



Gottingham Times

Issue 72 - November 2007

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COTTINGHAM TIMES

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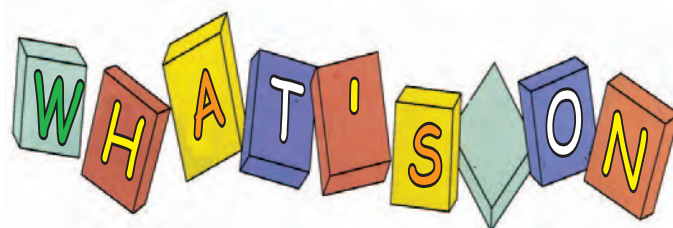


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In Cottingham and District

Cottingham British Red Cross

Weekly meetings on Tuesdays in the Methodist Church, Hallgate. New Volunteers and Friends Welcome.

East Yorkshire Federation of Women's Institute Cottingham Green

Thursday November 8th, Fun, Demon Drink, Mr. E. Longbottom, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 8th November, Peter Key (More Flowers, Gardens, Scarecrows and Lord Nelson, at 2.00 pm in the Darby & Joan Hall, Finkle Street, Cottingham.

Cottingham Catholic Women's League

Monday 12th November, Hull's War Time Christmas, Mr. K. J. Thomas.

Cottingham Civic Society

Monday 12th November, Raising Design Quality, Chris Lamb (The Architecture Centre for Hull and the Humber (ARC)), Darby & Joan Hall, Finkle Street, 7.30 pm.

Cottingham Women's Institute

Tuesday 13th November, at 10.00 am upstairs at Cottingham Civic Hall.

Cottingham Men's de Luda Society

Wednesday 14th November, Dr. H. Livas-Dawes, Adventures of an International Journalist, in the St. Mary's Church Hall, at 2.00 pm.

Diabetes UK

Thursday 15th November, Age Concern Representative, at the Board Room, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.30. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 844284 if transport is needed.

East Yorkshire Association (The National Trust)

Thursday 15th November, 7.30 pm in the Civic Hall, Market Green, Cottingham. Mr. J. Thomas "Write Me A Poem, Gov", Experiences and Incidents while Teaching in HM Prison, Hull. Mince Pies with the coffee to anticipate the festive season.

Darby & Joan Club

Saturday 17th November, Annual Autum Fayre, Finkle Street at 10.00 am. Admission 20p, various stalls, raffles, tombola and tea/coffee.

The Rotary Club of Holderness

Saturday 17th November, Craft Fayre, in the Cottingham Civic Hall, 10.00 am to 4.00 pm. 20 plus craft stalls, cake stall, books, tombola, refreshments. Something for everyone. Admission 30p, all profits to Rotary Charities.

Skidby Village Hall & Institute

Saturday 17th November, Christmas Craft Fayre (10.00 am to 3.00 pm).

Wolds Lacemakers

Saturday 10th November, Annual Lace Day at the Hessle Town Hall, South Street, Hessle, 10.00 until 4.00 pm, Speaker Gwynedd Roberts. Tickets £3.50. Enquiries: J. Adkins, Tel. 01482 346123.

Front Cover Picture: Is a picture of the Cottingham Lights 2006 looking down Hallgate. The photograph was taken and kindly supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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In Cottingham and District

East Riding Flower Club

Monday 19th November, Micheal Bowyer (National) "Christmas Demonstration" Open Meeting, refreshments, 12.30 pm to 1.30 pm, doors open 12 noon, Civic Hall Cottingham.

Cottingham Gardening Club

Tuesday 20th November, 7.30 in the Garden Room, Holy Cross Community Meeting Room, Ron Mawer, Demonstration on Forcing Bulbs and Wreaths.

Cottingham Evening Townswomen's Guild

Wednesday 21st November, at 7.30 in the Darby & Joan, Finkle Street. Christmas Nostalgia, Terry Richards.

Cottingham Combined Charities

Saturday 24th November, 36th Annual Christmas Fayre, Civic Hall, Cottingham at 10.00 am to 4.00 pm. Admission 20p, Cafe all day. Father Christmas 11.00 am. Charity Cards, Gifts, Cakes, Preserves, Books etc. for sale. 25 registered charities taking part.

Wednesday Social Club

Wednesday 28th November, at 2.00 pm in the small Darby & Joan Hall, at the rear of the building, Valerie Billham - Xmas Crackers.

Hull and Holderness Branch, British Sugar Guild

Saturday 1st December, 2.00 to 4.00 pm., The Terrace, Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham. Rosemary Cook "Chinese Lanterns and Honesty".

Haltemprice Lions

Saturday 8th December, Christmas Craft Fayre, to be held at the Civic Hall, Cottingham at 10.00 am. Over 25 stalls of Christmas gifts, refreshments available all day. Admission 25p per person.



King William IV

Friday 16th November - Springboard Open Mic Night, 7.30 pm, Free Admission.

Saturday 17th November, 9.00 pm. Union Blues Band, playing Chicago style Blues.

Every Tuesday - Quiz Night 9.00 pm

Every Thursday - Hot Lemon Jazz Band 8.00 pm

The Blue Bell, West Green, Cottingham

Open Mic Nights Every Other Wednesday

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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New York by Silverjet - what a way to go

By Marion Owen

Imagine pulling up at a private terminal, luggage and car taken from you and relaxing in a comfortable lounge with every amenity and your boarding cards been brought to you. Welcome to the world of Silverjet who offer just 2 routes from Luton, New York twice a day and Dubai once. The drive to Luton is worth it for the sheer Silverjet (luxury) experience from start to finish.

For our brief time before boarding I took advantage of the WI-FI and did some long overdue research on New York as in a few hours we would be arriving.

The whole aircraft is fitted with almost flatbeds perfect for catching up on sleep whilst in the air that is if you can resist the wonderful service on board. To my glee a back massage is fitted into each seat perfect for my aches and pains. Champagne and warm nuts were served before take off. Food throughout the flight was prepared to order and truly restaurant standard, after four courses helped down with several glasses of Pinot Grigio I was really in holiday mode. A couple of films later plus a few winks we arrived in Newark refreshed having enjoyed every minute of the pampering.

Although it was raining on our arrival our next two days in New York were just like summer with temperatures in the high 70's. The Taxi from Newark was approximately £40 to our hotel in Lower Manhattan from JFK it is around £30.

Our hotel was just steps away from Ground Zero and a great area for joggers as the waterfront walkway to Battery Park was just across the road. The rooms, all suites were comfortable offering accommodation for up to 6 guests. A bonus was full breakfast included and a manager's cocktail party each evening!

On our first morning we wandered along the waterfront path to Battery Park in hopes of catching a ferry to Liberty & Ellis Island. By 9.30am we had purchased our \$12 ferry tickets and were on our way. My camera clicking at every turn, walking around Lady Liberty towering high above us made me feel minute.

Ellis Island was extremely interesting, this was the first step for early immigrants onto USA soil, and here we took a free tour with a Park Ranger. Known as the Island of tears (sorrow & joy) steerage passengers were all vetted before entry was granted (1st class wealthier arrivals were directly landed on lower Manhattan). Many people could not speak English, families being separated, anyone of ill health being sent to the hospital on the Island.

As we sailed back to Manhattan the scene was perfect, click-click-click! We wandered along Broadway to Wall Street cutting back across via Century 21 and ground zero back to our hotel. We were thoroughly exhausted but had a fantastic day.

After New York we took a 6 night cruise to New England unfortunately on our return to New York the weather was not so kind but with our luggage stored we spent time in Grand Central Station a glorious sight, did a spot more shopping and had a leisurely lunch in Bloomingdales.

New York is a big place and has lots to offer whatever the weather. To make the most of your time I can customise itineraries depending whether it is your first visit or you are returning to see more. You will really need at least 2 full days to have a glimpse of the major sights, 5 days to do the city well but I am sure you will always want to pop back it's a very magnetic city with lots of events taking place year round and of course the shopping!!!



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Superb new Lempicka Café at Skidby Mill



Lempicka Continental Café and Choclatier in Wednesday Market Beverley has, in recent years, built a reputation for high quality food and beverages. The charm and appeal of the Café is further enhanced by its historic and picturesque setting near the Minster.

Aletia Kent, owner of Lempicka, realised a difficult challenge lay ahead in locating a suitable environment for her new venture - "emulating the atmosphere enjoyed by the customers at Beverley was essential" emphasised Aletia.

So when the opportunity arose to acquire the premises within the site of the Skidby Mill there was no hesitation.

The Courtyard Café, as it was formerly known, had been closed for some time when Aletia took over. Tasteful decorations have been undertaken whilst maintaining the rustic charm associated with a building that is essentially still part of the mill itself.

The café, adjoining buildings and of course the windmill are all Grade II listed buildings. The whole site is open to the public as a tourist attraction being run through the Museum service.

Within the grounds of the site the Wildlife Trust have built a garden specifically designed to encourage indigenous species to flourish. Additionally a meadow has been cultivated encouraging butterflies.

Outdoor seating at the café allows people to enjoy the gardens but also the elevated point of the Mill allows unsurpassed views of the Wolds.

The whole area is a family friendly environment with the café

providing kiddies menu options in addition to ice creams. High Chair and baby changing facilities are also provided. Ample parking facilities are available however as the mill is some distance from any vehicles children are able to explore the site and surrounding fields in complete safety allowing parents to relax in comfort.

Lempicka prides itself on producing quality food, freshly prepared and made on site.

In addition to a comprehensive menu, 'specials' are posted daily on a board.

The large selection of cakes and scones are all homemade and have already gained a reputation for pure indulgence.

Aletia understands that nowadays people are very discerning when it comes to an appreciation of what makes good coffee. "I strongly believe we serve the best coffee in this region" Aletia expressed confidently.

In addition all her staff members are trained Baristas ensuring that the coffee is produced and served at the optimum temperature and quality.

A large selection of teas are also available as well as Hot Chocolate for those cold winter days.

All food and drink is available as a take out option.

Hand made Dumon Belgian chocolates are available and can be elegantly wrapped making a perfect gift for any time of the year.

Lempicka is open from 9.15 am - 5.00 pm Tue-Sun. The café closes on Mondays unless a Bank Holiday.



Cottingham Parish Council



PCSO's report to Parish Council

Because of other commitments, village police representatives were unable to attend Cottingham Parish Council's October meeting. But in a later statement, Police Community Support Officer (PCSO) Mark Bentley announced that PC Tracey Chaney - she has 19 years' service with Humberside Police and has been involved in Neighbourhood Policing for three years - has joined the Cottingham Neighbourhood Policing Team. (CNPT).

PC Chaney, together with PCSOs Mark Bentley and Lindsay Sewell, will be responsible for the Cottingham North Ward, with PC Steve Morley and PCSOs Michael Dale and Scott Foster looking after Cottingham South Ward.

Although it appears that Cottingham is divided into two wards, the officers have responsibilities which cover the whole area and any resident with any concerns is asked to contact either of the PCs or any of the four PCSOs.

PC Chaney is also appealing for any information - which will be treated as anonymous and confidential - in connection with drugs misuse in the Cottingham area.

Rat infestation at King George V allotments after flooding

Many tenants on the 94-plot allotments site to the north of King George V Playing fields, off Northgate, had lost crops - particularly sweet corn - following an infestation of rats after the summer floods, it was reported to parish councillors at their October meeting.

Judith Macklin, Clerk to the Cottingham Parish Council, pointed out that the maintenance budget for allotments was low because a great deal of work had been carried out on the site in the current financial year. But it was unanimously agreed that the necessary steps to solve the problem should be taken and funded out of unspecified reserves.

The cost includes three humane traps (£17 each) and £50 payment to Stephen Edmond, of Cottingham, to bait the traps, visit them daily for two weeks and, where necessary, re-bait and re-set them before humanely disposing of the vermin. It was also agreed that, if needed to eliminate the scourge, the Clerk could authorise Mr Edmond to continue his work for another two weeks.

Twenty-five sites suggested for Council funded tree planting

Approximately 25 sites - the list has been compiled mainly from suggestions by the 10 councillors and a sites visit by Mike Brown, of the East Riding of Yorkshire Council (ERYC) - have been identified for the Cottingham Parish Council-funded tree-planting project, which is being undertaken during the autumn and early winter period. The list of sites, which was approved by councillors at their October meeting, can be seen at the council offices (9 The Cottages, Market Green), which are officially open 11am to 3pm from Tuesday to Thursday each week.

Possible restructuring of some committees

Coun. Angela DeVine, Chairman of the Cottingham Parish Council, which has been in existence for eight years, has asked representatives to consider if a review of the responsibilities of various committees - and frequency of meetings - is now required. In the main, the committees were set up at the time the authority was formed. The matter has been added to the agenda for discussion at the full council's November meeting.

Parish Council Social Evening invitations to be sent out early November

Coun. Ann Abel, who is co-ordinating arrangements for Cottingham Parish Council's annual Social Meeting, which will this year be held on Thursday, December 6 in the Finkle Street Darby and Joan Hall, reported that preparations are running smoothly. Coun. Abel, who expected invitations to be sent out early this month (November) said that, because there had been problems in hiring glasses last year, she is looking into the possibility of providing good quality glasses for next month's get-together.

Concerns growing over increase of large delivery vehicles on village centre roads

Concerned about the number of large delivery vehicles using routes which include village centre roads, the Cottingham Parish Council is to approach several major companies and ask them to contact their suppliers and provide them with a map giving directions to their premises which would help them to avoid the village centre

Council set aside £20,000 for ditch and dyke cleaning

Cottingham Parish Council have set aside £15,000 to add to the £5,000 for ditch and dyke cleaning which is being provided to the village by the ERYC - the authority is providing a similar amount to each parish or town affected by the summer floods - to start the process of trying to alleviate the possibility of future problems.

The decision follows a report by Coun. Don Hardwick on a mid-October meeting of the village authority's recently-formed Drainage Committee, which was attended by Andrew Milner, Assistant Chief Executive of the ERYC.

Parish Authority budget set

It was unanimously agreed at the October meeting of the parish authority that the budget for the financial year to March 31 2009 should be set at £142,675, with an unchanged precept of £112,150.

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Full boxed set of Cottingham Plates to be auctioned in aid of West End Cottingham Lights Funds

A full set of five boxed Cottingham Plates (as new) are to be auctioned by Evans Hairdressers, 203 Hallgate, Cottingham, in aid of the West End Cottingham Lights.

Bids for this superb Limited Edition of Cottingham Plates have to be sent to Evans Hairdressers, 203 Hallgate, Cottingham no later than the 15th December 2007. The highest bid wins the set of plates.

Earlier in the year a single Cottingham Plate was sold for over £30.00. These are a superb example of Cottingham Plates and well worth your interest . . . so place your bids NOW!

Garage desperately wanted for Market Traders in Cottingham

The Market Traders desperately require a garage anywhere in Cottingham which they can use every Thursday (Market Day), to store their stall equipment.

The traders have to be out their current garage which is being demolished in December. The garage would only see activity on a Thursday for unloading in a morning and for storing after the market has finished for the day.

If they are unable find a suitable garage this could have a serious impact on whether the market can be held on a Thursday.

So if you have a vacant garage which the Market Traders can use please contact Ann Abel on 875489.



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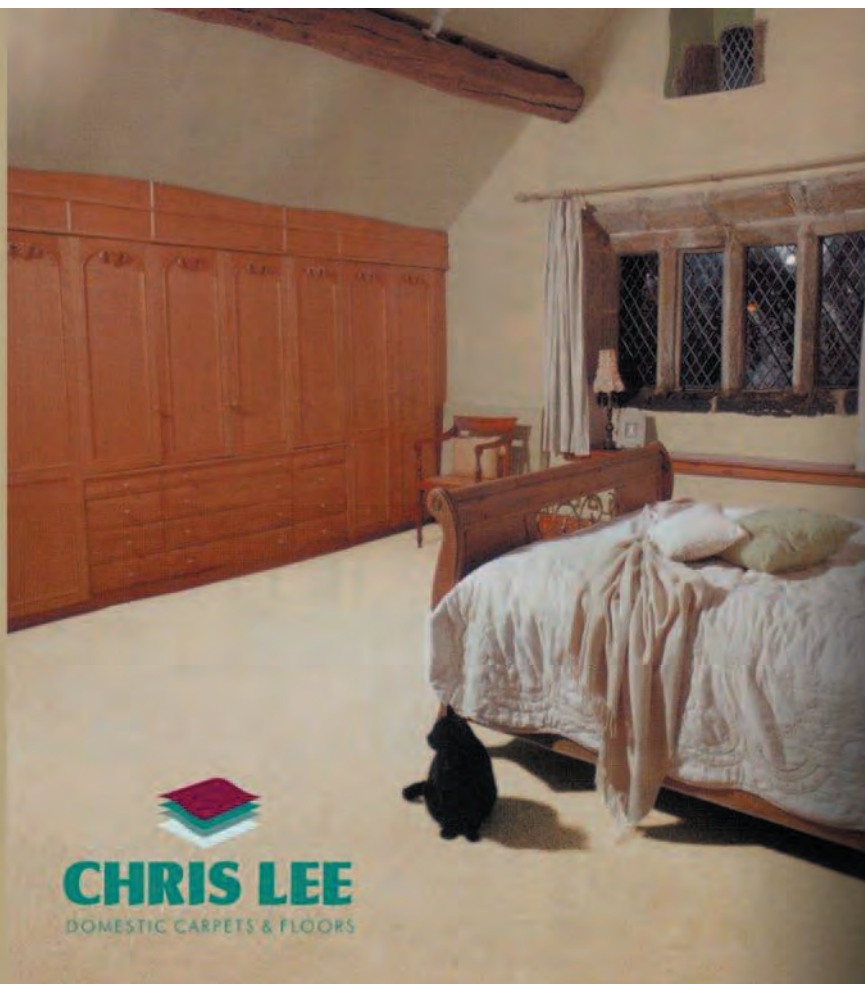
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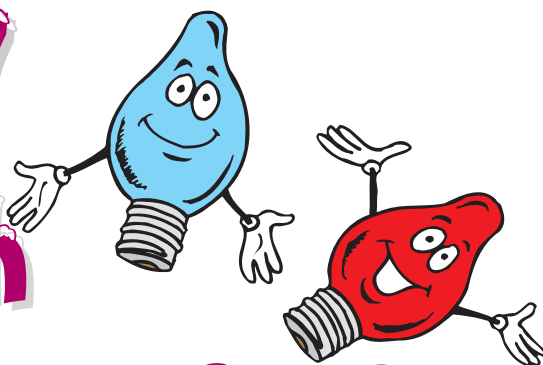
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Switch-on 2007

November 19th

Don't Miss It!



The 26-year history of Cottingham's Christmas Lights will be spanned when three five-year-olds - Alexander Stott, Jack Thompson and Murron Cruikshank - switch on the illuminations for the much-vaunted festive-season spectacular on Monday, November 19, at 7pm.

Alexander is the grandson of Frank Pullan, the former owner of the Hallgate butchers which still bears his family name, who was a founder-member of the lights organising committee.

Jack, who lives in the Bricknell Avenue area of the village, is the grandson of Harold "Lal" Kirby, chairman of the Hallgate Section of the lights, with which he has been closely involved since the first celebrations in 1981.

Murron is the daughter of Gordon Cruikshank, of Devon Street, who has been a hard-working member of the lights committee for almost 10 years.

The youngsters will be accompanied on the switch-on rostrum, opposite the Memorial Gardens in Hallgate, by BBC Radio Humberside presenter Steve Massam, who lives in Cottingham,

and who will be Master of Ceremonies - a duty he has undertaken for many years.

After switch-on night, the lights will be in daily operation from mid-afternoon until early January, but they will be switched on all day on Saturdays and on Christmas Eve.

Two years ago - and following requests from many Cottingham traders to extend the celebrations in the run-up to Christmas - the traditional switch-on date was brought forward a week. The move was successful and the earlier date is now carved in stone on the village calendar.

After year-long planning, installation got underway in October, with Hull-based lifting services firm, Peter Hird and Sons Ltd., of English Street, assisting with hoists.

Although the displays this year have not changed significantly since 12 months ago, there has been further massive investment in the lights, which have become a crowd-pulling Christmas highlight and placed Cottingham under a bright and colourful spotlight in the much wider East Riding area in the last 26 years.

A large percentage of the cash injection has been on refurbishment and "unseen" maintenance work. To meet increasingly stringent health and safety requirements, renewal of power supply cables and wiring which carries the festoons - the straps of lamps which criss-cross the streets - has also been a major and costly project. A total of almost £8,000 was spent last year on the renewal of the majority of the festoons.

The hi-tech, energy-saving lamps offer a five-colour sequence change and produce a flowing wave-like effect from the traffic-lights junction to George Street.

As well as adding to the spirit of Christmas and the New Year, it is hoped that, as in past years, the illuminations, which are concentrated on the main village-centre shopping areas - and overlooked from the east by the floodlit towering St Mary's parish church - will again attract visitors and shoppers to Cottingham from throughout the Hull and the East Riding region and even further afield.

In addition to grants from the Cottingham Parish Council to

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each of the three sections - King Street and West End, as well as Hallgate - additional money has been raised from a series of regular annual activities. They include a golf tournament, bingo sessions, a Christmas raffle, as well as a stall, operated by the West End Section, on the village's Thursday Market.

The resurgent children's favourite, Chitty-Chitty-Bang-Bang, the flying car - enhanced by four light-spangled Christmas trees - will this year feature on the roofs of the Chinese and Indian take-away restaurants in Hallgate.

"Chitty" has been moth-balled for many years - Andy Pandey, Postman Pat, Bob the Builder, Bill and Ben, the Flower Pot Men and Weed, as well as Thomas the Tank Engine, have been the focal point of the display since the car last flew from the roof-tops.

Thomas the Tank Engine, which returned in 2006 after a six-year absence, was in need of maintenance and will stay in his engine "shed" this year, said Geoff Kemp, a leading West End section lights official, of Hallgate funeral directors and joiners H Kemp and Son, who has built the displays which have proved to be so popular with generations of youngsters..

Carols and other festive-season music, commencing at 6.30pm, will be provided by the award-winning Cottingham Band on switch-on night when, in addition to a wide variety of side-shows and charity stalls throughout the village, there will be children's fairground rides in Hallgate and on the Market Green, where the trees will be festooned with festive-season lighting.

Street sellers have again been asked to apply for a "Cottingham Lights Official Hawker" badge, and officials have has appealed for the public to buy items only from the official hawkers.

Making a switch-on night debut this year will be the KCFM Radio's promotional vehicle - and stage - which took part in Cottingham Day 2007 celebrations.

Based outside the Duke of Cumberland Hotel on the Market Green, the station's Breakfast Show presenter Steve Jordan will comper the activities - including music and competitions for which there will be prizes - led by the promotion team, who will mingle with the crowds and also collect money to donate to the lights fund.

"We will bring along Father Christmas to meet the children on



what we plan to be a real fun night, said Sarah Harrison, Marketing and Events Manager for KCFM, which broadcasts to Hull and East Yorkshire. She added: "We will interact with the people of Cottingham and our emphasis will be on enhancing what is always a brilliant event".

Throughout the afternoon and evening, village-centre road closures and parking restrictions will be in operation. Parking will not be allowed on the Market Green after 2pm. Road closures, from 6pm until 9.30pm, or at the discretion of the police, will be: Hallgate (from Arlington Avenue to West Green); the George Street junction with Hallgate; King Street, from the junction with Finkle Street to Somerfield's car park, which will be open.

PCSO Mark Bentley, of the Cottingham Neighbourhood Policing Team, said that, throughout the event, police officers and PCSOs, in high-visibility uniform, will patrol on foot to provide the public with reassurance and to prevent any public disorder or alcohol-related incidents. "Our principle intentions are to ensure the safety of persons attending the event and to control the traffic, minimising any inconvenience caused to the general public and other road users", he added.

Officers will deal with any incident promptly and efficiently to minimise disruption to the event and reduce danger to the public, he stressed.

Appeal for Cottingham Light Photographs

Harold "Lal" Kirby, chairman of the Hallgate Section of Cottingham's Christmas Lights, who is planning to compile an illustrated history of the annual festive-season spectacular, is again appealing for photographs from displays since the first celebrations in 1981. The response to his initial appeal last year was disappointing. "We have a range of pictures from recent years, but there is a dearth of photo-memorabilia from the early years of the lights", said Mr Kirby (Tel: 848743), who would like to hear from anyone who may be able to contribute to his project.



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Wordsearch -

Find the "occupations" in the puzzle below

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

Find the words in the letters above:

Accountant, Architect, Artist, Astronaut, Author, Baker, Bricklayer, Builder, Butcher, Carpenter, Chemist, Dentist, Doctor, Driver, Electrician, Farmer, Firefighter, Glazier, Handyman, Journalist, Lawyer, Musician, Nurse, Photographer, Pilot, Plumber, Politician, Sailor, Scientist, Soldier, Tailor, Teacher

Sudoku No. 11 -

This is a medium challenge

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

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Cottingham Scout Group's Christmas Postal service available from Wednesday 28th November

Cottingham Scout Group will again be doing their annual Christmas Post deliveries for the residents of Cottingham. Our boxes will be in the following locations from Wednesday the 28th November.

Barkers, Hallgate*

Beck Bank News*

Castle Park Newsagents* Green Lane

Crafty Creations*, Finkle Street

J&J News* Inglemire Lane

Manna Coffee Shop, King Street

Methodist Church Hall

New Village News*

Salon 36, * Northgate

Somerfield

St Mary's Church Hall* (during coffee morning)

Stamps can be purchased at the shops marked *

The price of the stamps this year will be 6 for £1 and all proceeds will go towards the Scout and Guide Building Fund.

Can I take this opportunity please to remind everyone that our stamps and boxes are only for post that is to be delivered to houses within the boundary of Cottingham and a full delivery address is required. There are a lot of people named 'Pat' in Cottingham and to get the right one would be a miracle! Also please do NOT put cards with our stamps on into a Royal Mail pillar-box; their system doesn't like it and it will cost the receiver to collect it.

Hoping for your continued support, Mike Goldsmith & Kate Moverley (GSL) .



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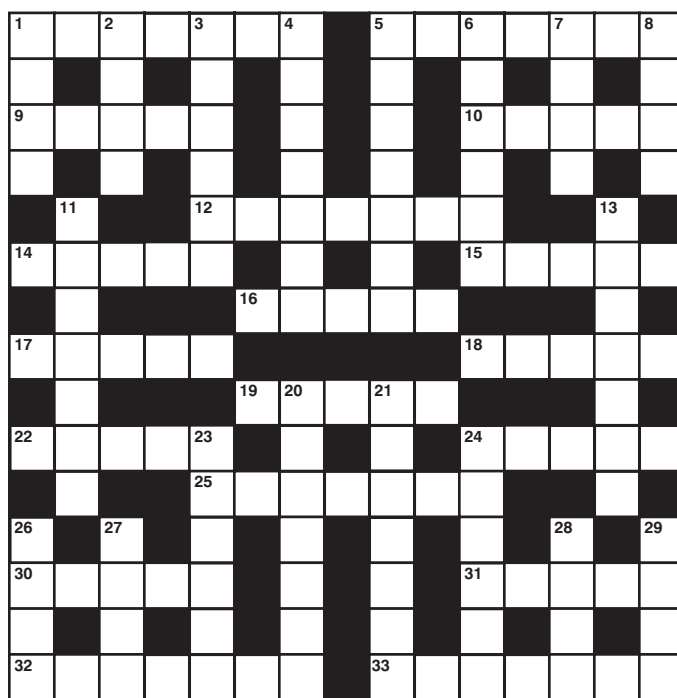
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Crossword - Solution on page 42



Across

1. Tubular meat portion (7)
5. Direction (7)
9. Car-driving children's character (5)
10. Capital city of Egypt (5)
12. Make use of (7)
14. Severe weather (5)
15. Have another go (5)
16. Where Eskimos live (5)
17. Unpleasant garden dweller (5)
18. Curved (5)
19. Less than 90 degrees (5)
22. Fish breathe with them (5)
24. Prismatic gemstone (5)
25. Nine of these in our system (7)
30. Singing drama (5)
31. Shin bone (5)
32. Greyhound cross (7)
33. Never-ending (7)

Down

1. Make music vocally (4)
2. Go back (4)
3. This is often sought, these days (6)
4. Not staying on the issue (7)
5. Roman baby (7)
6. Fires arrows (6)
7. Symmetrical, six-lobed flower (4)
8. Milligan was one (4)
11. Found in the kitchen (7)
13. Weapons factory (7)
20. Angled edge (7)
21. Molasses (7)
23. Make wet (6)
24. This insect causes sleeping sickness (6)
26. Make water bubble (4)
27. Fermented drink (4)
28. Resort town in Argyll and Bute (4)
29. Spherical object (4)

"Crossword provided by www.dowedo.co.uk. Used with permission"

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Accountant Goes Raving MAD!

Kirsty Sutcliffe, previously an Accountant, has downed her calculator to take up a more thrilling challenge after being unable to contain her passion for music any longer! Kirsty is the newest member of the expanding MAD Academy network, and is setting up a franchise in Hull, Cottingham and Beverley.

MAD Academy runs high-energy music and dance classes for babies and children aged 3 months to 5 years. Classes are free spirited and fun, whilst bringing to life the basics of music and dance. The specially designed baby classes are packed full of nursery rhymes and catchy songs aimed at encouraging speech development, while the carefully choreographed actions stimulate baby's physical awareness, control and coordination.

Fascinating props and instruments are used to excite their natural curiosity whilst there are also activities dedicated to stimulating those all important senses. In every baby class there is even an opportunity to master signing with the help of specially written songs.


And it's not just the babies who will be getting all the fun. Children up to the age of five will also be able to get in on the action with classes bursting with energy and music! As well as singing along to some fantastic songs, children get the opportunity to learn specially choreographed dances designed to improve their physical abilities.

There are always lots of musical instruments and props to experiment with and if that wasn't enough, every week there are stimulating games and activities which improve their musicality, listening skills and intellectual reasoning. Classes are always high-spirited and motivational! .

Kirsty will be running classes on 4 mornings a week, from January 2008 and will be running FREE taster classes in December.

Call Kirsty now on 01482 824143 to book or see the MAD Academy website (www.madacademy.com) for details of all classes.

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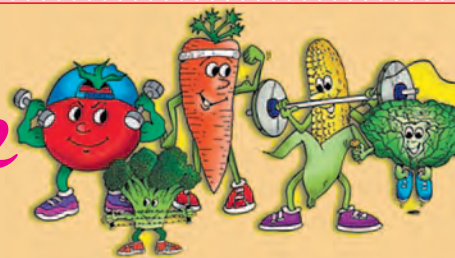
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In the Kitchen



Ingredient of the Month Shallots



Shallots belong to the plant family Alliaceae which includes other plants such as chives, leeks, garlic and onions. The main differences between ordinary onions and shallots are that shallots grow in clusters with the separate bulbs being much smaller than regular onions, usually up to the size of a golf ball, which are attached at the base. Once peeled of the outer papery skin, each shallot divides into cloves in much the same way as garlic. Small shallots will have two or three individual cloves whilst larger ones can have up to six. Culinary wise, they have a finer texture and a milder taste than most onions.

N.B. There seems to be some confusion about names for shallots, in particular Green Onions, Scallions, Bunching Onions and Spring Onions. Shallots are none of the aforementioned, although in some countries they interchange the names willy nilly - adding to the confusion.

Types, Origin and History

Shallots can be divided into two different types: French Grey or Griselle genus *Allium oschaninii* which are considered by many to be the true shallot and *Allium ascalonicum*. Grey shallots have a long bulb, sometimes resembling frogs legs, are covered with grey skin and have a white/purplish flesh whilst *Allium ascalonicum* are generally rounder in shape with a copper/russet or purple coloured skin.

The botanical name *ascalonicum* is taken from Ascalon, which was a town in Palestine, where they were thought to have originated, however it is now believed that they probably came from Asia. Certainly c300 BC the Greek writer Theophrastus referred to them in writings as did Pliny in the 1st century AD. They were first introduced to Western Europe during the 12th Century AD when Crusaders brought them home from Palestinian.

Buying and Storing

Choose dry-skinned shallots that are plump and firm; there should be no sign of wrinkling or sprouting. Store in a cool, dry, well-ventilated

place for up to two months. Refrigeration is not recommended as the cold temperature encourages them to re-sprout. Even if they sprout, you can still use them. Just remove the green sprouts unless you want a stronger flavour.

Shallots can also be peeled, chopped and frozen for up to three months. However, once thawed, they will have a much softer texture similar to that of lightly sautéed shallots.

Shallots in Cooking

The taste of shallots is sweeter and milder than most onions, sometimes with a hint of garlic which makes them particularly suitable for sauces, dressings and raw in salads. They are also excellent added whole to stews and casseroles and are ideal candidates for pickling.

In general, if the recipe calls for one shallot, use all the cloves of the bulb. They cook quickly, retaining their silky texture and work very well in dishes using wine however although they caramelize like onions, it is important to sauté them very gently, as browning over high heat can make them bitter. They can be substituted by leeks or normal onions however the flavour will be much stronger.

Chicken Marengo

Serves 4 - Hot Poultry, Vegetables, Herbs, Alcohol, Stew

Ingredients

4 large Chicken pieces
25g/10oz Butter
1 tbsp Oil
2 Shallots, chopped
1 carrot, sliced
25g/1oz Plain Flour
4 Tomatoes, peeled and chopped
100g/4oz Button Onions
2 teasp Tomato Paste
120ml/4 fl.oz. Dry White Wine
120ml/4 fl.oz. Stock
2 Cloves of Garlic, crushed
3 teasp Mixed Herbs
Salt and Pepper
100g/4oz Whole Button Mushrooms

Instructions

1. Heat the butter and oil in a pan and add the Chicken. Brown over a high heat.
2. Add the shallots and carrots. Sprinkle with flour and cook until it begins to brown.
3. Add the tomatoes, button onions, tomato paste, white wine, garlic, mixed herbs, salt and pepper. Mix well, reduce the heat, cover and simmer for 90 minutes stirring from time to time.
4. Add the mushrooms, re-cover and cook for a further 15 minutes.
5. To serve - remove the bouquet garni and transfer to a warmed serving dish.

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Cottingham Little Theatre present "Cat's Cradle" in the Darby & Joan Hall between November 29 and December 1st

Cottingham Little Theatre will present "Cat's Cradle", a thriller by Leslie Sands, in the Finkle Street Darby and Joan Hall on Thursday, Friday and Saturday (November 29 - December 1).

The cast of eight have all appeared in previous productions. Brian Hossack, who has directed many of the drama group's previous plays, returns to acting, and will line up alongside Lou Wilson, Mark Pennington, Margaret Hoyes, Clare Froud - she will be making her second appearance since joining the group last Christmas - Emily Twigger, Alan Purdue and Steve Barker.

Director is Mike Jackson, who has been a member for several years, but it will be only his second outing as a director for Cottingham Little Theatre.

Stage Manager, for only the second time, will be Gerry Wilson for the "Cat's Cradle" production in which, in a final, desperate attempt to resurrect his career before he retires, Detective Inspector Frost re-opens the case that ruined him - a kidnap and possible murder that he had failed to solve 15 years earlier.

He returns to the village where the disappearance occurred, but when he arrives, nobody wants to know him.

The missing child's mother is shocked to see him, and, although only seven-years-old at the time, her daughter Sarah thinks she remembers him.

The only person who seems to want to talk to him is the editor of the local newspaper - and that is only because he feels that there could a story in it. There are plenty of surprises, and many guilty secrets come out when DI Frost starts to dig and search for the truth.

Will he finally solve the case? What is the truth?

"The best way to find out is to come along to the Darby and Joan Hall", said Bob Minors, the drama group's Publicity Officer.

The play starts at 7.30pm (doors open 7pm). Tickets (£5.00; concessions £4.50) are available from Barkers, Newsagents, Hallgate, or from the Ticket Secretary (Tel: 01482-842270).

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Welcome to our new monthly business related articles from Yorkshire Accountancy of Cottingham

by Nick Robinson

Welcome to our first Cottingham Times article. We are a family run firm of qualified accountants based above the Village Bakery shop on Hallgate.

We are going to be preparing a business related article, whether it is accounts, tax, payroll etc related, each month.

If we can assist in any way please feel free to contact us or simply pop in the office. We would also appreciate it if you could request any articles that you would find useful - saving tax springs to mind!!

Car in the Company or Not?

Whether you or your company should buy your next car depends on many factors including the cost of the car, its CO2 emissions rating and the level of your business and personal mileage. When you own the car personally, the company can pay you a tax free mileage allowance of 40p per mile for the first 10,000 business miles per tax year, and 25p per mile for additional journeys, but this allowance may not cover the vehicle's running costs and so you may be tempted to put the car into your company.

If the company owns the car it can claim a tax deduction for all the running costs, and claim an annual capital allowance to provide tax relief for the purchase cost. Currently the capital allowance is 25% of the cost of the car, restricted to £3,000 per year for cars that cost £12,000 or more. From April 2008 the allowance is likely to be 20% of the cost for cars with a CO2 emissions rating of 165g/k or less, but only 10% for more polluting cars. Cars with CO2 emissions of 120g/k or less qualify for a 100% first year allowance and will continue to do so. These changes mean it will take longer to get full tax relief for the cost of cars that have higher CO2 emissions ratings, making them more expensive for the business to buy. The cost of leasing more polluting cars will also be affected from next year.

However, when the company owns the car you pay a tax charge for using the car privately. When you buy your own fuel the company can

pay you a fuel rate for business miles driven, which also changes with the petrol prices.

If you give us all the facts we can help you calculate what is best for you.

Question of the month

Q. Can I claim the cost of travelling to work against my taxable income?

A. If you are a permanent employee based at one site the cost of commuting to work is not tax deductible. However, if your work requires you to travel to different sites and you attend each site for a limited period or temporary purpose, and you do not attend one site for more than 40% of your time for more than 24 months, the cost of travel may be tax deductible. Strictly you should claim the cost of the travel from your employer, which may be your own company. The Taxman sometimes treats a large area as 'one site', so it is best to ask for special advice for your circumstances.

November Key Tax Dates.

1 - Due date for payment of Corporation Tax for the year ended 31 January 2007

19 - PAYE/NIC due for month to 5/11/2007 for small employers

Need Help?

Please contact us if we can help you with these or any other tax or accounts matters.

In addition, if you or anyone you know would benefit from our monthly newsletter, please contact us or sign up via our website ñ see below.

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Bertha Green celebrates her 106th Birthday surrounded by family and friends

Bertha Green recently celebrated her 106th Birthday on 15th October surrounded by her family and friends at her home in Devon Street.

Bertha is pictured with the card she received from Her Majesty the Queen on the occasion of her birthday. She still proudly displays the first card she received from the Queen on the occasion of her 100th birthday six years ago.

Bertha who moved to her Devon Street home in the 1960's had two sons, Barry and Neville. She has four grandchildren, 5 great grandchildren and two great great grandchildren, the youngest Ruby who is five months old.

Limited Edition of Diecast Cottingham Lights 2007 Mini Coopers

To celebrate Cottingham Lights 2007, a Limited Edition of 100 Diecast Mini Coopers on a 1:43 scale Diecast Corgi/LLEDO model, have been produced by Minian of Cottingham. Each box is individually numbered and signed

Minian is Cottingham based and has previously produced models internationally.

Hopefully "Cottingham Lights Cars" will be produced annually and therefore, become collectible.

The Diecast Mini Coopers are priced at £14.00 each with part proceeds going to the Cottingham Lights Fund. Last year £200 was donated to the lights fund.

The Limited Edition Mini Coopers are available from the following retailers, Barkers, Spectrum Video and John Ford, to whom Minian of Cottingham are grateful for their co-operation.

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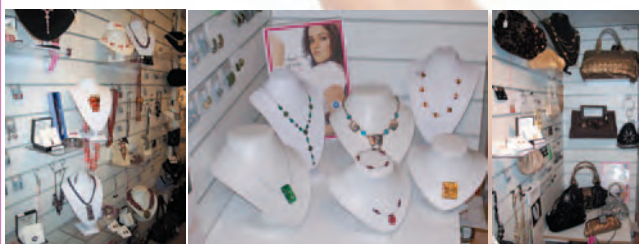
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Scout Leaders receive Commendation for Good Service Awards from District Commisioner Audrey Harris

Cottingham Scout Leaders Richard Moverley, Mike Goldsmith and Kate Moverley received the Chief Scout's Commendation for Good Service from District Commissioner Audrey Harris at a presentation in the Methodist Church Hall, Hallgate.

The Chief Scout is currently Peter Duncan who readers will remember from Blue Peter.



Pictured above left to right are: Richard Moverley (Scout Leader), Mike Goldsmith (ex Group Scout Leader) and Kate Moverley (Group Scout Leader) and Audrey Harris (District Commissioner), who presented the awards on behalf of the Chief Scout.



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In the Garden



Flower garden

Order seed catalogues for next year's bedding and perennials, if not already done.

Plant tulip bulbs this month. Some tulips persist year to year, some perform less well and are treated as bedding, and replaced every year.

It is not too late to research and order summer-flowering bulbs for planting in the spring or during the winter.

Lily bulbs can still be planted in pots this month (if available). They can either be brought inside next spring to 'force' them into an early display, or left outside to flower naturally in summer.

Last chance to plant out winter bedding. You could try wallflowers, forget-me-nots, Bellis, Primula, Viola (winter pansies) and other spring bedding plants, planting them into well-prepared ground, or pots of suitable compost. Water them if no rain is forecast, using stored rain or recycled water wherever possible.

Now is a good time to plant new herbaceous perennials, as the soil is still warm, but moister than it was during the summer.

Continue to cut down faded herbaceous perennials and add these to the compost heap.

Ornamental grasses and bamboos can be cut back and tidied up at this time of year, but leave those that still look attractive, as the bleached stems can add structure, movement and interest to an otherwise quiet winter garden, and will be good shelter for wildlife. Grasses look beautiful when clothed in hoar frost.

It is still a good time to lift and divide overgrown clumps of herbaceous perennials. This can improve shape, vigour and flowering, as well as increasing your stocks of favourite plants.

Lift and store dahlias, cannas and tuberous bedding begonias that have been hit by the first frosts. Only in mild areas can dahlias and cannas be left to overwinter in the ground, covering the crowns with a protective layer of straw or bracken, but they may come into flower very late the following year as a consequence of cold weather. Begonias should always be brought in, dried out, and stored in a similar way as for dahlias.



Protect alpines from the wet, if you have not done so already. Ones with woolly or silvery leaves are most vulnerable. Sheltering them from rain, ensuring good ventilation, and picking fallen leaves and weeds from the plant mats will help keep them in top form. Any bare patches can be covered with compost to encourage plant spread into those areas.

Make sure that you have not forgotten any of your tender plants and bulbs - they need to be brought inside or into a heated greenhouse over the winter. Abutilon, Gazania, Lantana, and the tender bulbs of Galtonia and Tigridia are all suitable examples, as are half-hardy fuchsias, which are best allowed to dry out somewhat, drop their leaves, and have a dormant period over winter. Just keep them alive with gentle heat in the glasshouse, or by placing them indoors in a cool room. They will reward you next spring with strong growth when awoken by renewed feeding and watering.

Hellebores rarely flower naturally by Christmas, despite their common name of Christmas rose. They can be encouraged to flower a little earlier, if you want, by covering them with cloches, potting them up and bringing them into a warm greenhouse, or placing them on a windowsill inside the house.

Raise patio containers onto feet or bricks to avoid them sitting in the winter wet.

Tidy up leaves from around borders. They can be added to the compost heap, or placed in separate bins to make leafmould. Some leaves, such as plane and sycamore, are slow to break down, and can delay you using your compost if you mix them into the general heap. Leafmould makes an excellent soil improver, and can also be used as a seed-sowing medium.

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

Dig new flower beds as the weather allows. Don't work on them when it's very wet, as walking on sodden soil can cause compaction.

Wet September and October weather will have made many clay soils unworkable until spring. In these cases mulching will help to improve and maintain soil structure.

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1. Clear up fallen leaves - especially from lawns, ponds and beds
2. Raise containers onto pot feet to prevent waterlogging
3. Plant tulip bulbs for a spring display next year
4. Prune roses to prevent wind-rock
5. Plant out winter bedding
6. Cover brassicas with netting if pigeons are a problem
7. Insulate the greenhouse from frost - bubblewrap works well
8. Stop winter moth damage to fruit trees using grease bands around the trunks
9. Put out bird food to encourage winter birds into the garden
10. Use a seasonal bonfire - where this is allowed - to dispose of excess debris unfit for composting

Cottingham Wild Spaces Group formed from merger of Millbeck Wildlife Group and The Friends of the Dene

The group has been formed from the merger of Mill Beck Wildlife Group and The Friends of the Dene to protect and enhance the wild spaces within the village.

The two groups have had considerable success amongst these are

The development of Mill Beck Wildlife Area

The creation of the sculpture trail through King George V woodland

The involvement of two lifestyle teams in the summer

This summer has been extremely busy for the groups in The Dene, lifestyle team The Deno Boys have cleared litter, cut back vegetation and built bat and bird boxes which have now been put up in the trees. The friends group has met on the first Sunday of each month to clear litter. This winter if The Dene completely dries up a large scale clear up will be needed of rubbish left by the flood.

The work at Mill Beck has included work undertaken by the Wildlife Lovers lifestyle team who have planted buddleia in the butterfly area, made bird boxes and had signs made encouraging dog owners to clear up after their pets. The group has undertaken two funded projects this year. The Big Lottery through the Breathing Places programme provided £5,000 for leaflets and events and Awards for All provided £8,900 for the sculpture trail through the woodland. The sculptor undertook workshops in the primary schools and they now have new wooden signs created by pupils.

Both of these sites now need some woodland management work this winter some trees will need to be removed that are either diseased or in the wrong place. The group will be planting more to replace these so don't worry about the sound of chainsaws in the woods.

The group in partnership with Yorkshire Wildlife Trust, Cottingham Parish Council and Hull City Council are developing a



Emma Humphrey of the Wildlife Lovers Lifestyle team hard at work erecting bird boxes in the Dene to encourage further birds to migrate to the wooded Dene.

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project to protect the wildlife on Snuff Mill and Priory Fields. Hull City Council is in negotiations to lease the fields they own to Yorkshire Wildlife Trust.

If you care about the wild spaces in Cottingham then come and get involved we have lots of opportunities for volunteers to help improve the sites and for younger conservationists they can join Cottingham Wildlife Watch Group (junior branch of Yorkshire Wildlife Trust).

The first meeting of the new group is on Wednesday 14th November at 7.30pm at Cottingham Parish Council Office. If you want to get more actively involved Sunday 4th November litter pick in the Dene 10am or on Sunday 9th December tree planting at King George V.

For further information please contact Gordon Scaife Greater Hull Project Manager at Yorkshire Wildlife Trust email Gordon.scaife@ywt.org.uk Tel: 01904 659570.

WE ARE ALL UNIQUE

The party season is just around the corner and we all want to look glamorous and different for the festivities, but we don't want to lose our current look. Here at Unique we can offer alternative temporary options such as semi-permanent colours, curling hair with straighteners and dressing hair. We also are really excited about a brand new hair product that only we will stock in the area. It is a range of human hair extensions that you can use easily at home. No glue is involved or plaiting it literally takes 10 seconds to attach to your hair! So please call us if you are looking for a quick and easy way to add human hair inches to your existing hair.

Everyone wants glossy luscious hair but the winter elements and central heating really do dry your hair out. Make sure the products you use are extra conditioning to compensate for this. Always use a heat protection product if you use a hairdryer, tongs or straighteners to prevent your hair from drying out even more.

Everyone should have their Christmas appointments booked by now, I know I'm working 20 days non-stop to meet my clients needs. However we do have some appointments left in December but they are being taken up quite quickly.

If you are having trouble thinking what to get your family and friends we have beautifully presented gift vouchers. We also can tailor make up home care packages for you.

We have been very busy at Unique styling hair for fashion shows for Cancer and Leukemia Charities at venues such as Country Park Inn. We also are due to dress childrens hair for the fashion show at Collegiate School soon. We also have been running a competition with the local schools in Cottingham where the children have to design a christmas card. The winning entry will become the christmas card for Unique for 2007. We are looking forward to judging all the entries so good luck to all the children who have entered.

In the December edition I'll give you some exciting tips for a new year a new you!

Ben



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

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Legacy of accident in Hong Kong, forces Tony to close his beloved Rosewood Gallery

Debilitating and continuing health problems, the legacies of an accident while he was working in Hong Kong in 1997, have forced 58-year-old Tony Getty to reluctantly close his Rosewood Gallery, which has specialised in “one-off” high-quality furniture pieces, lighting and giftware.

But he and his wife Pauline, who live in Brigg, on the South Bank of the River Humber, do not intend to retire. They plan to help other people who suffer from the extremely rare condition - known as Chronic Regional Pain Syndrome (CRPS) or Reflex Sympathetic Dystrophy (RSD) - which gives constant pain and which resulted from Tony's heavy fall on a concrete path when he tripped over a small metal stud while working on a new airport development as senior sales and marketing manager for a construction company.

But before the doors shut for the final time - in the very near future - on the popular Hallgate outlet, Tony will sell off his entire stock, in both the gallery and his warehouse at Brigg - which has been sourced mainly from Asian countries - at knock-down prices to benefit his Cottingham customers who have supported him since he opened the business seven years ago.

“I would much rather my customers benefit from the reduced prices. I am not going to give stock away, but many items will be offered with a 50 per cent reduction. I'd rather have it that way than having to sell them on, lock, stock and barrel, to the trade”, he said.

For example, a solid walnut writing desk, normally £1,400, will be sold for about £700. The large range of additional furniture, Tiffany lights and giftware will also be heavily discounted.

Some deliveries came in before Tony could cancel the orders and they will be included in the sale.

All items bought by The Rosewood Gallery, a member of the Forest Management Committee, are sourced from sustainable products and from small co-operatives. “We don't deal with large co-operatives. We deal with the small, family-based co-operatives that we know will receive the money that we actually give to them for their products”, said Tony, who added that many customers are now also friends. “They appreciate the work we have done in sourcing our products. We try to help everybody - and that's why I want our customers to benefit from the reductions. “But we are not going to give the stuff away. We want to get back what it has cost us, at least. I would like to keep a lot of the pieces, but my house is not big enough. They are one-off pieces . really good pieces . but they will be going to really nice homes in Cottingham”.

After his accident, pain-riddled Tony was tested for various conditions, including arthritis. A knee replacement was considered, and it even got to the stage when one consultant said: “I just do not know what is wrong with you. I'm not going to give you a knee replacement now because you don't need that. I am going to give you a walking stick and that is all I can do for you”.

But Tony was determined to find out what was wrong, and he finally went to a specialist in pain management. Within five minutes, he diagnosed RSD, or CRPS.

“Unfortunately, because my problem had been left for so long there was very little likelihood of it going into remission . no cure . the pain is with you”.

Recalling his fall - and the consequences of it - Tony said: “I damaged some nerves in my nervous system in the leg. But, the people who treated me did not know that. My leg was packed in ice, which aggravated the nerves.

“These nerves send what are called pain signals to the brain. Unless you can shut those signals down, your brain keeps telling your body that you are in constant pain”.

After time, it moves site and goes to different parts of your body. “Mine has moved from my leg to my shoulders and into my elbows. I am in constant pain . every second of every day”, he said.

The condition affects Tony's mood. He takes lots of morphine . patches and tablets . and regularly visits a pain management specialist at Castle Hill Hospital, pain therapists and counsellors, when he meets others who have been diagnosed with RSD, which not only affects the people who have it, but also their family and friends.

“You can fall into a big black hole unless there are people around to help you or, like me, you can find people to help. At Castle Hill Tony found Dr Brian Culbert. “Without him and his team, I don't know what I'd have done. They have been so supportive in identifying my condition and helping me and other people with it”.

Tony said that he is quite happy to share his experience with his customers. “While I have been in Cottingham, a couple of people have asked



Tony Getty pictured alongside one of the many beautiful pieces of furniture in his Rosewood Gallery.

what is wrong with me and I've told them that I have a chronic pain syndrome.

Some have said that they suffer from something similar, but their GPs are not aware of the condition. “I have been able to give them support and help to get treatment which they did not know was available”.

Now Tony - and his wife Pauline - plan to continue to help other sufferers who probably do not know what their condition is. “I will tell them to go to their GP and demand to see a pain specialist, help is out there”.

Tony is closing down his Rosewood Gallery business because he cannot carry on working. He is starting a new treatment, hypobaric treatment in an oxygen chamber - in the near future.

When the treatment starts, it will be continuous, every day ... and - on top of regular visits to the hospital for other treatments - logistically, he cannot run a business at the same time. And because of drugs - most sufferers tend to control RSD with hard drugs - he is not allowed to drive at times.

“My treatment is long-term, and I doubt very much if I will ever return to business.

I know that I can control my condition but I do not know if, in the future, I am going to be able to continue doing that.

“I am going to focus on - and it's a mission for Pauline and I and some other people - making people aware that they don't have to sit and suffer in silence because they have got chronic pain. There are organisations out there to help them”, said Tony, who added that RSD has affected his and his family's whole aspect of life.

“It's like having the rug pulled from under your feet. Ten years ago I was happily working away - successfully - in Hong Kong. By now I would probably have been working in Beijing sourcing work for the Olympic Games.

“Pauline had a successful career in property management and this injury tore the heart out of our lives. I had to quit my job because of my medical condition - it was not practicable for me to go out on a construction site on crutches, particularly with the amount of hard drugs I was taking - and we had to return to the UK, where we had kept our house.

So Tony and Pauline lost their careers and had to find another income. “We decided to bring some of this beautiful furniture over from Asia and try and make a go of it. But my condition has deteriorated I have not been able to put as much into the business work-wise as I should have been able to.

“I've not been able to market the business properly and deal with people. Most people now will know that my shop has been closed for up to three days a week. That's because of my health and you can't operate a business like that. It's not fair on me, my wife or my customers.

Once Tony has retired and undergoing non-stop treatments, he will report on his progress with regular updates in the *Cottingham Times*.

Available on Mobile: 07710 443078, The Rosewood Gallery: 841818, and e-mail: tony@shanghaierosewood.co.uk, Tony would welcome discussion - and will give advice - on the condition. Other useful information sources are: www.rsd-crps.co.uk and www.rsdaltert.co.uk.

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Christmas Late Night Shopping in Cottingham

Late night shopping is coming to Cottingham this Christmas, with many shops and businesses opening their door till 8pm on each of the four Tuesday's before Christmas.

Nick Russell, chairman of the Association of Businesses in Cottingham, and owner of Spectrum Video & Electrical said "This is the first time for years that the people of Cottingham and surrounding areas have had a chance to shop locally on a late night rather than have to go into Hull/Beverley etc. It also gives families a chance to look at the Christmas lights in the village while they shop, eat and drink. This year is an experiment and if successful will happen again next year, so it needs the support of everyone in Cottingham.

To highlight those that are taking part, posters will be printed and displayed in the relevant windows, with the first night being Tuesday 27th November. Not only will the late night opening allow people to shop 'till they drop', it will also mean they can try out the coffee shops, bars, pubs and restaurants that Cottingham has to offer. All in all it should create a great Christmas feel to the village.

So let us make it a vibrant and successful Christmas in Cottingham this year. 'Shop till you drop' then enjoy all the local hostelrys and restaurants.

Remember - Local shops and Businesses Use them or lose them.

Watch out for posters in the windows of all participating businesses.

So far the shops and businesses that will be open are as follows:

<p>In Hallgate:- Spectrum Video & Electrical Alterframe Gillys Balloon Company Everson - Beckett Wok Ever Restaurant Cottingham Tandoori Alishaan Restaurant So Wok Chinese Hallgate Tavern Bluebell Inn</p>	<p>Jaquelines Bridalwear John Ford Menswear Barkers Newsagent Strouds Gino's Takeaway Cottingham Chinese Frydays King William IV Fair Maid Pub Kristoff's</p>
<p>In King Street:- Somerfields Dove House Shop Eyesite Opticians Sense La Scala Kismet Elliot's Wine Bar Blondes Coffee Shop</p>	<p>Best Wishes Turnbulls Cottingham Flooring Sainsburys Tiger Inn Manna Coffee Duke of Cumberland</p>
<p>In Finkle Street Cottingham Sports Giblin Hall Hair & Beauty</p>	<p>Beauty at your Fingertips</p>
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'The Archives of the East Riding Treasure House'

The first meeting of the autumn programme of the East Yorkshire Association of the National Trust, was held in Cottingham Civic Hall on 20th September. The speaker was Mr Ian Mason, the Archives and Local Studies Manager at the new Treasure House in Beverley.

The Treasure House is a 'one stop' culture and heritage centre for the East Riding of Yorkshire, dedicated to the preservation of our local heritage for future generations and to provide a rewarding visitor experience for school children, researchers and members of the public alike. It provides user-friendly access to a range of fascinating historical resources, including parish registers, 19th century census returns, newspapers as well as computer-based services for those wishing to investigate their family history, for example through Ancestry.com or search the on-line catalogue of over 200,000 records at www.eastriding.gov.uk

The strikingly designed Treasure House, with its tower that provides superb views of the Minster and over the rooftops of Beverley, contains extensive storage space for archives that meet the latest British Standards for temperature and humidity control necessary to preserve fragile manuscripts and documents, including the magnificently illuminated Beverley Charter of 1404.

Ian Mason showed us a tantalising selection of the range of documents to be found in the Treasure House, including old photographs of Wolds villages, written posters and 19th century adverts for household products etc. As well as a permanent exhibition of the history and culture of East Yorkshire, there are also temporary exhibitions which have included one devoted to William Wilberforce's East Yorkshire slavery connections and a forthcoming one devoted to the Strickland-Constable archive from Wassand Hall, Hornsea.

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You can now see the Cottingham Times online, our website is now up and running at www.cottinghamtimes.co.uk. There you can view all the back issues from April 2007 to the latest edition and download them in PDF format for you to read at your leisure.

The site will improve over time as new and interesting articles, features and other advertisers are included.

Some of our advertisers have already joined the website to promote their businesses. You can now download to your desktop Gino's Pizzeria menu, make your choice at leisure then phone through your order to Gino's. If you use this method, please let Gino know where you found his menu.

Alishaan Restaurant and Takeaway are also featured on the website. View their takeaway menu online or quell your hunger by looking at their superb Special Sunday Dinner Menu.

So please visit our site enjoy the facilities that await you.

Happy Feet welcome Holistic Therapist

Happy Feet, the Foot Health Clinic which recently opened on King Street, Cottingham, are pleased to announce the arrival of a Holistic Therapist.

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Gino's is a bright, clean and friendly premises, and there is a small well-lit waiting area. There is an excellent

choice of Pizzas, Burgers, Kebabs and Fried Chicken, and the meals are of ample proportion, even for the biggest appetites. There is also a Gino's Kids Club menu.

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

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

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

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



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Your Stars for November 2007 -

By Kay Gower

ARIES - (Mar. 21- April 20)

If you are attached, the planets line up this month to allow you to re-invent yourself. Does your partner think he or she can predict your every move? You prove otherwise!

Taurus - (Apr. 21- may 21)

Keep in mind that you are coming to the end of a chapter and are about to start a brand new one. Anything that has not functioned well for you will need to be kicked from your life soon. The seeds you plant this month will have a wonderful chance for success next year.

GEMINI - (May 22-June 21)

Visions of new clothes, shoes or items for the home, might be dancing about in your head as you read this - but wait. If you're planning to spend some major money this month, you need to wait until the second half of November to go shopping, no sooner! You won't enjoy what you spend on if you shop too early.

CANCER (June 22-July 22)

If you've been married for some time, it looks like your partner is about to bring good news, and that you will share in their good fortune. As November dawns, you should be feeling excited and positive about life, if not, then you soon will be.

LEO - (July 23-Aug 22)

Success is in the preparation, and November right through until the end of the year will be the best time for you to put in the spade work. Your finances may have been rather erratic lately, so this would be an excellent time to make some changes.

VIRGO - (Aug 22 - Sept. 23)

A new moon on the 9th will open your eyes to new opportunities and help you to realise that all things are possible. Give your ideas a shot this month and don't allow yourself to be intimidated by others.

LIBRA - (Sept. 24 -Oct. 23)

November will be a productive month as long as you seize opportunities as they present themselves. The middle of the month would be a good time for renewing close friendships and enjoying group activities. Don't allow old memories to hold you back, make the most of opportunities as they arise this month.

SCORPIO - (Oct. 24 - Nov. 22)

This would be a good time to reflect upon your needs and goals in life, the 9th November brings a new moon into your own sign. All new moons bring opportunities to start fresh. Emotions that you may have buried or creative ideas that you've neglected might bubble up this weekend.

SAGITTARIUS - (Nov. 23 -Dec. 21)

You may begin to feel that time is running out and if you don't do something quickly another year will soon be over. There's no need to rush, Sagittarius. There's no need to do anything except to go with the flow. Your physical, emotional and mental batteries are run down and in need of a recharge. Slow down now, or you could burn yourself out before Christmas.

CAPRICORN - (Dec 22.- Jan. 20)

Try to keep everything in perspective, Capricorn. An unusual situation could cause some problems or embarrassment mid month, and you might find that you become the subject of some gossip.

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

You have always been quick witted enough to be able to turn any situation to your advantage. Use your intelligence and intuition to make job contacts which will offer plenty of scope to improve your finances this month and at the end of the year.

PISCES - (Feb. 20-Mar. 20)

Something that was previously hidden behind a cloud of mystery now comes to light. This crucial piece of information helps you put all the puzzle pieces together. You will need time to think, and the universe will provide you with that opportunity.

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Cottingham Cricket Club awarded £6,544 by the Humber and Wolds Rural Community Council

Cottingham Cricket Club, who operate under the auspices of Cottingham Sports Club, have been awarded £6,544 by the Humber and Wolds Rural Community Council - administrators of a funding programme in the East Riding, North Lincolnshire, Hull and North East Lincolnshire - to purchase equipment for their facilities at the New Hilltop Sports and Social Club, off Willerby Low Road.

The programme, funded by the Department for Children, Schools and Families, supports voluntary and community groups to improve outcomes for children and young people.

The equipment to be purchased by the cricket club and which should be in place for the 2008 season after the completion of extensive ground re-development and major maintenance, includes two sight-screens, a bowling machine, a portable cricket cage, and other coaching aids.

"We are delighted with the award and it will certainly be a great boost to the club as we continue our major junior development scheme which should benefit us for years ahead", said long-serving secretary Mike Best, who added that next season it is planned for two senior teams and four junior sides to play at the new-look New Hilltop Club, which is also home to Cottingham Tigers ARLFC and Westella and Willerby AFC.

Meanwhile, Derek Gregersen presented Cottingham CC's awards for the 2007 season to the Senior, Under-17 and Under-15 sides at the New Hilltop Club. Gregersen, a vice-president of Cottingham Sports Club, is also chairman of the Lord's Taverners in Yorkshire and secretary of the East Yorkshire Junior Cricket League.

Player of the Year: First X1 (Steve McIntyre Cup) - Ken Parker. Second X1 (Joe Graham Cup) - Carl Bray. Academy X1 (Bob Peak Cup) - Jamie Richards. Under-17 (Len Suddaby Shield) - Dom Rhodes. Under-15 (Laurie Dex Shield) - Rob Moy.

Batting: First X1 - Ken Parker. Second X1 - Phil Briers. Academy X1 - Chris Hitchcock. Under-17 - Jamie Richards. Under-15 - Rob Moy.

Bowling: First X1 - Jodie Oppermann. Second X1 - Martin Coupland. Academy X1 - Mike Bell. Under-17 - Mike Bell. Under-15 - James Hitchcock.

Replicas to Under-15 squad players (East Yorkshire League Division B champions; D Chapman Cup winners). Replicas to Danny Furlong, Alex Easter, Mike Bell (members of the East Yorkshire Under-15 squad, winners of Yorkshire Lord's Taverners Trophy).

Ten-year service award - Rob Rhodes.

East Yorkshire representative honours were also won by Dom Rhodes, at Under-17 level in the Joe Lumb competition.



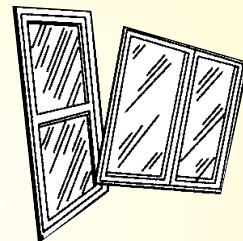
Rob Rhodes, second from left, Cottingham Cricket Club's Junior Development Officer, receives the £6,544 cheque from Pat Greenwood, Grants Officer for the Humber and Wolds Rural Community Council, at a ceremony at the New Hilltop Club. Also in the picture, from left, are Mike Gibson (chairman), Ken Parker (coach) and Mike Best (secretary).

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A Christmas Concert and a Cottingham Artist

by Peter Railton

People were assembling in the foyer of the Hull City Hall on the evening of 9th December last year, eagerly awaiting the moment when everyone ascended the steps up to the auditorium. It was another Christmas Concert given by the celebrated Maureen Hunter Singers, 80 wonderful female voices plus junior ones too, together with the Y.B.S. Brass Band.

I have been in the City Hall many times over the years, mainly to symphony concerts, but these annual concerts are special - our grand-daughter is in the choir! Now, at the top of the steps where you turn left or right into the body of the hall or proceed up more steps, is a life size portrait of Queen Victoria. Crowds throng past and hardly anyone gives the portrait a second glance - its probably familiar to some and of no interest to others, or some simply miss it amid the chatter of voices and anticipation of the occasion as people move slowly along.

George Pycock Green

I confess to a passing interest each time, but last year the pause at the top of the first flight of steps enabled me to look more closely and the name of the artist at the foot of the portrait caught my eye - George Pycock Green; if it had been merely George Green the significance would probably have escaped me, but the Pycock middle name rang a bell - could it be the George Green of Cottingham, son of a private school proprietor in the village in the 1800's? I decided to investigate.

William Green

I had featured William Green's "Academy and Classical and Commercial Boarding School" in my book "Cottingham Schools in the Nineteenth Century". William married Miss Theodosia Pycock of Sculcoates in 1807 and had opened his school in King Street Cottingham in 1805 or 06. A few years later he moved to Northgate into a "Commodious dwelling with numerous rooms, outbuildings and a schoolroom. The house was "The Shrubbery" and stood where Northgate flats are now, between the Rifle Club and the Cross Keys Inn. In the twentieth century it was "Northgate House" and the home of Dr. Tinley Sissons.

William and Theodosia had four children - William born in 1810, George P. born in 1811, Theodosia born in 1814 and James in 1816. In January 1832 William was advertising his school as being conducted by William Green and Sons, so presumably those were William and James.

Further investigations

My investigation unearthed the following details in the Local Studies Library in Albion Street Hull.

"Artists and Craftsmen of Hull," by A.G. Credland."George Pycock Green, related to George Pycock, architect and builder active in Hull in the late 18th century, painted a considerable number of local worthies - these included James Henwood for 40 years president of the Hull Lyceum Library and Reading Room painted in 1851 and

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Dr. Henry Cooper who sat in 1854 the year he was knighted by Queen Victoria during her visit to the town. Alderman Thomas Thompson was captured on canvas by G. Green in 1858. Green studied under Henry Sass in London, entered the Royal Academy Schools and then was in the studio of Henry Perronet Briggs (1792-1844). Briggs, born in London, married Eliza niece of Dr. John Alderton."

Dr. John Alderton was the surgeon instrumental in the founding of Hull Royal Infirmary. Then in the Hull Advertiser 24 November 1855.

"Portraits of Her Majesty and Sir Henry Cooper. These two portraits have arrived in Hull and are now on view in the lecture hall of the Literary and Philosophical Society. Sir Henry Cooper's portrait is full length and striking and will be placed along with the portrait of Her Majesty in the Town Council Chamber. They have both been painted by Mr. Green the eminent artist of London, and son of the late Mr. Green of Cottingham. Sir Henry is represented in his official costume of Mayor of Hull, and Her Majesty, who's portrait is also full length in her regal robes. The portraits have been painted to commemorate the visit of the Queen to Hull."

Sir Henry Cooper

The portrait of Sir Henry Cooper now hangs on the wall of the Banqueting Room of Hull Guildhall along with those of other civic dignitaries, and the inscription at the foot of the frames reads:-

"Sir Henry Cooper. Painted as a Memorial to the Satisfactory Manner in which he conducted the ceremonial of the reception of Her Majesty Queen Victoria on the 13th October 1854. Portrait by G.P. Green."

The inscription on the portrait of Queen Victoria in the City Hall reads:-

"Queen Victoria by George Pycock Green. Painted for the Corporation of Hull by permission of Her Majesty as a memorial of her visit in October 1854."

That visit was a memorable one; the Queen, Prince Albert and their children arrived by train at Paragon Station to an enthusiastic and colourful welcome and the highlight was a voyage aboard a small steamer "The Fairy" traversing the three docks - Queen's Princes' and Humber - that joined the rivers Hull and Humber. The Queen knighted Henry Cooper on the Pier before the Royal party departed by sea.

Christmas Concert

I shall pass by the queen's portrait at the City Hall again on Saturday 15th December, along with hundreds of others - the occasion? The annual Christmas Concert given by the Maureen Hunter Singers and guest band of the Royal Airforce Regiment, Now a modern Cottingham connection - Maureen Hunter lives in the village and is the founder, teacher and conductor of the nationally and internationally famous choir who gave Evensong in Westminster Abbey in 2005, St. Paul's Cathedral in 2006 and will have done so again in St. Paul's in October this year.

There will be the usual air of excitement and applause will break out as the ladies in their colourful gowns take their places on the decorated stage followed by their conductor. Just before the familiar Christmas carols and various musical numbers ring out, the compere Mr Hunter, will proclaim truly that "Christmas Starts Here!"

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New products and developments at Wembley Retail Expo

By RDM Computers

Visiting a major Retail Expo recently at the new Wembley Stadium proved to be a worthwhile day. All the major manufacturers and suppliers were present and displaying their new products, and it was a great opportunity to view these and speak to key people who are very knowledgeable in their product areas. And what better setting to display such hardware than the magnificent steel and glass structure that is the new Wembley Stadium. The bonus for many of us was the opportunity to take the excellent stadium guided tour. Going to places not normally accessible to the public we were escorted around the new seating and right down to the hallowed turf, but with strict instructions not to set foot upon it. The England changing rooms and a player's eye view of the pitch from the tunnel were worth the walk.

The most exciting areas of development coming out of the Expo were in wireless networking and removable storage. Whilst they may not sound exactly riveting, the fact is that wireless is a big growth area and is still evolving with a new standard emerging soon. Removable storage covers everything from USB open drives to memory cards and external hard drives. The capacity of these is increasing all the time, in line with many computer users' demands, and has now broken the 1000 Gigabyte barrier, giving us the Terabyte (abbreviated to T or Tb).

While would anyone want that amount of storage space you may well ask. But the fact is that many people are not just storing huge amounts of photographs, but the worst offenders in eating up space on your PC or Laptop are music and video files. Clogging up your hard drive will ultimately result in the computer slowing down to a crawl. And even more importantly as we are always saying, make sure you back up all your important data. Backing up may sound technical, but it can be as simple as just burning a CD with all your documents or photos on. More heavyweight storage requirements is where these external hard drives come into their own. They range from pocket size with no external power required, to a book size plus mains lead, right up to a server-type box, about the size of a mini hifi, with an array of disks inside. With home networking so popular now, this great way of sharing media out also.

Also colour is the name of the game now, with everything from laptops to all manner of peripherals coming in a range of hues. We are

now stocking a range of Pink Products which have been selling extremely well.

Microsoft is pushing the take up of its new productivity suite Office 2007 by making the last version go end of life. In other words they are no longer selling Office 2003. The new version does look different to previous editions as many people have found, but price-wise it is very competitive, with the new Home & Student edition suiting many people's needs with Word, Excel and PowerPoint. We have been stocking the retail boxed version of this that also gives the advantage of being licensed for up to three computers in the same home.

Windows Vista, the other new product launched earlier this year by the industry giant, continues to suffer from teething problems. There is already talk of a Service Pack 1 to address many of the issues. Lots of good features are built into Vista like easy ways to arrange and stack folders by date, type or even subject. DVD burning software, secure networking and greater use of available memory are very useful also.

Mac, the other big name in operating systems, has just launched their new version 10.5 known as Leopard. Sporting stunning new desktop and 300 new features, it is claimed to have good compatibility with existing hardware and software. The other interesting feature is in the pricing, as you can buy either a single licence for one machine, or a Family Pack for just short of £50 more, which allows up to five users.

With all these new products around, it must be nearly that gift-giving time of year again; I nearly said the C word! So what are the best value items at the moment? Well in addition to the items mentioned above, memory is the lowest price it's been for along time, so if your computer is in need of a boost, that would be a nice present for it. Printer/scanners also known as all-in-ones, have been best-sellers this year. TFT flat screen monitors continue to fall in price, we are now selling 19" models for less than the previous price of 17" models. Webcams and headsets are also great companions for keeping in contact with family and friends. And if you don't have Broadband yet then go on and treat yourself!

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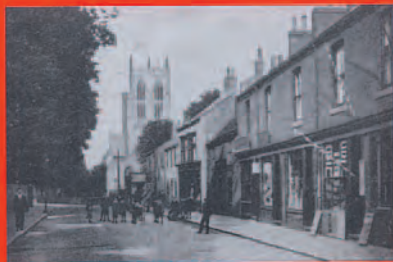
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“Cottingham Shops - Past and Present” is the title of the latest book by local author Peter Railton

Cottingham Shops - Past and Present is the title of the latest book by local author Peter Railton. As the title indicates, we have a look at the changes in shops and shopping in the village during the last 50 and 60 years and earlier in some cases. A few familiar retailers are still here, but many have gone and their shops have changed uses.

Remember Cussons on Hallgate, or Pymys on New Village Road, or Wigbys on Northgate?

Take a nostalgic trip through the village as it used to be!

“Cottingham Shops - Past and Present” is available at Barkers in Cottingham and at Browns Books in Hull.

Craft Fair at Civic Hall on Monday 19th November, lights switch-on night

Denise Brocklesby and Stephanie Cooper have hired the Civic Hall for a Crafts Fair on Monday, November 19 (6pm until 9pm), switch-on night for Cottingham’s Christmas Lights. The fair - held for the first time last year - will also feature charity stalls to raise funds for aid to Honduras, and by Haltemprice Lions, as well as a tombola. A few tables are still available and anyone interested is asked to contact Denise (Tel: 656566).

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“Cottingham Then and Now” published by local author Rachel Waters

“Cottingham Then and Now” is a newly published book from Tempus, the Gloucestershire based publishers who specialise in local history titles.

This is the first book by Rachel Waters (aged 38), a village resident for the last nine years and active member of the Cottingham Local History Society.

It compares and contrasts over ninety turn of the century views in and around Cottingham village with their modern equivalent, with chapters focusing on the village centre, trade and industry, public buildings, and suburbs and side streets. With some of the older pictures never published before, the book gives a glimpse of a lost era and illustrates Cottingham’s rich history through the development of it’s streets and buildings.

The author hopes that the book will refresh older residents memories of what has gone, and help everyone appreciate and value that which remains.

“Cottingham Then and Now” is available from Barkers on Hallgate and all good bookshops priced £12.99.

Hull & East Riding Institute for the Blind (HERIB) to hold Christmas Concert in Civic Hall on Monday 3rd December

HERIB is holding a Christmas concert on Monday 3rd December at Cottingham Civic Hall.

The entertainment will be provided by the ‘MICE’ society (Men in Charitable Endeavour). Helena Richards, a fresh local talent, will also be performing.

Come along and sing some carols, and enjoy a mince pie or two!

The ‘MICE’ society is a fund raising group, based in Hull, raising funds for local charities. The aims of Fellowship, Benevolence and Charity have always been paramount and are still their guiding principles to the present time.

Doors open at 7.30pm for the performance to start at 8pm

Tickets are £6 available from Lisa at HERIB on 01482 342297

Refreshments will be available.

All proceeds go to HERIB to help local people with sight loss.

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Crossword Solution from page 14

1	S	A	2	U	S	3	A	G	4	E		5	B	E	6	A	R	7	I	N	8	G
	I		N		S			V					A		R			R			O	
9	N	O	D	D	Y		A		M			10	C	A	I	R	O					
	G		O				L	D		B			H		S			N				
		11	U			12	U	T	I	L	I	S	E					13	A			
14	S	T	O	R	M		N		N			15	R	E	T	R	Y					
		E					16	I	G	L	O	O						S				
17	S	N	A	I	L												18	B	O	W	E	D
		S					19	A	C	U	T	E						N				
22	G	I	L	L	S			H								24	T	O	P	A	Z	
		L					25	P	L	A	N	E	T	S							L	
26	B		27	B			L		M		A				E		28	O			29	B
30	O	P	E	R	A			F		C				31	T	I	B	I	A			
	I		E		S			E						S		A				L		
32	L	U	R	C	H	E	R						33	E	T	E	R	N	A	L		

Nutri-Energetics System

Do You Want Health and Wellbeing?

Then try this new system

To Regain Your Optimal Health

What is it? You have a body field and now you can read it.

The human body-field is more than a collection of meridians and acupuncture points, a system of chakras, or a multi-layered aura. It is a network of quantum fields.

In only a few seconds, a Nutri-energetics System (NES) scan reveals where your body field has been disturbed and what corrections need to be made. By taking drops of the infoceuticals - remedies encoded with quantum information - you can restore your body-field, which activates your physical body's own self healing.

NES provides you a way to start you on a true path to wellness by:

- * Revealing the correct sequence of healing
- * Detecting low vitality and restoring the power the body needs to heal
- * Correcting energy and information distortions that disrupt normal cell and organ functions
- * Identifying geopathic stress, which was difficult to assess or correct until NES made it possible.

Nutri-Energetics gives you a natural health system unlike any other - and an easier, more effective way to help guide you back to well-being.

The nutri-energetics systems approach to wellness is a unique and revolutionary concept. In the nutri-energetics science model, the body is a combination of physical, chemical, emotional, mental, energetic and memory aspects. A true holistic restorative and maintenance process will work at all levels. This approach does not attempt any form of diagnosis and does not involve the direct treatment of the physical or chemical body nor does it directly alter the mental state or interfere with the emotional issues. Instead the program aims to harmonize the master control mechanism, known as the human body-field (HBF) By taking the prescribed infoceuticals and correcting distortions which adversely affect the transfer of information and thus restores wellness at all levels.

Thousands of people around the world have reported benefits from the Nutri-energetics wellness program.

The effects: The main effect noticed by people quite quickly is that they tend to 'feel better' in a general way soon after taking the infoceuticals. There may be some mild temporary detoxification reactions (perspiration, body odour, change in urine/stools etc.) Some people report more dreams. The aim of the therapy is to increase the dosage until a mild reaction is noticed and then to stay at this level. This indicates that the body is healing at its preferred rate. Trying to accelerate the process will increase the noticeable effects.

**Your local practitioner is: Carole Headley,
The Healing Hut, 221 Hallgate, Cottingham
Tel: 842078**

More information available on the NES website:

www.nutri-energetics.com

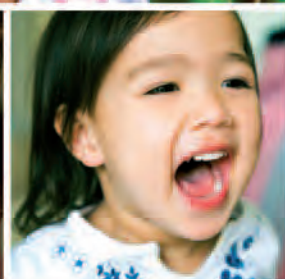
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