

SEASCALE GOSFORTH
DRIGG
& CARLETON

LINKING
THREE
PARISHES

TETHERA

WINTER
2017-18

THE VIKING WAY

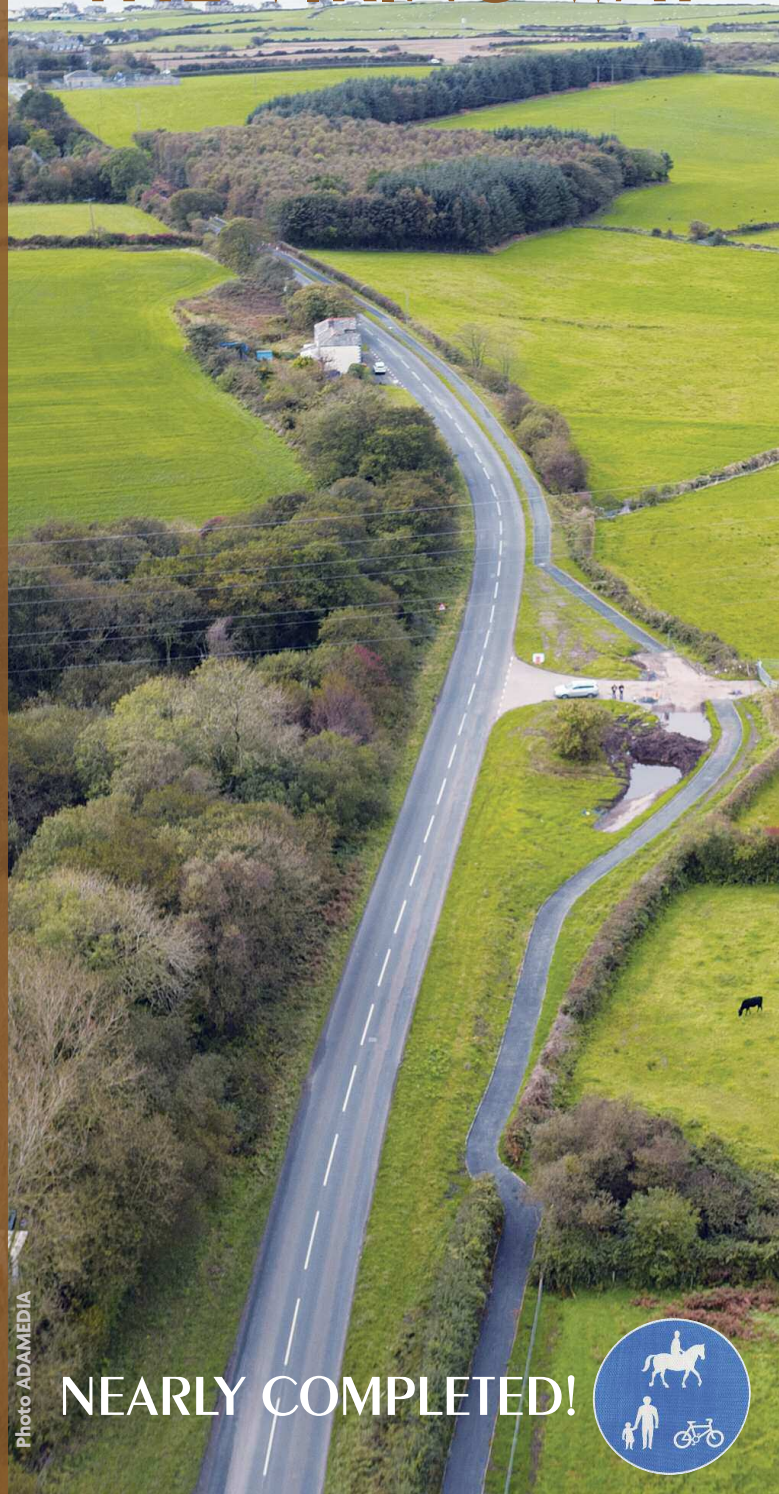


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THURSDAY	8:30am – 5:30pm
FRIDAY	8:30am – 5:30pm
Saturday and later appointments at request	

PARISH NEWS

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SEASCALE

The best news is that we now have a safe route to walk and cycle on between Seascale and Gosforth. Our thanks to Karl Melville from County Highways who has supported our fight for this. I am glad that parents no longer have the worry that we had when our youngsters walked at night time between the two villages. David Gray is the representative from Gosforth Parish Council.

We aim to cut a ribbon in the lay-by between Gosforth and Seascale along with Karl Melville and representatives from the two villages.

Negotiations are still on the go for the library.

We will be switching on the Christmas Lights on Sunday 17 December, the week before Christmas. We hope to see you all at the switch-on – it will be at the Sports Hall area as usual. Watch notice boards and Tetheras Facebook page for details.

Hopefully we will have a new play park next year.

I still keep in touch with late David Morgan's wife June and she is pleased that volunteers are still looking after the beach.

*Eileen Eastwood
Seascale Parish Council*

Here is the new Vodafone mast near Cross Lanes in Seascale. It's been ages for any of the providers to obtain planning permission for mobile services dedicated to Seascale. We know that Orange made many attempts. As far as we know there is not any mast sharing for other networks unfortunately – EE are definitely not involved, their press office tells us. Let's hope something will be forthcoming.



LOOK OUT KIDS (AND GROWN-UPS!), HERE IT COMES!

Seascale Community Beach Park committee has been working away with fund raising, planning consent, materials and assistance to get the replacement beach park off the ground. This fabulous addition to our village has the hallmark of a unique and exciting attraction for villagers and visitors alike, for the near and far future.

We were finally, after several delays, granted planning permission in the last week of September. The final prices from Eibe play (the company who will provide the equipment) have been received. The required money has been raised through many hours spent applying for funding, generous donations, fun days and Santa sleighs, sponsored runs and other endeavours.

So now the equipment has been ordered and the process begins!! The groundworks will



commence over the winter months. This is all going to require the help of local contractors and lots of others who have generously volunteered services, equipment and time to make the project happen. We are all very excited, and so proud of our community who have been behind this project.

We're hoping to have the park ready for opening by next spring. **Lizzy Mawson**



Gosforth Library put on a very successful Macmillan Coffee Morning on Saturday, 30 September. £316.27 was raised! These are frequent events. The organisers thank their local representatives and guests for the morning, including Paul Turner (CCC) and Trudy Harrison (MP).



Trudy, who was holding a number of 'surgeries' at the library is seen here with Paul. On the right she is being shown by Trevor Preece a reminder, in the March 2013 Seascale Magazine, of an open day for progress with the cycleway. Trudy was involved with the project for quite a while.



Photos by Vivienne Tregidga

THE VIKING WAY TALE

Eileen Eastwood and myself were nominated by our parish councils to progress the provision of a cycleway between Gosforth and Seascale. Our first milestone was the publication of a feasibility study in September 2000, done with funds from Sustainability Northwest and the parish councils. It was produced by John Naylor who was working for SUSTRANS (an organisation promoting cycleways nationally). John continued to work on our project and got as far as obtaining agreement in principle from some of the relevant landowners. The work stopped with his sudden death which coincided with the liquidation of Groundwork West Cumbria where he had been doing his office work. When Eileen and I visited the office all of the fixtures had been removed and the paperwork was strewn all over the floor.

There was then a period of a few years when Eileen and I tried to move the project forward but BNFL on whose land part of the proposed route was over were unable to give a commitment as they knew that all their assets were to be transferred to a new organisation. And when this new organisation came along, we all know as the NDA, it took them some time to be in a position to discuss our particular problem.

However a major breakthrough came when I effectively gate-crashed a meeting SUSTRANS were attending in Workington. There I meet John Grimshaw, the Chairman and Founder of SUSTRANS, which resulted in John Grimshaw himself and members of his team coming to see the area for themselves. SUSTRANS subsequently published the "Greenway Report" in March 2008 and their staff were instructed to progress our project. Nikki Wingfield subsequently became their area officer and she along with help from Vicki Borrino of Seascale did necessary environmental studies for the project.

In 2011 a Steering Group was set up with representatives from all interested parties with the aim of securing funds, obtaining planning permission, doing the necessary land negotiations and carrying out the actual work. A period was spent identifying sources of funds and although some became time expired owing to the project taking longer than expected, there was sufficient available from the two parish councils and the



local county councillors to complete the planning application which was approved in November 2014. By this time the County Council had taken over the project and Karl Melville of their highway department was managing it. This left funding and land negotiations outstanding but as our initial work was completed, outside bodies then felt they could give support. The County Council and the Copeland Community Fund gave considerable financial support at this stage. Landowners too were helpful but negotiations had to remain private so no reporting on the progress of these could be made.

As you can see now, work is nearing completion.

David Gray, Secretary, Viking Way Working Group

Drigg Local History Group

DATE: TUESDAY 21ST NOVEMBER 2017

TIME: 7PM FOR 7.30PM

**CALDER ABBEY'S
SOCIAL IMPACT WAS IT
& A SIMILAR SCALE
TO SELLAFIELD'S?
BY
LOIS FULKER**

*Held at Drigg Village Hall
Refreshments All welcome
Members £1 Visitors £2.50*

*Further Information
John Dell (25492)
Alan Bell (24250)*

The next edition of Tethera is scheduled to be published on in late October. We are always on the lookout for stories and event dates. The closing date for contributions will be Saturday 10 June.

SEASCALE PARISH COUNCILLORS

Brian Goulding (Chair)	21641
Catherine Harvey-Chadwick	28908
Eileen Eastwood	28653
David Halliday	28027
Ken Mawson	29786
David Moore	27674
David Ritson	21668
Clerk	
Jill Bush	clerkseascalepc@gmail.com
Copeland District Councillors	
David Moore	27674
Andy Pratt	24097
County Councillor	
Paul Turner	07795 169637
Other Useful Numbers	
Cumbria Highways Hotline	0845 609 6609
Copeland Direct	0845 054 8600

GOSFORTH PARISH COUNCILLORS

Tyson Norman (Chair)	25646 (home) 01946 841413 (work)
Councillors	
David Ancell	25232
David Gray	25318
Graham Hutson	25477
Alan Jacob	25356
Mike M. McKinley	26267
Ian Rae	25393
Paul Turner	07795 169637
Chris Walton	25526
Clerk	
Jane Murray	27091
County Councillor	
Paul Turner	07795 169637

Tethera and previous issues of Seascale, Gosforth and Drigg Parish Council magazines are available to view and download in PDF format at <http://www.trpub.net/>
The next issue will be available to view about 10 days before the publication date

GOSFORTH & SEASCALE

YOUR NEW COUNTY COUNCILLOR

Having missed the last issue of Tethera, owing to confusion over e-mail addresses on my part, I'm at last able to introduce myself to you after the County Council elections in May. There are some advantages to my hiccup as I'm now more settled in my role as the County Councillor for Gosforth, but I've still got a lot of learning to ensure I can support the enormous patch that is Gosforth Division. It actually starts North of Thornhill, goes all the way down to Seascale and then up the Wasdale Valley. It's an area of extreme contrasts from the industrial areas around Beckermet and Sellafield up to the beautiful heights of Scafell Pike.

So, a little of how I became your County Councillor. Well I can thank my excellent predecessor, Norman Clarkson, who, on deciding he wanted some more time to enjoy his garden approached me to see if I felt I could follow in his footsteps. My previous experience was as a Parish Councillor and, nervous though I was, I hope that after a few months you'll see that I'm as dedicated to working for the area as he has been.

Since May the Council has worked to ensure I'm fully briefed in all aspects of Council activity. There has been a constant round of Inductions, training, visits and workshops. One Councillor stated "I realise now that the County Council is not just about potholes".

All of this has given me a much better understanding of how the Council works and who to approach to help the community. Alongside the Council and Cabinet there is also a Local Committee which is made up of all 12 Copeland County Councillors which makes decisions on spending and services in the area. This meets bi-monthly and meetings are open to the public.

What is great to see is that although the Local Committee is made up of the 12 elected Members politics don't come in to the decision-making process. Everyone works together to ensure our varied skills, experiences and interests are used to best advantage. I've found that this makes us a very productive group.



We also have several Working Groups. I'm on the A595 Working Group, the Sellafield Site Stakeholders Group and Copeland Disability forum. If you have issues and concerns let me know and I'll take them into the discussions in these forums on your behalf.

I'm also one of the five County Councillors who sit on the Lake District National Park Authority. There I work on three Committees; Planning, Rights of Way and Resources. I recognise I'm going to be very busy but hopefully that means I can bring the views of the West of the area to the attention of the National Park Authority.

If you need me I'm available either by phone or e-mail. I'm also holding a Surgery on the last Saturday of the month in Gosforth Library between 10 and 12. I plan to do the same in

DRIGG & CARLETON PARISH COUNCILLORS

John Jennings (Chair)	24321
Andy Pratt (Vice-Chair)	24097
Gary Creaser	
Val de Gaspari	
Keith Hitchen	24710
Rob Little	24376
Jimmy Naylor	27841
Keith Murray	
Clerk	
David Millington	24272
Finance Officer	
Alan Bell	
County Councillor	
Keith Hitchen	24710

Seascale Library and if anyone can suggest a good location in Thornhill I'd be grateful.

Hope to see you out and about in the patch.

Paul Turner

Tel: 07795 169637

christopherpaul.turner@cumbria.gov.uk

SEASCALE SCHOOL

At Seascale Primary School we have had another very busy start to the year. We welcome three new teachers who have settled into school life with enthusiasm and dedication.

Our year 5/6 classes are continuing their collaborative work with Distington School and Prism Arts combining Arts and Stem as they learn all about John Dalton, the father of the Atom, and his impact on our lives. This term they have walked part of the Dalton Way and later hope to visit the Science museum in Manchester as part of the project.

We are very excited to announce our sensory room is now in use and would like to offer a huge thanks to Seascale Parish Council, The Friends of Seascale School, Sellafield Contractors Group, Sellafield Limited and Drigg Parish Council for all supporting us with donations for the equipment.

In a couple of weeks we shall be holding our traditional Macmillan coffee afternoon and later in the term, our Harvest festival. We always collect food which is then donated to the food bank. This is always really well supported by our parents and

it is great to know the food is going to local people who are in need.

The progress on the new school is moving forward into the planning phase, having finally secured the go ahead from the EFA. We will keep you informed as the project progresses.

We are delighted to inform you that we have successfully gained the Gold Mark in the Sainsbury's School Games Awards. This is a great achievement and we would like to pass on our thanks to all staff and volunteers for making our sporting events possible.

Mrs Morris has worked at Seascale Primary School for 32 years as a mid-day supervisor. She has decided to retire. We would like to pass on our thanks to Enid for all her lovely cakes she has provided for the staff over the years, her hard work, time and dedication given to our school and we would like to wish her all the very best in her retirement. Thank you Enid!

We are looking forward to building links with Seascale Golf Club in the New Year.

Arrangements are being made to provide some sessions in school which will begin in February.

Jackie Thomas

EVENTS CALENDAR

in and around Drigg, Gosforth & Seascale For events farther afield in Cumbria go to: www.golakes.co.uk/

- 26/28 October – Thursday-Saturday.** Gosforth Village Hall 7.30pm. GADS Autumn Play "A Nativity". Tickets on the door only £6 adults £4 under 18/student.
- 26/31 October – Thursday/Tuesday.** Muncaster Castle. Halloween Week. See website for more details: www.muncaster.co.uk
- 27/28 October – Friday/Saturday.** Ravenglass and Eskdale Railway. Halloween Ghost Trains. See website for more details: www.ravenglass-railway.co.uk
- 28 October – Saturday.** Gosforth Library Link 10am-12noon. Coffee Morning. Paul Turner, your local Councillor, will be in attendance if you have any matters to discuss.
- 28 October – Saturday.** Santon Bridge Village Hall 7.30pm. The Roosters – benefit performance for Santon Bridge Village Hall Fund. Pie and peas £10 (pre-booking essential) or without food £5. Tickets 019467 26580.
- 28 October – Saturday.** Seascale Golf Club 6pm. Kids Halloween Party with music and prizes for the best fancy dress. All children and adults are welcome to come along to enjoy a fun packed evening in the clubhouse.
- 30/31 October – Monday/Tuesday.** Ravenglass and Eskdale Railway. Halloween Ghost Trains. See website for more details: www.ravenglass-railway.co.uk
- 3 November – Friday.** Seascale Methodist Hall 10am-12noon. Coffee Morning for Hospice at Home
- 3/5 November – Friday/Sunday.** Woolpack Inn. Whisky Weekend. See website for more details: www.woolpack.co.uk
- 4 November – Saturday.** Seascale Golf Club Bonfire Night Party 6.15pm bonfire lighting. Fireworks to follow. Food available.
- 5 November – Sunday.** Irton Hall 12noon-3pm. Wedding Showcase.
- 11 November – Saturday.** Gosforth Public Hall. Fundraising evening for Gosforth Nursery. Live music, pie and pea supper. Tickets will go on sale in the Autumn.
- 16/19 November – Thursday/Sunday.** Woolpack Inn. Wine Festival. See website for more details: www.woolpack.co.uk
- 18 November – Saturday.** Gosforth Library 10am-12noon. Coffee Morning for Hospice at Home.
- 21 November – Tuesday.** Drigg Village Hall 7.30pm. Drigg Local History Group. Lois Fulker will talk about the Sellafield Cistercians. She will talk about the local effect of Calder Abbey and its history.
- 25 November – Saturday.** Muncaster Castle. Christmas Owls by Moonlight. See website for more details: www.muncaster.co.uk
- 26 November – Sunday.** Muncaster Castle 2.15pm. Christmas Afternoon Tea. See website for more details: www.muncaster.co.uk
- 27 November – 15 December (weekdays only).** Muncaster Castle and Ravenglass & Eskdale Railway. Festive on the Wild Side. A full festive day out for groups. See websites for more details: www.muncaster.co.uk or www.ravenglass-railway.co.uk
- 1/3 December – Friday/Sunday.** Woolpack Inn. Vodka Party. See website for more details: www.woolpack.co.uk
- 2 December – Saturday.** Muncaster Castle. Christmas Owls by Moonlight. See website for more details: www.muncaster.co.uk
- 2/3 December – Saturday/Sunday.** Ravenglass & Eskdale Railway. Santa Express. See website for more details: www.ravenglass-railway.co.uk
- 3 December – Sunday.** Muncaster Castle 2.15pm. Christmas Afternoon Tea. See website for more details: www.muncaster.co.uk
- 8 December – Friday.** Holmrook Reading Room 7.15pm. Christmas mince pie, buffet and wine. Tickets £6.50 – please contact David on 019467 24632
- 9 December – Saturday.** Muncaster Castle. Christmas Owls by Moonlight. See website for more details: www.muncaster.co.uk
- 9/10 December – Saturday/Sunday.** Ravenglass & Eskdale Railway. Santa Express. See website for more details: www.ravenglass-railway.co.uk
- 10 December – Sunday.** Muncaster Castle 2.15pm. Christmas Afternoon Tea. See website for more details: www.muncaster.co.uk
- 16 December – Saturday.** Muncaster Castle. Christmas Owls by Moonlight. See website for more details: www.muncaster.co.uk
- 16/17 December – Saturday/Sunday.** Ravenglass & Eskdale Railway. Santa Express. See website for more details: www.ravenglass-railway.co.uk
- 17 December – Sunday.** Seascale Sports Pavilion. Christmas Lights Switch-on (watch the notice boards for further details)
- 17 December – Sunday.** Muncaster Castle 2.15pm. Christmas Afternoon Tea. See website for more details: www.muncaster.co.uk
- 18/23 December – Monday/Saturday.** Ravenglass & Eskdale Railway. Santa Express. See website for more details: www.ravenglass-railway.co.uk
- 23 December – Saturday.** Muncaster Castle. Christmas Owls by Moonlight. See website for more details: www.muncaster.co.uk
- 23 December – Saturday.** Muncaster Castle 2.15pm. Christmas Afternoon Tea. See website for more details: www.muncaster.co.uk
- 27 December/1 January – Wednesday/Monday.** Woolpack Inn. End of Year Celebrations. See website for more details: www.woolpack.co.uk
- 24-27 January - Wednesday/Saturday.** Gosforth Public Hall 7pm. GADS Pantomime Sleeping Beauty.
- 1 February – Thursday.** Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members (8-18) welcome and first session is free.
- 8 February – Thursday.** Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members (8-18) welcome and first session is free.
- 17 February – Saturday.** Muncaster Castle. Valentine's Dinner in the Castle. See website for more details: www.muncaster.co.uk
- 22 February – Thursday.** Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members (8-18) welcome and first session is free.
- 22 February – Thursday.** Supper Room, Gosforth Public Hall 7.30pm. Auditions for GADS Spring Play, for those with acting or back stage interest.
- 27 February – Tuesday.** Supper Room, Gosforth Public Hall 7.30pm. Auditions for GADS Spring Play, for those with acting or back stage interest.
- 28 February – Wednesday.** Supper Room, Gosforth Public Hall 7.30pm. GADS Plays for Pleasure reading group.

1 March – Thursday. Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members (8-18) welcome and first session is free.

8 March – Thursday. Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members (8-18) welcome. First session is free.

9/11 March – Friday/Sunday. Woolpack Inn. Gin Party. See website for more details: www.woolpack.co.uk

11 March – Sunday. Muncaster Castle. Mother's Day Afternoon Tea in the Castle. See website for more details: www.muncaster.co.uk

15 March – Thursday. Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members (8-18) welcome and first session is free.

22 March – Thursday. Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members (8-18) welcome and first session is free.

28 March – Wednesday. Supper Room, Gosforth Public Hall 7.30pm. GADS Plays for Pleasure reading group.

29 March – Thursday. Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members (8-18) welcome and first session is free. This is the last session for this term.

REGULAR EVENTS

Badminton – Seascale. Ladies Wednesdays from 6pm. Mixed Thursdays 7pm. Beginners very welcome. Seascale Sports Hall. Details from 019467 28435

Blengdale Runners. First Sunday every month, 9.30am Gosforth car park. And every other Sunday, 9.30am on Seascale beach. See page 52.

Children's Craft Club. Meets every Wednesday during term-time for children in the infant classes, from 5pm to 6pm, at Seascale Methodist Church Hall. Contact Jackie on 29785 or Allison on 21935.

Craft Fairs in Gosforth Public Hall. 2nd Saturday of every month (Lauren Hufton)

Depression Support Group. Day Centre, Bradbury House, Gosforth. Third Tuesday every month at 7.30pm. See page 22.

Depression Support Group. Bailey Ground ice cream parlour, Seascale. First Tuesday morning each month 10.30am-12.00noon. See page 22.

Drigg and Holmrook Family Group. Mondays 9.30-11.30am (term time only) in Drigg & Carleton Village Hall. Bring babies, toddlers and pre-school children for a variety of play, crafts, snacks.

Fishing Club. Holmrook Reading Room. Contact David on 24632 for details or to join.

Fitness Classes. Tuesdays 6-7pm, Seascale Sports Hall. Tuesdays 7.30-8.20pm Beckermert School. Thursdays 7.15-8.05pm Kettlercise, Seascale School. £4 a class. Contact Gill 07511 995184.

Flo Jazz. Third Friday every month, Florence Mine Art Centre, Egremont. 7.30pm for 8pm start. All welcome to listen or contribute.

Freestyle Fitness Yoga. Tuesdays 6pm. Gosforth School. £4 each.

GADS Youth Theatre. Weekly workshops Friday evenings, 7-9pm, during term time. Gosforth Public Hall. £3 per session. First free.

Gardening Club. Holmrook Reading Room. Contact Henry Stewart on 24652 for details or to join.

Gosforth and District Art Society. In Gosforth. Every Monday with breaks for Easter, summer and Christmas. 6.30-8.30pm, Gosforth Village School. Contact Jakki Barratt: jakki@karletta.co.uk.

Gosforth Craft Fairs. Gosforth Public Hall. Second Saturday of every month (Lauren Hufton)

Gosforth and District Art Society. In Seascale. Every Thursday morning 10am to 12am in Seascale Methodist School Room but with breaks for Easter, summer and Christmas.. Contact Jakki Barratt: jakki@karletta.co.uk.

Gosforth Karate. Wednesday classes. 4.45pm. One free taster class available. to book call 01946 694751 or visit www.eskk.co.uk

Gosforth Rainbows. Every Monday, term time, 5-6pm in Gosforth Public Hall. Come along or register interest at www.girlguiding.org.uk

Gosforth Scouts, Cubs and Beavers. Scouts Tuesdays 7pm to 9pm, contact Dave Marsden 24632. Cubs Wednesdays 6.15pm to 7.30pm, contact Jackie Harper 27211. Beavers Wednesdays 5pm to 6pm, contact Kathryn Ketchen 25912. In the Scout Hut next to the school.

Gosforth Short Mat Indoor Bowls Club. Every Wednesday from 2pm to 4pm in Gosforth Village Hall. New members welcome, spare bowls available. Flat soled shoes preferred.

Gosforth WI Craft Group. Gosforth Public Hall, 2-4pm, last Thursday each month. Charge of £2 to include hall fees and tea/coffee.

Guides. Every Tuesday during school term time. 7.15-8.45pm, usually at Gosforth Public Hall. Contact: Sue Smith 019467 28265.

Holmrook Reading Room Table Tennis Club. Meets on a Wednesday – 6.30pm to 7.30pm. All welcome, young or old. Contact David on 019467-24632. Other times can be arranged.

Holmrook Reading Room Fishing Club. If you want to join this club, or simply want some more information, please contact David on 019467-24632.

Holmrook Reading Room playground. Come and see for yourself – the upgraded playground.

Holmrook Rading Room Wild Flower Meadow. Enjoy a walk or just sit and relax in the peace and quiet of the meadow. Supervised children are welcome.

Jam Side Up Jazz Jam Session. First Friday every month. The Kellbank Hotel, Gosforth. From 8.30pm. www.jamsideup.net or 01967 28619 for more details. Admission free.

Keep Fit Classes. By Kay Wayman. Every Monday at 9:50 to 10.50am and Thursdays 6-7pm. Santon Bridge Village Hall. £6. 019467 24226 or 07707 408799. Or just turn up.

Line Dancing. Every Monday. 7.30pm, Windscale Club, Seascale. £2 pp donation to charity. Contact 019467 28449 for details.

Messy Church. Run jointly between St Cuthbert's and Seascale Methodist Church and meets on the third Saturday of each month in school term in the Methodist Church Hall at 2pm to 4pm. Children must be accompanied by an adult.

Moky HIIT Class. Seascale Primary School. Wednesday 7.30pm-8.00pm. Contact info@mokyfit.co.uk, 01946 721166 or 07724 240179

Moky HIIT Class. Seascale Sports Hall. Friday 10.00am-10.30am. Contact info@mokyfit.co.uk, 01946 721166 or 07724 240179

Open Mic Night – Strands, Nether Wasdale. First Wednesday every month. 9pm start. Live music by various singers and groups.

Open Mic Night – Florence Mine, Egremont. Third Wednesday of each month. Great atmosphere, all gear provided. Just turn up.

Open Mind West Lakes U3A General Meeting. Third Thursday every month 10.15am for 10.45am in Gosforth Public Hall. Membership is £7 per year which covers membership for all the groups. In addition there is a small admission charge for each U3A meeting. Contact: Graham Brassington 25794.

CONTINUED OVERLEAF

Open Mind West Lakes U3A History Group. First Wednesday every month at 11am in Drigg Village Hall. Contact: David Huyton 01946 841362.

Open Mind West Lakes U3A Discovery Group. Fourth Wednesday every month 10.15am for 10.45am in St Mary's Room. Contact: Graham Hutson 25477.

Open Mind West Lakes U3A Singing for Fun Group. First Thursday every month 2.30pm to 4pm in St Marys Room, Gosforth, until December's meeting which is the last. Contacts: Tim Austin 25778 or Xandra Brassington 25794. The change in venue applies from September.

Open Mind West Lakes U3A Art Appreciation Group. Second Thursday every month 10.30am in St Joseph's Church Hall Seascale. Contact Jean Taylor 28713.

Open Mind West Lakes U3A Reading Group (House Group Gosforth). Fourth Thursday every month between 10.45am and 12.00noon in a private house. Contact: Jean Taylor 019467 28713.

Open Mind West Lakes U3A Discussion Group. Third Tuesday every month between 10.30am and 12noon in a private house. Contact: Graham Brassington 25794.

Open Social Run. First Sunday every month, 9.30am. Seascale beach or cinder track, starting from car park. Organised by Blengdale Runners and open to anyone who can run three miles or more at any speed.

Phoenix Praise Worship Band. Meets in Gosforth Methodist Church Schoolroom, 7pm Fridays during school term-time. Come along and sing, play or help technical support. All welcome – no church affiliation necessary. Jill or Keith Hudson 019467 21592. jillhudson@hotmail.co.uk

Pilates Class. Mondays, 6.30pm, Gosforth Public Hall (upper room). Bring mat or towel. £5 per week or £24 for 6 weeks. Contact Amy on 07510 104508 or amyfisher@hotmail.com

Pilates-based circuit training. Wednesdays, 7pm, Gosforth Public Hall. Please bring trainers and water.

Accessible Pilates. Tuesdays at 5pm, Gosforth Public Hall.

Rangers. Every Tuesday during school term time. 7.15-8.45pm, usually in supper room at Gosforth Public Hall. Contact: Sue Smith 019467 28265.

Saturday Coffee Morning. Seascale Methodist Church Hall, 10-11.30am.

Scottish Country Dancing. Windscale Club, Seascale. Every Wednesday from September to April at 7.30pm. Beginners very welcome.

Scouts/Cubs/Beavers. 2nd Seascale Scout Group. Every Thursday night in school term time. St Cuthbert's Hall. Beavers (6-8 years), 5-6pm. Cubs (8-10 years), 6-7.30pm. Scouts (10-14½ years), 7.30-9pm. Contact: 28296 or info@seascalescouts.org.uk

Seascale Art Group. Monday mornings (except Public Holidays) 10am-12noon in the Games Room at the Windscale Club. Call in.

Seascale Knitting Group. Fortnightly meetings on Wednesdays 6.30-8pm at the Windscale Club. £1 per session. For more information contact Penny Cater penelope_cater@btinternet.com

Seascale Men's Keep Fit. Tuesday, 10.30am. 45-minute session in the Sports Hall. Target range is 55-85 years. Work at your own rate and set your own goals. One free session available. Alan Bell, 24250 or John Calvert 28936.

Seascale Parish Council Meetings. First Wednesday every month. 7pm in the Methodist Schoolroom. No meeting in August unless there is urgent business.

Seascale Tea and Chat. Meets on the first Wednesday of the month at 2.30pm in the Methodist Church Hall. Seascale WI. Seascale Methodist School Room. Mondays 7pm every month except January. Details from Allison Hanshaw, 21935, ajhanshaw@outlook.com

Seascale Women's Outlook. Alternate Tuesdays in term time at 8pm in the Methodist Hall. All ladies welcome. Contact Glenda on 28404 for programme. Table Tennis Club. Wednesdays. Holmrook Reading Room, 6.30-7.30pm. All welcome to turn up or contact David on 24632.

Shackles Off Baby Group. Mondays, 11am-1pm. See page 53.

Tuesday Chat. First Tuesday every month. 2-4pm. Drigg & Carleton Village Hall. Special events and entertainment. All welcome.

West Cumbria Guild of Model Engineers meetings. Second Wednesday every month. Harrington Fishing and Sailing Club, 7.30pm. Visitors welcome. Details: 019467 28938.

West Cumbria Guild of Model Engineers train running on Curwen Hall Park track. Sundays 2-3pm in fine weather.

Wild Flower Meadow. Holmrook Reading Room. Phone 24632 to be involved. Supervised children welcome.

IMPACT 108

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CHURCH SERVICES FOR ADVENT AND CHRISTMAS – SEASCALE, GOSFORTH AND DRIGG

Sunday 1 December

6.30pm – Choral Evensong for
Advent
The Amethyst Green Singers.
Methodist Church Seascale

Sunday 10 December

4.00pm – United Christingle
Service at St Mary's Gosforth

Sunday 17 December

3.00pm – Village Carol Service at
St Joseph's Church Seascale

Sunday 24 December – Christmas Eve

10.00am – Holy Communion at
St Mary's Gosforth
11.00am – Holy Communion at
St Peter's Drigg
4.00pm – Crib Service at
St Cuthbert's Seascale.
6.30pm – Crib Service at St Mary's
Gosforth
11.30pm – Midnight Communion
at St Cuthbert's Seascale
11.30pm – Midnight Communion
at St. John's Beckermat

Monday 25 December – Christmas Day

9.00am – Christmas Mass at
St Joseph's Seascale
10.00am – United Morning
Service at Methodist Church
Seascale
10.00am – Holy Communion at
St Mary's Gosforth
11.00am – Family Communion at
St Peter's Drigg

CHURCH INFORMATION FOR SEASCALE, DRIGG, GOSFORTH AND ESKDALE

PROVIDED BY CHURCHES TOGETHER
IN SEASCALE AND DISTRICT

CHAIR: BRIAN PATEMAN
TEL. 019467 28131

SECRETARY: REVEREND JONATHAN
FALKNER
TEL. 019467 21852

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St Cuthbert's, Seascale
<http://www.seascalestcuthberts.org.uk>

St Mary's, Gosforth; St Michael and All Angels, Nether
Wasdale; St Olaf's, Wasdale Head
<http://www.achurchnearyou.com/gosforth-st-mary/>
Priest in Charge: Reverend John Riley. tel. 019467 25499

St Peter's, Drigg
<http://www.achurchnearyou.com/drigg-st-peter/>

St Catherine's, Eskdale; St Bega's, Eskdale; St Paul's, Irton;
St Michael and All Saints, Muncaster; St John's,
Waberthwaite.
<http://www.Eskdalebenefice.org.uk>
Priest-in-Charge: The Reverend Canon Gill Hart
tel. 01946 724724

Methodist

Seascale Methodist Church
Gosforth Methodist Church
Minister: Reverend Dr Wendy Kilworth-Mason
tel. 01946 822380
<http://www.whitehaven-methodist-circuit.org.uk/seascale.html>

Roman Catholic

St Joseph's Seascale
Priest: Father Peter Groody tel. 01946 440659.
Local contact: Joyce Dalton tel. 019467 24394
email: joycedalton08@gmail.com

For more information on services and events see
Church newsletters, notice boards and websites.

CESSATION OF SAILINGS BY MV BALMORAL TO THE ISLE OF MAN FROM WHITEHAVEN

It was a great shame that this year's plans for three days of sailing between Whitehaven and the Isle of Man on the MV Balmoral had to be cancelled at very short notice. This was due to a change of tack by the Maritime and Coastguard Agency. We contacted White Funnel Line via our MP Trudy Harrison, and received details back from them. Tethera then responded to the Director, Richard Mills, asking whether anything had been resolved. Here is his reply:

"Unfortunately there have been no helpful developments over the situation with the Maritime & Coastguard Agency. Despite having approved UK to Isle of Man voyages by Balmoral as domestic ones for the past 30 years or so, they remain adamant that these should in future be treated as international voyages for which

Balmoral, given her age and design, is unlikely to be able to comply.

It is intensely frustrating and has jeopardised her future as an operational vessel. It is just this sort of sailing, which is unusual and has attracted wonderful local support in the past, that is such an important part of our programme.

On a personal note, I have travelled on Balmoral all over the UK for nearly 50 years and some of my happiest memories of sailing on her have been those from Whitehaven to the Island. For me, they just encapsulate all that is best about the excursions she operates. I am so sorry for her loyal supporters from Cumbria and afar that it appears unlikely she will be able to operate on this route again.

*Kind regards
Richard Mills, Director, White Funnel Ltd
Treasurer, MV Balmoral Fund Ltd"*



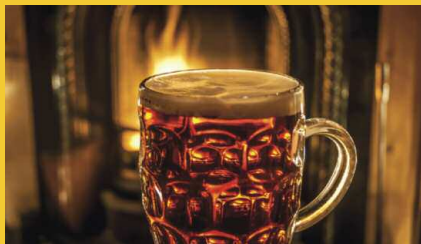
MUNCASTER MICROBUS DAY TRIPS 2017

Month	Day	Date	Destination	Price
October	Friday	20	Egremont Farmers' Market	Free
	Saturday	21	Kendal	£9.50
November	Friday	27	Afternoon Tea Trip, The Byre, Bootle (fare only)	£5.00
	Friday	3	Egremont Farmers' Market	Free
	Saturday	4	Blackpool Illuminations	£15.00
	Friday	10	Afternoon Tea Trip, Woodlands, Santon Bridge (fare only)	£5.00
	Friday	17	Egremont Farmers' Market	Free
December	Saturday	18	Carlisle (shopping)	£10.00
	Friday	1	Egremont Farmers' Market	Free
	Saturday	2	Barrow	£9.00
	Friday	15	Egremont Farmers' Market	Free
	Saturday	16	Keswick/Cockermouth (Lights)	£9.50

Muncaster Microbus runs Whitehaven shopping trips on Tuesdays and Thursdays which can call at Gosforth and Seascale. Details from www.muncastermicrobus.org.uk. Bookings: 01229 717229.

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SEASCALE MILL – PRESERVATION OF ITS REMAINS



The former Seascale Mill lies off the road that leads from Cross Lanes to Sellafield.

Greenlane Archeology was commissioned to carry out a heritage assessment of the site in March 2017. This was intended to form a permanent archive of the known history of the building as well as provide information for use in future display boards at the site.

The origins of the mill are uncertain. The earliest reference is from 1726 – a letter about repairs describes a stone built and slated building that was evidently part of the Seascale Hall estate.

Since this has origins in the 13th century it is possible that a mill existed on the site from a medieval period, although the majority of the evidence is from the 19th century. This shows that it was occupied by a succession of people, at least some of whom were described as millers, although in 1891 it was occupied by an agricultural labourer. It was still operating as late as 1893, but went out of use in the early 20th. The two structures were evidently ruinous by at least 1988, the mill wheel and gearing having been removed.

The building is not statutorily protected and so is only of local significance as an undesignated heritage asset.

(This information is taken from a report from many sources and edited by Jo Dawson)

The project is to demolish the derelict remains of Seascale Mill situated approximately 1.3km north-west of the centre of Seascale, next to the south end of Sellafield.

The site under discussion here comprises the two elements comprising the ruinous remains of Seascale Mill. The larger and most intact of these is probably the former mill cottage while the smaller, fragmentary, element is probably the actual mill. There is a range of associated earthworks relating to the associated water management, including a former mill pond and leat (a channel carrying water to the mill wheel).

In the Ordnance Survey



1860 it clearly shows the route of the mill race and the location of the mill buildings to the south-west of Seascale Hall.

The Ordnance Survey 1952 shows the mill clearly marked as disused by this point.

Occupants

1827 Seascale Mill	William Dickinson
1829 Seascale Hall Mill	William Dickinson
1847 Seascale Mill	Daniel Tyson
1883 Seascale Mill	Robert Miller, corn miller
1887 Seascale Mill	Robert Miller

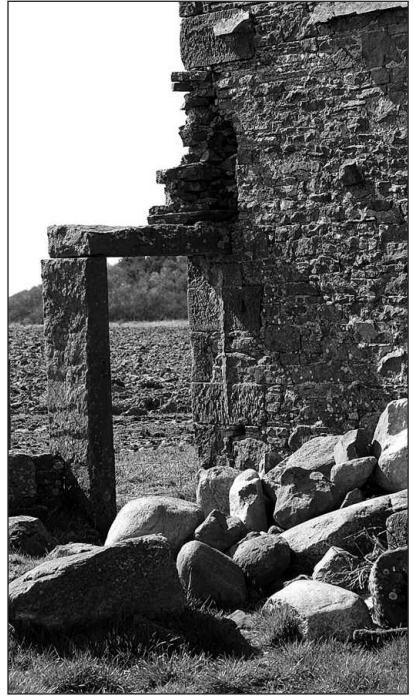
To preserve the remains the dangerous walls will be lowered to 300mm above ground level, covered with a medium loam and topped with turf and pegged using split bamboo cane.

A plinth showing details and the history will be situated on the site.

This way the remains will be preserved for posterity for us all to visit and enjoy.

Note – at the moment the footpath to the mill is closed until work is finished.

This information has been sourced from a Heritage Assessment carried out by Greenlane Archeology for John Coward Architects. *David Ritson. Photos John Jones*



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WHILLAN BECK GOES BLUE

The Ravensglass & Eskdale Railway Preservation Society's (RERPS) Train From Spain, soon to be named Whillan Beck, is receiving its new coat of Caledonian Railway blue.

The work is being carried out at Old Hall Engineering, Bouth, by Heritage Painting, the same company behind many prestigious standard gauge locomotive repaints in this country.

The painting represents an obvious landmark in the process of restoring the German-built, Spanish-operated machine to working order. It would not have been possible to carry out this work before major components – such as the brand new tender – had been built or otherwise finished.

The colour, technically Oxford Blue, was selected from a shortlist of six options by members of the owning group, RERPS. Caledonian blue was the landslide winner of the poll and will make the engine instantly recognisable to visitors to the Railway in future. Other distinctive features will include smoke deflectors, as added by the locomotive's former owners in Spain, and a South African Railways chime whistle offered for use by a member in the Isle of Man.

There is some work outstanding on the project, which has attracted sponsorship from as far afield as the USA, but still plenty of opportunities remain for interested parties. See trainfromspain.org for details. Following the completion of the restoration, the locomotive



must enter another round of testing before acceptance for traffic on the R&ER. Nevertheless we expect the project to have been completed in around two years at most.

Please all be advised that the Railway's Oktoberfest event scheduled for 21-29 October regrettably has had to be cancelled.



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OUR COASTAL LINE TRAINS

In the last issue of Tethera, I related what Northern were hoping to do to improve the service on our line. To date, some 4 months later, there are no visible signs of anything improving. Indeed, the end of August was a torrid time for passengers. There were failures of the class 37 locos, their carriages and the Driving Van trailers (at the Barrow ends of the trains). But there were also failures of Northern's own Diesel Multiple Units (DMUs), shortages of Northern train crew leading to full or partial cancellations of services, RMT Strike days, problems with the track and signalling – and a family who blithely crossed the line at Braystones using the accommodation crossing right in the path of a southbound train. The driver was convinced that they had hit a child (they hadn't), but was so traumatised that they had to be taken off the train and a relief worked the train on. If it could go wrong, it did.

What is also coming to light is that many of the class 37 locos are coming up towards a major overhaul, which could lead to shortages if they need to be carried out prior to the end of the contract in 2019. One thing that has happened is that during the round of strikes in early September, Northern drafted in DMUs from elsewhere and allowed DRS to take the locos and carriage sets off line to clear any outstanding faults. This has resulted in a more reliable service, but if such units can be found for that, why can't

they work here regularly? Since then, there have been a couple of failures – one was reported to be a brake fault – but on investigation, no problem was found. One thing which is very clear is that relations between DRS who own the class 37 locos and carriage sets and Northern who operate them are less than cordial with a significant lack of trust developing. While DRS are not allowed to utilise any other locos for this service, reports suggest that they are not prepared to trust some of their more modern locos to Northern drivers and Northern drivers would complain that DRS are taking their jobs if DRS staff drove them. Meanwhile we, the passengers who pay their wages, just have to sit (or stand) and wait!

CRUG Officers recently met with Dawn McGough (Cumbria County Council) from the Community Rail Partnership together with Martin Keating and Chris Cutts of Northern Rail and Kyle Murray, Northern's Regional Marketing and Communications Coordinator. The idea of Shackles Off adopting Seascale station was proposed and warmly received.

Northern confirmed that work had been done on the class 37 locos over the strike period to improve reliability but it seems that we are stuck with them until 2019. One solution, a cascade of rolling stock, is unlikely in the short term. One issue which came to light was that with the trains

operating such short distances between stations – they have hardly got going before they have to stop again and as a result, the brake wear is very high. This has been the case since they

This was the temporary replacement foot bridge at Sellfield – we at CRUG are struggling to confirm all the details, but the old bridge is believed to have been installed in 1947 and was second hand then. It may have come from Grange. That would tie in with the site expanding from an ROF factory to the start of what it is today. GW



Remains of the old bridge ▶





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started being used on this line, and is normal for such usage. However, they have to be checked every couple of days, and the brake blocks need to be changed about weekly. That is 88 blocks for each set. What wasn't mentioned, but will be obvious to anyone who has had connection with a highly regulated industry, is that it all then needs to be checked over before the locomotive and carriages are passed fit for traffic. It all takes time. Dawn will be meeting with Northern Rail's Regional Director to discuss this issue of reliability.

It was reiterated that we do not like the idea of trains missing stations unless they are in addition to a basic weekday service and we would look again at the draft timetables which are due to be agreed by Network Rail in the next few weeks. There is a persistent rumour that in order to try and improve the reliability, the loco hauled services will run as expresses, missing out many stops. This is not planned to happen, and would be vigorously resisted by CRUG should it ever be formally suggested.

The station improvement programme which will run over the next two to three years has started with Barrow (ticket barriers are installed

and will be working shortly) to be completed and Workington, Harrington and Parton starting this year although ticket machines are being installed separately. The timetable which is due to be agreed with Network Rail does include Sunday services from May 2018 and trains later in the evening. These will happen.

The very rarely used Bike and Go scheme in Whitehaven has now gone and we hope that the space could be used for cycle storage.

Work is progressing on future timetable design, which is likely to include Coast, Furness and Lakes lines together.

CRUG will be raising the poor performance with Transport Focus. This could be escalated to the Department for Transport if necessary. Transport Focus is the nationwide body which is supposed to represent passengers to Government.

If you want to help lend your weight to our representations about our rail service, do visit our award winning web site <http://www.crug.org.uk/> where you can find information on how to join us, as well as updates relating to services on our line.

Graham Worsnop

WCS WEST CUMBERLAND
CHORAL SOCIETY

MESSIAH

**St John's Church
Hensingham
7.30 Saturday
18 November**

Conductor: Hugh Turpin



HANDEL'S "MESSIAH"

I recently interviewed Hugh Turpin, the Musical Director and Conductor of the West Cumberland Choral Society about their forthcoming performance of Handel's "Messiah" in November. I asked him about his earliest memories of the work.



"I suppose I heard Messiah for the first time in Doncaster at the age of seven or eight. My Mum would take me to concerts fairly regularly but I do remember that my first impressions were not favourable. The whole work was portentous and over solemnified, the choir was massive – about 150 – producing a muddy texture and I do remember this, the organ accompaniment was badly played. Not a great start to my experience of Handel.

Whilst growing up, I was into the music of Ravel, Debussy and Bartok and composers like Handel and Haydn were put on the back burner. I had sung in Messiah of course and played in the orchestra but my impressions were confirmed – so many conductors, choirs and organists treated the work as a pillar of respectability."

I noted that Hugh has clearly come to love the Messiah and is now an enthusiastic proponent of the work. I asked what had changed his mind.

"It was whilst studying at the Royal Northern College of Music that I rediscovered Handel. First through the keyboard works, illuminating, humorous and serious by turns, but living music, dance music. I had learned that Handel was as much Italian in style as German and that what I had heard was a complete misconception of this great composer.

When I heard Harry Christophers and the legendary Sixteen perform Messiah at unbelievable speeds, with a tiny but brilliant choir and a real understanding of the music, I knew I had found the musical truth.

When I took over as Musical Director and Conductor of West Cumberland Choral Society, the first work to be performed was Messiah. I was very lucky to have access to a copy of Handel's original manuscript and this was extremely important in my preparation of the work. Handel's

WEST CUMBERLAND CHORAL SOCIETY



What Sweeter Music

**St Mary's Church, Kells
Friday 8th December at 7pm**

with St Mary's School Choir





On Friday to Sunday of the August bank holiday weekend, there was a splendid turnout for Gosforth Hall's Beer and Music Festival (above). Likewise on the Monday for the Black Combe Country Fair (below).



inspiration becomes white hot as the music unfolds and there is a great deal of confirmation of detail which is noted by the great editor and musical humourist, Ebenezer Prout, whose edition we use. Much of what he suggested over 100 years ago has been ignored by so many conductors, however modern versions of Messiah are in fact the same as Ebenezer organised so long ago.

Essentially, instead of the great overblown thing which I was brought up with, Messiah is full of Italian Dance tunes, tragic and incredibly sensitive moments and real, living humour. Take for example the chorus "For unto us a child is born"; this is an example of Italian melody known in some areas as "innocenti". It must have a real lightness of touch and above all be fast enough to take the semiquaver runs in one breath. Handel is

a master of writing for the voice and the "one breath rule" is one of the best ways of setting the tempo, it is also much easier to sing.

The infamous "Hallelujah" now comes over as a real rejoicing – light, joyous and full of life. The pronunciation is actually the "Alleluia" which we all know. The final "Amen" chorus is quite prescient, foreshadowing that glorious work "Missa Solemnis" by Beethoven. Again, it is not to be taken slowly and boringly but with power and verve to bring this wonderful piece to an incredibly exciting close."

So if you have found Messiah boring or if you love the very bones of it, come to our performance on Saturday 18 November at St John's Church, Hensingham, and you won't be disappointed!

Della Hynes, WCCS Publicity Manager

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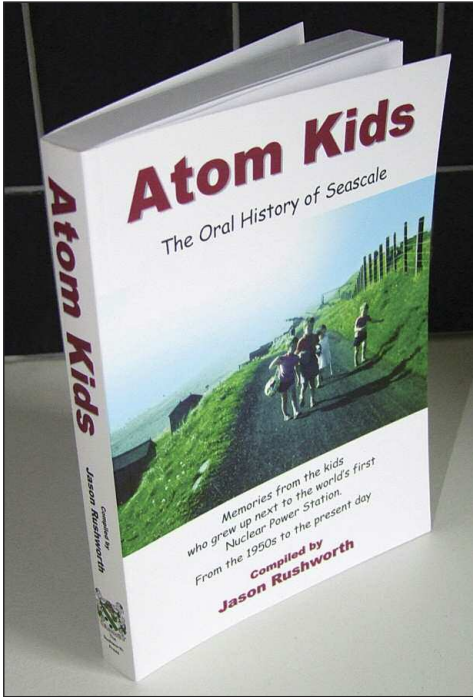
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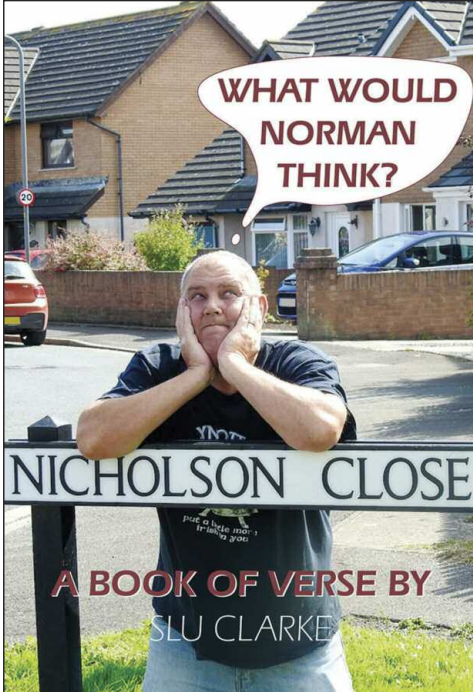
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LOWES COURT GALLERY ART AUCTION

Please help to raise funds for
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its survival depends on it!

The Committee of Lowes Court Gallery, Egremont, which is a charitable association, is inviting all past and present Artists, Members and Friends to donate a piece of art/craft for a fundraising auction to be held at Florence Mine on Tuesday 21 November. Doors will open at 19:00 and the auction will start on 19:30. Many thanks to all those who have donated work already including Conrad Atkinson, Gordon Griffiths and local artists Nannette Madan, Emmelien Jaggar, Jo Froggatt and Gareth Harrison.

Please come along and bring friends to purchase lots on the night. The lots will be on view in Lowes Court Gallery the week before, commencing Tuesday 14 November where bids can be left before the auction. If you are available to offer support for the viewing week, by volunteering in the Gallery, so that we can open longer, it would be much appreciated, as we aim to open 10.00 to 17:00 Tuesday to Saturday on that preview week.

Email lowescourt@btconnect.com or call into the Gallery Tuesday to Saturday 10.00 – 14.00,



which are our normal opening hours.

Thank you to all those who have responded to our appeal in July. We have gained a number of new Friends who have committed to an annual fee of at least £15 yearly to help save the Gallery, but we still need more support.

Some new volunteers have also been recruited following the appeal but we still need more. It is hoped that we can recruit additional

volunteers to enable us to open longer hours in the approach to Christmas. Also please come into the Gallery to purchase your gifts and that will also help to contribute to the running costs of the building.

The annual AGM is being held at Florence Mine at 19:00 on Wednesday 6 December this year. We need new people to volunteer to join the management committee and someone to act as Secretary as our current Secretary is resigning, and we require someone for this office to be compliant.

If you feel you are able to spare a couple of hours on a monthly basis and have some ideas or skills in marketing, IT or maintenance then Lowes Court needs you urgently.

ALEXANDER HOUSE, BOOTLE AN ABBEYFIELD HOUSE

Alexander House is an 11-room house for the over 55's offering supported accommodation in Bootle.

If you have a relative or friend who needs companionship yet wants to remain independent you might like to consider Alexander House.

The house is adjacent to the doctor's surgery and near the village shop.

We have a programme of events and visits – read what Patsy has to say
“The public image of Alexander House is a sort of care home – not so! I've been here for two years now and I'm very glad to be here. Bootle is a friendly place and so is this house!

I really like the way staff and residents get on with each other!

If someone asks me if I get lonely, I tell them about the delights of Alexander House!”
David's dad lived here – “my dad lived a four hour drive away and was becoming increasingly lonely. We suggested he look at Alexander House and he loved it from the minute he walked in! He appreciated the company of other residents and the caring attitude of the staff. He was free to come and go as he pleased, and having the doctor next door was a bonus! “It's better than t Ritz” he said.

For all enquires call Julie Mansergh, House Manager 01229 718395

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News from Shackles Off

September is the start of the Shackles Off 'year' and as I am writing this I have just been putting together all of the statistics for 2016/17. We have had another busy year and have managed to introduce some new sessions and have plans to revamp some existing sessions. Over the last 12 months we have seen 152 individual children and young people, with an average of over 70 a month. Fridays are our busiest night with 3 youth clubs providing activities and fun for 40-50 children and young people every week. We have had some great trips out to places such as Blackpool and Beamish and can provide these activities through the support the Hadfield Trust give us for our LINKS project.

We have supported young people through a myriad of problems this year, which involves us working alongside other agencies such as Police, social services, the courts and health services, to name but a few. We have a good relationship with our local PCSO – Dawn Lowerson – and the young people like her. Where we have had concerns around bullying, drugs and alcohol, she has helped us by coming in to one of our workshop sessions.

The young people respond very well and have a great respect for her. We are also going to be doing some work in the Autumn, with Cumbria Alcohol & Drug Advice Service (CADAS) around 'risk-taking' behaviour.

Our greatest achievement this year was in July, when we received the Police Crime Commissioner (PCC) Award for 'Outstanding Community Project'. We went to an awards

ceremony at Workington police station, where the PCC, Peter McCall presented us with our award. This was followed with a big party in the Windscale club for our staff, volunteers and supporters.

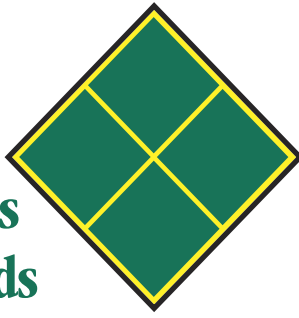
We are fully funded for this financial year September 2017-August 2018 and are well on our way to being fully funded for the year 2018/19. Our current funders are: FCSCT, Copeland Community Fund, Sellafield Ltd, Hadfield Trust, Cumbria County Council, Co-op, Drigg LLWR, Methodist Church and our newest funder – DONG Energy. We also receive regular donations and fundraising support from the local community. We appreciate all of the support we receive from our funders and the local community and would like to say a big THANK-YOU. Without your support we would find it difficult to continue to provide the services we do.

Our 10 year anniversary will be in the spring and we are planning some community events and hopefully an anniversary booklet. Look out for more details later on in the year.

Mandy Taylor



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TRAVEL TIPS ON WATERPROOF CLOTHING



Rob (author) walking in Lakeland kitted out for rain.

**In the words of Alfred Wainwright:
“There’s no such thing as bad weather,
only unsuitable clothing.”**

My own views aren’t 100% the same, but I do understand where AW was coming from :-)

Most times when you go walking in the rain, it is also reasonably warm and at least part of the trick of keeping dry (for as long as possible) is to take “suitable clothing.”

And what I mean by this is that there is no point in keeping off the rainwater, and at the same time perspiring so much that you are just as wet!

So, in warm weather, I tend to wear a single shell “Gortex” type jacket with a good hood (over a base layer – or base layer and fleece jumper if it’s not that warm), below this a pair of shorts, then gaiters and “Gortex” type fabric boots. The rain washes off the bottom of my jacket, down by bare legs and over my gaiters and boots.

A friend, Mel Gould, also suggested that “For those who wear glasses a peaked baseball



Keith in his unwieldy cape being helped by Sid.

style hat to wear under your hood will keep the rain off your glasses”.

Crucially this “system” also keeps my socks dry and stops rainwater wicking down them into my boots which helps prevent getting wet feet, which often leads to blisters.

We then come to the question of “waterproof” trousers – I would only wear these in very cold weather, or on long descents in chilly weather, so I do carry them in my rucksack in appropriate weather conditions.

There are also “waterproof” hiking capes. These tend to be very popular with continental walkers, but for some reason don’t seem to have caught on with British walkers. One reason might be that they are incredibly unwieldy in windy conditions. I had a friend try one when we walked Hadrian’s Wall and it did prove very difficult to get on one wet and windy morning and was, in fact, a two-man job.

Finally, how to keep your kit dry inside your rucksack. Rucksacks aren’t waterproof and if you are doing a multi-day walk, you will certainly need dry clothing at the end of the days. Therefore you must pack your clothes in waterproof bags inside your rucksack – here my Rucksack Pro-Tector comes in very useful as its secondary function is to act as a water resistant liner for your rucksack – further details are on Rucksack Pro-Tector’s website at <http://www.pro-jector.co.uk/travel-accessories>

Rob Steele



The Rucksack Pro-Tector used in its secondary function as a water resistant rucksack liner.

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CHRISTMAS PARTY MENU

STARTERS

Spiced BUTTERNUT SQUASH & CARROT SOUP, SERVED WITH CRUSTY BREAD (V)

FAN OF MELON WITH RASPBERRY COULIS & SEASONAL BERRIES (V)

SEAFOOD CREOLE – SMOKED SALMON, CRAB STICKS AND PRAWNS IN A CREOLE SAUCE,
SERVED WITH TORTILLA CHIPS

OVEN BAKED GARLIC MUSHROOMS – MUSHROOMS COOKED IN GARLIC & CREAM AND TOPPED WITH
PARMESAN & BAKED IN THE OVEN, SERVED WITH CRUSTY BREAD (V)

Pork, apple & Calvados PATE, SERVED WITH BROWN TOAST

MAINS

ROAST TURKEY WITH ALL THE TRIMMINGS

SUPREME OF SALMON WITH A SEAFOOD SAUCE

Pork belly stuffed with HAM HOCK & black pudding, SERVED WITH A PORK JUS

BEEF ROULADE – PRIME STEAK STUFFED WITH A SAVOURY SAUSAGE MEAT IN A CHASSEUR SAUCE

MEDITERRANEAN TART – RED ONIONS, CHERRY TOMATOES, PEPPERS & COURGETTES
TOPPED & BAKED WITH A SYKES FELL EWE'S CHEESE (V)

**ALL MAINS SERVED WITH ROAST POTATOES, CAULIFLOWER CHEESE
AND SEASONAL VEGETABLES**

DESSERTS

CHRISTMAS PUDDING WITH BRANDY SAUCE

SHERRY TRIFLE

LEMON ROULADE

WHITE CHOCOLATE & RASPBERRY CHEESECAKE

SALTED CARAMEL & CHOCOLATE TART

COFFEE AND MINCE PIES £3.00 EXTRA PER PERSON

CHEESE AND BISCUITS £3.00 EXTRA PER PERSON

LUNCHTIME 12:00-14:00

2 COURSES £15.95

3 COURSES £17.50

EVENING 17.30-21:00

2 COURSES £18.95

3 COURSES £21.50

CHRISTMAS PARTY MENU AVAILABLE MONDAY-SATURDAY FROM 1 TO 23 DECEMBER

PRE-BOOKING ONLY

10% NON-REFUNDABLE DEPOSIT PER PARTY IS REQUIRED TO SECURE THE BOOKING

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IF A MEMBER OF YOUR PARTY SUFFERS FROM FOOD ALLERGIES OR INTOLERANCES, PLEASE ADVISE THE HOTEL



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BROWNIES' SPUDS!

2nd Seascale Methodist Brownies have had a very productive year after receiving a bed in the LLWR company allotment. LLWR kindly gifted the bed to the Brownies to allow them to get their gardening badges.

Preparations started early with the girls painting a sign for the bed, they then planted the carrot seeds in barrels which they painted and they



Delivering spuds – Brownie Beth Blythe, local resident Mrs Bearman and Fiona Robinson, LLWR.



made their own name signs for their individual areas in the allotment. They received a kind donation from the Copeland Community fund which paid for gloves, seeds and equipment.

They planted potatoes, carrots, radish, and giant sunflowers. Sadly the carrots didn't make it but everything else did really well (including the weeds!). It is all part of learning so they can try carrots again next year.

The Brownies really enjoyed the time in the



allotment. They managed to grow a bumper crop of potatoes which were distributed around the local community to Seascale residents. There are plans to start earlier next year so that the girls can have more visits to the allotment and grow more vegetables and maybe even help other allotment owners with weeding.

Fiona Robinson



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GOSFORTH AMATEUR DRAMATIC SOCIETY

GADS Youth Theatre Group

Before our summer break the Youth Theatre

members put on a successful showcase of monologues and duologues for their families. They all did incredibly well to perform, present and stage manage the night themselves (with just a little help from some adults). This half term we are also focusing on scriptwork, and by the time you read this will have presented another small showcase for members' families. GADS Youth Theatre Group takes a break for pantomime but will resume on Thursday 1 February. We meet at 7pm in the main hall at Gosforth Public Hall, weekly during term time, except for half term. New members are always welcome, no matter what your experience or confidence. If you are interested in joining this lively group for 8-18 year olds, just come along to one of the sessions or get in touch with Director Tosh McGregor using yt@gads.org.uk



Summer Youth Workshop

Youth Theatre Group had a break over the summer holidays, but GADS Summer Youth Workshop kept us busy for a whole week in early August. Twenty five youngsters, under the direction of Matthew Harper and Caia van den Elzen, spent the week preparing for, and then performing "Arabian Nights" (written by Matthew) for their friends and family. During the week, the participants had great fun learning about all aspects of staging a show – including stagecraft, costume, props, make-up, sound and lights, painting scenery as well as learning the lines for their parts. Their performance at the end of just one week was stunningly impressive. A few minutes of it were even streamed live over the internet. The week was partly funded by a grassroots grant from Stobbarts Ltd through the Cumbria Community Foundation, to whom we extend our gratitude and thanks.

Autumn Play, 2017 – A Nativity by David Rounce

It's all go at this time of year and our Autumn Play might have come to an end by the time you read this. "A Nativity" was written by GADS member David Rounce and was chosen after a successful reading at our Play for Pleasure group. The play tells the real story of what happened in Bethlehem over 2000 years ago – as far as David can remember anyway! Full of very silly humour, the play runs/ran for three nights (26-28 October - see page 8) to give an early introduction to the festive season and a Christmas jumper competition for audience members. Interval



After a long break for the summer holidays, an autumn play and a pantomime, our monthly informal play readings resume on Wednesday 28 Feb 2018, and continue Wednesday 29 March. Come along and enjoy a chat, a chuckle and a cuppa – 7:30pm in the Supper Room of Gosforth Public Hall. New faces and especially new voices are always welcome.



refreshments very kindly provided by our friends at Westlakes Hotel.

GADS Pantomime – Sleeping Beauty, January 2018

The pantomime for GADS in January will be Sleeping Beauty by Alan Frayn. It will run from Wednesday 24 January to Saturday 27 January 2018, is suitable for all ages and will maintain our recent tradition of groaningly good (or should that be bad?) humour. Rehearsals begin early November and although we are fully cast, we can make room for a few more in the chorus or as part of a crowd scene. If any of you (aged 8 or over) fancy dipping a toe in the theatrical water, please contact us ASAP.

The story of Sleeping Beauty is, like most pantomimes, based on a very old folk story, the origins of which were first composed in the 1300s and first printed in 1528. Our version is not that old! It is very up to date with lots of hilarious jokes (Oh yes they are!), plenty of slapstick and songs and dances. We are very much looking forward to using our new lighting gear for the show and hoping we can master it well enough by then to give us some good effects. Last year tickets sold very well indeed. Wednesday and Thursday were both busy, Friday was very nearly full and Saturday was completely sold out.

We are holding ticket prices steady for yet another year – £6 for adults and £4 for u18 / students. Tickets will go on sale on 4 December to Groups, 18 December to Members and 4 January to the general public, so please book early to avoid disappointment. Seating plans and ticket sales will once again be on the GADS website for those of you who like to pick the best seats.

LED lights, Dimmer Packs and the Jester

The audience for Dick Whittington last year noticed improvements in our sound system, with better audibility down the hall. This year we have invested very heavily in new control gear for our stage lights although this will be less noticeable to the audience until we have learned to use it! Our old equipment was decades old and failing quickly, so without the upgrade we would have had no lights at all – and that would have been much more noticeable. The new equipment was funded by several grants and we must thank the

Cumbria Police and Crime Commissioner's Community Fund, Shepley Engineering Ltd, Cumbria Community Foundation, the Cumberland Building Society Charitable Foundation,

LLW Repository Ltd and Sellafeld Ltd for all of their contributions and support. By prior arrangement (and with sufficient notice to set them up) the GADS stage lights are also available to other users of the hall – contact us for details. And in case you were wondering, the “Jester” is the new lighting control desk.

For more information

To get involved with GADS, to find out more about what we get up to, contact us, or just to look for family and friends in our ever growing library of photographs going back over the decades, please see our website www.gads.org.uk. On Facebook we are [gads1948](https://www.facebook.com/gads1948) and you can follow us on Twitter [@gadsgosforth](https://twitter.com/gadsgosforth). We're also on Instagram.

For GADS event dates see the Events Calendar on page 8.

COSTUME HIRE

GADS has quite an extensive costume wardrobe for hire: Princes and paupers, witches and wizards, as well as beautiful vintage costume from the 1940s/50s/60s (appropriate sizes not guaranteed!) – perfect for fancy dress parties over the festive season. There are assorted hats, wigs, masks and some items better described as props. We have a maximum charge of £8 for a full outfit and a reduced amount for smaller items depending on what's borrowed. There is also a £10 refundable deposit to cover losses etc. For enquiries, telephone Paula on 019467 25253 or email costume@gads.org.uk





SEASCALE GOLF CLUB CHRISTMAS MENU

Starters

Black Pudding Stack

Black pudding topped with Streaky Bacon, Duck Egg & Peppercorn Sauce

Garlic Mushrooms

Mushrooms in a rich creamy Garlic Sauce – served with a crusty Bread Roll

Soup of the day

Homemade Vegetable Soup served with a crusty Bread Roll

Brie Wedges

Deep fried Brie Wedges served with a Cumberland Sauce

Mains

Roast Turkey

Roast Turkey served with Pigs in Blankets, Stuffing and all the Trimmings

Roast Beef

Roast Beef & Yorkshire Puddings

Salmon

Salmon Fillet served with a Homemade Hollandaise Sauce

Celebration Roast

*Vegetarian Flavoured Roast with lentils, Sultanas, Pumpkin Seeds and Millet
Finished with a spiced Brambly Apple and Pomegranate Glaze*

Desserts

Sticky Toffee Pudding

Sticky Toffee Pudding served with Vanilla Ice Cream

Kirsty's Apple & Blueberry Crumble

Apple Crumble served with a hint of Cinnamon served with Custard

Christmas Pudding

Rich Fruit Cake soaked in a Brandy Sauce

Wee Doc and Doris

Dark chocolate, Coffee and Whisky Mousse with a Shot of Dark Chocolate

Cheese & Biscuits

Selection of Cheeses Served with Chutney and a variety of Crackers



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Leading up to the festive period the club will be entertaining guests throughout December with its Christmas Dinner Menu. It is advisable to book and larger parties and groups are welcomed. The dining room is available if anyone requests a private party where they can relax and let the golf club do the work.

Along with these events Seascale Golf Club welcomes all local residents into their great facilities to cater for their tastes. Whether it be a Roast Dinner on a Sunday Lunchtime, a Steak Dinner during the superb Thursday Steak Nights or simply a coffee and a sandwich, the local golf club can provide a great experience.

To ask about any of our events or to book a table for meals please phone 019467 28202 and we will look after the rest.

www.seascalegolfclub.co.uk

Seascale Golf Club opens its Autumn and Winter events calendar with a Kids Halloween Party on Saturday 28th October where there will be music and prizes for the best fancy dress. All children and adults are welcome to come along to enjoy a fun packed evening in the clubhouse from 6.00pm.

The golf club will also be staging its famous Bonfire Night which goes from strength to strength every season. The action happens on Saturday 4th November and will be followed by music from local band Avalon in the bar where there will also be kids games. **Always a great night.**

A vibrant poster for Bonfire Night Party. The background is a dark night sky filled with colorful fireworks in shades of green, yellow, red, and blue. At the bottom, there are silhouettes of people with their arms raised in celebration. The text 'Seascale Golf Club' is at the top left in white. To the right, 'Saturday 4th November.' is written in green. Below the club name, it says 'BONFIRE WILL BE LIT AT 6.15PM WITH FIREWORKS TO FOLLOW' in white. The words 'BONFIRE NIGHT PARTY' are written in large, bold, yellow and pink letters across the center. Below that, 'FREE ADMISSION' is written in white. At the bottom, it says 'WE WILL BE SERVING BURGERS HOT DOGS AND OTHER REFRESHMENTS DOWN AT THE DISPLAY' in pink, and 'All welcome' in white at the very bottom.

BUT DOES THE GREY LADY APPROVE?

There've been a lot of bumps and dragging of heavy chains going on at Irton Hall during the last year. But this time it hasn't been the ghost of Anne Irton, known as the Grey Lady whose hauntings are legendary, making her presence felt. No, these rattles and bangs were down to real live tradesmen working on the renovation and expansion of a dilapidated building built in the '80s as a function room and a French restaurant briefly, expanding it into a stunning function venue.



The transformation is incredible, and on 14 September 150 guests at the charity Colour Fashion Show saw for the first time this splendid new venue, called after Anne Irton's ghost 'The Grey Lady.'

This was the launch event of 'The Grey Lady' and it couldn't have been a more fitting tribute for Steve Cottrell, the owner of Irton Hall, for whom this project has been a labour of love, dogged determination and lots of staying power.

"We wanted to create a good balance between traditional and contemporary so that it sits in keeping with the Hall." Says Steve who is rightfully very proud of the end result. "Hopefully there's nothing to rival it."

The project was supposed to be finished in the spring of this year, but as with most building projects, there were

unavoidable delays. "Building projects never go to plan" laughed Steve as he poured another glass of champagne for a guest, "and it went about 20% over budget!" He shrugs, "But that was because I didn't want to scrimp on the finishes."

He certainly hasn't done that; the venue is stunning – big enough to hold more than 200 people while still creating cosy areas and retaining the historical feel throughout.



The second wedding at the Grey Lady, with bride, groom and bridesmaids photographed outside the building.



The inaugural Fashion Show. Photo Vivienne Tregidga

“The solid oak beams spanning the main hall came in at £1500 each” continues Steve, “This was one of the hold ups as it took time for them to be manufactured and then for the National Park to approve them. But it was worth it because they really do look the part.”

The bar was another area that Steve was not willing to compromise on, “We used solid maple timber for the bar, so again it wasn’t cheap, but it does look stylish and adds that wow factor for guests when they first come in.”

The project has come in around £400,000. “It’s going to take quite a while before we recoup that kind of outlay, but we’re not in a rush,” says Steve, “We just need to put on the kind of events that the local community wants.”

“It is primarily a wedding venue,” explains Steve “and we already have about 10

▶ weddings booked in for next year with three taking place this year.” But Steve is also keen to put on things like comedy and music nights. And to link in with charities who can utilise the venue for their fundraising events.

The Colour Fashion Show was a huge success raising much needed funds for Santon Bridge Village Hall and Irton Church. They raised £1,523 after costs, which was a great effort.

Steve has been impressed with all his staff. “There were only a matter of a few hours to clean and set things up for tonight after the builders left. It was a mad rush, but everyone pitched in, and the housekeepers were amazing.”

Finally, I asked Steve if the Grey Lady approved of the new venue?

He lowered his voice and spoke her name very softly, I’m not sure if that was out of respect or in the hope that she wasn’t listening! “I’ve not had any sign from her yet, and no one has had any mysterious visits, so I think she’s happy with it all.” He laughed with just a tinge of nervousness.

For those of you who do not know the history of The Grey Lady, here is a brief outline. She was the wife of John Irton in the 1400s and her name was Anne. Because she gave food and shelter to King Henry VI during the War of the Roses as he

fled the battle at Hexham, she was walled up in the Peel Tower and left to starve to death for her sins.

Her ghost has ever since been seen walking the battlements of the Peel Tower, inside the Tower itself and around the grounds of the Hall. Unsuspecting people have also encountered her walking along the river Ir. I suspect she’ll check out the new venue that carries her ghostly name, but don’t worry, Anne is a very friendly ghost who would never harm anyone. *Vivienne Tregidga*



Above – the extension to the original Grey Lady. Very deep foundations were extremely costly.

Right – all set for first wedding here.

The team – l to r Patrick Brennan, Martrece Jones, Johnny, Steve and Tom Cottrell.
Photos Vivienne Tregidga.



A wedding showcase
in Grey Lady
will be held on Sunday 5th
November 12noon – 3pm.
All are welcome to attend



1ST GOSFORTH SCOUT GROUP – WHAT THE CUBS THINK!

We're all agreed that the Group has had a busy time lately. Across the three sections (Beavers, Cubs and Scouts), we've had three camps, an evening of paddleboarding at Ennerdale, a snail race, and built dens from cardboard boxes. We've had a grand man hunt on Muncaster Fell and a very small one near Gosforth. We've explored Mirehouse, paddled canoes, cooked lunch for our parents to raise money for Shelterbox and grown potatoes. We've had our usual annual water fight at Miterdale, with this year's special feature of a waterslide. Even the leaders have had a weekend away in Snowdonia.

So what should I choose to tell everyone about? Ten minutes interviewing the Cubs provided the answer – they seem to have most enjoyed the evening we built an obstacle course.

It was all very simple. We spent a few minutes discussing what we'd planned, and then they were free to choose things from around the hut to build their course with. We had a rope to climb over, a big plastic sheet to crawl under, and some canes as hurdles to jump over. We used our

camp sack barrow as a cart to pull round some cones, then some balls with a spoon, and finally scored a goal with a football.

Then we did it all over again against the clock, and carrying a bucket of water.

We used our imaginations to think of the course, and problem solving to work out how to negotiate the obstacles. We spent an evening outside, working as a team, and we had really good fun trying to improve our times. And best of all, it didn't cost anything! To me, this is an essential part of Scouting – learning to make the most of the resources you have available.

When I asked the Cubs what they would like to do this term, a repeat of that evening was what they all wanted. That and the "table game". But that's another story!

Jackie Harper, Group Scout Leader

If you'd like to join us, you can contact me at longreens@btinternet.com, or come and see us – Scouts Tuesday evening 7 'til 9pm, Beavers and Cubs Wednesdays 5pm for Beavers, 6.15pm for Cubs.



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2ND SEASCALE SCOUTS



Vacancies/No Vacancies

There are currently a couple of spaces in 2nd Seascale Beaver Scouts (6-8 years) and Cubs (8-10 years). However, for the first time in a very long time the Scout Troop (10-14 years) is full! Whilst it is fantastic that our numbers are so healthy, this very sadly means we have to say “no” to new members (unless of course they are moving up from our Cub Pack).

Please still get in touch if your child is looking to join; we will discuss the alternatives with you. If there was enough demand, perhaps we'd have to start a second Troop.

BBQ and AGM

We can now call our Beach BBQ and AGM a tradition and this year's event was thoroughly enjoyed by the 140 young people, leaders and parents who attended. All the thanks go to Kristy, Simon and Andy who cooked over 250 burgers and sausages to feed the swarm.

Covered in Paint

The Hospice at Home West Cumbria Colour Run



at Muncaster is always a great day out. Our Beavers, Cubs, Scouts, and parents all love either taking part in the run, or better still, throwing the paint. Cracking weather once again kept everyone smiling – oh hold on, throwing paint over the runners and each other kept everyone smiling.

Beavers on Duty

The Beaver Scouts (6-8 years) experience the outdoors all year round and unfortunately for them the sun did shine and they were unable to enjoy the mud as there was none. So they spent time exploring the outdoors finding bugs. Beaver Scouts thoroughly enjoyed finding the bugs that were up high, as it meant they had to climb the trees to find them. Climbing a tree can build confidence and develop coordination, problem solving skills, and strength but to a Beaver Scout it's just fun and adventurous (even when they are only half a metre from the ground).

Beaver Scouts had to say a sad farewell to their Assistant Beaver Scout Leader, Badger, and they decided to organise a surprise evening in the woodland with campfire and s'mores (Badger's favourite activity) to say goodbye and many thanks for giving and sharing their adventures with them. Thank you Susie!

Silver Cubs

The Cubs (8-10 years) have continued to work hard towards their awards. The Silver Chief Scout's Award is the highest award that Cubs can earn and a huge number of these have been achieved this year.

Cubs made the most of the summer months constructing dens, cooking on the beach and

exploring nature in the rock pools (not on the cooking night!).

Wilderness Walk

Our senior Scouts once again undertook their expedition. They hiked from Seascale to Miterdale camping up the valley beside the picturesque Bakerstead former-outdoor education centre. Instead of the that last year's expedition participants faced, this year it was sunshine all the way.



The following morning they walked out over Eskdale Fell to Boot where they caught the Ratty, with an ice cream, to take them to Ravenglass. From here it was another romp over Hallsenna Moor, then back to Seascale.



Well done to all who took part! Our Y8 and Y9 Scouts need to start thinking about where their adventure will take them next year.

Raft Building

During last term each of our five patrols had a go at constructing a raft and launching it on the beach. The weather was unbelievably good to us with four of the patrols having an evening at the beach that can only be described as idyllic.

Join the Adventure

In the UK there are 500,000 members; consisting girls and boys from age 6 to 25 and adult leaders and supporters. 2nd Seascale Scout Group meets Seascale School on Thursday, caters for Beavers, Cubs and Scouts, and has links with the local Explorer Scout unit. To find out more, please contact:

Neil Henderson, Scout Leader
Info@SeascaleScouts.org.uk



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HOW TO STAY YOUNG!

On Saturday nights, BBC 1 is showing a fascinating programme with Angela Rippon and Dr Chris van Tulleken who are using the latest scientific technology on a range of volunteers, in their 30s and 40s, to find out their true body age. Apparently, we all have two body ages, our birth age, and our body age. All the volunteers on the programme found out that their body ages were well into the 70s, 15 -20 years older than their actual birth age! Their faces when they saw the results was a revelation. Needless to say, they were all extremely shocked and scared about what this meant for them.

The programme then goes on to follow these volunteers as they change their lives with diet and exercise over the course of twelve weeks.

Even those volunteers who struggled to change their diet saw a dramatic lowering of their body age just by doing exercise. The lady who suffered with depression was particularly fascinating, as we saw the exercise regime having a huge positive effect on her life.

Science backs it up, that exercise really can save your life, and the bi-products are feeling happier, stronger and gaining a great body. So where do I sign up for that?

We are lucky that here in Seascale we have three exercise classes a week run by Shameem Arnold.

Vivienne Tregidga

Here are just some of what her customers say about how these classes have changed their lives.

Lizzy Mawson – As possibly the most reluctant “Mokyer” ever I can’t believe how much I love Shameem’s classes. To take just 30/45 mins out of your day and achieve such an amazing physical and mental boost is truly remarkable. Even when I crawl into class exhausted after a busy day I come away de-stressed, clear headed and motivated. My physical fitness has improved so much and I’ve found muscles in places I never knew existed – cos they hurt! They say no pain no gain but I’ve gained a few new friends too; give it a go – I’m so glad I did.

Vicky Earl, aged 29 – When I first started MOKY I only ever went to the odd class whenever I had someone to go with. Confidence and

independence aren’t my strongest points. Now after years of doing MOKY I happily go on my own, I even get in 2 or 3 classes a week if I can. It’s good to get away from any life stresses and have an hour of me time. All of the instructors are so lovely and friendly as well as others who attend the classes. I find myself meeting and making new MOKY buddies every week. MOKY is the best fitness I have ever got involved in, I just wish I had known about it sooner. It has boosted my confidence and independence so much and I am very thankful for the encouragement I get from Shameem to keep going. I’ll keep dancing until my feet can’t do any more.

Michelle Hearder, age 30 – I love how just after an hour I leave feeling happy and energised.

MOKY FIT helps lift any mood or bad day you have had. Everyone in each class is so supportive and lovely. Nobody judges you, we just have fun and are like a big MOKY family, I would be lost without them and MOKY FIT as I wouldn’t be where I am today. Dance fitness has changed my life and helped me through a difficult time.

Cheryl Wilson – What does MOKY do for me? I’ve been MOKY on and off for a few years now. In the last couple of years, I have relied heavily on MOKY and my MOKY buddies to get me through some difficult times. I’m still going through the heartache of losing my mam in April this year. It’s still not easy, but while I’m at MOKY I can laugh and I enjoy myself which really helps.

Kimberley Johnson, aged 37 – MOKY is the best medicine in more ways than one. You get fitter and stronger both physically and mentally. Laughter is a given in every class, no-one ever laughs at you but with you, it’s not a class it’s a MOKY family. And I wouldn’t be without my weekly or daily fix. I’m 37 but feel 17 when leaving a class very sweaty and full of smiles.

Clair Bouton – I love MOKY HIIT it makes me feel great in body and mind. I’ve only been doing it for a couple of months but I already miss it when I am away on holiday. Sometimes I feel I can’t be bothered to go to class, but once I get there I love it and feel so much better afterwards. The instructors are so encouraging and nobody judges you, it is really friendly.

MAGIC OF KEEPING YOUNG

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Wednesdays 7.30 - 8.15pm
Seascale School £5

Fridays 10 - 10.30am
Seascale Sports Hall £4

Babies/Toddlers welcome at this session. Free use of soft play.

Contact details - Facebook: Mokyfit with Shameem
Tel: 07724 240 179 Email: shameem@mokyfit.co.uk



DRIGG BEACH CLEAN

Recently, volunteers from LLWR, and GRAHAM Construction were joined by pupils from Gosforth School, Environment Agency representatives and Love My Beach officers and carried out a beach clean at Drigg. As it was National Beach clean weekend and as work at Manhole 11 on the headland by Drigg beach is taking place, it made good sense to participate and do our bit for the local beach as well as the wider environment. It also helped that it was a sunny day. All manner of things were collected, some probably best not to mention, but in total over 30 bags of rubbish were filled. It was great to see so many employees taking part working alongside Gosforth School pupils and others. There were 10 Gosforth school children with their teacher and a governor. It is important that we help with community events in



the local area so were happy to help out in any way we could. Thanks must also go to Copeland Borough Council and Calderwood House who kindly provided us with litter pickers, gloves and bags. It was organised by Elaine Woodburn of Graham Construction who is their Community Stakeholder Officer.

Alan Bell

THE GOSFORTH ONION CLUB

The Gosforth Lion and Lamb Onion Club has been meeting and holding its annual onion show for over thirty years in Gosforth. The show features two main awards: the supreme award class and the heaviest onion class, with additional awards for the most improved (the member making the greatest improvement over their previous year's entry), the most points in show (combined points total for the two classes) and best onion. The supreme award is awarded for the best set of three onions (judged on size, ripeness and uniformity). This prize was won this year by Karen Agnew, achieving a record five wins in six years. The heaviest onion was won this year by Katherine Muncaster who also won most points in show.

One of the highlights of show night is an auction of the show onions with proceeds being donated by the club to a local good cause, this year's beneficiary being the Gosforth library.

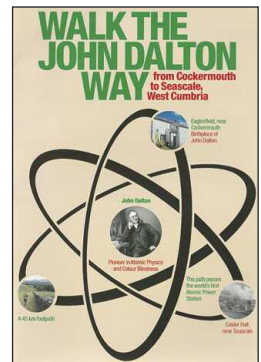
The onion club has a limited membership, capped at 30 participants, but the club currently has a number of vacancies in the membership and would welcome any enquiries from individuals who live and are able to grow their onions within the parish of Gosforth. The club meets at The

Lion and The Lamb between 19.00 and 20.00 on the last Friday of every month for collection of subs and a £120 club cash draw. Alternatively contact the club secretary Tess Bleasdale on Gosforth 25387 for further information.

THE JOHN DALTON WAY

The John Dalton Way is a 45km long distance through walk established in commemoration of the 250th anniversary of the birth of John Dalton in 1766, discoverer of atomic theory. It links his birthplace, Eaglesfield, with Cockermouth, where he stayed when visiting the area in his adult life, and Calder Hall, the first commercial atomic power station in the world, which was commissioned in 1956.

This site has info on the walk, the guidebook and who JD was. Books are available from Stephen's Pharmacy, Seascale, priced at £2.50. <https://www.johndaltonway.com/>



THE BOWER HOUSE INN 'FLOWERS' IN CAMRA'S PUB OF THE SEASON AWARD



The Bower House Inn, nestling in the spectacular Eskdale valley, is surrounded by its own beautifully tended gardens, secluded arbours and quaint, elegant buildings. The West Cumbria branch of CAMRA took great pleasure in visiting the inn to present them with the highest award of the season, the Autumn Pub of the Season for 2017.

Brothers James and Phil Marsham, together with Nick Putnam are the three Directors who steer all the hard working, friendly team, in this tight run ship. Nearly 30 members of this branch of CAMRA received a special kind of old fashioned welcome; glowing real fires in the bar and dining room were very much appreciated along with the main feature of the day, the beer.

Andy Roberts, Pubs Officer for the branch, paid tribute to 'Marshy' and the whole team. He said, "Every three months we make an award to a pub who we select as doing something rather special, it is a prestigious award of which you should be very proud." He continued to add, "I personally have been coming to The Bower House for an awfully long time, and, on a recent visit was delightfully surprised by the range and quality of your beers. I notice there are quite a few families in here enjoying the wonderful atmosphere, hopefully real ale drinkers of the future. We thank you all for your dedication and congratulate you on receiving this CAMRA Pub of the Season award for Autumn 2017."

This inn is perfect for any occasion; large gardens to host weddings, a bar with oak-panelled seating, captain's chairs, beamed ceilings, and,

**Rebecca Allsworth
(Hotel Manager) proudly
displays the certificate.**



for that extra special occasion a separate, intimate dining room. We were served most royally by our hosts and wish The Bower House continuing success.

Many of these inns were originally farmhouses, serving ale from the front room. The Kirkstile, Loweswater and The Pheasant, Bassenthwaite certainly originated in this way and, we think that this also applied to The Bower House. One of our members seems to remember two older ladies bringing jugs of beer through to the front room many years ago. If this rings a bell with any of you, please let us know, by telling those in the pub, as this is very much a community inn; still boasting its own cricket team, darts on Wednesdays, weekly quizzes on Sunday, held for local charities from 5.30pm, World Food Nights on Thursdays (booking recommended) and a piano in the corner for anyone who fancies a bit of music.

Congratulations on being such a gem of a place, worth the extra effort in getting there, and, you don't even have to drive with Irton Road Station on the La'al Ratty close by. With real fires and real ales to tempt you, don't stay away. Enjoy the same fantastic hospitality that the West Cumbria branch of CAMRA were treated to very soon.

Eileen Lithgow, CAMRA



SEASCALE

the sea – and we all know what that means here. The wind blows sand and salt directly on to our flower beds (don't laugh at the loose term) leaving us browning foliage and don't even think of trees.

In Skye the mood is calmer, the scale smaller and the battles less formidable. A natural triangular space surrounded by apple, rowan and birch, heather and ubiquitous rhododendron.

Both are next to water.

A TALE OF TWO GARDENS

We are not gardeners. To me it's just housework outdoors; have a good clean up and the next time you look it all needs doing again. My husband's no better, unless setting fire to the borders to clear away the dead stuff counts. (Somehow this actually worked! The perennials roared back to life better than ever.) No, there are enough talented and dedicated gardeners in our villages to create delightful spaces for us shirkers to admire.

What I do love about gardens is the life within them. Whether yours is pristine or rampant, a garden is the setting for the good things in life whether organised or unexpected. All the visitors, ones you invite and the ones you don't. It is so much more unpredictable than the social life indoors. There is not the same control over who is allowed in!

We are lucky to have two completely contrasting (if messy) gardens. In Seascale we have one of the most exposed plots with only the railway line between us and

The rolling waves of the Irish sea which can subside to a shimmering blue on a sunny summer day, in contrast with our Skye water feature which is a sea inlet called the Obbe (to rhyme with globe). The level rises and falls depending on the tide and sometimes doesn't bother to come in at all. Each environment creates an added dimension to the garden in which to entertain our invited guests.

Skye is restful and usually only a few participants for our lazy afternoons of alfresco whisky tasting. The tranquil, lush green surroundings and gently flowing water are quite a novelty after the more familiar environments of Seascale! The open sea, amazing skies and sunsets of the West Cumbrian coast together with our larger and more exposed garden create the backdrop for more spectacular events. We've had



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birthdays, anniversaries, a wedding tent; marquees and jazz bands; barbeques for hordes and buffets for scores.

And then there are the uninvited guests, mainly very welcome, some familiar and others unexpected. Both gardens have their delightful array of garden birds, the tits, blackbirds and robins and the like. In Seascale the sight of a bullfinch or a goldcrest is especially exciting and a sparrow hawk recently skimming the garden walls is particularly noteworthy. The swifts and swallows live up the summer skies, but what happened to the house martins? Thirty years ago we had eleven nests in our eaves and for the last few years we've had none. The thrushes have largely abandoned us alongside the lack of snails, hedgehogs and rabbits. All used to be common visitors and they are missed. As a non-gardener I don't object to these intruders.

From our Skye garden we enjoy the sight of the herons, as many as twenty can nest in the conifers upstream. They vie for the best stretch of the water, fishing singly, jealously guarding their patch. The stealth with which they expertly catch their supper is fascinating, waiting like statues then

jabbing like lightning for the fish. They rarely miss.

But best of all are the otters that live just outside the garden wall in tunnels in the rocky, weedy banks. Early morning and at dusk they swim and tumble in the water, sometimes fishing and, I think, sometimes just for fun. They compete with the herons for fishing rights and during the night the sound of squealing, barking otters, squawking herons and violent splashes tells us there's a dispute going on.

One day, quietly pottering in the garden shed, drawn by a loud splashing sound of wading, my husband saw a large stag making its way across the Obbe to browse on the trees and bushes on the other side.

The visitors to our Seascale garden may not be quite so large but both gardens have their special moments and memories. I do wonder what happens and who visits when we are not there – apart from the persistent growth of grass and weeds. Something unseen must wander the gardens because, tell me, who ate the heads off the daffodils and who devoured the compost heap – right down to the very last apple core?

Pam Mullineaux



Beau Regard

EVACUATED TO SEASCALE

How did this memoir of WW2 come about? In early September 2017, I took the opportunity after spending a few days in Penrith to revisit Seascale. Professional work had previously taken me to Sellafield and to Whitehaven, but never to Seascale. There I chanced to meet Trevor Preece and his partner Judith Kirkham as I searched for *Beau Regard*. They were kind enough to point out the correct house (next door to theirs!), let me look over the garden wall to where I had played and invite me to write down my recollections for the magazine “Tethera” which he produces.

The Banks and Bathing Huts from the Sea, Seascale.

Postcard of seaford by G.P. Abraham Ltd. Keswick.

On 3 September 1939 a six-year old boy sat in a house in Liverpool and listened to the wireless as the prime minister announced the declaration of war with Germany. His father immediately said that he had fought in 1914-18 “a war that was to end all wars”. I was that boy. That same day our neighbours’ two girls Barbara (9) & Janice Pedder (6) took the Liverpool to Carlisle train as far as Seascale to stay with Miss Pedder, their maiden aunt at *Beau Regard* in The Banks at Seascale. I followed the girls two days later; perhaps, in the manner of other evacuees, my mackintosh was labelled “Passenger to Seascale”.

I am sure that I was over-awed by my elegant new home, a detached three-storey house in a large garden, staffed by a cook, a housemaid, and, weekly, a gardener. Unlike many such houses Beau Regard remains a single residence to this day.

The village school had no vacancies so we were taught by Miss Pedder until her sister returned from India where she had worked as an educational missionary. I expect that her intended one-year sabbatical home leave became a permanent stay in the UK. The traditional Indian shoes that the latter presented to me are still in the family dressing up box.

The Liverpool Daily Post was delivered each weekday after reaching Seascale by the morning

mail train. We children were not allowed to read the papers as this was considered to be bad for our morale.

Everyone was issued with an identity card that signified one’s address and seniority in the household. As the youngest of five occupants at the time my number ended with a “5”.

Life was simpler then; there was no TV, no washing machine, no steam iron, no motor mower, few had a telephone at home or a motor car. The majority of our food was imported from the British Empire e.g., all milling wheat used to make bread came from Canada, much lamb came from New Zealand. Strict rationing of food and clothing was soon introduced together with penalties for non-compliance.

Most adults over the age of eighteen were mobilised in one way or another with few exceptions, such as mothers with young children.

Conscription to the armed forces was introduced for men between the ages of 18 and 50 years, other than whose civilian work was essential for the war effort, such as dock workers & coalminers, who were exempted. Older men became fire wardens or land defence volunteers. The latter subsequently became the Home Guard.

Women were recruited to replace the men who were conscripted. Soon our maid departed to



Cover of hand-made blotter of Bristol board paper, held together by tassel, decorated with potato print red, quarto size (approximately). Sent from Seascale to Liverpool as Christmas present.

perform more pressing civilian war work, join the women's land army or, possibly, military service.

One childless aunt of mine canvassed the occupants of several neighbouring streets to purchase savings stamps. The stamps were exchanged for savings certificates, a form of loan to the government that desperately needed cash to pay for munitions. Another took a job in a shop. A third, who was both deaf and blind, knitted socks for soldiers, even on a Sunday!

Motor fuel was rationed for business use, there was none for private use. All petrol pumps were labelled "Pool" petrol. This label replaced the competing brands with which all were familiar. Signposts were taken down or misaligned to prevent their use by enemy forces in the event of an invasion.

Many basic deliveries such as coal, bread, and milk were made by horse-drawn carts. Some milkmen, as they made their rounds, dispensed milk into customers' jugs that had been left outside overnight. In warm weather, any unused milk had to be scalded last thing in the evening to prevent its becoming rancid overnight, since domestic refrigerators were unknown.

We did not venture further than our legs would carry us. After lessons, we walked along the fringe of the golf links perhaps to paddle in the River



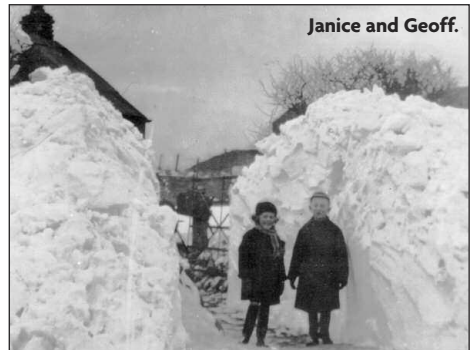
Photo of Barbara, Janice and Geoff, obverse labelled "Calder River".

Calder or played on the sandy beach. Sometimes our curiosity would be stimulated by the search for pennies that had been secreted along our route by "the fairies", at least that is what we were told. Play on the beach was once interrupted by a low flying biplane. We lay flat on the ground as there was not time to run away. It appeared to be flying so low that to remain standing might have been unwise. Once we were treated to a taxi excursion into the neighbouring hills.

Apart from that treat I do not recall that I ever left Seascale until homesickness overcame me late in 1940 when I returned to my parents in Liverpool. My mother was appalled to discover that little heed had been paid to the fit of my shoes as I had developed bunions! Happily, I have yet to suffer pain from them. I regard them as my contribution to the war effort. Everyone was expected to do something.

To this day the odour of a bramble revives memories of Seascale.

Geoff Spillane



Janice and Geoff.



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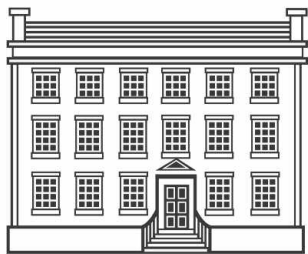
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PILATES BACKGROUND

Joseph Pilates was born in Germany in 1880 and as a child, suffered with serious ill health. Pilates was so determined to achieve peak physical condition, he studied Yoga, martial arts, weightlifting and boxing, and became so lean and muscular he was paid to pose for anatomy illustrations! Pilates moved to England where he taught fitness and martial arts, and during the first world war, he worked at the Lancaster Infirmary helping those injured by the war to recover. In 1926, Pilates emigrated to the US where he set up a fitness studio, primarily supporting members of the New York School of ballet. In 1945 Pilates published a book on his techniques, which he referred to as 'Contrology'. This forms the basis of modern day Pilates: exercises to coordinate mind, body and spirit to promote suppleness, muscular power, endurance and posture. There has always also been an emphasis on rehabilitation from injury and alleviation of unnecessary muscle tension.

Pilates in Gosforth

Mat-based Pilates 1

Mondays 6:30pm (beginners/intermediates)
Gosforth Public Hall (Main Hall)

Please bring a mat/towel

Mat-based Pilates 2 & Pilates-based Circuits

Wednesdays 7.30pm

Alternating weeks: 13th Sept will be circuits
Gosforth Public Hall (Main Hall)

Please bring a mat/towel (Pilates 2), water & trainers (Circuits).

Circuits: Using Pilates principles and exercises, this class will allow participants to develop strength and endurance. Circuits classes can be a fitness activity in their own right, or an accompaniment to other sport pursuits with the goal of enhanced performance.

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Gosforth Public Hall (Main Hall)

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For further info, please contact Amy on
07510 104508 / amyfisher@hotmail.com

FIRST WORLD WAR FLYING ACE

20-year Adventure of Harry Chisam
1912-1932



by
Andy Milne
&
Margaret Chisam Partington

This book, published in Seascale, tells the story of Harry Chisam. Harry, born William Hargrove Chisam in 1894, was the son of William Edmund Chisam who was a founder of Seascale Methodist Church and lived at the Victorian villa, Norse Range in the village. The adventurous Harry trained with those famous aviators the Wright brothers in Ohio, and flew Sopwith Camels in World War One serving as a pilot with the Royal Naval Air Service.

In 2009, Harry's daughter Margaret Partington (nee Chisam), now 81 and living in Berkshire, wanted her father's memory written, charting his many exploits. She co-wrote it with Andy Milne and it was produced by Trevor Preece. Margaret's family, the Chisams, lived for 50 years at Norse Range on Drigg Road, Seascale, a house built in 1909 by her great-grandfather.

Margaret lived there for a time herself, attending Calder Girls School (now Calder House Hotel). A few copies remain, and Margaret has offered them for sale here in Seascale, for £10 apiece.

Contact Trevor if you are interested. 019467 28449
trevor@trpub.net

**Harry, Margaret and son Tony
on Seascale beach in 1937.**





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APPROVED
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Contact details: Office – 01229 718818
 Email – westlakeselectrical@hotmail.com

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ADVERTISEMENT SIZES & RATES

Eighth-page b&w	£6.25
Quarter-page b&w	£12.50
Half-page b&w	£25
Eighth-page colour	£10
Quarter-page colour	£20
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Full page colour	£80

The magazine size is A5
 Advertisement sizes are:

- Full page 126mmW x 187mmD
- Full page bleed 148W x 210mmD + 3mm bleed all around
- Half page landscape 126mmW x 92mmD
- Half page portrait 61mmW x 187mmD
- Quarter page 61mmW x 92mmD
- Eighth page 61mmW x 44.5mmD

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Please give us
a call for our



CHRISTMAS MENU



or check our
website for
details

WL

Westlakes Hotel

Our restaurant serves Monday - Thursday
& Saturday from 6.30pm until 8.30pm



**1 course menu £15.50, 2 course menu £21.50,
and 3 course menu £24.50.**

Please phone to reserve a table to avoid
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* * * * *

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Please phone for details or why not pop in to see and
discuss your requirements with us over a coffee?
Call Debra or Geoff Armstrong or Diane Tinnion.



WESTLAKES HOTEL & RESTAURANT

Gosforth · Cumbria · CA20 1HP

Tel: 019467 25221

Email: enquiries@westlakeshotel.co.uk

Website: www.westlakeshotel.co.uk

