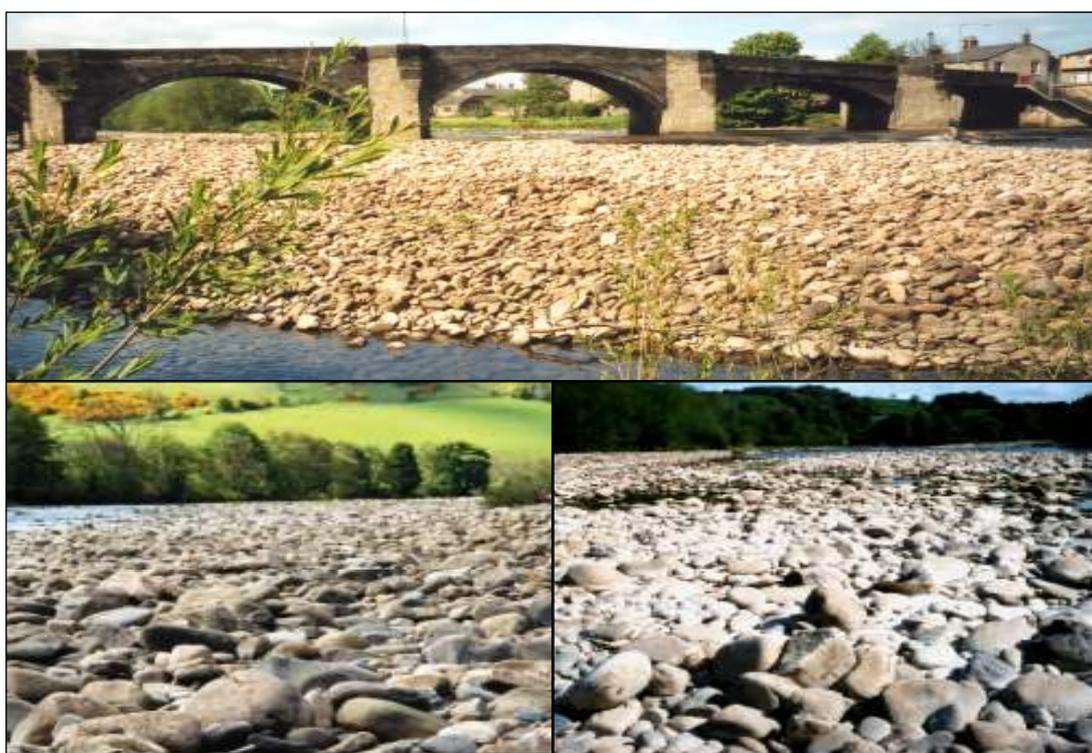




# THE HAYDON NEWS



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Issue 07

July  
2005

Published by The Friends Of Haydon Bridge

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Address.....

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Unless you live locally and you may leave it at  
J. & M. Clarke (newsagents) for collection.  
Addressed to The Haydon News

Thank you.

**EDITORIAL COMMENT.**

The Haydon News has been printed at the end of the month for many years. This has, on many occasions, given very little time to produce the Parish Council Notes or to provide comment on council proceedings as the council meet on the fourth Thursday of each month. Sometimes this has been just the day before the Haydon News has gone to print.

After our summer break the Haydon News will be printed and distributed during the *first* week of the month. This will give us a little more time to report and comment on the previous months Parish Council meeting.

The next edition of the Haydon News will be printed during the first week of October.

This change will not effect the number of editions produced, there will continue to be 10 per year.

In this months edition we have a range of articles from an increasing number of contributors. We hope you enjoy it. For those of you struggling to translate parts of the article on page 9, I understand that French classes restart at the High School in the autumn. See you there!!

*The Editors.*

*editors@haydon-  
news.co.uk*

**HAYDON NEWS** contributions and crosswords to:

**J & M CLARKE**  
*(newsagents)*

*Church Street.*

**W & M MARSH**  
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**CO-OP LATE SHOP**  
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The HAYDON NEWS is edited, published and printed by the Friends of Haydon Bridge.  
It is distributed free of charge to all but the most distant households in Haydon Parish.

The committee of the Friends of Haydon Bridge thank those members who produce the Haydon News, people who contribute items for publication, our advertisers and distributors.

**EDITORIAL POLICY OF THE HAYDON NEWS.**

The editorial policy of the Haydon News is the responsibility of the Committee of the Friends of Haydon Bridge, although day to day responsibility is delegated to the editors. 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 Editors reserve 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 Editors have been advised of the writer's name and address.

*Mike Parkin. (chairman)*

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

Mike Parkin (chairman), Dennis Gilert (vice chairman),  
Elena Parkin (secretary), Alastair Bowen (Treasurer), Sylvia Mitchell, Dennis Telford,  
Catherine Hall, Storey Hall.

## PARISH COUNCIL NOTES JULY 2005.

Eight councillors and twelve members of the public attended the Parish Council meeting on Thursday 28 July 2005.

### **Bus Shelter. (again)**

The continuing debate of the location or even the requirement for a bus shelter, to replace the one demolished to make way for the new housing development in the old foundry yard, was again a subject for discussion.

It was agreed to circulate a questionnaire to the school children to find out what their opinions are on the matter.

### **Of Grave Concern.**

Animal restrictive fencing has been erected around access points in the cemetery, this has proved effective in keeping out unwanted sheep incursions.

### **Level Crossings.**

Complaints over the state of the road at the recently refurbished railway crossing, which has been left uneven, were discussed.

This led to further discussions on the general state of the roads in the area.

### **No Right of Way.**

Following a letter to the council concerning the unauthorised closure of a public footpath on the John Martin Heritage Trail, the council agreed to investigate.

*The Heritage Trail will be opened officially in the Spring of 2006.*

### **Disconnected.**

Due to the rationalisation of telephone boxes by British Telecom. (BT), it was stated that the box at Langley was being considered for removal.

The council showed concern for this decision as Langley is not covered by a reliable mobile network.

Representations should be made to BT to keep this telephone box as it is considered essential in the area.

### **Time Please ?**

It has been agreed to replace the mechanism of the church clock, however this is also a church matter and must be referred to the Bishop to seek his approval before further work can proceed.

### **Historical Footnote.**

*Repairing St. Cuthbert's Church clock has been a regular topic of discussion at recent Parish Council meetings.*

*Our church was opened in July 1796 and the original South facing dial was described in 1840 by John Hodgson as, 'a rare ornament of a clock which tells the hour, on the outside of the tower'.*

*In 1887/1888, £125 was raised through public subscription, to purchase a new double dial clock to commemorate Queen Victoria's Jubilee.*

*The new 6' diameter dials were placed*

*several feet higher than the old dial. (117 years ago and yet an outline of the original clock's position can still be seen on the tower's South facing stonework.)*

*The public now had a means of telling the time even in the hours of darkness. The dials were glazed with the best opal glass, for illuminating at night by means of an apparatus which turned the gas on or off earlier or later as the sunset differed throughout the year.*

*On Saturday 24th November 1888, the Archdeacon of Northumberland performed the ceremony of setting the new clock going and informed the inhabitants that it would be a , " lasting memorial to Queen Victoria's successful reign and a most useful addition and ornamentation To Haydon Bridge. "*

### **PARISH COUNCILLORS**

Esmond Faulks (chairman)

Mr. D Charlton

Mrs. E Charlton

Mrs. V Fletcher

Mr. M R Parkin

Mrs. C Duffy

Mr. D Smith\*

Mr. A Johnson

Mr. R Snowdon

Mr. T Stephenson

Mr. E Brown.

(\* also a Tynedale Councillor)

Parish Clerk

Mrs. C. McGivern

### **SHAFTOE GREEN**



**Shaftoe Green opened to the public at 2pm on Thursday 21<sup>st</sup> July.**

The play equipment passed its inspection just minutes before lots of excited children from the first school raced to be the first ones to play on it.

Each child was given a certificate that makes them a young friend of Shaftoe Green and they promise to help to take care of the Green.

**Read The Haydon News next month for more information on our village's wonderful new facility  
SHAFTOE GREEN**

**John Shaftoe's school** was built in 1697 and its founder's charity was recognised by a permanent inscription on a marble stone.

John Hodgson in his History of Northumberland, published in 1840, states that the inscription is, 'over the door of the school - house'.

Today a stone tablet bearing the inscription is built into the East wall of the school, but it is almost illegible.



Fortunately, on a plaque in the school hall, we have a reminder of those Latin words written 308 years ago.



You may remember that I set you, our readers, some homework in the January issue of the Haydon News.

I cannot say that there has been a rush from our public to translate the Latin inscription into 2005 English, however there has been **quality** in the responses. Eminent historians, our own Charlie Coombes and Hexham's Tom Corfe, have given the Shaftoe plaque due consideration.

The first six lines do not pose a problem, and indeed, various translations can be found in a number of published Northumberland histories.

**The school was founded and Generously endowed in The year of our Lord 1697 by the Reverend and most learned man John Shaftoe, A.M. Vicar of Netherwarden Church in this Parish**

An accurate translation of the four lines remaining is not so straightforward.

A search through a Latin-English dictionary, or using an internet word search, will provide *alternative* definitions and therefore assumptions have to be made.

Nevertheless, my attempt at a simple word by word translation and a much more academic Corfe/Coombes explanation are not too far apart in their interpretations.

It is well to bear in mind Tom Corfe's post script however; that the translation shows a split in the sentence not shown on the stone mason's work, adopts a number of dubious definitions, invents verbs to replace other words and includes one or two 'pure guesses'.

For the record, we do now have well researched translations of the final four lines on the Shaftoe plaque, so until someone with a more convincing interpretation comes along, I suggest the following :

**Of such kindness his charity is Unfailing proof. Opinion proclaims This single deed outstanding among All his other favours.**

#### BIOGRAPHICAL NOTE

For more than fifty years prior to his death, John Shaftoe was Vicar of Warden.

Until 1879, when it was made a separate benefice endowed with a stipend of £300, Haydon was a chapelry within the Parish of Warden.

The school we now know as Shaftoe Trust, was founded by Deed of the Rev. John Shaftoe, dated 17th June 1685, to be implemented upon his death.

John Shaftoe died at Carry-Coats and through his will dated 30th May 1693, his bequest to, 'Purchase a convenient parcel of land in Haydon Bridge' and 'Thereupon erect and build a house for a free grammar- school house, and keep an English school, and a dwelling house for the master of the same school', was undertaken by his trustees.

#### LEST WE FORGET

**The end of the second World War was commemorated on**

**10th July 2005.**

**To the men and women of our parish who fought or worked for our freedom, we say a heartfelt thanks.**

**To those who made the Ultimate Sacrifice sixty years ago. "We will remember you"**



Our War Memorial is unveiled on September 25th 1921, in its original position at the North West end of the old bridge.

In proud and loving memory of the men and woman of the Parish of Haydon who gave their lives in both wars.

#### IN MEMORY OF THOSE WHO FELL 1939 - 1945

J. ARMSTRONG. D.C.M Pte GR HDS.

T.F.BELL. L/CPL. R.N.F.

J.E.BROWN. L/CPL. R.N.F.

A.BATES. Pte X.O.S.B.

P.BROWN. Pte D.L.I.

C.S.CLEMITSON. CHIEF OFF. M.N.

T.GILMOUR. A.C.I. R.A.F.

I.LAW. Sgt. R.A.F.V.R.

J.S.MASON. FUS. RNF.

I.H.PHILIPSON. L.A.C. R.A.F.

J.H.RIDLEY. Pte. DORSET REG.

C.J.PATTERSON. T.P.R. R.A.C.

R.C.PATTERSON. Pte. P.C.

A.B.REED. STOKER P.O. R.N.

J.C.WYLIE. STOKER. R.N.

O.WARDLE. Sgt. R.A.F.V.R.

## Roy Philipson 1938 – 2005

Roy's untimely death has taken from us a valuable source of personal memories.

From his earliest months at 'The Buildings' (the cottage next door to Billy Watson), to Station Cottages: Via Heugh House Lane; where his love of the countryside was developed. And then Whittis Crescent in 1947; where helping to build and terrace the steep hillside, along with his brothers and the neighbouring Corbett family, could have ended his enthusiasm for gardening for ever.

Fortunately for those of us who shared his produce, it didn't.

A glass of 'Scotch' or a pool cue in his hand, and a little encouragement and Roy was always ready to talk about a lifetime in Haydon Bridge.

To discuss our shared memories, or to add his own experiences to my recollections.

Although Roy was three years older than me, we had many common experiences to reminisce over.

Memories of Geeswood, Pandon pool, Sandy Bay, Limestone and the Spa Well: When a village girl got into difficulty swimming in the Tyne below Spa Well, it was Roy and his friend Danny who saved her life.

The Town Hall pictures: we stamped the floor together on the front row when the cavalry arrived or the screen went blank.

The Town Hall dances, the Flower Show and the Haydon Bridge Silver Band in which Roy played.

The First Haydon Bridge Boy Scouts and our wonderful Scout Master, Bob Campbell:  
Camps at Plankey, Dilston, Pooley Bridge, Seahouses, Talkin and Rothbury, transported there and back on Harry Watson's waggon.

The anticipation and excitement of midnight hikes high above Ullswater.

School masters: their nic-names, habits *and* corporal punishments. (*whack!*)

Bonfires and stone fights down the waterside:  
friendly and not so friendly competition for the ancient Haydon Bridge bragging

rites of North side versus South side. Sledging: down the school field or Whittis Hill, where a sharp left turn at the bottom of the bank, into Jimmy Fitzgerald's garage, was necessary to avoid Bob Brown's coal waggon or Wallace Milligan's horse and cart, on the main road.

Chasing rabbits, left with nowhere else to hide, when Johnny McDonald was cutting the final square in the centre of his corn field.

Gang Shows: Roy was a 'fairy', and proud of it. We were all 'fairies' in one performance or another. Weeks of rehearsal, subjected night after night to the sharp tongue of Mrs. Snowball, our choreographer, until we perfected the performance.

Pyramids: performed for the public on the lawns at Haydon Park. As a lightweight I was usually at the top of the scout pyramid. Arms outstretched, held on high by Roy, his brothers and the rest of the troop, resplendent in white shirts and shorts and proudly displaying our patrol colours.

Nights in the colourful pubs at Haltwhistle: The Grey Bull, the Black Bull, the Blue Bell and the Red Lion.

The Haltwhistle Church Hall dances, and walking back to Haydon Bridge in the early hours of the morning. And the girls....oh yes, the girls!

Goodbye Roy, a true Haydonian.

I'll miss the glint in your eye, your quiet irreverent humour, your memories  
and .....your beetroot!

### CORRESPONDENCE

Fareham,  
Hampshire.

Dear Editors,

We first visited Haydon Bridge in the Autumn of 2003. I had read from the 1901 census that my gran had been born there, although at that time, I had no knowledge of where exactly.

In the May of 2004 I managed to obtain copies of certificates within the family and read Westley Bank as the address.

We returned to the North East at Easter

this year and met the Nagles of Westley Bank. We hope to return again in the near future to continue following in my gran's footsteps.

One question I would like to ask, we noticed a 'Parker's Terrace' at Haydon Bridge and wondered about the origin of the name. My gran's maiden name was Parker and I have heard that two of her brothers went on the stage.

Sincerely,  
Lorna Cox.

### Note from the editors:

A Nicholas Parker owned certain lands at Rattun Row (presumably Ratten Raw) and Broom Hill in the 1840's.

In 1422, John Parker, a felon, was hanged in the courtyard of what is now The Anchor Hotel, and forfeited a tenement near Langley, called Harelaw, otherwise named the Vaux.(presumably The Vauce) and two burgages in Haydon Bridge and another tenement there.

*Which Parker is Mrs Cox's relation, I wonder?*

**Seriously though, can anyone provide more information for Mrs. Cox?**

The *difficulty* in tracing ancestors is illustrated by the Parker surname.

Remarkably, there are **270** Parker references in Haydon Bridge records between 1654 and 1812.

These include a tomb in Haydon old churchyard: 'To the memory of Mathew Parker of Hill House' died Dec. 11th 1810, and six other members of his family.

---

### La Toot Gift and Coffee Shop Market Square, Haltwhistle

Dear Editors,

One of my customers showed me the June copy of The Haydon News. I enjoyed your publication very much and would like to insert an advert. I have been in business in Haltwhistle since April and I welcome visitors from Haydon Bridge for tea, coffee, home made cakes and scones and to browse my unusual gifts and cards.

Many thanks,  
Kim Miller.

*Thank you Kim. Your advertisement is on page 17.*

**Please support our advertisers.**



### Two Thousand and when ?

The wonders of modern technology whizzed us East to West and West to East, following a road yet to be built; spanning concrete viaducts, along steep sided embankments, through once tranquil green meadows and across an immense structure that dwarfed the Langley Burn, running through Geeswood far below.

Outside the Community Centre, at the end of the new and old bridges, committed Haydonians kept sentry, pen and paper in hand, recording the number of vehicles passing through our village during a twenty four hour period.

Back in the hall, the most pleasant and informative contractor's and Highways Agency's staff treated us to images of the future from vantage points along the Tyne valley.

A vision of mature trees, shrubs and hedgerows.

A landscape as it will appear, we were told, sixteen years **after** the Haydon Bridge by-pass is completed.

A vision of 2024 at the very earliest. (And that was before we knew £5 billion (or is it £15 billion?) had to be set aside for the Olympics.)

I wonder.....will my view of our environmentally friendly new road be from 'The Buildings', or from a six foot cutting just North West of the Langley road underpass?

The bridge end survey figures for heavy and light transport were totted up. The village population's worst fears were realised.

The number of vehicles passing through the heart of Haydon Bridge every day is over 18,400.

(Yes – 18,400) and rising. Figures for 2006 the date when a start on the by-pass proper was initially proposed are now estimated at over 19,000.

Meanwhile, the technology, the graphics and the presentation has improved, but I cannot help thinking that we have seen it all before.

Haven't we?

Perhaps that is why only three hundred people visited the exhibition when more could have been expected on such an important occasion.

### As I return home from the exhibition please excuse me for dwelling on one of Maurice Armstrong's favourite stories:

Coming up to Christmas time, a young Haydonian, gazed in wonder at a gleaming new Raleigh two wheeler cycle in Dave Jeans' shop window on Church Street.

Sporting a broad smile of anticipation he turned to his father:

*"Aa've got me eye on that byke Dad."*

*"Aye well son. You'd better keep yer eye on it, 'cos you'll nivvor get yer ar.. (backside) on it."*

For those who seek to improve our village, we can only hope that viewing our new by-pass on a wide plasma screen isn't akin to a wide eyed boy gazing into Dave Jeans' shop window.

### HAYDON BRIDGE NATURE GROUP

Thursday evening walks  
**Transport for both walks  
 6.30 from Church Street**

**4th August 2005  
 Harsendale  
 3 3/4 miles**

From Harsendale lane end  
 GR 814613

Further information from  
 Barbara Wardle  
 Tel. 684524

**18th August 2005  
 South Tyne Valley  
 3 1/2 miles**

From Featherstone bridge  
 GR 676618

Further information from  
 Brian Walters  
 Tel. 344517

### HAYDON BRIDGE WOMEN'S INSTITUTE

On Tuesday 21<sup>st</sup>. of June, WI members from Wall on their first visit to the village, were entertained in the Community Centre by members of the Haydon Bridge Women's Institute.

During the evening, while we struggled with a Chocolate/ Sweet Quiz, 13year old Steven Bridges, (remember the name) of Thorngraston, mesmerised us with his skilful handling of a pack of cards.

He calls it 'card teleportation!'

I remembered the 'red rope' trick from my youth and the juggling? Well, like Tommy Cooper, he's still working on that one.

If Steven continues to practise his art, it seems likely that we will be hearing more of this beguiling young man.

No article about the WI would be complete without reference to the tea provided, which was delicious, as were the legendary chocolate and cream cakes.

A magical occasion.



### LANGLEY VILLAGE HALL

The Table Top Sale, held at Langley village hall on Monday 30th May, raised £701.68 for the chapel, village hall and W.I. funds.

Thank you to everyone who contributed and to those who supported the event on the day.

### HAYDON BRIDGE NATURE GROUP

Meetings held in the Methodist Church, every other Thursday from September. Commencing at 7.15 pm.

**22nd September: 'Reintroduction of the Red Kite' by Keith Bowey.**

**6th October: 'Badgers' by Philip Gray**

CORRESPONDENCE

Greenwich Gardens,  
Haydon Bridge.

20th July 2005

HAVE YOU WRITTEN YOUR LETTER YET?

Did you visit the exhibition of the proposed **Haydon Bridge by-pass?** Over 300 of you did.

Some people commented to me that they are tired of looking at plans and want to see the real thing.

I DO AGREE WHOLEHEARTEDLY - BUT: The formal process to acquiring a by-pass, must go through these stages and we have now reached a stage never reached before!

All studies have been completed and orders published under the highways act, draft orders have now been published.

At this stage the public are given the opportunity to comment on the proposed plans, these comments will range from possible objections to comments on various aspects of the design and just as importantly comments in **support**, these comments will be presented together with the draft plans to the Secretary of State.

If necessary, a public enquiry will be held by an inspector appointed by the Lord Chancellor.

All your letters of support will be presented with these draft plans.

If you support the plans **WRITE A LETTER OF SUPPORT.**

It does not need to be a long letter, just say you support the plan and, if you want to, why you support it.

We all have busy lives and put things off, then forget. PLEASE DON'T. If you really want a by-pass then this is

your chance to stand up and be counted. Write your letter. Get your wife or Husband to write their letter. Every letter will count.

Your letter will be answered acknowledging your support. This letter will have a 'letter of support number' on it. Let me know your number so we can gauge how many of you have written in.

WE ONLY HAVE A FEW WEEKS TO DO THIS, SO DO IT NOW.

The address-  
MAJOR PROJECTS DIRECTORATE  
ROOM 710  
CITY TOWER  
PICCADILLY PLAZA  
MANCHESTER  
M1 4BE

*Thank you to the 55 people aged 8 years to 80 who helped with the traffic census on the 1st. and 2nd. of July. A wonderful response.*

**Eileen Charlton.**

**A BOOK TO TREASURE**

**The Haydon News is read around the world and just to prove it, our guest contributor this month is an American correspondent, Gay Brender from New York State. Gay reviews the suspense novels of Dick Francis.**

**Dick Francis** is good if you want to settle down and have a story told to you. He provides this commodity as a pleasant indulgence, like a cake, with the reader understood to be ready to play the game too. (Many writers of suspense novels are not like this — they seem more distant, and self-centred, intent on making special effects to distinguish themselves.)

Of course the more squeamish of us must learn to avoid the pitfalls in a Dick Francis novel, which are the scenes of violent mayhem. These can always be skipped on a second reading. The books to avoid are **PROOF** and **COME TO GRIEF**, if horrors bother you. (This is too bad, because they have fascinating settings.)

The best ones (for example **BREAK IN**, **THE EDGE**) are totally satisfying, because Francis sets up a lot of problems and conundrums in the beginning, and then fills the middle and end with a continual cornucopia of solutions.

His descriptions of horses, which he knows well because of having been a steeplechase jockey, are a revelation on the subject.

The idea that horses have a sensibility and an irrational line of communication with humans is illuminated here as nowhere else.

Another bonus he offers is a thorough grounding in each book of some particular profession.

Having started by telling us about the world of horse racing, he has gone on to tell about many other trades in wonderful detail (books centred on glassblowers, architects, jewellery wholesalers, pub owners).

Lest anyone suppose that Francis is overly preoccupied with the upper classes and minor royalty, (he dedicated one of his books to the Queen Mother, for whom he rode as a jockey) he can thoroughly capture the reality of the world of working for a living, notably in **DRIVING FORCE**.

Best of all is Francis's ability to talk to the reader with complete and unlimited intelligence. (A contemplative character makes diary notes of striking interest, such as: "The ways of the crooked are mysterious to the straight.")

Francis seems to have no flaws or quirks of personality that make a reader shrink, or observe him critically. This means that we are in the company of genius, folks.

Lucky us, there are about 40 of his novels on the library shelves to regale ourselves with.

Having read nearly all of them, my favourite is **HIGH STAKES!** The brilliance of insight and writing in it are hardly to be believed.....**a book to treasure.**



**Would you like to recommend a book, or perhaps an author to our readers?**

**Leave any contributions for publication at W&M Marsh or J&M Clarke, our newsagents.**

**COVER NOTE**

The floods in January have certainly altered our views of the river. It is many years since the stone beds at Haydon Bridge were as full as they are today.

There must be a very large hole somewhere upstream, on the bed of the Tyne or one of its tributaries

## **DON'T FORGET THE SUN BLOCK**

### **Grapefruit.**

One of the more unexpected developments of recent years has been the discovery that certain foodstuffs may interact unhelpfully with some drugs. The most widely spoken of has been the humble grapefruit. Here is a list of drugs in common use that ought not to be mixed with grapefruit—both fruit and juice :

Amiodarone  
Atorvastatin  
Buspirone  
Carbamazepine  
Ciclosporin  
Clarithromycin  
Diazepam  
Felodipine  
Fexofenadine  
Itraconazole  
Midazolam  
Nicardipine  
Nifedipine  
Nimodipine  
Nisoldipine  
Sildenafil  
Simvastatin  
Tacrolimus  
Terfenadine  
Verapamil

If you notice that you are on one of the listed drugs and want to have a chat about what to do, make an appointment.

### **Cranberry**

Cranberry juice definitely makes a difference to those who are troubled by frequent attacks of cystitis but those taking warfarin should avoid it.

### **Eat to live**

Last Christmas The British Medical Journal issued a challenge to medics with an interest in cooking. A team of doctors had devised a list of ingredients which, when used as the basis of a diet, would measurably prolong life and improve well-being – unless you were profoundly foolish in other respects of

course.

They specified 150 ml (only!) of wine daily; 114 g of fish, consumed four times a week; and daily intakes of 100 g dark chocolate, 400 g of fruit and vegetables, 2.7 g of fresh garlic, and 68g of almonds.

The winners have just been announced. The leading dishes include: Roasted red pepper and almond dip with crudités, cod with red wine sauce and marbled chocolate fondue. All of the recipes submitted can be found on <http://bmj.bmjournals.com/cgi/eletters/329/7480/0-f>

Healthy eating does not have to be boring.

### **Guilty! You're all guilty!**

In June 39 people failed to turn up for appointments at the health centre. That is almost three entire surgery sessions wasted in a month. What are we to do? Is it really too much trouble to pick up the phone and say 'Sorry, I can't keep my appointment'?

### **It's a beautiful day – how about a walk?**

Walking makes you feel good, gives you more energy, aids restful sleep, reduces stress, strengthens the heart, reduces blood pressure and assists weight loss.

It's a safe way to exercise that almost everyone can do at any time, anywhere. It can be combined with good conversation or gossip, does not require special equipment, rarely causes injury, doesn't hurt, comes in all grades of 'effort required' and its FREE!

If your daily total walking is about thirty minutes you're making a big difference to your health.

Little extra bits of walking can be worked into the average day with ease – if your journey is less than a mile or so then walk, leave the car at home. Hide the TV remote control, get off the

bus a stop earlier, park at the opposite end of the supermarket car park and always walk the children to school. Don't walk to the pub for lunch – walk round the local park whilst eating your sandwich. Take the stairs rather than the lift.

Once you've got used to walking more, try walking a shade faster. Join a walking club. Walk in new places.

Don't forget – the more you use your legs, the less carbon emissions you are creating.

### **Doctor's clothes**

A debate has been gathering pace in the professional literature about what clothes doctors should wear at work.

Semmelweis and Lister are the names most often associated with the development of an understanding of the importance of hygiene in medical care. In their time, surgeons operated in frock coats and rarely, if ever washed their hands before, during or after operating. The stench must have been appalling but then no one did much washing anyway in those days.

Just how much infection is transmitted on doctors clothing is, frankly, unclear. As you can see on American medical soaps, the Americans all dress in surgical scrubs attire in hospitals. British doctors have habitually worn white coats and in recent decades there has been a progressive move, intended to lower communication barriers between doctors and patients, toward informal attire, especially in general practice.

There was a brief flurry of anxiety when AIDS/HIV came to general awareness and the opinion was voiced that all medical personnel would have to conduct all contacts with patients whilst wearing fully enclosed, positive pressure ventilated, protective gear – a bit like a space suit with a closed helmet. The need for this has resurfaced with SARS and if the H5N1 flu gets a hold it will probably come true – otherwise most doctors and nurses will be the first to die.

There is now a growing body of opinion that we should adopt the American surgical scrubs approach – as a reasonable precautionary measure.

### **Hand washing**

Much emphasis has been placed on the need for frequent hand washing by medical and nursing staff, especially between attending to different patients. Alcohol gels have been widely adopted too but they may be ineffective against microbial spores.

The leader of the conservatives, Michael Howard, got into trouble in the last election campaign when he visited a hospital and didn't wash his hands between patients. His sound bite of the day was 'how hard can it be to run a clean hospital' - well now he knows!

In all this concern about medical hygiene there has been little attention paid to patient hygiene. Hands should always be thoroughly washed with soap (!) before and after preparing foods – especially raw meat and fish, after using the toilet for either purpose, before eating, before and after sex, after any contact with animals, garden or refuse

and, ideally, after even a handshake with another person – after all, you don't know where they've been. Do you?

An average person should expect to wash their hands over twenty times each day. My hands get washed about three times as often.

### **Nitrogen**

We have now had our liquid nitrogen-dispensing machine in the practice for a number of years and we have been gratified with the frequency with which it is in action. Almost daily in fact.

It has to be admitted that it doesn't always achieve a complete cure with the first application but persistence will usually be rewarded. It should also be acknowledged that its use is associated with an interesting sensation that has a number of similarities to pain.

All warts, verrucas, skin tags and a wide variety of other skin problems can be treated with nitrogen. If you have a skin problem it is always prudent to have it checked – the cure might be easier than you think and, on the other hand, important and worrying

conditions can be dealt with as quickly as possible.

### **A revolution in the loo**

Using a public loo can be problematic for both sexes. Hovering over the porcelain requires considerable muscular effort and no little accuracy and co-ordination. Loo seat covers are fine if you've brought your own but how many people carry them? Incidentally, how carefully do you watch what your clothes are brushing against or dragging through?

Two approaches have come to my notice to relieve women (sic) in such a predicament. A funnel like device can be bought to allow peeing whilst standing upright and a sanitary ware manufacturer has proposed a female urinal that is attached to the wall and used, without direct skin contact, in a crouched back-to-the-wall skiing posture.

These novelties have yet to be widely adopted but it should also be borne in mind that independent-minded confident women have routinely mastered the knack of peeing whilst standing anyway.

Steve Ford

## **DOCTOR FORD'S RESPONSE.**

(to last month's article from our special correspondent on wind generated power)

### **Eh bien! Mes petits choufleurs!**

Je suis désolé. M. Jean le Vent n'aime pas le grand projet de Heugh House Lane. Quelle dommage!

Peut-etre M. le Vent ne voyez pas le website de Finistry et aussi ne comprenez pas les faits actuellement\*. Si les residents de le village veulent, je peux faire une conference dans le Community Centre au sujet de la puissance de la vent et de la soleil – et tout en français, naturellement.

In 1989, when I first came to the village and moved into my house, almost the first thing I did was to install an anemometer at the top of the garden with a view to installing a wind turbine. The figures derived from the machine suggested a twenty year pay back period.

Now, however, there are large grants available for the domestic installation of wind and solar power devices and the pay back period would be much shorter.

Anyone with a south facing roof of more than a few square meters, even in Northumberland, can now reduce their power bills. A recent development in photovoltaic power, lead selenide quantum dot devices, promises to increase the power output dramatically.

A recent enquiry to the local planners indicated that an installation that did not stray above the existing roof height would probably not require planning permission. Anything else would.

At present I am looking at a bi-axial tracking photovoltaic array for the garden, which would maximise solar gain all year round and yield more than one kilowatt in the strongest summer sun.

\* The carbon debt of construction and installation of a commercial wind turbine is repaid within a year, few if any birds are killed or injured and the noise has been greatly over-emphasised by opponents. Flicker from the blades can be overcome by careful siting.

**CHURCH PAGE**

**CLERGY MESSAGE**

From

*David Hasson*

Last month Judith started off by reminding us that most of us would be thinking about holidays. I've just come back from ten days in Torquay – not a holiday but the Methodist Conference which is the national governing body of the Methodist Church. At the end of this week I go off on holiday to the camp I help organise in Keswick so that people can attend the Keswick Convention. So this week is a week like I have never experienced before, catching up on the backlog built up during conference while clearing everything up before going on holiday. Talk about not knowing whether you are coming or going.

It can be a similar experience when you go to the supermarket you always go to. Most of the time it's a fairly simple job as, over time, you have learned where everything is on the shelves. Then comes the time when you enter the store and everything has been changed around. The shopping takes longer as you wander back and forth trying to find the goods you want. You arrived knowing exactly where you needed to go in the shop but on entering discovered you hadn't a clue.

How often in life do you get into the situation where you don't know whether you are coming or going. It can happen even in church life, so many events that you are

**AUGUST/SEPTEMBER  
2005**



**WHO AND WHERE**

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

Rev Judith Hampson,  
with St Cuthbert's Anglican Church  
The Vicarage, Station Yard  
Tel. 01434 684307

Rev David Hasson,  
with the Methodist Congregation  
Wesley Manse, Moor View, Haltwhistle  
Tel. 01434 320051

Father Leo Pyle ,  
with St John's Catholic Church  
St John's Presbytery, North Bank  
Tel. 01434 684265

involved in come along at the same time and drag you this way and that. Or so many requests for help come at you which you can't refuse.

But the human body needs time to be still and to rest. Even God rested on the seventh day and he is all powerful. He set an example to us all and if our lives are to be 'balanced' we all need to follow that example of resting. When we do the chances are that we will experience something of the peace which only God can give.

**METHODIST CHURCH  
SERVICES**

**Sunday 7 August**

**10.00am** Morning Worship  
Mr David Campbell  
**6.00pm** Evening Worship  
Rev David Hasson

**Sunday 14 August**

**10.00am** Family Service  
Margery Gazzani  
**6.00pm** Evening Worship  
Canon Raymond Best

**Sunday 21 August**

**10.00am** Morning Worship  
Reader  
**6.00pm** Holy Communion  
Rev David Hasson

**Sunday 28 August**

**10.00am** Morning Worship  
Rev David Hasson  
**6.00pm** Evening Worship  
Rev Bob Jones

**Sunday 4 September**

**10.00am** Morning Worship  
Rev David Hasson  
**6.00pm** Circuit Service  
Trinity Methodist, Hexham  
Rev Dr Roger Walton

**Sunday 11 September**

**10.00am** Family Service  
Rev David Hasson  
**6.00pm** Evening Worship  
Mr David Campbell

**Sunday 18 September**

**10.00am** Holy Communion  
Rev David Hasson  
**6.00pm** Evening Worship  
Reader

**Sunday 25 September**

**10.00am** Morning Worship  
L.A.  
**6.00pm** Evening Worship  
Fr. Leo Pyle

**METHODIST CHURCH  
SERVICES (Continued)**

**Sunday 02 October**

**10.00am** Morning Worship  
Rev David Hasson  
**6.00pm** Circuit Service  
Trinity Methodist, Hexham  
Rev Dr Roger Walton

**Sunday 09 October**

**10.00am** Morning Worship  
t.b.a.  
**6.00pm** Evening Worship  
t.b.a

**ST JOHN OF BEVERLEY  
CHURCH SERVICES**

Mass each Sunday at 9.30am

Mass each Sunday at 11.00am at  
Haltwhistle

Mass on weekdays (except Mon-  
days) at 10.00am  
either at St John's or at  
Haltwhistle

**HAYDON OLD CHURCH**

**SUNDAY 7 August**

**6.00pm** United Service  
Rev Judith Hampson

**ST CUTHBERT'S CHURCH  
SERVICES**

**Sunday 7 August**

**10.30am** All Age Worship  
Mr John Carr

**Sunday 14 August**

**8.00am Holy Communion**  
Rev Judith Hampson  
**10.30am Holy Communion**  
Rev Judith Hampson

**Sunday 21 August**

**10.30am** Morning Prayer  
Keith Rutherford

**Sunday 28 August**

**10.30am** Morning Prayer  
Mr John Carr

**BELTINGHAM/HENSHAW  
CHURCH SERVICES**

**Sunday 7 August**

**Henshaw 10.00am**  
Holy Communion BCP  
Rev Judith Hampson

**Sunday 14 August**

**Henshaw 10.00am**  
Mattins  
Keith Rutherford

**Sunday 21 August**

**Beltingham 10.00am**  
Holy Communion Order 1  
Rev Judith Hampson

**Sunday 28 August**

**Beltingham 10.00am**  
Joint Holy Communion  
Rev Judith Hampson

### SYLVIA'S POETS' CORNER

Our first poem this month is a great play on words by **Gae Eddison**  
**'In The Shape Of Eight'**

To write a poem in the shape of eight  
Is a test that will keep me up till late?  
So many words that will rhyme with eight  
I cut out and sprinkle them on a plate,  
I'll use them again at a much later date.  
When I get stuck I can ask my mate  
To find me more words that will rhyme with eight.  
He thinks and ponders, his brain is great  
But when he's stuck he will scratch his pate.  
We're thinking up words at a good old rate  
And all of them seem to rhyme with eight  
Our thinking was just like the river in spate  
But now it's time to close down the gate.

And now by **David Caygill**, a true word twister and very clever.  
**'The Convolutions Of Evolution'**

Would an octopus  
Be at all able to recognise a diplodocus  
And if he did, would a squid know how to spot a brontosaurus?  
If the nautilus were not yet caught by us, would they see the tyrannosaurus?  
Or would they scuttle away like cuttlefish when they saw the harmless stegosaurus?  
Molluscs must have met the dinosaurs in those far off days on those shallow shores,  
Seen toe nails in rock pools where the old fools told the new rules to the fish schools,  
And when the mighty lizard died and sank on the tiny plankton in the shallow water  
Did the crustacean then feel the vibration, the perturbation in their particular location?  
Where land joins sea is a meeting place where Terra and Aqua vie for the same space  
Where sea life can look at the beasts on the land, that stand before them looking back  
And tidally carried and harried by breakers, when races and races came faces and faces  
Was it just in that moment the whales and the seals rediscover the zeal to backtrack  
All life that we presently know was marine once before evolution left us on the strand  
And for sure that is why we go down to the sea where we wriggle our toes in the sand.  
Rolling waters and colours, the sea smells and plovers  
Man, It's grand.

**Thanks for your contributions. Keep scribbling. See you next time.**

### LOCAL EXHIBITION SUCCESS.

**Haydon Local Artists** Summer Exhibition has been greeted as a success by the organisers with nearly 500 people attending the seven day event. With twenty five artists participating, and with 103 works exhibited, it made the event one of the largest of its kind in the area.

A wide range of styles and mediums were represented in the exhibition with the added attraction of art work from the children of Shaftoe First School on display.

The children and their parents took great pleasure in seeing their work shown as part of a public exhibition.

Started in 2004 as part of the John Martin Heritage Project, the high level of interest shown in the first exhibition prompted the setting up of a new village group, 'Haydon Local Artists'. They organised this year's exhibition and following its success have already set **dates for the Summer Exhibition in 2006, June 17<sup>th</sup>- 24<sup>th</sup>.**

Thanks are given to the local artists who exhibited, Shaftoe First School children for their valuable contribution and to the visitors for their interest.

With the continuing support of these groups and individuals the future success of this annual event is guaranteed.

### TULA'S TRAVELS : India (Chapter two)

Last month I left you with these words, 'utter chaos', and so it was to be. Jane and Micky arrived the following morning and took us all to see the Chai Man along narrow noisy, busy, smelly streets.

Now let me explain about the Chai Man. He smiles at us from across his worn wooden table hands clasped in greeting. "Namasta," he says through reddened teeth caused by constant chewing of the betel nut, which I later discovered was a mild intoxicant. Needless to say I did not try it myself! He proceeded to put milk, tea and a little sugar into the most battered cooking pan I have ever seen (health and safety would have a field day). He brought the whole concoction to the boil, then added the final ingredient, ginger, it smelt wonderful and boy did it taste wonderful. It was to be our first drink of every morning during our six- week stay in India.

As we sat at the Chai Man's table we were joined by two cows, a friendly dog from a shop across the road and a Sadu (holy man) clad in saffron coloured robes. His hair hung down his back in matted dreadlocks, and his feet were bare. A cloud of smoke encircled him from the large spliff he was smoking and seemed to be enjoying enormously.

Later that afternoon we headed off to meet with our friend Shall who was going to organise a tour of Rajasthan for us. He was so pleased to see us and made us feel very welcome.

After more cups of Chai tea we decided to have a look around some of the sights in Delhi. We headed to the nearest Tuk Tuk (small three wheeled gas driven rickshaws) and after much wheeling and dealing we settled on a price of 40 rupees per rickshaw, and I must say the Indians love you to barter with them.

Off we went in search of the Lotus Temple. It was a wonderful sight to behold standing in its own lawned garden the building resembled a white lotus flower.

Inside we were asked if we would like to take part in a short ten-minute service of the Bahai faith. I felt this very calming after the hustle and bustle of the outside world.

That same evening we spent in a little side street café eating Thali (this is a traditional South Indian dish from Gujarat, vegetarian) and I must say it was excellent. As was all the food I ate in India, no preservatives, E numbers, etc. etc.

Reflecting on my short time in India, I was still unsure of my feelings but the coming weeks would really test my stamina and nerve.

**(to be continued)**