



# Glanton Parish Newsletter

June 2010

Issue 63

## Editorial

This is our early summer newsletter and I am pleased to be compiling it to let Lynne have some time to spend on the last part of her Post Graduate studies. Lynne puts a lot of time and effort in to help keep us all informed about our parish activities; I am sure you want me to pass on our thanks.

We have had a well supported parish meeting and you will find details inside. We have also had the annual clean sweep, and thanks to everyone who helped clean their part of the village. The clean sweep is a very useful point in time for us to appreciate and take a pride in the village we have chosen to make our home. Thanks to Joe Easton and Pat Guiry for sorting out the collection of the sweepings and we will thank on your behalf the local authority who kindly sent a sweeper and blower to clear the gutters and paths.

Many thanks to everyone who has made a contribution to this newsletter and thanks to all those who distribute it.

*Norman Dunn, Guest Editor*

## What's on? – Some Highlights

- Second Tuesday in the month, Glanton Women's Institute
- 19<sup>th</sup> June (8:00pm) Italian Wine Tasting, 12 Alnside, Whittingham in aid of Scout funds
- 26<sup>th</sup> June (10:30am) Coffee Morning, Whittingham Memorial Hall, in aid of St Mary's
- 10<sup>th</sup> July (2:00pm) Strawberry Tea, Glanton Memorial Hall, Community Support Event
- 17<sup>th</sup> July (10:30 – Noon) Grand Book Sale, Whittingham Memorial Hall
- 18<sup>th</sup> July Glanton Show Clay Pigeon Shoot
- 26<sup>th</sup> July (7:00pm) Glanton Parish Council, Memorial Hall
- Last week in July –Glanton and Whittingham Churches' Sale at the Charity Shop Wooler

## Newsletter Deadlines for 2010

31<sup>st</sup> July  
2<sup>nd</sup> October  
4<sup>th</sup> December

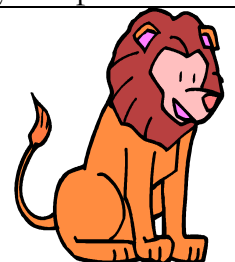
*Please make a note in your diaries*

## Please Contact:

Lynne Livsey  
2 Red Lion Cottages  
Whittingham Road Glanton, NE66  
4AS

Tel: 01665 578 459

Email: [livsey123@btinternet.com](mailto:livsey123@btinternet.com)



## **Update from the Parish Council**

### **Report on the Parish Council Meeting - 24<sup>th</sup> May 2010**

As has become tradition in these parts, the AGM of Glanton Parish Council was held before the Village Meeting and was attended by all serving Glanton Parish Councillors. Chris Livsey, Chair since 2008 took the opportunity to stand down, as did George Dodds who has been serving as Vice Chair for the past two years. On behalf of the Parish Council - and indeed the Parish - I'll take this opportunity to again thank both for their fervour, commitment and unwavering service to the residents of Glanton.

The Council is pleased to have an equally enthusiastic replacement in Jon Radgick who was voted in as Chair and I've taken on the role of Vice Chair. We both hope to serve the Parish well over the forthcoming term and will be looking for active participation from Councillors and Parishioners alike to deliver outcomes from the Glanton Parish Plan. In Jon's absence I chaired the PC meeting.

Whilst on the subject of Councillors, we are also delighted to announce that Angus Collingwood Cameron has accepted the invitation to fill a vacant post as Parish Councillor and was co-opted on to the Council at this meeting. It's great news to be able to report that you have a full Parish Council.

On to other subjects; financially the Parish Council is in relatively healthy shape – hence the decision to lower the precept (that's the part of residents' council tax that comes directly back to the Parish Council) for the forthcoming year. We do intend to start delivering some of the projects identified in the Parish Plan and the renewal of Glanton's sign posts was discussed in detail – possible sources of funding for the project have been identified and Councillors are pursuing this project with vigour.

It was decided at the meeting that the Council will provide support to maintain the excellent flower beds we enjoy in Glanton, make a variety of charitable donations throughout the year, continue our membership of Northumberland Association of Local Councils and make support payments to both the Memorial Hall and also to Whittingham Churchyard. We also hope to finally have a suitable location identified for a Parish notice board; Joe Easton and Jon Radgick know more if you want the details.

On behalf of the Parish Council, we would like to sincerely thank those that attended and actively participated in the Village Meeting this year – excellent to see a good number of people attending who are as passionate about Glanton as the Parish Council is!

Ben Tansey

## **Annual Village Meeting**

The annual village meeting was held straight after the Parish Council meeting and was well attended by members of the parish and village. Mr Livsey, undertaking his final role as Parish Council Chairman prior to standing down, chaired the meeting that covered the following points.

We are fortunate to have a strong and diverse council that has worked hard over the last 12 months to ensure that Glanton matters are dealt with appropriately. The council is at full strength and all meetings have been well attended, including training sessions and external meetings.

The precept for this financial year has been reduced to reflect the proposed annual budget and the underspend accrued from past years. The council made a commitment that given the current global economic situation it would only precept for what was needed to meet its proposed budgetary commitments.

The council has worked hard over the last 12 months to deliver elements of the Parish Plan. The Plan is going to be given more emphasis in the following period in order to build upon what has already been achieved and to maintain momentum. It is hoped that members of the public will support the various projects that are taken forward.

We were fortunate to have the village highways repaired prior to the worst snow we have seen for many years. The roads had been left in a shocking state following the diversion relating to the land-slip at Powburn. With the help of our local councillor Stephen Bridget we were able to ensure all works were completed with the minimum of disturbance and fuss.

The public have been made welcome at all the council meetings throughout the year and public questions have been numerous. One question has been the potential for the village to have an "Article 4" designation applied to it. This relates to modifications and improvements made to all properties in a given area under Town and Country Planning statute. The Parish Council had voted earlier in the year to not support the proposal because of the requirement for planning consent for some minor material changes to a person's property and also the removal of an individual's rights to permitted development. However the council agreed to canvass support for the proposal at the annual village meeting. A proposal was put forward that should those attending indicate that they would like to learn more about what an Article 4 would mean to the village then the council would organise a village meeting and ask that a member of the local planning authority attend. This was supported.

A question was asked about the telephone box and the reason why it had not been adopted by the Parish Council. It was explained that the pages of conditions BT were imposing on the adoption of the telephone box made the project not viable. The issues not only covered health and safety but also land title and other matters regarding its future use, maintenance and safety issues regarding its condition and operation.

We were also asked about the possibility of publishing memoirs of the Robertson Sisters. The Parish Council will be asked to consider it at a future meeting.

Finally, Mr Livsey thanked all those attending including the Parish Councillors present and wished every success to the Council and its new Chair, Mr Jon Radgick.

Chris Livsey



## Jack Daw's Nature Column

An interesting post note from May was the occurrence of an adult white stork that spent the night on a roof top in Powburn. This confiding bird turned up on the evening of the 17th May and stayed until the following morning before moving to the gravel pits at Hedgeley. The odd white stork turns up from the continent every year. Unfortunately, this bird was a presumed escape with a small metal ring on the right leg. The stork was a bit of an attraction and

was a topic of conversation in the Poachers Rest and Hedgeley petrol station.

In the parish, the summer migrants have arrived. Swallows and house martins appear to have had a good winter with lots of 'twittering' as adults squabble for the prime nest sites. Both species rely on a source of mud to build their nests, which has been a scarce resource during this dry weather. Swallows prefer to nest in sheds and outhouses. House martins build a domed nest of mud on a suitable building. It should be noted that it is illegal to remove their nests even though they may be causing a mess on windows or vehicles. The fine can be up to £5,000 per nest, egg or bird.

The roadside verges are starting to look their best with wild flowers such as the yellow of the crosswort, pink of red campion and the white 'umbellifer' flower of the cow parsley or Queen Anne's lace. The hollow stems of cow parsley were often used as pea shooters by small boys and it is an important source of nectar for a wide range of insects such as hoverflies and soldiers beetles. A search of the flowers may reveal a crab spider (about the size of your finger nail). The spiders will take the colour of their host plant e.g. white on cow parsley. Crab spiders will hide in ambush for unsuspecting prey, which can be as large as a bee.

'Ash before oak we are in for a soak. Oak before ash we are in for a splash'. This country saying is often held as a predictor for weather in the coming summer. Phenology would suggest that the timing of leaf formation in both ash and oak does not hold true to the forthcoming weather. This year, ash and oak appear to have come into leaf at the same time which is unusual and at the time of writing most of the trees have not got their full canopy of leaves yet.



*Jack Daw*

### Church Services

#### **St Andrew's United Reformed Church, Glanton**

Contact Rev. Edward Butlin: Telephone 01670 783 452

#### **St Bartholomew's Church of England, Whittingham**

Contact Ian Lepingwell ([ianlepingwell@progresspersonnel.com](mailto:ianlepingwell@progresspersonnel.com)) (PCC Secretary)

#### **St Mary's Roman Catholic Church**

Contact Fr. David Tanner: Telephone 01665 574 240

### Italian Wine Tasting

Join us for Italian wine on Saturday 19<sup>th</sup> June at 8pm at 12 Alnside, Whittingham.

An evening of fun and friendship, with Chianti, Barolo, Pinot Grigio and much more.

Bring some Italian food - pizza, pasta, tiramisu, ice cream - for a summer feast. £10 per person, with tickets available for the Small Charity Small Car Draw to win a mini for only £2 per ticket.

In aid of 1<sup>st</sup> Whittingham BP Scout Group  
Reserve a place by calling Ninette or Clive on 574733.



## GLANTON SHOW CLAY PIGEON SHOOT SUNDAY, 18<sup>TH</sup> JULY

Helpers Wanted for trapping or scoring  
Beginners welcome

**Show Schedules available in the shop now.  
Time to get baking, growing, knitting, painting etc**

# GLANTON SHOW

## 14th August 2010

### GRAND DRAW

Tickets £5 to win £100

One Hundred Tickets only for sale

For sale **NOW** from

Claire Swanson (578594) or Liz Knox (574992)



## Looking Through A Lens

Dave Dixon

If you were to ask me what my favourite camera control was - the thing on the control panel which I can tweak when I take a picture - then the answer would be simple...the lens aperture.

The aperture of the lens gives control over the amount of the scene which is in focus. When you first think about it, it's easy to think "well, all of a picture should be in focus", but that isn't always the case. Consider a portrait shot, or a close-up image of something like a flower - here it is very helpful to make the main subject appear in focus, whilst the background is soft / out-of-focus, to help keep the viewer's interest on the main subject. That's where aperture control comes to the fore.

When you take a photograph, one of the settings which the camera applies, is how "open" the lens is. Think of it like this...the lens is an open circle, and when you take a photograph, you can choose to leave that circle as open as possible, or to close it down to a much smaller circle. The size of the open circle - the lens aperture - has two effects when you take a photograph. First of all, as it restricts the amount of light reaching the film / digital sensor, it affects the exposure time (a large aperture means more light, and so the shutter can be open for a shorter time, whereas a small aperture means less light, so the shutter needs to remain open for longer in order to expose the image correctly).

However, for me, the real magic that the lens aperture brings is the control over how much of the image is in focus. Let me explain...

The lens aperture is measured in numbers which relate to how much of the lens, compared to wide open, is open at the time that you take your photograph. There are a standard set of numbers used, which relate to the ratio of a circle and probably mean a lot more to you if you paid attention during those sessions on optics during physics lessons at school...however, for now let's just say that a small number, such as f/2.8 or f/4 (somewhat conversely) means a large aperture, and a large number, such as f/16 or f/22, means a small aperture.

So what? – Well, the aperture limits what is known as the "depth of field", that is to say the amount of the image which is in focus. Basically...

...a small 'f' number means a large aperture, which means limited depth of field

...a large 'f' number means a small aperture, which means great depth of field

...and if you think that all sounds a bit contradictory in the small vs. large terminology, then you won't be the first to think that.

Anyhow, let's talk about how we can use aperture control to improve the photographs that we take. Let's say I want to take a portrait of one of my nearest and dearest. After persuading them to sit still in front of the camera (always the biggest challenge) I'd probably want to set my camera to a small aperture (such as f/2.8 or f/4). When I focus on what matters most in the shot, for example their eyes, I want only a small amount of the shot, basically that in close proximity to that point of focus, to be sharp. Items in the background can remain out of focus, and so keep the viewer's interest on the subject's face.

The converse of this would be a landscape shot, where there is a lot of interest, from the very front of the frame to the very distant-most detail. Here, I would probably choose to use a smaller aperture like f/16 or f/22 in order to maximise depth of field, so that as much of the image as possible remains sharply in focus.

Here's an example of a shot taken with a large aperture and focused right on the subject's face, which allowed me to retain interest in the subject whilst the background became a blur. Do you really think this would have been so engaging a portrait if you'd been able to make out every individual blade of grass in this background here?



© Dave Dixon LRPS

### Top Tip

Use a big aperture (small 'f' number) to limit how much of an image is in focus, and use a small aperture (big 'f' number) for greater depth of field. In automatic modes, your camera will probably try to second-guess what aperture value you need. If your camera supports it, switch to "Av" mode and select the aperture value which you feel is most appropriate for the scene you are trying to capture. As ever, cameras vary from manufacturer to manufacturer, and from model to model, so consult the user manual for your camera for more information on how to use this oh-so-useful function.



## How to Celebrate a Birthday in Style

*“Are you free on Friday afternoon?”* This seemed an innocent enough question although intriguing when my brother-in-law wouldn’t give any details. Saying yes, however, did result in the advice that old clothes and wellies would be useful. Friday dawned and I was whisked off in the direction of Wooler with my twin sister to experience our joint birthday treat.

Thoughts of going riding or for an art lesson came to mind before we arrived at a farm cottage where the truth was revealed: we were there for a pig keeping course. Well, obviously! Goodness knows why we hadn’t guessed.

We started over a cup of tea with Sarah taking us through the requirements that DEFRA place upon anyone who wants to keep a pig or pigs. It doesn’t matter how small scale, the rules are unbendable as a result of the horrors of Foot & Mouth. (It also became clear to me why my brilliant idea of having racing pigs at the Show would be very complicated to organise.)

Next we went to see the tools of the trade, earmarks and tattooing equipment, injection paraphernalia and so on, and then the exciting bit – off to tackle the hands-on side of pig keeping.

We had already got the picture from Sarah that Tamworths are a wonderful rare old breed but we weren’t really prepared for just how wonderful they would be – massive sows lying in lovely spacious old farm buildings on thick straw with week old piglets either contentedly attached to a teat or running round in little bands looking absolutely beautiful. Sarah ushered one of the sows out so that we could set to unhindered to give her piglets their iron injections and record the number of males and females.

Picking up a piglet for the first time has to be one of life’s memorable experiences – they’re warm, soft, very wriggly and anyone would think you were tearing them limb from limb as they squeal their heads off. Without Sarah calmly and clearly showing you what to do you’d have a complete crisis of confidence. As it is you feel within no time at all you were destined to become a pig farmer. Plus the fact that Tamworths are so obligingly healthy and uncomplicated.

Later we went off to feed the outdoor pigs learning more at every step as we bombarded Sarah with questions and after educating and entertaining us for the afternoon she went one step further taking us back to the house for another cup of tea and homemade birthday cake!



So there you are, if you fancy a really great and memorable afternoon – whether or not you're interested in keeping pigs – you could do no better than looking up Sarah's website [www.yearletamworths.co.uk](http://www.yearletamworths.co.uk) and booking onto a course. Enjoy!

Gill Dunn

## YEARLE TAMWORTHS

By Mail : **Sarah Dodds,**  
**Yearle Farm**  
**Wooler**  
**Northumberland**  
**NE71 6RB**

By Telephone : **01668 281336 – day**  
**01668 283163 – evening**

By e-mail : [info@yearletamworths.co.uk](mailto:info@yearletamworths.co.uk)



### Community Shop Wooler

All of the Churches in Glanton, Whittingham and Bolton are hiring the Community Shop in Wooler from **27<sup>th</sup> to 31<sup>st</sup> July** to raise much needed funds.

They want goods to sell, books, bric-a-brac, clothes, DVDs, games, household goods, tools and any furniture small enough to fit in a car.

Can you help – sorting, pricing, setting up, selling, clearing up?

*Find out more from*

*Beryl Parr (574385); Margaret Drummond (574245); Christ Sharp (578900)*

***MOST OF ALL COME AND SHOP TILL YOU DROP***

Whittingham Parish Churches

## GRAND BOOK SALE

In Whittingham Memorial Hall

**Saturday, 17<sup>th</sup> July**

**10:30am to Noon**

Fair Trade Tea or Coffee, 50p

Books to suit all ages and most tastes

Everybody welcome to browse, buy or donate books

Enquiries to Beryl Parr at 01665 574385





## COQUET AND WHITTINGHAM VALE WORK WEB

We would like to announce an exciting extension to the 'Work Web'- a successful service run in Wooler and wider Glendale - has been launched in the Coquetdale and Whittingham Vale area. Through the Rural Employability Service (REP) and their partner, the Rothbury and Coquetdale Youth Project, the Work Web act as an employability brokerage service, offering advice and guidance about jobs, training, self employment, and small grant funds. Launched in March this year at the Jubilee Hall, Rothbury, the project can offer the following to people in the area:

- Access to the wide range of employability services currently totally absent from the area
- Local training opportunities
- Access to employability services within deep rural areas, or where travel and transport are issues
- Support and assistance for local employers in job advertising, training and support, e.g. to grow the business
- Advice and guidance on establishing your own business

The Work Web team can list local employment opportunities on the Work Web website free of charge: [www.workweb.org.uk](http://www.workweb.org.uk) , and on the digital display boards located in Hedgeley, Longframlington, Rothbury and Elsdon. The information is updated weekly, so residents can be sure of up to date information. There is also a weekly Work Web drop-in session at the Jubilee Hall, Rothbury, Wednesdays between 1.00pm and 4.00pm. The drop-in is there as a first port-of-call for information about work, training or self-employment.

Work Web Team

May 2010

The project is funded by ONE North East through the Northumberland Employability & Work Service and delivered by a team of 'locals'. For further information about the project, contact the Work Web team or to list a job vacancy, call Gemma: 07501465015, or email details to: [info@workweb.org.uk](mailto:info@workweb.org.uk)

Supported by:



## Who cares? Community Support project

You are invited to drop in for a free Strawberry Tea  
**on Saturday 10th July**  
in Glanton Memorial Hall 2pm - 4pm

Glanton Parish Council is working with Whittingham & Hedgeley Parish Councils and the Bell View Project in Belford to find out what services are needed to support older people to live independently and have a good quality of life in our local area. We also want to make sure that people who provide care for family and friends have access to timely information, help and support.

All three parishes have ageing populations, but in the current economic climate local government is facing major spending cuts and this will affect local services. We are concerned that people growing older and carers in rural areas may be forgotten or find it hard to access information and services when they need them. However, we can't make a case for service improvements without your help.

### **Have your say and help your neighbours**

We need to talk to you and find out what support already exists, either provided by statutory agencies or by informal, 'good neighbour' / community support services, and what could be improved.

So, whether you think we need better transport, information, more help when people come home from hospital, support for carers, or better community support services, ***we need to hear from you.***

The aim is to pull all the information together so that we can see what is being provided and where the gaps are. We will then make sure that this information is used to show local service providers what needs to be developed and look for funding opportunities.

### **How to get involved**

Three informal community events have been organised to encourage all local residents to have their say. Free door- to- door transport can be provided if you need it: to book this phone: 01668 219220 and speak to Jane Field.

If you can't make the Glanton event, you are welcome to attend either of the following: Saturday, 3<sup>rd</sup> July (2:30 – 4:00) at Whittingham Memorial Hall or Saturday 10<sup>th</sup> July (10:00 – 12:00) at Breamish Hall, Hedgeley.

If you can't make any of these events but would like to get involved or have your say, you can speak to Jane Field, 01668 219220 at Bell View, 33 West Street Belford NE70 7QB.

***All information will be treated in confidence. Nobody will be personally identified.***



## *St Andrews United Reformed Church*

We are now the proud owners of a super Yamaha electric organ. This has been gifted to us by the late John Hillcox of Bolton. John, who died recently, was a good friend to our church – he and Joan would come to our special services and celebrations and was ever willing to play the organ when needed. This is a most generous gift for which we are very grateful.

This year we will not be holding our usual Garden Party – instead we are to have a Stall at Glanton Show and will be selling cakes, jams and garden produce. Please keep this in mind and come and support us.

Don't forget our sale at the Wooler Community Shop 27<sup>th</sup> to 31<sup>st</sup> July. Detail elsewhere in the newsletter.

Marion Guiry

### **BELL VIEW BELFORD OPEN WEEK**

**14<sup>th</sup> – 18<sup>th</sup> June**

**11am - 2pm**

**Find out about the services & facilities we offer as well as meeting the staff in Daycare & the Resource Centre.**

**Monday 14th 11am:**

Launch by North East comedian Brendon Healy

**Tuesday 15th 11am:**

'Plot to Pot' live cookery demonstrations

**Wednesday 16th 11am:**

Coffee & informal chat with Northumberland Care Trust and learn more about the changes happening with Social Care

**Thursday 17<sup>th</sup> 11 am onwards:**

Join us for Card making

**Friday 18<sup>th</sup> 11am onwards:**

Coffee and an informal chat with Carers Northumberland to find out what support is available for carers

**For more information about the week, to request a FREE Services Portfolio or further details about the services we provide phone 01668 219220**

Everyone who attends will be entered into a draw for £50 M & S Vouchers



## Enabling Independence

### Northumberland Home Improvement Agency

The Northumberland Home Improvement Agency will provide comprehensive advice and assistance to help older, disabled and other vulnerable people to remain safe, warm, secure and independent, in well maintained and adapted homes.

*Our aim is to support any older, disabled or vulnerable person in West and North Northumberland by:*

- Maximising Income:** carrying out benefit assessments, energy efficiency checks and finding charitable resources
- Social Activities:** assisting clients to participate in their chosen activity or to get involved with their local community or reconnect with family and friends
- Health & Wellbeing:** providing contact details and making ongoing referrals for additional services such as handymen, support for carers, energy efficiency schemes, telecare systems, and offering housing options advice
- Home Safety:** offering advice and information on securing your home and feeling safe
- Choice & Advocacy:** identifying the needs and wishes of our clients and assisting them to make fully informed choices and to be involved and have control over any decisions

To achieve our aims we will:

- Carry out home visits by appointment
- Help with completing forms, loan and grant applications
- Offer advice, information and advocacy
- Provide a wide range of contact details of other organisations that can assist or offer further help and information
- Provide practical, professional and moral support throughout the whole process

If you feel our services could be of benefit to you, please contact:

Theresa Cameron, Agency Caseworker  
Northumberland Home Improvement Agency  
Suite 11 Wansbeck Business Centre  
Rotary Parkway, Ashington,  
Northumberland, NE63 8QZ  
Tel: 01670 840 469  
[Email: nhia@dsl.pipex.com](mailto:nhia@dsl.pipex.com)  
Web: [www.northumberlandhia.org.uk](http://www.northumberlandhia.org.uk)

## NORTHUMBERLAND COMMUNITY ISSUE MESSAGING CRIME PREVENTION

### **Metal theft – What is metal theft?**

Scrap metal is becoming more valuable, due to an increase in export and demand. Police are treating this crime as a serious issue as it has seen a national increase of 150% in the past few years and it's estimated to cost the country £360 million each year. Thieves target aluminium, copper, steel, bronze and other ferrous and non-ferrous metals. Items most commonly stolen include manhole covers, copper cables, aluminium road signs and metal beer kegs. Metal has also been stolen from churches, outside houses, properties under renovation and from remote rural farm buildings.

Furthermore, farm equipment, machinery, quad bikes, tools and fuel are also targeted.

The most important thing that you the community can do to make it harder for these metal stealing criminals, is to be vigilant.

You need to report any suspicious activity, any suspicious persons and any suspicious vehicles. Do not think that you are wasting our time. Please remember that it is our job to check people out and we would rather check someone and find that they are there legitimately, than not be called and then have a crime reported. Go on, report it!

### **FIRE SAFETY**

Lee Buckingham - Group Manager Area Team North, Northumberland Fire & Rescue Service highlights the following fire prevention message:

'Northumberland Fire and Rescue Service are reminding householders to exercise care when cooking at home. It is a fact that 46% of fires start in the kitchen and our advice is never leave any pan unattended, exchange your chip pan for a deep fat fryer and switch off all electrical appliances when not in use. You should also continue to test your Smoke Alarms weekly and if you don't have any in your property, have them fitted for free by the service through calling 0800 7311351. Additionally, take care at night as most kitchen fires start between 10pm and 4am. It's easy to be careless when you're tired.'

**FREE smoke alarms and home fire safety check. Call now on 0800 731 1351, or apply online [www.fire.gov.uk](http://www.fire.gov.uk)**

## *St Mary's, Whittingham* *Coffee Morning*

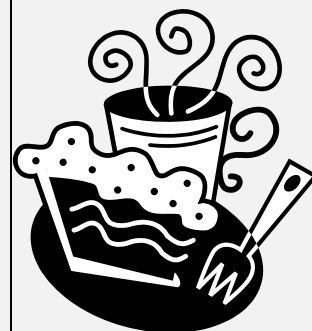
*In the Memorial Hall, WHITTINGHAM*  
*On*

*Saturday, 26th June*

*Opening at*

*10:30 am*

*Cakes, Produce, Tea & Coffee and*  
*Biscuits, Tombola and Raffle*





## Glanton WI

We are taking part in the National Triathlon when we have to swim 5 miles, cycle 20 mile and walk or run 50 miles – not as individuals but as a group! We have just had a warm-up walking around the Breamish ponds. Look out for us speeding through the village on our bicycles or running around the roads. All this is to make sure we keep fit and active.

July is the month when we go on an outing – this year we are to visit the Teviot Smokery. August is our holiday month but we will be back in the hall in September when we have Ann Lavin – a Herbalist coming to speak. Come and join us at any of these events.

### WI Recipe of the Month One Egg Pavlova

- Separate the egg white some hours before beating (the volume will increase).
- Use an electric mixer – beat together for 2 minutes – 1 egg white; 1 tsp vanilla essence; 5 oz Sugar; 1 tsp vinegar.
- Add two table spoons of boiling water with the machine beating till very stiff.
- Lastly fold in 1 rounded tsp baking powder and 1 des spoon of cornflour sieved together.
- Place on parchment paper and smooth to an 8" circle.
- Bake for 1 hour in 300<sup>0</sup> F oven until firm and will come away from the paper

### Carers Northumberland in North Northumberland

Support groups

Regular support groups meeting in the North:

**Rothbury/Thropton** - Thursday 17<sup>th</sup> June 1.00-3.00pm at the Armstrong Memorial Hall

**Alnwick**- last Monday of every month 1.00-3.00pm at Summerhill Residential Home, The Dunterns

**Berwick**- last Wednesday of the month 10.30- 12.30 Walkergate Methodist Church Hall

**Cornhill** - Monday 7<sup>th</sup> June 1.30-3.00pm at the Collingwood Arms Hotel

Carers Week Activities (14<sup>th</sup> - 20<sup>th</sup> June 2010)

**Wooler** - **An afternoon Tea Party** (with a difference) Monday 14<sup>th</sup> June 2.00-4.00pm at the Tankerville Arms, Wooler for carers, partners, friends

**Berwick** - **Free Aromatherapy massage sessions from a local therapist**, Wednesday 16<sup>th</sup> June 10.00am - 3.30pm (carers only)

**Belford** - **Free complementary therapy sessions available at the Bell View Centre**, Friday 18<sup>th</sup> June 10.00am - 4.00pm (Carers only please note pre-booking essential as places limited for both days, please only book for one).

For more information contact Carers Northumberland Info Line:

0844 800 7354 from 10:00 - 2:00, Email [info@carersnorthumberland.gov.uk](mailto:info@carersnorthumberland.gov.uk)

Web site [www.carersnorthumberland.org.uk](http://www.carersnorthumberland.org.uk)





## 1<sup>st</sup> Whittingham BP Scout Group

*The most worth-while thing is to try to put happiness into the lives of others. (Baden-Powell)*

Our Duke of Edinburgh crew found happiness when they reached their idyllic campsite at the foot of a waterfall, after trekking full-pack through Kidland Forest hoping their map-reading tuition had sunken in! Having impressed the leaders, they were sent over Windy Gyle in low cloud the following morning. There were some happy faces back at Alwinton, not because they'd finished, but because they'd completed their challenge. Rovers also wild-camped in the Cheviots, happy in the outdoors, enjoying stunning scenery, great friendship and a pint at the end!

Scouts experienced happiness at their survival weekend. It may not have been being woken at 4am by the rain, or gutting the rabbits or fish, but the excitement of surviving in the outdoors with friends, crossing the river on rope bridges, and huddling around a campfire.

Cubs had a very happy adventure camp, flying owls and hawks, eating ice-cream on Holy Island, making Viking long-boats on the beach, and Viking food on the campfire. Happiness was all around from lighting fires, roasting marshmallows and having fun with friends.

Beavers were happy on their sleepover, where they turned into pirates, paddled across Kielder Water in canoes and explored the woodland for treasure. Bringing happiness to these people is the joy of being a scout master.

*Leave this world a little better than you found it. (Baden-Powell)*

We've had a super term so far, but there's always space for more children and adults. Give us a call if you'd like to join!

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[www.1stwhittingham.org.uk](http://www.1stwhittingham.org.uk)