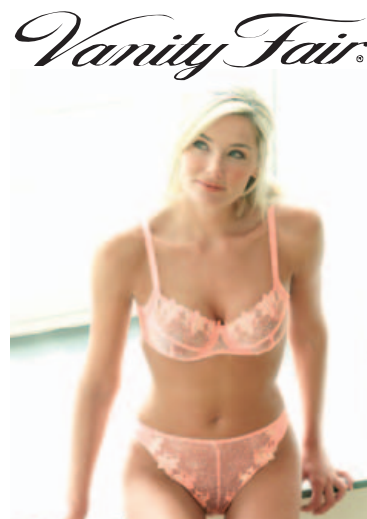
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Cottingham Parish Council



King George V water pipeline - work delayed

Work to replace the existing water-pipe which crosses King George V Playingfields from the sports pavilion to the allotments site has been delayed.

It had been anticipated that the work would be carried out before the end of May, but the contractor was forced to postpone the start of the operation.

The need for a replacement pipe became a priority after the East Riding of Yorkshire Council would not allow the water to be turned on using the existing pipe because it was damaged and uneconomical to repair.

The Finance Committee agreed to a request by Coun. Donald Hardwick, chairman of the Allotments Committee, for funds so that the contractor could find another sub-contractor for trench work to start as soon as possible or to fund an increase in the amount and frequency of deliveries to water-troughs on the site until the work is completed.

Membership of Council for the Protection of Rural England renewed

Cottingham Parish Council has renewed its membership of the Council for the Protection of Rural England (CPRE) at a cost of £27.

Review of Cottingham Day preparations by Angela Devine

Coun. Angela Devine, Chairman of Cottingham Parish Council, outlined the preparations which are underway for Cottingham Day 2007 - it will be held on Saturday, July 7 this year - in a comprehensive review of the authority's activities for the 12 months to March 31 at the parish meeting on May 17 in advance of the annual general meeting.

Cottingham Day in 2006, which was blessed by superb weather, was a fantastic occasion, said Coun. DeVine, who thanked those who helped to organise - and also took part in - the "brilliant" event. "This year's event will be bigger and better than ever", she added, but stressed that volunteers are still required.

At the subsequent annual meeting it was announced that the next meeting of the Cottingham Day 2007 Committee - to which volunteers will be welcomed - will be held in the parish council offices (9, The Cottages, Market Green) on Wednesday, June 6 (6pm).

In her review, the Chairman also praised Coun. Win Knight and her colleagues on the village's Yorkshire in Bloom group for their hard work which resulted in a Silver Gilt category award in 2006.

At the parish meeting, Coun. Knight reported that the spring judging for 2007 had been completed and that the summer judging is due to take place between July 2 and July 20.

In their comments following their spring visit in April, the judges praised the efforts made at Grandads' Park, Cottingham Parks Golf Club, King George V Playingfields, Cottingham High School and the wildlife areas in Millbeck and The Dene. They were also impressed by the absence of dog fouling, graffiti and litter.

But, Coun. Knight told the meeting, they had commented that the retailers could do more to improve the village centre.

Concern over excess traffic on Park Lane by juggernauts

Judith Macklin, Clerk to the Cottingham Parish Council, has written to the East Riding of Yorkshire Council's Highways and Forward Planning Department to ask if representatives from the authority would attend the village council's June meeting in an attempt to resolve problems in Park Lane.

At the parish council's annual meeting, Coun. Donald Hardwick referred to the large amount of traffic - including juggernauts - now using Park Lane to access growers and a caravan storage facility.

Riders from equestrian centres - as well as other horse riders - use the bridle paths from Cottingham to Beverley which link in with Park Lane, which is less than 2.5 metres wide.

The surface, which is broken and uneven, cannot take the weight of the traffic, said Coun. Hardwick, who added that there have been serious incidents - including riders thrown from their horses and a horse falling when a manhole cover collapsed - on the road. The surface has been patched but, with the heavy traffic, repairs are not sufficient, said the councillor.

A copy of the Clerk's letter has been sent to the Environment and Transport Committee at the ERYC, who can recommend to the council's Cabinet that action should be taken. Meanwhile, Coun. Hardwick said that he is willing to meet ERYC representatives in advance of the June parish council meeting to discuss the situation and to give them time to report to their appropriate committees.

Wordsearch -

Find the "w's" in the puzzle below

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

Find the words in the letters above:

Wad	Were	Win
Wag	West	Wish
Wake	Wet	Wit
Wall	When	Woke
Wan	Whey	Woman
War	Whim	Won
Was	Whoosh	Worst
Way	Why	Would
Web	Wick	Woven
Wed	Wig	Wow
Well	Will	Wrote

Sudoku No. Six -

This is a medium challenge

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

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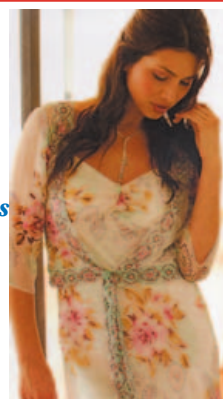
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WiFi and frequently asked questions

By RDM Computers

Wireless networks, owing to their current proliferation, continue to be in the news for various reasons, the latest being a 'health scare', particularly in relation to their use in schools. The argument against is similar to that of using a mobile phone regularly, and the wave frequency is the same as that of home cordless phones and microwave ovens, so nothing too new here. The World Health Organization however has published a report claiming there is no danger to health from wireless networks.

Known generally as *WiFi*, wireless networks work by beaming out a signal carrying your broadband Internet connection. This can then be picked up by any wireless enabled device, like a laptop, within range. However, many of these *WiFi* networks are not secure, so a lot of people are surfing for free, in other words using someone else's Internet connection, which is actually illegal. Whilst this doesn't cost the owner of the network financially, there is the potential for one of these rogue users to be able to view or even steal data from the owner's computer/s. Perhaps even worse is the possibility that if one of these users indulges in any illegal activity online, it is the owner of the network who would be traced.

But fear not, if a *WiFi* network is set up correctly, with proper security, none of this can happen, and you will have the convenience of using the internet wherever you are in the home or office without wires!

Now let's look at some frequently asked questions . . .

Q: 'How can I access my email while I am away from home or office?'

A: The good news is that this is quite easy to do. Many email providers subscribe to a service called 'mail2web' (www.mail2web.com), that lets users sign in from any computer anywhere just using their normal email address and password. If you use Karoo, you can get there easily by going to www.karoo.co.uk and click the link on the right hand side 'Karoo email'.

The other method is to sign up for a free Internet email service such as Hotmail, run by Microsoft MSN, or Yahoo, or Gmail, run by Google. These are easy to use and because you view and send your mail purely online and don't download anything to the computer, they are safe and accessible from anywhere.

Q: 'How can I get my own domain name on the Internet?'

A: A domain name is a unique name that is registered and cannot then be used by anyone else. So if you want to have a personal or business website, or just protect your own name, you can register it with a suffix such as .com or co.uk or .org for less than £5 per year. There are numerous web hosting companies out there, have a look for starters at: www.uk2.net or www.1and1.co.uk or www.fasthosts.co.uk for packages available and check

if anyone is using your name already!

Q: 'I keep seeing a pop up in the corner of my screen that says updates are ready for my computer, click here to install. Is this safe to do?'

A: If the message is coming from an icon like a small yellow shield, then it is Windows advising you that it has downloaded updates and needs you to click to agree to install them. This is quite safe, and indeed important that you do so to keep your computer's security up to date. If you have never noticed this, go into Control Panel and check that 'Automatic Updates' is switched on. Many other programs will update themselves in a similar manner, including Google, Real Player, QuickTime, MSN etc.

Q: 'What is MSN Messenger and why are the children on it all the time?'

A: If it was Microsoft's intention to keep children glued to their computers from the time they get home from school then it has succeeded! MSN Messenger is an instant messaging program that lets you chat to your friends by typing messages to each other. You can also transfer files & sounds, send emoticons (icons or pictures designed to convey emotions) and of course use with a webcam so you can see each other at the same time. See www.msn.co.uk

Q: 'My computer takes ages to start up and then runs very slow'

A: There can be many reasons for this, from an old PC struggling under the weight of programs and perhaps a hard drive that is almost full, possible adware/spyware or virus activity, to a new PC that came with insufficient RAM.

In the first case you should uninstall any programs and games that are no longer used, as they take up the most space, then use disk cleanup (found in Accessories, System Tools) to rid the drive of temporary files etc. If you suspect other activity, make sure your anti-virus is up to date and run a scan, and then download a program like Adware and/or Spybot (try www.download.com), install, and update and run a scan also.

Finally the best and most cost effective upgrade you can do for a computer is to increase the RAM. This is random access memory, in other words the part that makes the machine go faster. If you are running Windows XP you should have at least 512Mb of RAM, a few years ago the minimum was 256Mb but nowadays that is not really sufficient. To run even faster or indeed with Vista installed, you need at least 1Gb. In fact many newer computers will take up to 3 or 4Gb of RAM! At the moment prices are as low as they have ever been so now is the time to do it.

Richard D. Mills, RDM Computers Limited, Cottingham :: t:875666
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Local man Tony Tordoff 'Goes Orange for Myeloma Awareness Week' June 21st to June 28th

Tony and Anne Tordoff are 'Going Orange for Myeloma' in a bid to raise awareness of this under recognised and under funded cancer of the bone marrow.

Tony will be undertaking a "Triathlon Gym Marathon", whilst his wife Anne will be swimming 100 lengths in the indoor pool.

Both these events will be taking place at the David Lloyd Leisure Centre, Kingswood, Hull.

Please contact Tony on 858244 for further information and sponsorship details.

Sponsors So Far: Cottingham - Savoury Insurance, Spectrum Video, JaCee Print & Promotions, The Photo Shop, Carol Robinson (Chiropodist) 5 Etton Close, Swift Group.

Dunswell: The Ships Quarters Motel, Beverley High Road, Ings Lane Garden & Water Garden Centre, China Red Restaurant, Beverley High Road, Stuart Nicholson (Potato Merchant) White House Farm, Keith Warner (Physiotherapist), 2nd Cottage, Dunswell Road.

Anyone wishing to support Tony and Anne in their efforts by displaying awareness posters, collection tins etc, or make a donation to Myeloma UK can do so by contacting Myeloma UK on 0131 557 3332.

A warm welcome awaits at Slimming World

Theresa Foster took over the Slimming World Class held in the Darby and Joan Hall, 18 years ago on the 21st May. The class at that time had seven members it has grown over the years to between 80 and 100 members plus.

The class marked the occasion with a cake, flowers and a card.

Theresa joined Slimming World to help with her own weight problems and to help others. Theresa was a fat child, who became a fat adult. After trying most of the major slimming clubs, she found Slimming World and lost three and a half stone, despite having an under active thyroid and anaemia and has maintained this weight loss over the years.

Slimming World helps all age groups with their fantastic food optimising plans.

Males or females can attend and children eleven to sixteen can attend free of charge, along with a parent of guardian.

The eating plan is based on two plans, the original plan (red)



Above: Theresa pictured in the Darby & Joan Hall during the celebrations of her 18 years with Slimming World.

were they can eat freely unlimited amounts of meat, fish, poultry and most vegetables.

On the Green plan were you can eat freely unlimited amounts of rice, potatoes and pasta, and much much more on both plans. Both plans bring very good weight losses and inch losses.

Over the 18 years Theresa and the group have helped hundreds of people lose over 75,000 stones the equivalent to the weight of three blue whales.

On this special day May 21st the group have started a six week sponsored slim to help raise money for The Cottingham Scouts, who are fund raising to replace the Scout Hut. Anyone who would like to join us is very welcome as are donations for this worthy cause.

Theresa said that she still enjoys taking the groups even after 18 years and is looking forward to the next 18 years.



Weekly Classes held at:
Darby & Joan Hall, Finkle Street,
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For Membership details Ring Theresa on 823032

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Crossword - Solution on page 30

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21					22			
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41				42						43				
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			48					49						
50	51	52				53	54					55	56	57
59						60					61			
62						63					64			
65						66					67			

Across

1. Muslim messiah; 6. Hairless; 10. Incline; 14. Nut of an Oak;
15. Off-Broadway theater award; 16. 11th month of the jewish religious
calendar; 17. Distinguishing characteristic; 18. Some digits; 19. Urn;
20. Resembling a serpent; 22. Geographical expanse. 23. Drum sound;
24. Outer edge; 26. Torment; 30. Makeshift; 34. Intense hatred; 35. At
what time; 36. Employ, utilise; 37. Split apart; 38. Coarse wool cloth;
40. Hollow cylinder; 41. Word used to precede a woman's maiden name;
42. Intake; 43. Fuel transport; 44. Old world songbird; 46. Sieves;
48. Form of poem, often used to praise something; 49. Enclosure;
50. Career golfers; 53. Pertaining to language; 59. Dynamic beginning.
60. Dash; 61. Snare; 62. Quantity of paper; 63. Male parent; 64. Chilly;
65. Supporter; 66. Preservative; 67. Unfettered.

Down

1. Floor coverings; 2. Area of 4840 square yards; 3. Rime; 4. Faucet
problem; 5. Meantime; 6. Liquid container; 7. Bubbling; 8. Mortgage;
9. Abandoned; 10. Renovate; 11. Chemical used on trees; 12. Think;
13. This can be guilty or not guilty; 21. Tacit assent; 25. Electrically
charged atom; 26. Hard outgrowths; 27. Old French expression meaning
"goodbye"; 28. Prone; 29. Regret; 30. Female pronoun; 31. Duplicity;
32. Trembling poplar; 33. Nobles; 35. Rainy, say; 38. Weariless; 39. Marry;
40. Filled pastry crust; 42. Performed; 43. In sequence; 45. Busty; 46. Sigil;
47. French vineyard; 49. Knot; 50. Graph prefix; 51. Winder for holding
flexible material; 52. Spoken; 54. Bones found in the hip; 55. Musical
composition for one; 56. Ghana neighbour; 57. Fertility goddess of Egypt;
58. Give up.

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

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Motivational Quote of the month

**"Let us never negotiate out of fear;
but let us never fear to negotiate."**

- John F. Kennedy

35th President of the United States

Classic Cars on Display in Hallgate on Cottingham Day Saturday July 7th

Once again, classic cars will be on the streets of Cottingham for Cottingham Day on 7th July 07. this year they will be displayed along Hallgate between George Street and King Street. Hallgate will be closed to through traffic for the day.

Organiser Nick Russell of Spectrum Video, who is once again sponsoring the display, said, 'last year the classic cars went down a storm especially in the parade. This year they will be right in the heart of village so even more people will get a chance to look at these stunning vehicles. 'I would like to thank all the traders and residents of Hallgate who supported the request for street closure - almost 90% agreed - but I am sure it will be worth it'.

Most of the cars and their owners are members of car clubs but Nick says that if you think you have an unusual or sporty or rare vehicle - car, van, lorry - and are not a member of any club, then don't worry. If you contact Nick Russell on 848339, he will send you the relevant form and information so you can display your pride and joy for all to see.

Nick added 'I am looking to have between 40 or so vehicles on display and I think the extra footfall along Hallgate will generate extra business for all traders, if not on the day then hopefully in the future. Those businesses who normally don't open during the day, especially the takeaways and restaurants might benefit by doing so for the day and maybe offering some 'Cottingham Day Specials'.

Once again, if you want to display your vehicle then please get in touch on 848339 before June 30th.



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Has the best just got better?

In July 2001, the doors to the Cottingham Parks Golf and Country Club's 'Wellness Facility' opened, which offered their members' stylish Technogym equipment and a unique key system that automatically tracked their progress.

Breaking the stigma that follows gymnasiums and their environment the focus is on the individual. To this end the club have created a warm and friendly atmosphere that encourages interaction with the aptly named and knowledgeable 'Wellness Team'. This winning formula can be measured in membership retention levels, and customer satisfaction.

Led now by Wellness Manager Tristan Buttle and Wellness Coordinator Matt Burton, the club has recently re-invested in the latest range of Technogym equipment that comes from years of scientific and biomechanical research taking the service they offer in customer care and user friendly equipment to the next level. The club can now boast an entire new range of cardiovascular equipment, which places the club at the forefront of the fitness industry.

This investment includes the addition of the 'Cardio Wave' a revolutionary piece of cardiovascular equipment that allows you to train on three different planes of movement; these three movements target the glutes, the abdominals and the lower body muscles. This technology breaking piece of equipment produces faster results in shorter more effective workouts due to high calorie expenditure and muscle toning and improved co ordination.

"The England, Manchester United and Real Madrid football teams all use the Technogym brand. We have taken the equipment offered to these 'elite' clubs, and placed it in a warm and inviting environment that make it enjoyable to all users. Our belief is that everybody should have access to the best facilities around when it comes to our own wellbeing; and this is what we aim to offer at Cottingham Parks", explained Matt whose experience at Cottingham Parks stems back to January 2002.

In a market that is vastly saturated by larger chain companies Cottingham Parks retain their competitive edge by maintaining a position at the forefront of the industry through this recent investment.

For those you who wish to improve your lifestyle, the Wellness Facility is for you. Offering a full range of the most stylish and innovative fitness equipment with on site expert advice readily available, the Wellness Team guarantee that your workout is tailored specifically for your needs whilst guiding you through your exercise experience. The state-of-the-art technology allows you to record

and monitor your progress enabling you to adjust your program and encourage motivation.

With a 20-meter swimming pool; equipped with sauna, steam room, and Jacuzzi all perfect for easing the tension, and leaving you feeling rejuvenated, Cottingham Parks can also boast to have one of the best Group Exercise Area programmes. This incorporates Pilates, Body Balance, Tai Chi, and Yoga for those wishing to relax. Whilst the calorie burners can enjoy Body Combat, Spinning, Step and Circuit training. For those who fancy something completely different, we also provide Golden Gilrs, Line Dancing and Aqua.

"It is important for me to help to provide an exercise environment that all can benefit from regardless of age, gender, and experience, therefore the emphasis of combining all elements of a balanced lifestyle is at the heart of our approach. Focusing on a manageable exercise pattern, with elements of fun, measurable goals, and social interaction we can help you achieve mental and physical contentment," explained Tristan Buttle Wellness Manager.



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Join Now, Pay Nothing Until July 1st 2007

As part of our drive to get the local community fit, well and stress free, we are running a new member incentive whereby all new members will receive the rest of this month on a complimentary basis.

The sooner you join, the better the offer!

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In the Kitchen



Ingredient of the Month Treacle or Golden Syrup

This is another one of those 'minefield' ingredients. Strictly speaking, Treacle is the British generic name for any syrup made during the refining of sugar cane. Therefore, theoretically, Treacle, Black Treacle, Molasses, Golden Syrup and Blackstrap are all treacles.

In practice however, there is a technical difference between 'treacle' and 'Molasses' in that molasses is obtained from the drainings of raw sugar during the refining process and treacle is made from the syrup obtained from the sugar.

In an effort to simplify matters, rather than start with the history of treacle, as with most of the Ingredient of the Month features, we are going to start with how the various treacles are obtained. The various types of treacle and Molasses are, in culinary terms, completely substitutable. Only the type of treacle/molasses used is of any importance when cooking.



For the sweet pastry

2 medium egg yolks
225g unsalted butter, softened
1tbsp caster sugar
275g plain flour, plus a little extra for dusting

For the filling

225g golden syrup
50g dark treacle
220ml double cream
75g fresh white breadcrumbs
2 eggs, beaten
1tbsp lemon juice
Extra thick or clotted cream, to serve

Treacle in Cooking

General

When measuring out treacle, lightly coat the measuring utensil with a bland vegetable oil so it slips off the spoon or out of the measuring cup more easily. Alternatively, dip the measuring utensil in hot water before measuring.

Baked goods using Black Treacle tend to darken more quickly

In most recipes, do not substitute Black Treacle for Golden Syrup as the flavour will be too overpowering.

Golden Syrup has a clear golden colour and a sweet, rich, distinctive buttery flavour. It can be used just as it is, spread on bread or poured ice cream or pancakes, but in Britain has always been widely used baked goods and desserts, in particular the famous treacle tart, flapjacks and treacle pudding. It can also be used in many savoury recipes calling for sweetness, in particular sauces and glazes. It can be used as a substitute for corn syrup in most recipes.

Black Treacle has a slightly burnt caramel flavour that is a bit stronger than that of medium molasses. As the name would suggest, it is black (to all intents and purposes). It is most often used in confectionery such as toffee and baked goods such as breads, cakes and biscuits where it lends colour and flavour, but can also be used in savoury recipes such as glazes, sauces and stews or casseroles. It can be used as a substitute in most recipes calling for dark molasses.

Treacle tart

Makes one 20-22cm tart serving 8

Treacle tart is one of those classic comforting luxuries, although it can become a bit of a heavy stodge if you don't handle it with a bit of care. You can make this example the day before and leave it out at room temperature until required.

Make the pastry a few hours ahead: beat the egg yolks and butter together in a bowl, then beat in the sugar. Stir in the flour and knead together until well mixed. Wrap the pastry in cling film and leave in the fridge for an hour before use.

On a floured table, roll out the pastry to about 5mm thick. Use it to line a 20-22cm flan or tart tin, about 3-4cm deep, just overlapping the edge, and leave to rest in the fridge for 1 hour. The pastry might seem a bit delicate, but don't worry if it breaks up a bit when you're lining the tart tin; it's quite forgiving and patches up easily.

Pre-heat the oven to 160C/gas 3. Meanwhile, make the filling by mixing the golden syrup, treacle, double cream, breadcrumbs and beaten eggs together, then stir in the lemon juice. Fill the flan ring with the mixture and decorate the top with lattice work of pastry strips from trimmings and bake for 40-50 minutes, then leave to cool. Serve warm with some good extra-thick or clotted cream.

Ooops!

Thankyou everyone who rang or emailed us regarding the Bakewell Tart recipe in the May edition of the Cottingham Times Magazine, letting us know we had missed off the essential cooking instructions for the recipe. We have included the **full** recipe again this month. Sorry once again. Happy cooking.



Bakewell Tart:

This is pretty easy because all you need to put it together is a pastry recipe and a frangipane recipe. Bakewell tart is a classic English teacake, which, if made with a bit of love and some quality jam, well deserves to be a dessert in its own right.

Ingredients.

For the shortcrust pastry
5 tablespoons butter
1 cup powdered sugar
A small pinch of salt
2 scant cups flour
Zest of 1/2 a lemon
2 egg yolks
2 tablespoons cold milk or water

For the frangipane

12 ounces blanched whole almonds
1 cup plus 5 tablespoons unsalted butter
1 cup sugar
3 free-range eggs
6 tablespoons good-quality strawberry jam
A handful of sliced blanched almonds
1 pint of crème fraîche

Instructions:

1. Score down the length of the vanilla bean, if using, and remove the seeds by scraping a knife down the inside of each half (keep the pod for making vanilla sugar).
2. Cream together the butter, powdered sugar, and salt and then rub in the flour, vanilla seeds, lemon zest, and egg yolks - you can do all this by hand or in a food processor. When the mixture looks like coarse breadcrumbs, add the cold milk or water. Pat and gently work the mixture together until you have a ball of dough, then flour it lightly and roll it into a large sausage shape - don't work the pastry too much, otherwise it will become too elastic and chewy, not flaky and short as you want it to be.
3. Wrap the dough in plastic wrap and place in the fridge to rest for at least an hour. Remove it from the fridge, slice it up, and line an 11-inch tart mold with the slivers. Push them together, then tidy up the sides by trimming off any excess. Place the tart mold in the freezer for an hour.
4. Preheat the oven to 350°F (175°C), then take the pastry out of the freezer and bake for around 15 minutes or until lightly golden. Remove from the oven, place to one side, and turn the heat down to 325°F (160°C).

Make the frangipane

1. Blitz the whole almonds in a food processor until you have a fine powder and put this into a bowl.
2. Now blitz the butter and sugar until light and creamy. Add this to the almonds with the lightly beaten eggs and fold until completely mixed and smooth. Place in the fridge to firm up slightly.
3. Smear the jam over the bottom of the pastry shell, pour the chilled frangipane mixture on top, and sprinkle with some sliced blanched almonds. Bake the tart for about 40 minutes, or until the almond mixture has become firm and golden on the outside but is still soft in the middle.
4. Allow to cool for about 30 minutes and serve with crème fraîche or custard.

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Hints for June.

So summer time is just around the corner, make sure your hair is prepared for it! At Unique we believe that prevention is the key.

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Hot looks for the summer.

- * Colour is the key.
- * We predict cool translucent blondes be it natural looking highlights or solid tones of metallic platinum.
- * Also very evident on the catwalks are the beautiful earthy brown tones mixed with sun kissed caramel tones.
- * Volume is still very popular, be it dressed curls or tousled natural movement it's a return to glamour and not before time!
- * Whatever your hair needs or wants are, please feel free to contact myself or the team at . . .

We look forward to hearing from you.

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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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.

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.

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Cottingham Rangers Under-13 A team win Drpool League Championship.

The familiar blue and yellow kit's can be seen in abundance on a Sunday morning, as one of the areas biggest and most successful football cubs 'go to work'.

Cottingham Rangers AFC founded in 1972 run football teams from under 9 s, through to Men's leagues, and also Girls teams.

One team from the club, the Under 13 - A team, have had a superb season this year, winning the Under-13 Drypool League Title, Simon Eccersley, team manager tells the story:

The team was set up back in 2003 with a bunch of lads from the same school who just wanted to play football with their mates. My son Ben was one of those five, and I took the role of team manager, just so the team could continue. Over the years we have seen players come and go, and we have always played in the same league, usually finishing mid-table.

This season I knew, would be different. The side we had built had all the necessary qualities right from the start. An outstanding keeper, and some of the best defenders in any league. All my mid-fielders are reliable and strong, and our two strikers formed an unstoppable partnership.



The team consists of: Chris Banyard, Ben Eccersley, Sampson Wright, Matty Hagyard(c), Connor Russell, Elliott Petterson, Sam Healy, Gary Haskins, Mike Fee, James Laverick, Jonathan Hagyard, Will Crisp, Lewis Drabarek, Ali Fulstow.

This season the statistics read: played 18, won 15, drawn 2, lost 1. and Drypool League Champions 2006-7

I am delighted that the team will progress to the 'Premiership' that is the Myton league next season, and have no doubt that we will hold our own, and maybe just maybe . . . who knows?

The club's annual tournament takes place on June 16th and 17th at Cottingham High School, for more information on the club and it's teams, please visit our website at www.cottingham-rangers.co.uk

The picture shows the after match celebrations when the team won the league.

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In the Garden



The Garden in June - A beautiful retreat



Herb of the Month - Thyme

Thyme Information and Medicinal Uses

Evergreen, ever tasty, ever aromatic thyme flowers. A member of the mint family, thyme is a perennial evergreen shrub, whose woody stems are covered with small, grey-green leaves. Its small, two-lipped flowers range in color from pale pink to purple and bear quadruplet nutlet fruits. The entire plant is aromatic. There are over one hundred varieties of thyme, with the most common being Garden Thyme and Lemon Thyme.

The many types are so close in appearance, it is often difficult to differentiate them. Lemon thyme has a slightly more-pronounced lemony fragrance, particularly good with fish. All varieties of thyme are highly attractive to bees. Honey from bees that feed on thyme flower nectar is a gourmet delight. Yet, insects are repelled by thyme. Make a cup of thyme tea, put it in a plant mister, and spray

around doorways and windows in summer to repel insects. Herbal medicinists use thyme in infusions, extracts, teas, compresses, bath preparations and gargles. Recent studies indicate that thyme strengthens the immune system.

The distilled thyme oils are used commercially in the production of antiseptics, toothpaste, mouthwash, gargle, hair conditioner, dandruff shampoo, skin cleanser, various toiletry items, potpourri, and insect repellent. It is an ingredient in commercial expectorants and antispasmodics prescribed for whooping cough and bronchitis.

Thyme selection, storage and usage

Thyme flowers Fresh, dried and powdered thyme are readily available year-round in most markets. If you are lucky enough to be able to grow your own, remember that thyme leaves are sweetest if picked just as the flowers appear. Store fresh thyme in a plastic bag in the vegetable crisper drawer of your refrigerator or stand sprigs in a glass of water on the refrigerator shelf. When cooking with thyme, know that one fresh sprig equals the flavoring power of one-half teaspoon of dried thyme. As with most leafy dried herbs, be sure to crush the leaves between your hands before adding them to your recipe.



Top 10 jobs

1. Hoe borders regularly to keep down weeds
2. Be water-wise, especially in drought affected areas
3. Pinch out sideshoots on tomatoes
4. Harvest lettuce, radish, other salads and early potatoes
5. Position summer hanging baskets and containers outside
6. Cut lawns at least once a week
7. Plant out summer bedding
8. Stake tall or floppy plants
9. Prune many spring-flowering shrubs
10. Shade greenhouses to keep them cool and prevent scorch

Cottingham Bowling Club welcome return of the 'Appleton Lifestyle Team'

Cottingham Bowling Club saw the return of the 'Appleton Lifestyle Team' who, during last years summer holidays, carried out a lot of spit and polish at the Club. At the end of their 'holiday' the lads, their parents and friends raised funds for the bowling club. The team recently officially opened the 'Lifestyle Petanque (boules) Terrain' that their efforts had largely funded. The opening event attracted quite a lot of interest among Cottingham residents as well as others that included our two P.C.S.O.'s, Claire Harker and Mark Bentley.



If any one is interested in trying their hand at the sport please contact the Club Secretary, Brian DeVine (01482 -847303). We have already welcomed several new members to petanque (it is not so demanding as bowling!). The Lifestyle team pictured L to R are Matthew Legard, Scott Newman, Michael Obridge & James Fenny, unfortunately the other member of the team, Jordan Hamlet could not be present.

Club members and their friends recently enjoyed an evening together. There was music and refreshment laid on for those attending. Those of us who couldn't be there missed what ended as a very good night with entertainment provided by Alec also Harry and Jack (both of whom said that they couldn't remember having had a better night out!).

Brian DeVine, Club Secretary can be contacted on 01482-847303 if you are interested in bowling or boules).

Girls raise £150.40p for Yorkshire Cancer Research

Pictured below, are two girls Sarah Constable and Rachel McCormick. The girls are presenting a Cheque to Dorothy Cooper and Pam Bird of the Yorkshire Cancer Research Cottingham Committee. They raised a magnificent £150.40p, by baking and selling cakes.



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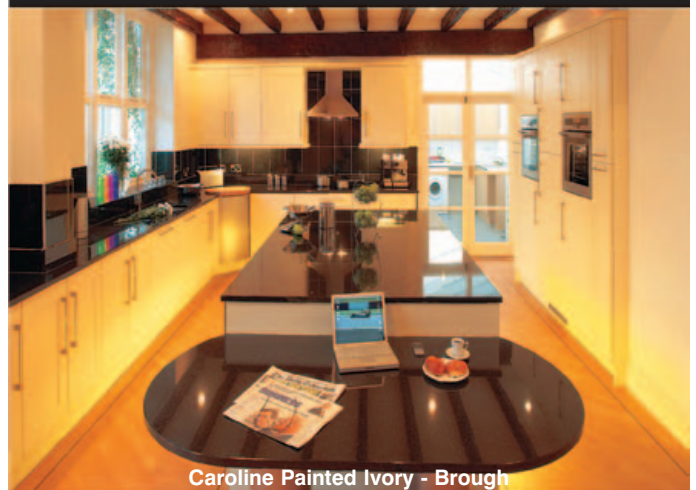
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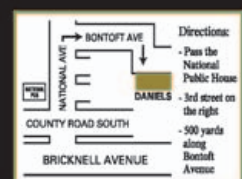
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Island Star is a must to sample the life of cruising

By Marion Owen

What weather again, wouldn't it be nice to get the central heating off for a few months. I have been lucky since my last write up to snatch two days of sunny climes.

As I sat on the cruise ship Island Star in Palma Harbour it took me back to my childhood days - the hey day of resorts such as Arenal. I always remember my father going to a convention and two years later when we returned as a family his hotel on the outskirts of the resort was now in the centre the growth had been that rapid! Don't you think that Spain has a special smell all of its own, I always feel a little bit excited when it greets me as I step off the aircraft.

Palma is a lovely city it covers a vast area the promenade stretches for miles, busy with walkers, joggers, plus many cycling & roller blading. Fabulous small boats are moored along the harbour and to complete the scene the cathedral towers above the sea front, which is now glowing in the dark as we set sail.

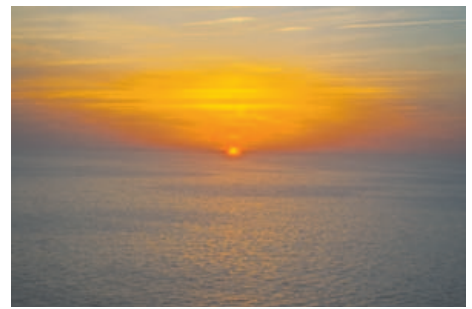
The Island Star is a lovely smaller ship ideal for first time cruisers who perhaps are not quite sure if cruising is for them, good varied entertainment suitable for all ages and dress code is relaxed and you would be fine taking your normal land based holiday clothes along if men are asked not to wear shorts in the evening. It would suit anyone who enjoys a nice hotel. There are two buffet restaurants one cafeteria style and one very smart. Those who prefer to be served there is a choice of two restaurants and for a small supplement the food and service is second to none, the menu changes nightly and the wine list is exceptional too. As the ship spends the winter in Brazil, there are quite a number of Brazilian staff aboard, friendly & vibrant and happy to please their guests.

Well a full day at sea awaits, not only did I have time to view the ship, sample the food, bars, shops plus test out how comfy the deck chairs are for a snooze I also managed to join a Salsa Class! Worn out after the event but it did mean I didn't feel so guilty when sampling the food!

This ship was previously a 5 star Celebrity ship and the cabins and public areas are spacious reflecting the quality of cruising the ship was originally built for.

The next day I find myself in Italy and it's all been effortless and a pleasure but it's now time for me to jump ship and fly home. Livorno seemed appealing I was sorry to leave I had my eye on an excursion to Pisa by bicycle. Travelling through parkland at a leisurely pace to the city of Pisa where there is time to see the sights of course including the Leaning tower before returning to the ship by train.

Cycle excursions are offered in all ports of call, what a great way to see the sights, two levels are offered 15 - 20 miles and for the more energetic 20 - 25 miles. I will be heading back to do this myself, my son cannot wait to give it a try. Other cities on my itinerary were Genoa, Marseille, Barcelona & Valencia a great combination. Shame I had to return to work and couldn't stay for the week.



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The Landaus - Provide sound-track for British Bobsleigh Teams promotional video

The Landaus are a local band aged between 19 and 20 with three of their members from Cottingham.

They are working hard on new material and are close to being signed up by professional management. In March, The Landaus were asked to travel to Austria to play at the Great British bobsleighing teams award ceremony in Innsbrook. They were so well received that The British Team have made a promotional video for the sport and used the Landaus music and video footage as its core. This can be viewed either on Youtube or the Landaus myspace/landausrock.

The Landaus are travelling to Germany to play a small tour, and are flying back just in time to play the o2 wireless festival in Leeds playing along side acts such as the Kaiser Chiefs, the White Stripes, Daft Punk and many more!

They are also on the short list to play the biggest festival in Britain . . . Glastonbury! They will be playing on the unsigned upcoming bands stage at both festivals. They have a lot of record company interest at the minute and there's a lot of opportunities coming their way this summer, playing bigger and better gigs like The Cockpit in Leeds. Their fan base is increasing every day, in a recent interview, Paul Heaton (Beautiful South) quoted

"I'm an armchair supporter of the landaus!, just after xmas the drummer left but they soon got a replacement, Chris Forward, the ex 'Dirty Dreamer' drummer which brought a breath of fresh air to the band. They've recently been snatched up by a management company and are looking and soundin better than ever." See them on www.myspace.com/landausrock



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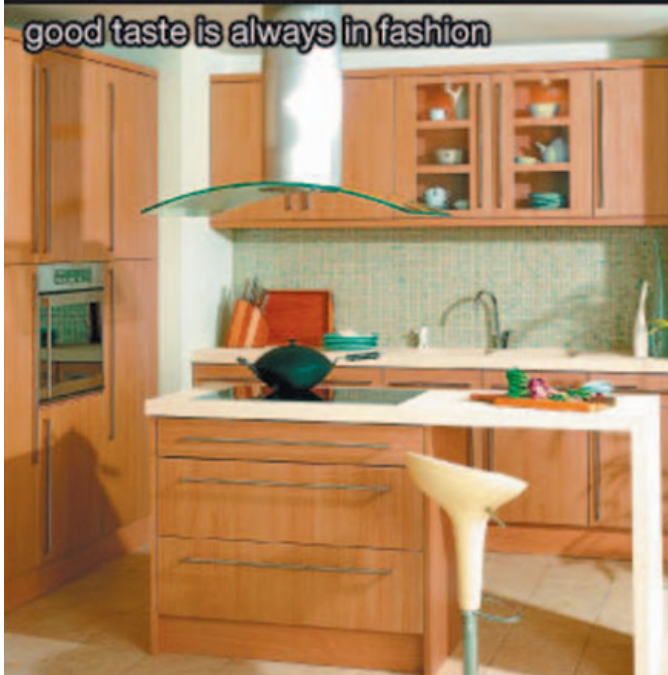
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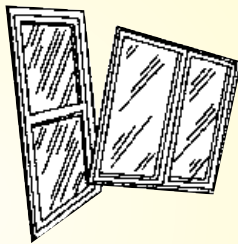


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Your Stars for June 2007 - By Kay Gower

ARIES - (Mar. 21- April 20)

Increased energy and a strong sense of adventure combine to make this a very interesting month. You need to do something innovative, unusual, and challenging. Your health is likely to get a boost now also, and you may be enthusiastic about a new diet or exercise plan which will be of long-term benefit.

Taurus - (Apr. 21- May 21)

Changes in your domestic situation are likely now. You may be working hard tackling some ambitious projects such as do-it-yourself and home improvements. You could greatly improve your financial status this month - but you must curb a tendency to buy more than you really want or need.

GEMINI - (May 22-June 21)

Financial matters will need your quick attention near the time of the New Moon, June 15th - if you have a reserve of cash, you may have to dip deeply into it then. If not, the stars suggest that you buy a lottery ticket and hope for the best!

CANCER (June 22-July 22)

Retreating from the world and spending some quiet time alone to relax appeals strongly. You may feel at a low ebb, or simply that you don't want to be 'where the action is'. Ambitions and ego drives will be on hold - at least for the first two weeks of June.

LEO - (July 23-Aug 22)

You feel a bit wild or impulsive mid month and as a result may act in an impulsive manner, which could embarrass you later. Emotional outbursts are also possible, especially if you've been feeling constrained or stressed out. Weak points in your relationships with others reveal themselves, (watch out for June 15th - 23rd) you may discover that some people are not there to help you when you need them most.

VIRGO - (Aug 22 - Sept. 23)

Financial affairs are favored during June, and you may meet a benefactor through friends or in a social gathering mid month. You are likely to get both the financial backing and the emotional support you need to succeed.

LIBRA - (Sept. 24 -Oct. 23)

This month, pleasure and affection are more important to you than work, and you may be rather lazy, but pleasantly and cheerfully so. Your desire for harmony and gracious surroundings is stronger than usual and you will avoid unpleasantness as much as possible. Using charm and loving persuasion will get you what you want.

SCORPIO - (Oct. 24 - Nov. 22)

This month, forces beyond your control may drastically alter your economic situation - for better or worse. A deep examination of your true values will be the result.

SAGITTARIUS - (Nov. 23 -Dec. 21)

Sagittarius, don't waste time this month trying to convince someone that they are wrong. The best thing to do would be to let this person have his or her own way. The outcome will be irrefutable.

CAPRICORN - (Dec 22.- Jan. 20)

Domestic and family matters are emphasized. You may be more defensive and quick to blow up over petty annoyances early in the month. Friction with parents or other close relatives may be a source of stress at this time.

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

Your creativity will be notable in June, especially after the 11th, and it could manifest on all levels. If you have artistic abilities this is the month to dedicate your time to them, since you will feel a great personal satisfaction in developing these talents. Your personal magnetism will also be accentuated during this period, bringing love affairs, conquests and adventures.

PISCES - (Feb. 20-Mar. 20)

Sometimes, in order to be the best at what we do, we have to wander into unknown territory. Positive results may not be seen straight away, but mark my words, they will come - have faith this month Pisces.

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Cottingham Cricket Club's Youngsters make promising start

Cottingham Cricket Club's youngsters have made a promising start to the 2007 season in their age-group categories in the East Yorkshire Junior League, reports Rob Rhodes, the club's Youth Development Officer.

Last month, the Under-11s played twice against Hornsea. The seashiders won the first encounter from the last ball of the game in which the best performers for Cottingham were Rich Moy, who scored 16, and Rizwaan Mohammed, with a four-wicket haul for eight runs in two overs. In an equally-close second match, which Cottingham won in the final over, Cam Furlong scored an unbeaten 14.

The Under-13 team have made an unbeaten start to their campaign. They scored 113 for 8 in their 20 overs when they batted first against Sutton, with Rob Fish (17) and J Routh (15 retired) the main contributors. Sutton started well in their reply, before P Greenman, with consecutive wickets in a two-overs spell which cost only six runs, put them on the back foot and they failed to chase down the total.

Opening bowler J Hagyard (2 wickets for 3 in 2 overs) helped to restrict Hutton Cranswick to 48 runs all out from 16 overs. It took only eight overs - and the loss of only one wicket - for Cottingham to knock off the runs. They started the run chase well with openers R Fish (10 retired) and J Cunningham (10 retired) before J Hagyard blitzed 14.

In an Under-13 league cup match, South Holderness scored 92 for 4 from their 20 overs with captain L James economical with a return of 0 for 7 from his four overs. Cottingham again enjoyed a good opening stand with M Hagyard hitting an impressive 41, including five fours and a six, which put them on their way to victory from 15 overs with seven wickets in hand.

Batting first Cottingham's Under-15 side scored 174 for 7 in their 20 overs when they opened their 2007 campaign against Sutton. Main contributors with the bat were Daniel Furlong (47), Jamie Richards (43), Rob Moy (35) and Mike Bell, unbeaten on 30. Sutton were dismissed for 41, with Richards (3-11), Bell (2-6) and John Keogh (2-10) the main wicket-takers.

The Under 17 side won one and lost one of their early-season matches. A third match was lost to rain. Against a strong Drifffield side and with Dom Rhodes taking 3 for 18 in four overs, Cottingham were asked to chase 189 but, in fading light, they finished on 121 for 6 to which Rhodes contributed 37.

Hutton Cranswick scored 112 in their allotted overs against Cottingham Under-17s for whom Jamie Richards (1 for 7 off 4 overs) and Dom Rhodes (2 for 11 off 4) were the pick of the bowlers. In reply Cottingham lost three quick wickets, but Steve McNicol and Rhodes (25) steadied the boat before Daniel Furlong plundered a quick 28. With McNicol going on to an unbeaten 30, Cottingham won with an over to spare.

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Cottingham sisters achieve the double with the Cottingham Rainers U10s Girls A team

Cottingham Rainers U10s Girls A team had an extremely successful season winning the U10s League and the Hotshots Cup. A fantastic achievement for Cottingham sisters, Captain Chloe Robinson and youngest member of the team, Jessica Robinson (8), along with Megan Hornby, Megan Briggs, Jemma Purfield, Sophie Stamp, Lauren Stubbs, Jodie Brown and Emilie Stone playing their first season together.

The girls are representing the East Riding County FA, playing in the National Futsal Finals, in Sheffield on 8 July 2007. Four of the girls, Sophie Stamp, Jemma Purfield, Chloe and Jessica Robinson have also been selected for the East Riding Girls Centre of Excellence. If any girls are interested in joining Cottingham Rainers, please ring Paul Hamlett on 01482 353000.



Girls pictured are back row left to right: Megan Briggs, Sophie Stamp, Jodie Brown, Jessica Robinson, Lauren Stubbs. Front row: Emilie Stone, Chloe Robinson, Jemma Purfield and Megan Hornby.

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Cottingham Parks East Riding Union Junior Team complete hat-trick of victories

Cottingham Parks, winners in 2005 and 2006 completed a hat-trick of East Riding Union Junior Team Championship victories at Bridlington's Belvedere course last month, when their trio of Tom Garnett and brothers Matt and Dan Killen scored an aggregate 101 points in the 18-hole stableford event, off full handicap, to finish eight shots clear of nearest rivals Drifffield.

The Cottingham club, which was founded in 1994, won the championship for the first time in 2000, and are the first to record three successive triumphs since the competition was first staged in 1979. The Kirkella-based Hull club have had back-to-back victories on five occasions, while Scarborough North Cliff won in 2001 and 2002.



Jeff Lambert, a Cottingham-based registered plumbing and heating engineer with premises in Inglemire Lane - is a member of the Beverley and East Riding club, and 2007 President of the East Riding Union of Golf Clubs. He is pictured (centre) after he presented the T R Leak Trophy to the winning Cottingham Parks team. From left: Tom Garnett, team captain Matt Killen, Dan Killen and Jim O'Brien, Junior Organiser at the Woodhill Way club.

Leading scores:

101 - Cottingham Parks (34 - Matt Killen, 4; 33 - Tom Garnett, 7; 34 - Dan Killen, 11); 93 - Drifffield (32 - Philip Wright, 5; 29 - Jeremy Kneeshaw, 8; 32 - Daniel Gray, 11); 92 - Ganstead Park (30 - Matthew Ombler, 5; 33 - Miles Robinson, 7; 39 - Luke Robinson, 9).

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Do we really care enough about our health?

This subject has become a very popular media word. As children we are told to stop slouching, tuck your clothes in, where is your coat? (All for the good of your health) we then progress to the work environment, standing or sitting for prolonged periods of time, lifting, pushing and twisting day in day out. Long hours of constant fatigue soon help to create a long list of physical problems, tired feet, a stiff and grumpy back, knees, hips, neck and shoulders - to name just a few! Stiff muscles do not rest easily; our joints tend to contort into very uncomfortable positions (how do you feel when you wake up?)

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In the west we have a need to ask this question - Do we really care enough about our health?

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Tai Chi is a series of slow, graceful, deeply relaxing and yet dynamic movements that creates greater flexibility and suppleness to the whole body, improving posture, balance and co-ordination. People who practice Tai Chi regularly find stress levels reduced and better nights sleep. There are also the deeper more meditative aspects that can be attained. But of course is in accordance to the individuals needs. You can go into a Tai Chi lesson feeling jaded and at the end of your tether and leave relaxed, revitalised and without a care in the world. All of the exercise movements are complimentary to other sporting systems. They can be practised by people of any age and any level of fitness. Individual needs are always catered for. So give yourself some quality time, allow yourself to gently unwind, relax your mind and body, enjoy the Tai Chi experience. A warm and friendly atmosphere awaits you. I have practised this ancient art for about 14 years teaching for seven. I now teach full time with many classes in and around the Hull areas, I have also converted the front room of my house in Willerby into a Tai Chi studio for those of you who require or prefer a deeper more personal Tai Chi experience. Telephone Michael Maduro on 01482 651981 for

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Crossword Solution from page 14

1	M	A	D	H	I		6	B	A	L	D		10	R	A	M	P	
14	A	C	O	R	N		15	O	B	I	E		16	E	L	U	L	
17	T	R	A	I	T		18	T	O	E	S		19	V	A	S	E	
20	S	E	R	P	E		21	N	T	I	N	E		22	A	R	E	A
					23	R	O	L	L		24	R	I	M				
26	H	A	G	R	I	D	E		30	S	T	O	P		31	G	A	P
34	O	D	I	U	M			35	W	H	E	N		36	U	S	E	
37	R	I	V	E		38	T	W	E	E	D		40	P	I	P	E	
41	N	E	E		42	D	I	E	T			43	O	I	L	E	R	
44	S	U	N	B	I	R	D		46	S	C	R	E	E	N	S		
				48	O	D	E		49	G	I	R	D					
50	P	R	O	S		53	L	I	N	G	U		55	S	T	I	C	
59	A	E	R	O		60	E	L	A	N		61	N	O	O	S	E	
62	R	E	A	M		63	S	I	R	E		64	A	L	G	I	D	
65	A	L	L	Y		66	S	A	L	T		67	L	O	O	S	E	



Matt's Monthly Motivation

By Matt Burton

My most recent articles have focussed upon quite specific genres. For that reason I'd like to return to the 'basics' of lifestyle and return to nutrition. Breakfast is the meal of the day that comes with the most scrutiny. This month's article is an attempt to highlight exactly why we MUST ALL have breakfast.

After 8 to 12 hours without food during the night, our blood sugar levels naturally drop. Studies have linked low blood sugar levels to poor memory, concentration and learning. Eating breakfast raises blood sugar levels and helps us to function more effectively. After the overnight fast, the body requires a rise in blood sugar to recharge the metabolism and get the brain and body into gear. The trick is to eat food that doesn't cause a swift spike and trough in blood sugar levels, which lead to a slump in energy and the desire to eat a sugary snack.

Another reason for having breakfast is the kick-start it gives to the metabolism. After meals, there is a surge in oxygen uptake as food is digested and absorbed. During sleep the metabolism slows down, so eating soon after waking helps boost metabolism and gets the body going again. It gives that vital spurt of energy.

Eating breakfast also helps to develop a more positive attitude. It positively influences your morning mood and helps to reduce stress. A healthy breakfast gives you a good start to the day and keeps you fit and happy. People who eat breakfast are more likely to have more nutritionally balanced diets compared to those who miss breakfast. If you are feeling low, having a balanced breakfast regularly will pep you up.

If you're a breakfast skipper, here's the bad news. Research has shown that missing the first meal of the day may lead to an unhealthy pattern of snacking on high-fat foods throughout the morning. The person tends to go on a mid-morning binge and a craving for an early, calorie-packed lunch. They are ravenous by lunchtime and are a victim of the 'gobble syndrome' of speed eating. Experts say this is particularly bad for the stomach, as the secretion of digestive juices does not keep pace with the rapid food intake and can convulse the stomach.

Nutritionists recommend that breakfast should provide 25% of the daily nutritional requirements. People who skip breakfast miss out on many vital nutrients, which they are highly unlikely to make up for during the rest of the day. You can't set the balance right by tucking in at other meals if the body can't process vital nutrients optimally if consumed all in one go.

So what should you eat as your first meal of the day? You'll be pleased to know you don't have to stick to the cereal-toast-tea menu every day for breakfast. In fact, this menu, which is very common, isn't the ideal one. Processed cereal and toast contains high levels of simple carbohydrates which are converted rapidly into glucose and cause the sharp rise and fall in energy I mentioned at the start of the article.

If you must have cereals, add some chopped fruits and nuts in it. You can also choose cereals with high levels of fibre and added vitamins and minerals. Breakfast cereals fortified with vitamins and minerals provide at least 25% of the daily requirement of essential vitamins and 17% of iron, according to nutritionists.

Complex carbohydrates found in whole grains release their energy more slowly into the blood-stream. For this reason, porridge made of rolled oats and muesli is better than highly refined breakfast cereals like the cornflake style meals many of us are used to. Porridge is good because there is an enzyme in oats which cuts cholesterol and heated oats are good for health. Bran flake style cereals and muesli contain up to four times the fibre of luxury cereals and considerably less fat. The ideal muesli contains plenty of nuts and seeds which are rich in protein.

Remember to put yourself first. Boost your metabolic rate and reduce the feeling of hunger that can burden your shift at work by having a healthy breakfast from this point onwards!

If you want any further advice on nutrition, contact the Wellness Team at Cottingham Parks Golf and Country Club on 01482 846030 where a member of the team will be happy to help.

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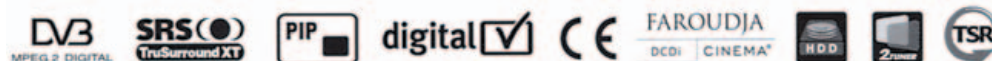
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