

THE VILLAGE VOICE

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Lanchester, February 2020

For contact information, see page 2

UGANDA CHOIR COMES TO LANCHESTER



The choir who are all orphans from Uganda and who live in villages built by the Christian charity Watoto present the story of African children and vulnerable women, who've been empowered to rise above their circumstances. See story page 2.

LANCHESTER ORCHARD - A COMMUNITY RESOURCE

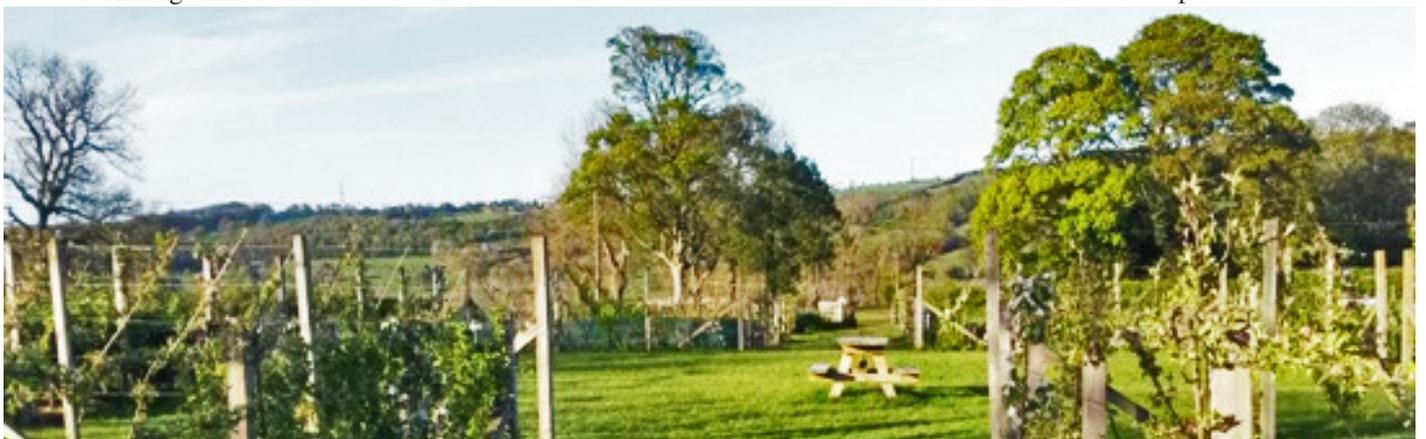
It is now 10 years since Lanchester Partnership set up the Community Orchard and the first fruit trees were planted. In that time a group of fresh air loving individuals have created and landscaped a wonderful peaceful place on the edge of Lanchester. There are now over 300 trees, apple, plum, pear, damson, cobnut and even our own thriving walnut

and mulberry trees. In the centre is our social square surrounded by espalier trees; beyond that there are 30 allotments, their owners producing organic food, and encircling the vegetable plots is a meandering path that takes you through the orchard trees. It is a beautiful spot with views over towards the fort and the hills

surrounding Lanchester - and all for the community!! If you haven't visited yet please feel free to walk around. There are several groups in the village that make use of the orchard; the Junior Wildlife Group, Brownies, Guides and Rainbows have visited to do bug hunts, planting, and hold camp fires. The members of the church

have enjoyed mindful walks along the paths and the art group has come for some 'on location' art work. It is a wonderful community resource. If your club or group would like to make use of this location in return for a small donation to do art work, wildlife activities, strawberry teas, campfires, choir practice, gardening, meditation or a social event

then do contact us through the partnership website when a date can be arranged. Your group might even enjoy coming to lend a hand with some of our gardening tasks, then follow your labours with a BBQ or summer picnic. The invitation is open to all the village community!! Contact: www.lanchesterpartnership.org.uk or telephone 07817369160.



The Community Orchard which has been lovingly created and landscaped, a wonderful peaceful place on the edge of Lanchester.

**UGANDA CHOIR COMES TO
LANCHESTER**

On Saturday 14th March at 6.00 pm, Lanchester Methodist Church will be hosting a concert by the Watoto Children's Choir. They will be performing their newest album, 'We Will Go'. The choir are all orphans from Uganda, who live in villages built by the Christian charity Watoto, and sing and speak of their joy and blessings. It will be an amazing and unforgettable evening, so it is really important that you get your tickets early. The Choir presents the story of abandoned African children and vulnerable women, who've been empowered to rise above their circumstances, and answer the call to be part of the new Africa - ready



Some of the smiling children in the choir.

to make a difference in the world. Watoto Children's Choirs have travelled extensively since 1994, sharing a message of hope for Africa's most vulnerable children and women. People see their

smiles and are embraced by their hugs. The children have the distinct privilege of telling people, "It's possible to have joy, to laugh and to have hope, no matter what you're going through."



It promises to be a lively, colourful performance.

Like Africa, the production is vibrant and colourful, taking you on an emotional journey from utter despair to joyous celebration, as the children and women share their personal stories of triumph in story and song. Other than coming to Africa yourself, what better way to learn about all the good things

happening in Uganda than through this stirring, musical experience. Admission is free by ticket. Please email info@lanchestermethodistchurch.org.uk for tickets or order them direct from Eventbrite <http://www.watotouk.eventbrite.com/> See you there. **See photo on front page.**

HOME SOUGHT



eating a little grass and catnip. My current human is going to live in Scotland and I don't like to think of going all the way up there if I can find

My name is Mitzi and I'm looking for a new home. I'm about 14 and rather tubby, but pretty content with life if I have warmth, companionship and fishy pouches. I'm a house cat but like to have a nose around a garden occasionally,

someone to be with near here. I currently live in Malton, on the edge of Lanchester. Please ring my current home owner, Gill, if you'd consider offering me a home - 07704 860230. It would be lovely to meet you.

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**View the Village
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(including past
issues) at
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**Community
Draw**

The winning number in the Community Draw for last month was 39. The draw was made by Pauline Cook, Zumba class.

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WELCOMING LANCHESTER A CHALLENGE TO LONELINESS

The formal launch of the Welcoming Lanchester Guide took place in the village Community Centre on January 16th. The Guide was delivered

throughout Lanchester before Christmas and encouraged discussion around issues of loneliness. This event encouraged further

debate among interested parties, representing organisations from across the county who came together to learn more about this important project, and to consider how the Guide could promote further discussion and action against loneliness in the future.

Marian Morrison, from the Project Group opened the meeting, describing how the original idea of an introduction to the village began within a Patient Group in the Medical Centre; this aimed at presenting a portrait of Lanchester and its inhabitants. The Patient Participation Group went on to identify many examples of loneliness within our community and

across the age groups. The Guide was developed as a tool to approach specific areas of concern within Lanchester's community. Keynote speakers included Amanda Healy, Director of Public Health, Durham County Council, Ossie Johnson, Councillor for Lanchester and David Friesner, representing the Project Group. Initial feedback about the Guide has been very encouraging, suggesting that conversations are now beginning, and people are now willing to speak about loneliness more openly. It is vitally important that this

approach continues with more and more people becoming involved in the debate and playing their part in making our community friendly and welcoming. Starting a conversation is easy and we can all play our part in making our home a place where friends live. Enquiries about the Loneliness Project can be directed to the Project Team, at email welcoming_lanchester20@gmail.com. If you have particular concerns about loneliness, approach the Lanchester Medical Centre or your own GP.



It was so good to see the younger generation being involved in the future of our community! Ella Bolton and Poppy Stewart-Piercy from St Bede's school with teacher Helen Hutchinson will report back to students about the meeting.

CALENDAR 2020 - THANK YOU

The Lanchester Calendar 2020, which was sold around the Village during November and December, has again been a great success. The charity fundraising project, organised by All Saints' Catholic Church, raised a sum of £1,620 to be shared between our two selected charities. Our local Willow Burn Hospice received a cheque for £810, as did Scotland-based Mary's Meals, which provides school meals for children across the Third World.

The project was supported by sponsorship from 24 businesses in and around Lanchester. The support and skills of Printmeit, Annfield Plain, our printers, was much appreciated.

The organisers would like especially to thank Lanchester Newsagents, Lanchester Hardware, Knitsley Farm Shop, All Saints' Parish Church and Lanchester Methodist Church for acting as 'points of sale' for the calendar, and Mrs Davis,

Head of the EP School, for permission to sell calendars at the school gate and the school's Christmas Fair. This assistance was invaluable.

Cheques were presented to representatives of the two organisations at the church's coffee morning on Sunday 2nd February. Finally, the organisers would like to thank all Lancastrians for their generous support of this project for the third year running.



Paul Jackson (left - Chair, Willow Burn Trustees) and Gerry Naughton (right - for Mary's Meals) accept their cheques from Michael Quigley (Chair, All Saints' RC Parish Church).

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LANCHESTER PARISH COUNCIL

Notes from the Ordinary Meeting held on 11th February 2020

Police report - received. The general content of Police reports will be considered at the next meeting. It was noted that Community Speedwatch had been carried out on 10th February in the following locations:

* A691 Lanchester south, 9.30am, 160 vehicles with 7 speeding

* B6296 Cadger Bank south east, 10.00 am, 39 vehicles with 9 speeding

* B6301 Ford Road, 10.30 am, 46 vehicles with 0 speeding

* A6076 Maiden Law Bank north east, 10.55 am, 64 vehicles with 12 speeding.

Correspondence

* **Durham County Council - Friends Against Scams** - The poster will be displayed in the Parish Council notice board and forwarded to the Library.

* **Lanchester Cricket Club Beer Festival - May 2020** - Information was received from the club on the preparations for the beer festival to be held 22nd - 24th May 2020. A number of measures are being

proposed to address people bringing their own alcohol to the event and underage drinking. The Parish Council would ask that the cricket club liaise with the Police, remove signage following the event and consider environmental matters and support the efforts of reducing single use plastic in Lanchester.

Neighbourhood Plan - The Submission consultation concluded on 17th February. The process of appointing an examiner has commenced. It is hoped that the examination will commence in March.

Community Energy Workshop - Two councillors attended a workshop on 27th January and provided a summary. The morning consisted of a number of workshops from key organisations. Some groups could offer funding and some could assist in obtaining funding or delivering projects. The afternoon session was for groups who already had

projects to discuss. Councillors found the workshop interesting and felt that regular meetings would be useful to generate momentum about projects and exchange information.

Bus Stop - Willow Burn Hospice - Members discussed the current bus stop facility for Willow Burn Hospice on Maiden Law Bank. The existing bus stop has been removed by the developer whilst building work is undertaken. A new bus stop will be re-instated. A temporary bus stop has been installed and the County Council have spoken with the bus company to ensure that they use the temporary arrangements.

Crossing Point - Station Road - This crossing point

is well used by adults, children, families, older people, cyclists and horse riders going into the village and along the Lanchester Valley Walk. There is a direct crossing by road paint which has poor visibility. There is a further crossing point towards the village which was introduced by the County Council more recently which affords slightly better visibility. The crossing continues to be a concern for Councillors who feel it presents a problem and potential danger to users. Members received correspondence from a resident on a response they had received from the County Council on the same matter. It was agreed that a meeting is arranged with the County

Council to discuss the matter further.

MP - It was agreed to invite the new MP to a future Parish Council meeting so he could introduce himself.

Manor Grange Play Area - Following a pre-application planning submission, the County Council had confirmed that planning permission would not be required for the proposed relocated play area. Paperwork had been submitted to the County Council to progress a lease for the land. Two further grant applications were being progressed and two councillors agreed to assist with their completion.

The next Ordinary meeting of the Council will be held on Tuesday 10th March 2020 at Lynwood House at 7.15 pm.

NEW PARKING RESTRICTIONS

Drivers will have to find new parking spaces after highway bosses approved a raft of plans for new double yellow lines in Lanchester. Bosses at Durham County Council gave the green light to paint restrictions on five separate stretches of road in the village.

Safety concerns were raised about the number of people parking in Peth Bank, one of the village's busiest junctions. At a meeting of the Highways Committee, Dave Wafer, the Council's strategic traffic manager, said: "There's already white 'keep clear' markings, but that has limited impact and people are generally parking on top of them."

He added: "In reality, it's a junction, so people shouldn't be parking there - the Highway Code makes it clear you shouldn't park that near a junction."

Lanchester Councillor Ossie Johnson backed all the proposals for the village and also raised concerns about parking at All Saints' Church, opposite Ashfield Veterinary Surgery, in Peth Bank. However, objections were submitted by households in the nearby Deneside estate over fears it could force more parking on to already busy residential streets. The committee approved all proposed parking restrictions.

In Lanchester they are: Peth Bank - double yellow lines to be introduced on Peth Bank at junctions with A691 Durham Road and Deneside; Newbiggin Lane - double yellow lines and 'no loading/unloading' restrictions at the junction of Newbiggin Lane and Front Street; Front Street - existing double yellow lines around Lanchester Primary School to be extended to Kitswell Road - waiting restrictions at school pick-up and drop-off times, 8-9 am and 3-4 pm, Monday - Friday, in front of All Saints' RC Church; Manor Grange - double yellow lines at junction with A691 Durham Road.

Neil McKay

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COMMUNITY CENTRE NEWS



Let's start with some really good news. We have just received a very generous donation of £500 from Asda; this is through their 'Green Token Giving' programme. Thank you so much to all at Asda in Stanley for this. We mentioned last month that our aim for

this year is to refurbish the gym equipment. In addition to this we also need to focus on maintenance works to the car park due to general wear and potholes. Unfortunately, these repairs have to be paid from Community Centre funds and will cost several hundred pounds. Your help in raising funds for these expensive repairs is greatly appreciated. You could simply do your bit by becoming a Friend of the Community Centre, it's only £2 a month/£24 for

the year; pick up a 'loose change' box and fill it for us; arrange a sponsored event or simply make a donation! Anything you do will be a huge help to us. There is always a lot happening, new events and classes, the latest new class is 'Bellyfit', on Thursdays, 7.30 to 8.30 pm. Why not come along and have a look around and see the great facilities we have to offer; we are always happy to hear from you. Look forward to seeing you soon!



Glenda Horne and Liz Smith from the Community Centre (centre) receiving the cheque from Asda staff.

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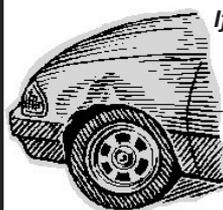
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HOLOCAUST - THE LIBERATION OF AUSCHWITZ

The EP school had an important visitor on Monday 27th January. Representatives from 25 schools, mainly in this area, had been invited and 220 pupils were present in the school hall to see and hear a survivor of the Holocaust talk about his life. It made a very special unforgettable afternoon for the pupils, on the date which celebrated 75 years since the liberation of Auschwitz. The speaker was Mr Sigmund Ciffer who had travelled from London that morning with two assistants, one of whom was the main organiser for taking Holocaust survivors into schools to speak about their experiences.

Mr Sigmund Ciffer, Sigi to his friends, was born in 1925 and lived with his family in Marcalgergelyi, a little village in Hungary. He was the 8th child in the family and he recalled that once he was so hungry, he could not stop crying. Details of his life are in a book he has written, which gives a clear picture of the treatment of the Jews by the German soldiers. It is almost beyond belief how inhumane some of this treatment was and Sigi said he had personally suffered dreadful torture.



94 year old Sigi (centre) with some of the children.

Mr Sigmund's talk are determined to do something, keep at it and you will succeed." When the talk finished all the pupils were organised into groups to do some follow up work which included writing a statement about their thoughts and feelings during and after the talk. Finally a tray of small candles were lit in order to honour all those who died in the Holocaust, and pupils were given a copy of the book this inspiring 94 year old has written.

Brenda Craddock

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SLEEPY VALLEY IN WW II

Local history captures the experiences of local people. At the last meeting of the History Society, a very informative insight was given by Peter, the son of Tommy Brabban, one of three brothers from nearby Sleepy Valley, Tantobie. All fought in the Second World War and returned. Working as a bus driver and married with 3 young children, Tommy, then 35, was called up early and was off to France by 14th September 1939, serving as a driver. Life immediately became much harder for the family. Weekly income halved on a Private's wage, akin to living on the dole! Tommy only got home once during the next six years. Evacuated from Dunkirk, 'every man for himself' was the order. Over 9 days, constantly feeling exposed, lousy, tired, hungry and thirsty, Tommy and his pals

stayed together before they got away. Tommy also saw service in Egypt and in Italy. His skills were put to good use in tank recovery and repair, an exceptionally dangerous activity. His wife, Mary's opportunity came when an Aunt was bombed out and came north to stay. Mary became a bus conductress and brought in much needed additional income. In 1942, a neighbour was killed in a munitions factory explosion. 'Anderson Shelters' were often useless - they flooded! A 'British Restaurant' (feeding centre) was set up in Stanley (also in Lanchester). Morale was kept up with organised entertainment. Sybil Thorndyke even appeared at New Kyo! With his love of music, one photo captured Tommy outside his tent playing his violin, in the

desert. Tommy and his younger brother Frank met up in Italy and even took in an opera! Whilst the country marked VE Day in 1945, Tommy was released from duty in 1946. Upon his return, his increasingly independent wife immediately gave up her job. Having risen through the ranks to Staff Sergeant, Tommy returned to his former role as bus driver. Tommy experienced 'high adventures'. Mary discovered independence. They both recognised their potential, capabilities and resourcefulness. They now wanted greater opportunity. As life slowly returned to 'normal' in Sleepy Valley, little materialised and their aspirations were crushed. Although things appeared the same, they would never be the same again. It was time for change.

FOR PEAT'S SAKE LANCESTRIANS!

Spring is on the way at last and thoughts of the garden and renewed life are creeping in. Preserving life as we know it is also a consideration. As gardeners we have a vital role to play in protecting our environment and nurturing the future of our planet. Peat bogs can be described as the Northern hemisphere's rain forest with regard to storing carbon. One way you can help with this is to avoid buying compost that contains peat. Peat is made up of waterlogged partially composed plant material that has built up over 10,000 years in wetland habitats. It contains no

nutrients but has been used in horticulture as a bulk medium in compost because it is good for holding water. Since the 1960s our peat bogs have been decimated. Their natural ability to lock carbon is the most efficient way of storing land based carbon, while their destruction has released huge amounts of carbon dioxide into the atmosphere. 95% of Britain's peat bogs have now been degraded. We Lancestrians can be part of the movement to help save the rest. Peat-free compost is available at our local hardware store after Jed has kindly offered to stock it. You can

also make your own using a mix of home compost, topsoil and leaf mould. A good source of seed compost substitute is the soil from fresh mole hills. **Reducing peat use in horticulture is absolutely vital for protecting our planet.** Buying peat-free compost may cost a little more but using peat may cost the earth.

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BECOMING DEMENTIA FRIENDS

Over the course of a week in February, pupils from All Saints' Catholic Primary School were involved in studying topics related to Mental Health and Wellbeing. They were engaged in some interactive learning, and often took part in experiences which were completely new to them. On Friday, the whole school was introduced to Dementia Awareness, in a presentation led by

Helen McCree, from the Lanchester Dementia Friends steering group. Helen began by talking about the brain, its work, and how sometimes it fails to function as it should. The students were all extremely well behaved, listened carefully, and showed a great sensitivity and understanding towards this important part of present day life. It is aimed to eventually make Lanchester a

Dementia Friendly community, and the support and understanding of our younger generation will be vital in achieving a safe, inclusive society. Helen will continue working with students, and we look forward to many pupils becoming Dementia Friends. As she concluded, "There's more to a person than Dementia!"
Maisie Raine



Helen McCree describes how the brain works to an interested and sensitive young audience.

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ART EXHIBITION

The Monday Art Group is pleased to announce its first exhibition at Lanchester Community Centre on Saturday April 4th from 10.00 am to 3.00 pm.

The day gives members of the group an opportunity to show their work (many of them for the first time) and the room will be filled with more than 20 exhibition tables displaying a huge variety of art to view and to buy.

The group has been meeting regularly on Mondays for several years now and gives local artists an opportunity to develop their existing skills and to learn new ones. The group puts on regular workshops by visiting artists providing tutorials on a wide variety of subjects. To date these include painting in oils, acrylics and watercolours and

drawing in pencil, ink and wash as well as various printing techniques - examples of which will be on display at the exhibition.

Admission is free. Drinks will be on sale as well as delicious home baking and to complete your visit there is live music to entertain you as you browse the displays or partake in the refreshments; traditional folk songs and tunes from multi instrumental band 'Kiddars Luck' and a taste of 1950s nostalgia with banjos, fiddles and tea chest bass played by 'Hop, Skiffle and Jump'.

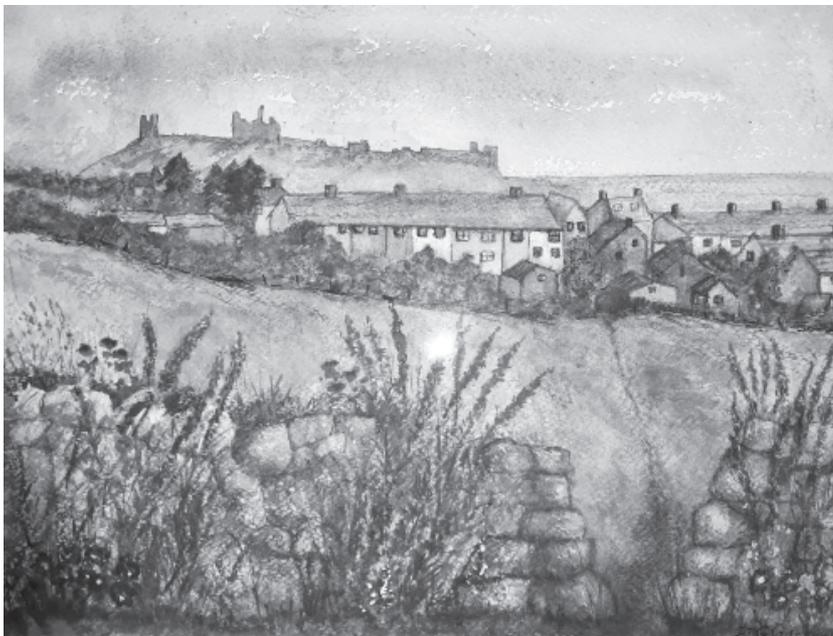
For further details contact: John Dixon, telephone or message 07703 052405 or email john@johndixonarchitect.co.uk Also visit our facebook page: [facebook.com/mondayartgroup](https://www.facebook.com/mondayartgroup)



Some members of the Monday Art group having a coffee and chat.



Lanchester Front Street by John Dixon.



Landscape by Jill Gladstone (sorry it's not in colour).

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LANCHESTER WI MEET HAUTE COUTURE

Our February meeting was opened by President Marie Murphy, who welcomed 46 members and 7 visitors. Marie directed our attention to several events listed in the County News. We're submitting a team for the County Quiz this year, and anyone interested is asked to see Marie. Many members now wear name badges, and all were thanked for doing so. The Annual Council Meeting is on Tuesday 24th March and anyone wishing to enter the competition for a handbag ornament should let Marie know. Dates were announced for 'Pygmalion' at Durham Theatre, 'Emma' at the Odeon Cinema, and there will be a Lace Making session at the Community Centre in March. Glenda read another excerpt from 'The Story of our Village', a booklet compiled by Lanchester WI in perhaps the 1950s. Glenda's reading was about clothing and fashions of the past, following the theme of tonight's evening. The competition was for a picture made from

recycled materials, first place went to Jan Vasey and second place to Ann Carr. Raffle winners were Margaret Hillary, Shirley Mair and Elizabeth Lothian. Phyllis Reed was presented with a card and flowers to mark her 80th birthday later this month. Then came our 'Fashion Show with a Difference,' introduced by Ann Carr. Committee members acting as models showed items from their wardrobes which were

either well loved, or had special significance for their wearer. What made the show fascinating were the stories related by the models, which told us so much about themselves and their lives. A loved pair of Breton trousers had been bought during a holiday in 1998 and worn on several vacations ever since; a member who loved cruising showed us some stylish and beautiful garments she had taken away; a very smart outfit had been

worn at a Garden Party at Buckingham Palace. Ladies showed several garments rescued from charity shops and given a new life. Other models showed the importance of co-ordinating colours to vivid and attractive effect. There is a huge debate about sustainability today and Fashion, one of the world's largest industries, is also one of the most polluting. Our members show that it's easy and smart to recycle fashion.

SATLEY WI

Our February meeting was cancelled due to the weather. An additional meeting will be arranged in the summer when the entries for our 'Valentine themed gift boxes' will

be judged. We are looking forward to our trip to the Gala Theatre, arranging our meal out, our darts competition and planning our entry for Satley Parish Church Flower Festival.

MOTHERS' UNION

After enjoying our February talk by the Reverend Ruth Crofton during which she showed us the beautiful jewellery and embroidered bags

produced by the talented women of the Sinai, she had us all fascinated by the stories of her many visits (a total of seven in all) to the Sinai Desert. *Audrey Newton*

THURSDAY CLUB UPDATE



We enjoyed a lovely meal amid very congenial and friendly surroundings.

Our first meeting in January began our 40th anniversary year and we decided to meet for a New Year Party at Ravellos. Over 40 of us were able to attend and we enjoyed a lovely meal

amid very congenial, friendly surroundings. Everyone received a 40th anniversary pen which seemed to be much appreciated. It's now on to looking forward to the rest of a

fun filled year. Anyone wishing to join us - we meet on the third Thursday of the month at 1.30 pm in the Main Hall of the Community Centre - you would be most welcome.

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LADIES WHO LUNCH

For our first venture out in 2020 we decided to celebrate the New Year at our very own Chinese restaurant the Pavilion at Iveston. Not too far away and an absolute delight once there. The welcome is always warm and comforting as you are seated and offered, along with the menu, scrumptious prawn crackers, always remembering not to eat too many - there's a veritable feast awaiting

and you do want plenty of room! Having made our choices and been taken to our table - the feast began. The Pavilion has an à la carte menu, various glorious sounding banquets and a set lunch menu costing £18.50 which is what we opted for. It begins with a choice of 2 soups, followed by an amazing array of wonderful appetisers. The main course is a selection of

dishes, the number of which depends on the number of folks in the party. China tea/coffee follows, topped up if you wish. We were treated to a complimentary liqueur to complete our meal - and what a delightful way to finish such a wonderful meal. We always enjoy the Pavilion - it always seems like such a special occasion. We will be back. **The Gourmet Girls**

BALLET AT LYNWOOD HOUSE



Residents were entertained with a very interesting presentation and ballet performance by students of Durham University Ballet Company. The students, although studying different disciplines, are keen to pursue their love of ballet and they run workshops and give performances throughout the year. The highlight is a production of a full-length ballet at the Gala Theatre, which will be on 17th June this year. The event at Lynwood House was organised by County Durham Age UK as part of their Intergenerational Project.

LANCHESTER FLOWER CLUB

We held the first Club meeting for 2020 in Lanchester Community Centre on 22nd January. One of our own members, Mrs Helen Tregonning, kindly (well was coerced) demonstrated and made

some lovely arrangements for us to raffle. A big thank you to Helen; I am sure it was not an easy task. Then we all enjoyed a lovely belated Christmas social with a very tasty buffet. Sherry was served

then we ended with a lovely Sherry trifle thanks to Rosemary Wilson. We enjoyed a couple of quizzes and lots of chatter, so a very enjoyable first meeting. For further details please contact Mrs Helen Tomlinson on 01207 503667 or Mrs Lestrine Kelly on 01207 521494. Come and join us; everyone welcome. Our yearly membership is £25 or £5 if you are a visitor.

WOMEN'S WORLD DAY OF PRAYER

Women's World Day of Prayer has been celebrated in our village for 50 years. The service has been held in each of our churches, on a rota system, at 2.00pm on the first Friday of March and this date is international, so we are joining with churches throughout the world who are celebrating this special day. Until recent years it was always very well attended. In the 70s we had to provide a crèche for younger children! Sadly, over the years, the number attending has declined and the committee has decided to try something new. The service is going to be in the **evening** of March 4th in the Methodist Church. This is the evening when the Methodist

Wives and Friends meet and so we are asking the women's groups from the Anglican and Roman Catholic churches to join us and indeed anyone else who is interested. A warm welcome awaits anyone and everyone. The service will begin at 7.30pm and is one hour in duration. It is led by members of the three women's groups and there are very nice hymns to sing. Each year the women from a different country compile the service and this year it has been written by Christian women of Zimbabwe. It is very good! Please think about it and come, unless there's a foot of snow!! There are refreshments after the service.

Brenda Craddock

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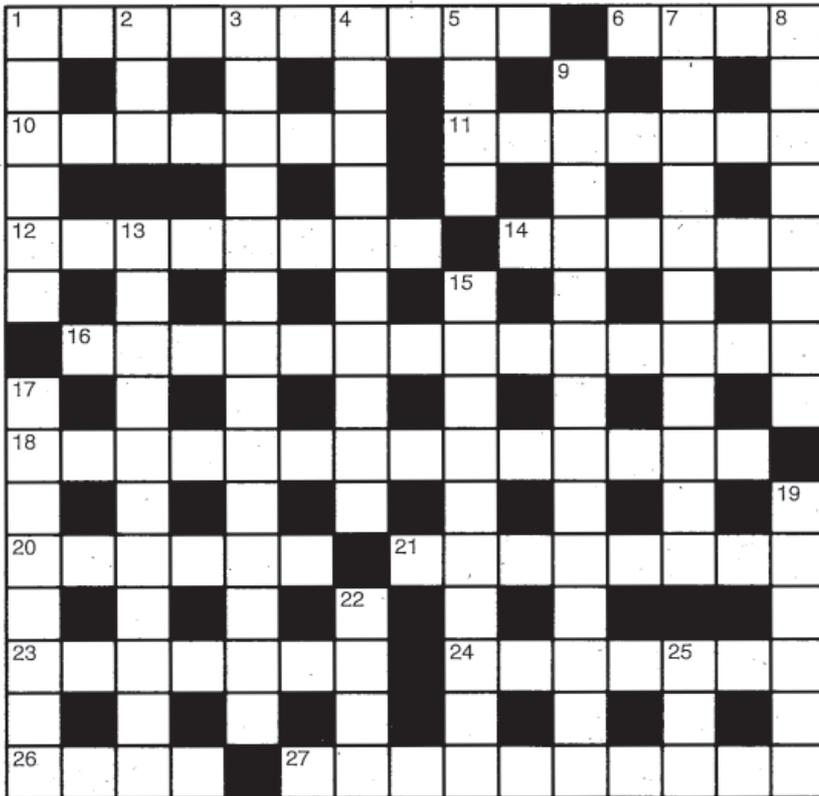
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CROSSWORD 166



ACROSS

1. Drip stoppers! (3,7)
6. Small dagger (4)
10. Checked cloth (7)
11. To the point (7)
12. Messaging mode (8)
14. Church taxes (6)
16. Live dangerously (6,4,4)
18. Dismissed (8,6)
20. Goes with fire, life and safe (6)
21. Where one can lose one's inhibitions? (2,1,5)
23. East African state (7)
24. Disable (7)
26. Scupper (4)
27. Not short of money (4,6)

DOWN

1. Light leg covers (6)
- 2,25. Correspondent (3,3)
3. Random guess (1,4,2,3,4)
4. Person (5,5)
5. Foodstuff (4)
7. Soldiers who have a blue plume on their bearskins (5,6)
8. Memento (8)
9. Impartial counsel (8,6)
13. Strong encouragement (11)
15. Pelican out to upset meter (10)
17. Conceit (8)
19. Cigarette butt (3-3)
22. Goes with Chorley, Pontefract and Dundee (4)
25. See 2 down

ANSWERS TO CROSSWORD 165

ACROSS

1. intone
4. Al Capone
9. drone
10. afflicted
11. sacred cow
12. ozone
13. rare old clock
17. standard time
20. Nkomo
21. phonetics
23. out on lone
24. photo
25. embossed
26. sleeve

DOWN

1. industry
2. took care
3. niece
5. left well alone
6. amino acid
7. option
8. eddied
10. accident-prone
14. outgoings
15. silicone
16. gemstone
18. undone
19. hot tub
22. expel

Name _____

Address _____

Please send your entries (by deadline date on back page) to The Village Voice, c/o Lanchester Community Centre, Newbiggen Lane, Lanchester, DH7 0HY.

CROSSWORD 165

We are sorry that the last clue in last month's crossword was missing. Any (or no) answers were accepted. Congratulations to A Tait who was the winner in the draw and will receive the £10 prize.

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SUDOKU

There is just one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

7			3	5				
		3				7		9
4						1		
2					8	6		
	6						2	
		7	1					5
		9						4
5		1				3		
				2	6			1

BECOMING HEALTHIER - CHOLESTEROL



Lanchester Medical Centre

Lanchester Patient Participation Group

Are you one of the 26 million people who started trying to lose weight and become healthier in 2020? Hopefully you are not one of the 87% who after 12 days gave up! Maybe we give up because our focus is wrong, we are thinking more about losing weight than on becoming healthier. How about switching focus to becoming

healthier. One aspect of this is ensuring we have healthy levels of that waxy substance in our blood called cholesterol; this will benefit your whole body and also has the effect of losing weight. Cholesterol is made by our liver and not all cholesterol is bad.

Good cholesterol is the HDLs (high-density lipoproteins). Our body needs these to build healthy cells and what the body doesn't need it passes out.

Bad cholesterol is the LDLs (low-density lipoproteins). If we have too much of these the body can't get rid of them and they get stuck to artery walls making it harder for

blood to flow and can increase the risk of heart disease. Having too much LDL can run in families.

How do I lower my cholesterol? Become a label reader and get to know what foods contain the good cholesterol and avoid those with the bad cholesterol. Bad cholesterol are found in fatty foods, primarily in red meat and full-fat dairy products such as full-fat milk and butter, cakes and biscuits. Try to eat less meat pies, sausages, cut the fat off meat. Go for the low-fat options. The good cholesterol are unsaturated fats. Try to eat more oily fish like mackerel and salmon, have

brown bread and brown rice with plenty of fruit and vegetables.

Exercising around 150 minutes spread throughout the week at a rate that will increase your heart rate; walking and swimming are good. How about starting to attend an exercise class?

Smoking stops good cholesterol doing its job which is a good reason to stop.

Alcohol levels need to be within normal limits of 14 units a week.

Medicine may, for some people be needed to lower your cholesterol. The most common medicine is a statin that is taken once a day; this reduces the amount of cholesterol that your body makes.

For more information pick up an 'Understanding Cholesterol' leaflet from your surgery or pharmacy.



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RECIPE OF THE MONTH

Roast Mediterranean Vegetable Soup

As the weather is still cold and miserable, soup is the ultimate warming, comfort food - and all the better when it is homemade! It's healthy, too, if you use low calorie cooking spray.

Serves 4, takes 50 minutes.

You need...

1 small butternut squash, halved, deseeded and each half cut into 4 pieces

1 red pepper, halved, deseeded and each half cut into 4 pieces

1 yellow pepper, as above

1 large red onion, peeled and cut into thick wedges

2 large tomatoes, halved

A few fresh rosemary sprigs

2 garlic cloves, peeled and thinly sliced

Juice of 1 lemon

Salt and freshly ground black pepper

Low calorie cooking spray

1.2 litres vegetable stock

Fresh thyme sprigs, to garnish

METHOD

1) Preheat the oven to 200 C/Fan 180C/Gas 6.

2) Arrange all the vegetables and rosemary on a large, non-stick baking sheet. Sprinkle over the garlic and lemon juice. Season well, spray with cooking spray and bake in the oven for 30 minutes, or until tender.

3) Discard the rosemary.

Scoop out the flesh from the squash and place in a food processor or blender. Reserving a piece of each pepper and red onion to garnish, add all the other vegetables and 450 ml of the stock, and blend for a few seconds until smooth.

4) Transfer to a large saucepan and stir in the remaining stock. Heat through for 4-5 minutes until piping hot and season to taste.

5) Slice the reserved pepper and onion pieces and place on top of the soup along with some of the thyme sprigs before serving.



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WHAT'S ON?

All Saints' Parish Church Ceilidh

Lanchester All Saints and Burnhope Churches are holding their annual Family Ceilidh in the Social Club on Saturday 25th April 7.00pm-10.30pm. The music is provided as before by Angels of the North traditional Ceilidh Band. There will be a Raffle, Bar, Tombola and a Faith Supper so bring some food to share. Tickets priced at £7.50 are available from Social Committee Members or Rob Matthews 01207 771044 or Margaret Walters 01207 521214. Children under 12 are free. Come along and enjoy the fun. We look forward to seeing you.

Cuppa and Company

The next meeting will be on 10th March at Lynwood House from 11.45 am onwards. Everyone welcome, plenty of free places, no age limit. The village bus can still provide lifts.

Annual Litter Pick

Saturday 21st March 9.30 to 12 noon, Lanchester Village Green. Come for an hour and help our regulars give Lanchester a Spring Clean. Pickers and bags provided.

Cuppa & Chat

Tuesday mornings 9.15am - 11.15am at the RC All Saints' Parish Centre on Kitswell Road. Open to all, especially with younger children looking for a friendly group to be part of. Snacks, teas and coffees. Singing and story time with the children. Donations welcome. Please come and support this local group.

Lanchester Choral Society Spring Concert

Lanchester Choral Society is presenting its Spring Concert this year in Lanchester All Saints' RC Church where the wonderful acoustic will really show to the full these magnificent choral works. The mix is really intriguing, so much so that we've called it 'Choral Contrasts'. Mozart's Coronation Mass written for the coronation of the Emperor Frederick II is a worthy starting point and then followed by excerpts from Karl Jenkins 'Gloria' (The Armed Man composer). After the interval it's John Rutter (of Christmas carol fame) and excerpts from his Requiem, and we finish with parts of Mendelssohn's magnificent oratorio 'Elijah'. Soloists are Elizabeth Woods, Ella Foster, Andrew Fowler and Ian Gray, with David Hughes and Bill Gray leading the troops. It's on Friday March 20th at 7.15pm. Not To Be Missed! Tickets from 01207 520427, 01207 521458 or any Society member.

Red Cross

Lanchester Red Cross are holding a Coffee Morning on Thursday 26th March, in the Community Centre, Small Hall 10.00 am to 11.30 am. Pay at the door, £1.00 which includes tea, coffee and biscuits. There will be a Pick a Bag stall, Raffle and Cake stall. Please come along for good company and cake!

Flower Club

The next meeting will be on Wednesday March 25th at 2.00 pm in the Main Hall of the Community Centre with a talk by Susie White on 'How to grow your own cut flowers'.

Family Film @ 4!

@ Lanchester Methodist Church, showing at 4 pm. Dates for your diary: Sat 7th Mar - Frozen Sat 4th April - The Greatest Showman Sat 2nd May - Christopher Robin Sat 6th June - TBC Sat 4th July - TBC **All age worship with a difference!** Come and learn about the Easter story with sporty activities and stories, 3 pm - 5 pm, Saturday 28th March at Croft View. Children please bring an adult.

Junior/Family Wildlife Group

Our next meeting is on Sunday 29th March. Meet in Malton car park at 10.00 am.

Thursday Club

The next meeting of the Thursday Club is the 40th Birthday Party taking place over 2 weeks. We are celebrating with Afternoon Tea at the Vicarage at Castleside on the 12th and 19th March. There will be no meeting in the Community Centre.

Coffee Morning

In aid of the Great North Air Ambulance The Thursday Club will be holding a donation coffee morning on Thursday March 26th at 10 - 11.30 am in the Small Hall of the Community Centre. Coffee/tea and cake, raffle, tombola and jewellery stall - come along and enjoy a friendly morning while aiding a most worthwhile cause.

Castle Howard Trip

The Thursday Club are having an away day to Castle Howard on May 21st. We have seats to spare and the coach fare is £15. Anyone wishing to go please phone Olive on 520229 or Liz on 521682 for further information.

Musical Memories

Our next Musical Memories event will take place on Wednesday March 11th in Lynwood House, and details regarding the theme will be posted on Lanchester Past and Present website. Come along and enjoy a friendly social environment, bringing together people living with conditions that affect memory and their friends and families.

Satley WI

Our next meeting will be held on March 9th in Satley Parish Hall at 7.15 pm. Our speaker will be Peter Weighill and his talk is entitled '30 years of fire service humour'. Visitors always welcome.

Local History Society

Subject: Mary Eleanor Bowes
Speaker: Anthony Atkinson
Date: Friday March 6th
Time: 7pm
Venue: Lanchester Community Centre.
We welcome Anthony back to the group to talk about this fascinating woman of her time, her misfortunes and successes. Visitors always welcome (£3). For more information contact the History Society at marianmorrison@btinternet.com.

Community Centre

Patchwork
Mondays 10.00 am - 2.30 pm
Pauline Cook School of Dance
Tuesdays 4.00 - 5.00 pm
Belly Fit
Thursdays 7.30 - 8.30 pm.

Sunday Bridge

Come and join us in the Community Centre on 1st March at 2.00 pm. The entrance fee is £3.

Library Book Club

On Monday March 23rd from 2.30-3.30 pm, the group will be discussing 'The Quality of Silence' by Rosamund Lupton. If you have read this book, come along and join the discussion.

On Thursday March 19th from 5.30-6.30 pm, the discussion will be on 'The Tribute Bride' by Theresa Tomlinson, set in Northumberland in the Anglo Saxon period. If you would like to join this group, pick up the book from the library and enjoy the discussion.

Chatterbooks

Will be held on Monday March 9th from 3.45-4.30 pm. Children aged 5-11 years old have the opportunity to read and take part in activities relating to the book of the month.

Please contact Zena or another librarian at the library for a place for your child, or contact 03000269514.

Toddler Time Sessions for Under Fives, every Thursday between 2 and 3 pm. Come along to this social time for you and your child to enjoy music, songs and rhymes.

Dementia Friendly Songs of Praise

This service will be held in Lanchester Methodist church on Sunday April 26th at 6pm. EVERYONE is welcome. For more information please contact Elizabeth Ramage 01207 238268 or ramage.elizabeth@gmail.com.

Mothers' Union

Our next meeting is on Wednesday March 11th when there will be a talk by Richard Pears entitled 'Follies and Funny Folk'. Sounds fascinating! Do join us - looking forward to seeing everyone.
Audrey Newton

Lanchester WI

Our March meeting will be held on March 2nd, when we will listen to Lynn Lamport tell us of 18th Century Lives and Scandals! Our competition will be to present an item knitted by you. We have welcomed several new members recently. Please think about becoming further involved with your WI - volunteering to welcome visitors, offer raffle prizes or a vote of thanks. Visitors always welcome.

PPG Meeting

The next Patient Participation Group meeting is on Wednesday 1st April, 6 pm at the Medical Centre; why not come along, you would be most welcome.

ANGLERS WANTED

Malton Angling Club is fortunate to have some of the most exquisite small stream trout fishing in the country, right on the doorstep. The fishing season is nearly upon us yet again; our members are all excited for the start on 25th March. The club has access to 2 miles downstream from

Paradiso Social Club

The next Social will be held on Sunday 8th March at 7 pm in the Community Centre with the usual raffle, refreshments. Screening at 7.30pm. The film we are showing is 'The Wife'. Ticket entry: £2.50 members, £3.50 occasional visitors, £2 young persons. Ticket covers entry to raffle, refreshments and film. All are welcome.

Wildlife Group

Our next meeting will be on 10th March with Nick Johnson MArborA BA (Hons) on the 'Northumbrian Veteran Tree Project'. Meet 7.30 pm in the Community Centre dining room.

Watersmeet and regularly stocks the river with premium brown trout to complement the native population. We have a limited number of memberships available for the coming season and if you would like a membership form, please call the secretary on 0191 371 0773. We would be pleased to welcome you.

CRICKET

All Stars/Dynamos News

Firstly, an apology over starting dates for All Stars and Dynamos. The English Cricket Board won't allow us to start on the dates that we wanted to, as they have specific launch dates for both initiatives. As a result, All Stars will start on Thursday 28th May and Dynamos on Saturday 30th May.

The club have made three signings for the 2020 season and are still

working on securing the services of an overseas player. Greg Patterson returns to his home club, having served as a junior here, after a few years away at Shotley Bridge. Josh Renton, who is an opening bowler, has been signed from Tynedale and Luke McCabe, a high order batsman, has signed from Leadgate. The lure of playing in the Premier League brought the latter two players in.

We have lost Lewis Donnelly who has returned to Annfield Plain and Bryan Potts has retired.

The winter nets have proved very popular with an excellent showing in all junior and senior groups. There is still plenty of room for any junior interested in trying their hand if they want to come along on a Monday night 6-7. Each session costs £3.

BEER FESTIVAL

It's that time of year where preparations are moving along for the Beer Festival. This year will be the seventh time that the event has been held and will run from Friday 22nd May to Sunday 24th May. The Friday night will be a food festival with lots of different food types available. Saturday and Sunday will be 2-10.30 as usual. Milburngate have agreed to be involved as a main sponsor and despite their move from the village, we hope that Pip Stop will continue to supply the wines and the lagers. There will be 25

traditional beers, 15-20 ciders and the 'keg wall' that worked so well last year. Entry price remains £10 but we are using a larger glass (40ml compared to 26ml) this year, so drinks tokens will be £2 each. The headline bands are all in place with Charlotte Forman singing on Friday, Radiostar are playing Saturday and The C-Collective will close on the Sunday. We are still working on the band for Sunday afternoon. There is no music on the Saturday afternoon, due to there being a cricket match on; the seconds

will be entertaining Crook. There will be a range of freshly made foods available throughout the days. Our friendly door staff will keep a beady eye on events and be checking for persons trying to dodge in whilst under age. Anyone under 25 should have the appropriate identification with them or face not getting in. We just need to hope for good weather and everything will be great. Keep up to date through lanchesterbeerfestival website and hopefully we'll see you there.

OUT AND ABOUT ... WITH BONNY BOBBY SHAFTO

Ancient songs and rhymes often have a tiny seed of fact about people and events of the past. The children's nursery rhyme 'Bobby Shafto's Gone to Sea' describes how a young man, off for travels and adventures in foreign lands, promises a lady to marry her when he returns home. The Shafto family came from the Northumberland borders and the tune is thought to have been written for the Northumbrian pipes. Today, the place mainly associated with Bobby Shafto is Whitworth Hall, near Spennymoor. The Shafto family settled there

about 1652, enjoying the beautiful country mansion, surrounded by a deer park. Bobby Shafto was born in 1732, the son of John Shafto, the Tory Member of Parliament for Durham. Educated at Balliol College, Bobby, heir to a large estate, was good looking, intelligent and witty, popular with the rich, well connected landowning classes of the county. A young lady, Bridget Belasyse of Brancepeth Castle, is said to have fallen in love with Bobby, but he preferred joining his friends in socialising and riding to hounds. He eventually followed his

father and entered politics, becoming a Member of Parliament. Popular tradition claims that Bobby Bobby Shafto was actually written by Bridget, with the refrain 'He'll come back and marry me' but there is no record of any marriage proposal, although Bridget is said to have become obsessive about the young man. The story claims that she sent her page every day to cross the River Wear to spy on Bobby's comings and goings. He eventually met a young lady, Anne Duncombe, an heiress to large estates in Yorkshire, and became engaged.

Legend claims that poor Bridget pined away and died of a broken heart. It is said that the ghost of Bridget haunted Brancepeth Castle, still

waiting for Bobby to return home. Bobby Shafto died in 1797; he had held the Whitworth estate for 55 years, and never went to sea!



Robert 'Bonny Bobby' Shafto from a painting by Joshua Reynolds.

WELCOME STEVEN WHITE HOME ON 29th FEBRUARY



"See you all on the 29th."

He is nearly home. Steven White, of Lanchester, is cycling the last few miles home on 29th February having set out on 1st April

supporting a memorable homecoming through your attendance. Join us - either by accompanying him cycling his last few miles from Malton Picnic Area at 1 pm to Knitsley Farm Shop (or anywhere along the route, all ages and abilities welcome), covering a distance of 4 miles.

Non-cyclists are asked to greet him at the finishing line at Knitsley Farm Shop from 1.15 pm - bring a bike bell to ring him home. Our local MP, Richard Holden, will also be present to welcome Steven back.

Rachael and Edmund (of Knitsley Farm Shop) have generously offered to host this event and provide refreshments in

the courtyard in recognition of his achievements and connection as an ex-member of staff. Together, with support from their staff, they have played a major role in raising substantial funds for Mind throughout his journey, thereby ensuring its success. Our thanks to all.

Steven's initial target was to cycle 18000 miles around the world, solo and unsupported, and to raise £8000 in aid of Mind. On reaching home he will have circumnavigated the world, hitting the antipodal points Wellington New Zealand and Madrid Spain, completing an amazing

journey of 22000+ miles and raising well over £8000, exceeding both his goals.

As his parents we are so very proud of him, we feel he has accomplished an outstanding personal achievement as well as enhancing funding for Mind both nationally and locally.

We would personally like to thank everyone who has contributed to his cause and supported our fundraising events. We are now known as 'Steven White's parents, the lad who is cycling the world'. We hope to see you en masse on 29th February to make it a very special homecoming. *Christine and David White*

500 KILOMETRES IN THE GYM



Des hard at work on the rowing machine.

Lanchester resident Des Purdom has raised hundreds of pounds for the village Community Centre by slogging 500 kilometres - without leaving the gym. Des, 52, a regular at the gym in the

centre, stepped forward when an appeal was made for fundraisers. He said: "I cannot bake a cake or make jam so I decided I may as well help in another way. I normally use the gym



Des Purdom has raised hundreds of pounds for the village Community Centre.

three days a week but during January I was in there six days a week. Using the cycles, cross trainer, rowing machine and treadmill I clocked up 500 kilometres, and raised £300 in sponsorship. I felt pretty

stiff afterwards but it has been worth it." Des, whose teenage daughter Lily is also a regular at the gym and keep fit classes held at the Community Centre, was sponsored by colleagues at his

workplace where he is a nurse, and also by fellow centre users. He added: "The Community Centre is an excellent facility for the village and I wanted to do my bit to help it continue to thrive."

NEXT DEADLINE

Please send any **articles** for the next edition of the Village Voice by Tuesday 17th March. The deadline for **adverts** is Friday 13th March.

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