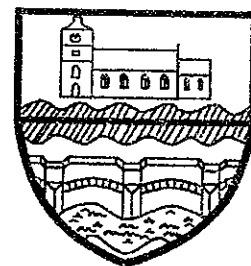


# Haydon News

The Friends of Haydon Bridge thank the Advertisers for their continued support



March 1996 / 2

IN THIS ISSUE: Village Doctor abandons Paracetamol. Editor seeks help and advice on good posture. Village woman ties herself to kitchen sink in protest. Village man buys a centipede. Health Centre News. Church News. And much much more inside.

Win £10  
Crossword Competition inside

## Andy Shield - Quality Butchers

4, Church Street, Haydon Bridge Tel: 684 381

**FINEST QUALITY LOCAL MEAT AND GAME**

HOME MADE BREAD BAKED ON THE PREMISES  
READY MADE MEALS FOR THE FREEZER  
DISCOUNT FOR FREEZER MEAT ORDERS  
HOME MADE SAUSAGES OUR SPECIALITY

## M. ARMSTRONG

13, Church Street  
Haydon Bridge

For fresh Fruit and Vegetables  
Groceries  
Bread and cakes delivered daily  
Friendly Service

Saturday half day closing

**SPAR**  
4, John Martin Street  
Groceries Cooked meats etc

Open

Mon - Sat 8am - 9.00pm  
Sunday 9am - 9.00pm

Off - Licence

Sunday 10am - 9pm  
Free home deliveries

## ERNIE SWINBURN - PHOTOGRAPHY

3. Station Cottages, Haydon Bridge

**WEDDINGS: SPECIAL OCCASIONS  
STUDIO PORTRAITS**

Tel: 684 489

## J & M CLARKE

11, Church Street Haydon Bridge  
Mon - Sat 6.45am - 6.00pm  
Sunday 7.00am - 1.00pm

NEWSPAPERS  
WIDE RANGE OF MAGAZINES

Confectionery and Tobacco  
Toys-games Birthday & special  
occasion cards, stationery  
Tel: 684 303

## W & M MARSH

43, Ratcliffe Road  
Haydon Bridge

Newsagent  
&  
Tobacconist

Confectioner & General Dealer

## HAYDON BRIDGE FISH & CHIP SHOP

	LUNCHTIME	TEATIME & EVENINGS
Monday	-	6.00 - 9.00
Tuesday	CLOSED ALL DAY	
Wednesday	11.30 - 1.30	5.00 - 9.00
Thursday	11.30 - 1.30	5.00 - 9.00
Friday	11.30 - 1.30	4.30 - 9.00
Saturday	11.30 - 1.30	5.00 - 9.00

Tel: 684 289

## RAILWAY HOTEL Bed and Breakfast

Pizzas to eat in or take away  
Lounge available for functions

**QUIZ NIGHT**  
Wednesdays 8:30 pm Prompt

Tel: 684 254

## Langley Castle Hotel

Sunday Lunches

Morning Coffees

Afternoon Teas

Table d' Hote Dinner

Accommodation

**Not Only for that**

**"Special Occasion"**

For Reservations Call  
01434 688 888

## THE ODDFELLOWS LICENSED RESTAURANT & TEA-SHOP

Oddfellows Hall Shaftoe St Haydon Bridge Tel:684 755

A FRIENDLY WELCOME - PLEASANT SURROUNDINGS  
PERSONAL ATTENTION AND HOME COOKING

Serving : Drinks Snacks Breakfast Lunches Teas  
High Teas and Evening Meals

Open: Wed - Sat 10am - 9.30pm Sun 10am - 5.30pm

We cater for: Vegetarians, Buffets, Parties, Outside Catering  
Special Occasions, Valentines & Mothers Day, Easter,  
Halloween, Christmas and Bank Holidays.

Children very Welcome

Garden with slides and Swings plus unusual Pets

Bed & Breakfast accommodation - £16.50 per Person

Four Poster beds available + Full English Breakfast inclusive

Come in for a drink at the  
**HAYDON HOTEL**

**S&N BEERS  
BAR MEALS**  
Parties catered for and  
Bookings taken

Tel: 684 468

## The General Havelock Inn

Haydon Bridge - Telephone 684 376

Lunch - Wednesday to Sunday

Dinner - Wednesday to Saturday

Fine Wines and a comfortable Restaurant

Tetley Bitter and Lager

Calders Best Scotch

Your Hosts Ian and Angela Clyde

## EDITORIAL

It is 11 am on Thursday February 29th 1996 as I write this editorial, the sun is streaming through my south facing study window and looking across the passageway through the patio doors I can see my dog rolling about on the steep grass bank at the back relishing the warm sun.

Could this be the start of an early Spring I ask ?

A few minutes ago I was in the Village nattering to 'Lang Bob' Charlton who was just about to get into his car when he informed me that he is 94 on Monday 4th March, as soon as he said this I quickly and ashamedly hid the small bottle of Diclofenac tablets which I occasionally take for my bad back and which I had just collected from Peter Robertson the Chemist.

As I drove away up Church Street I waved to a very sprightly lady now in her 70's who as a young woman lived next to us when I lived in Chesterwood as a bairn. How come is it that some people, illness apart, can look much younger than their age. Recently my ego has taken a lot of bashing from the results of people putting me as 10 years or more older than my actual age.

A couple of weeks ago I was sat in the cosy lounge bar of the Haydon Hotel talking to a retired chap ten years my senior who came right out with it and said he thought I was the same age as him. Then blow me only two days ago someone else said the same thing about me - methinks I will start getting a complex soon.

Someone told me the other day that there is such a thing as the 'Alexander Technique' which is apparently a method of improving your posture when walking or sitting, this I am told can reduce incidents of back pain. Have you ever suffered from lower back pain and used this method successfully ? I would be interested in hearing from you.

I understand that one exercise in the Alexander technique is to walk and imagine that the top of your head is being held up by a thread, you can even get a friend to walk with you holding a few strands of your hair from the top of the head.

If you see me walking around the village in a strange manner you will, I trust, understand that it is all in the interest of medical science.

>>

I was pleased to read the Health Centre News this month and note that they have no plans to change the out-of-hours cover and that both Doctors will continue to make home visits, when necessary, at any time. This has been a topical subject on my own 'rounds' of the pubs with many of you asking me to include the subject in the Viewpoints column.

I think if you read Steven Ford's page in this issue you will find it particularly helpful and comforting, and he does not mention Paracetamol once !

Since starting the editorial half an hour ago I have been out into the back garden, my dog is still rolling about on her back enjoying the sun - which reminds me I must have her spayed in March.

This month's Haydon News is a week late because of personal commitments during February - Sorry about that.

..... It is now three days later and Saturday afternoon on 2nd of March at 4:30 pm. I always leave a small space for last minute inputs but none have appeared. However I did receive a useful list of one line proverbs from a Strother Close resident which I will use in these columns as and when appropriate. Thank You.

I am running short of articles for future issues of your Newsletter - so folks howsabout putting pen to paper and let me have something - or you can even ring me on 684-035 with your ideas. Why not do it now before you forget.

Mitch

Better do it than wish it done  
-  
Think today and speak tomorrow

You cannot build a reputation on things that you are going to do  
-  
Success comes to the man who does not fear failure

NEXT ISSUE OF THE HAYDON NEWS  
  
2nd APRIL 1996  
  
ALL COPY TO THE EDITOR:  
  
S.B. MITCHELL,  
HIGH BRINDLES  
HEUGH HOUSE LANE  
  
OR ALTERNATIVELY  
HAND IN AT THE POST OFFICE  
  
BY 23rd MARCH PLEASE

## THE CROSSWORD

Fifteen Entries were received for the February Competition of which only five were correct.

Correct entries received were from:

D. Corbett, P. Irving, E. Jukes,  
M. Robson, A. Scott.

These five entrants now have one credit of the five required for the special competition to be held later in the year.

The five entries were put into the hat with Mrs Robson and Mrs Jukes being the two winners.



## LANGLEY W.I.

Hair and make-up was on the agenda in February when members of the Langley W.I. visited Sherlocks Hair Salon in Hexham.

Stylist Alison Mudd, gave a short talk outlining the various problems each hair type poses and how modern products solve these efficiently and speedily. Three members then volunteered to be 'models' and were thrilled with the resultant 'new look'.

Beauty Therapist, Helen Robertson, then talked about skin care and beauty treatments, and treated one lucky member to a 'make-over'. When they saw the results, everyone agreed that the relatively short time spent on hair and make-up, was time well spent.

M. Nagel

Gossip  
Something that runs down more people than cars

**PUMPKIN & MARROW COMPETITION**  
  
In September 1996  
  
**AT THE RAILWAY HOTEL**  
  
To become a member £10 must be paid before the end of March.  
  
**EXCELLENT PRIZE MONEY**  
  
No less than £100 1st Prize on each section plus a shield.  
  
All entries will be stamped.  
  
**Childrens and Flower Section on the day**

**Parish Council Pickings**  
**21st February 1996**

There were 10 Council Members present.

The meeting began with a discussion of the probable cuts in the Education Budget and the likely effects on the provision of Community Education in Haydon Bridge. Miss Barbara Mansfield, Deputy Head (Further Education), spoke to the Council.

Miss Mansfield said that the proposed budget cuts could mean the end of Adult and Leisure Education in Haydon Bridge. The present team of four part-time staff could need to be reduced to three or even two in the future. The team was trying to reduce the impact of cuts but they had to consider, for example, whether fees could be raised. At present over 60's and those on benefits get a 50% reduction in fees. This would probably have to cease. Youth Clubs would have to become self-supporting which could be very difficult and at best reduce the provision considerably. Costs for hire of premises at the first school would probably have to rise and this would affect clubs, beavers and other voluntary groups. The squash courts would be unlikely to open in the future as they are uneconomic.

The problem is that Community Education is non-statutory and that therefore the bulk of 'Education cuts' will fall on Community Education rather than on main school provision.

Much concern was expressed, but Miss Mansfield made it clear that continuing cuts meant that the whole programme of Adult Education, Youth Clubs, and support for voluntary groups was at risk, if not immediately then in the near future.

The funding shortfall would be between £4,000 and £8,000 and Haydon Bridge Council's contribution (£500 last year) could only be a drop in the ocean.

No proposals have been received for a candidate for the Council vacancy left by the resignation of Mr McVay. There being no election the Council will consider co-opting a replacement at the March Meeting.

The plan to have a three rink, artificial surface bowling green on land near the football pavilion will go ahead in 1996/7.

There is to be a site visit on 7th March to consider the planning application for a house at Temple Houses (see last issue of Haydon News).

The North of England Local Authorities have applied to the Millennium Commission (Distributing Lottery Money for the year 2000 - 2001) for a 50% grant towards a series of bridges all over the North of England. Parish Councillors have been asked for views or potential projects by the end of March. If you have any thoughts then bring them to the notice of one of your Parish Councillors. The following criteria are important:

1. It must be a new bridge.
2. It should cross water - river, stream, beck, burn or whatever.
3. 'Bridge' could include causeways, ferries, or stepping stones.
4. The bridge should be a symbol of commitment to the future and respect for the past and open up routes for the benefit of communities

WEN

**TRAFFIC ON THE A69**

An analysis of the traffic figures for the year ending December 31st 1995 shows average daily traffic to be 11,575 vehicles compared to a daily average of 11,561 in 1994.

SBM

**GENIUS**

Sometimes men come by the name of genius in the same way an insect comes by the name of centipede - not because it has a hundred feet, but because most people can't count above fourteen

**EIGHT HOURS**

One of the saddest things is that the only thing a man can do for eight hours a day, day after day, is work. You can't eat for eight hours a day, nor drink for eight hours a day, nor make love for eight hours.

William Faulkner

Mr Faulkner has obviously not met some of the people I have. Ed.

It's quality that counts and not quantity.  
 A fly lays more eggs than a hen.

**THE LINK CENTRE FOR DEAFENED PEOPLE**

During the Summer of 1995 I spent a week at LINK in Eastbourne, which is a charity run on behalf of people who have suddenly been deafened.

I had never heard of LINK, but having become profoundly deaf overnight, and desperately looking for help of any kind, when I did it seemed that this was at last on hand.

The course was arranged by the County Council and my social worker and is solely for suddenly deafened people, and not the place to go for a cure, but to learn how to live with your disability.

Morning sessions are mostly led by deafened people and they concentrate on topics like relaxation, communication, and the problems of deaf/hearing relationships. Afternoon sessions are about practical ways to relieve stress and you are shown the latest technical aids available (usually through Social Services), such as a door bell and telephone warning lights, and alarm clocks and smoke alarms which vibrate in addition to giving visual warning.

All this was very helpful and interesting, but meeting people who were in the same predicament was the most important aspect, and seeing how they coped was the greatest help.

There is only one LINK centre in the whole of the country, so people were travelling there from all over, including Scotland and the Channel Islands. It is much underfunded but perhaps one day we shall have a centre here in the North, for there must be many people needing help just as I did.

Should you wish to make a donation to this very worthy charity, it will be most gratefully received at the address below.

The Link Centre for Deafened People  
 19, Hartfield Road  
 EASTBOURNE  
 East Sussex  
 BN21 2AR

Tel: 01323 638230

Mary Best

Tel: 684 239

No man is born wise or learned

## Readers Letters and Viewpoints - collated by the Editor

### Haydon Bridge Toddler Group Christmas Anagram Competition

Many thanks to all who supported this event and we hop you had fun doing it. A total of £61 was raised for the toddler group, the winners were:

**1st Prize - The complete Winnie-The-Pooh-Stories**  
Keith Walton

**2nd Prize - Christmas Cake**  
Mrs Hogg

**2nd Prize - Bottle of Whisky**  
Elizabeth Hagon

**3rd Prize - Tin of Biscuits**  
Margy Edwards

**5th Prize - Bottle of Wine**  
Marjorie Marsh

A full copy of the correct answers is displayed in the window at St Cuthberts Church Hall, but for those of you who puzzled over the long one, the solution was:  
**'WE WISH ALL OUR READERS A HAPPY CHRISTMAS'**

Sue Charlton

Apologies to Sue and the Toddlers Group for not placing this in the February Haydon News.  
Ed.

### ARTHRITIS & RHEUMATISM COUNCIL

This year is the 60th anniversary of ARC. It has been reported that, recently, progress in research has been spectacular. It is now hoped that most types of arthritis can be cured within the next decade.

Last year we sent £600 to ARC headquarters. So with your help, we shall be making a special effort to do even better this year.

I can arrange sponsorship forms for those interested in competing in the Great North Run, swimming events, etc.

We shall be taking our usual stall at the Corbridge car Boot Sale in May. If you have items you'd like to contribute and want them collected, do let me know. Mills & Boon paperback books would be particularly welcome.

Strawberry Teas in the garden in Brigwood are scheduled for July and we have a couple more events in mind.

Here's hoping for good weather and a successful year

Hilary Rutherford  
Tel: 684 335

**Received Bouquets and Brickbats in January/February** - The first bouquet came on beautiful flowered writing paper and in a matching envelope, it was from Mary Best of Belmont Gardens who wrote:

*'I wonder if this little article would be of any interest to the readers of the Haydon News. We have enjoyed reading the H. News for many years and think it's improving with age . . . .'*

Mary's article on the Link Centre for Deafened People is printed in full in this Newsletter.

The second bouquet came on very swish flowery coloured note paper, it was from Philida Irving of Rattenraw - the first prize winner in the special competition, it read:

*'Thank you for my £50 prize. Thank you also for the enjoyment the crossword and competition has given me, and no doubt many other people, over the past year.'*

Now for the brickbats from readers who have said they wish to remain anonymous so I have deliberately withheld their names. They have both agreed that I could respond through these columns.

In one of the cases I was approached by an irate crossword fan a few days after February's Haydon News showed answers to the special competition. The complaint was concerning the answers to the clue 'Whimsical Child.' The answer was Elf however 'Irate Crossword Fan' claims that 'EAN' was an acceptable answer. Whilst 'EAN' may be a word used for a child the use of the adjective 'whimsical' clearly points to 'ELF.'

In the second case a couple of 'the lads' said they objected to me using the columns of the Haydon News as a personal column. These guys obviously have no sense of humour and possess vivid imaginations. The last issue of the Haydon News was in part written around a Valentine's Day theme. On the day I actually received four Valentine's messages from females thank you Charlotte, Emily, Laura and unsigned. Also received some verse from a bloke! Anyway lads one of the 'perks' of being Editor is being able to slip in the odd subliminal message - there are two this month, try to find them Aeroplane and Hydrofoil.

See you next month.

Mitch

On Mothering Sunday above all other,  
every child should dine with it's mother

A mother's love is best of all.

### Mothers Day Sunday March 17th 1996

Just a reminder that your Mam would love to hear from you and perhaps the grand-kids this year.

Maybe a telephone call; a few flowers; a meal out; or even a visit to her.

If you have had words in the past is this not now the time to forget?

And above all else give her a cuddle - it costs nothing and works wonders.

Remember if it wasn't for your Mam you would not be reading this.

## March Garden

Primroses are sometimes said to be difficult to grow, enjoying high rainfall and cool summers. Haydon Bridge weather will suit primroses if you find a cool, moist spot for them and I find them easy to grow and multiply if I stick to the most vigorous and prolific cultivators. *Primula vulgaris*, our native species has charming pale yellow flowers. It is no longer common in the countryside but is a worthy garden plant. *Wanda* comes in shades of purple and violet with a yellow eye and has a dauntless ability to thrive. Double primroses look like miniature roses and come in the same range of colours as the singles. You can buy these primulas locally. Shield Green Nurseries, Dipton Mill and Hartside Nursery at Alston have these and other species for sale. Regular division is important - I divide the plants as soon as flowering has finished - this means your plants increase quickly, making them very good value for money. Primroses also seed themselves around and in a well populated garden new ones will appear all the time.

A potted primrose makes a lovely Mothers Day gift and when the flowers are over it can be planted outside to be enjoyed again next year.

March is one of the busiest months in the garden. The debris of winter is everywhere and everything demands attention. Tidying up to improve the general appearance can be undertaken even when it is too wet and frosty for cultivation.

Cut back late flowering shrubs - hebes, lavenders, buddleias. Prune *Buddleia davidii* varieties. Reduce last years shoots to 2" from the older wood and take out weak and damaged branches at ground level.

Roses are pruned annually to encourage the production of strong new shoots capable of producing many quality flowers over a long period. It is the only way to keep roses flowering reliably year after year. All roses (except ramblers) are pruned in the spring. The best time to prune varies by weeks throughout the country. In our area roses should be pruned in late March. First remove dead and diseased wood, cut out weak, thin stems and remove branches growing towards the centre of the bush and crossing branches. Now prune back the remaining stems to about half their length for established bushes and about 6" for newly planted roses.

Open windows in sheds and outhouses on sunny days to let out hibernating butterflies.

Watch for slugs feeding on young shoots, especially of delphiniums.

Prepare ground for sowing lawns next month. Rake level, remove stones and kill weeds.

Cut the lawn with the blades at the highest setting and make sure the blades are sharp. A light raking on established lawns will help remove moss and let air and water get to the roots. Use a lawn fertiliser now to get the grass and weeds growing strongly and then apply a selective weedkiller - I find this better than a combined weed and feed mix.

*James Thin*

### CARER/COMPANION/HELPER



Compassionate mature lady with many years experience available for work.

Gardening, baking, trips out in motor car, whatever your need.

Hours and days to suit

Please Telephone: 684 411

If you actually look like your passport photograph then you are too ill to travel.

Life is like a sewer.  
What you get out of it depends on what you put into it.

### TOM'S TAXI

Telephone

CAR: 0860 877692

HOME: 01434 684395

24 Hour Airport Service

### IT HAPPENED IN MARCH

1074 - Pope Gregory VII excommunicated all married priests

1461 - Over 28,000 people are said to have been killed in the Battle of Towton, North Yorkshire; the Lancastrians under Henry VI were defeated.

1757 - British Admiral John Byng executed by firing squad at Plymouth for having failed to relieve Minorca from the French fleet.

1886 - Cruft's Dog Show held in London for the first time - since 1859 it had been held in Newcastle.

1912 - Death of Lawrence Oates. English Antarctic explorer, a member of Scott's expedition, who walked into a blizzard, saying "I am just going outside, and may be some time."

1933 - Adolph Hitler proclaimed the Third Reich in Germany; he also banned Kosher food.

1934 - Driving tests were introduced in Britain.

1936 - British fighter aircraft Spitfire makes first flight

1942 - The national loaf was introduced in Britain.

1946 - Liza Minnelli born.

1958 - Rick Mayall comedian born

1985 - British miners voted to go back to work after a year of striking over pit closures

1988 - Bank of England replace pound notes with pound coins.

### HAYDONIAN W.M.C.

Federation Ales & Draught Guinness

Weddings - Birthdays - Funerals  
Christenings - Anniversaries

Catered for

Village Fund Raising Welcome  
Bingo - Sunday & Wednesday 8:30

Tel: 684 383

### STRIPPER FOR HIRE

The quick and efficient way  
to strip your old wallpaper

Tel: 684 041

## Tied to the Kitchen sink

The rope that Sheila chose was thick and strong, perfect for the job. She threw her laden shopping basket back onto the kitchen table while glancing furtively up at the clock. Only half an hour and he'd be home, and his dinner would have to be on the table for him. Just like a robot Sheila went through the motions of cooking the veg and steaming fish that Cyril insisted they ate every Friday.

Cyril says . . . . . Cyril says.

After twenty years of listening to her husband's favourite statement. "A womans place is in the kitchen ", Sheila knew that she needed to make a dramatic gesture to show him how she truly felt.

Glancing down at the rope lying like a coiled up snake on the draining board she set about laying the table like she always did. She later picked up the rope tying half around her waist, and weaved the remainder in and out behind the taps until she was completely tied to the kitchen sink. Sheila heard his heavy footsteps approaching and watched tentatively as the door handle turned. In came his bait bag followed by his boots, and then Cyril himself, his huge bulk filling the doorway.

"Dinner on the table woman ?"

Always the same question and always the same reply. But not today because today was different.

Cyril muttered something under his breath, then slammed the back door hard. He turned around and saw her - his mouth fell open.

" What the hell ? "

Sheila threw up her arms in dramatic pose.

" This is where you want me to be Cyril, so here I am. "

Cyril's enormous belly heaved in and out and his eyes bulged.

" Have you gone stark raving mad woman, and where's my dinner ? "

I'm going to kill him, thought Sheila, as she watched Cyril shovel food down his throat. Her gesture of defiance had fallen on deaf ears and she'd ended up feeling even more foolish than usual.

Sheila's three closest friends spelt it out for her.

" He's a male chauvinist pig. "

" You deserve better. "

" Our dog has a happier life. "

Sheila had always made the best of her marriage to Cyril, but today had been the final straw. "Those friends of mine are always so ready with their good advice so they can help me get rid of him once and for all ", she thought.

" Best to do it when he's had a few pints " said Anne.

" He'll never feel a thing, " said Dawn, " and will just slip away and you'll be free. "

" And the doctors will say he choked to death, we all know what a bad cough he's got through smoking all those cancer sticks " concluded Margaret. The three friends nodded in unison and the plot was hatched.

On the fateful day Sheila couldnt relax, she felt like a cat on an electric wire so she scrubbed everything, in between her numerous hot flushes. Could she go through with it and dare she ? All of her married life she'd lived in her husband's shadow, the frightened mouse, allowing Cyril to dominate her. Now this was all to change, somehow it just seemed too good to be true. Yet her friends appeared to be totally convinced.

" He'll be in the land of nod before he knows what hit him " said Dawn.

Such was their enthusiasm that Sheila felt herself borne along on a tide of euphoria.

She took a trip to the hairdressers and treated herself to a shampoo and set, after all she wished to look her best for her new life.

Sheila hurried through the snow, Cyril would be home soon and his dinner would have to be on the table when he came in. She'd made Cyril's favourite steak and kidney pie for their farewell dinner together, after all it wasn't every day one could celebrate a forthcoming murder.

" Dinner on the table woman ? " cried Cyril as he crashed through the back door right on cue.

Sheila relieved him of his bait bag and overcoat, then ran to fetch his slippers. He never even noticed her new hairdo, all that was heard at the table were a series of slurps, belches and the occasional release of wind.

She sat facing Cyril, a faint smile hovering around her scarlet mouth, freedom would be such a blessed release. At precisely six o'clock he rose from his chair and uttered those immortal words - " I'm off to the pub. "

Sheila watched the hands of the clock move ever so slowly over the face. Would the night never end ? It seemed like an eternity before she heard his key turn in the lock and he staggered in. Cyril went straight up to bed and Sheila waited until she heard his familiar deep snoring then unlocked the back door and crept upstairs.

She removed her clothes and slipped between the sheets beside her husband and waited.

The three friends opened the door and crept into the house. Removing their coats they smiled knowingly at each other before climbing the stairs up to the bedroom. They all knew what to do, they'd discussed it at great length. Once the deed was done life would be much better for all concerned.

Margaret opened the bedroom door and gazed down on the couple sleeping soundly in the King -size bed. In a few minutes a life would be snuffed out.

They pulled the pillows from underneath the head, then, just as the eyes sprang open with surprise, pressed down with all of their might. It took only but a few seconds. They then released the pressure and stepped back panting a little with the exertion.

The deed was done, freedom was theirs as a voice piped up:

" Well done my lovely darlings, that's got rid of the old bag forever. "

THE END

It isn't true that married men live longer than single men. It just seems longer.

## Lustkraftwagen or HGV's

Herr Rudolf Diesel is to blame  
born in Paris near the Seine  
Designed an engine which we hate  
our roads and bodies they flagellate

Diesel was of Germanic stock  
if he lived today he'd be in for a shock  
Great big engines the size of four men  
perhaps he'd have to think again

Attached to them is a body over 40 ton  
so they are cost effective on a long run  
They gut our congested village street  
smoking, belching it's just not 'reet'

Cost effective for who I ask ?  
as Physicians get on with their morbid task  
removing clogged lungs and throats  
blackened with tar overcoats

Buildings are covered too  
with black smoke that's just like glue  
The ugly brutes also kill and maim  
it's not the streets but the trucks to blame

They call them Scammels and Leyland DAFS  
ugly obscene names that give no laughs  
Loud beasts that rape us each day  
with noise pollution which just won't go away

Deaf old man choking with one lung  
not hearing the song that a bird has sung  
Tries to speak through his new voice box  
wishing on Herr Diesel, I'm sure, the Pox

Old man you need not wish  
he's already gone - he died like a fish  
In 1913 his death on the high seas  
was unaware of the future tragedies

This inventor never did think  
of all the pollution and evil stink  
As people here choke and die I say  
it was you Herr Diesel who took them away

You took them away the motive was greed  
I'm sure there were warnings you chose not to heed  
Lorries, trucks and diesel fuel  
a danger to life - an unfair duel

At least cigarettes don't cause deafness

## Racehorse

The only creature that can take thousands of people  
for a ride at the same time

## THE TOLL OF THE ROADS

Anyone in his right mind deplores road accidents and any road user should operate his vehicle in such wise that he not only avoids but - more importantly - attempts to anticipate accidents before they even have a chance to happen. Speed as such has little to do with it.

The hard fact remains that so long as the population figures tend to rise and so long as public amenities and commercial services increase, then roads will have to become wider and wider and traffic will have to move faster and fast: unless we want life to come to a grinding halt.

It is easy for 'Stimulus' and for those who think like him to long for the peaceful conditions which they assume would have existed on the roads at the beginning of the century and when the English scene was all 'sweetness and grace'. Personally, I believe that the advent of the motor-car has probably done more to make our roads safer than any other factor - and I am one of those people who don't like motor-cars and so tend to be biased in my thinking.

Let me try, if not to prove, at least support my contention.

It is for readers to recall - if they can - when last there was a fatal accident on the roads of Haydon Parish. Mine is an easier task - I must try to make a representative (but not exhaustive) list of some mishaps befalling in the days of slower (and therefore, by implication, safer) horse.

November 2nd 1835. The Carlisle-Newcastle mail coach turned over. The coachman was killed and passengers injured.

December 3rd 1849. Mr Thomas Cowing, returning from Haltwhistle with Mr Nicholas Maughan, was killed when his horse dashed against the side of a house.

February 21st 1850. Mr Matthew Henderson died as a result of a fall from his horse. He was 45 years of age.

December 28th 1853. Mr John Dryden died as a result, it is supposed, from a fall from a horse.

March 19th 1857. William Elliot was accidentally killed at Fourstones station and but a few miles from the spot where his father, scarce twelve months previously, had met with a similar fate.

April 28th 1858. Anthony Allen was accidentally killed by a cart passing over him.

It would seem, wouldn't it, that man's friend, the horse, was far more lethal than man's status symbol, the motor-car ? I am not complaining for one moment that the situation we find on the roads today gives cause for complacency. But I am suggesting that the situation is very much better than it was a hundred or even fifty, years ago - and I think I have produced facts enough to prove my point. Had I made thorough search of the records I could have produced many, many more.

In this day and age we must learn to differentiate between a craze for speed and the necessity for speed on the highways. Restrictive legislation such as 'Stimulus' advocates will do nothing to restrict the activities of the 'crazy gang' - who after all, are a very tiny minority - but it could well have a very serious effect, on the economy of the country taken as a whole. We must, I think, remember that our highways are the arteries through which the lifeblood of commerce flows - and the placing of restrictions upon arteries of any sort will lead first of all to discomfort and, if sufficiently prolonged, the death of the patient. As far as our highways are concerned (and it is not without good reason that we call them arterial roads) we have reached the stage of feeling discomfort: a discomfort which cannot be alleviated by the placing of further restrictions upon the flow of traffic.

PARISH MAGAZINE February 1966

# CHURCH NEWSLETTER

Number 42

An independent supplement to the Haydon News

MARCH 1996

**1796 - 1996 St. Cuthbert's : Haydon Bridge - Bicentenary**

## LENT - HOLY WEEK - EASTER

Once again we find ourselves in the season of Lent. It is that period in the Church's Calendar when Christians should try to prepare themselves for Easter. Lent began on Ash Wednesday with a service in which a cross of ash was made on the foreheads of those attending as a symbol of our penitence - our sorrow for our sins. The whole of Lent is a penitential season and is a time when we look at our lives to see where we are going wrong and when we try to take some steps to put things right again. How we may "put right" what is wrong will vary from individual to individual. The clergy try always to be available to give counsel and help to those who want to "start again" and are trained to pass people on to other professionals if the problems people have lie outside of their competence. The Church as an organisation (with centuries of experience of the human condition) suggests various measures for using Lent as a time of renewal.

**1. By Church Attendance.** Each Sunday in Lent has a particular theme and the worship is aimed at helping us to understand and cope with such issues as "Temptation", "Conflict" and "Suffering" and leads us through to the truth about Jesus Christ and his suffering on the cross and the Victory gained through that suffering. On Palm Sunday we shall have in mind the entry of Christ into Jerusalem, which is still the place of great conflict and suffering and, paradoxically is the Holy City. On Maundy Thursday we remember the last supper Christ had with his disciples before his death and the New commandment he gave them - that they should love one another as he had loved them. On Good Friday we shall be present, "in spirit" with Christ as he faces death by crucifixion and we shall consider what his death means in relation to our life and death. On Easter Day we shall celebrate and rejoice that through the message of the resurrection, human life does have meaning and does have a future in spite of the evils that exist within the world and within our own lives. Why not try to attend some or all of these services and follow the message as it unfolds in the services of the Church - it could make a difference to how you see yourself and the part you play in the greater scheme of things?

**2. By Abstinence.** Traditionally Christians have "given something up" for Lent. Eat less - drink less - stop smoking - be less selfish - whatever YOU decide. The practice of self-discipline has two purposes. From the practical point of view it may make sense for our health and general well being to be more disciplined. We may be able to conquer a bad habit or to give up something that is going to do us harm. Of course we may not be successful, in which case the effort of trying and failing may lead us to a humble trust in God who alone can save us from our self-destructive ways. Humility and the acceptance of our human weakness is as important a lesson to learn as is the success of conquering a bad habit.

**3. By Devotion.** Christians should be devoted to God and to their neighbour. The two great commandments are to love God with all your heart, all your soul, all your strength, and all your mind, and to love your neighbour as yourself. To love God first suggests that spending some time in reading the Bible and in trying to pray is a first step towards obeying this commandment. Reading the Bible is to do with loving God because through our reading of holy scripture we are learning the will and the ways of God. Prayer takes a step towards fulfilling both commandments in that in prayer we enter into a relationship with God but we also express our concern for our neighbour by praying for them. Our love for our neighbour leads us on to:-

**4. Practical Activity.** These have to do with how we spend our time and with the problem of carrying Christian ethics and morality into our daily lives. Two things are important here. Firstly we need to think about the morality of what we do, at work and in our leisure time. How well do we stand up for what is just, good, and of benefit to society and the people with whom we live. Secondly, we need to actively support those agency, not least the Church, who are concerned with moral issues.

Easter is about new life - renewal of life - it is something we all need as individuals and as a society. Lent is a time of preparation for new life. A time when we try to put to death that which is wrong and destructive. G.P & K.F.



## From the Registers

### Baptism

11th Feb - James Andrew Easby

### Funerals

1st Feb. - Richard Lambert  
15th Feb - Andrew Cuthbertson

**Men's Christian Fellowship**  
at 7.30 p.m. in the Methodist  
Schoolroom

19th March - Rev David Perkins  
Annual General Meeting

COME & JOIN IN A  
SING-A-LONG

## MESSIAH

(Novello Edition)

EITHER AS A SINGER OR  
AUDIENCE

SATURDAY

MARCH 16th

Rehearsal 2 pm  
Performance 7 pm  
in

HEXHAM TRINITY  
METHODIST CHURCH

*In aid of Haydon Bridge  
Methodist Church Re-  
development.*



## Facts & Figures

Christianity is the world's prevailing religion, with some 1.87 billion adherents, or one third of the world's population. Of these, 1.04 billion are Roman Catholic. The largest non-Christian religion is Islam (Muslim) with some 1.01 billion followers.

In the U.K., the Roman Catholic population stands at 5,815,000. The Anglican Church has an actual membership of 1,855,000.

The earliest Christian church in the U.K. was at Colchester, Essex, and was built in c. 320AD. The oldest surviving ecclesiastical building in the country is a 6th century cell built by St. Brendan in 542AD on Eileachan Naomh, Garvelloch Islands, Strathclyde.

*-From the New Guinness  
Book of Records 1995*

# 1796-1996

## Church Electoral Roll

During this month the Church Electoral Roll will be completely renewed. This has to be done every six years. People who are on the old roll will be informed of the creation of a new roll and given the opportunity to register their names. Those who are not on the old roll but want to be included on the new roll must apply by 9th April.

Those who are eligible for inclusion on the roll are as follows:-

- You must be resident within the parish and of sixteen years or over. If you are not resident you must have habitually attended worship in the parish for the past six months.
- You must be baptised and wish to be a member of the Church of England.
- You must sign the form requesting enrolment (available from the vicar or churchwardens).

K F

## SERVICES AT THE PARISH CHURCH

(including Beltingham & Henshaw)

10th March - Lent 3

9am Holy Communion at Henshaw -  
BCP

10.30am Parish Eucharist  
6pm Evensong at Henshaw

12th March - Tuesday

10.30am Holy Communion

17th March - Mothering Sunday

8am Holy Communion

10am Holy Communion at Beltingham -  
BCP

10.30am Morning Prayer  
6pm Choral Evensong - ASB

19th March - Tuesday

10.30am Holy Communion

20th March - St Cuthbert

7 pm Holy Communion & Dedication  
of new kneelers.

24th March - Lent 5

10am Matins at Henshaw

10.30am Parish Eucharist

6pm Evening Prayer - said - BCP - no  
sermon

26th March - Tuesday

10.30am Holy Communion

31st March - Palm Sunday

10am Eucharist at Henshaw

(Haydon Bridge joins with Beltingham  
with Henshaw today)

2nd April - Tues of Holy Week

10.30am Holy Communion

3rd April - Wed of Holy Week

7pm Stations of the Cross at Roman  
Catholic Church

4th April - Maundy Thursday

10am Holy Communion at Henshaw

7pm Holy Communion

5th April - Good Friday

10.30am Liturgy of the Day

2pm One Hour Devotion at Beltingham

7th April - Easter Day

8am Holy Communion

9.30am Holy Communion at  
Beltingham

10.30am Eucharist

6pm United Service at URC

# HEALTH CENTRE NEWS

## DON'T PANIC MR. MAINWEARING!

Out-of-hours cover is the hottest topic in town and no doubt you will have been following developments in the local papers. Mary and I are agreed that we do not wish to join in with a giant centrally operated rota covering the whole of Tynedale. We shall continue to provide out of hours cover in the usual way - including visiting people at home when it is necessary.

On average, over a whole year, I am out of bed to see a patient about once every fortnight. At weekends our duty rota means that the doctor on duty is on call continuously from 6.30pm on Friday until 8.30am on Monday. In the six years that I have been here I can recall only one weekend with no calls. The greatest number of calls was forty six. There are occasions when the person calling is simply seeking advice by phone, this accounts for about a quarter of calls. Quite a few people are eager to save us having to travel to their homes and ask to bring the patient to the home of the doctor on-call or the surgery. We are enormously grateful for this sort of helpful consideration.

It is our belief, that since everyone knows they will be seen straight away the next morning, people get less anxious and feel confident enough to wait until the health centre opens.

## WHAT IS AN EMERGENCY?

GPs out-of-hours cover is intended for emergencies which cannot wait until the health centre opens again. It is not a 24 hour GP service for all conditions. It is not always possible for people to tell whether they are faced with something serious and this is why we are always available - all day - every day - without fail - to respond to a call.

The following can safely be regarded as true emergencies:

### CHILDREN

- **ANY** ILL CHILD CAUSING A PARENT ANXIETY

### ADULTS

- SEVERE PAIN
- LOSS OF CONSCIOUSNESS
- BREATHLESSNESS / CHOKING
- BLEEDING
- ANIMAL (INCLUDING HUMAN) BITES
- POISONING
- BROKEN BONES
- LOSS OF SIGHT, SPEECH OR MOVEMENT
- EYE INJURY
- ANY PREGNANCY PROBLEMS
- DEEP CUTS OR PUNCTURE WOUNDS
- PAINFUL OR RED SWELLINGS
- STRANGE OR DANGEROUS BEHAVIOUR

Folks should not underestimate their own ability to cope with everyday minor illnesses.

First aid treatment in the home for things like raised temperature, minor aches and pains, coughs and colds, small cuts and grazes, simple diarrhoea and vomiting (at least in older children and adults when there is little pain) and sprains etc. is well within the ability of almost everyone to treat. There are plenty of books and leaflets on such problems - we have some free "Minor illness" leaflets at the Health Centre if

anyone would like one. We shall have a section in the new brochure in due course.

## HELPING US TO HELP YOU OUT-OF-HOURS

Some people are unable to give a clear enough description of the problem for advice by phone to be safe. It is not difficult to give a clear description of a problem, a moment or two thinking about what to say will be time well spent. The first things we need to know when

you make a call include:

- Who is the patient?
- Where is the patient?
- What has happened?

- What steps have been taken to help?

Some folks, trying to be helpful, offer their own diagnosis instead of describing the symptoms. It is much safer to stick to a description.

For example, with chest pain don't assume that the patient is having a heart attack. What can one say about a pain?

- Where is the pain?
- How long has it been present?
- How severe is the pain?
- What other symptoms are present?

A good description of a heart attack would be:

*"Mr Bloggs has severe pain in the left side of his chest which came on suddenly fifteen minutes ago. He has gone pale and sweaty. He feels sick and a bit faint."*

Ideally, we would like to speak directly to the patient rather than have someone else relaying messages. If you have a specific anxiety - "Is it meningitis?" - do say so rather than wait for us to guess why you are anxious. If the address, where the patient is, is not something simple like "Number 25, Acacia Avenue" but "Dunroamin', OutBye" we shall need a detailed description of how to get there. This is especially important if you think we have not been to your house before. Anyone who does not have their house number or name very clearly displayed and easily visible from a car on the road at night should be used as food - it might be an ambulance, fire engine or Lottery official (with a cheque) trying to find you! If you live right out in the sticks then giving an Ordinance Survey six figure map reference will be ideal - especially if you get the numbers in the right order.

Constructive comments and suggestions on improving the service we offer are welcome. SF.

## **KEY MESSAGE ONE**

**THE HAYDON BRIDGE HEALTH CENTRE HAS NO PLANS TO CHANGE THE PRESENT OUT-OF-HOURS COVER. MARY AND I WILL CONTINUE TO BE ON DUTY AND WILL MAKE HOME VISITS, WHEN NECESSARY, AT ANY TIME.**

recall only one weekend

and a visit becomes necessary.

## **KEY MESSAGE TWO**

**FOLKS SHOULD NOT UNDERESTIMATE THEIR OWN ABILITY TO COPE WITH MINOR ILLNESSES.**

## **KEY MESSAGE THREE**

**YOU WILL BE SEEN, ON REQUEST, FIRST THING IN THE MORNING (MONDAY - FRIDAY). KNOWING THIS MAY REDUCE ANXIETY IN THE NIGHT. IF FIRST THING IN THE MORNING IS UNSUITABLE FOR YOU WE HAVE ALWAYS UNDERTAKEN TO SEE EVERYBODY ON THE SAME DAY THAT THEY CONTACT THE HEALTH CENTRE. THERE IS NO DELAY IN SEEING A DOCTOR IN HAYDON BRIDGE.**