

Stonehaugh Summer Fun Day



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Stonehaugh News

Preparations are well under way for the 2008 Stonehaugh Summer Fun Day to be held on Sunday, 24th August.

Last year's event was a huge success and this year it is hoped to make the day even better.

Once again Mark and Mandy French from Ladyhill will be presenting their Birds of Prey with stunning in flight displays and a selection of birds to view close up. They hope to bring along their ferrets again, too.

A new attraction this year will be a team of pet dogs displaying their obedience training to music!

There will be the usual teas, cakes stall and a few other tables of interest for visitors to browse including, greeting cards and dog accessories! A few spaces are available for table top sellers if anyone is interested in selling their own wares.

Other attractions will include face-painting, tom- bola, raffle, beer tent, burgers and hot dogs, various

prize stalls, bric-a-brac, books and anything else which might turn up in the meantime.

Family Games will include a Welly Throwing Competition and races for the children.

If you have any ideas yourself and would like to run a fund-raising stall or can help in any other way please come along to the next meeting of the village greens at 8 o'clock on Thursday 21st August. Help is desperately needed for the stalls and teas.



Come and join the fun.! Bring your family and friends ! Everyone welcome! Something for everyone!

Village Greens Your resident's association

Richard Murray has resigned as Chairman of the Village Greens so a vacancy has arisen for anyone interested in this position.

The Village Greens is a constituted association managed by a committee consisting of Chair, Secretary and Treasurer and may include four other members co-opted by the committee.

The objectives of the association is to promote, develop, manage and utilise the play and amenity areas in Stonehaugh Village for the use of local children, residents and visitors to the area.

The Village Greens looks after the Play Ground, the Sports Field, the Bonfire Field and the back roads (although technically the latter is the responsibility of the individual home-owners).

The Stonehaugh Village Greens meet

monthly on the third Thursday of the month at 8 pm in the Social Club. If you have any concerns regarding any of the above mentioned areas these can be discussed at the Village Greens meetings. Your Wark Parish Councillor for Stonehaugh is usually present at these meetings

The Greens also organise a year round programme of social events and recreational activities. These currently include Easter Activities, Summer Fun Day, Halloween and Bonfire Night, Craft Fair, and the Village Family Christmas Parties.

Fundraising is continuous and essential in order to finance all of the above

Please come along to the next meeting on Thursday 21st August at 8 pm, as your support and input is vital to the continuation of the association.

Dates for your Diary

2nd August Race Night at the Social Club

2nd August Bellingham Farmers Market

3rd August Kielder Village Fete

3rd August Slaley Show

9th August Darts Dominoes and Pool Contest at the Social Club

16th August Allendale Show

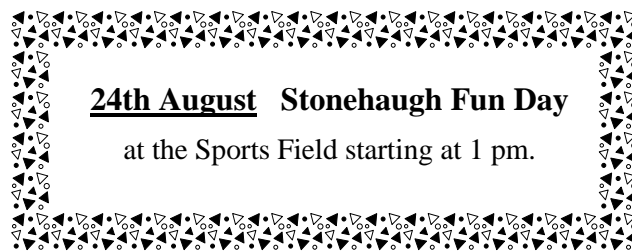
16th August Open Day and Barbeque at Lady Hill. (Falconry Days) Everyone is welcome starting at 1 pm.

20th August Ramblers' Tea Party. Help is needed between 3 pm and 6 pm. **Please help if you can!**

21st August Village Greens Meeting 8 pm at the Social Club. Everyone is welcome.

23rd August Karaoke Night at the Social Club

23rd August Falstone Border Shepherds Show



24th August Stonehaugh Fun Day

at the Sports Field starting at 1 pm.

25 August Blanchland & Hunstanworth Show

30 August Bellingham Show

7th September Vintage Motorbikes - Belsay Hall

13th September Allendale Kite Festival, 13th Sep to 14th Sep

7th December Stonehaugh Craft Fair

News from the Village Greens

Pirelli Rally

The Pirelli Rally in April raised a total of £802.75 for the Greens. Many thanks to the helpers:- Moira and Albert, David, Ryan, Carolyn, Tim, Stacey, Brenda and Michael.

Chalet

The chalet is still available to rent, and is ideal for those extra visitors and overnight guests. Please contact Moira (Tel: 230125) or Brenda (Tel: 230447) for available dates and booking enquiries.

Rates are as follows:- 1 or 2 nights, £105; 3 or 4 nights, £147; 5, 6 or 7 nights, £210. Any extra nights are charged at £30 per night and £10 for pets.

Play Area

The playground received a good report after the annual ROSPA inspection on the 17th June. Many thanks to Michael Murray for maintaining the play area throughout the year.

Rambler's Tea Party

The Ramblers will be calling into Stonehaugh

Social Club on Wednesday 20th August, for tea, as they do each year. Help on the day would be gratefully received between 3 pm and 6 pm approximately.

Speeding

The issue of speeding has it seems, become a serious concern, especially to parents and especially along Kern Green.

There are measures which can be taken by the highways authorities to alert passing motorists to the fact that there are children playing, and these were discussed by the Parish Council on 21st July. However, concerns have been raised within the village community about the speed at which some residents themselves are driving along Kern Green.

Official Statistics indicate that children living in a location such as Stonehaugh are proportionately at greater risk of injury, because they are not as traffic conscious as their peers in urban and built up areas where looking out for cars is second nature. It only takes a child to run out from behind one of the densely parked cars along Kern Green and we have a tragedy in the village.

Birthdays and Announcements



Carol and Howard

Are delighted to announce the birth of their Granddaughter, Abigail on 2nd July, at Scarborough Hospital. She weighed in at 7 lb 13 ounces.



Lydia Alton

Congratulations Lydia on your Graduation with Honours in Geography from Newcastle University. A great achievement ! Well done!

Birthdays



Michael Alderson

Happy birthday on the 31st July

David Alderson

Happy Birthday on 1st August

Jill Murray nee Alderson

Happy Birthday on 8th August

Barbara Byford nee Alderson

Happy Birthday on 24th August

Thomas Hogg

Belated Happy 60th Birthday in July

Wooden Swing Seat

Needs a good clean but otherwise in good condition.

Petrol Mower

Mountfield Empress with back roller. Broken handle shaft needs welding. Engine works well Good for repair or spares

Both free to take away.

Exercise Machine

Gazelle low impact glider as seen on TV. (Tony Little cross trainer) Includes unused computerised fitness counter.

Offers

Contact: Carol, 8 Middleburn End
Tel: 230074

The Bonfire Site

The recently formed Stonehaugh Allotment Society is now renting the bonfire field from the Parish Council with the intention of developing allotments in the near future. Present day health and safety concerns about pollution and the environment, and bearing in mind that this land will be used for growing food crops, means that only clean wood and branches from tree-pruning, free from toxins and other possible pollutants can be burned on the site.

New Chairman for the Social Club

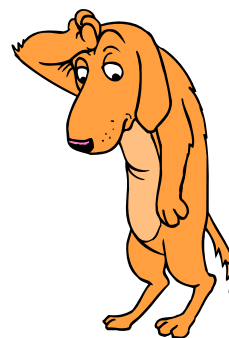
Following the resignation of Jimmy Murray as Chairman of the Social Club, Mark French was appointed new Chairman at the 2008 Annual General Meeting.

Leek Draw Winners

March: Allison Dennis and Pauline Murfin.

April: Anne Hutchinson and Jimmy Murray

“Pick up that poo!”



**I can't pick it up can I?
My master walked away and left it!**

Message from Jonny, Lisa, Peter and Chelsea

Ello all,
sorry we didn't say goodbye to you all properly, but when we were given the chance of going a day early, we said yes for personal reasons, think most of you know why. We are mainly very sad to leave the village, especially the kids, they will miss their friends and freedom to play out, but this is a new start for us and hopefully we can start moving forward now. We would like to say thank

you to everyone for making the last 3 years very happy and special, I would like to thank those who helped me when I didn't have use of a car (that's posh for, when i was banned) not going to name anyone 'cos there were so many and too scared I might forget someone. Thanks for all the nice cards too, really made us feel part of the village. This is not goodbye really as we will be back, (that's good not bad) and once again

thank you to everyone, I think you all helped us in one way or another, please forgive me if I missed something out but its 4 am and I heard my neighbour get up so I'm nicking his internet signal as our phone not been put on yet.

THANK YOU ALL,

JONNY, LISA, PETER 'n
CHELSEA



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Stonehaugh Newsletter
8 Middle Burn End
Stonehaugh
NE48 3DY

Phone: 01434 230074

Email: carol.madsen@btinternet.com
Or just pop a note through my door for inclusion in
the newsletter

***We want to
Inform Involve Include***

Useful Contact Numbers

Wark Parish Councillors
Anne Hutchinson Tel: 230680
Carol Madsen Tel: 230074

Greens Secretary
Brenda Murray: Tel 230447

Social Club Secretary
Albert Alderson Tel: 230125

Gardening/Leek Club Secretary
Carolyn Murray Tel: 230473

Potholes
Tel: 0808 10008910

Streetlight Failures
Tel: Lights 0800 085 0029
With individual lamp number.

August in the Garden

Top 10 jobs

- Prune Wisteria
- Don't delay summer pruning restricted fruits
- Deadhead flowering plants regularly
- Watering! Particularly containers, and new plants - preferably with grey recycled water or stored rainwater
- Collect seed from favourite plants
- Harvest sweetcorn and other vegetables as they become ready
- Continue cutting out old fruited canes on raspberries
- Lift and pot up rooted strawberry runners
- Keep ponds and water features topped up
- Feed the soil with green manures

For more information log on to:
www.rhs.org.uk/advice/calendar.asp

LEEKs are not just for showing!

The first weekend of September will soon be here and that means the Annual Leek Show! Don't just grow leeks for showing eat lots of them too!

The Healthy Choice

Leeks are packed full of health benefits. When eaten regularly, they can help:

- Maintain a healthy heart and circulation
- Protect against cancer
- Keep blood pressure low
- Boost the immune system

Leeks for a healthy heart

Eating lots of leeks has been shown to reduce 'bad' cholesterol – and at the same time increase levels of 'good' cholesterol. This is important for preventing the build up of blood vessel plaques that are found in some types of heart disease. If the plaques grow too

large or rupture, they can cause a heart attack or stroke.

Allium vegetables including leeks can also help to lower high blood pressure - another factor that can contribute to heart attacks and strokes.

Leeks for combating cancer

Research has shown that eating leeks regularly can help protect against cancer, particularly, prostate, colon and stomach cancer. Quercetin, an antioxidant present in the Allium family, is recognised as a cancer-blocking compound.

Leeks for stabilising blood sugar

Leeks are a very good source of manganese and vitamin B6, vitamin C, folate and iron. These nutrients all work together in the body to stabilise blood sugar by slowing down the absorption of sugars from the intestinal tract.

Leeks for expectant mothers

Leeks are a good source of the B vitamin folate, containing between 15% and 49% of the RNI for an adult. Folate is important for pregnant women as it can help reduce the risk of neural tube defects like spina bifida.

Leeks for a healthy diet

Leeks are a great choice for those following a healthy diet as they are very low in calories and packed full of vitamins and minerals.

An average serving of leeks (80g or 1 leek) contains:

- 17 calories
- 1g protein
- 0.6g fat
- 2.1g carbohydrate
- 1.4g fibre