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# THE HAYDON NEWS

MARCH  
2001

Published by The Friends Of Haydon Bridge

Hello everyone

It seems to me a lot more than four weeks ago that I wrote the editorial for our February issue. Sadly, an awful lot has happened in the meantime – the advent of foot and mouth disease which has had a huge effect on all country communities. It has ravaged the areas where outbreaks have occurred, and created fear and apprehension everywhere else. Our thoughts are very much with all those who are in any way involved, directly or indirectly, with livestock farming or the occupations stemming from it. All those sad pyres, drifting acrid smoke and empty fields will remain in our minds' eyes for a very long time after this is all over. The Parish Council piece on aspects of the foot and mouth outbreak is on page 9; can I heartily echo the plea made for all of us to continue our caution and vigilance to avoid infection. In particular, please continue to keep off farm land and footpaths, avoid any contact with farm animals, and co-operate fully with our farming community.

A cheerful end to a sombre note this month. Many of you will remember the television programme shown last year about the Quiet Garden at the Methodist Church. On page 9 you will find an article explaining the Quiet Garden Ministry and giving some background details on its purpose and the services offered in Haydon Bridge. I hope many more of us will visit and sample the peace and beauty of the garden.

**Charles Thomas, Chairman**  
The Friends of Haydon Bridge

*Notes from the Parish Council Meeting held at the Community Centre (Haydon Bridge)  
Thursday 22<sup>nd</sup> March 2001 at 7.30pm.*

**Present were:** 8 Councillors (apologies from 2), the Parish Clerk and 4 members of the Public.

As a legal requirement the Chair was obliged to read out the Minutes of the last AGM (March 2000).

**Public Participation:** There were no matters arising.

**Church Street:** Cllr. Philp has spoken to those in control re: the plans and what was wanted and not wanted. The pavements would not have any 'jutting out' sections. The Water Board had work to do but everything seems to be on schedule and OK. The work already done – pavement, walls – looked very good.

**General car movement at Shaftoe First:** The Clerk had written to TDC but as yet no reply regarding the problem.

**Spa Well footpath:** Nothing further to report.

**Village Appraisal:** Needs to be brought up-to-date. Cllr Garrow indicated that new signatories would be required on the accounts in order for the appraisal to be done. Cllr. Charlton had copies of the criteria needing to be addressed and would pass on to Councillors for suggestions.

**Access to the Community Centre:** This needs some serious consideration. Parking is difficult and passage round the back is often blocked. The Chair will write to the residents.

**Planning:** It was reported that following the testing for pollutants over the last three months the limits were not exceeded so no further action will be taken on the banning of coal fires.

**20m mast at Nilston Rigg Farms:** This plan has been accepted as long as the trees around the site are protected.

**Heslop's Yard:** Planning refused primarily on access.

**Innerhaugh:** Plans have been turned down by TDC Planning because of the number of concerns not readily addressed (sewage, access etc.) It was noted that housing is still needed in the village.

**Bypass:** Still on the list, but nothing further to report.

**Newbrough Road:** In a very bad condition particularly at Allerwash. Land is falling away. Not helped by frequent Police diversions when there is an accident on the A69. The overall system of diversions on to minor roads needs addressing.

**Lighting:** Despite ringing the Helpline number there are still lights not working, particularly in Langley Gardens.

**Planning applications:** Detached house at 'The Craggs', North Bank.

**Railway Hotel:** Illuminated sign.

**Post Office:** From Monday 14<sup>th</sup> May operations will be passed over to the Co-op. Concerns were expressed as to another 'business' closing down. However, there were those critical of the complainers. If more people used the village's facilities instead of those in Hexham etc. then perhaps the businesses would remain viable!

**Village Projects:** Nothing could be done on the Old Bridge until all Cable & Wireless work was complete.

**A.O.B.** Cllr. Charlton raised concerns about the train service (09.30am in particular). Sometimes did not arrive. The signalman obviously knows but does not inform waiting passengers!

**Hordley Acres seat:** Broken once again!

**Dog Owners:** Councillors made a plea to all dog owners to be particularly careful to not let their pet foul

*(Continued on page 9)*

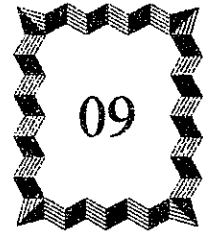
The £10 Crossword

NAME: .....

ADDRESS: .....

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24														

Entries to be received by the Editor on or before MONDAY 23<sup>rd</sup> April

Best of luck

( Please hand in your entry to the Post Office in Haydon Bridge or by post to:  
The Editor, Wheelsteads, Woodhall Mill, Haydon Bridge, NE47 6AS )

ACROSS

DOWN

- 9. Mind your elbow. Sporting suburb. (9)
- 10. Animals. (5)
- 11. Rebuild mill town in Berks? (7)
- 12. Freddie's seaside resort. (7)
- 13. Quietly there mostly in Scotland. (5)
- 14. Physical Education enticed leggy creatures. (9)
- 16. How Luton and Yeovil made their reputation.  
(2, 4, 3, 6)
- 19. Fitzgerald novel less a great. Cumbrian village. (5,4)
- 21. Newstead Abbey was his home. (5)
- 22. Sign of cold? (7)
- 23. On horseback across the island? Sounds like it.  
(4,1,1,1)
- 24. Bone with oil connections. (5)
- 25. South London suburb. (5,4)

- 1. Checking birds. (4 - 6)
- 2. Throws me up town. (8)
- 3. Dead skin near Thames? (6)
- 4. Scottish island. (4)
- 5. Butterfly hopes. (3,4,3)
- 6. Authoritative. (8)
- 7. Let bus pass. Cunning. (6)
- 8. Biblical character. (4)
- 14. Devonshire home. (10)
- 15. Also winged in Yorks. (10)
- 17. Irritably. (8)
- 18. Surrey water. (8)
- 20. Cure? (6)
- 21. Nag animal. (6)
- 22. In addition reorder S.E. Asian country. (4)
- 23. Annoy. (4)

## Practical Compassion for Destitute Children in the Lands of The Bible. (PCDC)

A small charity dedicated to serving children at the point of their crises, regardless of Race, Creed or Colour, with prayer, financial and practical help.

*Registered Charity Number: 1076588*

*Patron: Rt. Revd. J. Martin Wharton (Bishop of Newcastle upon Tyne)*

One member of the Haydon Bridge Methodist Church is a Trustee of this small charity.

Below is her account of a visit made with two colleagues to Palestine – Israel.

On Tuesday 14<sup>th</sup> November 2000 at lunchtime we set off from Newcastle Airport, delayed slightly by fog at Heathrow. This was an unexpected treat, a gift from a friend. Usually we travel by hire car, but with the floods and rail chaos it was better to know that we would arrive in good time to catch the evening flight to Tel Aviv.

The Israeli security at Heathrow were very polite and friendly, but took our suitcases away to be checked. The girl who questioned me couldn't believe we were going to Beit Jala. She asked me why? I told her the children were very frightened and needed a cuddle. She replied, "I understand".

On the aeroplane it was very noticeable that we were three of the very few foreigners on the flight. As we were leaving the plane one man, who said he worked in the tourist industry, even thanked us for coming.

Arriving at Tel Aviv at dawn we waited until about 7am. Then went to look for a taxi. We managed to find a nice Israeli, who said he had many friends in Beit Jala, but obviously could not take us this time. He took us through to Jerusalem then dropped us at a bus stop where Roxanne, the American secretary from Hope School picked us up.

On arrival at the school we met some of the children, then had a little sleep. At lunchtime, Solomon, the Headmaster, had arranged for Linda Lidawi and her two boys to join us. These two lovely children were some of our first sponsorships. Their father died of a heart attack about four

years ago. Linda has tried very hard to help herself by training in secretarial work and now has a part-time job. It is always good to meet with her. Like so many people at this time she is not sleeping very well. You can see the fear on the faces of the people.

Malcolm and Lewis slept in rooms at the school. I was given the choice of either sleeping at the school or with Roxanne in the guest house, which is a couple of minutes walk across the school yard. Roxanne said she would be glad of my company at such a time. The decision was made for me at about 4.30pm while I was visiting her. There was a sound like someone shooting rabbits. Roxanne said, "Oh dear, it has started already. It would be better if you didn't leave now". She began to make some of her delicious pancakes. Then she discovered she had no eggs! Ten yards away was the school chicken farm with 8000 hens and we weren't go for an egg. About half an hour later the Israelis began to reply with tank fire. Helicopter gunships were flying overhead and firing on the town. This was to last for ten hours. As I sat up in bed watching out of the window I felt a strange peace. I knew we were being held in prayer by the folk back home, but I ached for the people of the town.

The next morning we discovered Solomon's house, which he thought was fairly safe, had been hit by three bullets. But many people had suffered far worse. The lady who does the school laundry had lost her water tank, some houses had been badly damaged, and a much respected doctor, Harry Fischer had been killed by fire from a helicopter gunship, whilst out helping his neighbour. The schools were closed out of respect. During the morning we visited some of their homes and tried to offer some comfort to the people. One family, who were having to leave

their home, belonged to one of our sponsored children, Shawkat Matter. He was pulled from the rubble. The school cook invited us to Dr. Fischer's funeral that afternoon at the German Lutheran Church. Malcolm and I felt we should go. We were out on the streets with what seemed to be hundreds of other people. A big banner in German read, "Christ will not be crucified twice in the land of His Birth". I found it very moving. There were Christians, Moslems, Hamas and Islamic Jihad, all there together. Malcolm told me afterwards he had been talking to one of the leaders of Islamic Jihad, a doctor. On Thursday evening, as with most other evenings, we played games with the boarding students at Hope School. It was really special to be with them at such a time.

On Friday morning we had been invited to the home of Franco Siwady. Franco, who has Sickle Cell Anaemia, lives with his ageing grandparents in Bethlehem. There are many problems in his family. Although at times he is very poorly and in a lot of pain, he is a very happy child. PCDC pays for the blood transfusions that he needs regularly. They all insisted we returned for lunch on Sunday. In the afternoon we had been invited to Linda Lidawi's again, in Bethlehem, for lunch. At about 4.00pm we heard a few gunshots, so Linda insisted we took a taxi back to school. We always did as we were advised by the Palestinians.

On Saturday morning Solomon took us to Talitha Kumi School. Herr Goller, the Headmaster, couldn't believe we had come as promised at such a time. As Solomon said, "PCDC aren't just sunshine visitors!" We met the girls and boys that we support there and had a chat over a cup of tea with Herr Goller, sorting out one or two sponsorship problems. In the afternoon we had promised to visit the home of Bishara and

his twin brothers Eduardo and Giorgio. The Palestine people are so hospitable. At around 4.00pm their father brought us back up the hill in his car, which seemed to be held together with string! It was not wise to be out after dark this trip. He stopped on the journey so that we could see some more damaged homes and meet some more of these poor people. We bumped into Mohammed, a boy from Hope School, who had been hit outside of his home by a stray bullet. He proudly showed us the huge scar on his chest. Then we met a man whose home had been replaced by tents. It is so very sad for these innocent people caught up in the middle of this. Many have no work at this time. Unemployment in Bethlehem is 58%. After tea we again played games and watched TV with the children. Poor Lewis was attacked with pillows at bedtime on more than one occasion!

On Sunday morning we had not decided where to worship. Transport was difficult this time as there were a lot of road blocks. We walked down the hill into Beit Jala where we met one of Hope School's teachers, Rita. She was about to go to the Lutheran Church, so we joined her. It was a memorial service for the doctor. I turned around at the end to speak to the father of one of our sponsored children, saying how sorry I was for them at this time. He was a Tour Guide and had had no work for two months. His reply brought me close to tears. He said that Christ had given everything for us and this was a cross they had to bear for their freedom. Afterwards we had the chance to meet the widow of Dr. Fischer and share a little of her grief. Later we continued walking into Bethlehem to Franco's for lunch and I was able to buy a new Table Tennis set for the boarding students to replace their very tatty bats. The money had been given by a friend. Needless to say they were absolutely delighted.

We had promised to visit Hebron Evangelical School on Monday morning. We weren't quite sure how this was going to happen, but the Americans in charge, Greg and

Rouda, somehow managed to come for us via a back road. Normally we are just able to spend a short time at Hebron, but we were invited to stay for the night, so without even having a toothbrush, we decided we couldn't turn them down. It was a lovely time spent with the young children and staff. We kitted the boarding children, who are very poor, with new white shirts, trainers and jeans. They were so proud and wore them next day (still with the labels on), to Assembly beaming at us. When we tried to get out of Hebron the next morning, however, the road had been blocked. Greg took us up to the checkpoint and we walked through with our empty suitcases, nodding at the soldiers! We had just got into the taxi, however, when they came after us in their armoured car, guns pointing. The Palestinians were very frightened. Malcolm got out to speak to them. One of them recognised the white rose of Yorkshire on his sweatshirt. The soldier said his mother had been born in Yorkshire, so he said for that reason we could go! I'm afraid I was finished for the day after that and felt unable to travel to Rawdat School in Jerusalem, so I stayed with Malcolm and met the new sponsorships at Hope School. Later we visited the home of young Elias and bought wooden ornaments, which had been made by his father, who is deaf and dumb. On the way home we went to Salim's home. He is the Chaplain at Hope School. He told me he prays three times a day for peace.

On Wednesday morning we had to make our twice-yearly trip to Tel Aviv with Mohammed al Quasseem to visit Professor Laron. We couldn't go our normal route as the tunnels were closed, but the soldiers showed Malcolm how their "stinger" worked! This trip passed without a hitch and we got there and back safely, thanks, once again, to the prayers of our friends and family.

On Thursday our plane was delayed so we had some unexpected spare time in which to visit the House of Hope in Bethlehem. Unfortunately, we did not see any children, and were sad to find out that part of the

girl's section had been closed due to the staff being called home by their Embassies. However, Rhoda and her staff were really pleased to have us visit them, even though it was a bit rushed.

This visit was totally different to others because of the situation. We were not able to travel as freely as we would have liked, or to visit as many places, but I am sure it was God's will that we were there. We felt constantly protected, and were able to witness to Jew, Moslem and Christian alike, and show them that we care for them.

Please continue to pray for the people of the Middle East, and especially the children, many of whom are severely traumatised.

*If you wish to know more about the work of PCDC please contact a member of the Methodist Church in Haydon Bridge.*

#### OVER 60's CLUB

The March meeting was opened by wishing the Secretary and Treasurer, Mrs Avice Sparks, a very Happy Birthday.

This was followed by a discussion on what to do with the money very kindly donated by the 'Friends of Haydon Bridge' from their February Bingo Evening. Members were invited to bring their suggestions to the next meeting.

The speakers at the meeting were Mrs Pauline Tulip and Mrs Joyce Sim who delighted members with an exciting demonstration of Greetings Cards and how to make them. After the demonstration everyone was invited to 'have a go'. There was great enthusiasm and some lovely results which were proudly taken home.

It was decided that now that the Winter is over, future meetings will be in the evening from 7.00pm to 9.00pm.

The next meeting will be on 11<sup>th</sup> April and everyone is welcomed.

**Myra Bowen**

## DANCE CLUB NEWS

The Club is holding its first Dance on Friday 30th March to raise funds for new equipment. There will be 50 – 50 dancing, Bring & Eat supper and Raffles.

Just come along, £3 at the door and join us from 7.45 to 11.45pm. No problem for seating as we have stacks of new chairs.

Jim Biggs

## HBFC 100 CLUB

## March Draw

£30	165	M.Oliver
£15	279	R.Curry
£10	138	Mk.Oliver
£05	241	M.Reed
£05	014	M.Edwards

To take part in the draw, ask at J&M Clarke's about the '100 Club'. The draw takes place at the Football Club monthly meeting. It costs £1.00 per month to take part

## Five A-Side Pitch

Is available for hire. Charges are around £10 per hour. Very reasonable considering that includes the floodlights. Tennis, basketball, netball and more are all playable on the all-weather pitch. Contact Avril at Rock Springs for more details.

## Facilities

The new changing rooms are coming on a treat, and were discussed at the March monthly meeting, along with their rising costs. This next piece from a almost half a century's ago meeting reveals plans of a similar development at the Club, only on a much smaller scale...

"A letter was read out from the Secretary of the Chapel Trustees, to all present, about their Pavilion for sale. It stated... Could we advance on our offer already made? Mr. K. Lax then proposed that we make a further and final offer of £40." April, 1955.

Incidentally at the end of that 1954-55 season, the Club picked up two cups. The Haltwhistle Charity Cup, and the Hexham & District League Championship. Could this be an omen?

Alistair Burrowes

## HISTORICAL NOTES OF HAYDON BRIDGE – Dennis Telford

I very much enjoyed the two reflective poems by Harold Humble in February's edition of the *Haydon News*. They brought back such happy memories for me as a young Scout on Summer, Easter and Whitsun camps at Seahouses, Rothbury, Dilston and of course Harold's Ullswater and Plankey Mill.

By coincidence, the 'Hexham Courant' of March 2<sup>nd</sup> looked back to Scout Master Bob Campbell's and his wife Maud's 71<sup>st</sup> Wedding anniversary in 1991. They received a telegram from the Queen. A congratulation richly deserved.

Harold's mention of Christian names only: Alex and Dave, Bert and Dick (or was it Bertie and Richard?), Roy, Cliff and Michael, encouraged further interesting bar-room discussion on the probable identities of those boys referred to.

Oh Happy days!

During my research into all things Haydonian I come across many lists of names. Lists which for youngsters or more recent inhabitants' of our community may have little to commend them. (Although you might find your Granny there!). But for those who have shared our village's recent history, go through each of these names from years past and they come alive with interest. For me so many memories happy and sad come flooding back.

If you lived in our village in the 1940's try it for yourself.

I'll start in 1941. A concert in December when carols and instrumental items were performed by: Marjorie Sutcliffe, Molly Gibson, Sheila Birnie, June Armstrong, Elizabeth Haines, John Gibson, John Milburn and Joyce Hooper.

On Christmas Day in the same year a Nativity Play, "The Stained Glass Window" was performed in the Elmfield Methodist Church. The children taking part included: Doris Noble, Evelyn Davidson, Pat Sloan, Brian Watson, Evelyn Veitch and William Veitch.

One year later, "Star of Wonder" was produced by Mrs J. Beavers and Miss Dorothy Todd and included the following Sunday School scholars performing to a large congregation: Pat Charlton, Aileen Hill, Rene Lax, Laurence Mitchell, Denis, Noel and John Oliver, Irene Osseleton, Margaret Ransome, Jill Rogan, Amy and Mary Stokoe, Kenneth Storey, Evelyn Thompson, Eric and Marlene Turnbull, Margaret Watson and Norman Foster. (Was it Norman who played the Bagpipes at the tunnel top, well out of earshot of the village population?)

Some of the happiest times were those occasions when village people of all ages joined together to put on a show. One of my earliest memories was the pantomime "Cinderella" in March 1945, when as four year olds Lorna Dixon and I danced together on the Town Hall stage. Over fifty years on and I still have the little photograph that brings it all back so clearly.

Mrs Snowball was, as always, the producer and the generations joined together to follow her instructions to the letter, or else!! Harry Swallow, Stan Armstrong, Johnny Bates, Bob Campbell, Ernie Harrison, Jack Leathard, Joe Longstaffe, Jimmy Mewse, Joseph Morton, William Thornton and my dad, Cecil Telford. And there were the ladies: Mrs Armstrong,, Mrs Bates, Mrs Baker, Mrs Cooper, Mrs Spooner, Mrs Walton, Miss Ella Gibson and Miss Betty Shout. And, oh yes!! There were elves and fairies. There were always elves and fairies! Peter Bilyard, David Routledge, Peter Snowball and Alan Telford. Maureen Armstrong, Heather Campbell, Joan Cooper, Eileen Graham, Jean Ridley, Maureen Ridley, Joy Sillitoe and Marlene Turnbull. How on earth did we all get into the Snowball's front room for rehearsals?

In May 1945, twenty-five children dressed up in Eastern costume to entertain the villagers. Some of those taking part were: Bobby and Norah Beckwith, Denis Boyd, Norma Brown, Isabel Charlton, Kathleen Glenwright, John and Ann Leathard,

Alma and Vera Philipson, John and Mary Ridley, Alex Sim, Betty and David Tulip, Margaret and Mickey Walker. Edmund Johnson played the violin.

Do you remember the original Haydon Bridge "Dixie Minstrels"? In March 1946 they entertained with their debut concert in the Old Church Hall with Jimmy <sup>Mewse</sup> Meuse on the 'bones'. Stan Armstrong, Robert Harding and Cecil Telford on the tambourines, were joined by Eddie Dinning, Tom ~~and~~ Bill Stobbart, Jimmy Birnie, Thommy Thompson, Noel Shaw and most of the other men who one year earlier had been in the cast of "Cinderella"

The colourful costumes and blackened faces would be frowned upon now of course. What a shame! Well, I still have one of the tambourines used in that concert and the many others that followed! "Swanee River" and "Carolina" still ring out loud and clear on occasions in our living room. Our Grandbairns love it! The politically correct can't ban tambourines can they?

Who were the boys of the "14 Plus" club who also entertained in March 1946?

The show was called "Krazy Knights" and contained sketches, humorous items and piano accordion selections. Maybe John Duffy, Ralph Curry, Eric Scudamore and Stephen

Westall will remember. The cast included Jack (or was it Jimmy?) Harrison, Alfie Kent, Roly Lowes, Doug Tait, Colin Tait, Ken Temperley, Ken Osselton, Ralph Pickering and Maxi Beavers.

Those were the days of true community spirit. If this spirit still exists, long may it last. If it has waned just a little, then make a commitment to revive it and our village will be an even better place in which to live.

It mustn't be forgotten that while these early social gatherings were taking place, Adolph was up to his tricks across the Channel and many young men from the village were facing the most gruelling conditions abroad. Those left at home gained strength and solace from praying together, for an end to the conflict and the safe return of their loved ones, in those days. Our churches were full and a list of the children taking part in a Sunday School Anniversary read like a Shaftoe Trust Roll Call.

So finally, a return to our churches and a Methodist Sunday School Anniversary in May 1946. Ted Armstrong and Dan Liddle were in charge and Bobby and Sally Todd had worked wonders to make sure that we all knew our 'pieces'. Fifty-five years ago and you probably still remember what you sang or recited that day.

The scholars taking part and dressed

in their Sunday best were: Eileen Graham, Alan Bates, Ann Bates, Billy Simpson, David Brown, Dennis Telford, Betty Harrison, Muriel Summers, Joyce Burnwood, Denis Oliver, Jean Ridley, Pat Miller, Ann Leathard, Bobby Beckwith, Mary Marsh, Alma Philipson, Alan Telford, Robert Brown, Denis Boyd, John Milburn, Valerie Brown, Nora Beckwith, Ann Walker, Pat Ridley, Pat Sloan, Marjorie Heslop, Evelyn Veitch, Doreen Brown, Maureen Armstrong, Alan Thompson, Vernon Welch, Ian Sutherland, Avril Thompson, Peter Snowball, Dennis Ridley, Marlene Birnie, Pam Sloan, Irene Emerson, Elsie Philipson, Sheila Todd, Mary Ridley, Lorna Dixon, Mavis Heslop, Drew Brown, Joyce Adamson, Alice Jamieson, Kathleen Robinson, Mary Stokoe, Dorothy Ridley, Aileen Hill, Gladys Veitch, Joan Ridley and Enid Marsh.

There were also those who said their 'pieces' at the Congregational Church: Margaret Powell, Mary Duffy, Margaret Philipson, Norma Brown, Margaret Walker, Ann Brown, John Billyard, Joyce Weatherspoon, Muriel Walton, Daphne Moore, Amy Walker, Sylvia, Bill and Harry Humble.

So where were Alex, Dave, Bert, Dick, Roy, Cliff, Michael and of course Harold?

With Bob Campbell at Plankey Mill probably!!!!

## the shaftoe charities

*Almshouse Charity of John Shaftoe*

*Reg. No. 506598*

*Shaftoe Terrace, Haydon Bridge, Hexham, Northumberland, NE47 6BW*

*Clerk to the Governors: J P Richardson, MA L.B. FCIS.*

Three of the Almshouses are now vacant. If you would like to be considered for occupation of a cottage, please obtain an Application Form from the Post Office in Haydon Bridge.

To be eligible to apply you must:

- (i) Live in Haydon Parish,
- (ii) Be over 60 years old,
- (iii) Be "in need". Usually this means that you should have an income small enough to qualify for Income

Support. The Application Form asks questions about your financial circumstances.

Applicants will be interviewed by a small panel of Trustees.

The Form should be returned to the Shaftoe Office as soon as it is completed. You will be advised by letter when the interviews will take place.

**J P Richardson – Clerk to the Trustees  
Almshouse Charity of John Shaftoe.**

**THE QUIET GARDEN MINISTRY**

*"Come with me by yourselves to a quiet place – get some rest"*  
*[Mark 6, v. 31]*

Here at Haydon Bridge Methodist Church, near Hexham in Northumberland, we have a Quiet Garden. This is an oasis for people to find peace and comfort in the beauty of the garden.

We offer an opportunity for people to come to relax, reflect, pray or be silent and find healing in the context of God's love.

We have a team of Church members with different skills who will help share your concerns over a cup of tea or pray with you if required.

The garden is officially open from the end of March through to October at the following times:

Thursdays	from 4.00pm to 7.00pm
Saturday and Sunday afternoons	from 2.00pm to 5.00pm

*Please contact Dorothy Taylor (01 434 608 237) if you would like to visit us.*

**How To Find Us**

The Quiet Garden is a small walled garden, part of the new Methodist Church in the centre of Haydon Bridge.

*Haydon Bridge is almost equidistant from Newcastle upon Tyne and Carlisle on the A69. Church Street, in the middle of the village, runs north from the A69. The Quiet Garden is at the Methodist Church on the left side of the street, two minutes' walk from the A69 junction.*

**APRIL SEES  
 NATIONAL SPRING CLEAN WEEK**

I know this request will meet with sarcastic comments the way our village has been attacked by shovels and picks, but when the workmen have finished we will have new pavements, be wired up ready for modern technology and have a water main that will last for many years!

We also have a mess to sort out and April being 'Spring-clean-up-time' why not adopt an area that you find an eyesore.

Bully some friends to help, bring children along – it's a great way to show them how to look after their local environment and give them some pride in their village.

A skip will be at the entrance to the Elland (river-side on the North side of the river) for one week.

**On Saturday 7<sup>th</sup> April from 10.30am.  
 a clean up of the river-side will take place.**

Come along, the more people the better.

Gloves and Bags will be available on 'Clean Up Day' beside the skip. Alternatively ring: **01 434 684 505.**

**A CLEAN PLACE DOES NOT  
 GET LITTERED UP.**

**LET US MAKE OUR VILLAGE A  
 PLEASURABLE PLACE TO LIVE IN.**

**Cllr. Eileen Charlton**

*(Continued from page 3)*

public rights of way. Please clean up after your dog particularly as the number of 'walks' have been drastically reduced because of the current Foot & Mouth crisis.

**Councillor David Smith outlined the current position  
 regarding the Foot & Mouth crisis.**

It is OUT OF CONTROL, contrary to what is in the Press, and he feels that very soon the land north of a Mersey-Humber line will be devoid of animals!!

David wished it to be known that the Haydon Bridge folk were to be thanked for the efforts being made to steer clear of animals and farms. Long may this attitude continue. But he stressed that everyone had to continue to be vigilant and should make every effort to clean and disinfect vehicles and footwear when going out and on return and to do it regularly.

He drew attention to recently confirmed cases at Cawfields Farm (Military Road), Wark and Widdrington giving further rise of concern. Despite the various precautions in place, the virus seems to have jumped across the countryside. It can be passed via breath if a person has been in contact with an infected animal! WHERE NEXT?

So: **KEEP OFF FARM LAND.  
 KEEP AWAY FROM FARM BUILDINGS.  
 AVOID FOOTPATHS NEAR ANIMALS.  
 OBEY, WITHOUT ARGUMENT, NOTICES.  
 BE RESPONSIBLE AT ALL TIMES.**

PS. *If you have to drive across a disinfected area make sure that footwear is disinfected on both leaving the vehicle and on re-entry!*

**RADS**



**WHIST DRIVES**

Langley Village Hall

Fortnightly on Saturdays at 7pm.

50p entrance  
(Everyone welcome)

**Solution to crossword (08) - Feb**

13 entries were received of which 7 were all correct from:

- Denis Telford
- D W Corbett
- Rosemary Shout
- Denis Bell
- Mrs E Jukes
- Maureen Robson
- A Phillips

**TINY TOTS**

*From Birth to 3 years.*

The sessions, run on Tuesday and Thursday mornings, from 9.30 to 11.30 at St. Cuthbert's Church Hall, aim to provide a friendly environment where parents / carers can meet, have a coffee and chat, whilst the children play and have fun.

Cost: £1 for the first child, 50p for each additional child.

For further information contact

Genevieve Stone on: 01 434 684 537 or call in at one of the sessions.

**PLAYGROUP**

*From 2 years 6 months*

Playgroup currently runs on Monday and Friday mornings from 9.15 to 11.45. Each session provides your child with the opportunity to learn through play and to experience a wide range of activities. Children learn, through play, to communicate effectively and happily, at their own pace, with other children and adults. Playgroup is run by a qualified Nursery Nurse Teacher plus assistants.

Cost: £3 per session.

For further information contact Helen Easby on: 01 434 674 371 or call in at one of the sessions.

St Cuthbert's Playgroup is a member of the Pre-School Learning Alliance.



£10 winner out of the hat:

Maureen Robson

A	T	L	A	N	T	I	C	C	R	U	I	S	E	
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**EDITORIAL POLICY OF THE HAYDON NEWS**

The editorial policy of the *Haydon News* is ultimately the responsibility of the Committee of the 'Friends of Haydon Bridge', although day-to-day responsibility is delegated to the Editorial Committee of the *Haydon News*. Our intention is always to ensure that the content of the *Haydon News* is as fair and factually correct as possible. Any complaints concerning editorial policy should be addressed in writing to the Chairman of the 'Friends of Haydon Bridge', and will be considered by and receive a formal response from the Committee of the 'Friends of Haydon Bridge'. Complaints other than those made above will not be entertained.

The Editorial Committee reserves the right to decide which letters are to be published, and to alter or shorten letters when necessary. Anonymous letters will NOT be published. A nom-de-plume may be used provided that the Editorial Committee has been advised of the writer's name and address.

Charles Thomas, (Chairman)  
South View, Heugh House Lane,  
Haydon Bridge, NE47 6ND

**COPY DEADLINE: All contributions to the Haydon News to reach the Editor no later than Monday 23<sup>rd</sup> April.**

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**Gill Valentine** River House  
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**THE MEETING PLACE**

**AT  
THE METHODIST CHURCH**

Come and Join your friends for  
Coffee and Refreshments on  
**Tuesdays and Thursdays 10am - 12 noon**

**FAX facilities**

**Warm welcome to all**

**HAYDON BRIDGE UNITED  
FOOTBALL ASSOCIATION**

**HBUFA** hold their monthly meeting on the first  
Tuesday of every month at 7:30pm where representa-  
tives of every football team in the village are invited  
to attend.

This meeting is also open to members of the public.

**NEED HELP WITH  
Tax Returns, Accounts, Book-keeping etc ?**

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**Tel: 01 434 605 666**

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**Committee of the 'Friends of Haydon Bridge'**

**Charles Thomas ( Chairman )**

**Mike Parkin ( Vice Chairman )**

**Elena Parkin**

**Alistair Bowen**

**'Mitch' Mitchell Pauline Tulip**

**Sylvia Mitchell**

**Richard Snowdon**

**PLEASE SUPPORT YOUR LOCAL SHOPS. THEY NEED OUR CUSTOM TO SURVIVE.**

**'THE FRIENDS OF HAYDON BRIDGE'**

**Dates and Times of Meetings**

Committee Meetings are held at 8.00pm on the **TUESDAY** following the fourth **THURSDAY** of each month.

**Venue:** The Community Centre, Haydon Bridge

**Public Participation**

Our invitation to members of the public to participate continues, but it must be remembered these are the monthly meetings of a constitutionally-based committee which are run on formal business lines (agenda, minutes, reports, etc). For this reason, public participation will in future be restricted to a maximum of the first 30 minutes of every meeting only. Items for discussion must be notified in writing to the Chair one week in advance of the meeting so that Committee members can be advised, enabling worthwhile discussion to take place. The Chair will then advise the person concerned of the right to attend.

*After the allotted time* we ask that you leave the meeting so that the Committee can continue with their formal agenda.

Charles Thomas, Chairman.

**Tynedale Citizens Advice Bureau**

We hold a free, confidential, independent advice and information session at:

**The Health Centre, Haydon Bridge  
on Monday afternoons  
from 2.00pm until 4.00pm.**

We can give you advice and information on:

- |                          |                   |
|--------------------------|-------------------|
| Social Security Benefits | Money Problems    |
| Consumer Rights          | Problems at work  |
| Relationship issues      | Housing           |
| Employment               | Legal Proceedings |

And much more .....try us!

We can help you fill in forms, draft letters, negotiate by telephone or letter, and prepare Social Security reviews or appeals.

Ring the Health Centre ( **01 434 684 216** ) to make an appointment or, if required, to arrange for a home visit.

**MUSIC and MOVEMENT**

Calling all Mums! Did you know that there is a Music and Movement group running in Haydon Bridge?

We meet at the Methodist Church on Friday afternoons ( 1.10pm and 1.50pm ) during term time.

This is a fun get-together for Mums and pre-school children alike which involves singing, instrument playing and movement with coffee and orange juice served afterwards.

Please contact **Susie Steven** on:

**01 434 684 260** for further details.

**ACHES and PAINS?**

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**Iris Stafford** Four Winds  
Heugh House Lane  
Haydon Bridge  
NE47 6ND

Telephone / Fax: **01 434 688 014**

**IAN BURROWS**

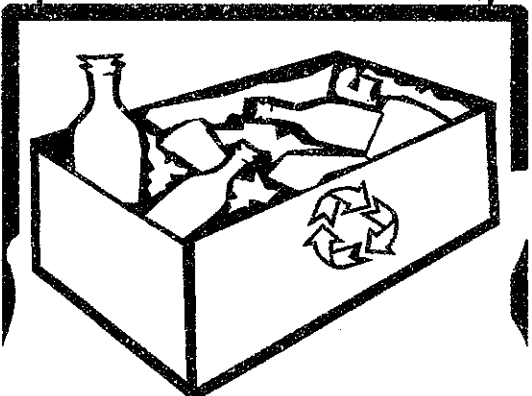
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**Saturday 7 April**

**10.30am - Riverside**



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# CHURCH PAGE

## CLERGY MESSAGE

### EASTER – THE VICTORY OF THE CROSS

By Rev David Perkins of Methodist Church

Isaiah 63:1-9 Colossians 2:11-15 John 12:20-32

In some ways it is easy to identify victory. We can measure land taken and enemies killed or taken prisoner. We talk of victor and vanquished, and in places of liberation we see the joys of regained freedom. But what of the apostle Paul's contention that *'we fight not against flesh and blood, but against the principalities and powers ... Therefore take the whole armour of God, that you may be able to withstand the evil day?'* In the spiritual realm victory is not easily discernible, nor is it always easy to identify the fruits of Christ's victory on our behalf. Paul may well talk of Jesus *'disarming'* the powers of evil and decay, but we live in a world tainted with the fallout, sometimes overwhelmed with the negatives of life, and with a personal walk with Christ too often marred by sin. Is Paul being so heavenly minded that he is of no earthly use in our daily struggle?

Isaiah, John and Paul write out of a context of immense suffering. They experienced the reality of suffering and the apparent triumph of evil over good. For Isaiah, it was as a refugee, as part of a people denied a voice, denied a home, and at the mercy of others. He lived through an age where injustice, cruelty, greed, apathy and intolerance were the order of the day. In his lifetime there was no peace to enjoy. John has to reconcile himself to the fact that his own people – God's people – had rejected Christ. All that had seemed right and good in the life of Jesus was treated with fear and prejudice. Paul's letter to the Colossians comes at the close of his life. He has known the heights and the depths in the cause of Christ. As the Church enters the age of persecution, the death of many of his friends would follow. To this Church, he recounts the numerous hardships endured for the Gospel's sake.

Make no mistake, these are hard lives. Deeply painful and challenging. Life them out of the history books, and drop them into our world, and they would not be out of place. Yet they speak of victory! For Isaiah, the victor is bloodied and bruised. The struggle has been hard and painful. But there comes the remarkable realization that the deliverer is none other than God himself. He is victim and victor. John, who makes so much of the idea of time, states that the hour has come. For Jesus, the decisive moment of sacrifice is before him; yet in his death he will draw all unto him. Through this suffering servant the glory of God will be seen. Paul declares that in Christ, God is *reconciling the world to himself by the blood of the cross*. God chooses the way of unjust and undeserved suffering to restore the rightness of his kingdom.

But we still have a victory which is elusive, for death robs us of the future and stains the present with its darkness. Yet what if this one death could be different? What if it could be liberating, or fruitful like the grain of wheat that falls to the ground yet produces something far beyond expectation or deserving? That is how John and Paul were eventually to see it. But what of me? In the John 12 we learn that there will be no liberating victory until - like

March/April 2001



CHRISTIANS TOGETHER IN HAYDON BRIDGE

### AN INDEPENDENT SUPPLEMENT TO THE HAYDON NEWS

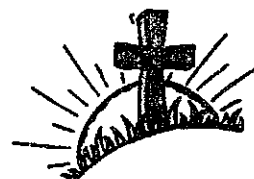
#### WHO AND WHERE

The names and phone numbers of the clergy who minister in Haydon Bridge

Rev David Perkins, with the Methodist congregation  
39 Elvaston Road, Hexham 603.139

Father Leo Pyle, with St John's Catholic Church  
St John's Presbytery, North Bank 684.265

Canon Vincent Ashwin, with St Cuthbert's C of E  
The Vicarage, Station Yard 684.307



Times of individual churches' Holy Week and Easter Services  
are over the page. The inter-church joint services are:

Palm Sunday: April 9th

10.0am meet at St John's for palm service, and Gospel reading;  
10.20 procession to Methodist Church for sermon & prayers;  
10.40 Communion at St Cuthbert's, ending around 11.00am

Tuesday 7.30pm Stations of the Cross, St John's

Maundy Thurs 7.30pm Communion of the Last Supper, St C

Easter Sunday 6.00pm Easter Praise, St John's

the Greeks – I ask to see Jesus; until, out of the context of my suffering, I look to Christ and see in Him the potential of God confronting the evil that threatens to overwhelm me. It can be faced when I look to Christ, because HE IS VICTOR, so it is to Him I must turn. The experiences of Isaiah, John and Paul may point us in the right direction, but it is Jesus we want, and with Him the Cross, and through it, the Resurrection.

[continued overleaf

**METHODIST CHURCH SERVICES**

April 1<sup>st</sup> 10.00am Mr David Matthews  
6.00pm Rev D Perkins (S)

Wed 4<sup>th</sup> 2.00pm Women's Own

April 8<sup>th</sup> 10.00am at St John's  
*See note below*  
6.00pm At West End Church

Apr 15<sup>th</sup> 8.30am Sacrament Service  
Rev David Perkins  
10.00am Mrs B Mearns  
6.00pm At St John's RC Chu

Wed 18<sup>th</sup> 2.00pm Women's Own

Apl 22<sup>nd</sup> 10.00am Mr R Ford  
6.00pm Rev R Jones

Apl 29<sup>th</sup> 10.00am Mr S Rowntree  
6.00pm Mr Mike Fry.

May 6<sup>th</sup> 10.00am Mr M Knowles (F)  
6.00pm Rev D Perkins (S)

**Palm Sunday** has its special service again this year. Jesus moved from one part of Jerusalem to another on the first Palm Sunday. So the joint Christians of Haydon Bridge will meet at St John's RC church at 10.00am, where palm leaves will be handed out, and the reading about Jesus' sufferings will be read by members of different churches. Then at 10.20 we will come down the hill to the Methodist Church for the sermon and prayers. At around 10.40 we will cross the road to St Cuthbert's C.of.E church for the final part of the Holy Communion. But we don't have a house-trained donkey to add authenticity!

**Haydon Old Church** is closed for the present, until the Foot and Mouth crisis recedes. The approach to the church, and parking on the bank near it, brings cars too close to farm animals. We do not want incur even the slightest risk of infection. Several local churches are closed, for example at Beltingham, Thockrington, etc. Regular summer Evensongs will resume in due course.

*[Clergy message, continued from the previous page]*  
I must decide that I am with Him (and he with me), not only in the Hosannas, but in the valley of the shadow of death, so that I can be with Him in newness of life. I must look for Him as He grapples in anguish in Gethsemane, when He is lifted up to the taunts of the crowd. I must accept my place there too, for only when I die with Him can I know the victory of liberation. That does not make for an easy life here. It does not make it easy to face and endure the darker things of life. But in them, with Him, I am not alone.

**CALENDAR FOR ST CUTHBERT'S CHURCH**

April 1<sup>st</sup> 5<sup>th</sup> Sunday of Lent  
10.30am Parish Communion

Wed 4<sup>th</sup> 9.45am, Healing Service  
Thu 5<sup>th</sup> 7.30pm, Church music evening

**HOLY WEEK AND EASTER**

April 8<sup>th</sup> Palm Sunday  
10.00am Palm Sunday service (*See over*)  
Mon 9<sup>th</sup> 7.30pm Compline  
Tue 10<sup>th</sup> 7.30pm St John's (*See over*)  
Wed 11<sup>th</sup> 7.30pm Compline  
Maundy Thursday 7.30pm Communion of the Last Supper and Vigil.  
Good Friday 10.00am Gospel Reading, Devotions and Holy Communion.  
Easter Eve 8.00pm Vigil Service

**Easter Day**  
8.00am Holy Communion (Prayer Book)  
10.30am Festival Communion  
6.00pm Easter Praise, St John's RC Chu

April 22<sup>nd</sup> Second Sunday of Easter  
8.00am Holy Communion (Prayer Book)  
10.30am Morning Prayer, Sermon (M Fry)

Tue 24<sup>th</sup> 7.30pm Annual Church Meet'g  
Wed 25<sup>th</sup> 7.30pm Mothers' Union meets

April 29<sup>th</sup> Third Sunday of Easter  
10.15 Benefice Communion, H Bridge

May 6<sup>th</sup> 4<sup>th</sup> Sunday of Easter  
8.00am Holy Communion (Prayer Book)  
10.30am All-Age Service of the Word.

**The Annual Parochial Church Meeting** of St Cuthbert's will take place on April 24<sup>th</sup>. This is when churchwardens and church council members are elected, and we hear reports about the life of the church. All members of St Cuthbert's are invited. Wine will be served in the middle. There will be a short presentation about some of the excellent new orders of service for special occasions - e.g. weddings and funerals.

**Our neighbours** from Beltingham and Henshaw will come for a joint parishes' Communion on the 5<sup>th</sup> Sunday of April. It is our turn to host the service, which begins at 10.15 (NB a slightly earlier time.)



**We wish our readers a happy and holy Easter**

**SERVICES AT ST JOHN OF BEVERLEY CATHOLIC CHURCH**

**HOLY WEEK AND EASTER**

April 8<sup>th</sup> (Passion / Palm Sunday)  
10.00am Joined by Christians Together in Haydon Bridge for 20 mins.

Tue 10.00 Mass  
7.30pm Stations of the Cross

Wed 10.00 Mass  
7.30pm Penitential Service

Maundy Thursday at Haltwhistle  
7.30pm Mass of Lord's Supper

Good Friday 3.00pm Celebration of The Passion of the Lord

Holy Saturday 7.30pm Vigil

April 15<sup>th</sup> Easter Day  
9.30am Mass  
6.00pm Christians Together: Praise.

Mass each Sunday at 9.30am.

Mass at 11.0 at Haltwhistle each Sunday.

Mass on weekdays (except Mondays), at 10.00am, either at St John's or at Haltwhistle.

**Foot and Mouth Crisis**

The Arthur Rank Centre in the Midlands is where the inter-church Chaplaincy to Agriculture has its headquarters. They have asked all of us to pray for farmers. Bells are being rung at churches throughout the country (including St Cuthbert's) at midday every Sunday. Here is one of the prayers in circulation just now:



Eternal God, our loving Creator, look with compassion on those whose life's work is in ashes and all who are caught up in the crisis affecting our farming communities. Give grace and wisdom to all who carry heavy burdens of responsibility: those who have to slaughter and dispose of affected animals; those who administer the necessary systems of controls; those deciding Government policy. And in your mercy grant that our countryside may soon be free from this disease and turmoil, that all your creatures may flourish, families and communities be at peace, and all be free to enjoy the beauty of your creation. We ask this in the name of the great Shepherd of the sheep, Jesus Christ our Saviour. Amen.

## Super Extra Value Post-Budget Pre-Election Special

### EPIDEMIC

The entire community is united in its unconditional sympathy for the farmers and for the wretched fate of the animals affected too. I don't have a clear memory of the 1967 outbreak of FMD but I am struck by the rapid spread of viral disease in an unimmunised population... Think about it!

This winter the government sought complete coverage of the most vulnerable groups in our society through the flu vaccination programme. In the event, local rates of vaccination were in the 60-80% area. The new flu treatment (Relenza) does not cure the infection, it merely shortens the symptom duration. Less than a century ago tens of millions of people died of flu in a single season - our present treatments for viral disease are not greatly improved since that time. Antibiotics don't kill viruses - remember!

We must never drop our guard against infectious disease - ever. As I write this there are reports of Bubonic plague only a few national borders away and diphtheria even closer. Global warming will bring malaria back to the UK within the lifetimes of our children and probably sooner. Do you know any areas of standing water or marshy ground near where you live or go for recreation? That's where the mosquitoes will live and breed.

A few years ago I saw a patient with what was an almost textbook description of major infectious disease - a potential biological warfare agent. I contacted the local communicable disease team immediately and a swab was air-freighted to Porton Down within the blink of an eye. By the grace of God I was wrong but suppose I'd been right...

There is no objective reason to suppose that our species would survive an attack by a really virulent organism. We may be the dominant species now but look what happened to previous species of dominant fauna.

### OPTIONS FOR DEALING WITH ILLNESS (other than your GP)

A suitably stocked and locked Family Medicine Cabinet will allow you to handle many common minor illnesses and minor injuries yourself. Your local pharmacist is well placed to recommend what you should have at home.

Your local pharmacist is an excellent source of advice and information about preventing and treating illness. He/she has studied long and hard and is qualified to do far more than just sell you a cough bottle.

NHS Direct 0845 4647 for immediate, free, high quality advice at any time of the day or night. If the person on the other end thinks you should see a doctor or go to hospital they will help you make contact.

Health Visitor - available most easily during office hours through the practice. Her special skills are most often applicable to babies and small children but her range of knowledge is very great.

Midwife - pregnant and recently delivered women will be given a contact number for the midwifery service. The specialist knowledge available can be easily accessed by phone at any time of the day or night.

Accident & Emergency A&E departments accept all comers but some people misuse the service. It does what it says on the tin - its for ACCIDENTS and EMERGENCIES. This does not include coughs and colds and split condoms.

999 If the situation is plainly very serious DON'T DELAY in dialling 999. Seconds may count. Getting help will often be more important than dithering and hawing in a well meaning but ineffectual manner by the patient. Don't panic!

GET TRAINED YOURSELF If the person sitting next to you keels over could you help effectively? Everyone can learn basic life support and basic first aid. Contact your local Red Cross or St. John's Ambulance branch.

### WHO (if any) TO TRUST AT THE FORTHCOMING ELECTION

Rationing, in the normal dictionary sense of the word, is a fact of life in the NHS and will remain so for all time. Any parliamentary candidate who seeks to weasel-word around the issue or suggests that it is not so is lying and should be pelted with ordure and rotten fruit - time to reintroduce robust street politics I feel. The candidate that is up-front and truthful about this uncomfortable reality seems so much more deserving of your vote. Public services = costs = taxes.

### RAPE

In twenty something years of general practice I have encountered a surprisingly large number of women, from young teens to post menopausal years, who have been raped but who have not reported the attack to the police. These events have included actual or threatened violence, intoxication with drugs and/or alcohol, gang rape, date rape, incest and rape within matrimony. Rape is a very serious crime. Rapists who are not caught are very likely to repeat their offence.

The only people who have true insight into the effect of rape on women are the women themselves, so those who are assisting them must be very circumspect and gentle. Every effort should be made to help and support women who have been raped by those in whom they confide - though that help should include a very strong recommendation to contact the police immediately. Offer to accompany the woman - one day you might value the same support.

Rape Examination Advice Counselling and Help (REACH) can be contacted on 0191 563 3725 or 0191 212 1551. This is a confidential help and advice service. Women who have been raped should summon their last vestiges of resolve and contact the police immediately. They will receive a rapid and sympathetic response from officers specially trained to help.

### WOBBLE NO MORE!

Have you seen the new fitness suite at the Wentworth? Sales of sequined leotards are bound to rocket as people flock to correct years of sloth and over indulgence. Now you too can choose which bits shall be permitted to wobble and which bits shall ripple magnificently. The amount and variety of brand new equipment is very impressive and there is an attentive group of advisers as well. Costs are very reasonable, reduced for senior citizens and the unwaged etc.

Every woman as beautiful as she wishes to be and every man an Adonis with that all too easily defined DiCaprio magic - well - why not? Sign up and turn up regularly - you know it makes sense.

### GUILTY, GUILTY, GUILTY - EVERY ONE OF 'EM!

At the health centre we get a steady stream of requests to verify passport applications, shotgun certificate applications and a number of other documents that are accompanied by passport style photos.

Nobody likes the way they appear in passport photos. The reason is not hard to find when it is realised that every person bears that desperate, pallid, furtive expression that screams "JUST ARRESTED FOR SOLICITING!" - or importuning, according to gender. The only thing that's missing is the chalked number on a slate under the chin. Imagining the nature and circumstances of the crimes and indiscretions, the evidences of which are daily before us, explains why the doctors are so often helpless with mirth - if not actually biting the carpet.

Hints to reduce the gravity of the charges; light makeup, clean teeth, haircut and shave, sensible clean specs, adjust the seat so that your gaze is directed slightly downward toward the lens, tidy clothing (men wear a tie) and - above all - for heaven's sake SMILE! Not the sort of ingratiatingly buttock clenching grimace that suggests you are planning to grass up your co-conspirators in the hope of securing a light sentence but a true, happy, sunny smile.

To help raise the right kind of smile, get your friends to relate some spectacularly obscene joke just outside the curtain or, if alone, take along a whoopee cushion or stick a picture of your least favourite person alongside the lens and abuse them loudly and coarsely between each shot - very therapeutic too!

### PEACE OF MIND.

Fishing - snoozing on the bank whilst drowning a worm. Having never in my adult life been fishing I am ill equipped to comment but many find it restful. Cultivating an inner serenity and quietus to fortify you against the vicissitudes of modern life, by whatever means suits you, has much to commend it. What about meditation or prayer or Yoga or Tai Chi? Relishing solitary or companionable silence at home or in the majestic fastness of our countryside? Relax..... Steve Ford.