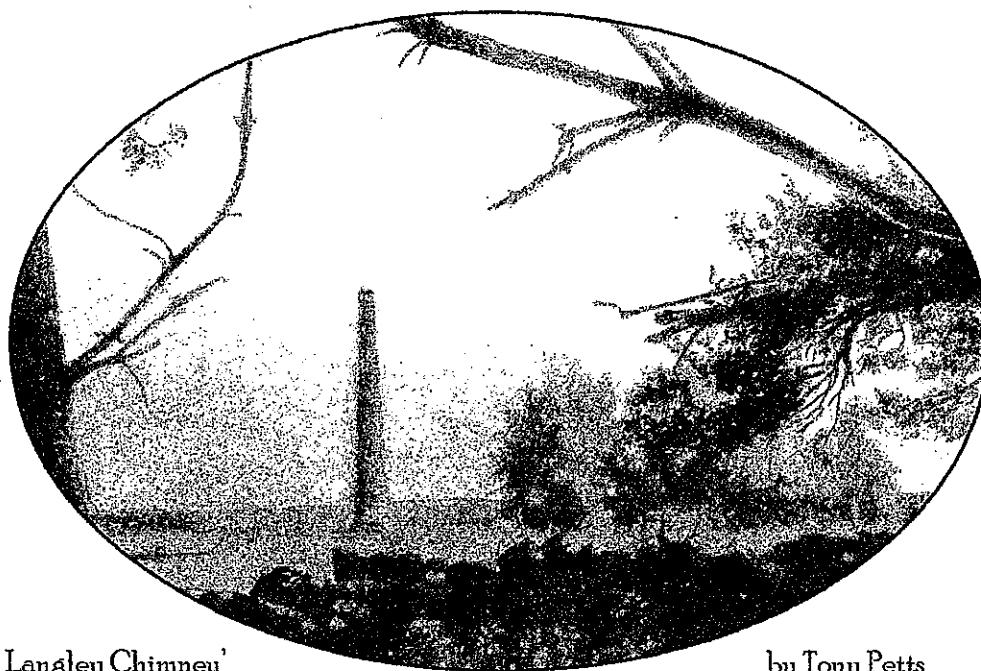


The Haydon News



'The Langley Chimney'

by Tony Petts



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issue 09

October – November
2003

Full colour versions of the cover print can be seen at:
www.paettzart.co.uk

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HAYDON NEWS contributions to:

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(Newsagent)

Ratcliffe Road

POST
OFFICE

CO-OP LATE SHOP
Ratcliffe Road

PRIZE BINGO

Organised by

'The Friends of Haydon Bridge'

SATURDAY 29TH NOVEMBER 2003

7.00pm. - 9.00pm.

Community Centre

Book of tickets only 50p
each session of 5 games.

Free Tea & Coffee at half time

RAFFLE

All age groups are most
welcome to attend.

The evening will be hosted by:

Pauline - Sylvia - Linda

Chris Sim is the caller

50% of the proceeds to:

'Christmas Party'

'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 Anonymous letters will NOT be published.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

Committee of the 'Friends of Haydon Bridge'

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

EDITORIAL COMMENT

For those who 'keep tabs' on things you will notice that this issue is slightly thinner than of late.

This can be put down to a number of reasons but there haven't been too many Press Releases relating to issues which might impinge on Haydonians which are worth including. Now there's a subjective comment!

Whilst talking about 'thinner', last month's crossword must have caused a few problems because I only received four entries and sadly only one was completed correctly. Must have been the answer to 23 down which threw you as well as two other clues the answers to which I have highlighted on page 13. Better luck next time.

Please cast your eyes over pages 7 and 8 as there are some quite different events coming to the village which, given sustained support and encouragement, could become more regular. One of them being quite unique in its own way. Maybe I'll see you there?

Over the last few years we have tried to encourage folk to let us know what is happening in the village – with limited success I have to say. The "What's On" page didn't last too long nor did the pages for the literary buffs. Little response

was forthcoming for the couple of times a "Children's Page" appeared. So I wonder whether a "Problem Page", as muted by those who talk to Steve Ford, would work. I doubt it mainly for the reasons he suggests in his eminently readable page.

When sitting in front of my computer, I have a problem trying to figure out what to say and I automatically assume that the *Haydon News* is read from cover to cover. Maybe I am wrong with regard to last month's issue!

The reason I say this is that, unlike the regular advertisers who do get responses to their adverts, none have been forthcoming for the advert I placed on page 4 last month. I have put it in again this month – page 4 – and it would be wonderful if I got a positive response. No response will mean that the *Haydon News* will not be published after the end of November.

That would be a great shame because a lot of people look forward to it arriving on their doorstep so that they can catch up with Dennis' notes, Jill Henderson's 'remedial' page as well as one or two clubs giving information and other incidentals.

However, I must 'draw a line under things'.

Let's hope that there is a budding Editor out there.

Richard A D Snowdon. (Editor)

HAYDON PARISH COUNCIL NOTES

Meeting of 23rd October 2003

Haydon Bridge Community Centre

Eight Councillors were present as well as the Clerk and two members of the public..

Public Participation.

A member of the public mentioned the continuing smells on Church Street. The Parish Council have been informed that a tanker will arrive on Sunday morning the 26th of October to flush the system through.

Concern was expressed about St. Cuthbert's Church clock not working.

Another member of the public wished the Parish Council to plant the Millennium tree as soon as possible.

She was also concerned about the laying of new sewers through the picnic area and was reassured that the land would be reinstated when the work was completed and if it proved necessary the Council would press for compensation.

The Parish Council were reminded that the flag should be flown on appropriate days only and removed thereafter and past practice on Remembrance Sunday.

Cemetery Rubbish.

The Parish Council have agreed to clear the rubbish from outside the old cemetery themselves and this work will be carried out on Saturday 1st November starting at 1.00pm.

St. Cuthbert's gate.

Councillor Johnson has agreed to provide designs and costings for a new gate to the church yard.

Tynedale Council Notes.

Councillor Smith mentioned the problems relating to the provision of Wheelie Bins in rural areas, e.g. access of large refuse lorries and the escalation of costs relating to the disposal of rubbish.

A letter has been received from Prudhoe Council regarding the proposal for action to be taken to en-

sure the reception of Channel Five. They are asking for support from other councils who experience similar problems.

Bus Stop.

Councillor Charlton mentioned the renewal of the telegraph pole and overhead wires outside the Community Centre. The bus timetable and rubbish bin have not been replaced.

The Clerk will write to the appropriate authority.

Spa Well.

Councillor Snowdon expressed concern regarding the deplorable condition of the Spa Well and the amount of slippage that has occurred.

Although the Highways Authority have written to the Parish Council to say that they intend to reinstate the footpath, subject to cost, they have not specified when this will happen.

(Continued on page 4)

(Continued from page 3)

Councillor Snowdon will consult Brian Bell informally regarding his proposal to establish a new route to the Spa Well from the East and to discuss his proposal further at the next meeting.

EP

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 very welcome at the first part of every meeting. Have your say – *Brickbats and Bouquets!!*

PARISH COUNCILLORS

<i>Mr E J Faulks</i>	<i>(Chairman)</i>
<i>Mr D Charlton</i>	<i>684 505</i>
<i>Mrs E Charlton</i>	<i>684 505</i>
<i>Mrs C Duffy</i>	<i>688 818</i>
<i>Mrs V Fletcher</i>	<i>688 872</i>
<i>Mr A Johnson</i>	<i>684 676</i>
<i>Mr M Parkin</i>	<i>684 340</i>
<i>Mr A Petts</i>	<i>688 418</i>
<i>Mr D Smith</i>	<i>684 480 *</i>
<i>Mr R Snowdon</i>	<i>688 871</i>
<i>Mr T Stephenson</i>	

TYNEDALE COUNCILLOR

S Mitchell 684 980

* also a Tynedale District Councillor

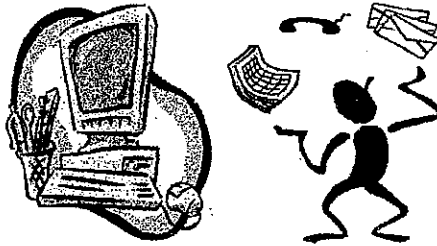
PARISH CLERK

Mrs. C McGivern 688 020 (after 6.00pm)

E-mail: carolemccgivern@aol.com

Date / Time of next meeting:
27th November 2003 at 7.30pm

Venue:
Haydon Bridge Community Centre



Shaftoe Educational Foundation

Anyone resident in Haydon Parish, or their child, is entitled to apply to the **Foundation** for a grant to help them pursue a course of Further Education, either academic or vocational.

Applications should be made by letter to the Clerk in the first instance, naming the type of course, where it will be studied and how long it will last.

An application form will then be forwarded to you for completion.

You should also say to what extent you are able to obtain other grant aid – for instance, from the County Council or other Bodies.

*The next meeting of Governors is:
Thursday 13th November 2003.*

If you wish to make an application to that meeting, please write to:

*The Clerk
Shaftoe Educational Foundation
Shaftoe Terrace
Haydon Bridge
Northumberland
NE47 6BW*

Completed application forms should arrive at the Office by:
Monday 3rd November
at the latest. Applications received after this date may have to wait until the next Governors meeting in March 2004.

*R A D Snowdon B.Ed (Hons)
- The Clerk*

WANTED

Person to take responsibility for the production of the

Haydon News

from the end of November 2003.

Please contact the present Editor for more details

01 434 688 871

News4haydon@aol.com

CHRISTMAS CARDS

Based upon the artistic works created by

Tony Petts.

will be on sale to the public from November 2003

and can be purchased from:

J & M Clarke
(Church Street)

or

W & M Marsh
(Ratcliffe Road)

My occasional correspondent, Harry Veitch, spent a day in Haydon Bridge last month recalling the days of his youth. His first visit was to our cemetery where he sought the graves of his erstwhile companions, to pay quiet homage.

Someone once told me that when you know more people in the field up the Langley road than you do walking along Church Street, it's time to start worrying. — I'm worrying!

With Harry, in the company of Maurice and Rene Armstrong, Bill and Edith Foster and perhaps the only remaining member of his school class at Shaftoe Trust in 1923, Elizabeth Fitzgerald (nee Veitch – no relation) memories and stories about our village and those who populated it were given vent and will serve to embroider my 'notes' in future issues.

Recollections of school teachers and lesson taught by severe punishment or friendly persuasion; academic achievements and opportunities denied; memorable rural pursuits shared with school friends; incidents of humour and despair; occasional employment but more often severe hardship.

How I enjoyed listening to those tales of times past and pondering how well off we all are today in comparison.

But are we as content and agreeable?

Anyway, enough of this philosophy as I continue my journey commenced last month with Harry and prompted on occasion by my own more recently acquired intelligence.

A Walk On The South Side 1920 to 1935 (Part II)

I left you last month reflecting on the success of Dot Armstrong's "Medicine" administered to her husband. With "Store" Bob now miraculously cured and the whisky bottle well out of harms way, we return to John Martin Street.

Older readers may remember "Curly" Kirsopp living in the end house – N° 35. Bill Foster certainly does and recalls an amusing incident when he worked for "Curly" and was sitting in N° 35 having his bait.

The walls of the room were being

painted and when Winnie, the lady of the house, discovered that the work wasn't to her satisfaction, she 'tore a strip' off her son, the culprit. Winnie picked up a dish, in one of her notorious rages and threw it at him. The dish missed Nevin however, went straight through the pantry door opening and ended up on a shelf, perfectly positioned and unbroken.

Who lived in N° 33? I cannot remember the earliest residents. Did Douglas Thompson's grand parents live there for a while? But I do remember Mr and Mrs Harold Myers moving in. They had a son, Derek.

Mr Myers was the Church Organist and also the pianist who accompanied the silent films at the Town Hall. After the Sunday evening service, Mr Myers walked across the bridge and took up his job at the cinema. A new vicar, the Reverend Salisbury soon put a stop to that and insisted that our silent movie pianist give up his job at the Town Hall cinema on a Sunday.

N° 31 is a mystery. The occupier was a recluse and in spite of the fact that he lived next door to us, I have no memories of him. I wonder if any *Haydon News* reader can shed light on the man who lived at N° 31?

And so to my family, the Veitches, who moved from Newcastle in 1920 into a house owned by grandfather Robert Saint. N° 29 was occupied by mother, Elizabeth Alice, and three children to her first husband who died in 1912. John, Leonard and Mary Glendinning; father Joseph Veitch, Harry (that's me!), Joe and Douglas. Sisters Lillian and Marjorie were born at Haydon Bridge.

Brother Joe was killed in action in 1944. Douglas lives in Heaton, Lillian in Penryn, Cornwall, and Marjorie at Lemington. Marjorie and our next door neighbour-but-one, Maurice Armstrong, were both born on the same night in 1911!!!! (Reference also *Haydon News* June 2001, Sept 2001, April 2002)

Father was an engine driver and I would be sent across the bridge to the signal cabin, to ask Mr Todd or Mr Elrick to telephone the Blaydon engine sheds to see if there was any work for him.

Tony Petts' painting of the Station Gates, reproduced on the front cover of the July issue of the *Haydon News*, brought back many memories.

Mr and Mrs Tom Snowball and Mrs Snowball's father, Mr Clark lived in N°. 27.

Round about 1930 Tom replaced his rather ancient BSA motorbike and sidecar with a new BSA 3-wheeler. A splendid looking job. It had the single wheel at the front with the main body between the two rear wheels, so that the driver and passenger could sit side-by-side. I never saw another one like it.

My sisters remember going to Mrs Snowball's house in the early 1930's, rehearsing for village concerts and the like. Mrs Snowball also taught the piano and was extremely strict. Mrs Carruthers on Whittis Hill also taught the piano, by the way.

The houses on John Martin Street numbered 27, 29, 31, 33 and the Blue House, were all demolished to make way for the new A69 road bridge through the village.

In the front room of N° 25 was Armstrong's fruit and vegetable shop. Joe "Wiggy" as he was nicknamed, had a sign advertising Ringtons Tea fixed to the wall just about where Mrs Olive Armstrong's front door is now. His green bull-nosed Morris van was a regular sight standing on the street outside the shop. I can go further back than that however, when Joe Armstrong delivered to the Langley area with a 'horse and flat'!

Joe and Elsie lived in the rooms behind and above the shop with daughter June, son Maurice and Joe's mother.

Next to the Armstrongs, but using the same door from the street, were Mr and Mrs Ridley who always had a pig at the bottom of the garden. Sometimes our scraps would feed it. Their children, all older than me, were Mary, Nan and Bob.

Mr Ridley was on the Store Committee. He had suffered an accident with a firework that damaged his finger which eventually took on the shape of a claw. Mr Ridley loved Gorgonzola cheese and he would sit with a large piece, flicking the maggots out of it with his

'claw' before eating it! Fascinating for a young boy.

Bobby Hodgson used to live in the back room, but when the Ridley's son, Bob, married, he eventually took over the whole of the property.

Another of the Ridley family known as, "Doctor" Ridley lived in an old bothey in the back garden. A building which is still there incidentally.

The next family I remember was the Fatherleys at N° 19. The cottage went by the name of, "Starling Hall" because of the number of birds making their homes in the roof space. When it rained, N° 19 needed numerous tin cans to catch the water coming in through the roof.

"Old Ned", as Mr Fatherley was known, was a Plate Layer on the railway. Three boys again. Cyril, just a few months older than me. He and I were great friends. Then Leslie who had a bad stutter and Raymond a couple of years younger.

Old photographs of Haydon Bridge show a cobbler's sign above the door of N° 19 and I've heard that Daisy Thompson's family may have lived there. The Fatherley family moved to Hexham in the 1930's and through time the cottage collapsed. In 1953 the village toilets and bus shelter were built

on the site in recognition of Queen Elizabeth II's Coronation.

In my time at Haydon Bridge, Mrs Birnie and her daughter Margaret lived next to the Fatherleys in "Broadstone Cottage". The whole street was at one time called Broadside Row. There was a son, quite a bit older than Margaret who used to visit occasionally.

Was it Donald who went to live at Ayr, or Billy "Barnie" who was in partnership with Joe Armstrong for a while when he opened his shop at 13 Church Street?

Billy was later to work as a collector for Empire Stores and eventually secured a very good position i/c NAFFI at Dusseldorf.

The District Nurse used to use part of the east wing of "Broadstone" and much of her work was supported by voluntary subscriptions and income from Whist Drives and Dances in the Town Hall.

Then there was the Telfords household in "Tyne View". Eleven children so they needed a biggish house! I knew them all. A very nice family and greatly respected. (*Thanks Harry! - Dennis*)

William Ridley Telford, the head of the family, was very much in charge. Elizabeth, his wife, Maurice, Gladys,

Laura, Stan, Cecil, Sybil, Vida, Edna, Ridley, Jean and Alma.

I used to walk down "Telfords' Lane" to watch your grandad at work. On occasions, local farmers would pay a small fee to have their sons gain wood-working experience with the Telford family. The skills learned were very valuable when carrying out joinery repair jobs on the farm. In, "The Last Horseman" Charles Bowden's very fine book about John Dodd, his family and their life at "Sillywrea", John recalls his time in the Telford's workshop.

So we'll leave this months look back at the 1920's - 30's with a young Harry Veitch sitting astride the shafts of a new cart, just made by William Telford and his son Cecil for Mr Spraggon of Willimoteswick.

The air is filled with the wonderful aroma of home-grown, sawn Elm, Oak and Ash being 'skillfully turned and shaped into stocks, spokes and felloes in a busy cartwrights workshop on the banks of the river Tyne at Haydon Bridge.

Incidentally, at the end of its working days, the Spraggon's cart ended up as one of the early exhibits in "Home Farm" at the Beamish Museum.

(to be continued)

ST. CUTHBERT'S CHURCH HAYDON BRIDGE

NORTHUMBRIA HISTORIC CHURCHES STEEPLCHASE

Very many thanks to everyone who sponsored Nessie Marshall and Joyce Armstrong.

A total of **£76.50** was raised to be shared equally between the Northumbria Historic Churches Trust and St. Cuthbert's Church.

We visited 25 churches between Haydon Bridge and Wark and had a wonderful, sunny day.

Do come and see the photographs of the churches we visited, on display in St. Cuthbert's.

Thank you for your support.

Joyce Armstrong

ST. CUTHBERT'S CHURCH HAYDON BRIDGE

CONCERT by PRUDHOE GLEEMEN MALE VOICE CHOIR

SATURDAY 27TH SEPTEMBER

Many thanks to all who came along to support the Gleemen and St. Cuthbert's Church.

The Church was full to overflowing, the Choir was wonderful and sang a lovely variety of hymns and songs.

A total of **£1095** was raised for the Church Renovation Appeal.

Many thanks you to Mr & Mrs Spence who greatly helped in organising this event and to everyone who came along.

Joyce Armstrong

ST. CUTHBERT'S CHURCH HAYDON BRIDGE

ANTIQUES ROAD SHOW (hosted by Maurice Reed)

In aid of the Renovation Fund.

**WEDNESDAY 12TH NOVEMBER
7.00pm**

HAYDON BRIDGE COMMUNITY CENTRE

Exhibitor's Tickets: £3 for one item
or £4 for two items.

Tickets are limited so exhibitors by ticket only. **BUY YOURS EARLY!**

Spectator tickets: £2 and includes a glass of wine.

This should be a good evening. Bring along your family heirlooms and treasures. You may be in for a nice surprise.

Tickets from:

Kate Thornhill	688 255
Linda Heap	684 081
Joyce Armstrong	684 094
Vincent Ashwin	684 307

Screen1.0:

Local digital cinema for Haydon Bridge

Haydon Bridge Community Centre is one of five venues in Tynedale taking part in a pioneering new scheme to bring local cinema to the community.

The so-called **Screen1.0** will be the first project of its kind in Northumberland, offering people in rural areas unprecedented access to cinema culture. The scheme will rely on local support for survival so volunteers will be asked to come forward at this screening.

Screen1.0 comes to Haydon Bridge on: **Wednesday 26th November**

and will be showing *Casablanca* (U) at 7.30pm. A unique chance to share the big screen experience with friends and neighbours.

The **Screen1.0** kit is portable and is

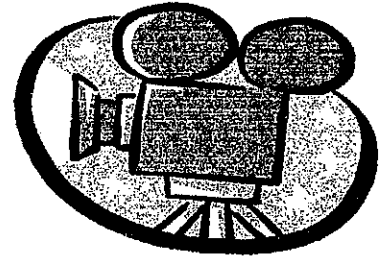
made up of a huge screen, high quality digital projection and sound system.

The **Screen1.0** programme, over time, will become a rich mix of blockbusters, classics, British and world cinema, work by North East talent and even films made by young people and communities like work produced by the Haltwhistle Film Project. It is hoped that the programme will also include other activities including introductions and workshops. When the project takes off, each community will choose their own films and show them under the **Screen1.0** brand.

The **Screen1.0** kit is on loan from Northern Film & Media, the screen development agency for the North East.

Lorna Partington, Northern Film and Media's Audience Development Manager who has been supporting the project throughout, commented:

"I am really excited about Screen1.0, rural communities can finally enjoy film



together. For me, the project is great because it is the exact opposite of the urban multiplex which has many screens in one building and is programmed from London. Screen1.0 has only one screen but has many venues and the cinema can be owned and operated on a local level. It's a new kind of cinema and I hope people enjoy it."

The screening is **FREE** but tickets must be reserved in advance by calling:

Valerie Bell on 01434 684 705
after November 3rd.

Entry to the cinema cannot be guaranteed if tickets have not been booked.

NOTES FROM ANOTHER SMALL ISLAND.

We had chosen to (celebrate?) our Wedding Anniversary with a visit to the Greek Island of Kos where we previously holidayed a full thirteen years earlier.

As we left the village behind, Tony Willis' luxuriant flowers tumbled down the front of 28 Ratcliffe Road in such profusion we were reminded of the "Hanging Gardens of Babylon". Our stone bridge – the Old Bridge, since the incongruous "new" concrete structure was built – had water lapping round its supports and through its six arches onto the waterfall and stone bed for the first time in many weeks during one of the driest Summers I can recall.

A four hour flight and two thousand miles later we stood on the harbour wall in Kamari Bay and waited until the Kamari II boat disgorged its passengers and day-trippers from the volcanic island of Nissyros.

"Yassou Manoli!"

The boatman turned from the duties he was carrying out on deck. Thirteen years but I recognised him immediately. His shock of unruly hair and heavy moustache whiter than before, but his

weathered features from years at sea facing the elements were unmistakable.

Manoli flung his strong arms around my shoulders. Few words were necessary, the sign of recognition was unmistakable.

"Ella, Ella! Come with me to see 'Captain' Yannis"

We clambered into an old white van on the dockside and within a few minutes were climbing the steep road from the harbour to the village of Kefalos perched impressively, if somewhat precariously, high up on the horizon.

The van stopped outside a neat white-painted cottage surrounded by tiled paving and lovingly tended roses, herbs, tomato plants and green peppers.

'Captain' Yannis, his wife Litza and her sister Poppy came to the door, responding to Manoli's call. Within seconds we were in embrace. The years of time past seemed but a fleeting moment as we exchanged greetings.

As is so often the case in foreign lands, we were impressed by our hosts' English and embarrassed by our own failure to respond in their tongue, save for a *"Kalispera"* or *"Yassou"*. But the mutual friendship had not diminished over the years and surmounted any language barrier.

We exchanged photographs, talked about

our families, sipped beer and Ouzo while Yannis barbecued freshly caught Swordfish smothered in a special oil-dressing and Litza prepared a delicious Greek Salad. We savoured the gorgeous food and the warm air. As the Kos sky darkened quickly the reflections danced on the shallow Aegean waves far below us and the small fisherman's church lit up the romantic islet of Kastri.

As we bade *"Kalinikta"* to our so hospitable Greek friends, Yannis and Litza took my arm and motioned me gently to a framed painting hanging in pride of place in their lovely Kefalos home.

The Great River Tyne, overlooked by John Shaftoe's School, the Oddfellows Hall and Anchor Inn, flowed through the arches of our old stone bridge, passing on its way the artist's signature in the bottom right-hand corner

PAETTZ

We left Kefalos reflecting that wherever you travel in the world, be sure that you are very likely to come across a coincidence or connection to remind you of our own small corner of Northumberland.

"Yammas"

Dennis Telford

NATURAL REMEDIES FOR A HEALTHY BODY

BRAIN POWER

Over the last couple of weeks we have been inundated with enquiries about **Omega 3 oils** which are an essential fat found to be low in many children suffering from inability to concentrate.

There have also been trials done on the levels of **Omega 3** in criminals with many of the people using the **Omega 3** reporting feelings of calmness. Some research has found that some people suffering from depression have low levels of **Omega 3**.

There are a variety of nutrients involved in the health of the brain that our customers use for problems such as poor concentration and aiding memory. **Omega 3 oils** are good fats that are essential to the health of cells in the brain, they have been found to increase circulation, increase attention span. We have people using them to help **autism** and **dyslexia**. **Omega 3** can be found in foods such as tuna, salmon, mackerel, sardines, walnuts and flaxseed / linseed. Some people have a problem absorbing these fats properly from food so it can help to take a supplement. **Vitamins C, B3, B6** and the

minerals **magnesium** and **zinc** need to be taken by some people to help with the absorption of essential fats.

Many of the **B vitamins** are needed for healthy functioning of the brain. The **B vitamins** are water soluble which means they are not stored in the body. Cooking and heating food destroys **B vitamins** so it can help to take a supplement. **Folic acid** and **Choline** are found in good **B complex** tablets - these are helpful for memory in brain functions.

Certain **amino acids** which are used by the brain may be found in high protein foods such as fish, meat, eggs and soya. **Glutamine** is important for burning **glycogen** to provide fuel for the brain. It's role is to help with memory and the learning process. **Phenylalanine** and **tyrosine** are **amino acids** that help improve normal brain chemistry producing **dopamine** and other **neurotransmitters** that give us a feeling of well being.

Ginkgo Biloba is a herb that boosts circulation throughout the body. In the Far East it has long been used for boosting memory, increasing mental alertness and

strengthening capillaries. **Ginseng** and **Gotu Kola** are herbs used to aid memory and concentration they help to increase oxygen into the cells which can increase alertness and co-ordination.

The brain is made up from **carbohydrates**, **fats**, and **proteins** and it needs a good supply of these and **glucose** and oxygen to remain healthy. Stimulants such as caffeine, nicotine and alcohol, stress and age can cause free radicals that damage the brain's cells, so it is important to feed the brain with anti-oxidants (such as **vitamins A, C, E**, **minerals like selenium zinc, manganese, copper**), which will feed and protect the brain against free radicals. Being the control centre of the body it controls our emotions, speech and thought so it is important that we look after it.

Warning: Pregnant ladies, people taking prescription drugs and those under medical supervision should consult their doctor before using complementary medicines.

Jill I Henderson
(Holland & Barrett - Hexham)

GRAND UNION

SPIRIT OF CARNIVAL



It is intended to make the setting for the show 'informal' and although light refreshments will still be available, this type of evening goes well with something a bit stronger.

NO BAR
but guests are quite welcome to bring their own drinks (in fact we hope they will) for what should be a very entertaining evening.

Tickets available from:

Clarke's, Marsh's
newsagents,
Val Bell on:
01 434 684 705
&
Iris Waugh

SATURDAY 22nd NOVEMBER 2003 - Haydon Bridge Community Centre - 8.00pm
Tickets: £4.00, £2.50. Family at £12.00

INDIAN SUMMER MUTTERINGS AND MUMBLES

POISONING WITH HOUSEHOLD PRODUCTS

Every year about 17,000 people die from one form of poisoning or another. That's almost six times as many as die on the roads.

Children between nine months and five years are the group most likely accidentally to take in household products such as cleaning materials, bleach, washing up liquid, petrol, meths, denture cleaner, nail polish or cleaner, perfume and so on. Older children are more likely to experiment with alcohol and tablets. After the age of about ten, deliberate self-poisoning starts to increase.

It is always worth getting IMMEDIATE advice if you even think that your child might have swallowed something – even if it's only a tiny amount and it's only in their mouth.

During the Health Centre's opening hours just ring the normal number. Out of hours contact the NHS Direct number.

At any time - if the child is clearly unwell, in pain or losing consciousness DIAL 999 without delay.

Adults are more likely to be able to give a clear account of what they have swallowed but the advice about action, given above, still counts.

Always keep medicines, of all kinds, LOCKED securely away. Even if you have not got children, they may visit. If you are a user of recreational drugs keep them locked away as well – a conviction for possession and/or supply is rarely improved by a simultaneous conviction for manslaughter or murder.

Nowadays, many garden or DIY products are withdrawn from public sale but remain in quantity in the nation's garden sheds and out-houses. Be safe, take illegal or unused products to a proper disposal point, straight away – right now in fact.

EXTRA FLU SESSION

There will be an extra flu jab session for those not already perforated. Especially the over 65s.

MONDAY 10th November 2003
2.00PM – 5.30PM.

Anyone and everyone is welcome. It really is worthwhile!

YOUNG MEN IN MENTAL DISTRESS

Men are notorious for not seeking help when in difficulties. Now there is an on-line resource that is specially for young men struggling with mental problems, stress, depression, conflict, despair and so on:

www.re-quest.org.uk

Try it yourself or recommend it to anyone you think could benefit.

DIABETES EDUCATION

The number of people with diabetes is increasing rapidly – more or less in line with the nation's increasing circumference.

A series of special educational events for diabetics and their relatives is being held at Hexham General Hospital in the latter part of 2003 and the whole of 2004. We strongly recommend these events. If you wish to attend, please ask one of the nursing staff at your next diabetic clinic appointment and they will set it up for you.

PATIENT ADVICE AND LIAISON SERVICE

This is a service available to all who are seeking advice about the NHS and it's many functions. It is a central contact point that can handle almost any issue. The service is confidential and can be contacted on:

Freephone 0800-032-02-02.

FROM OUR FOREIGN CORRESPONDENT

How different foreign lands can be – even when they are quite close. This summer we toured Norway – we thought summer nights were quite light in Northumberland but in Norway, during July, even the coastal light-houses are switched off.

Our host offered the following, probably apocryphal, tale; *A tourist, being amazed at the 24 hour daylight, asked how the Norwegians used all this extra illumination. 'We go fishing, we drink, we make love...'*

Then the tourist considered the contrary situation, the winter, when the sun never rises above the horizon for weeks at a time. What do Norwegians do in the long, cold, dark winter days? 'We do less fishing!'

One of the delights of the British Medical Journal is that it contains papers from all over the world. A recent paper covered a very detailed study undertaken in the Netherlands on 352 women undergoing hysterectomy. Paraphrased, the results were as follows; Sexual pleasure improves after hysterectomy, sexual problems before surgery are less common afterwards, new sexual problems after hysterectomy are scarce and sexual well-being does not depend on the surgical technique (type of operation). This should be very reassuring for all women as hysterectomy remains the most common major gynaecological procedure.

POPULATION GROWTH

Few topics are more likely to provoke hot opinions than the growth in the human population, the effects of that growth and the desirability/possibility or otherwise of doing something about it.

The urge to reproduce is fundamental to all living things for the very good reason that, originally, all species needed to reproduce with maximum speed and efficiency in order to sur-

vive. Nowadays, some species die out despite their best efforts because their environment is compromised in some way and some, such as ourselves, experience ever faster growth.

For a particularly radical look at the issue, search on <Optimum Population Trust> on the Internet. This organisation has a number of high profile and influential patrons. It's broad aim is to raise awareness of the potential problems that follow in the wake of human population growth. There is a very substantial debate to be had on this subject and it will be interesting and informative to see which political party has the stature to address it appropriately.

In a book that I am currently reading (*Where is everybody? Fifty solutions to Fermi's paradox.*) there is something of a wild but nonetheless carefully calculated extrapolation concerning the consequences of unrestricted human population growth: *At the present rate of growth, within a couple of centuries, the mass of human flesh will be so large that it will be advancing across neighbouring galaxies at a speed greater than that of light.* There's compound interest for you!

A CHRISTMAS THOUGHT – EARLY

This year we have come across a number of instances of both men and women having their drinks spiked with substances unknown at parties and in clubs and pubs. Be very careful, especially when in the company of people that you do not know.

WORRIED BLUE EYES

At intervals, during the years that I have been contributing these pages to the *Haydon News*, people have asked whether it would be a good idea to try something like a problem page. In a small community like ours the scope for speculation and mischief that would be inherent in such a project is, regrettably, rather plain to see. Tongues would wag, meaningful glances would be exchanged, inferences drawn and reputations either made or lost.

On the other hand, if anyone has a topic of particular interest to them I would be happy to incorporate it in future editions. Drop a note into the Health Centre if you wish.

FOREIGN TRAVEL

The destinations that people choose for their holidays become increasingly exotic. Several times each year we have to test people for tropical diseases. Foreign travel is not without it's hazards but they can be lessened, by taking appropriate precautions.

At least eight weeks before travelling, please ask at the reception desk for a travel questionnaire, fill it in and Nurse Mary will check the details against a frequently up-dated World Health Organisation database to see what immunisations you might need. The program also gives useful hints and tips other than immunisations.

CHURCH PAGE

QUOTES AND NOTES

from Father Leo Pyle

Instead of loving what you think is peace,
love others
and love God above all.

And instead of hating the people you think are warmongers,
hate the appetite and disorder in your own soul,
which are the causes of war.

If you love peace, then hate injustice,
hate tyranny, hate greed;
but hate these things in yourself,
not in another

Thomas Merton

1.1 billion people live without clean water

2.4 billion have no proper sanitation

Every 15 seconds a child dies

from a water-related disease *The Guardian, August 2003*

We are born naked, wet and hungry.

Then things get worse.

Chinese proverb

At birth all people are soft and yielding.

At death they are hard and stiff.

All green plants are tender and yielding.

At death they are brittle and stiff.

When we are hard and rigid, we consort with death.

When we are soft and flexible, we affirm greater life.

Lao Chu

*Wealth is conspicuous,
But poverty hides.*

Albert Camus

To grow old
is to pass
from Passion
to
Compassion

THE FOX



A fox said that he would provide worms for any bird that would share his feathers. One bird thought that this was a good idea, so he pulled out a feather from one of its wings and gave it to the fox; in return the bird received a worm. Wonderful! The bird decided that this was a good way to get worms easily. But after a while, the bird plucked out so many feathers that it could not fly away, and so the fox jumped on it and ate it.

*It's an awful thing to sell yourself like that, feather by feather,
little by little.*

Bill Bousch

October / November 2003



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

ANTIQUES ROADSHOW with Maurice Reed

Haydon Bridge

Community Centre

Wednesday November 12th,
7.00-9.00pm



Exhibitor Admission: £3.00
allows you to bring ONE item for valuing:
£1.00 extra for a 2nd item.

Spectator Admission: £2.00

(includes one glass of wine)

For St Cuthbert's Renovation Fund

Tickets: Kate/David Thornhill, 688.255;

Linda Heap, 684.081;

Joyce Armstrong, 684.094; Vincent Ashwin, 684.307

A prayer for peace from Israel

There's a time for healing, and a time for forgiving. There's a time for building bridges, and that time is now. O take our hearts, Lord, take our minds. Take our hands, Lord, and make them one. Amen

METHODIST CHURCH SERVICES

Sunday November 2nd
(Methodist Homes Sunday)
10.00am Mr Doug Hogg
6.00pm Rev David Hasson

Sunday November 9th
10.15am United Remembrance Service
at St Cuthbert's C of E
6.00pm Mr B Elstob

Sunday November 16th Prisoners' Week
10.00am Mrs JA Short (Family Service)
6.00pm Father Leo Pyle

Sat. 22nd Methodist Christmas Fair

Sunday November 23rd Youth Sunday
10.00am Rev David Hasson (Sacrament)
6.00pm Mr Mark Knowles

Sunday November 30th Advent Sunday
10.00am Mrs Joan Histon
6.00pm Mr J Carrick

Sunday December 7th
10.00am Mr John E Green (Toy service)
6.00pm Circuit Service, Corbridge

Details of the Men's Christian Fellowship
can be found from Peter Davey: 684.786.

HOLIDAY CLUB FOLLOW-UP



- o Were you or your children at the Scripture Union Holiday Club in the summer?
- o Did you enjoy it?
- o Would you like another taster of that week?

Then come to Haydon Bridge Methodist Church on Saturday December 6th, 5.00 – 7.00pm, for a party. There will be games, (even some optional games for mums and dads!) lots to eat and drink, and a song to learn from the vicar.



SEE YOU THERE !!

CALENDAR FOR ST CUTHBERT'S CHURCH

November 2nd All Saints Sunday
8.00am Holy Communion (Order 2)
10.30am All-Age Holy Communion
6.00pm All Souls Service of the Word

November 9th Remembrance Day
8.00am Holy Communion (Order 2)
10.15am Remembrance Service

Wed. 12th 7pm Antiques Roadshow

November 16th 2nd Sunday before Advent
8.00am Holy Communion (Order 2)
10.30am Morning Prayer (Mike Fry)

Tue. 18th 7.30pm Church Council
Thu. 20th Sponsored Walk to Metrocentre

November 23rd Christ the King Sunday
10.30am Parish Communion & Sermon

Wed. 26th 7.30pm Mothers' Union
Sat. 29th World Mission Day, Cathedral

November 30th Advent Sunday
10.30am Benefice Holy Communion.

St Cuthbert's Renovation Fund

Many Thanks to those who came to the Prudhoe Gleemen concert, which made an astonishing profit of £1095.00 for the church. Our special thanks are due to Alan and Sheila Spence, who encouraged us to invite the Gleemen in the first place. Alan is the choir's President, and helped persuade them to come in their busy centenary year.

The congregation of Beltingham-with-Henshaw organised a Silent Auction to raise funds for the Appeal as well: it raised over £300.

On November 20th the Vicar is doing a final effort - before his retirement in January - for St Cuthbert's Renovation Fund. He will be doing a sponsored walk from Haydon Bridge to the Metrocentre ("for a chocolate doughnut at Starbucks"). He will be accompanied on the 25-mile walk by church member David Thornhill. You can sponsor either of them.

Earlier in the year, the Vicar raised over £600 on another sponsored walk. That time, it was for a different kind of restoration work - for the people of Iraq after years of brutality under Saddam Hussein and a destructive war.



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.

Remembrance Day

is on Sunday November 9th. The service will begin at 10.15 in St Cuthbert's. Names will be read at the War Memorial at 10.55am, ready for the two minutes' silence at 11.00. The closing prayers will be said at the War Memorial, and we are invited to the Methodist Church for a cup of coffee after the service. **If you come at 11.00**, you will miss the calling of the names - though you will catch the silence!

Universal prayer for peace

Lead me from death to life,
from falsehood to truth,
from despair to hope,
from fear to trust.
Lead me from hate to love,
from war to peace.
Let peace fill our heart,
our world, our universe.

This prayer was published about 20 years, during the Cold War, when the world was afraid of threats of nuclear war. Men and women of all faiths can use it - and also those who don't believe God intervenes.

All Souls Day at St Cuthbert's

On November 2nd, there will be the usual morning Holy Communion, and a special service at 6.00pm to remember those who have died. The names of all who have died in the parish in the last year and had their funerals taken by the vicar of others at St Cuthbert's will be read out; also those whose names you bring to the service. And each person can light a candle to remember them.

Notes from the churches

Methodist Christmas Fair: Saturday November 22nd.

Harvest produce from the churches' Harvest Festival was sent to the People's Kitchen in Newcastle - a long-established project to provide meals for the homeless.
St Cuthbert's Winter Fair: Saturday November 29th, beginning at 2.00pm.

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Mon, Tue, Thur, Fri	9.00am - 5.00pm
Wed	9.00am - 8.00pm
Sat	9.00am - 1.30pm

Wireless

Broadband Internet

is coming to Haydon Bridge!

For details and to register online

www.Horizon-Wireless.co.uk

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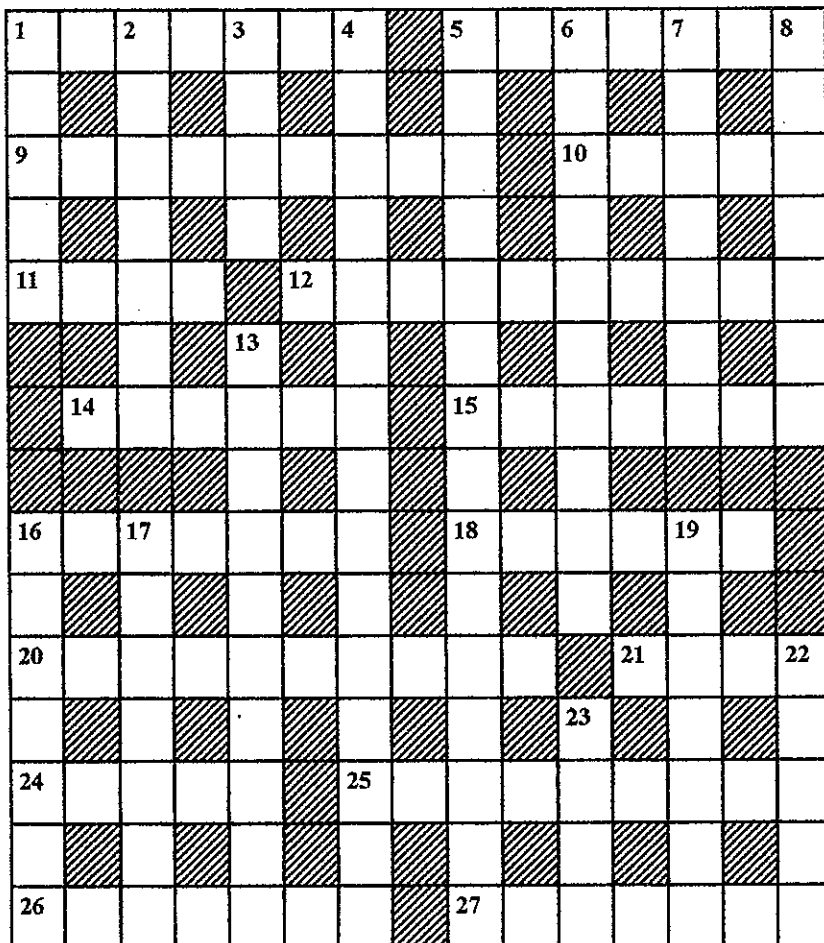
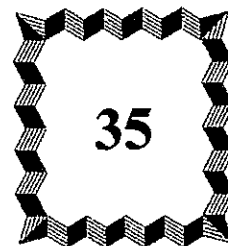
Shaftoe St.

Tel. 01 434 684 061

The £10 Crossword

NAME:

ADDRESS:



ACROSS

1. Fiery lady can create misery, pet. (4,3)
5. Boar got mixed relish. Fishy! (7)
- 9, 21, 6. Where we heard Dorothy could weigh a pie. (9,4,3,7)
10. Down pour without gravity puzzled duck (5)
11. Initially gone off. (4)
12. One of the Ronnies other four candles. (4,6)
14. To the French party in Spain. (6)
15. Confuse negative with positive. (6)
16. Reject then permit a little liquid. (7)
18. Overdose on horrible sour smells. (6)
- 20, 17. Disliked the playing surface and upset the judge. (2,8,2,5)
21. See 9
24. Model corrosion inspires hope. (5)
25. Wants your first wages. (9)
26. Train badly. i.e. Tuner. (7)
27. A to Z in any order. (7)

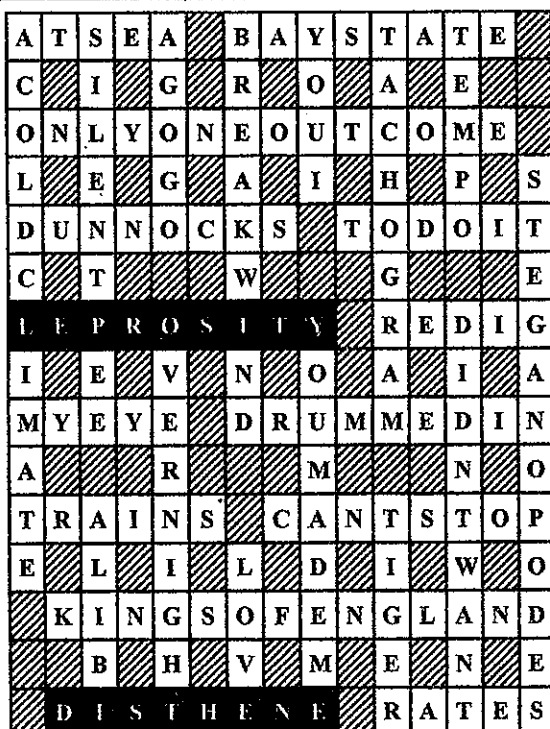
DOWN

1. Put on a plant. (5)
2. African flower. (7)
3. Turn over beast quietly. (4)
4. Lindisfarne air belongs to me, not you! (3,3,2,3,4)
5. No pink ball helps establish family seat in Northumbria. (11,4)
6. See 9
7. Circular Spanish article draws a circle. (7)
8. English lesson went wrong. Another thing not to worry about. (3,3)
13. Home to shellfish, fish 5 score in the NE. (10)
16. Nomad causes left wing split to come together. (7)
17. See 20
19. Inland associate provides income. (7)
22. Ugly sores are a symbol of true love. (5)
23. We've got tons up our noses. (4)



Entries from:

Anne Plastow
Rosemary Shout
Agnes Scott
Trevor Corbett



Entries to be received by the Editor on or before
MONDAY 24th November 2003.

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

£10 winner

ROSEMARY SHOUT