

Cottingham Times

Issue 71 - October 2007

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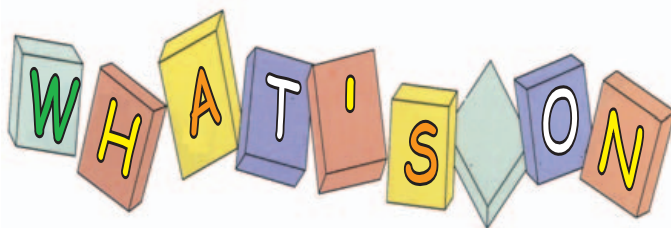
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In Cottingham and District

East Yorkshire Association (The National Trust)

Thursday 11th October, 7.30 pm in the Civic Hall, Market Green, Cottingham. Mr. William Miles, AGM followed by Running a North Sea Ferry.

East Yorkshire Federation of Women's Institute Cottingham Green

Thursday October 11th, Fun, Fact and Fantasy - Eileen & Denis Trezise, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 11th October, Marie Plater - Personal Pleasures, at 2.00 pm in the Darby & Joan Hall, Finkle Street, Cottingham.

Jumble Sale

Saturday 13th October, at the Darby & Joan Hall, Cottingham, 10.00 am, Admission 20p.

East Yorkshire Embroidery Society

Saturday 13th October at the Darby & Joan Hall, Cottingham, 2.30 pm, Jane E. Hall, from Semley, Dorset - Reflections of Nature. Visitors are admitted after 2.15 pm. numbers permitting.

Cottingham British Red Cross

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

Cottingham Gardening Club

Tuesday 16th October, 7.30 in the Garden Room, Holy Cross Community Meeting Room, Mike Hargreaves - An illustrated Talk on Sweet Peas.

Cottingham Evening Townswomen's Guild

Wednesday 17th October, at 7.30 in the Darby & Joan, Finkle Street. Letter in the Chest (Part One) - Jill Crowther.

Cottingham Men's de Luda Society

Wednesday 17th October, Mr. A. Hopper - History of the Exploration of the North Atlantic, in the St. Mary's Church Hall, at 2.00 pm.

Diabetes UK

Thursday 18th October, Ms. S. Wood (Specialist Diabetes Dietician), 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.

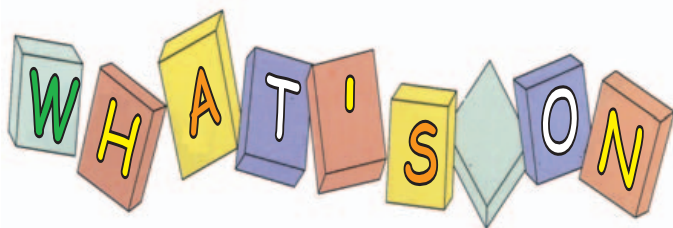
PA.G.E.R.

Thursday 18th October, Outing - Selby, The Market and the Abbey.

Skidby Village Hall & Institute

Saturday 20th October, Table Top Sale and Coffee Morning, 10.00 till 3.00. Admission Free.

Front Cover Picture: Is a picture of The Half Moon Public House at Skidby. The photograph was taken and kindly supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.



In Cottingham and District

Cottingham Civic Society

Monday 22nd October, "New Energy", Professor Mike Elliott (Institute of Estuary and Coastal Studies, University of Hull), Darby & Joan Hall, Finkle Street, 7.30 pm.

East Riding Flower Club

Monday 29th October, Members only.

Cottingham Men's de Luda Society

Wednesday 31st October, Dr. D. Pattison - Funny Thing Happened at Work, in the St. Mary's Church Hall, at 2.00 pm.

Hull and Holderness Branch, British Sugar Guild

Saturday 3th November, 2.00 to 4.00 pm., The Terrace, Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham. Chris Kerrigan - "Rice Paper Flowers".

East Yorkshire Federation of Women's Institute Cottingham Green

Thursday November 8th, Fun, Fact and Fantasy - Margaret Brooker, "In a Pickle", in The Darby & Joan Small Hall, Finkle Street, at 7.30 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.



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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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COTTINGHAM SHOPS



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and Present

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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.

East Yorkshire Seafarers UK to hold wine tasting evening on 25th October

The East Yorkshire Committee of Seafarers UK are organising a wine tasting evening on the 25th October.

With a MR Wines presenting and giving expert advice on various wines along with a buffet supper this promises to be a really enjoyable evening.

Commencing at 7.00 pm in the Masonic Hall, Beverley Road, Hull. Tickets are priced at a very reasonable £10.

So, if you like good wines, good company, for a convivial and all for a worthy charitable cause, come and join us. You will be most welcome. As numbers are limited please book early.

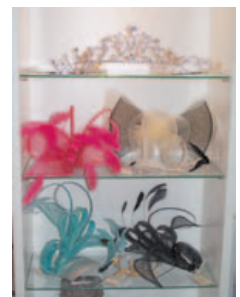
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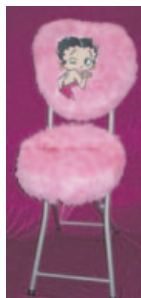


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SKIDBY LAKES

golf club

Skidby Lakes Golf Club was officially opened in June 2000 by cricket legend Ian Botham. Over the last seven years the course has improved and matured considerably. We very rarely need to use temporary greens, which means the use of main greens virtually all year round.

Skidby Lakes prides itself on being an extremely friendly club, to both members and visitors alike, it's an ideal place for a golf society to enjoy the excellent catering facilities. All categories of membership are currently available.



In the pro shop the staff offer a superb customer service and discount prices on all golfing equipments as well as the right advice. All clubs sold are custom fit to each golfer free of charge, as too many people purchase clubs that are incorrect and then need to buy again! We are a Ping Authorised fitting centre and low

prices on all top brands including: Ping, Powakaddy, Nike and TaylorMade and many more. We also offer a comprehensive clubs repair service often operating a while-you-wait service on regrips.

There are two P.G.A. Qualified Professionals, Head Professional and Director of Golf is Karl Worby, with over 25 years experience as a pro, and Assistant Professional Alex Boyton, who is recently P.G.A. Qualified and both offer excellent tuition.

Individual lessons start from £15 for 30 minutes. Also available are on-course lessons and video analysis lessons.

Group classes are excellent value at £50 and are extremely popular, they run in 10 week blocks for golfers of all standards. We also run on-course group classes. Lessons are more realistic, than at the driving range as they are off-grass and we have three undercover driving bays.

The professionals are pro-active in encouraging junior golfers. Individual Junior lessons are £10 for 30 mins. They have a junior class every Sunday 11.00 am - 12.00 noon which is £3.00 per hour. We have junior coaching days 10.00 am - 4.00 pm every school holiday and half-term at a cost of £15 including lunch, which is tremendous value.

The friendliness and excellent practice facilities at the club make Skidby Lakes the perfect place to take up golf and learn the game. (Pictured Left are the Skiby Lakes Professionals, Karl Worby and Alex Boyton)

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PCSO's Mark Ward and Natalie Bingham present village crime figures for period August 15 to September 12

Cottingham PCSOs Mark Ward and Natalie Bingham attended the Cottingham Parish Council's September meeting at which they presented the village crime statistics for the period August 15 to September 12.

They revealed that there had been a downturn in most categories during the period, but there had been an increase in burglaries from dwellings. However, it was reported that the problem should ease following the apprehension of an alleged culprit.

It was also reported that attendances at the police surgeries - run by the Cottingham Local Police Team - held in the parish council's Market Green offices on the first Thursday of each month (12.30pm- 1.30pm) are also increasing.

Cottingham crime statistics (August 15-September 12):

Burglary: 26 (Dwelling 12; Other 14).

Vehicle crime: 10 (Theft from motor-vehicles 9; Theft of motor-vehicle 1).

Violent crime (against the person): 9. Criminal damage: 14. Drug offence: 1. HMIC drug offences: 1. Fraud and forgery: 1. Theft and handling: 26. Other offences: 1. Total: 89.

PC Steve Morley, the village's Neighbourhood Police Officer, later revealed to the Cottingham Times the following crime statistics for the period January 1 to September 19 this year. Alcohol seizures: 432. Fixed parking penalty tickets £30: 90. Disorder tickets (£80) for shop-lifting etc: 2. Penalties (£80) for alcohol related disorder: 6. Nuisance behaviour warnings (effective for 12 months) using motor-vehicles (mainly motor-bicycles): 8. Warnings for cycling offences (riding on footpaths etc): 23.

Siting of CCTV cameras for King George V Playing Fields planned

Coun. Don Hardwick reported that discussions on the siting of a CCTV camera on the access lane to the 94-plot allotments site to the north of King George V Playing fields are planned.

The Allotment Committee are to discuss with their members the parish council's offer to upgrade their levels of authority. The committee is expected to report their views on the move in the near future.

Parish council clerk Judith Macklin reported that negotiations with the East Riding of Yorkshire Council (ERYC) on the transfer of the allotment site land and the licence for the use of the adjacent car park are almost completed.

Council tree-funding project sites suggested

Road-side verges close to the Harland Way roundabout junction with the A164 Hessele to Beverley road, and in the Canongate-Creyke Close area, off Northgate, are among the sites which have been suggested for Cottingham Parish Council-funded tree-planting project.

However, the village authority is seeking other suggestions from residents for the planting scheme which, ideally, should be undertaken during the autumn and early winter period. Suggestions should be forwarded to council Clerk Judith Macklin.

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Cottingham Wild Spaces, the new name for Millbeck Wildlife Group and Friends of the Dene

Cottingham Wild Spaces is the new name - agreed at a well-attended meeting in September - for the merged Millbeck Wildlife Group and Friends of The Dene. Wooden animal sculptures by artist Saffron Waghorn - the village's primary schools have also been involved in the project - will be in place in the near future. Meanwhile, it was decided to hold litter-picks at The Dene, a wooded area between Eppeleworth Road and Dene Road, on the first Sunday of every month.

Cottingham win prestigious Silver Award in the Town Category in the Yorkshire in Bloom Competition

Cottingham won a prestigious Silver award in the Town Category in this year's Yorkshire in Bloom competition. Commenting on the accolade - and the judges' comments - at Cottingham Parish Council's September meeting, Coun. Win Knight, the village's "In Bloom" group organiser, said that, in her opinion, the judges had been rather harsh because they had "criticised things that were actually the East Riding of Yorkshire Council's responsibility".

But the points that were made will be taken on board for next year's contest, for which further improvements are planned.

Councillors expressed their appreciation to village retailers, traders and other businesses who had contributed significantly to the overall Yorkshire in Bloom effort with flower displays and looked forward to even more getting involved in 2008.

Cottingham Parish Council Social Evening to be held in Darby & Joan Hall, on Thursday December 6

Cottingham Parish Council will hold their annual Social Meeting in the Finkle Street Darby and Joan Hall on Thursday, December 6. Councillors were asked to advise Judith Macklin, the authority's Clerk, if they are aware of any voluntary organisations who are not on the data-base, so that they can be added to the list for an invitation to the event, which is again being co-ordinated by Coun. Ann Abel.

New time restrictions on Hallgate loading bays

New time restrictions are to apply to the Hallgate loading bays. Car-parking will not be allowed between 6am and 6pm from Monday to Saturday. Consequently, parking will be legal from 6pm until 6am on those days, as well as all day on Sundays. However, the Association of Businesses in Cottingham and District (ABCD) had suggested that the timings should be 8am until 2pm Monday to Saturday, and the ERYC will be advised that parish councillors support the ABCD proposal.

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(The Daily Mail)

So if you have been given the job of booking your work Christmas party or you fancy a get together with your friends/family... or you are a Beatles Fanatic!!... what is stopping you? Book today!

This is a great opportunity to celebrate the Christmas season with friends, colleagues or family whilst also showing your support for a local charity and raising valuable funds for vital services. Tickets are £29.99 (£10 Deposit) which provides you with a 3 course meal, entertainment and a Disco to dance off all that Christmas Dinner!! Please contact Melinda or Lisa on 01482 342297 or email: melindao@herib.co.uk to book your tickets as soon as possible in order to avoid disappointment.



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Learning from our children, and the launch of Explorer 7

By RDM Computers

There's a saying that goes "Anything parents have not learned from experience they can now learn from their children". How true that is in the world of computers and technology generally. Many a time I have heard customers remark that if they want to learn how to use a new piece of equipment they ask their children or grandchildren to show them. The reason is simply because children have grown up surrounded by all this technology and are not afraid to use it or try new things; the trick is not to be afraid of it! Hopefully you can use articles like this to experiment and make using your computer more enjoyable.

The launch of Internet Explorer 7 earlier this year (for those using XP or Vista) brought along a very useful feature called 'tabbed browsing'. Those of you who have used other browsers like Mozilla Firefox may be familiar with this concept already, but for those who are new to it, here's a quick resume. The big advantage is for those times when you are shopping or comparing things online. You can have lots of windows or tabs open at the same time and simply click between them. To make sure you have the correct version, open Internet Explorer and on the menu bar at the top, click *Help*, and about *Internet Explorer*, and it should say version 7. If it doesn't you can download it free from the *Microsoft website*, or from the *Windows Update* site.

When you open Explorer 7, notice at the top of the window there is a tab displaying the page name you are viewing, and next to that a smaller tab. Rest your cursor on that and it will display *New Tab*. Click on that and a new page will open with the address bar blank. Type in the address of another page you want to view, or select from your *Favorites* list. When that page is loaded, you will now have two pages to look at or compare, all you have to do is click on the tabs at the top to move between the two. You can work on each page clicking on links as appropriate, and you will notice that a new tab has appeared at the top which you can use again to open another page as many as you can fit across the screen!

One thing we get a lot of calls about is email problems, so here are a few examples. If you type a long email and send it off on its way, only to find it comes back as undelivered, often it may be as simple as having typed the address slightly wrong. If that is the case, your original email will be in the *Sent Folder* of your email program (Outlook, Outlook Express, Incredimail etc). Rather than typing it all again, you have two options. You can go into the *Sent Folder* and open the message (by double clicking on it), and then click the *Forward* button and then carefully type in the correct address, click send and off it goes. Alternatively, you can start a new email message and copy in the text. Quite simply open the message as above, click your cursor into the message area, click on *Edit*


and *Select All* (or hold down the *Ctrl* key and press *A*) and then click *Edit* and *Copy*. Close that message and start a new one, click into the message area and click *Edit and Paste* and voila all your text will be copied in. Just fill in the address and the subject and send. It is important to complete the subject line clearly, as any message without one or with jumbled up characters could be construed as spam by the recipients email server and junked.

Talking of spam or junk mail, this is a constant headache for most regular email users. Estimates of the proportion of spam to legitimate mail vary wildly between 50 and 90% worldwide. There is no foolproof way of blocking spam completely, the more filters you put up the more chance there is of losing mail that you are waiting for. Many email providers do have their own filtering system that marks suspect messages or stops them getting to your inbox altogether. Karoo do run such a system and every user has a 'Quarantine' folder located on the Karoo mail servers. This holds suspect messages for a period of 21 days, if they are not read or claimed in that period they are automatically deleted. So if you are awaiting a message that hasn't appeared it may have got caught in the net. To check, all you have to do is go to the Karoo homepage, and click the link on the right hand side of the page called 'My Quarantine Folder' and it will lead you through the process of checking what's in there and allowing you to release anything that is not spam.

I mentioned a few articles back about some new software that Apple Mac had introduced that allows users of Mac computers to run Windows should they so wish. I have tested this very successfully on our Mac Mini and can now run either Windows XP or the supplied Mac OSX just by selecting at boot up. All the onboard equipment works fine including wireless networking. Mac purists may be aghast at the very suggestion, but for others it does give freedom of choice as you still have to buy a copy of Windows though!

Finally, our new office being located on the University campus, we have been busy recently with the *Freshers Fair* welcoming the new intake of students. The location seems to have been very well received by established and new customers alike with the convenience of being able to park right outside the building.



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Wordsearch -

Find the “animals” in the puzzle below

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

Find the words in the letters above:

Cheetah	Chimp	Cougar
Deer	Elephant	Giraffe
Gorilla	Grizzly Bear	Koala Bear
Lemur	Leopard	Lion
Lizzard	Llama	Monkey
Panda	Polar Bear	Snake
Swan	Tiger	Wolf
		Zebra

Sudoku No. 10 -

This is a medium challenge

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

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Breast Cancer Campaign Auction Night at Salon 36

A Breast Cancer Campaign evening was held at Salon 36 on 21st September (World Peace Day). The evening hosted by Maxine and her staff was very well attended, the dress theme of the evening being pink, with all guests wearing pink, in support of the Cancer Campaign.

The early part of the evening was taken up by a Handbag Auction with a wide variety of handbags being auctioned off. Bidding was brisk with bids going to and fro in a lively atmosphere.

During the latter part of the evening the raffle prizes were drawn which were donated by local business and a large selection of electrical goods supplied by an anonymous donor.

Other raffle prizes included a superb hamper from Robert & Speights Deli, in Beverley, Candlebra, Champagne and wine, Swarovski Crystal Wear, Salt and Pepper Grinders and much much, more.

The total amount of money collect so far is £450.00 with many more donations still to be collected. A full total of the money donated at the Salon 36 evening will be announced Maxine at later date.



Pictured above and below are the staff of Salon 36 during the Breast Cancer Auction Night. Top: Tammi and below: Luke and Rachel.

S
A
L
O
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36

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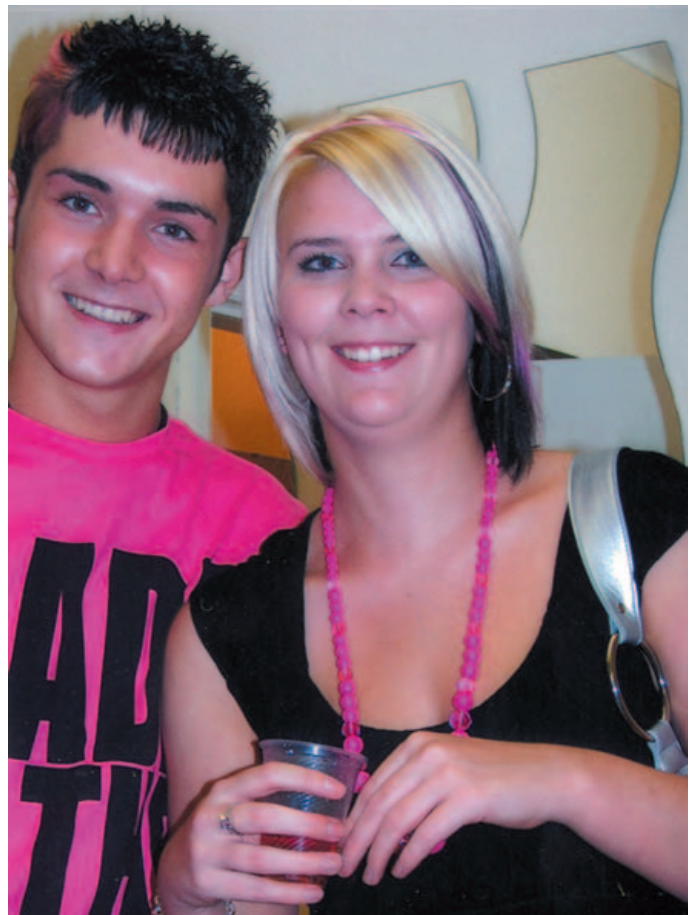
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57th Haltemprice Art Exhibition at Cottingham Civic Hall from 19th to 27 October

The Council holds an art exhibition each year, which is based in the Haltemprice area of the East Riding. The exhibition is on display at the Civic Hall in Cottingham from Friday 19 to Saturday 27 October 2007 and is open daily from 10am to 4pm. Admission to the exhibition is free.

The exhibition is to enable local amateur artists to display and possibly sell some of their work. Entries for the exhibition are invited from all artists who are either resident in the East Riding or attend art classes or clubs in the East Riding.

Receiving date for exhibits is Monday 15 October, 9am to 7.30pm at the Civic Hall, Cottingham. Entry is £1 per exhibit.


There is a children's section at the exhibition and in the past the response has been very good with a lot of local schools participating. Trophies are also presented for first prize in the 14 years and under and 15 years and over categories. Receiving date for exhibits in the children's section is Friday 28 September between 10am and 5pm at the Civic Hall, Cottingham.

The Wilburn trophy is presented at the end of the exhibition to the most popular exhibit. A public ballot takes place during the week of the exhibition to decide upon the winner.

Entry forms for the exhibition are available from June Mitchell, Community Arts Officer, on 01482 392651, the Beverley Art Gallery or the Customer Service Centre, Cottingham.

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Crossword - Solution on page 34

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21		22			23					
			24		25	26		27						
28	29	30				31			32		33	34	35	
36				37				38		39				
40			41		42			43		44				
45				46		47				48		49		
50							51				52			
			53		54	55		56						
57	58	59				60			61		62	63	64	
65					66					67				
70					71					72				
73					74					75				

Across

1. Strike Breaker; 5. Musical drama, usually sung in Italian; 10. Locks up; 14. Earthen pot; 15. Tortilla topped with cheese; 16. Back of the neck; 17. Derrick; 18. Early anaesthetic; 19. Agitated state; 20. Lieu; 22. Surpass; 24. Retained; 27. Principal; 28. Expressway; 32. Flower part; 36. Oxlike African antelope; 37. Rare delight; 39. Roofing stone; 40. Performs; 42. Hand woven wall hanging; 44. Christmas; 45. Ships' officers; 47. Birthplace of Muhammad; 49. Sorrowful; 50. Pertaining to bees; 51. Having no seams; 53. Animal pelts; 56. Threesome; 57. Edible bean; 61. Kids toys; 65 River in central Europe; 66. European ermine; 69. Letters, eg.; 70. Hawaiian goose; 71. Latin American dance; 72. Gas burner or Sicilian volcano; 73. Massive wild ox; 74. Facial expression used by Elvis Presley; 75. Consider.

Down

1. Weeps; 2. Semi-solid mass; 3. Drug-yielding plant; 4. Capital of Mali; 5. Single unit; 6. Touch lightly; 7. Reflected sound; 8. Head cold; 9. Large artery; 10. Madly; 11. Pious platitudes; 12. Long poem, such as those attributed to Homer; 13. Third son of Adam; 21. It's owed; 23. Fail to hit; 25. Graph prefix; 26. Unit of heat; 28. Brightly coloured lizard; 29. Remove a covering; 30. All, musically; 31. Nostrils; 33. Temporary stop; 34. Collection of maps; 35. City in West Yorkshire; 38. Be silent, musically; 41. Traveller on the sea; 43. Sign of injury; 46. Rebuff; 48. Among; 52. Appeared indistinctly; 54. Reposes; 55. The devil; 57. Yearn; 58. Notion; 59. List from which to choose; 60. Zip; 62. Overdue; 63. -dancing is popular with cowboys!; 64. Shut with force; 67. Word that can succeed old, ice and bronze; 68. Rocky pinnacle.

"Crossword provided by BestCrosswords.com

(<http://bestcrosswords.com>). Used with permission"

"One cannot go through life without pain . . . What we can do, is choose how to use the pain life presents to us".

Bernie Siegel

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Help! The Lions are escaping

The Haltemprice Lions Club has served the community for 33 years. During that period it has raised, through its members own endeavours, over half a million pounds to support worthy causes in this area, nationally and internationally.

With the Lions, every penny raised in the name of charity is used for that purpose, we do not impose costs for administration.

In the past the club has supported the individual with a terminal disease to ensure the last days of life were comfortable, made donations to worthy local causes, assisted the hospices in the area and to buying fresh water supplies in India and Africa to name but a few.

Their many varied and welcome efforts in supporting the community is successful due to its gallant band of volunteer members.

However, their numbers are falling! The membership has been around the 40 mark initially but fell to around thirty in recent years, due to various reasons we have now hit the 20 mark.

We are seeking service minded volunteers to join us in our commitments to support community based activities. It is not all fundraising, service activities in various forms are offered and fulfilled by the Lions.

What do you gain as a Lion member? A bond of friendship and the creation of fostering a spirit of understanding - and - great satisfaction in seeing a job well done.

The commitment can be as long or short as time allows you to give. The Haltemprice Lions meet twice a month in Cottingham with a mix of business and social activity.

There are Lions Clubs all over Britain and the world and its members include many notable persons. One such member is the former Leader of the Conservative Party, the Rt. Hon. Michael Howard, M.P. who recently wrote supporting Haltemprice Lions in their tremendous charity work and wished every success in continuing the service to the community and attracting new members.

Surely there are like minded people in Hull and East Riding who want to be involved with the Lions and continue the service to those less fortunate.

Should anyone be interested in joining the Lions website is www.lions.org.uk. Or contact David Whincup of Haltemprice Lions, Telephone 01482 847367.



Photo shows Haltemprice Lions' President, Godfrey Burley, presenting an industrial washing machine to Nicola Robinson of The Odyssey Centre, Barton upon Humber. The Centre provides support to those people who have a diagnosis of cancer.

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In the Kitchen



Ingredient of the Month Coconut



Coconut (*Cocos nucifera*) belongs to the Palm family Arecaceae and is found growing around the world in lowland, tropical and subtropical habitats. Classed as a fruit, it is actually a one-seeded drupe. What we buy in shops is the "stone" of this drupe, consisting of a hard shell (the endocarp) which encloses the seed.

Origin and History

The origin of Coconuts is much disputed to this day. We know the plant flourishes best on coastlines, and a more recent theory is that it originated in the East Pacific (Polynesia), but coconuts float extremely well due to their structure - a very thick and light shell which protects the seed from salt water (a killer to most other seeds) and an internal cavity adding to its buoyancy.

Add the fact that the embryo remains vital for up to 8 months in cool sea water, plus natural occurrences such as storms, tidal waves, volcanic eruptions etc., and it's easy to see how they could have travelled to/from almost anywhere with a warm climate at any time in history.

Indeed, palms were widely grown and used on the western coast of Central America by the time Columbus got there and the Sallier Papyrus states that a species of coconut palm existed in Egypt in the 14th century BC! Today palms are found growing in parts of Europe, Asia, Africa, the Americas and Australasia. It's just a mystery waiting to be solved.

Cultivation and Processing

Successful growth requires a minimum average temperature of 22C/72F and an annual rainfall of 100cm/40 inches or more. The nuts are placed on their sides and buried to about half their thickness with sand or mulch. They

can be planted directly into large pots or quite closely together in a seed bed. Germination is best under high temperatures (35C/95F). The trees can reach a height of 3.3m/100 feet. The coconut palm starts fruiting 6 to 10 years after germination continues to fruit until it is about 80 years old with an annual production of 50 to 200 fruits per tree, depending on cultivar and climate.

Coconut Cream

Grated coconut meat (the white part) is steeped in hot water until it is cool enough to handle. It is then squeezed until dry. The liquid is strained to remove all the pulp and allowed to sit for a while, the coconut cream rises to the top.

Coconut Milk

Coconut milk is not the juice found inside a coconut, but a further derivative from the cream process. Hot water is added to the pulp which was left over and the above process is repeated producing a lighter liquid i.e. coconut milk.

An average mature coconut yields about 240ml/8fl.oz. of coconut cream and 360ml/12fl.oz. of coconut milk however as making fresh coconut milk/cream from scratch is time consuming, most of us will use tinned or block milk/cream.

Desiccated/shredded

This is a commercial process where the flesh is dried and packaged. It is available sweetened or unsweetened, shredded or flaked, dried (desiccated) or moist.

Packaged Flesh/Desiccated - It can be used as an ingredient in savoury and sweet recipes both to impart a coconut flavour and texture and as a topping or coating. You can make coconut milk from unsweetened desiccated coconut: just combine equal amounts of desiccated coconut and boiling water in a bowl. Let the mixture steep for at least 2 hours then strain through two layers of fine muslin.

Powdered - simply dilute with water according to the the manufacturers directions and use as coconut milk.

Lamb Curry - Serves 4

Ingredients

2 tbsp Vegetable Oil
900g/2lb Boneless Lamb
1 large Onion, chopped
2 Garlic Cloves, crushed
1 Red Capsicum (Sweet Pepper) cut into 1 cm/1/2 inch squares
1 tbsp Curry Powder
1/2 teasp Chilli Powder
1 teasp Ground Ginger
1/2 teasp Black Pepper
1 tbsp Plain Flour
Salt
1 x 400g/14oz tin Chopped Tomatoes
480ml/16fl.oz. Lamb Stock
250g/9oz Brown Lentils, washed and drained
120ml/4fl.oz. Coconut Milk

Instructions

1. Cut the lamb into 2.5cm/1 inch cubes. Heat the oil in large saucepan add the lamb, in batches until browned all over. Remove with a slotted spoon and set aside.
2. Reheat the oil, adding a little extra if necessary, add the onion, garlic and red pepper and fry until softened and just beginning to brown.
3. In a small bowl, mix together the curry powder, chili powder, ground ginger, black pepper (or contents of the Spice Pack if using), flour and salt. Sprinkle the flour mixture over the onion mixture, mix well and cook, stirring, for 1 minute.
4. Add the whole tin of tomatoes and stock, stir well then add the browned lamb, lentils and coconut milk. Mix well then cover the pan and simmer gently, for 1 hour stirring from time to time.

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Amy Louise MacFarlane reaches for the sky with flower power

"My full name name is Amy Louise McFarlane. I am nine years old, I live in Cottingham, I go to the Bacon Garth Primary School. The sunflowers I grew were from seed and they have grown to over 14 feet high".

Amy MacFarlane (9), of Lawns Garth, Cottingham is pictured with the sunflowers which she grew from seed. Amy who is a pupil of Bacon Garth Primary has cared for her seeds, but has not fed them with anything special other than water.

The flowers are currently about 4 metres (13ft x 14ft) high. Amy intends to use some of the seeds from her flowers to grow more in the coming year and try to beat the height of the flowers she has grown this year.



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Heading South to Canada

By Marion Owen

On joining our cruise in Whittier it was nice to get settled into our cabin knowing this was to be our home for the next 7 nights. Being our 3rd Alaskan Cruise we only had one new port

of call to explore the Russian town of Sitka, this was our first port of call a most delightful spot. We walked our socks off taking in the local culture, wildlife and scenery. The national cemetery, Churches, the University and the Totem Pole park where the highlights of the visit.

College Fjord had changed so much, the overpowering glaciers showing a drastic retreat since our first visit in 2003, very sad to see. The tide was low we saw a tiny dot on the shores just visible with binoculars as a bear - our first sighting!

My highlight of the cruise had to be my planned visit to the Mendenhall Glacier to walk the shores and enjoy the spectacular scenery. \$12 on the local bus was the cost of this day out and I became so excited I could have popped out of my skin. On walking the nature trail at the glacier there in front of me where bears that I had so wanted to see, one caught a salmon and munched it's way through it right in front of us another just strolled across the path no more than 3 metres from us. This is when I decided to return again to Alaska, more people have to see these sights the next time I bring a group on this cruise I have decided it will be a low budget option with the days ashore planned for you allowing you to have everything included cost wise prior to departure.

The weather was not quite so hot this year although it wasn't cold hence I feel the bears where happier to appear. In Ketchikan my husband and two friends saw a bear on the edge of town.

On arrival in my favourite city Vancouver we headed out to Vancouver Island to spend a few days immersed in the wilderness of this unspoilt land. Our driver Brenda from the island herself had lots of little treats in store for us which otherwise we may have missed.

One of my many highlights on the Island was the town of Chemainus. Once a dying seaside resort, the locals where moving away and visitors where few. Not today as in 1982 internationally known artists where invited to use the town as a canvas creating 38 murals

and 13 sculptures depicting the town's history. (see this issues photos) The town is a most wonderful sight and on arrival the little park also had a lunchtime open air concert (free of charge) taking place. Chemainus is easy to reach although we arrived by road a great way to visit is by rail. From the capital of Victoria it is an excellent day out not only allowing you

to enjoy the town but the rail road travels through stunning scenery too. If your itinerary allows stay overnight you will find everyone friendly and welcoming. This is now an area we are working into our tailor made itineraries.

If you are thinking of Canada for 2008 it is time to make plans now to ensure that your itinerary is possible, especially when visiting in the busy summer months when accommodation and the various modes of transport do book up well in advance.

I will keep on slipping tales from this holiday from time to time, the next issue I will bring you memoirs hot off the press from my visit to the East Coast of the USA & Canada in the fall.



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Westfield School Association hold Summer Ball at Willerby Manor Hotel

The Westfield School Association's Annual Summer Ball was held on the 14th September, in the Pavillion Suite at the Willerby Manor Hotel.

The ball was organised by Amanda McLeish-Longthorn and Adrea Smith on behalf of Westfield School Association. 97 guests attended the evening which raised £541.00 pounds for the school. The event was supported by Unique and Insight Photography who donated generous raffle prizes. A prize for "most glamorous couple" went to Chris Huscroft a teacher at Westfield School and Willow Boyle.



Pictured above are Chris Huscroft and Willow Boyle who won the "Most Glamorous Couple" award.

The black tie event is the highlight of the fundraising year. Throughout the year, the Associations organises many events to raise funds to improve the facilities at the school including IT equipment. These family events are well attended by pupils, teachers and members of the Association.

The Association receives help from the traders in Cottingham and District who donate money, raffle prizes and other gifts.

A sit down meal followed the reception and music was provided by 'The Monos', one of the best-known, local live bands in the Cottingham area.



Pictured above is Paul Drury (Chair of Westfield School Association) being supported by teachers Clare Morris, Clare Jones, Rachel Hunt, Tracy Redhead, Angie Rhodes and Anne Sudgen.

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In the Garden



Flower Garden

Cut back faded herbaceous perennials and add to compost heap.

Lift and divide poor flowering or overcrowded herbaceous plants such as Achillea, Artemisia, Aster, Campanula, Crocosmia, and Phlox. This will revive them for next year. Division is also a cheap way of increasing your stock of favourite plants.

Wait for first frosts to hit dahlias and cannas before lifting the tubers or rhizomes. They may overwinter in the ground in warmer regions if covered with a protective layer of straw or bracken, but flowering may be late and/or poor next year.

Lift tender bulbs if you live in a cold area; Galtonia and Tigridia bulbs, for example, need lifting and storing over the winter.

Any remaining summer bedding plants struggling on in milder areas are best cleared and replaced, for a fresher display. They make excellent additions to the compost heap, but avoid composting diseased material.

Don't neglect hanging basket maintenance - a little deadheading, watering and feeding can keep them going until mid-autumn. Once they are past their best, then re-plant with spring-flowering bulbs, winter heathers, trailing ivies and spring bedding plants.

Pick over alpines regularly, removing any autumn debris and covering died-back patches with extra grit to encourage their regrowth.

Lilly bulbs can be planted up in pots this month. Next year, they can either be brought inside for an early display in spring, or left outside as summer patio plants.

Continue to plant spring-flowering bulbs, but leave tulips until November.



Plant wallflowers, forget-me-not, Bellis, Primula, Viola (including winter pansies) and other spring bedding plants in prepared ground or pots. Keep them well watered 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.

In mild areas, it is still just possible to sow hardy annuals outside, to overwinter for a display next year.

Raise patio containers on to bricks or purpose-made pot feet to avoid them sitting in water during the winter.

Move alpine troughs to a covered porch or lean-to to protect them from the rain (if you do not have a suitably ventilated and unheated greenhouse). Alternatively, shelter the troughs with transparent acrylic or plastic sheets suspended above them.

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2. Cut back perennials that have died down
3. Divide herbaceous perennials and rhubarb crowns
4. Move tender plants, including aquatic ones, into the greenhouse
5. Plant out spring cabbages
6. Harvest apples, pears, grapes and nuts
7. Prune climbing roses
8. Order seeds for next year
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Cottingham Tennis Club win the Jim West Chairman's Cup

Cottingham Lawn Tennis Club end of season fundraiser saw 56 competitors enjoy a full day's tennis in their attempt to win the "Jim West Chairman's Cup". The Cottingham Sports Team were victorious at the end of the day narrowly edging out the Garthwest Team.

A good blend of youth and experience provided a fantastic playing atmosphere. Lucy Haldenby, Adam Maw and Lizzie Craig performed well for the juniors and John and Eileen Blow finishing runners-up in their section was one of the senior highlights.

Local Tennis Coach Invited to Wimbledon

September saw Head Coach Paul Holtby take on a strong field in a doubles invitation event held at the All England Club. Despite a lack of grass court practice, Holtby won the event without dropping a set. "It's a long time since I last played down there but the courts were just as good as I remember and the place has a wonderful aura", Paul commented.



Pictured above Paul Holtby (right) being presented with his trophy by Dan Bloxham, right (the Club's head coach). Pictured with Paul is his two year old daughter Lucy making her debut on the Wimbledon courts.

The on-going construction of the sliding roof on Centre Court, due for completion by June 2009, and the excavation work on the new sunken court 2 meant that half the club resembled a building site with 7 massive cranes towering over-head.

Paul also appreciated the warm reception he received at Wimbledon, "Dan Bloxham, the Club's Head Coach, was a very welcoming and helpful host to both players and spectators, even allowing my daughter Lucy to make her debut on the courts at the age of 2".

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Cottingham Cricket Club's youngsters all receive awards at Junior Presentation Evening

Every youngster who played for Cottingham Cricket Club's Under-9, Under-11 and Under-13 sides in the 2007 season, received a trophy at the Junior Presentation evening. A total of 15 played at the Under-9 age-group level, 24 at Under-11 and 31 at Under-13.

Mike Best, the club's long-serving secretary presented the trophies and other major awards. Youth Development Officer Rob Rhodes thanked Pete Pearson for his help in running the Under-9 side, who played on Sundays.

The Under-11 squad played 12 matches of which they won 7 and lost 5. It was a good effort by the young squad, who will only lose five players to the Under-13s for the 2008 season, said team manager Rhodes.

Under-11 awards 2007 - Most Improved Player: Elliot Levitt. Batting: Jonathon Mawson; Bowling: Rizwaan Mohammed.

Player of the Year: Rich Moy (captain and leading run-scorer and wicket-taker),

The Under-13 side won 4 of their 11 games and were runners-up in the Londesborough Park six-a-side competition. With a large number of youngsters available, team managers Ken and Jeremy Parker gave everyone as many outings as possible. They had to take into account the weather during the season and availability in rearranged games during the school holidays.

Under-13 awards 2007 - Most Improved Player: Joe Welbourn.

Batting: Matthew Hagyard. **Bowling:** Jonathon Hagyard. **Fielding:** Rob Fish. **Player of the Year:** Liam James (captain).

A Special Achievement award was presented to Cameron Furlong, an Under-9 player, who took wickets with his last two balls in an Under-11 game against Sutton and then took a wicket with his first ball in an Under-15 game against Humbleton to claim a hat-trick over two matches.

Byron Parker (Under-13) and Will Rhodes (Under-12) were presented with salvers in recognition of their selection for Yorkshire's age-level squads. They also both represented East Yorkshire at Under-13 level in the Lord's Taverners and District competitions.

Jonathon Mawson was selected for the East Yorkshire Under-11 Lord's Taverners squad.

Preparations will soon be underway for the 2008 campaign. Indoor net training for the Under-11 and Under-13 squads starts on January 10 (6pm-7pm) at St Mary's College.

WE ARE ALL UNIQUE

It's now only 13 weeks to Christmas which means for a lot of us, we only have another two haircuts before the big day!!

Here at Unique we are talking about a new look for autumn, this doesn't have to be anything too drastic. After all everyone wants gorgeous glossy hair! We also are recommending a fantastic new range of system professional products. The luminous products are designed especially for giving amazing shine to any hair, so use these for that sexy luscious look.

Long textured hair is very noticable on the catwalks right now (often with subtle warm tones).

Fringes are still very much the sexy accessory.

Head gear such as hats, head scarves and hair jewellery is a must this season and a great way to give your hair a rest from styling.

As promised in last month's Cottingham Times, Unique have some fantastic news. Due to a fabulously successful thirteen months we are opening a second Unique salon on The Weir, Hessle. This is due to open mid November and we all incredibly excited!. This has only been achievable due to the amazing support we have had from our clients, so I must say a big thank you to everyone for making this possible.

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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Debutant Evie Hepworth scores double hat-trick for Cottingham Rangers Girls Under 10's

On Saturday 22nd September Cottingham Rangers Girls Under 10's played their first match of the season against Goole Town Girls in the East Riding Girls Football League Under 10's Division.

This match saw a strong start for Cott Rangers who beat Goole Town Girls 9-0. Many of Goole Town Girls were making their very first appearance in the league and fought very bravely to the final whistle. Cottingham Rangers experience proved decisive with a great double hat-trick from new girl Evie Hepworth. Rosie Clutterbrook with two goals and Jodie Brown with one goal also added to make an impressive final score. Goole Town found it difficult breaking forward due to Cottingham Rangers strong defensive displays from Ellie Thompson and Jodie Brown. Although Cottingham found their scoring touch, Goole Town did not give up and made many strong defensive tackles preventing Hayley Allman and Grace Weston breaking through from midfield for Cottingham.



Evie Hepworth pictured during her first game with Cottingham Rangers Girls Under 10s.

Cottingham Rangers have been running football teams since 1972 but the girls football in the Cottingham area has really taken off in recent years. We now run girls teams for age groups of under 10's and 12's. The girls train once a week and play their home games at Cottingham High School. Anyone interested in playing for the Cottingham Rangers Girls team should contact Anthony Allman on 01482 840779.

More information can be found on the clubs web site: www.cottinghamrangers.co.uk

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Hallgate Infant School receives Environmental Award

Despite their tender years, children of Hallgate Infant School show remarkable maturity when it comes to environmental issues.

Their school council is at the forefront of traffic reduction and recycling campaigns and they turn into the fiercest wardens when it comes to "illegal" parking near their school.

Hallgate's active Travel Plan Committee has introduced "park and stride" schemes, encouraging parents to park their cars in designated areas some distance from the school to encourage walking. The Y2 pupils issue "naughty parking tickets" to cars that break the rule. Their eco-awareness comes from a curriculum rich in environmentally-friendly and sustainable activities. Speakers come to talk to pupils every week about community issues; the children have engaged with a firefighter, a policeman, lifeboatman and dental health worker. They have daily access to outdoor activities such as the gardening club and sports including football, hockey and tennis as well as a weekly cookery class.

Years one and two enjoy a "Free Fridays" timetable where the curriculum is adapted to accommodate healthy eating, yoga, dance, drama, first aid, computer animation, art and textiles.

Children are encouraged at all times to keep themselves active and their cook, Mrs Caws, has taken up the Jamie Oliver "Feed Me Better" campaign, offering healthy lunches using Jamie's recipes and running a healthy snack shop with home-made oat biscuits, brioche bread, fresh fruit and vegetables.

Pictured above are some of the Hallgate pupils, teachers and parents with the "Walking Bus".

Below: Robert Tweedale, aged 6 and Murren Cruickshank, aged 5 are pictured with the Environmental Award.

Continued on page 30



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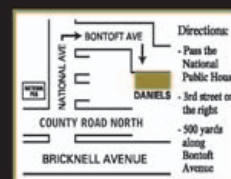
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Continued from page 29

The school is a centre for community recycling and children are involved in collecting paper, aluminium, tin, plastic and used stamps. According to the area's recycling officer children at Hallgate have a high level of understanding of environmental issues. Staff at this infant school believe sustainability and community issues are intertwined and that children are never too young to take these on if they are to become responsible citizens of the future.

Mrs Hill, Executive Head Teacher, said, "We are proud and delighted to receive this regional award; it is in recognition of the commitment and care staff and pupils have for themselves, each other and the environment, also the strong support we receive from our parents and the community. We are very much looking forward to the National Final, which is on 21 October at the London Palladium; it will be broadcast on BBC2 later that evening!"

The Landaus confirm their first UK Tour

Cottingham based band The Landaus have secured their first ever tour of the UK. Having conquered Germany and Austria already this year and signed their first management deal, 2007 will definitely be a year to remember. Hopefully the platform has been laid and the 28 date tour which will start in Scotland and work its way down through every major UK city will project the youngsters to international stardom.

This could well be the hottest tour of the year, a real package tour, the band and crew on one tour bus. Remember the Stiff Records tours, the British Invasion tours of the U.S. and the incredible U.K. package tours of the sixties and the bands that came out of those tours. History has a habit of repeating itself.

From the moment the doors open the audience is going to be taken on an exhilarating magic carpet ride. If you've seen or heard The Landaus before you'll know what to expect, only threefold, if not, get ready for a night to remember.

Every track has a hit single stamped all over it. The music industry is sitting up and taking note, The Landaus are becoming impossible to ignore. This tour will bring them to the attention of a wider audience and increase support nationwide.

A video diary of the tour will be filmed, onstage, backstage, on the bus and anywhere else the bands may venture. Highlights will be broadcast weekly on ITV Local.

Don't forget The Landaus play Elliotts Cafe bar in Cottingham on 7th November, no tickets needed just bring yourselves.

Cottingham Scouts finalise 99-year lease for plot of land, but lose out on Lottery Funding

The committee raising cash for a new HQ building have now finalised terms of a 99-year lease for a plot of land at Hallgate School, but were disappointed to learn that their first round application for funding from the Lottery Fund was unsuccessful - although not entirely surprised. Apparently the Fund has received bids for over £500 million from projects nationwide, and with just £50 million in the pot, only a small proportion of applications were likely to go through to stage two!

In the tradition of their movements, the Scouts and Guides remain as upbeat as ever, and are carrying on with applications to other funding bodies, as well as organising local fundraising events. Over the past year these have been very successful, with the generous support of the community, but the committee are now also looking for some big sponsors to help provide a building, which will be used by Cottingham's uniformed groups and other youth organisations. Any pledges for money or materials from companies working in the area will be gratefully received!

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Your Stars for October 2007 -

By Kay Gower

ARIES - (Mar. 21- April 20)

Fate, destiny, karma. What goes around comes around, and this month your faith in the justice of the universe will be restored.

TAURUS - (Apr. 21- may 21)

This month you might feel ready to make a business or romantic commitment that could change your future course for the better. You'll have the right moment to announce your major move at the full moon on October 26th.

GEMINI - (May 22-June 21)

Nowadays many things can be accomplished virtually, but this is one month when your success depends on you showing up in the flesh. If you are serious about being the best, then do what it takes.

CANCER (June 22-July 22)

The warrior planet, Mars, has moved into your sign, Cancer. There will be nothing dull about this month or those that follow. It's as though the universe is deliberately throwing down a challenge in order to bring out the liveliest response in you.

LEO - (July 23-Aug 22)

The stars favour expedient solutions. If you can fit your problem into a single sentence short enough to be written on a business card, then all will be solved by the 17th of this month.

VIRGO - (Aug 22 - Sept. 23)

During October, the stars represent a mixed bag of high life and low life, old ways and new ways, destruction and creation. Hold on to your intention of taking it all in, without taking offence.

LIBRA - (Sept. 24 -Oct. 23)

Empathy is one of your most endearing qualities, Libra, but it opens you up to all manner of emotional manipulation. Try to remember that you are responsible for your own happiness.

SCORPIO - (Oct. 24 - Nov. 22)

Finances are looking up. Delays and restrictions have been the norm for the past few weeks, but this month the money finally arrives. An early birthday gift could find its way to you, too.

SAGITTARIUS - (Nov. 23 -Dec. 21)

You could be feeling as if you're working at cross-purposes with a certain person. This conflict could, in the end, enlighten you, so don't shy away from it. With poise and diplomacy, all is made right.

CAPRICORN - (Dec 22.- Jan. 20)

This month, instead of spinning your wheels, try putting your feet up. There are numerous benefits to doing nothing. If you try, you can do nothing passionately, almost actively all month!

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

Sometimes you act on impulse, but more often than not you act on second thought. In matters of romance, you benefit from doing the former, but in business you're better off doing the latter. Well, at least for this month.

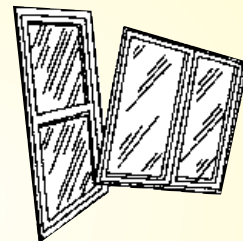
PISCES - (Feb. 20-Mar. 20)

Soulful, insightful and inspiring conversations transpire over the next few weeks. These are the kinds of communication that one comes away from permanently altered. The best part is, they happen in a completely natural way. No forced talk necessary. Someone new enters your life. Keep them.

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

Gino's is a bright, clean and friendly premises,

and there is a small well-lit waiting area. There is an excellent choice of Pizzas, Burgers, Kebabs and Fried Chicken, and the meals are of ample proportion, even for the biggest appetites. There is also a Gino's Kids Club menu.

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

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

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



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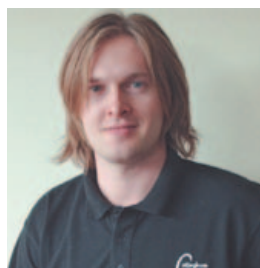
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Crossword Solution from page 14

1	S	2	C	3	A	4	B		5	O	6	P	7	E	8	R	9	A		10	I	11	C	12	E	13	S
14	O	L	L	A					15	N	A	C	H	O						16	N	A	P	E			
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40	A	C	T	S		41			42	A	R	R	A	43	S		44	Y	U	L	E						
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73	G	A	U	R			74	S	N	E	E	R				75	D	E	E	M							



Matt's Monthly Motivation

By Matt Burton

Over the course of my articles, my segments have become specific to refined topics and I felt a return to the simple stuff may benefit all of us. As we know, regular exercise will bring us benefits but I'd like to bring this concept to the forefront of your mind by running through some pointers.

Research shows that regular exercise can:

- * increase levels of HDL (good cholesterol),
- * lower high blood pressure,
- * burn body fat,
- * attain healthy blood sugar levels,
- * improve bone density,
- * boost the immune system,
- * Improve mood and reduce the chance of depression.

Despite our awareness of the need to stay active, many of us find it difficult to adjust our daily lives to incorporate physical activity. With cars on most driveways and the decrease in the number of physically active jobs, 70% of adults are sufficiently inactive to be classed as "sedentary". Being sedentary increases the risk of a heart attack or stroke by the same amount as smoking.

People give many reasons for not taking up exercise:

- * lack of time (due to work or family commitments),
- * lack of finance,
- * find it boring,
- * dislike the "gym" environment

There are however, ways to get around all of these potential barriers. Getting off the bus to work one or two stops earlier than usual is free and requires no special equipment or facilities.

Many people are put off physical activity because of the false mentality that only strenuous exercise or playing high-intensity sport counts as healthy activity. In truth, substantial health benefits can be achieved from regular activity without the need for special equipment, sporting ability or getting very hot and sweaty.

There is strong scientific evidence that moderate intensity physical activity, equal to brisk walking for 30 minutes per day on most days of the week, is enough to bring about benefits in terms of promoting health and reducing the likelihood of contracting illnesses.

Regular activity can also improve the way you look and feel. In combination with a balanced diet, regular activity can help to maintain a healthy body. It can even boost self-confidence and reduce the risk of depression.

For an adult, regular, moderate intensity physical activity means using up about an extra 200 calories per day, most days of the week. This equates to about 30 minutes of activity, such as a two-mile brisk walk, that should make you feel warm and mildly out of breath. During moderate intensity activity, you should still be able to talk without panting in between your words.

If you've previously been inactive and 30 minutes of activity per day sounds a bit much to start with, the good news is that separate sessions of ten minutes can count towards the total. Goals have to be achievable.

It's possible to achieve your 30 minute target by making fairly simple changes to your everyday routine without running a marathon.

Examples of everyday activities that count:

- * taking the stairs as opposed to using the lift,
- * walking up moving escalators,
- * for short journeys, walking instead of driving,
- * doing the housework at "double-time",
- * DIY and gardening, such as painting or raking leaves.

If you need any further information regarding the basics of exercise and the health benefits that come with it, call the Wellness Team at Cottingham Parks on (01482) 846030 where our team will be happy to help.

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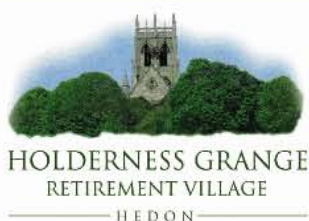


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