



TUNNEL TOP NEWSLETTER

Keeping Barnton Informed - Please take me **I'M FREE**



MAY 2011

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MONDAY CLUB

Do you like to meet other people, have a chat, a sandwich and cup of tea (maybe something stronger!).

Are you interested in bingo and days out?

If you are, why not go along to the Monday Club anytime after 12.30pm on a Monday at The Barn Owl, Manor Drive.

There is a small charge for the bingo which goes towards the group funds, which are used to benefit the members.

The latest excursion was a day trip to Blackpool in April. The group are open to ladies and gentlemen and they usually finish just before 3pm.

VOLUNTEERS NEEDED TO HELP IN YOUR COMMUNITY

Would you like to become a volunteer in Barnton and help to improve the amenities in your own community? If you would, there are several opportunities in which you could get involved.

FOLLOWING THE recent local elections, Barnton Parish Council has vacancies for Parish Councillors. Do you have, or can you spare several hours each month to help serve the people of Barnton? We are looking for anyone in the locality who has a deep sense of community spirit and who is passionate about making a positive difference to village life. This is your opportunity to come forward and get actively involved in the decision-making process that affects you and your neighbours. You don't have to have any previous experience to become a Parish Councillor, but enthusiasm and a willingness to serve are important qualities.

Angela Robinson, current Chairman of Barnton Parish Council, recently said about a Councillor's role: 'Serving your own community and striving to bring about positive changes in the village is demanding, at times frustrating but ultimately it is a very rewarding and worthwhile experience. I would recommend this role highly to anyone who is keen to get involved and put something back into their own community.'

If you are interested in becoming a Councillor and would like to know more, please contact Phillip Evoy, Clerk to the Parish on 07849344940 or email him on barntonpc@aol.com for further details.

Gunners Clough Wood

An event was held on Saturday 9 April to promote the much-needed conservation work at this three hectare site that the Parish Council acquired for the community last year.

Hopefully, if we are successful in obtaining funding, we will be developing a five-year woodland management plan, which will include thinning and felling dead and dangerous trees and invasive species, re-planting, and some repair work to existing paths, wooden walkways and steps.

The repair work would be an ideal opportunity for local residents, and the community as a whole, to get actively involved. Why not become a Friend of Gunners Clough Wood and make a positive impact on your local environment?

The Parish Council will be organising a series of 'Into the Woods' events. Come armed with trowel, spade, sturdy gloves etc. and a packed lunch and lend a helping hand for an hour or two. You never know, you may just find it fun and rewarding. So come along, participate and make new friends as well as making a real contribution to the development of your Woods for the future enjoyment of all.

As well as your practical help and support, we are looking for your input and ideas on how best to develop the woodland, i.e. to what specific aim? Become a Friend of Gunners Clough Woods and have your say.

You can contact me, Phillip Evoy, Parish Clerk on 07849344940 or email me at barntonpc@aol.com

continued on page 2

**Next full Parish Council meetings -
6th JUNE, 27th JUNE, 18th JULY and 8th AUGUST**

VOLUNTEERS NEEDED *continued*

Barnton Parish Council Garden (fronting the Memorial Hall Gates)

On behalf of the Parish Council, Cllr Vanessa Vickers would like to formally thank those volunteers who helped water the bedding plants in the Parish Council's Memorial Hall front garden last year. Your time, effort and continued support are much appreciated.

Mr and Mrs Giles of Townfield Lane have kindly grown some Marigolds again this year and Cllr Helen Kirsopp has kindly grown some Penstemon cuttings. Vanessa hopes that they are going to make a lovely splash of orange, red and yellow colour for the summer months. So, if you would like to volunteer to help keep these plants healthy and the beds in full bloom, please be part of our watering rota for the dry spells or help by dead-heading the plants during the summer months.

Anyone who is interested, could you please contact either Phillip Evoy (details above), or Vanessa Vickers on 01606 782161.

War Memorial, Jubilee Corner, Townfield Lane

You will all be aware that Jubilee Corner is a 'hot spot' for occasional anti-social behaviour. Over time, the Parish Council has introduced measures to try and eradicate this activity but, to date, they have not proven successful.

After receiving more complaints of anti-social behaviour recently, the Parish Council is looking anew at this on-going problem. We intend to take decisive action to design out the undesirable activities taking place on our War Memorial site and improve the quality of life of local residents, but particularly for those of you in the immediate vicinity.

Once we have formulated our ideas and agreed upon a way forward, we will be looking for volunteers from the community to help put our plans into operation. If you would like to give up some of your time or offer some useful, practical ideas on improving Jubilee Corner, please contact Phillip Evoy (details on page 1).

Litter Picking Volunteers

Barnton is already fortunate in having a number of residents who, while exercising their dogs, mainly, are taking it upon themselves to pick up litter on their walks. On behalf of the community, the Parish Council wishes to thank these unsung heroes very much for their time, effort and continued support in helping to make our community a cleaner and safer one.

The Parish Council is keen to build on this community spirit and encourage more residents in the village to volunteer their services to improve our local environment. Litter is an on-going, unsightly problem and we need to look at practical ways of supplementing the existing contracted cleaning and collection services. Your help, support and ideas would be much appreciated in our fight to keep our village clean. Anyone interested should contact Phillip Evoy.



BIOGRAPHIES OF TWO MORE OF YOUR COUNCILLORS

VANESSA VICKERS

I moved into the village 10 years ago with my lovely partner Barrie, and we currently have a beautiful greyhound girl, Sarah, who is 10 years old.

My childhood days were spent happily in Knutsford, where I was schooled at Egerton Primary School and Knutsford County High School. I graduated from Manchester Polytechnic in Biological Sciences whilst working for a large Pharmaceutical Company in Alderley Edge. My parents and two sisters live in Chelford and my brother lives in Congleton.

The friendly and kind ways of Barnton Parishioners inspire me to help the Parish grow and develop in a positive way. My main enthusiasm is for the local landscape including our woodlands and parklands, small green spaces and gardens, as well as urban space. Much of my time is spent helping to achieve a well cared for environment for the benefit of our Parishioners and visitors to the village.

For the first time in my life I feel as though I belong to a community and my hopes are for many of us to work together to achieve these goals.



JONATHAN WILLS

I was born, brought up and educated in Poulton-le-Fylde just outside Blackpool. After four years at University in Edinburgh, I moved to France to work in a summer job and ended up living (on and off) in France for the next 5 years. I worked initially for an English tour operator and latterly for a French company managing a campsite in St. Malo on the Northern Brittany coast.

I moved back to the UK in 2005 and to Barnton in 2006 to be close to the Hartford office of Eurocamp/Keycamp where I have worked for the last five years. I've been married to Sarah for five years (although we've been together for 16) and have three children; George (3), Sebastian (20 months) and Kitty (8 weeks).



JUDITH HUGHES

I've lived in Barnton all my life, and went to both Barnton Church of England School and Secondary Modern School. When I initially left school I worked at Roberts Bakery and Winnington Hall Club. However in 1977 I started work as a bus driver working for both Crossville and Arriva where I was a union representative for a number of years.

In 1995 I passed my test as an advanced commercial driver with Arriva. In 2000 I was made a driver supervisor at Arriva Winsford depot. In 2002 I won bus driver of the year, and participated in the regional finals in Blackpool.

In 2007 I retired from Arriva after 30 years. This gave me the opportunity to devote more time developing my hobbies whilst also spending more time with my family - husband Robert of 41 years, son Philip, daughter-in-law Mel and my two granddaughters Hayley and Jessica.



BARNTON VILLAGE WEBSITE:

www.barntonvillage.org.uk

**More biographies of your Parish Councillors
will be included in the next Tunnel Top and
also available soon on the website -
barntonvillage.org.uk**

SIR JOHN BRUNNER BARNTON MEMORIAL HALL TRUST

IMPORTANT NOTICE

113th ANNUAL GENERAL MEETING

NOTICE IS HEREBY GIVEN THAT THE
113th ANNUAL GENERAL MEETING OF
SIR JOHN BRUNNER BARNTON MEMORIAL
HALL TRUST will take place on WEDNESDAY
8th JUNE commencing at 19.30 hours

at BARNTON MEMORIAL HALL

A formal agenda will be circulated prior to the meeting
Minutes of the 112th Annual General Meeting are available
from the Secretary - K. Greatorex

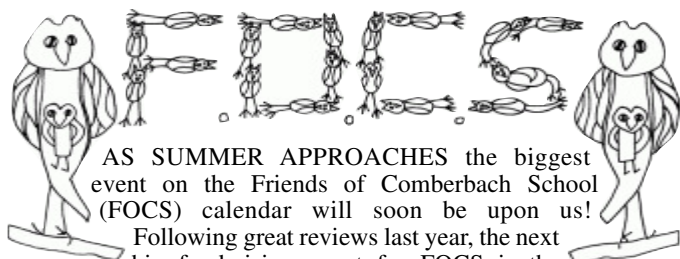
BARNTON MEMORIAL HALL CAR BOOT SALE SATURDAY 11th JUNE 2011

Indoor & Outdoor pitches -
8 am Sellers 9 am Buyers

Refreshments available

Indoor tables £6 pre-booked/£8 on day
Outdoor pitches £5 pre booked/£7 on day
Early pre-booking is recommended

Contact 01606 75153



AS SUMMER APPROACHES the biggest
event on the Friends of Comberbach School
(FOCS) calendar will soon be upon us!

Following great reviews last year, the next
big fundraising event for FOCS is the
"Party in the Playground" which will be on Saturday 25th June
following the Village Fete. It will be a great night with live music,
dancing and hot food, suitable for both young and old. We are
hoping that this will be a community event, rather than just a school
event, and everyone is very welcome. Tickets will be on sale
shortly - please keep your eyes peeled for posters around the village
nearer the time. Numbers will have to be limited, so do book early
to avoid disappointment!

FOCS were delighted to hold the Rose Queen Disco at school at
the end of March to select the next Comberbach Rose Queen and her
entourage. Congratulations to Anna Cameron who will be the Rose
Queen in 2011. There was great excitement amongst the children as
the selection was made!

Finally a word on some recent projects FOCS has been able to
support. The school was able to purchase an attractive wooden stage
and furniture late last year through FOCS fundraising. The furniture
has recently been re sited to its permanent location and will hopefull-
ly soon be blooming with colour from plants the children will be
putting into the planters. This stage will then be used to host a
theatre event, for both children and parents, that FOCS will be fund-
ing. The school is going through its annual budget planning and
FOCS will soon be identifying areas that we can support. More news
on this in the next newsletter.

Anyone interested in more information on FOCS, or to offer to
help in anyway can make contact either through focs@hotmail.co.uk
or by asking at the school who will put you in touch with a
committee member.

NEWS FROM BARNTON LIBRARY

Information, Inspiration, Imagination

Books, CDs, DVDs, free
computer access, story times
and much more available at
your local library. Come and visit to
see what the library has to offer.



Many new visitors came into the Library earlier in the year to see the very
fine exhibition of work by Local artist Diana Bernice Tackley, and this was
followed by a marvellous display of work in different styles and medias
from the Adult Education Art Class at Sir John Deanes College.

Future Events

Our next Art Exhibition will be presented at the beginning of Adult
Learners week from the 16th of May and features work produced at the
Adult Evening classes at Mid Cheshire College.

Rhymetime for the under 5's - from Friday 6th of May at 2pm

Every fortnight from the 6th of May you can bring your pre-school children
along to the library for half an hour of Rhymes and stories. There is no
charge - just turn up! The dates are 6May, 20th May, 3rd June, 17th June,
1st July, 15th July, and 29th July.

Storytime and crafts for the under 11's

During term-time we will be holding a weekly storytime and craft session
on Thursdays at 3.45

Tracing your Ancesters - Wednesday 18th May from 2pm

If you are interested in using the internet to trace your ancestors, but don't
know where to start, then contact the Library to book onto one of our
Ancestry Sessions - Rachel Dolan will guide you in using resources on
the internet to trace your family tree - there is no charge but please
reserve your place.

Bank Holiday Crafts - Saturday 28th May at 10.30pm

Craft activities for the under 12's - no need to book, various free activities
available, as well as small charges made for some craft items.

Book Lovers Reading Group - Monday 13th June at 1.30pm

Do you love chatting about your favorite book or swapping tips on a good
read? Our reading group aims to be friendly and informal - join us for our
first meeting, refreshments provided free of charge. Any queries contact
Catherine at Barnton Library.

Meet and Greet - Local Cheshire Author Susi Osborne - Monday 13th June

Susi is a local Author who having enjoyed success with her first two
novels - Grace and Disgrace and The Ripples of Life has now started
work on her third book. Susi will be our guest at the Book Lovers
meeting, and will be here at Barnton Library if anyone wants to pop in for
a cup of tea and a chat with her - please feel welcome to join us on the
day.

Cheshire County Show - 21st - 22nd June

We really feel the summer is on its way once the Tickets for the Cheshire
Show go on sale at the Library - buying your tickets in advance from the
Library saves you money too! Adult tickets are only £14 (£16 on the gate)
and if you are a Senior Citizen your ticket is only £11 (£13 on the gate)

Did You Know?

Happy Hour - 2 for the price of 1 !!

Borrow 2 DVD's on Fridays from 4.30 to 5.30pm, and only pay for one of
them - this great offer is available until further notice.

Blue Badge and Concessionary Travel available at Your Library

There are a number of travel schemes available which apply to people
with visual impairment or severe disabilities, and you can now apply for
these concessions at Barnton Library. You can also apply for
concessionary bus passes and railcards - proof of eligibility is essential.

Don't Forget !

The Summer Reading Challenge starts on the 16th July and runs until
September - The theme this year is Reading Carnival and Barnton Library
will be having a Circus Skills Workshop on Monday 8th August from
2 to 4 pm.

Kate Mason
Senior Library Assistant

Barnton Library opening hours: Monday	2pm - 7pm
Tuesday	Closed
Wednesday	2pm - 7pm
Thursday & Friday	2pm - 5.30pm
Saturday	10am - 1pm

Telephone and Fax: 01606 77343

email: barnton.library@cheshirewestandchester.gov.uk

Website address:

www.cheshirewestandchester.gov.uk/libraries

BARNTON COMMUNITY PRIMARY SCHOOL



SCHOOL NEWS

There are so many exciting opportunities here - why not come and see for yourselves? Email: head@barnton.cheshire.sch.uk or alternatively contact the office: 01606 74784

Royal Wedding

In Reception we have been learning about Weddings, inspired by the Royal Wedding. To celebrate the event we held our own 'Royal' Wedding which saw all the pupils taking part and becoming member of the bridal party, including our very own 'Prince' Harry as the best man! The wedding was recording and we are hoping to get copies to parents very soon.



Safari Ranger



Year 1 were lucky enough to have a visit from the Safari Ranger at Chester Zoo. She brought in lots of minibeasts for the children to touch and observe. These included Giant African Land Snails, Hissing Cockroaches, Millipedes and Stick Insects. The children enjoyed seeing the animals first hand and asking the Ranger lots of questions about what the animals like to eat and how they move. It has begun

this half term's Science topic of animals and life cycles with great curiosity from the children, and given them an interest to go on and find out more.

Chef's Adopt a School

To enhance our topic 'Healthy Me' Year 5 have been involved in the 'Chef adopt a School' project. This has given the children the opportunity to meet and work alongside professional chefs. Investigating food miles, tasting, using our senses and cooking have been some of the exciting opportunities provided. We are looking forward to visiting HHS later this month so we can continue to develop our cookery skills in their kitchens. Chef James will be visiting school on Friday 20th May to host a food workshop for parents and our local community. If you would like to attend please contact our school office.

1960s

Year 4 did some amazing things last half term throughout their 1960s topic! They had a 'Beatles' afternoon, learnt all about the fashion and news of the decade, and really enjoyed visiting Weaver Hall Workhouse and Museum for a day out. Whilst there, the children were thrilled to see an original 1960's movie, in a cinema from the 60s! They also became scientists for the afternoon and made their own salt crystals! What fun!

Film Making in Year 5

Year 5 have taken part in a Curious Minds project linked to their topic 'Healthy Me'. Working with expert filmmakers 'Enormous Films' we have made a documentary programme based on the BBC's One Show called 'Healthy Me TV'. The children have been script writers, producers, actors, sound technicians, camera operators, runners, editors and directors. Learning new skills in film making has been a wonderful experience and with our new flip cameras we are sure we will be able to continue this great work. Our film premiere is coming soon so look out for us at the next Oscars!

Life on Everest

Year 6 have been learning about life on Everest. Over the course of the last term, the children have investigated how mountains are formed, what it would be like to climb Mount Everest and how climbing affects the body. As part of this topic, the children went on a 5 day residential to the Conway Centre in Anglesey. They canoed, abseiled and navigated their way round Snowdonia, working together as teams to achieve their goals.

It was an incredible experience and, as each child stepped out of their comfort zone, they overcame fears and achieved success. What a week!



Young Arts Project

Year 3 have taken part in a Young Arts Project organised by the Tarporley and District Decorative and Fine Arts Society. The inspiration for their artwork was Indian architecture and pattern. The children used a variety of techniques and media to create their work including painting with acrylics and collage using different papers. It was a fantastic day and a wonderful opportunity to work collaboratively with members of our community.



Wigan Athletic Football Club

Our partnership with Wigan Athletic Football Club has enabled our KS2 children to attend some top Premier League football matches this term. Our last visit saw Wigan beat Carling Cup winners, Birmingham City. It is a great experience and a fabulous day out. We all thoroughly enjoy supporting Wigan and would like to thank them for their hospitality.

BARNTON COMMUNITY PRIMARY SCHOOL

African Tales

Children in Y2 have been reading Traditional African Tales. They found them so fascinating that they decided to do some research and find out more about every day life in Africa. As a result, the class compiled their own amazing fact files of unusual and interesting items. The class discovered that over 1,000 languages are spoken in Africa! This topic enabled children to understand about global citizenship. A wide range of activities took place to support their learning including mask making, baking African coconut clusters, singing, dancing and storytelling.

Families joined us for a celebration assembly which provided an ideal opportunity for showcasing the skills they had developed. The African singing was a particular highlight.



ENTERPRISE EXTRAVAGANZA!



The children at Barnton Community Primary School are excitedly preparing for this year's **ENTERPRISE EXTRAVAGANZA!**

After the success of last year's Enterprise Day, the children are holding another day this year on:

Tuesday 24th May
2pm until 6pm

Each class has again worked as a team or 'business' to think of an innovative way to make a profit and the children have organised and prepared their own products and costings, taking responsibility for all aspects of the project.

We would like to invite everyone to the event and hope you will all be blown away with the enthusiasm and skills our pupils are developing through this great project.

EVERYONE WELCOME!

Golden Mile Success

Once again Barnton Community Primary School took part in HHS Golden Mile Festival. Heidi Coles beat off strong competition from over two hundred runners to win the girls competition. All our children were fantastic competitors and as usual a credit to our school.

1st Barnton Scout Group - Spring 2011 Update



Since our last *Tunnel Top* update, 1st Barnton Scout Group has continued to give our young members great experiences - in particular our Scout Section has been up to lots! Our Scout Section numbers have continued to grow - with 17 boys and girls who meet every Monday night from 7:30pm until 9:00pm.

Recently the Scouts have been working on badges - spending time at Northwich Fire Station undertaking their Fire Safety badge and working towards their Community Challenge which is part of their Chief Scout's Gold Award (the highest award a Scout can gain). We have enjoyed a night out at Altrincham Ice Rink and the Scouts have also



completed their Chefs Badge under the watchful eye of Dot Mulvey who is the Cook/Supervisor at Barnton Primary and also the Chairperson of the Scout Group - special thanks to Dot and also Barnton Community Primary School for letting us use their kitchen and facilities.

Over the next few months we will be completing more badgework and preparing for the Mid-Cheshire District Annual Camp which is taking place in June. Our Annual General Meeting has been set for the 10th May 2011 at 8:00pm - please feel free to attend - all attendees are welcome and their support much appreciated! Tea and Biscuits will be served to all those who attend. If you wish to find out more about our Scout Section or our Beaver Scout and Cub Scout Sections, then please contact us on 01606 75391, by e-mail to barntonscoutgroup@hotmail.co.uk, or visit our website at www.barntonscoutgroup.btik.com



You can leave information for the Northwich Community Action Team on

0845 458 6392 this is an answerphone

Or email: Northwich.cat@cheshire.pnn.police.uk

Barnton 'MAD' (Make a Difference) Youth Club

**We are open on Tuesdays
from 5.30pm - 6.45pm for ages 6-yr 5 and
from 7.00pm - 9.00pm for yr 6 and above.
All welcome**

ON 29TH MARCH we took 100 children age 6 - 16 to a skate academy in Warrington. This was the first time



most of our children had ever been on rollerskates and our younger children were very nervous before we went in the ring, but it was our older



children that struggled to stay on their feet with the younger children showing us oldies how it was done. Our newest helper Rhys Green went home covered in bruises because he couldn't stay on his feet. All the children had a fantastic time and were a credit to the village. We would also like to thank all our helpers and parents who gave up their time help on the night.

We have also recently purchased two new basketball nets which are proving to be a big hit not only with our older kids but also the younger ones.

We may have a budding basketball star in the making!

All of the children and helpers have been busy working on the carnival floats and costumes every week which will be shown at Northwich Carnival. The younger children are doing Shrek and are currently making a swamp and castle for the float. Our older children are all being popstars past and present and are busy making their own costumes for the event. Please support us on the 2nd July.

We have also purchased jewellery making equipment and beads and the children have been learning how to make their own jewellery. They made some lovely things for Mothers Day. We are also busy making jewellery that the children are going to sell at the Memorial Hall car Boot Sale on the 11th June so we hope to see you all there to support us.

PCSO Diana Wiggins gave a presentation on internet safety and bullying and answered any questions and concerns they had. The children found this really informative and all of them are now more aware of staying safe when using the internet. A big thank you to her.

New members are always welcome. Just come along on any Tuesday evening and meet myself and the other helpers.

Tracy Vickers

Northwich & District NCT Nearly New Sale



Date: Sunday 5th June 2011

Time: 2-3.30pm

Location: Winington Park Recreation Club,
Park Road, Winington, CW8 4EB

Admission: £1 donation per adult

Contact: northwichNCT@yahoo.co.uk
or 0844 243 6207 option 2

The Northwich and District NCT Nearly New Sale enables parents to buy quality, used children's (0-11 years) and babies' clothes, toys, books, CDs, DVDs, cots, prams/pushchairs and nursery equipment.

Northwich & District NCT have been running these events in the area for many years, and the Branch's Nearly New Sales have recently been awarded the Gold Standard from the national NCT charity. This accolade recognises that the branch's Sales are among the best in the UK, both in terms of providing a valuable service for new and expectant parents and achieving fantastic fundraising success for NCT charity.

Girlguiding

**GUIDES meet on
Monday 6.30-8.00pm**



**BROWNIES meet on
Tuesday 6.30-7.45pm**



**RAINBOWS meet on
Tuesday 6.00pm-7.20pm**



Girlguiding is an organisation which likes to encourage girls to have fun finding out about themselves, their community and the world around them. We do this through games, crafts, Brownie Holidays and Guide Camps. Any girl who would like to join us and have fun evenings with loads of things to do get in touch.

Also we have a brilliant bunch of ladies who form a group called The Friends of Guiding. All adult ages can become a member. These ladies give us invaluable support throughout the year with fundraising events. These added bonuses to our funds are most welcome to all units as we can put this money towards special events and activities. If there are any adult ladies out there with a few hours to spare please don't hesitate to get in touch.

We are always looking for new members so if you would love to join us please contact me on 01606 76408 my name is Susan Greenwood

BARNTON WANDERERS YOUTH FC



www.barntonyfc.co.uk

Established 2001

An FA Charter Standard 'Development' Club

BARNTON WANDERERS YOUTH FC, your local club have had another enjoyable season and are already looking towards the 2011/2012 season.

Most of the age groups are always looking to add players to their squads, check out the details on the clubs website www.barntonyfc.co.uk

The club is also looking for volunteers to help on and off the pitch, with the football side and administration, fund raising, and facilities improvements, interested? Then please contact Chris Dymond on c.dymond009@btinternet.com or on 07756 856440

U14'S GIRLS FOOTBALLER PLAYERS REQUIRED

Barnton Wanderers Youth Football Club is currently recruiting players, girls for their team for the 2011/2012 season: - Under 14's (must be over 12 and under 14 at Midnight 31st August 2011)

Interested? Then please contact the team manager Mike Marycz on mikemarycz@hotmail.co.uk or 01606 871714 to attend the coaching sessions which are currently under way.

U8'S JUNIOR FOOTBALLER PLAYERS

Barnton Wanderers Youth Football Club is currently recruiting players, boys and girls for their team for the 2011/2012 season: -

Under 8's (must be over 7 and under 8 at Midnight 31st August 2011)

Interested? Then please contact the team manager Jason Lang on klang24@hotmail.co.uk 07964 407046 to attend the coaching sessions which are currently under way.



Barnton Wanderers FC, in their first year won the Crewe & District Shield, beating Tarporley Victoria 2-1 after extra time at Crewe FC.

U10'S JUNIOR FOOTBALLER PLAYERS

Barnton Wanderers Youth Football Club is currently recruiting players, boys and girls for their team for the 2011/2012 season: - Under 10's (must be over 8 and under 10 at Midnight 31st August 2011)

Interested? Then please contact the team manager Dave Evans on evadav885@aol.com or 07736 938035 to attend the coaching sessions which are currently under way.

THE FA CHARTER STANDARD CLUB PROGRAMME



CHARTER STANDARD COMMUNITY CLUB

U6'S BOYS AND GIRLS FOOTBALLER PLAYERS REQUIRED

Barnton Wanderers Youth Football Club are looking for both boys and girls to join our team in preparation for the 2011/2012 season: - Under 14's (must be over 12 and under 14 at Midnight 31st August 2011)

If you have a son or daughter who would like to play football then please contact Mike on minnows@hotmail.co.uk or phone 07859912597 or at www.barntonyfc.co.uk

They have to be over 5 and under 6 years of age as at 31 August 2010.

Training currently takes place 1pm to 2pm on Sundays at Barnton Community Primary School.

Organised, safe environments

FA qualified coaches

Adhere to FA Child Protection guidelines and Best Practice

"When taking your child to a club look for the FA Charter Standard" - David Beckham



Barnton Wanderers Youth FC under 10's narrowly lost to Middlewich Town 1-0 in the final of the under 10's Mid Cheshire Albert Steele Cup at Middlewich, they had most of the possession and chances but couldn't force the win.

LOOKING AFTER YOURSELF IN . . . SUMMER

Firstly, can I say a big thank you to all those who gave me such positive feedback about my last article, I'm so pleased you found it useful.

So, here we are, rapidly approaching the Summer season, having had some fantastic weather so far already. The banks of the River and Canal are flowering fit to burst with wildflowers, including, bluebells, wood anemones, campion, ladies smocks, coltsfoot, hawthorn and blackthorn. The ducklings are navigating their way round the water, and all seems well with the natural world around Barnton.

How does this make us feel? Uplifted? Tired? For some people, Summer is the happiest time of the year, others find the heat and the early dawns tiring. Often an inability to cope with changes in heat and temperature can be a sign of levels of toxins in the body, other people with conditions such as high blood pressure, thyroid disorders, allergies, and respiratory problems find the heat and air pressure changes quite challenging.

So, we need to think COOL to be COOL! I'm urging you again to drink lots of refreshing cool (not ice cold) drinks, water, juices, cordials, there's a huge selection out there. Cool foods, salads, fresh greens, fresh fruit, will all help your system cope with this season. Use some fresh herbs from your garden or window box, in your food on a daily basis - they will provide huge helpings of Vitamin C which is great for the immune system and the skin. If you need space to grow some food then either mither the Council for an allotment (they have to provide them!), or check out 'Landshare' on the web. You'll get both fresh air, exercise and fresh produce. The price of fruit and veg has rocketed this year, and although the price of seeds has gone up too, it's still cheaper to grow your own, and swap seeds with other gardeners.

Cool Skin - get the highest sun protection factor sunscreen on yourself! Damaged skin finds it hard to stay healthy, so if you want to sunbathe - fine - but be sensible and don't fry. Wear a hat, and cover up in layers of natural fabrics if you are out and about. None of us want to have skin which looks older than we are!

Wear Cool Colours - It will make you feel cooler- honestly! How many times have we gone out in something red or cerise on a hot day - looked at our image in a shop window and find our complexion matches our clothes? There are lovely shades of blue and aqua to wear, and these will all have the psychological effect of making us feel and appear cooler. For example, some colour therapists advise wearing turquoise to help combat hayfever and mental fatigue, and that wearing blue can reduce heat and inflammation from the body, such as in sunburn or sunstroke. Give it a try- what do you have to lose?

Cool Foods - melons, celery, all the berries, salads, herbs such as parsley, wild salad ingredients such as dandelion and sorrel leaves. (Make sure you identify them positively!) Make a very cheap sorbet out of fruit on sale at the end of the day at the market.

MAKE - Elderflower 'Champagne' here's the recipe I always treat it as if it were alcoholic although I'm not sure! - best to be on the safe side. If you gather the elderflowers, make sure you identify them properly, and don't leave the champagne anywhere hot as the bottles will explode like they did in my shed!

Ingredients- 1 and half pounds sugar, juice of 1 lemon, rind of 1 lemon cut into 4, 2 heads of elderflowers (do not wash them), 2 tablespoons white wine vinegar, 1 gallon cold water.

Don't wash the flower heads as it destroys the natural yeasts in the flowers. Put all ingredients into a huge bowl. Cover and leave overnight. Strain off the liquid the next day, by this time the natural yeast should have started working with the sugar. Pour into STRONG PLASTIC SCREWTOPPED BOTTLES. I recycled some old water and lemonade bottles. Leave a little space at the top, and put aside for 2 weeks. *Very refreshing!*

Stay Cool - Sometimes it's easy to lose our temper in hot weather, so remember your meditations, counting to 10, taking a deep breath, all will help. Go for a swim to relax and refresh, Moss Farm has a great pool. Have cold showers, draw the blinds and have a nap! Walk earlier or later in the day, early morning is the most beautiful time of the day before the hurly burly of the world begins- just listen to those birds!

Celebrate - We have the Summer Solstice in June, it's the longest day and definitely worth celebrating after the winter we had. Decorate your home with things from the natural world, light a candle and give thanks. It's also Fathers Day, so lets not forget all those hard working Dads!

by Jane Carter- Holistic Therapist.

contact me at- www.janecartertherapies.co.uk

BARNTON SILVER BAND



BARNTON YOUTH BAND

recently enjoyed a successful Workshop led by award winning Composer Lucy Pankhurst held at Little Leigh Village Hall. At the end of the day a short concert was given for parents consisting of all the pieces which had been worked on. Certificates of attendance recognising musical achievement were presented at a hotpot supper/race night, which included a disco for youth members. New members are welcome and are invited to contact the Band's Chairman, Lynne on 01925-574619 or see details on www.barnton-silverband.co.uk



TUNNEL TOP
NEWSLETTER

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Barnton Cricket Club



The season is well underway with all teams - junior and senior - enjoying the early season sunshine.

Junior practice is being held on Tuesday evening from 6.30pm with the senior practice being held on the Wednesday again at 6.30pm. We now have 6 qualified coaches so if your child would like to try and have a go at cricket please send them down the emphasis is on fun and the surroundings are perfect so why not enjoy a drink while you wait.

There will be holiday clubs being run at Half Term and during the Summer Holidays, so if you would like more information please contact Simon Hancock on 07754971296.

Also don't forget our Summer Ball which takes place on 4th June tickets are £40 and it's an excellent evening and this is followed by our Community Day on Sunday 5th June where all are welcome to enjoy the facilities and events that are being held at the Club.

www.barntoncc.co.uk



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Tunnel Top please pass it on to a friend