

Cottingham Times



Issue 66 - May 2007

**Shop in Cottingham
The Parking is FREE!!!**

**The "Nattering Knitters"
of Shardeloes Court**

**Wishing you,
"Best Wishes"**

**The Newly Refurbished
"Salon 36"**

**Sponsorship needed
for Myeloma
Awareness Week**

**In a Spin?
Which way do you turn?**

The Garden in May

The Rosewood Furniture and Lighting Gallery



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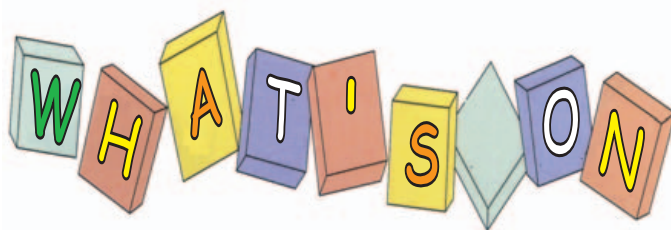
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In Cottingham and District

U3A

Thursday 10th May, Dorothea Desforges, "Love, Life and Laughter", at 2.00 pm in the Darby & Joan Hall, Finkle Street, Cottingham.

Cottingham Catholic Women's League

Monday 14th May, Open Meeting.

Cottingham Gardening Club

Tuesday 15th May, at 7.30 pm in the Garden Room, Holy Cross Community Meeting Room. A talk by John Capel on Bio Diversity in Gardening - Plants for a Purpose

Cottingham Men's de Luda Society

Wednesday 16th May, Romania, Miss Moffat, in the St. Mary's Church Hall, at 2.00 pm.

Cottingham Evening Townswomen's Guild

Wednesday 16th May, at 7.30 in the Darby & Joan, Finkle Street. Chapter and Verse, Kate Clark & Hull Playgoers.

East Yorkshire Federation of Women's Institute

Cottingham Green

Thursday May 17th, Resolutions - Members Discussion in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Diabetes UK

Thursday 17th May, Mrs. M. Kelly (Therapist), 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.

Seafarers UK Charity Event

Thursday 17th May at 7.00 pm. An evening with Doug Stewart (Radio Humberside's Favourite Gardener). The theme will be "Tips and Tricks", in St. Andrew's Church Hall, Beverley Road, Kirkella. Tickets £5.00 including refreshments. Tel: 01482 869372, 01482 876630, 01482 653973 for booking.

Front Cover Picture: This is a view looking into the Memorable Gardens on Hallgate. 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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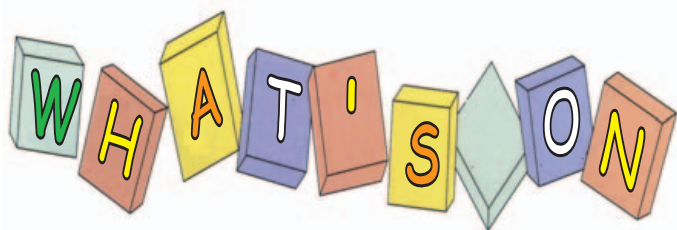
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In Cottingham and District

Skidby Village Hall & Institute

Saturday 19th May, Gardener's Table Top Sale 10.00 am to 1.00 pm. in the Village Hall, Skidby.

Friends of Thwaite Gardens

Sunday 20th May at 10.30 to 4.30 pm. Entrance on Thwaite Street. Admission £1 (Free to members). Tree trail, Plant stall and refreshments.

East Riding Flower Club

Monday 21st May, Tony Brown, "Flower Power", Open Meeting, in the Cottingham Civic Hall, Market Green at 2.00 pm.

Wednesday Social Club

Wednesday 23rd May, Derek Clark, "This & That", at 2.00 pm in the small Darby & Joan Hall, at the rear of the building.

Skidby Village Hall & Institute

June 8th to 10th Annual Art Exhibition in the Village Hall, Skidby.



The Blue Bell, West Green, Cottingham

Sunday 12th May - Johnny M

Sunday 27th May - Karaoke

The Railway, Thwaite Street, Cottingham

Sundays - Country & Western with Barry John

Every other Tuesday - The East Coast Band

Wednesdays - Johnny Pat & The Aces, £2 at the door with a free raffle.

Thursday - Karaoke

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

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The “Nattering Knitters” of Shardeloes Court knit bonnets for premature babies

One of our residents, Mrs. Di Egner, whose daughter Carol Bottomley is a midwife at the Hull Women’s and Children’s Hospital. Carol asked her mum if any of our ladies would be interested in knitting some bonnets for the premature baby unit as they were in very short supply.

At the next coffee morning I put the suggestion to everyone present. Quite a few of the ladies thought this would be a good project. During the next two weeks **110** baby bonnets were knitted (patterns were down loaded from the internet, free of charge too!) and a presentation was made to Carol and Sue, two midwives who work in the maternity unit. They were delighted with our efforts. Garments and small blankets are continually being knitted up for the hospital and everyone enjoys giving their time to something worthwhile.



Back row: Fay Turner, Carol Bottomley and Sue Proctor (midwives), Ros Smyth (House Manager), Irene Lee, May Pearce. Front row: Betty Smith, Beatrice Amiara, Pamela Shearwood and Di Egner, Di is the mother of Carol who is one of the midwives at Hull Women’s and Children’s Hospital Baby Unit. The ladies are pictured with over 60 of the bonnets they have knitted.

Many Fund Raising Events

Our residents have also raised money for the ‘Daisy Appeal’ at Castle Hill Hospital and we have open days when the Yorkshire Cancer Research organisation hold a fund-raising day at Shardeloes Court, all are welcome to these events of course.

One of our more daring residents abseiled from the Humber Bridge last year in order to raise money for charity. Mrs. Margaret Hume is turned 80 too!

Something for Everyone

There is something for everyone at Shardeloes Court, we have held Wine and Cheese Evenings, which are enjoyed by all the residents; Fish and Chip Suppers; Quiz Nights; Coffee Mornings; Games Afternoons; Flower Arranging. Various speakers have given their time and plenty of birth-

day parties and anniversaries have been celebrated.

We have had the Hull Evangel Choir at Christmas time and Bacon Garth Infants came to sing to our residents last Christmas, the children really enjoyed coming and were well received by the residents, we are looking forward to seeing them again in the future. The Mice Men (Men in Charitable Endeavours) were really popular for the last two Christmas seasons and again local charities benefit from the funds raised.

A few residents attend the U3A group in Cottingham and also the Women’s Institute. An interest in various classes held in the village is shown, i.e. Photography, Creative Writing and different craft classes, i.e. Pottery, Card Making, Needlecraft, etc.

All in all, it is a pleasure to work at Shardeloes Court, a pleasant environment and some interesting people too! With our efforts. Garments and small blankets are continually being knitted up for the hospital and everyone enjoys giving their time to something worthwhile.



Pictured is Margaret Hume abseiling off the Humber Bridge in 2006 for “The British Red Cross”. Margaret raised over £500.



Jack and Anne Smith are pictured at a recent Wine and Cheese Evening at the Shardeloes Court.

Wishing you “Best Wishes”

Lorraine Cherry has a vast experience in High Street retailing, and her skills in product range selection and display, combined with a friendly and smiling personal service - mirrored in her team of three assistants - are the key elements in her highly-successful “Best Wishes” well-stocked gifts outlet at 110, King Street, Cottingham, close to traffic-lights junction with Hallgate and opposite the Tiger Inn.



It is almost four years since Lorraine, who lives on Hull's Kingswood complex, took over the Cottingham business from her sister Diane Dick, who had run the outlet for three years. Many older village residents will recall that the King Street premises were once the late Norman Sanderson's “barbers” shop.

For many years, Lorraine worked at the Sutton-on-Hull branch of Moss Chemists, where she was frequently left in charge, before she acquired the “Best Wishes” shop in Endyke Lane, which was also owned by her sister.

She closed it after a year and took over the Cottingham outlet, where her assistants are Kathleen Minns, of Hull - she has been at King Street for almost three years, working with Debbie Dale and Irene Kirkwood, who both live in the village.



Top left and Top Right: A small sample of the delights awaiting you at Best Wishes.

Bottom left: Left to right, Kathleen Minns, Lorraine Cherry and Irene Kirkwood.

The choice of quality gift items to satisfy the tastes of customers of all ages at the under-one-roof “Best Wishes” outlet, where there is also a first-floor display - often devoted to sale items - is extensive.

“Best Wishes” source their cards from 20 companies, including Gibson, Wishing Well and Carte Blanche, to meet all requirements - ranging in price from 39p to the most expensive at £4.99p.

“It is not only for cards that we maintain highly competitive prices, but for all items”, said Lorraine. Like-for-like examples are silk scarves (£2.99p), which can cost between £5.99p and £10 from some Hull outlets; photo-frames (£6.99p) compared with £25, and jewelled tiaras (£5.99p) which can cost up to £20 from other shops.

Jewelled tiaras are also an example of “Best Wishes” specialising in seasonal items. “With the school Proms coming up, I expect that they will be in big demand”, said Lorraine.

But cards are only a small, but important, part of the “endless list” of items - gift-wrapped, if required - available for anniversaries and special occasions, such as birthdays, Christenings and weddings.

They include costume jewellery, such as the Byzantium “collection”, Swarovski crystal, the Betty Boop range of ornaments, including glasses, mugs and photo-frames, Leonardo classic Italian china ornaments, including animals - dogs and elephants, for example - and sporting figurines, as well as mirror jewellery boxes, Bohemia lead crystal, dress watches and jewellery, party table decorations and helium balloons, and, in addition to the cards Carte Blanche mugs, photo-frames, water globes, mobile phone chimes, key-rings and fridge magnets.

“Best Wishes”, to whom enquiries can be made on Tel: 876688 - and who will also obtain items to order, if required - is open Mondays-Saturdays (9am-5pm) and occasionally on Sundays.

An exciting and full weekend - completely not my norm *By Marion Owen*



This weekend we saw the launch of Liberty of the Seas, the world's largest ship taking just over 4300 passengers when full to capacity.

Well normally I am a creature of habit; I like the quiet life on holiday good food & wine and plenty of interesting places to see. Cruising is very diverse and ships vary so much in style and more than 1000 passengers makes me for instance cringe when other passengers would not give a ship with less than 2000 passengers a look in.

I did enjoy this big baby although for me a short break would be my limit. If you think you could ever be looking for something to do on board Liberty - think again. In fact my brief stay on board left me quite exhausted but did we have fun Yes! Yes! Yes!

My highlight had to be the ice dance show performed on the ship's ice rink. I have never seen such an amazing show on ice and if one show was not enough I made it to the theatre later in the evening for another a musical all based on sweet dreams and nursery rhymes. My friend likes to sit on the front row to get the best view fortunately the show was lively and captivating hence I did not fall asleep as this could have been embarrassing.

During the day on deck there is plenty to entertain all ages. The flow rider allows budding surfers to show off their skills. Rock climbers can climb the funnel. Miniature golf can be enjoyed by all ages whilst those more serious can book the on board simulator. The games court is good for just practising your basket ball shooting or getting together with a few new made friends for a game!

For the keep fit brigade the gym full of all the most up to date machinery and comes complete with a boxing ring - Lynne strutted her stuff here and gave the instructor a run for his money. If a soothing spa treatment is more you then they have left no stone unturned here either.

Shopaholics you could think you are in a shopping mal when strolling along the Promenade - a street in the centre of the ship, browse & buy in the shops or relax and enjoy a cappuccino in the café, a pint in the pub or a glass of wine from the wine bar.

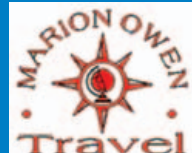
After dark the great choice of venues around the ship offering different tastes in music and style of décor hence there will be somewhere just perfect for you and you will have had fun wandering around the ship to find it sampling things that are perhaps not your norm.

I have to mention the food; it was sumptuous as where the surroundings of our three tiered dinning room with the biggest crystal chandelier ever. In fact I sat there thinking many passengers sailing on Liberty would never have imagined sitting in such luxurious surroundings would be within their budget.

Surprising myself I would return to this ship for a short holiday, Lynne cannot wait to get on board again why not join her on our sampler of the new sister ship next year Independence you are guaranteed fun.



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Light and airy makeover at newly refurbished "Salon 36"

No more 'cheese' for this little mouse, cos this cat's got the cream! says Maxine smiling broadly.

It strikes me as I enter this newly refurbished, light and airy salon that it's a friendly and welcoming place to be. I was greeted with warm smiles, offered a coffee and a very comfortable chair.

Two refurbished chairs - re-covered in an eye-catching leopard-spot material - are incongruous reminders among the modern, state-of-the-art furnishings and equipment that 36, Northgate, Cottingham, previously a semi-detached dwelling, has been a hairdressing salon since mid-way through the 20th century.

It is now the newly-opened uni-sex "Salon 36", (formerly "Flex", of 48 Cottingham Road), covers all aspects of hairdressing - including "wedding packages" - and specialising in hair extensions and colour technician. "When I took over, the chairs had been left behind and I was told that they had been here for over 50 years", said owner Maxine, who lives at Skidby, and who has over 35 years' experience in all aspects of hairdressing, including wig-making and barber.

She did her training at Trowbridge, near Salisbury, with Rama, a nationally-renowned group, before joining Andre Bernard as a colour technician.

She was with the international group at Doncaster for six years and when they decided to expand, she was offered management at either Hull or Swindon - and she opted for the Hull branch within Debenhams Prospect Street store.

She branched out with her own "Uniflex" salon within Hull University's Cottingham Road complex and after eleven years relocated to Northgate, in March.

Maxine has three assistants - Tammi, Rachel and part-timer Clare - at the state-registered Salon 36. Tammi, who specialises in extensions, holds - like Maxine - City and Guilds certificate (NVQ

Level 2) and also an NVQ Levels 2 and 3 in customer care and sales from Hull College and has been a hairdresser for seven years.

Rachel, who has been in the hairdressing profession since she qualified three years ago with an NVQ Level 2 from the Alcrest Academy in Hull, did her training with Maxine for whom she worked in her "Uniflex" salon at Hull University.

Clare, a hairdresser and nail technician, used to own The Hair Shop in Hull's Beverley Road.

"Salon 36" use - and stock - famous labels ghd, Schwarzkopf, Wella and Fudge. ghd is a renowned global expert, whose new thermodynamics range of beauty products is designed to take full advantage of heat while maintaining maximum protection, condition and shine.

Schwarzkopf offer Bonacure treatment, Osis styling and colour ranges. The Wella ranges include styling products and colours, while Fudge also offer styling products.

The make-over at the bright and airy "Salon 36" includes the installation of daylight lighting, which overcomes interference with colour values, new equipment, including some from Maxine's previous salon, new wood-panel flooring, drink facilities and toilets. There are large framed photographs of film icons, including Marilyn Monroe and Audrey Hepburn, in the entrance hallway. "We're in the glamour business and the photographs will reflect the Age of Glamour", said Maxine.

Opening times at "Salon 36" are: Tuesdays and Thursdays (9am-6.30pm); Wednesdays and Fridays (9am-5.30pm); Saturdays (9am-5pm) The salon is closed on Sundays and Mondays. Further information can be obtained - and appointments made - by telephoning 343929 or 847729 (answer phone facilities available).



Pictured above: Left to right. Maxine, Tammi. Seated: Clare

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Cottingham Parish Council



Cottingham King George V Playing Fields Group win Community Award

Cottingham's King George V Playing fields Friends Group have won the Community Project category in East Riding of Yorkshire Council's Sports Development Service Recognition Awards scheme, formerly the Sport and Play Awards.

The group's vice-chairman Gary Cooper and secretary Jan Rodgers received the award from Coun. Hilary Saynor, chairman of the ERYC, at a ceremony at the Beverley Leisure Complex.

Meanwhile, Friends' officials are due to meet with ERYC officers at the Cottingham Parish Council offices on Monday, May 14, to discuss future plans for the Cottingham Sports Pavilion at the playing fields, off Northgate, which was severely damaged by fire earlier this year.

The Friends have also been awarded a £250 grant from Cottingham Parish Council towards their application fees for planning permission on their projects. It was reported at the village authority's Finance Committee meeting that members were disappointed that the ERYC had not informed the Friends that if the parish council had applied for the planning permission, the fee would have been heavily discounted. Coun. Graham Morris has approached the ERYC to seek a refund of what should have been the discounted portion of the fee.

Criminal Damage and Burglary still a problem in the village

Burglary statistics for Cottingham in the period March 15 to April 18 showed an increase compared with the previous month - the majority of them for shed burglaries, as opposed to house burglaries - it was reported to Cottingham Parish Council members at their April meeting.

Insp. Mark Hughes, Sgt. Phil Young, and PCSOs Mike Dale and Claire Harper from the Cottingham Neighbourhood Policing Team attended the meeting, at which it was noted that the number of reported thefts in the village had decreased following an operation which targeted shop thefts.

Criminal damage is still a problem, with a growing trend of graffiti "tagging". However, police officers had followed a trail of graffiti through the village and had caught one of the main perpetrators.

Coun. Kevin Casson asked the police if they would look into a scooter rider who was using one of the snickets as a race-track, while Coun. Don Hardwick asked if there could be a police presence during the evenings in The Dene as the area was occasionally being used by youths who were causing annoyance.

Coun. Ann Abel appealed to the officers to monitor speeding cars in Oakdene and Link Road, and Coun. Jane Hutton-Ellis remarked on the number of large HGV wagons - particularly B&Q lorries - who are, apparently, using Dunswell Road as a short-cut.

The police agreed to look into the problems and Insp. Hughes suggested that the parish council should write to B&Q to ask them to look into the situation of large lorries collecting from Colletta and Tyson and informing them that the police would enforce a breach of regulations. However, it is hoped that the situation can be settled amicably.

Agreement reached to repair water pipe at King George V allotments

Coun. Don Hardwick, chairman of the Allotments Committee, reported that it has been agreed to accept the quotation from Bardale to replace the existing water-pipe which crosses King George V Playing fields from the sports pavilion to the allotments site.

It is anticipated that the work will be carried out before the end of May because the unseasonably dry weather is causing a water shortage on the site. In the meantime, arrangements have been made to have the water-troughs filled on a weekly basis.

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.

Friends of The Dene to join forces with Millbeck Wildlife Group

Following lengthy discussions, the Friends of The Dene - the East Riding of Yorkshire Council-owned area between Eppleworth Road and Dene Road - feel that it would be beneficial if they joined forces with the Millbeck Wildlife Group.

The group feels that one of the benefits of integration would be that the wildlife group already has a management structure in place.

Coun. Don Hardwick told Cottingham Parish Council members at their April meeting that the Millbeck Wildlife Group are in discussions with their members about the possibilities of a merger and propose to meet with The Dene group for further talks.

Parish Council evaluate taking over villages CCTV system

Members of the Cottingham Parish Council have agreed unanimously that the authority should look into taking over the ownership and responsibility for the village's CCTV system. Clerk Judith Macklin will contact both the East Riding of Yorkshire Council and the Cottingham Crime Watch CCTV Association in an attempt "to see if - and how - it can be arranged".

Annual Parish Council Meeting to be held in the large hall at the Darby & Joan

The large room at the Darby and Joan Hall, in Finkle Street, will be the venue for the annual parish meeting on Thursday, May 17 (7pm). It will be followed (7.30pm) by the Cottingham Parish Council's annual general meeting at which Coun. Angela DeVine will give the chairman's annual report.

Cottingham Parish Council



Cottingham In Bloom

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Wed 11 July 2007

DATE OF JUDGING - on or around Friday 20 July 2007

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Miller's Tea Room, Deli and Restaurant opens at Croft Park, Little Weighton



Elaine Townend, a well-known East Yorkshire restaurateur - she launched Miller's Tea Room at Skidby Windmill five years ago, before starting up a similar business at Swanland Nurseries in 2005 - has opened Miller's Tea Room, Deli and Restaurant at Croft Park, close to Rowley on the outskirts of Little Weighton.

Pictured above: Elaine Townend (third from left), owner of the newly-opened Miller's Tea Room, Deli and Restaurant at Croft Park, on the outskirts of Little Weighton, is pictured at the ribbon-cutting ceremony. From left: Denise Yorke-Fairburn and Steve Fairburn, owners of Croft Park, Elaine Townend, and Mike McCann, Chairman of the British Holiday and Home Parks Association.

Croft Park, one of the top 100 holiday caravan locations in the United Kingdom, will be the setting for a new venture, Croft Park Holiday Lodges. The existing area will be extended in two phases to offer 18 two and three-bedroomed timber-clad lodges for sale as holiday or second homes.

Miller's Tea Room, Deli and Restaurant, offering a modern English menu of home-made dishes at "affordable" prices - a soup and home-baked roll for £3 and a slice of Elaine's famous chocolate cake for £2.25p, for example.

Elaine is renowned for her emphasis on the use of natural produce, which she sources locally whenever possible.

The restaurant and tea-room, which seats 60 - inside and out - and where there is ample free parking, is open from 9.30am until 4.30pm from Tuesday to Sunday.

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Alpine Fine Foods are pleased to supply Elaine at Millers, and wish her every success in her new venture.

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“Croft Park is my biggest and most exciting challenge . and my new location enables me to draw together a wide range of locally-grown food”, she said. “I look forward to cooking for and serving all my old friends, as well as new customers”, she added.



Elaine Townend is pictured with her staff at the cake cutting to mark the opening of her Miller's Tea Room, Deli and Restaurant at Croft Park on the outskirts of Little Weighton.

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A collage of four images showing different interior spaces with various flooring options. The top-left image shows a bedroom with a wooden wardrobe and a bed. The top-right image shows a kitchen with wooden cabinets and a dark tiled floor. The bottom-left image shows a child's room with a wooden toy cart and a light-colored carpet. The bottom-right image shows a living room with a patterned sofa and a green floral carpet. A central diamond-shaped logo for Chris Lee Domestic Carpets & Floors is overlaid on the images.

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Preparation of the Chelsea Flower Show begins

Work commenced Thursday 26 April to create the RHS Chelsea Flower Show

The Royal Horticulture Society takes over tenancy of the grounds of the Royal Hospital, Chelsea, and starts work to create the RHS Chelsea Flower Show.

Lurid Logistics

Work will start tomorrow (Thursday 26 April), in the grounds of the Royal Hospital, to create the RHS Chelsea Flower Show, sponsored by Marshalls. Over the next three weeks the Royal Horticultural Society (RHS) with thousands of contractors, landscapers, designers and nurseries will create the spectacle of the world's most famous flower show. The Royal visit takes place during the afternoon of Monday 21 May and the show opens to RHS members on Tuesday 22 May.

Over the coming weeks over 6,200m² of track-way will be laid; the Great Pavilion, an 11,000m² structure that 500 buses could park in, will be created; dozens of structures, including nine restaurants, a press tent, which over 1,000 press will utilise, will be built and the BBC will install up to 20 miles of cabling. Forty seven show gardens will be created by teams of landscapers and plants-men and on Monday 21 May all the displays will judged by a total of 120 judges, including carnivorous plant and bonsai experts.

Floral Females

At the helm of this military operation are four women from the RHS, who will be managing the equivalent of at least three battalions. Alex Baulkwill, Show Manager, is responsible for 600 exhibitors and for making sure they produce gardens and displays at the world class standard that Chelsea is renowned for; assisting her is Claire McWilliam who is a recent recruit; Caroline Humphries, Operations Manager, over sees the building of the site, transport management, tent age, catering, telecommunications, signage and health and safety; Caroline's assistant, Emily Doherty, previously worked on the RHS Flower Show at Tatton Park. Based in site cabins, at the showground, for the next seven weeks, the foursome will cover every aspect of the show from build-up to break down.

Alex Baulkwill, RHS Chelsea Flower Show Manager, said; "It is an exciting and challenging time. We have just 26 days to transform 11 acres of what is literally a field into the first event of the summer season, with fabulous gardens, vibrant and colourful horticultural displays, exhibits showcasing desirable gardening products and all the trimmings, such as quality catering, that come with providing our visitors with a special day out.

"We're all working hard and looking forward to creating an inspirational and exciting show for the 157,000 visitors who we will be welcoming between the 22 and 26 May."

The RHS Chelsea Flower Show takes place on 22-26 May 2007 (22 & 23 May: RHS members only. 22 & 23 May all day tickets now sold out). Tickets must be booked in advance on 0870 247 1226 or at www.rhs.org.uk/flower-shows.

Wordsearch - Find the dogs in the puzzle below

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

Find the dogs in the letters above:

Beagle	Bulldog
Collie	Corgi
Dachshund	Dalmation
Great Dane	Greyhound
Husky	Malamute
Pointer	Poodle
Pug	Retriever
Rottweiler	Setter
Sheepdog	Spaniel
Terrier	

Sudoku No. Five -

This is another easy one

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

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Crossword - Solution on page 38

1	2	3	4		5	6	7	8		9	10	11	12
13					14					15			
16					17					19			
19				20		21				22			
			23		24		25		26				
27	28	29				30		31			32	33	34
35					36		37		38				
39					40			41			42		
43			44	45		46				47			
48					49		50		51				
			52		53		54						
55	56	57			58		59		60		61	62	63
64					65		66			66			
68					69					70			
71					72					73			

Across

1 Keep it, to an editor; 5 Consider; 9 Remain; 13 Remedy;
14 Large waved caused by tidal flow; 15 Boy or man; 16 Editor
Wintour; 17 Knot; 18 Extent of space; 19 Sound again, again;
21 Speck; 22 Type of Gun; 23 Panama and bowler; 25 20th letter of
the Hebrew alphabet; 27 Book of the Bible; 31 Resembling dough;
35 Banned apply spray; 36 Stout pole; 38 Carousal; 39 19th letter of
the Greek alphabet; 40 Wearies; 42 Room within a harem;
43 Fragrant oil; 46 It's owed; 47 Droops; 48 Extra time; 50 Strict
disciplinarian; 52 English public school; 54 Actual; 55 Sphere;
58 Prefix with profit or fiction; 60 Of the top; 64 A shivering fit -
often a precursor to malaria; 65 Garbage; 67 Reproduction;
68 Optical device; 69 Sontag composition; 70 A pitcher may take one;
71 Mid-month times; 72 Take a break; 73 Fencing sword.

Down

1 Skin marking, often due to injury; 2 Melody; 3 Sea Eagle;
4 Instructor; 5 Son of Jacob; 6 Mild oath; 7 Mistake; 8 Thawed;
9 Wreck; 10 Fruit-filled pie; 11 Sheltered, nautically; 12 Bring forth
young; 14 Boastful person; 20 Thigh; 24 Palatable; 26 Distress signal;
27 Pertaining to birth; 28 Overjoy; 29 High-toned; 30 Seraglio;
32 Moan; 33 Barrier; 34 Brewer's need; 37 Rod used to reinforce
concrete; 41 Occuring in streaks; 44 Unimpressed; 45 Urban scourge;
47 Short silique; 49 Over there; 51 Faucet; 53 Like Thor;
55 Indonesian monster; 56 Elderly, matured; 57 Crescent-shaped
figure; 59 Scottish loch, home to a monster!; 61 Poultry enclosure;
62 Church recess; 63 Dissolve, as cells; 66 Feline.

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

Motivational Quote of the month

"Without leaps of imagination, or
dreaming, we lose the excitement of
possibilities. Dreaming, after all, is a
forma of planning."

- Gloria Steinem

Can you rise like the Phoenix to complete the challenge in aid of HERIB

Our local walk/run this year is The Osmotherley Phoenix on 7th July. This is an annual walk/run across The Yorkshire Moors, you can choose from 30, 26, or 17 mile route; therefore YOU can design the challenge to what suits you, providing you with a great sense of achievement when accomplished! After an exhilarating challenge you arrive back into Osmotherley to their renowned Summer Fair and games, this is a great atmosphere to complete your challenge in. This is an incredibly popular event with fantastic views and great company.

We will support you every step of the way, whether it is help you to think up fundraising ideas to raise your sponsorship or to simply reassure you about any worries you have about such a daunting exhilarating challenge. Transport will be provided and practice walks.

This challenge will bring people together who want to either, become fit, conquer a challenge or just have fun. It a great chance to meet like minded individuals and form life long friendships as well as been an invaluable opportunity for team building. Get a group together in your office and work together in accomplishing an experience of a life time!

We already have 20 people registered on this event and want to double this, so please register ASAP. Ring Melinda O'Reilly on 01482 342297; email: Melindao@herib.co.uk. What are you waiting for? You know you want to do it!

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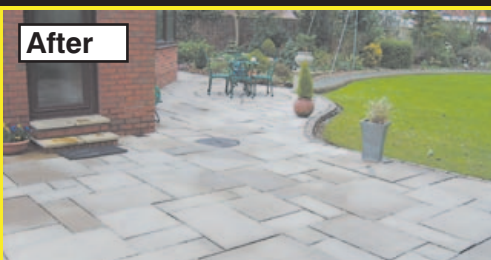
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TRANSFORM YOUR HOME

In the Kitchen



Ingredient of the Month

Almonds



There are two types of Almonds - sweet almonds (*prunus amygdalus 'dulcis'*) which are the ones used for culinary purposes and bitter almonds (*prunus amygdalus 'amara'*) which, because they have poisonous properties, are mainly processed and used in the making of oils or flavourings such as almond essence.

Almonds in Cooking:

Almonds can be used in a variety of sweet and savoury recipes and are excellent with meat, fish, poultry, vegetables and fruit. In fact, they go pretty well with most ingredients at some time or another and flaked or coarsely chopped almonds make an attractive garnish for many dishes. Here are two recipes to try. One for your main meal and one for dessert. Happy cooking.

Potato Courgette Casserole.

Ingredients:

- 1 tbsp Olive Oil
- 1 large Onion, chopped
- 1 Capsicum (sweet pepper) chopped
- 2 tbsp Chopped Nuts (e.g. Almonds, Walnuts, Peanuts)
- A few sprigs of fresh parsley and/or tarragon
- Salt and Black pepper
- 675g/11/2 lb Potatoes, peeled and thinly sliced
- 3 Courgettes, cut into 12mm/1/2 -inch slices
- 540ml/18fl.oz. Cheese Sauce

Instructions:

1. Preheat the oven to 190C, 375F, gas Mark 5 and lightly oil an ovenproof dish. Heat the oil in a large frying pan, add the onion, capsicum and nuts and fry until the onion is soft and transparent.
2. Add the chopped herbs and season with black pepper.
3. Place one third of the sliced potatoes in the bottom of the ovenproof dish, season with salt, then place half the onion mixture on top, followed by another third of sliced potato, season with salt.
4. Add all the courgettes, season with salt, then the remaining onion mixture.
5. Pour the cheese sauce over the top then add the final layer of potatoes. Cover the dish with a lid or aluminium foil and bake for 50 minutes.
6. Remove the lid or foil and return to the oven for a further 15-20 minutes until browned and bubbling. Serve hot.

What's in Season in May?

Asparagus, early beans, broccoli, carrots, chervil, early cucumbers, green apricots, kale, lettuce, new potatoes, pears, radish, rosemary, spinach, spring greens, and early strawberries.



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. Allow to cool for about 30 minutes and serve with crème fraîche or custard

In a Spin?

Don't know which way to turn?

Intrigued by the title? This is to introduce you to one of the activities in our Village which you may not know about. The subject is Woodturning. Yorkshire Woodcraft Supplies Ltd. came into being, in 1996, sited at 174 Finkle Street, Cottingham, due to the increase of interest shown by members of the public in the craft side of JMJ Woodworking in Skidby. Subsequently, a small band of people interested in wood, particularly Woodturning, got together and 'East Yorkshire Woodturners' was founded ten years ago in February 1997. This Club is run entirely independent of the Woodcraft Supplies shop and the members are very grateful, especially in the early years, for the help and support from Tony Leaf the proprietor of the establishment.

The Club's Aim

The aim of the Club is to further interest in the rewarding art of woodturning either as a feature on a piece of furniture or more artistic ventures making decorative items such as Bowls, Hollow Forms (vases), Boxes and Goblets, etc., etc., and items that can be used in the home or, in the words of several wives, 'most things round! Although it has to be said there could be a square edged bowl on the list of things to make. Members are given an annual programme of events which includes items they are encouraged to make each month and bring along on club-nights.

Members come from 'far-and wide' to meet on the third Tuesday of every month, commencing at 7.00pm and the activities continue until approximately 10.15pm. On clubnights members are entertained by national and international professional Woodturners, such as Jimmy Clewes and Mick Hanbury, who keep the audience enthralled by their skill, ingenuity and humour producing a very varied selection of items made from native and more exotic timbers of the world. In addition to these demonstrations, the Club holds competitions, where members are invited to participate to make specified items. All members are encouraged to take part and even get to do some judging! East Yorkshire Woodturners have been successful over the past few years in the Northern Federation of Woodturning Groups club competitions, winning the coveted shield four times out of the eight events, being the first club to win it. It is interesting that most members pursue this craft purely for the pleasure it brings and not for any financial gain. During club-nights members exchange views, sometimes quite vocally, on techniques and ideas and passing on advice to colleagues.

Mixed membership of all ages

Membership is made up of men and women of all ages from 16 to 80+, which at present includes two junior members. The Club would also like to encourage more members of the younger generation to take up this interesting pastime. Currently membership exceeds seventy and, at the time of going to press, there are a few vacancies for new members. Due to restrictions this has to be limited to eighty and spare places are quickly taken up. Everyone is welcome for an initial fee of £2.00 for a one off visit and if they subsequently join, this amount is deducted from the annual subscription of £28.00 (March-February) for 'Full Membership'. There are also some Associated members, mostly wives (who are non-turners) who pay a nominal fee.

Still intrigued? More details can be found on the Club's web-site www.beehive.thisishull.co.uk - Or, why not come along this month (or when you can) for your first enjoyable evening and meet a very friendly bunch of folk with the same interests? Contact: Peter, Club Treasurer, on (01482) 842560.

Through the skill of our craftsmanship
And the beauty of our work,
May the Spirit of the Tree live on.



A small example of some of the items produced by members of the club.

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Birthday celebrations are just the start

It has been a year of great success for local estate agents Frank Hill.com and especially their Cottingham office located in Hallgate.

In just its first year of trading, the branch - which started with just a few properties in its portfolio - has expanded to boast an ever increasing portfolio of available properties and a handsome list of sales under its belt.

Much of the hard work has been done by Victoria Hook and her five colleagues at the friendly local business. Victoria said the team's commitment and hard work was key to their success.

"We are an incredibly approachable and friendly team of staff who always pull out all the stops and go that extra mile for our customers.

"The only problem with our success is that, in many cases, as soon as a property comes in to us, we have a client waiting to buy it, but that is a great sign as to how far we have come in just our first year of trading from this new office."



Home from Home: Frank Hill.com offer a great service to their clients with a helpful team of friendly and dedicated staff.



Happy Birthday: The Frank Hill.com team

And one of the most popular developments, on the market courtesy of Frank Hill.com has been the Cotta Court apartments, off Finkle Street, in the heart of the village. On the ground floor there is a choice of one or two bedroomed apartments with private garden area's while above there are impressive duplex apartments offering spacious accommodation over two floors. They all contain the necessities for modern day living, with gas central heating, luxury kitchens with fully integrated appliances, beautiful bathrooms and are fully carpeted and ready to move in straight away.

With just four units remaining, viewing is strongly recommended.

With so much success in such a short time the office is looking forward to further growth this year.

Victoria said: "It has been hard to convince some clients - who see us as the new kids on the block - to give us an opportunity. "But those that have, have been impressed with our superior customer service and I think they like the attention to detail and regular support we offer to every client."

Frank Hill.com is currently offering a range of discounted commission packages from its Cottingham office.

For more information and to book your free market appraisal, call: (01482) 844211, or you can email: sales-cottingham@frankhill.com. To see all of its available properties check out: www.frankhill.com.

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WEST END ROAD, COTTINGHAM



Substantial, detached family home, close to the heart of Cottingham. Comprising briefly, hallway, 3 reception rooms. Bespoke fitted kitchen with range cooker & utility room. Galleried landing, 4 bedrooms (3 fitted), en-suite shower room & attractive family bathroom. Driveway, garage & extensive gardens. Viewing essential. Available with immediate vacant possession.

£365,000 - SERIOUS OFFERS CONSIDERED

CHANTERLANDS AVENUE NORTH, HULL



This traditional Style 3 bedroomed semi detached house decorated to a high contemporary standard throughout, the property offers spacious accommodation, briefly comprising entrance hall, lounge, sitting room, open plan dining kitchen, utility area, separate w/c, three bedrooms to the first floor, study/storage room & bath-room/wc. Externally there is a enclosed garden, driveway and garage. Must be viewed!.

OFFERS AROUND £225,000

ELMFIELD DRIVE, COTTINGHAM



This delightful family home, ideally located in this popular residential area, well worthy of viewing, to appreciate the spacious accommodation on offer! Property benefits from a gas c/h system, upvc double glazing, lounge, dining room, sun room, kitchen, separate w/c, three bedrooms to the first floor with bathroom & separate w/c and two further bedrooms to the 2nd floor. Gardens & garage with electric access.

OFFERS AROUND £210,000

SHARDELOES COURT, COTTINGHAM



Set within delightful communal gardens we are pleased to offer this immaculately presented one bedroom first floor apartment. Built by McCarthy Stone to a high specification for the over 55's and offering on site house manager, 24 hour careline and tastefully appointed communal lounge. Internal inspection is highly recommended.

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Tennis Men's team look forward to new season

Cottingham men's first team squad are looking at a busy and competitive 2007. Their season gets under way with a home National league tie against Harrogate on Sunday 13th May. With injuries to key players, including Mike Huby and Richard North, captain and club professional Paul Holtby will have to draw on all the clubs squad depth. "With the return from long term injury of Chris Brown and the constant improvement of Ivan Close we hope to be able to mount a serious challenge for honours this year" says Holtby.

Cottingham LTC last won County Division One of the National league in 2002 but have finished no lower than third in the following years.

"We hope that a successful first part of the season will give us the boost we need to take on the top regional teams in the Yorkshire first division" added Holtby.

In 2004 CLTC became the first East Yorkshire club to lift the Division One trophy in the competitions history.

Anyone interested in watching top class tennis at first hand is welcome to the clubs Hull Road ground where a full list of fixtures are on display.



Pictured above are the 2004 winning team.

Renowned pianist Elizabeth Altman to return in November after raptuous reception during her April recital

Elizabeth Altman, the renowned international Yorkshire concert pianist, will return to Cottingham on Sunday, November 18 - full details will be announced in the autumn - following her highly-successful appearance at Hallgate's Methodist Church last month.

Music lovers from many parts of the East Riding and North Yorkshire - including Goole and Scarborough - as well as Cottingham, turned out in record numbers for the long-awaited Chopin recital.

Ms Altman, known for her expertise as a Chopin exponent, extracted the maximum feeling and emotions during her performances of the Ballard in F Major and the Fantasie Impromptu, both of which received a great ovation, said concert organiser Richard Barton, of Cottingham.

"However, it was undoubtedly the special arrangement of the Larghetto from the No.2 Piano Concerto in F Minor which made the skin tingle and left many a damp eye, such was the great depth of feeling permeating from the lyrical piece", he said.

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In the Garden



Vegetable gardeners' calendar for May

Sow **French and runner beans** - squash, cucumbers and pumpkin seeds directly into prepared beds outside - in colder regions you should wait until the end of the month. Be alert to late frosts (for which a covering of horticultural fleece should provide sufficient protection). French beans are best sown in traditional rows at 15-22cm (6-9in) spacing. Runner beans benefit from well-prepared ground with lots of well-rotted manure and organic matter dug in. They need to be planted alongside suitable supports (often a frame or wigwam of bamboo canes tied together with twine) for the shoots to twine around and grow upwards.

Runner beans benefit from well-prepared ground with lots of well-rotted manure and organic matter dug in. They need to be planted alongside suitable supports (often a frame or wigwam of bamboo canes tied together with twine) for the shoots to twine around and grow upwards. Peas need staking with pea sticks, netting, or pruned twigs from the garden. Peas need staking with pea sticks, netting, or pruned twigs from the garden.

Earth up potatoes (unless planted through black plastic) when the shoots are 23cm (9in) high, in order to prevent the new tubers going green. Earthing-up is the drawing up of soil around the stems of the plants, leaving just 5cm (2in) of shoot uncovered so that the plant has enough foliage to continue growing. You can also grow potatoes in containers.

After all risk of frost has passed, plant out tomatoes, courgettes and pumpkins that were previously sown under cover. Start to remove sideshoots from cordon tomatoes that were started off early under cover. The side shoots develop in the leaf axils (i.e. between the stem and leaf), and if allowed to develop will sap the energy of the plant and reduce the quality of the yield. Sideshoots can be pulled off

with a thumb and forefinger. It is now too late to sow new tomatoes, as they will not have time to ripen over our British summer.

Control weeds to prevent them competing for moisture and nutrients. Hoe regularly between rows on hot days to make sure the weeds dry up and die without re-rooting. Weedkiller is usually inappropriate as there is a high risk of it killing or damaging your crops as well as killing the weeds.

Herb of the Month - Basil

Propagation from seed grown in the greenhouse or very warm sheltered place outdoors. Put 2-3 seeds per pot and harden off for planting out in the summer. Plant out 20cm apart and keep well watered but beware of over-watering as the plant can develop damping off disease.



Top 10 jobs

1. Watch out for late frosts. Protect tender plants
2. Earth up potatoes, and promptly plant any still remaining
3. Plant out summer bedding at the end of the month (except in cold areas)
4. Collect rainwater and investigate ways to recycle water for irrigation.
5. Regularly hoe off weeds
6. Open greenhouse vents and doors on warm days
7. Mow lawns weekly
8. Check for nesting birds before clipping hedges
9. Lift and divide overcrowded clumps of daffodils and other spring-flowering bulbs
10. Watch out for viburnum beetle grubs

Soil condition/position

Plant out in a sunny, sheltered position in light, rich soil. When the plants are established you can pinch out the centres (use the leaves in the kitchen) to encourage bushy growth.

Enjoy continual supplies of crops such as basil, coriander and parsley by sowing a little seed of each every fortnight, a technique known as succesional sowing.

Sow borage and nasturtium seed for their edible flowers, which can be harvested from mid-summer onwards.

Lift and divide potentially invasive herbs (such as mint and lemon balm) that have outgrown their allotted space. Make sure to remove all stray roots, as they can easily become invasive. Growing it in pots will eliminate this risk.

Control weeds by hoeing between garden plants and by hand-weeding containers. Weed infested clumps may need lifting to disentangle weeds from the plant roots.

The Flower garden

Harden off plants raised from seed and cuttings by leaving them outside for gradually increasing periods of time. Start with only the warmest part of the day, and build up to overnight exposure. Doing this for 10-14 days before planting them outdoors permanently (whenever the risk of frost has passed), will reduce any check to their growth while establishing in their final position. Divide clumps of herbaceous perennials that you want to propagate, those that have outgrown their allotted space, and those that are flowering poorly or have lost their shape. Bamboos and clumps of bulbs or rhizomes can be divided in the same way. Just make sure that the transplanted divisions have roots, shoots, and are given adequate water to settle into their new positions.

Thin out direct sowings of hardy annuals. This is best done in two or three stages at fortnightly intervals. Final spacing should be between 10-20cm (4-8in), using the upper limit for tall or spreading plants, and the lower limit for smaller plants. Prick out indoor sowings when they are large enough to handle without damage.

Sweet peas need training and tying in to their supports to encourage them to climb and make a good display.

Pinch out the leading shoots on plants such as Chrysanthemum and Helianthus to encourage bushy plants. However, if tall thin sprays are preferred, they can be left un-pinched, perhaps removing a few buds (known as 'dis-budding') to encourage larger blooms.

Deadhead tulips and daffodils. Lift and divide over crowded clumps of daffodils after they have flowered.



Plant of the Month - Clematis, Montana Rubens

Here's a closer look at the delicate flowers of the Clematis. The nursery says that it is extremely free flowering and less invasive than other cultivars of C. montana. The scented double or semi-double flowers open a rich pink colour, then fade slowly to a softer pink, appearing from late spring to early summer. It will grow to a height of 3m (10ft). It's more protected here by being close to the house... but is starting to get larger than I'd like.

Gardeners seem to either be frantically nurturing or whacking with not much relaxing in between!

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Your Stars for May 2007 -

By Kay Gower

ARIES - (Mar. 21- April 20)

The stars focus on your health this month, if you've overdone it recently don't be surprised if you feel worn out. A timely speech towards the month end will let people know where they stand with you.

Taurus - (Apr. 21- May 21)

You recently promised a great deal and persuaded bosses to give you there full backing and support. Now all you have to do is perform. Don't worry - you'll do well.

GEMINI - (May 22-June 21)

People at a distance will be in touch and an invitation worth considering will be put to you. Socially you will be in demand this month and even little trips away would do you good - so don't say no!

CANCER (June 22-July 22)

This month could bring unexpected rewards money luck is well starred. Buying new clothes or things for the home is likely. A diet or exercise regime begins to pay off and you should be looking fit and feeling healthy now.

LEO - (July 23-Aug 22)

Move forward this month - use the current planetary climate to turn your life around by reaching out to someone new, or taking on a new challenge.

VIRGO - (Aug 22 - Sept. 23)

You can accommodate almost any change but surprises can be unsettling - don't refuse or resist something that over time, you could happily accept. Behind what may initially appear unwise this month are opportunities as extraordinary as they are welcome.

LIBRA - (Sept. 24 -Oct. 23)

The past begins to catch up this month and it would be best to put it behind you once and for all. Pay the piper Libra, just remember to leave a tip. Now move on.

SCORPIO - (Oct. 24 - Nov. 22)

Changes are in the air.
Complete anything unfinished by mid month. Something you have long desired will soon be within your grasp. Trust your intuition.

SAGITTARIUS - (Nov. 23 -Dec. 21)

Stress is now thought to be a naturally occurring part of life. This month sees you coping so gracefully with everything that is thrown your way that you make it all seem rather minor - and so it is.
You are now at your best, and the stars help you create much needed playful moments.

CAPRICORN - (Dec 22.- Jan. 20)

Your intuition during May is on target, and you'll be hard to resist this month. You will soon begin to feel much calmer and able to cope more easily with tasks that need to be done.

AQUARIUS - (Jan. 21- Feb. 19)

If you've had your sights set on some 'lifestyle upgrades' - you'll soon be crossing more than a couple of them off your list. Financially things are still looking good for you, and the harder you've worked the brighter the sky will be lighting up in May.

PISCES - (Feb. 20-Mar. 20)

A frustrating month for you Pisces, when the lights of life change from red to green in a split second and your head seems to be in a whirl. Refuse to be hassled or pushed where you don't want to go. On the financial front, if you want to feel more secure you need to take a good look at your financial situation. Steps must be taken to sort out confusion and protect your position.

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This month we have news from the UK's major trade fair - Channel Expo, latest Vista vs VP and useful hints and tips

By RDM Computers

Held at the NEC Birmingham, the newly renamed *Channel Expo* is the highlight of the business calendar for most of the big players in the UK IT industry. This year's event was smaller in terms of numbers of stands, but the consensus was that it was more quality than quantity. *Microsoft* was there in a big way as always, and there was a strong theme on security from all the major suppliers in that sector.

Education and presentation was well catered for in the form of the latest projectors, interactive whiteboards and huge touch screens. One stand was attracting a lot of interest with its demonstration of a **3D TFT monitor**. This showed a car racing game that was most realistic when you donned the normal red and green 3D specs. This new type of monitor is set for release in the next few months and should not be too much more expensive than a normal flat screen. The major processor manufacturers were there, **AMD & Intel**, both trying to outdo each other in terms of the breakneck speeds of their latest products and how many processors they can fit onto one chip. The recent 'duo core' (two processors in one) is soon to be superseded by the quad core!

The big surprise this year was the presence of Apple, makers of the Apple Mac, iPod etc. They are aiming to get more of a foothold in the UK having had up to now just a few big stores of their own sited in major cities. I must admit to seeing the attraction of these gleaming white machines, being very aesthetically pleasing and with some excellent inbuilt features. We purchased a *Mac Mini* recently and were very impressed with the ease of set up right out of the box. The big difference is the operating system which is called **Mac OSX** (as opposed to *Windows*), which does take some getting used to. However *Apple* have very astutely brought out some software that allows the user to install *Windows XP* should they so wish, and I will be testing this in due course. Hardened Mac fans will no doubt be aghast at the very idea, but it could bring the *Mac* to a wider audience.

Windows XP is will no longer be available to major computer manufacturers from January 30th 2008. *Microsoft* is to stop supplying *XP* to the likes of Dell, HP & Toshiba from that date. Although the take up of its replacement, *Vista*, has been slow, *Microsoft* is obviously keen to push the issue. Many retailers have virtually stopped selling new PC's with *XP* already, but those of us in the independent sector are still giving customers the choice

of operating system and will continue to do so for as long as there is a demand.

Google Earth has been a firm favourite with many computers users for some time now, giving the ability to search and zoom in on most places in the world, even Cottingham is amazingly detailed right down to cars in the drive! If you haven't tried it download it today! Now *Microsoft* is offering a similar service with 3D available on its maps. Go to: <http://maps.live.com>

Now some hints and tips. If you need help with seeing things on screen, there are a few neat features built into *Windows XP*. To zoom in and out of documents or web pages (you'll need a mouse with a scroll wheel for this), hold down the **Ctrl** key on your keyboard and then scroll your mouse wheel up or down to see various views. There is also a *Narrator* that can read text back to you. Position your cursor at the beginning of a sentence, then hold down the *Windows* key and then hit **S**. You will hear your text read by a robotic voice called *Microsoft Sam*. Some of the pronunciation is a bit suspect but otherwise quite good. If the voice doesn't come on, do a search for *Narrator* on your computer and check the required boxes.

Some other useful keyboard shortcuts we have mentioned before are **Ctrl + S** to save whilst working on a document, **Alt + F** to open the File menu, *Windows* key + **F** to start a new search, *Windows* key + **E** to open Explorer.

Vista users had a major problem with Karoo Broadband Speedtouch modems not working we reported last month. Fortunately this has now been resolved for new broadband users as Karoo is now supplying a single port (wired) router instead. Those who were already signed up before getting their new *Vista* PC normally have to obtain their own router, but do check first with Karoo.

Wireless broadband home networks continue to grow in popularity so if you have more than one computer and want to share your internet access and other resources without lots of cabling, wireless is the way to go. Speeds and effective range are getting much better but do remember that means security is an issue to be considered.

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Foot-Well - A Step Ahead in Cottingham!

There's something happening with shoes that are taking the world by storm - posture improving footwear. The shoes are designed to correct posture problems which brings a whole host of benefits to wearers including helping foot and joint problems, tone muscles, increase activity and burn more calories. Supply of these products is very limited, but Cottingham based businesses Foot-Well is proud to be pioneers in this fast growing market.



Foot-Well owner Dr Brian Ellis (formerly a research Scientist) said "I discovered the shoes almost 2 years when I bought a pair of MBT's (Masai Barefoot Technology shoes) for my wife, who has a back problem. The results were staggering; they helped reduce her back pain, helped tone her leg and core muscles and meant she was more active. I then read a range of academic studies made available by MBT (Masai Barefoot Technology) that proved the shoes genuinely change the way we walk, help increase muscle usage and in turn help people with joint problems. I realised the shoes were special and was convinced they have a huge potential for helping people of all ages. We were then appointed as the first MBT supplier in East Yorkshire for both men and women shoes. After a few months then discovered another posture shoe known as Chung Shi; this shoe really works you hard and can help tone legs and reduce cellulite. Finally then added Earth shoes to our product portfolio in 2006 (the third leading brand of posture shoes) these improve posture in a gentle way yet can still tone your legs and come in a great range of shoes, as well as trainers. Foot-Well is the only business in the UK to specialise in this area, and are very proud to supply the three leading brands of posture shoes MBT, Chung Shi and Earth Shoes"



The business has expanded further to also supply sports clothes and underwear from USA Pro and Falke and offers a range of foot care and shoe care brands as well. They have also just moved to an

office at the business park on Dunswell Road, Cottingham and are located in Omega House. Most of their business is supplying products via the internet (both in the UK and throughout the world) at their website www.foot-well.co.uk. They are still very much a local business and have a small showroom where people can arrange a personal fitting session and try the shoes in person.



Dr Ellis added "the feedback from the people of East Yorkshire to the posture shoe range has been fantastic. We've helped so many people become more active, which in turn has helped them become more toned or lose weight. Many of our customers have joint problems such as back, hip or knee injuries and we've heard some amazing stories about how our shoes have genuinely helped people. With most people leading busy lives they find it very difficult to fit in the time to exercise. By wearing MBT, Chung Shi or Earth shoes for only an hour a day such as whilst walking the dog or around the office they can feel and see the benefits quickly.

There has been massive press coverage over the past year about how celebrities have discovered these 'magic shoes' that helps them tone up and banish cellulite. The cast of Desperate Housewife's, Goldie Hall, Jemima Khan and Jerry Hall are said to be among their devotees. Despite their price tag of £70 - £155 the shoes are flying off the shelves. It's good to know that a village such as Cottingham has access to brands that are usually confined to big stores in London such as Harrods!

The posture shoes come in a range of eye-catching trainers; there are also casual shoes, formal shoes for work, sandals and all weather waterproof shoes & boots. All of Foot-Well's shoes and clothes can be bought online or mail order at www.foot-well.co.uk. The MBT range can only be bought by having a personal fitting (as they are classed in the EU as a medical product) and need to be measured for the shoes in person. If you would like to try on any of these amazing shoes in person please call to arrange an no obligation free fitting order by calling 01482 840054 or email info@foot-well.co.uk Alternative you can view the range at www.foot-well.co.uk

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The History of Hallgate Schools - continued

By Peter Railton

By the turn of the new century 1900, things were settling down nicely in the new Hallgate Schools - but changes were about to happen, at least administration wise.

In August 1901 reports indicate full staffs in all three departments and the number of subjects on the curriculum of both the boys' and girls' schools continued to be expanded, with a lot of emphasis on the rural aspects of the area in the boys' department and of good housekeeping in the girls'.

The H.M.I.'s report for the July 1902 said of the boys' department,

"This is a very efficiently managed school and the results are eminently satisfactory. The Staff are indefatigable in their efforts to improve the work."

And in the girls' department

"Order and neatness called for specially favourable notice and class changes are quietly and smartly effected. Strenuous efforts have been made to impart instruction on broader and more educational lines, to awaken more interest on the part of the girls, to give more variety to the routine and generally to bring the methods into conformity with the spirit of the current code."

The Code being the regulations set down by the education department in London.

The following entry in a school log book is a brief but ominous one,

"Week ending April 10th 1903. The Board held their final meeting on Monday evening as the East Riding County Council are taking the Management of the Schools."

As described earlier, the Education Act of 1902 abolished the School Boards and made the local councils responsible for schools as well as offering financial help to some grammar schools in exchange for a number of free places to be competed for in the elementary schools at eleven years of age.

Local Authorities

Gone then were the local, usually friendly, school boards to be replaced by a Local Education Authority. There was no big upheaval at Hallgate, things continued much as before except for the axing of a lot of the day and half-day holidays traditionally awarded. Old School Board members still visited the schools and the local clergy continued their interest. Mr. D. Stonehouse, Chairman of the School Board and a member since its beginnings, died in 1901 and so did Rev. H. P. Ramsden. Both men devoted many years to the welfare of Cottingham children and a good response was received for donations for wreaths for them.

Even though things carried on much as before, a certain sense of unease is noticeable in the log book entries. A shift in attitudes is detected; many references to visits from the East Riding Council officials, instructions, circulars, advice, notices, new bye-laws and so on; a feeling of the stamp of higher authority put firmly on the day to day running of the schools. Gone was the more informal approach of the old school board days - there is a sense of irritation with the new set-up - new brooms sweeping clean - out with the old and in with the new - the Head teachers suddenly found themselves deluged with the extra unaccustomed paper work; bureaucracy had arrived! The Heads had been so used to the instant accessibility and friendly cooperation of the Board members that this sudden cold, remote, faceless machine was disturbing. However, adaptation was the order of the day and, as ever since, school heads and staff responded well.



Pictured above is the original boys' department

Mixed Social Backgrounds

Hallgate, schools drew their pupils from a mixed social background. In the days of the voluntary and board schools education offered was basic at first, elementary, and was an end in itself not a preparation for secondary education as now, although some children did go on to secondary education. But as the years went on the status of many schools was raised by their own efforts attracting and keeping middle class pupils who stayed on until thirteen or fourteen years old and got a good education.

Many poor families

But many families were not well off and Cottingham, like everywhere else, had its share of poor homes. For example, Mrs. Moorby records in her log book in the early days -

"Have had several requests from poor parents for old boots for their children. Have solicited aid from several well to do people and supplied two children with boots better than those they have been coming to school in. It is a sad sight to see little ones coming through snow and sleet with their toes peeping out of their boots. Had to dry several pairs of stockings at the fire yesterday."

Conversely, Mrs. Holmes records strong objections from some parents about their daughters having to take part in a course of laundry work introduced in the department. She forwarded the complaints to County Hall. I wonder what the answer was!

Mr. Moorby continued with his favourite lessons, singing and natural science. "Std. V1, V11, had lessons in the fields and lanes this afternoon. The trees, flowers, drains, wind and weather, birds etc., came under their observation and the boys made notes of all they saw or were told. The boys were highly pleased with this innovation."

Merger of classes

In April 1904, 218 boys were on the role and on 1st July 26 more were admitted from the infants. The Staff consisted of Mr. A.B. Moorby, Headmaster, Miss Baker teaching Std.1 Miss Youngsten Std.11, Miss Rodmell Std. 111, Miss Carmichael Std. 1V, Mr A Shepherd Std. V, and Mr. J.D. Brown V1 and V11, - this last sounds like a lot of boys, but in fact there were not many boys or girls left to go into and ex. Standard V1 class at thirteen years, so usually these classes were merged, with provision made for more advanced work for those remaining an extra year.

Cottingham Neighbourhood Action Team (NAT) has been launched in the Village

A new crime reduction action group has been launched in Cottingham. The first of its kind in the village, the Cottingham Neighbourhood Action Team (NAT) is based on a Home Office initiative to enable the community to support the work of the local Neighbourhood Policing Team.

Helen Wheeler-Osman, Community Development Officer for Cottingham, who organises the team said: "Tackling crime in Cottingham is no longer just the responsibility of the police. The Cottingham NAT brings together local organisations that represent the community and are keen to actively work with the police to reduce crime".



Pictured above is Helen Wheeler-Osman the Community Development Officer for Cottingham.

Membership of NAT includes the local police, PC Steve Morley and his team, local (East Riding of Yorkshire) ward and parish (Cottingham Parish) councillors, Humberside Fire and Rescue, Churches Together, Haltemprice Crime Prevention Panel, Cottingham High School, the ERYC and local youth workers.

The Cottingham NAT is keen to recruit more members. "No matter if you are involved in social clubs, faith groups, sports clubs, local business, education, Parish Council, Neighbourhood Watch, or if you are an interested resident, you can help make a difference through active participation", said Miss Wheeler-Osman.

The Cottingham NAT can bid for funding to support their work

from the Safe Stronger Communities Fund, the Children's Fund and the Youth Opportunities Fund. The NAT also makes use of the resources, time and skills of its members to deliver the priorities.

"At each meeting we look at the crime statistics for the previous month and the overall trends and set our priorities accordingly", she added.

The Cottingham NAT sets both long and short-term targets to reduce crime and disorder in the area. A number of priorities for the area have already been chosen. The first is to try to address under-age drinking in the village and raise awareness that it is an offence to buy or give alcohol to under-18s. "We are also looking to divert young people into more positive activities", said Miss Wheeler-Osman.

The second priority is to reduce criminal damage and clean up the area through a number of initiatives. "We are trying to collate a database of areas of criminal damage or sites of concern across Cottingham on which we can then focus our cleaning up efforts", she added.

The community is encouraged to report instances of criminal damage to Humberside Police 0845 60 60 222, and/or, where possible, photograph the damaged property and email with the address to safe.communities@eastriding.gov.uk

Miss Wheeler-Osman added that, later this year, NAT will be looking to recruit volunteers for designated days of clean-ups around the village.

If you are interested in community safety and/or would like to volunteer towards clean-ups or the wider remit of the NAT, contact Miss Wheeler-Osman on 01482 391015 or email helen.wheeler-osman@eastriding.gov.uk

Haltemprice Art Group 60th Exhibition winners

Following the Haltemprice Art Group's 60th Annual Exhibition (Cottingham Civic Hall March 28th to 31st), Here is a list of the trophy winners:

Armstrong Trophy Best Watercolour Carole Davidson; Cochrane Cup Best painting in oils Herta Jurevics; Hipson Trophy Best work in pastels Olive Hickson; Bagnall Cup Best work in mixed/other Media Mari Atkinson; Walgate Cup Best still life or flower study Shirley Stinchcombe; Ada Walker Memorial Trophy Best portrait of person or animal Eileen Fewlass; Nicholson Cup Adjudicator's personal favourite work - Doreen Dawson; H.H. Rodmell Cup Best progress made during the year Barbara Bauckham

If you require further information please contact Mrs Jackie Churchman (Publicity Officer) on 01482 866783 or Mrs Tillotson (Secretary) 01482 352840.

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Charities Make a Dream and Macmillan Cancer Support share £4,900 raised by Cottingham Parks Golf Club Captains in 2006

Two charities - Make a Dream and Macmillan Cancer Support - have benefited from an equal share of almost £4,900 raised by Norman Loughlin and Kath North, from special activities when they were captains at Cottingham Parks Golf Club in 2006.



Norman Loughlin (right) presents his cheque for £2,446 to Francine Levin (centre), founder of Make a Dream. Also in the picture are Kath North (left) and Dawn Nicholson, from Sutton Park. She is a trustee of the Elizabeth Winter Memorial Fund, which also contributes to the charity. Elizabeth Winter, who died from leukemia in 2001 at the age of 11, was Mrs Nicholson's niece.

Francine Levin, Leeds-based founder of Make a Dream, which funds the dream requests of sick and terminally-ill children throughout Yorkshire, and Karina Stead, York-based fund-raising manager for Macmillan Cancer Support, were each presented with £2,446 at a special ceremony at the Woodhill Way club.



Karina Stead (centre), fund-raising manager for Macmillan Cancer Support, receives Mrs North's cheque for £2,446. Norman Loughlin is on the left.

Make a Dream was Mr Loughlin's selected charity, while Mrs North chose Macmillan Cancer Support as the beneficiary from their joint fund-raising activities.

There was praise for the support which the captains had received from club members - particularly from former captains Ken Hilton and Brian Tunley - in the running of their many activities.

Mr Hilton organised a series of quiz-nights, while Mr Tunley was the driving-force behind a highly-successful Pro-Am tournament.

Mrs North also paid tribute to members of the ladies' section, who had helped with several other activities, including raffles, a fashion show and a murder mystery night.

Seafarers UK Charity Fun Walk held at King George V Playing Fields

On Sunday 1st of April the East Yorkshire branch of Seafarers UK organised a fun charity walk starting from King George V playing fields, along Park Lane, skirting south of the golf course and back down Harland way.

Billed as The Great Cottingham Push participants and their families trundled push chairs, wheelie bins, wheel barrows, golf trollies and even a TV stand made up to represent a boat. These were all festooned with balloons and other paraphernalia. Prizes were given for the best turned out vehicles and team.

Everyone thoroughly enjoyed themselves and fully entered in the spirit of the occasion with the Humberside Scout Communications Team kindly assisting in the martialling.

Sponsorship is still rolling in and it is hoped to repeat the walk around the same time next year.

Seafarers UK is an umbrella charity giving donations to needy Seafarers organisations of the Royal Navy, Merchant Navy, and Fishing Fleets.

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King George V Playing Fields Friends win Community Project Award

Cottingham's King George V Playingfields Friends Group have won the Community Project category in East Riding of Yorkshire Council's Sports Development Service Recognition Awards scheme, formerly the Sport and Play Awards. The group's vice-chairman Gary Cooper and secretary Jan Rodgers received the award from Coun. Hilary Saynor, chairman of the ERYC, at a ceremony at the Beverley Leisure Complex.



Pictured above are the Group's Vice-Chairman Gary Cooper, Secretary Jan Rodgers receiving the award from Councillor Hilary Saynor.

Meanwhile, Friends' officials are due to meet with ERYC officers at the Cottingham Parish Council offices on Monday, May 14, to discuss future plans for the Cottingham Sports Pavilion at the playingfields, off Northgate, which was severely damaged by fire earlier this year.

East Yorkshire Embroidery Society (E.Y.E.S.)

The Society's main exhibition has been held at Beverley Minster since 1991. This year our exhibition will be in Beverley Art Gallery, with workshops and demonstrations. In addition the Society is regularly represented at local galleries and textile fairs.

This summer EYES celebrates twenty five successful years. A friendly and lively society, with a current membership of 155, EYES welcomes members and guests to its regular meetings on the second Saturday of the month. The highlight of the afternoon is the talk from the guest speaker, as part of a wide-ranging programme, including national names, rising stars and occasional contributions from the members. A display of members' work is always on show, the extensive library is made available and the sales table provides another attraction.

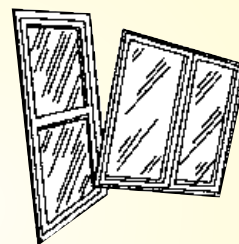
In addition to the meetings, there are day schools and a residential weekend. Regular excursions to places of interest to stitchers are arranged, where culture (and opportunities for shopping) provide a stimulating day out. EYELETS, the junior branch of EYES, caters for young people between the ages of six and sixteen. They meet during the school holidays to experiment with various textile and craft techniques in Cottingham.

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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.

During Myeloma Awareness Week from 21-28 June, Tony and Anne will be displaying bright orange Myeloma UK posters, and merchandise around Cottingham. In a recent survey, only 3% of

the UK population could identify what myeloma is, so the aim of the week is to change this and to educate people about the symptoms of myeloma as well as the impact the disease has on patients and their families.

The bright orange merchandise is being provided by Myeloma UK, the UK's only charity dedicated to providing information and support to those affected by myeloma. Myeloma is a devastating form of bone marrow cancer affecting between 15,000-20,000 people in the UK. Patients commonly suffer bone pain, fatigue and infections. There is no cure available yet although treatments are improving, increasing patients' life expectancy and improving their quality of life.

Tony and Anne decided to participate in the awareness week because they are personally affected by myeloma.

Tony and Anne will be undertaking various activities during Myeloma week.

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 and Spectrum Video

Dunswell: The Ships Quarters Motel and Ings Lane Garden & Water Garden Centre

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.



Myeloma

- Myeloma is a cancer of the plasma cells. Plasma cells are found in the bone marrow and are responsible for protecting the body against viruses and infections. In myeloma, a single defective plasma cell (a myeloma cell) multiplies rapidly, disrupting the immune system and displacing the healthy bone marrow. The myeloma usually appears in several areas of the body, which is why it is sometimes known as multiple myeloma.

- The most common symptoms include severe pain, bone fractures and fatigue.

- There are nearly 4,000 new cases every year and 15,000 to 20,000 people have myeloma in the UK at any one time. Myeloma accounts for 15% of blood cancers and 1% of all cancers.

- Public awareness of myeloma remains low (only 3% of the population know what it is) despite the fact that it is more common than most individual forms of leukaemia.

About Myeloma UK and Myeloma Awareness Week

- Myeloma UK is the only charity in Europe specifically dedicated to myeloma patients, carers and health professionals. It was established in 1997.

- UK Myeloma Awareness Week takes place annually on 21-28 June. Its aims are to raise awareness of this little known cancer and to bring in vital funds for research into the disease

- Further Information contact Sara Smith, Myeloma UK, 0131 5573332 or sara@myeloma.org.uk.

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TEN-DAY CLEAN FOR CHURCH

The parish church of St Mary's, Cottingham, is scheduled for a thorough cleaning from the top-most part of its timbered roof to the stone-flagged floor and for this purpose the services of a midlands firm who specialize in this type of work have been enlisted.

Every nook and cranny of this magnificent 600-year-old church will be freed from dust by means of a powerful motor-suction plant. The work is to begin during the first week of January (1953) and will take about 10 days to complete.

The contract has also been placed for cleaning and overhauling of the church organ which is acknowledged to be one of the finest instruments in the district.

During recent years, much dust and dirt has penetrated into the pipes and mechanism of this fine instrument and a leading firm of organ-builders in Liverpool, who have a renowned reputation for their work on cathedral and church organs, have been entrusted with this delicate work which will entail the complete stripping down of the pipes and mechanism, re-assembling and tuning and the fitting of a new pedal board. In addition to all this, woodworm has seriously attacked the framework of the organ and special treatment is to be given.

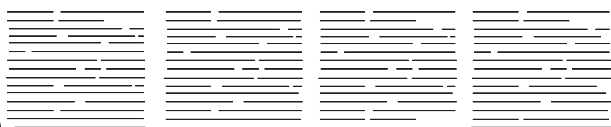
The cost of these two major operations within the church is likely to be around £800.

WATER SHORTAGE HITS COTTINGHAM

In recent weeks, the Cottingham water supply has been severely affected and owing to the shortage of summer (1952) rain, several inhabitants have been without water in their homes.

There have been shortages on other occasions, but there was an abundance of water in 1912 when, after a cloudburst over the nearer reaches of the Wolds, the Cottingham becks and drains became congested with rubbish and the water, not being able to get away, overflowed into the streets. In some places, the depth was several feet.

Mr Stephenson, of Crescent Street, remembers the occasion and says that in Crescent Street and George Street, washtubs, brooms and any floatable objects were carried away on the strong current.



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SIX SHOPS FOR BACON GARTH -

First built in Haltemprice since the war.

The Ministry of Housing and Local Government, having granted permission for the erection of six shops on the Bacon Garth Estate (1952), marks a special item of news, inasmuch as this is the first time since the war (Second World War) that approval has been given for the erection of shops.

Previously, the Ministry has always maintained that houses were of primary importance.

As the estate is so far from the main shops of the village, the decision of the Ministry will be all the more welcome to the residents of that area and particularly to those elderly folk who find the journey to the village fatiguing.

DOORWAY DISCOVERY

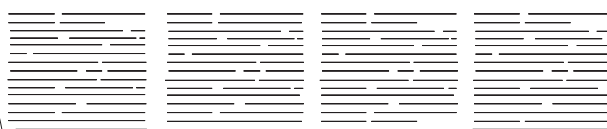
A discovery in 1914 by the late Mr W Sykes of two doorways behind the organ in the east wall of the North Transept of St Mary's Church, Cottingham, was confirmed last month (January 1953) when the organ was dismantled for cleaning.

Four feet of one doorway, extending below the floorboards can be seen, and is plastered over flush with the surrounding stonework. It is about three feet wide.

Before the outside door into the tower staircase had been built this was the only means of egress to the belfry and clock.

The second doorway, about 10ft higher, recedes slightly into the wall, and its appearance suggests that it is of a fairly modern construction. This doorway is filled with blocks of well-dressed stone and was probably a means of access to a second storey in the North Transept.

Footnote: Now that these doorways have been covered up, it will be many more years - in fact, until the organ is dismantled once more - before they will be seen again from the North Transept.



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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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Matt's Monthly Motivation

By Matt Burton



Most of my articles to date have revolved around physical and mental wellbeing, but this month's edition is slightly different. I like to think of it as a prevention rather than a cure...

Many of our daily challenges can stem from interaction with the people around us. Whether it be a heated discussion or a simple misunderstanding, people can be complicated things to understand. The purpose of this month's article is to improve the way we communicate with the people around us. Let me start with a researched and proven statistic:

7% of our communication involves actual words.

38% of our communication is verbal. This accounts for pitch, speed, tone and volume of voice.

55% of our communication is visual. In other words our body language.

Body language is the meaning behind the words or the "unspoken" language. This unspoken language isn't rocket science. However, there are some generalizations or basic interpretations that can be applied to help with the understanding or translating of these unspoken meanings. Here are some basics below.

Eyes: If you don't look someone in the eyes while speaking, this can be interpreted as dishonesty or hiding something. Likewise, shifting eye movement or rapid changing of focus/direction can translate similarly. If more than one person is present in a group, look each person in the eye as you speak, slowly turning to face the next person and acknowledge him or her with eye contact as well. Continue on so that each person has felt your warm, trusting glance. Some suggest beginning with one person and moving clockwise around the group so that no one is missed, and so that you are not darting around, seemingly glaring at people.

Attention Span / Attitude: Other people can tell what type attitude you have by your attention span. If you quickly lose focus of the other person and what is being said, and if your attention span wanders, this shows through and makes you seem disinterested, bored, possibly even uncaring.

Attention Direction: If you sit or stand so that you are blocking another in the party, say someone is behind you, this can be interpreted as rude or thoughtless. So be sure to turn so that everyone is included in the conversation or angle of view, or turn gently, at ease and slowly, while talking, so that everyone is incorporated, recognized and involved in the conversation. Again some suggest the clockwise movement when working a group.

Arms Folded / Legs Crossed: This can be seen as defensive or an end to the conversation. So have arms hang freely or hold a glass of water, a business card or note taking instruments while communicating with others. Be open with open arms. Note: If you need to cross legs, cross at your ankles and not your knees. Sitting tightly folded up says that you are closed to communications.

Space / Distance: On the whole, people like their own personal body space. Give people room and keep out of their space. Entering to close can be intrusive and viewed as aggressive.

Leaning: Sitting or standing, leaning is viewed as interest. In other words, an interested listener leans toward the speaker.

Note other peoples body language: While you are with others, note how their bodies read. If a person suddenly folds their arms across their chest and begins shaking their head "no," you've probably lost them and it'd be wise to change the topic. If however, they're leaning towards you then you've got them where you want them!

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Crossword Solution from page 16

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