



THE HAYDON NEWS

APRIL
2002

Published by The Friends Of Haydon Bridge

Editorial comment

I hope that by the time you are reading this you have your copy of the Church Page. I must apologise for the fact that it is a separate page and not included in the full issue of the *Haydon News*. The change is due to the fact that, whilst I received its contents by e-mail as usual from Vincent Ashwin, my computer developed a glitch preventing me from 'opening the file' in time to include it in the full printing process. I am still having problems. It will be fixed but doesn't it go to show how we seem to be becoming more reliant on computer technology these days, and lost without it! Still, I don't think I would like to go back to the days of the Typewriter and all that that technology gave us.

We at the 'Friends of Haydon Bridge' who put together the *Haydon News* each month do so by collating the 8100 or so pages by hand then stapling each bunch of 7, 8 or 9 sheets. This takes us about 3 hours on the last Sunday morning of the month. You get your issue via a member of our hardworking distribution group. My continued thanks to them.

We are thinking of letting technology relieve some of the tedium of hand collating by acquiring a machine to do the job for us – we will still have to staple each issue however. The printing machine which we use to produce the copies is working fantastically well, so much so that practically no paper is wasted even though it can print up to 130 sheets each minute. Because of this, having a collator makes sense.

I currently have the printer (and its accessories) in one of my bedrooms but if we can acquire a collator both it and the printer will be transferred to a room in the Community Centre. This means that not only can we produce the *Haydon News* more efficiently but both printer and collator could be made available for any legitimate Group or Organisation in the Parish.

I know that there are at least two largish groups who would welcome this technology and I am sure that the more groups who use it, the more it will come to be used. On behalf of the 'Friends' I would really appreciate your views on this and indeed welcome approaches being made by you, should you be interested. After all, the *Haydon News* is for the community so why shouldn't the community benefit from the technology available, including the Computers, in the Community Centre?

Of course funds have to be available for all this to happen. The *Haydon News* is heavily dependent on Advertising revenue and membership subscriptions so can I ask you to look into your heart and ask yourself the question, "Have I paid my yearly dues?" If not then do please let us have your contributions (£1.20 minimum for membership, £6 for a posted issue) and a minimum of £12 for business advertisers. The sooner the better please.

See you next month.

Richard A D Snowdon. (Editor)

*Notes from the Parish Council Meeting held at the Village Hall (Langley)
Thursday 25th April 2002 at 7.30pm.*

Present were: 9 Councillors (apologies from 2), County Councillor, Parish Clerk and 2 members of the Public.

The meeting began with David Wood being introduced. He proceeded to give a presentation of how the Audit Report on Church Street Project had been arrived at.

The authorities apparently were satisfied with the work done, even though it was shoddy, because otherwise full funding might not have been approved. He acknowledged that the time frame had been a significant factor.

The Chair raised the issue of the funding. He understood that it was to be for three (3) years yet it would appear that because of the late start to the work a whole year's funding had been lost. Was that the case? Yes. Serious questions have to be asked whereby the scheme was proposed in January 1999 yet work only began in February 2001.

A number of Councillors queried aspects of the report but Cllr Mitchell suggested that Mr Wood go through the conclusions to the report highlighting recommendations such that they would be unlikely to appear in future works undertaken by TDC.

Briefly, these were: All meetings should be fully Minuted, accurate accounts of all spending be kept, better communications between the different departments agreeing on

dates for different aspects of the work and that value for money should be a higher priority.

Cllr Parkin wondered how the delays had occurred? Not a straightforward answer to this.

Cllr Philp wondered if architects had been tendered for, or had one been nominated?

County Cllr Horncastle spoke strongly about who should be in overall charge of the project. He felt that there should have been a Clerk of Works appointed and not a Conservation Officer as had been the case with Haydon Bridge. Normal tendering processes must take place. He cited the case of the lamps in Church Street. No-one seems to be in overall charge of both the placing and the actual work being done. He also indicated that the plan for Church Street did not include trees so that perhaps explains why two of the lamps have their heads amongst the leaves!

Quite a difficult meeting for Mr Wood but he did say that lessons had been learnt from the project and that others might not suffer as we had done.

The Chair thanked him for his presence upon which Mr Wood left.

The Chair then read out a letter he had put together outlining a number of bulleted points regarding the HER scheme.

It seemed to meet with approval from those present.

Cllr Mitchell feels that more funding is coming our way to complete work around the Church.

Public Matters: There were none.

Minutes of the previous meeting were agreed.

Matters arising: 1. Following on from the last meeting when Brian Bell gave his presentation re: Spa Well, the Clerk had written to Highways but had not received a reply as yet. Cllr Smith, however, has had a number of calls from the Press asking about the state of the road/landslip. He has reiterated that the slip is moving closer to the A69 and that only the tarmac above the slip seems to be holding and that the ground beneath is much less stable. What with the number of heavy vehicles using the A69 vibration must be having an effect on the stability of this area.

2. Cllr Horncastle has tried umpteen times to arrange a meeting with Roadlink in connection with the problems encountered by David McVay. To date even though David has supplied details of his work-shift times nothing has happened!

3. Jackie (The Railway) has had her lighting problems resolved.

4. Dog Bins. A reply to the Clerk's letter by e-mail has been received wanting to know whether the bin should be located inside the estate (Showfield) or on the road. Cllr Charlton felt that it would be better on the road.

5. Cllr Fletcher has queried the Arriva Travel Passes. These are not transferable but there are 'free-bees' to be had. Keep in touch.

6. Pelican crossing. Cllr Charlton highlighted the problem of vehicles obstructing it whilst waiting at the road works. It is against the law to 'park' on the crossing and Roadlink should be told to sort it out. Quickly!

7. Mr Holmes had again contacted Cllr Smith regarding the works going on at the toilet. Contractors are starting before the nominated times, lorries causing disruption and he remains very unhappy. Cllr Mitchell suggested that the Officer in charge of the work at TDC be the first point of contact.

8. Code of Conduct. Parish Councillors must sign up to this before May. There is nothing sinister in this but any gifts beyond a value of £20 must be accounted for. One or two cllrs. felt that the whole thing was silly! An advertisement should appear in the Hexham Courant for the week beginning 6th May indicating that the Code had been complied with.

Highways/Bypass: Pelican crossing already mentioned Esp Hill road is badly pitted. Also Brokenheugh. Heugh House Lane has now got lines marked indicating repairs? The road on the bends towards Langley also slipped.

Cllr Horncastle felt that the Area Manager (Colin Charl-

ton) should be contacted if anyone has a problem with water lying on roads because ditching work needs to be looked at. He is keen to keep ditches open. Cllr Mitchell cited cases where the opposite had been true!

Lighting: Cllr Mitchell has met with a group looking at the problems created by their siting. Some have been moved whilst alternative suggestions have been put forward where it is inappropriate to move the lamp, e.g. outside the entrance to the factory. Young trees were the problem.

Planning: Construction of a conservatory at 2 Chesterwood Barns. No comment given. Standalone development. An appeal has been lodged against the 35% ruling.

Any Other Business: Litter bins are not being emptied because the facilities on the 'new' Wheelie Bin wagon can't cope! There has got to be a remedy to this.

Cllr Charlton requested that Dog Fouling leaflets be acquired for distribution throughout the Parish

Stone at the end of the bridge still not replaced!

Annual Spring Clean (Riverside) Cllr Charlton said that TDC is not in control of this scheme but, the SKIP will be arriving on Friday 17th May with the actual cleanup taking place on Saturday 18th May. **ALL HANDS TO THE PUMPS!!**

There is £15,000 going spare for the village for community based schemes, so Cllr Horncastle informed the meeting. Anyone with a legitimate scheme should let him know within the next two weeks. Capital schemes only will be permitted.

Date of next meeting: Thursday 23rd May at 7.30pm

RADS

PARISH COUNCIL MEETINGS

Held on the 4th Thursday of each month.

The meeting is usually held in the Community Centre but occasionally goes elsewhere. The notice board, next to the Butcher's shop on Church Street always shows the likely agenda for each meeting and the venue.

The General Public is welcome at the first part of every meeting. Have your say – Brickbats and Bouquets!!

HAYDON BRIDGE PARISH COUNCILLORS

Mr D Charlton	684 505
Mrs E Charlton	684 505
(Chair) Mr E J Faulks	Chesterwood Park
Mrs V A Fletcher	
Mrs E Garrow	684 324
Mrs L Gilhespy	684 632
Mr S B Mitchell	684 980 *
Mr M R Parkin	684 340
Mrs L A Philp	
Mr D C Smith	684 480 *
Mr T J Stephenson	

* also Tynedale District Councillor

PARISH CLERK

Mrs Carole McGivern 688 020
e-mail: carolemcgivern@aol.com

HISTORICAL NOTES OF HAYDON BRIDGE – Dennis Telford

The second week in April proved to be an exciting one for me, if a little daunting.

Alright, Newcastle United played their poorest game of the season in a 1 – 1 draw with Fulham, but after that things picked up considerably.

On Tuesday 9th, a thirty minute interview with Jon Harle on Radio Newcastle, Cleveland & Cumbria's "Northern Nights" including two of my songs, "Me Dad" and "The Black Bottle". I couldn't help but smile when, after hearing my stories the interviewer said incredulously, "Are these REAL people?" "Do things like this REALLY happen in Haydon Bridge?" Yes, Jon, they do, and much more besides that I wouldn't dare mention! Well, not at the moment anyway!!!

The BBC Radio interview was a precursor to my appearance, on 10th April, at the 'Bridge Hotel Composers' Club' in Newcastle and a great thrill to perform twelve of my songs/poems about Haydon Bridge, with musical accompaniment by the "High Level Ranters" - Johnny Handle, Colin Ross and Jim Hall, ably supported by Benny Graham and Tynedale's own Henry Robson.

My initial nerves were soon dispelled, with so many familiar faces in the audience and the way in which my stories about our village were received by the regulars at the **Bridge Hotel**.

Thank you all and it is thanks also to our village people, our heritage and wonderful landscapes. They provide more than enough material for any amount of story-tellers, song-writers and poets.

Thursday 11th April was the eighth birthday of my eldest grandchild, Jack. How time flies!

*As those busy years went by
 wor son and dowter grew,
 The River Tyne, Spa Well and
 Plankey Mill's their play
 ground too,
 And when they larn't the facts
 of life,
 Then they had bairns thorse!
 Lang may they live for to en
 joy the scene from Haydon Fell.*

And finally? Saturday 13th April. Derby County 2 – Newcastle United 3. YES!!!!!!!!!!!!!!

It is time to catch up with a few responses to my 'Historical Notes' of recent months.

Harry Veitch is a regular correspondent by telephone and letter. You may recall that Harry lived in our village from 1920 until 1935. One of the things I enjoy most about Harry's contact is that he provides such a varied selection of memories. My 'notes' in the November 2001 issue about the 1926 Haydon Bridge football team and the Haydon Bridge Show had Harry reaching for his pen.

Dear Dennis

..... there may not be many who can recall the middle 1920's and the names of the football team. As they had to pass our door (29 John Martin Street) on match days, except for the Halliday lads who lived at the top of Whittis Hill, remember them I do!

Maurice's Dad, Joe Armstrong, played in goal I'm fairly sure. Peter Spooner (Senior) was part and parcel of the Club – young Peter was 2 to 3 years older than me. Although I don't recall T. Cowing, presumably he was the older brother of Charlie, a classmate.

To us in those far-off days, the Flower Show ranks alongside the Annual Sunday School trip to Whitley Bay Show Day – by train then – gave us so much. Why do the Shuggy Boats always come to mind?

There was so much on 'show'. Pupils' handwriting as an example and there were some fine athletes in the Track and Field events. The Horticultural side was tremendous but it wasn't until evening that the real atmosphere descended overall.

The fairground Steam Organ provided the magic with its vivid colours and ornate figures.

To conclude my little peep into the 1920's, the dearest ride (2d – two pence) was on the 'Chairplanes'

*Very sincerely
 Harry Veitch.*

And so to someone who still lives in the village and is able to pass on folklore as handed down by his ancestors.

David Brown remembers his father,

Fred, recalling his three years as a Bell Toller at the Mortuary Chapel in the cemetery above the California Gardens. Fred's instructions from the Vicar were to 'wait until he saw the first signs of the horse-drawn hearse entering the gate at the south-west corner of the cemetery and then to toll the bell until the coffin arrived at the Mortuary Chapel where the burial service took place'.

Fred Brown was also Gravedigger at the Old Church at Haydon and David tells a story which has been passed down to him about his father digging on what was assumed to be a clear piece of land when suddenly, his spade disappeared through the bottom of the newly dug grave. Fred's sister, Hannah, took his sandwiches up to the Old Church at bait time and found Fred sitting on the Old Church steps, 'as white as a sheet'. Her brother related the story to her.

Whether Fred ever recovered his spade from the grave, which presumably had been there for many years directly below the new grave he was digging, isn't known but it is unlikely given his state of shock at the time.

John Bowman is another who still lives in Haydon Bridge. My mention of the Town Hall in the 1950's was to bring back traumatic memories for John.

On Saturday 11th December 1943 John was an eighteen year old Assistant Operator working with sixteen year old Sid Thompson in the projection room at the Town Hall Cinema. The main projectionist, Walter Spark, wasn't working that weekend.

There were two performances on a Saturday in those days, at 6.15pm and 8.15pm. During the first performance an 'unauthorised person' was also in the projection room and regrettable he was smoking. When he 'nipped out' the lighted end of the cigarette it fell onto some highly inflammable Nitrate film lying on the floor and the result was a substantial fire in the projection room which led to the immediate evacuation of the Town Hall.

There was single access and exit to the projection room in 1943. This was up a metal ladder through an internal doorway above the Ticket Office in the foyer. Both John and Sid had to escape through the fumes and flames of the fire which spread into the entrance area on the ground floor. John tells me that it was fortunate that Katie Waugh, who sold the tickets, wasn't locked into her small office at the time otherwise the consequences could have been much worse.

As it was, both John and Sid ended up with a month's stay in Hexham Hospital suffering from burns sustained in the fire. This was not until Dr. Hall had administered his own First Aid – a large glass of Whisky!!

On 1st February 1944 at Hexham Police Court, Matilda and George Stoddart of Chopwell expressed their regret at what had happened, but as owners and licencees of the cinema, they were held responsible for breaches of the regulations and pleaded guilty. The Stoddarts had a number of Picture Halls and had been licence holders of the Haydon Bridge premises since 1937. Following the fire, it was discovered that parts of the electrical installation were not covered with fire resisting material and a number of other structural defects were discovered.

The cinema was closed for a week while the necessary repairs were carried out and the owners had plans approved to bring the Operating Box more up to date, including external access via step irons which can still be seen. Today it is a stairway to nowhere, built into the west wall of the Haydonian Social Club.

I had hoped that the film that Saturday night was something akin to "Towering Inferno" as it would have made the story so much more interesting. It wasn't to be. The movie showing when those of you who were there that night left in a rush through the Fire Exits was "Flight Lieutenant" starring Glen Ford.

Fortunately, John and Sid fully recovered from their experience and injuries, although John still has the burn marks as a reminder. Jock King's son, Jimmy, was never again allowed into the Projection Room when he was

smoking and the Town Hall cinema continued as a place of great enjoyment for us all.

In February (2002) I received a complimentary letter from Jill Lawson. Haydonians will remember Jill (née Rogan) living at 'Cleveland' on John Martin Street with her father and mother, John and Connie.

It is satisfying when I hear that my 'notes' evoke fond memories of a childhood in the village. Jill also writes, *"I was ... fascinated to read of the work Johnny Handle is doing compiling his collection of "Geordie" songs and poems – my husband and I used to know Johnny when he was singing and playing in a room above a shop opposite Newcastle Bus Station, probably 45 years ago"*

As a Haydon Bridge exile, Jill passes on her good wishes to those who remember her and she has made a financial contribution *"to the Spa Well Restoration Fund or any other worthy local cause"* Thank you Jill.

Jill now lives in Essex and I hope that in the future she will provide us with memories of her time in Haydon Bridge, for the *Haydon News*. In the meantime my own research has unearthed a story which Jill will probably remember well, with mixed emotions.

In the 1950's, swimming in the River Tyne below the Spa Well was a regular pursuit. Villagers would walk, cycle or take the bus there in the early evening, at weekends and during the holidays. We spent many happy hours diving off the rocky shelf into the deep pool – wonderful memories!

Not quite so 'wonderful' for Mr & Mrs Rogan and twenty year old Jill on 19th July 1955 however.

Father and daughter were getting dressed after swimming in the pool, when two Hexham boys got into difficulty as they floated down-stream in the current. Mrs Rogan is quoted as saying, *"my husband dashed past me and the last I remember seeing of him was his socks as he dived into the water. My daughter followed and each of them went to the aid of a youth"*

Jill brought one of the boys to the side of the river and when her mother

shouted that her father seemed to be in difficulties with the other boy, she swam to him and helped them both through ten yards of deep water, until other people on the bank were able to hold out a branch for Jill to grab on to.

"If Jill had not been there I am sure my husband and the two boys would have been drowned" said Mrs Rogan.

The mention of swimming reminds me of another incident many years ago, which provided much more pleasant memories for two employees of the Haydon Bridge Co-op.

Both young men enjoyed a spot of fishing and after work would follow the South Bank of the river up to Limestone to cast their lines.

On one warm sunny evening as they sat quietly on the river bank, a pretty young girl came into view on the limestone shelf opposite. The girl undressed, adjusted her swimming costume and slid gracefully into the limestone pool. As she swam effortlessly back and forth she was startled when she saw the two young men watching her from the opposite bank. Flushed of face she immediately offered her apology for churning up the water and spoiling their fishing expedition.

Maurice tells me that Ozzie replied with a wide grin on his face, *"Don't worry lass! We lost all interest in fishing about twenty minutes ago!!!!"*

LANGLEY W.I.

Members at Langley W.I. welcomed Dr. Alan Donaldson from the Dukeshouse Wood Outdoor Education Centre in Hexham.

His subject was *'Expeditions, The Pains, The Pleasures'*

For over 25 years Dr Donaldson has been interpreting the environment for young people encouraging them to become involved in conservation of the environment.

He has led or has assisted in leading, eleven major expeditions to locations including South America, Asia, The Indian Ocean and the Arctic.

Dr. Donaldson is the European co-ordinator of the Vuelta Larga Founda-

dation, a charity devoted to conserving the South American Rainforests.

The '*Pains*' of his lecture were the problems with which he and his young party had to battle and the '*Pleasures*' the fantastic rewards which made it all worthwhile.

We were taken on a fantastic journey by an enthusiastic conservationist and left mesmerised by his inspiring slides. He also made us pause and think about what man is doing to this planet of our. A wonderful lecture.

The competition was '*Remedy for pains*' and was won by Myra Bowen and Peggy Dakers.

OVER SIXTIES

The April meeting was also the Annual General Meeting. After voting for the committee it was decided to split the post of Treasurer and of Secretary both of which had been very ably carried out by Mrs Sparke. Mrs Sparke will continue to be Treasurer and Mrs Bowen will be the new Secretary.

The Treasurer's report was circulated and accepted.

Members were pleased to learn that Mrs Florence Turnbull has now been discharged from hospital and wished her a very '*Happy Birthday*' on 13th April. They also wished Mrs Laura Scott best wishes on her birthday later this month. Members also wished Mrs P. Stewart a speedy recovery from her present illness.

After a tea break members enjoyed an illustrated talk on the '*1992 Floriade Festival in Holland*'.

This is a garden festival which takes place every ten years with a fantastic parade of nearly sixty floats decorated by someone and a half-million flower heads. There was also a colourful visit to the bulb fields.

The next meeting will be on 15th May from 7.00pm to 9.00pm and the speaker will be Mrs Ross on '*Antique Dolls*'

Myra Bowen

EASTER BONNETS

Haydon Bridge Dance Club held their Easter Dance at the Community Centre on Monday 1st April.

The Easter Bonnet Competition was popular as ever and:

1st prize was won by Sara Hunter
2nd prize was won by Susan Taylor.

Valerie Bell said "*It was difficult to choose winners from the wonderful entries*"

Valerie also judged the Decorated Egg competition:

1st Prize was won by Margaret Lee,
2nd prize by Mrs McGregor
3rd prize won by Nancy Ferguson.

Prizes were donated by:

Evelyn Currah, Sheila Rutherford and the Dance Club.

CARPET BOWLS CLUB

Haydon Bridge were unfortunate to lose a closely fought game against Lambley, which was the last game of the season. The scoreline of 58-62 at the Community Centre could have gone either way, which would have been a positive way to end the season.

Whilst results have been poor this term, more than a few have gone right down to the wire, such as the 60-60 draw against Bellingham, and a narrow defeat to Slaggyford.

The *Annual General Meeting* was held recently and was well attended by members. New member Thomas Fletcher agreed to take over the Secretary's role from Jean Oliver, and Michael Rumney replaced Joseph Tulip as Chairman. Jean will carry on as Treasurer. The full list of officers are as follows: **President:** Rev. Vincent Ashwin, **Chairman:** Michael Rumney, **Treasurer:** Jean Oliver, **Secretary:** Thomas Fletcher. **Committee:** Cindy Fletcher, Dora Fletcher, Billy Irwin, George Hutton, Allen Bates, Jeff Marshall, Jamie Eales, Flo Kent.

The club has welcomed a number of new members this season, and their continued progress will only make the team even stronger next season.

Club nights will take place on a fortnightly basis from now throughout the summer, and players will no doubt be fine tuning their skills ahead of next seasons quest for success. Haydon Bridge now have 22 members, the largest number in quite

some time, possibly ever. The future looks bright, and with such a lovely hall to play in there has never been a better opportunity to play bowls at Haydon Bridge.

Anyone can join the club. Come along at 7:00pm on Thursdays, all ages are welcome. Admission is £2.00 per night for adults and 50p for juniors (under 16). There is a club night on Thursday 25th April, and every fortnight after this throughout the summer. Please ring Thomas Fletcher on 684 714 for more details.

I'd like to conclude by thanking all members and club officials for their support this season.

White Jack

DANCE CLUB NEWS

In his letter to the Dance Club, after the death of his mother Beryl Stanley, Nigel says what a lot of pleasure the Club had given to his mother over the six years or so.

It was a pleasure to have Beryl as a member, a good friend to us all. She will be sadly missed.

With a lot of help from Hazel, we managed to show our dancers the NIKI Cha-Cha dance, a dance Daph intended to show at Christmas. Unfortunately she died just three weeks before.

I spoke to a couple from Corbridge. They have every intention to come along to our dances. You lose some - you gain some!

We now have over sixty members with another couple joining us from Alston.

Monday 29th April will be a quiet one as about half of our dancers will be away! Wait for it! DANCING!

Jim Biggs

JACKIE ARMSTRONG and family would like to thank everyone for the lovely cards and flowers she has received during her illness.

The Committee of the '*Friends of Haydon Bridge*' would like to thank all those who have paid their membership subscriptions.

Have You?

NATURAL REMEDIES FOR A HEALTHY BODY HOLIDAY CARE

A very common concern during long haul flights is the risk of *D.V.T (deep vein thrombosis)*. Nutrients that support circulation are *vitamin E* and *omega 3 Essential Fatty Acids* found in fish oils. These work by reducing the risk of blood clotting by lowering blood fat levels. The herbal supplement *Pycnogenol* also possess this anti clotting action.

Some people use *vitamins C* and a *B complex* to protect against the stress of travelling, and the herbs *Echinacea* and *Goldenseal* to protect against viruses. *Ginseng* is a popular choice for people hoping to maintain energy levels when the jet lag hits.

Ginger capsules have always been popular among travel sickness sufferers. Sometimes just sucking on pieces of *Crystallised Ginger* gives relief. *Vitamin B6*, (best taken with a *B complex*) is another popular choice for the relief of nausea.

Many of our customers use *Acidophilus* capsules to treat stomach upsets and *diarrhoea* caused by a change in diet.

For over indulgence in the local beverages *Artichoke* and *Milk Thistle* are herbs that support the liver in the breakdown of fats and toxins such as alcohol.

Small amounts of sunshine are good for us - our bodies use it to produce *vitamin D*.

However it is essential to use a *high factor sun protection Cream*. To protect the skin from the inside, some of our customers use *vitamin C* which *builds collagen*, (because sun exposure destroys collagen). *Beta Carotene* - which the body converts to *vitamin A* may offer protection against the damaging effects of *Ultra-violet* light. Ideally this is taken one month before travelling and for the duration of the holiday. People have reported this combination helpful in the prevention of *prickly heat* too.

However if you over do it *Aloe Vera Gel* is cooling and soothing for sun exposed skin. Soaking in a warm or tepid bath with a few drops of *Lavender pure essential oil* may ease soreness and speed up skin repair. In severe cases medical attention should always be sought.

Finally if, like me, you're probably going nowhere more exotic than the Costa del Tyne Bank, taking *vitamin B1 'Thiamin'* to repel the dreaded midges was a useful tip I was given by some campers at Kielder.

Once taken the vitamin is excreted through the skin - insects hate the smell - although it is odourless to humans!

IMPORTANT: Pregnant ladies, anyone under medical supervision, or taking prescription drugs should always consult their doctor before taking complementary medicines.

Jill I. Henderson. Holland and Barrett (Hexham)

CROIX
hand-made modern
silver and gold jewellery
& silver crosses
Telephone enquiries
01 434 688 030
lphilp@zoom.co.uk

My work can be seen at:
Gallery Upstairs
The Square
Blanchland.

**Lower phone
bills in
Haydon Bridge**
Wherever you're calling

Save on your home phone

- Save up to 80% compared to BT standard prices
- Keep your existing line, number and services
- No PIN numbers, access codes or pre-payment
- Fully BABT approved

Save on your mobile phone

- Peak calls from 5p per minute
- UK's lowest line rental
- No contract
- Free connection

We guarantee to save
you money compared
with BT's best prices!
For a free brochure call:

01434 688199

TELECOM plus Saving you money,
Independent Distributor right down the line.



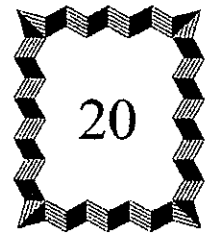
The £10 Crossword

NAME:

ADDRESS:

.....

.....



	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					

Entries to be received by the Editor on or before MONDAY 20th May 2002.

Best of luck

Please hand in your entry to:
any of the businesses indicated at the top of Page 2
or by post to: The Editor, Wheelsteads, Woodhall Mill, Haydon Bridge, NE47 6AS

ACROSS

- 1. Wine from the Bible and legendary wizard. (6)
- 4. Drink without end from treacle. (6)
- 9. Post WW2 border river. (4)
- 10. Catch Chinese detective round chemical company worker. (10)
- 11. English river amusing amateur. (6)
- 12. Oil asset separates. (8)
- 13. Source of local tippie. (6,3)
- 15. Suspend court proceedings. (4)
- 16. She's a German politician. (4)
- 17. Woman precedes weight for broadcaster. (9)
- 21. Stop renting amounts of liquid. (8)
- 24. Orders from on high. (10)
- 25. Budgetary move. (4)
- 26. Groans in wrap around. (6)
- 27. Young persons place in SW London. (7)

DOWN

- 1. Island manufactured terrorist group. (7)
- 2. Where meandering river straightens. (5)
- 3. Turkish sofa store? (7)
- 5. Pride in the garden. (6)
- 6. North British Railway junction. (9)
- 7. Spiralled into disaster. (7)
- 8. Live frugally. (6,3,4)
- 14. Could be by magic. (9)
- 16. Watendlath rogue. (7)
- 18. Supervise. (7)
- 19. Gt Lake and vermin in African state. (7)
- 20. Wash marshland not in Stoke. (6)
- 23. Centre point. (5)

Solution to Crossword number 19 will be found on page 12.

HAYDON NEWS WEB SITE: www.haydonbridge.demon.co.uk/

**Pierre Lang
Jewellery**

**Weekenders
Ladies Clothes**

Gill Valentine River House
Telephone: 01 434 688 199 or 01 434 688 999
Visit me or I'll come to your home

THE BOWEN TECHNIQUE

**EFFECTIVE TREATMENT FOR
SPORTS / WORK RELATED INJURIES**

MUSCULAR & SKELETAL DISORDERS,
STRESS & TENSION,
HAY-FEVER & BRONCHIAL SYMPTOMS
GENERAL RELAXATION AND BODY BALANCING

Phone: Liz Jukes on 688 851

A.D.A.P.T.

Action by Differently Abled People in Tynedale
Are you retired or semi-retired?
Why not put some of your spare time into driving for
A.D.A.P.T.'s
Community Transport Scheme.
It's a chance to meet people and get involved
in the community.

We provide on-going support and all expenses are paid.

**ALL DRIVERS MUST BE OVER 25
AND HOLD A FULL
LICENCE FOR AT LEAST TWO YEARS.**

For more information phone Bob or Eyra on:
Tel: 01 434 606 156
Fax: 01 434 600 599
Minicom: 01 434 607 202

Patron: Henry Straker (Spirit of Enterprise Award 1997)
Registered Charity Number: 1072632. Member of RADAR
Company Limited By Guarantee Number: 3604980

MISS J. TEASDALE BA

**State Registered Chiropodist
Member of the Society of Chiropodists**

Treatment available at the Haydon Bridge Health Centre
and at

25, Burswell Avenue, Hexham

**For appointments and enquiries.
Telephone: 01 434 608 612**

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
ASSOCIATION FOOTBALL CLUB**

HBUAFC hold their monthly meeting on the first Tuesday
of every month at 7:30pm in the Lounge of the *Railway
Hotel* where representatives 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 ?**

Ring

BASSETT HERRON & CO.
Chartered Accountants
3, Market Street, Hexham

Tel: 01 434 605 666

We Can Help YOU

Committee of the 'Friends of Haydon Bridge'

Charles Thomas (Chairman) Mike Parkin (Vice Chairman)
Elena Parkin (Secretary) Alastair Bowen (Treasurer) Richard Snowdon (Editor)
'Mitch' Mitchell Pauline Tulip Sylvia Mitchell Louis Parkin Jacqueline Outterside

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

**HAYDON & ALLEN VALLEYS
MEDICAL PRACTICE**

(Haydon Bridge Health Centre)

Monday to Friday: 8.00am to 12.00 noon
2.00pm to 6.00pm

Doctors consult from: 8.00am to 11.00am
3.00pm to last appointment at
5.30pm

All phone calls for appointments and visits, including 'out of hours':

01 434 684 216

All phone calls for dispensing or prescriptions:

01 434 688 351

E-mail address: ***sford-hb@dircon.co.uk***

Web-site: ***www.sford-hb.dircon.co.uk/hc***

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 moretry 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:

01 434 674 260 for further details.

ACHES and PAINS?

Do you or your pet suffer from aches or pains?

Why not wear a **MAGNETIC** product?

With a money back guarantee, it must be worth a try.

For more information contact:

Iris Stafford Four Winds

Heugh House Lane
Haydon Bridge
NE47 6ND

Telephone / Fax: 01 434 688 014



*Fourstones
Hexham
NE47 5DG*

*Telephone/Fax: 01 434 674 711
OPEN ALL DAY, EVERY DAY*

*Excellent Home-made Lunches (12 - 3)
& Evening Meals (6 - 9)*

*Bar and Restaurant menu available
Sunday Lunches our speciality (12 - 6)
Quiz Night every Thursday (8.30 on)*

Regular live music from the NE's top entertainers

Contact Malcolm or Rebecca for information

**IAN BURROWS
Carpentry**

All types of work undertaken

- * Purpose made joinery*
- * UPVC Windows & Doors*
- * Free quotations/ Estimates*

Tel: 01 434 684 623 Mobile: 07748 734 673

HAYDON BRIDGE JUDO CLUB.

Keep Fit and Have Fun!
Young and Old welcome.

On Tuesdays at Haydon Bridge High School

Juniors: 6pm - 7pm

Seniors: 7pm - 9pm

BJA Qualified Coaches

Contact Michael on: *01434 684 785*



**Everest
FIT THE BEST**

**Windows & Doors, Garage doors
Conservatories & Roof line.**

Kevin Welton Tel: 016977 41327

WHIST DRIVES

Langley Village Hall
Fortnightly on Saturdays
at 7pm.
50p entrance
(Everyone welcome)

Solution to crossword (19)

Eleven (11) entries were received.
Nine (9) were correct

- Simon Benson*
- A. Phillips*
- Denis Bell*
- Maureen Robson*
- Rosemary Shout*
- Susan Stephenson*
- A. M. Scott*
- Mrs E. Jukes*
- 'The General (Rtd)'*

TINY TOTS

From Birth to 3 years.

The sessions, run on Tuesday and Thursday mornings, from 9.15 to 11.15 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

Gina Davidson on: **01 434 684 918** 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 Gina Davidson on: **01 434 684 918** 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:
ROSEMARY SHOUT

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

'THE FRIENDS OF HAYDON BRIDGE'

Formal Committee Meetings are held at 7.30pm on the **MONDAY** before the fourth **THURSDAY** of each month at The Community Centre, Haydon Bridge.

(The General Public is welcome at the first part of every meeting.)
Any items for discussion must be notified in writing to the Chairman one week in advance of the meeting so that Committee members can be advised, enabling worthwhile discussion to take place. The Chairman will then advise the person concerned of the right to attend.

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

DEADLINE: All contributions to the *Haydon News* to reach the Editor no later than Monday 20th May 2002.

CHURCH PAGE

CLERGY MESSAGE

Father Leo Pyle

Ascension 2002

No such thing as power-failure. There never has been power-failure. Since the Ascension** of the Lord there has been infinite power in the Church. We are a power-filled community. The life-force within our community is irresistible. It raises Jesus from the death. It places Jesus at God's right hand "above every sovereignty, authority, power or domination, or any other name that can be named, not only in this age, but also in the age to come." Jesus is Lord!

"... all things under his feet, ... ruler of everything, the head of the Church, which is his body, the fullness of him who fills the whole creation." (Ephesians 1; 17-23)

And if we are not careful we are left standing, 'gawping' and distracted with our full attention given to trivialities and non-powers, bound down by care and concern, when we are called to be free spirits 'clothed with power from on high' (Luke 24.52). All we need do is turn to the grace, power and strength which is ours, free and for nothing, by the gift of our Ascended Lord. This is the reason for all the hand-clapping and cries to God with shouts of joy. The Ascended Lord has come into his own: Lord of all; King of the earth; King over nations. He reigns on his holy throne (Psalm 46).

And the Lord is there at the beck and call of our praying. All that power is ours for the asking, to enlarge our life, to fill our days, to enlighten our minds and hearts. Ascension is an uplift. We are lifted on to an ever higher plane by the infinite power of our Ascended Lord. No generators are needed, thank you.

There's no possibility of power-failure since Ascension Day. Pray and live powerfully!

**Ascension Day this year is on Thursday, May 9th.

Christian Aid
We believe in life before death

CHRISTIAN AID WEEK, MAY 12TH - 18TH

HOUSE TO HOUSE COLLECTION FOR THE WORLD'S POOR

Look out for the posters about Christian Aid Week. Christian Aid, together with CAFOD (the Catholic fund), is campaigning to deal with the causes of world poverty. One of these causes is the very low prices we rich countries give for raw materials and foods from developing countries. And, if it wasn't so far away, you could even go on a mass lobby of Parliament on 19th June, to speak out for trade justice. Meanwhile, Christian Aid's work of supporting hospitals, schools and farming in deprived countries continues. Also, they fund projects to help orphaned children whose parents have both died of AIDS.

April - May 2002



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 Hasson, with the Methodist congregation
The Manse, Moorview, Haltwhistle 320.051

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



VOLUNTEER HELPERS NEEDED

For the Youth club run by the churches,
Fortnightly on Mondays for 3-13 year-olds, Methodist Church;
Weekly on Thursdays for 13-16 year-olds, Community Centre.

Qualifications? Patience.

Job? Either join fully in the activities, or stand at the kitchen counter, pouring drinks and chatting to the young people.

Frequency? As often as you are able; even one 90-minute session per month would help.

Contact any of the clergy (who are the management group) or David Matthews the Youth Worker on 01661.886.062

The Clubs are so successful that - together with the youngest age-group meeting on Fridays - 70 children and young people are attending these youth activities each week. Add to that the football club, scouts, Guides, Steel Panners, school activities, etc., and our young people are pretty busy.

**METHODIST
CHURCH SERVICES**

Sunday May 5th

10.00am Mr Ken Hargreaves
6.00pm Mrs Ann Hall

Sunday May 12th

10.00am Lesley Marsh (Family Service)
6.00pm Inter-church Christian Aid
service, by the Prayer Group.

Sunday May 19th Pentecost

10.00am Rev David Hasson – Sacrament
6.00pm United Pentecost Praise,
St John's Roman Catholic Ch.

Sunday May 26th

10.00am Rev J Errington
6.00pm Mr Brian Jessop

Sunday June 2nd

10.00am Rowntree
6.00pm United Service, West End Ch,
Hexham

*Sorry that some of these details are
sketchy; your editor has gone on holiday
before getting all the necessary info!*



From the editor

Please be sure to let Vincent Ashwin
(684.307) at the vicarage have any info for
the Church Page by the 18th of each
month. It would be great to have readers'
letters and stories about church life.

Where's the cross?

People worshipping at St Cuthbert's on
Easter Day asked why the cross was not in
its usual place behind the altar.

As part of the celebration of Easter, the
church was full of flowers; there was an
Easter Garden in the porch, with a model
of the empty tomb, complete with white
cloths inside; colourful posters of the risen
Lord were attached to the screen; and the
brass cross was placed on a window-sill,
so that the congregation could see the
complete five-part painting on the
'reredos'. The centre-piece, which is
usually hidden by the cross, shows Jesus
teaching the people.

This was in contrast to Good Friday, when
all the ornaments, candle-sticks, etc, were
taken out, and a nine-foot high rough
wooden cross was the centre-piece of the
church.

**CALENDAR FOR
ST CUTHBERT'S CHURCH**

May 5th 6th Sunday of Easter

8.00am Holy Communion (Order 2)
10.30am All-Age Holy Communion
6.30pm Deanery Service, Allendale

May 9th Ascension Day

7.00pm Holy Communion
7.45pm Parochial Church Council meet

May 12th 7th Sunday of Easter

10.30am Parish Communion, Sermon
6.00pm Christian Aid Service, Meth Ch

Tue 14th 12.00noon, Hexham Abbey,
Inter-church service re FMD

Fri 17th 7.30pm Alpha Planning Group

May 19th Pentecost Sunday

8.00am Holy Communion (Order 2)
10.30am Festival Communion
and sermon (Mike Fry)

Wed 22nd 7.00pm Holy Communion
7.30pm Mothers' Union meets

May 26th Trinity Sunday

10.30am Parish Communion & Sermon.
6.00pm Evensong, Haydon Old Church.

Wed 29th 6.00pm Lecture, Hexham Mart

June 2nd 1st Sunday after Trinity

8.00am Holy Communion (Order 2)
10.30am All-Age Service of the Word

Mon June 3rd **Queen's Golden Jubilee**
12.00noon 30-minute service of thanks

SERVICES AT BELTINGHAM / HENSHAW

May 5 10.00 Belt'm Communion, Baptism
12th 9.00 Belt'm, 'BCP' Communion
6.0 Belt'm, BCP Evensong
19th 10.00 Henshaw, 'BCP' Communion
26th 10.00 Henshaw, BCP Mattins
June 2 10.00 Belt'm Communion, Order 1

**THE QUEEN'S
GOLDEN JUBILEE**

Haydon Bridge will be celebrating the
Golden Jubilee of Her Majesty, Queen
Elizabeth the Queen. All churches in
England are asked to ring their bells at
midday on Monday June 3rd. St
Cuthbert's has only got one bell! That
will be rung.

There will also be a short service of
thanksgiving, from 10.00 till 10.30 at St
Cuthbert's. Listen out for further details,
as plans will be publicized nearer the time.
The service time will still give plenty of
time for those who are going on to the
Northumberland County Show at
Corbridge that day (which itself celebrate
the end of Foot and Mouth).

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

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.



**HER LATE MAJESTY QUEEN
ELIZABETH THE QUEEN MOTHER**

Prayers of thanks for the full life of the
Queen Mum were said at local churches
last month. We gave thanks for her life of
duty to the country and the
commonwealth, and also her love of
ordinary things, like horse-raicing.
Church members said how right it was that
she had died on Easter Eve, at the season
when Christians remember the promise of
new life, after death. Sad memories were
tinged with hope, that death was not the
end for her – a church-going Christian all
her life. Residents of Beltingham and
Ridley Hall remembered her associations
with the area when she was a child, but
also when she visited students living at
Ridley Hall in 1989, and also planted a
tree in Beltingham churchyard.

MINISTER HASSON BACK

Rev David Hasson, Methodist minister
responsible for the Methodist Church, will
be back from study leave this month.
David has spent some weeks in Nepal,
looking at church projects there. During
his sabbatical, other ministers in the new
Tynedale Circuit have been taking pastoral
duty in Haydon Bridge.

VOLUNTEERS CHECKED

Plans are well-advanced for the summer
Holiday Club for children, from July 22nd-
27th. As Child Protection regulations
become stricter, more forms have to be
filled in. From this year, clergy, Sunday
School teachers, and all church members
who contact children will be confidentially
checked. All organizations which have
volunteer workers with children are
having the same checks made.

MORE MAD MEDICAL MAUNDERINGS

WOT? NO CAR?

Did you know that in Finland nobody is allowed to drive after their seventieth birthday? Neither did I until the other day. Whilst this may seem to us to be rather a draconian measure perhaps we go to the other extreme of having no effective checks on fitness to drive until much later. How certain are YOU that you are in all respects as fit to drive as you used to be? With your hand on your heart, can you guarantee that you are as safe a driver today as you were twenty years ago? Honestly?

Doing the annual accounts the other day I was scandalised to discover just how much motoring costs. By the time fuel, tax, insurance, servicing and repairs are all accounted for the numbers are really huge. For that much money you could afford a huge number of taxi, bus and train fares and be free of all the hassle of keeping a car.

Giving up driving may seem a big and rather intimidating step but it might be the right thing to do and you can be sure then, that you won't have to risk losing your self esteem, dignity, no claims bonus and perhaps your life in what might otherwise have been a blameless driving career.

FLYING WITHOUT FEAR

Whilst making no claims for the efficacy of the product, I am indebted to a patient for providing the name, address and phone number of a company that manufactures exercise devices to prevent blood clots in air travellers.

AEROGYM, Northwood Farm, Forestside, Rolands Castle, HANTS. PO9 6EG Tel: 02392 631 177.

LAMBING AND PREGNANCY

Women who are, might be or are hoping to be pregnant should not have any contact with sheep or goats during the lambing season because of the risk of *chlamydia*, *listeriosis* and *toxoplasmosis*.

In particular, do not help with the lambing or milking, do not have contact with aborted animals, newborn animals or afterbirths, do not have contact with anything (machinery, boots, clothing, bedding) that has been in contact with the above, seek advice if you have a flu-like illness after living or working in an agricultural environment.

LIMITS TO MEDICINE

In 1976 Ivan Illich published a book, with the above title, that struck a chord with many at the time and has influenced opinion ever since. A key theme was that whilst death, pain and sickness are part of being human and all cultures have developed mechanisms for ameliorating their impact, the effect of modern 'industrialised' medicine, in trying to defeat these inevitabilities, has been to destroy the ability of individuals and cultures to cope for themselves.

Or put another way – people have been invited to be passively taught, moved, guided and treated rather than to actively learn, to heal and develop personal solutions to problems.

Amartya Sen's research shows that the more a society spends on health care, the more likely are its inhabitants to regard themselves as sick.

Now, more than at any time in human history, individuals can act to regain control of their own destinies. Sentiment has moved against the old certainties. Doctor does not always know best. Patients are now positively encouraged to take an active part in and responsibility for their own treatment in association with their practitioners. There is not a pill for every ill any more – actually there never was.

What Illich advocated was not the wholesale rubbishing of the medical structures but rather 'sanitation, inoculation, vector control, well distributed health education, healthy architecture and safe machinery, general competence in first aid, equally distributed, access to dental and primary medical services as well as judiciously selected

complex services'. 'A truly modern culture that fostered self-care and autonomy.'

Few will experience a wholly disease or injury free life and none will escape death. It is a rather facile but nonetheless widely regarded truism in medicine that one heeds with special attention the words of a patient with thin notes. Some of the oldest patients in the practice have the thinnest notes and some of the youngest patients have been transferred to box files. Have we forgotten the value and skills of self reliance and stoicism? Do we inhabit a culture in which dependence on others is the norm? If so, is it the right way to run things?

EITHER THIS WALLPAPER GOES OR I DO!*

The following have been suggested as elements of a 'good death' in modern Western culture; Freedom from pain. Open acknowledgement of the imminence of death. Death at home, with family and friends at hand. An aware death – personal conflicts and business being resolved. Death as 'personal growth' (*I think I know what is meant but I dislike the term*). Death according to personal preference, in a manner that resonates with the person's individuality.

Have you considered what you want? Do your family and friends know? Can you act now to resolve personal conflicts and 'close' issues that are important to you? Have you made a will? Do you want to talk about your death? – you are very welcome to do so. What about spiritual issues – would discussion with a priest be helpful? **Oscar Wilde I think.*

TOP 20 NON-DISEASES – OFFICIAL

The British Medical Journal has just published a list of the top twenty non-diseases, as voted for in an on-line poll of doctors.

See if you agree;

Ageing	Work	Boredom	Bags under the eyes
Ignorance	Baldness	Freckles	Big ears
Grey or white hair	Ugliness	Childbirth	Allergy to the 21 st century
Jet lag	Unhappiness	Cellulite	Hangover
Anxiety about penis size	Pregnancy	Road rage	Loneliness

There were 180 others to choose from. The whole exercise induced incandescent rage in one correspondent who viewed it as arrogant beyond belief.

HOLD THE FRONT PAGE!

I wonder if any newspaper editor has ever really said that...

A perennial favourite of some of the less regarded titles of the provincial press is the dog turd scandal. In other times and places I have been wont to scoff at the fulminations of apoplectic citizens on the subject but, as the Health Centre lawn is gradually disappearing beneath a carpet of the stuff, I am inclined to issue a mild reproof to whomsoever is not clearing up after their best friend.

Our gardener, whilst mowing the lawn, became positively pebble-dashed as his whirling blades bit into the fragrant offerings lurking in the verdant pasture. Be sure to stand up-wind of him for the next few weeks!

WHEN I'M SIXTY FOUR...

The vast sums of money that are going to be directed at the Health Service over the coming years will just about be bearing fruit in the years after I retire.

When Bob High was in his mid sixties he conceived and built the existing Health Centre and already his legacy to the village is used to its maximum capacity. The centre was designed to accommodate one GP and two thousand patients. Now we have four GPs and by the time the new houses have gone up in the village we will have about four thousand patients.

We are striving to find funding to extend the premises and also hope to have a Nurse Practitioner and our own Health Visitor in due course. As the plans advance we shall keep you informed.

Steve Ford.