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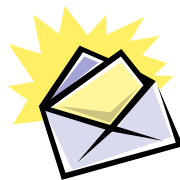
A Prayer for the Stressed

Grant me the serenity to accept the things I cannot change
The courage to change the things I cannot accept
And the wisdom to hide the bodies of those I had to kill today
Because they got on my nerves.
And also help me to be careful of the toes I step on today
As they may be connected to the feet I may have to kiss tomorrow.
Help me always to give 100% at work...
12% on Monday, 23% on Tuesday, 40% on Wednesday, 20% on
Thursday
And 5% on Friday.
And help me to remember.. that when I'm having a bad day
And it seems that people are trying to wind me up
It takes 42 muscles to frown, 28 muscles to smile
And only 4 to extend my arm and smack someone in the mouth!!

SPEAK OUT!

If you want to contribute to this newsletter, we would love to hear from you. There are many ways to express your views:

Post: 66 Westbourne Avenue, Hull
or 48 Marlborough Avenue, Hull
Phone: 01482 445272
e-mail: avenues@greengates.karoo.co.uk
Website: <http://www.greengates.karoo.net/avenues>



May 2001

Issue 10

AVENUES
AND PEARSON PARK
RESIDENTS' ASSOCIATION

Newsletter

From the Chairman....

It is a sadness to us that "Jack Kaye Walk" was not named until too late; such tangible evidence of the mark he made in the community would have been such a pleasure to him at the time he retired, but the City said "No." It's happened now, thanks to our new local democracy (Ward Forum, Area Committee).

The Hull Corporate Plan includes a key issue welcome to us—"Ensuring that the West Hull area fulfils its housing market potential." We hope that the appeal on 6 Westbourne Avenue decides for the status quo: in order that the house and garden remain as they are, a delightful and notable Avenues presence with definite "market potential."

Looking forward to seeing you at the AGM—Wednesday 9th May, 7-9pm in St Cuthbert's Church Hall. All welcome to attend.

Stephanie Wilson

Jacky Ward Lomax, 92, Victoria Ave.,
Hypnotherapist, CMH, C Hyp.
also

Freelance artist and art workshop leader.
Available for commissions, mixed media, murals, wood-carving.
monthly painting and drawing workshops in own studio.
contact Jacky on 01482 341631

The Association exists to help retain the unique character of the Avenues and Pearson Park Conservation area and to support the strong community spirit which exists in the neighbourhood.

Newsletter

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DOGS

We would like to thank the considerate dog owners who are cleaning up after their pets. There has been a marked increase in the number of people doing this since our last reminder. Well done to those and a 'come on' to the others who think that the whole neighbourhood should experience the mess. It shows what can be done so let's keep it up.

INCINERATOR

The committee are, in principle, against the incinerator earmarked for the city on Cleveland Street as the wrong place for an installation such as this. If you want more details of how to protest or just to make a comment please contact Harry Atkinson at 118 Park Avenue.

Avenues ONLINE - the Official Website of the Avenues Association

<http://www.greengates.karoo.net/avenues>

Holiday Cottage

Cosy coastal cottage in Norfolk

Completely renovated last year

Sleeps up to six

Dunes and sandy beach 100 yards

Eight miles north of Great Yarmouth

See it at <http://www.billmars.clara.net>

Call Hull 343907 or 449312 for details

Available for short breaks

****10% discount for Avenues residents****



Jane Clappison

CranioSacral Therapy (Upledger)

73 Marlborough Avenue, Hull

Tel: 01482 470380

CranioSacral Therapy is a gentle, non-invasive manipulative technique with a wide ranging potential to correct problems.

Some of the more common problems that can be helped are chronic pain, joint problems, headaches, jaw problems, neuralgia, menstrual and menopausal problems. In new-borns, infants and children, colic, hyperactivity, feeding and sleeping problems, clumsiness and learning difficulties such as dyslexia are often helped.

OPEN GARDENS



The open gardens weekends this year are 1st and 8th July. After the wet winter and spring let's hope for fine weather. If you think you can help the charities by opening your garden please get in touch as soon as possible.

Remember visitors love to see gardens of all type so don't be put off by saying your garden is not 'good enough' or 'not ready'. **EVERY** garden is good enough and **EVERY** garden is ready so come on, it is fun and you will be helping the Hospice and local charities. Last year £1170 was donated to Dove House Hospice and £585 each to the NSPCC and Scrapstore. Thank you for your support.

ANNUAL GENERAL MEETING

The AGM of your association is set for May 9th at St Cuthbert's Church Hall, starting at 7pm. It is your chance to have a say on issues close to you and to listen to guest speakers. The past two years has seen a disappointing attendance so please try to attend. Everyone is always welcome to attend committee meetings during the year. Details are available on our website.

"BODY MAINTENANCE" FITNESS SESSIONS

at Spring Bank Community Centre, West Parade, Spring Bank, Hull.
Wednesdays 7.30-8.30pm £2 per session, all proceeds to local charities.

Interested? Call Liz (KFA RSA CertEd) on 01482 343939