September 2022
Issue 118

CONSETT MAGAZINE



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Hello and welcome to the September issue of the Consett Magazine.

Publishing positive local news every month!

We'd like to first extend our thanks to every business that advertises in this magazine.

THANK YOU! - Without your continued support the Consett Magazine would cease to exist.

In this months issue we have all the regular features, including contributions from Lorraine Weightman on **pages 4 and 7.**

Consett In Focus brings us a Consett born operatic legend Graeme Danby and a performance from Consett Junior Brass at Blackhill Park on **pages 8 and 9.**

The DLI has a new exhibition promoting the colours of the regiment on **page 11.**

A new book-themed treasure hunt is coming to the north east, more info on **page 12**.

Leslie Lowes remembers his time working at the steelworks on **page 13.**

Ludlow is this months "place to go" on **page 14.**

With firework season approaching, Prince Bishops Vets has some advice when it comes to your pets on **page 15.**

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SCAN ME

The Front Cover

The front cover this month is by George Ledger. Send your drawings or photographs to: editor@consettmagazine.com

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Could it be Magic?

By Lorraine Weightman

Last month I decided to organise my daily vitamin and potion intake, by buying a pill dispenser from Boyes in Consett. Each seven day pop up compartment is now filled to the brim once a week, taking away any daily doubts of *'Have I taken that one yet?'*

This freed up some much needed space in my mind, so I could think about other important things on my agenda, like:

> How many steps have I done on my Fitbit?
> Is my heart rate up or down this week - and still excellent for a woman of my age.
> How many hours of restful sleep have I notched up, while maintaining normal oxygen levels?

And lastly, did I remember to put my memory foam inserts inside my new trainers?!

All in the name of good health, both mentally and physically - after a covid infection earlier in the year knocked me for six - I'm trying my best with today's technology to delay being 'over the hill' while still remembering a time - like Kate Bush - when I was running up it!

Bearing in mind I'm now on a non - dairy, meatless, fat free, plant based programme to assist my gallbladder, I'm hoping it realises how much effort I'm making to encourage it to deal with its profusion of stones.

And then there's the stiffness in my shoulder which is rampaging rapidly to become a pain in the neck - figuratively and literally.

What happened to those halcyon days when I could eat fish and chips, drink snakebite, dance on the ceiling and enjoy a pork special from Yager's without any consequences. Undoubtedly, they are well and truly gone, but it's not all bad news.

I recently purchased a subscription in Consett Leisure Centre for swim and aqua fit classes. My plan was to attend three times a week, to help my ageing joints, improve my health, and tone up flopping muscles; especially my bingo wings.

With some trepidation I entered my first aqua fit class in the small pool, but was delighted to view a sea of women close to my age all enjoying themselves as much as me, as we jumped, jogged, twisted, stretched and punched our way forward with polystyrene dumbbells, to 'The Eye Of The Tiger' blasting through the speakers!

I never thought that water dancing, doing all the actions to 'Superman', using a woggle - sometimes called a noodle - and 'Reach For The Stars' with Steps, would be so much fun. And the finale, incorporating a sing-a-long to Barry Manilow's 'Could It Be Magic' managed to lift my spirits for the rest of the day.

Life is all about happy mediums and a balance between rest and work, sleep and activity and most of all a willingness to compromise, to achieve equilibrium.

As one of my good friends always says, when I moan about old age, *'Well, it's better than the alternative!'*

In the past we relied on our bodies circadian rhythms in our 24 hour clock to guide us. We would wake when it's light, sleep when it's dark, eat when hungry, fast when not, put on a coat when cold and take it off when hot. Now we ask our watch, mobile phone, tablet or Alexa to help us out.

As a child I certainly obtained ample vitamins and nourishment from food - as each meal was prepared from scratch, with meat or fish and a pile of vegetables, yet my mother still believed that a huge spoonful of cod liver oil from a glass bottle followed by the same size spoon of malt extract from a big brown jar would set us all up for the day.

The sickly regurgitation of the two mixed together was a daily occurrence and had to be washed down with a glassful of water from the cold tap.

I always protested, yet was told it was doing me the world of good and to open up my mouth wide.
I do remember asking where cod liver oil came from when I was very young and being told *'The sea'*

While enquiring if eating 'Maltesers' would keep me healthy in place of the dreaded malt spoonful, I don't think I got an answer! Perhaps that initiated my interest in the supplements that I use today.

When I open my little box I'm treated to multi - vitamins, Co-enzyme Q10 for energy, Acidophilus for a healthy gut and Milk Thistle to support my liver, all competing with high blood pressure medication and antihistamines for hay fever and allergies.

Yet, I have to say after a few weeks of exercise, diet, and pill popping I'm starting to feel a little better.

Could it be magic?

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My Hidden Tattoo

I went to the doctor's with signs of the flu,
I wasn't impressed, when he found my tattoo!

I'd hidden it carefully, for I was in fear,
That someone would see it, if they got too near.

I saw his eyes open, and his nose, it turned blue,
When he made out the shape, of my hidden tattoo!

He coughed and he spluttered, then rang for the nurse,
I'd hoped to feel better, but now I felt worse!

For he beckoned her over, and asked her to view,
The prominent curve, of my hidden tattoo!

The nurse gave a sigh, falling down on the spot,
When the ambulance came, she was flustered and hot.

The four paramedics, then made their debut,
And queued up to see my hidden tattoo.

They looked well impressed, and all shook my hand,
Saying, it was the finest, they'd seen in this land.

As I waited for medicine, to help with my flu,
When the pharmacist winked, it was then, that I knew,

Some one had snapped it, and shared out that pic,
I'd have to do something, and I'd need to be quick.

Arriving home late, I switched on the news,
And there in its glory, for all to peruse -

Was my hidden tattoo, in digital colour,
As big as the screen, and looking much fuller,

I bought an air ticket, now that everyone knew,
To flee from the views of my hidden tattoo.

Yet I couldn't escape it, as global it went,
Viewed millions of times, without my consent.

It's trending on Facebook and Instagram too,
As everyone wants that hidden tattoo!

They've all tried in vain to draw, and to ape it,
And offered me cash to help replicate it.

I'm hounded all day as they haven't a clue,
How to mimic or echo my hidden tattoo.

So, I set up a workshop, online and by post,
To deliver the secret, and I was the host.

I revealed the proportions, contrasting the hues,
the form, and the shape of my hidden tattoo.

Yet no one can copy it's intricate lines,
So, for the rest of my life, it will remain, mine!

Lorraine Weightman 13th August 2022

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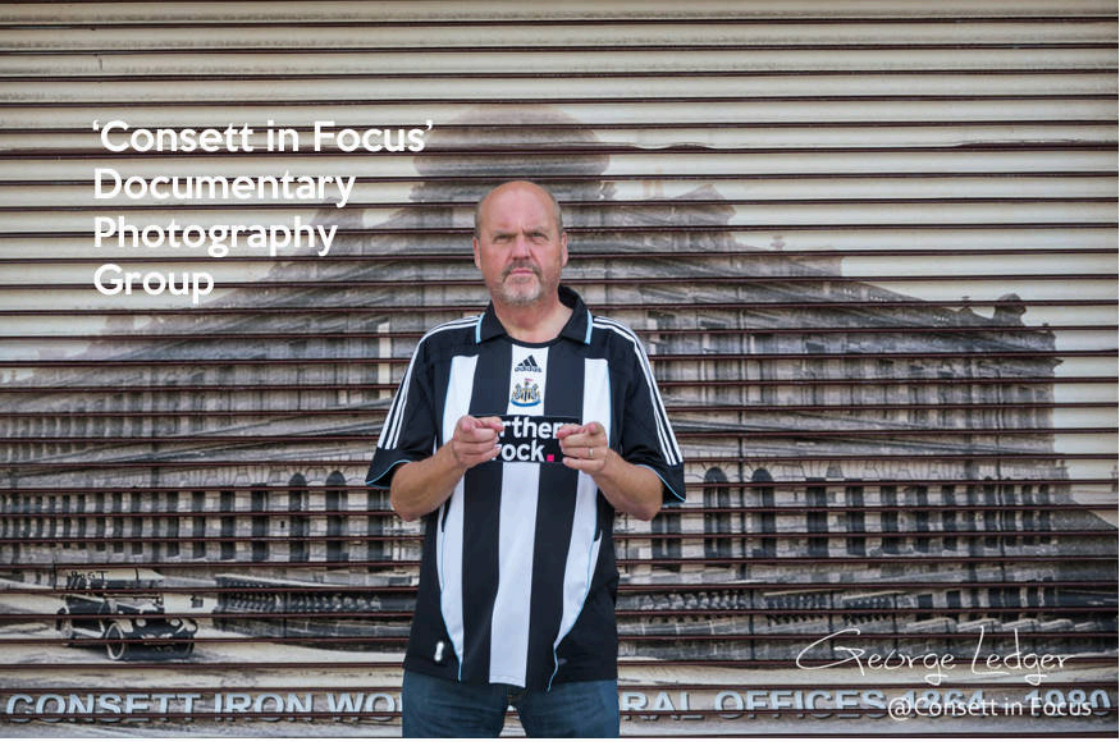

The Sound of Music
Graeme Danby – Consett born Opera singer visits his hometown

Consett born, Graeme Danby, is an operatic bass who has performed at most of the world's leading opera houses, notably the Royal Opera House, Covent Garden and the English National Opera, as well as La Scala in Italy. He was educated at the Royal Academy of Music in London but before that at Greencroft Comprehensive School.

He is known for his strong, dramatic portrayals of characters in the basso profondo repertoire. In the 2002–2003 season, Graeme made his Glyndebourne debut as Antonio (Le nozze di Figaro), subsequently recording the role for Chandos Records. However, he is also known in the Northeast as an avid 'Toon fan' and the man who sang Blaydon Races numerous times at St James' Park. Not many people will know that Graeme is a follower of all NE Sporting teams, and previously played 'Prop' for Northern Rugby FC and Northumberland County RFC.

Photos by George Ledger

Consett Junior Brass – Live performance at Blackhill Park

The sound of Brass band music hung in the air in Blackhill Park as Consett Junior Brass played in memory of their much-loved music teacher, David Jackson. The event opened a series of concerts in the park as part of Durham Brass Festival, with concerts by Consett Brass and White River Brass following on Friday and Saturday.

A plaque and commemorative bench to Mr. Jackson was also unveiled, at a site appropriately near the bandstand where he conducted so many concerts over the years.

Mr. Jackson was a former bandmaster of the Consett Salvation Army Band, the oldest in the world, before setting up Consett Junior Brass in 1973, and then Consett Brass. His legacy lives on as his son Marc, is the current Bandmaster.

Photos by Steve Webb

If you are part of an art, craft or hobby group please contact us at: **Our Facebook page:** facebook.com/ConsettTownofCulture

Website: consettinfocus.weebly.com
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Mr Jackson.
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DLI Colours shown in new exhibition

The spirit, honour and pride of the Durham Light Infantry (DLI) will be explored in a new exhibition.

Durham County Council has partnered with Durham University to produce Colours: Preserving the Pride of our Regiment.

Working with textile experts from the Bowes Museum, the DLI Collection team has been examining, photographing, and re-wrapping the banners, flags, and Colours of the Regiment.

With over 100 of these items in the DLI Collection, the project aims to understand the current condition of the Colours and their conservation needs.

The results have also fed into the design for the custom-built storage at their future home, The Story at Mount Oswald, ensuring they are preserved for future generations.

History-lovers can now view these objects online, with interactive photographs and videos showing how the items were made, when they were used, and their meaning to the Regiment.

People can also watch a video of the Conservation in Action project, showing the process of how the objects are examined.



Book-themed Treasure Hunt Comes to the North East

Consett-born author, Abigail Yardimci, has set local book-lovers a summer challenge with a twist.

She is hiding copies of her debut novel, Life Is Yours, every day for 10 days at beauty spots in the North East and leaving clues on social media about how they can be found.

So far, Abigail, who lives in Devon but was brought up in Derwentside, has received messages from three lucky readers who have found her books.

"I just thought it would be a bit of fun to organise a book hunt and I've called it: The Life Is Yours Great Hideaway" said Abigail, who is currently visiting family and friends.

"It means I can visit all the places that are part of my childhood and celebrate them as part of my journey to become a published author. On social media, I have been sharing videos that mention my happy memories and giving out clues about where the books can be found."

Abigail, aged 44, has written and published three books, and Life Is Yours is the first one in the series. You can find out more about Abigail and her writing at: abigailyardimci.com and you can follow the Life Is Yours Great Hideaway on any of her social media platforms:

Facebook: @AbigailYardimci

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A Steelworks Memory by Leslie Lowes

My abiding memory of Consett Iron Company is my bedroom ceiling in Blackhill glowing reddish pink, as the red hot slag was tipped at night. asWe could at times, i smell it as well.

Later as a college student, I worked there in summer vacations as a platelayer, repairing company railway tracks.

The work introduced me to the Low Yard, just beneath the Grove Bridge.

It was heavy work, but with cheerful workmates, whose banter lightened the weight of heaving 30lb-a-yard rail into place on the sleepers.

I earned my vacation pay for sure, but I also learned the value of men who turned up every day for a day of heavy graft, with relief after work on a Friday night, with a couple of pints in the pub. They were good at dominoes, too.

Respect too for our chargehand, Bill Lysaught, a Limerick man, who had great humour and a ready whit.

Those two summers have always remained with me throughout life, and part of the reason I broke down in tears hundreds of miles from Consett, when I learned in 1980 that the company was to close.

It had always been close to my heart.

The History of Consett Steelworks project would like to thank Leslie for sharing this memory

If you have a memory or story to share please get in touch:

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Ludlow

in the Welsh Marches is ideal for a short break by train, travelling from the north-east via Manchester and Shrewsbury. If you choose to stay close to a station anywhere in England, Wales or Scotland, you can have a low carbon holiday and with plenty of opportunity to visit interesting places with little effect on the environment. I was in the area of Church Stretton in southern Shropshire during July and visited Welshpool (for Powis Castle), and Shrewsbury, staying for a few nights. Rail strikes notwithstanding, which constrained our activity on 27th July, my wife and I particularly enjoyed our visit to the town of Ludlow, which lies on the Welsh Marches Line.

With an off-peak day return, you can break your journey as often as you like in both directions, which enabled us to stop off at Craven Arms (where the Heart of Wales veers off to the southwest towards Swansea, calling at 28 mostly tiny stations on the way), to visit Stokesay Castle. An off-peak return from Shrewbury to Ludlow, without discounts, is £14.30.

Cross the car park at Craven Arms – noting the times of trains onward later in the day – and turn right to walk south along the A49 road out of the village to find English Heritage's wonderful Stokesay Castle, which was built by Lawrence of Ludlow from 1285 onwards, and he had the King's permission to crenelate (fortify) his manor house in 1291. He traded in wool and became a very rich man and the collection of buildings testify to his wealth. There's a good tea room at Stokesay to sample after climbing up the towers of Stokesay Castle, before walking back into Craven Arms for the onward train to Ludlow. There is an alternative to walking back to Craven Arms station: the Minsterley Motors service 435 from Shrewsbury runs hourly, from Stokesay about on the hour, and takes just ten minutes into Ludlow.

My home village in Co. Durham has three listed buildings. Ludlow has over 500, including the famous Feathers Inn, pictured, which must be one of the most published buildings in England. There are black and white half-timbered structures wherever you look, interspersed with later Georgian and Victorian buildings. There is a range, a cornucopia even, of independent shops around the town, for example a well-stocked cheese shop called The Mousetrap where we tried several of the cheeses on offer, and the lady looked after our choices so we did not need to carry them around whilst they stayed refrigerated on a hot day. There is a hedgehog rescue centre called Pricklebums, opposite the clock shop on Quality Square, visitors by appointment only. It must be one of the few Hedgehog Hospitals.

We found a pleasant place to eat at Changs Thai Bar and Restaurant where the service was very fast and the Asian food delicious, There are no high-rise buildings in Ludlow, so the tower of St. Laurence's church stands proud. One of only 18 churches given 5* rating in Simon Jenkins' "*England's Thousand Greatest Churches*" and the views from the top are magnificent. To the west is the mostly ruined Ludlow Castle, owned by the Anglo-Welsh Powis Estates, and to the north east you can watch the trains running through Ludlow Station, and make a mental note to visit that restored Victorian railway shed close to the station which is the home of the Ludlow Brewing Company, before rejoining your train. Don't attempt Ludlow in a day – it's too far - but as part of a few days away, based, say, in Shrewsbury, it's a town well worth a visit.

alexnelson@dunelm.org.uk
www.nationalrail.com





Ask the Vet - FIREWORKS

Firework season is approaching so to keep your pets calm and safe throughout, we recommend you follow these guidelines:

- Keep dogs on a lead when out on walks to avoid them being spooked by loud noises and running away
- Keep cats and dogs indoors if possible and give them somewhere to hide.
- If you know your pet is scared of fireworks, plan to visit your vet at least 6 weeks before bonfire night to discuss medication options, as this will allow enough time for certain medications to build up to an effective level
- Visit the 'Sounds Scary' page on the Dogs Trust website. Start playing the noises at a low level in the background and reward good behaviour, building up the volume of the noises over a period of 4-6 weeks to ensure they are associated with something positive (e.g. treats or toys)

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