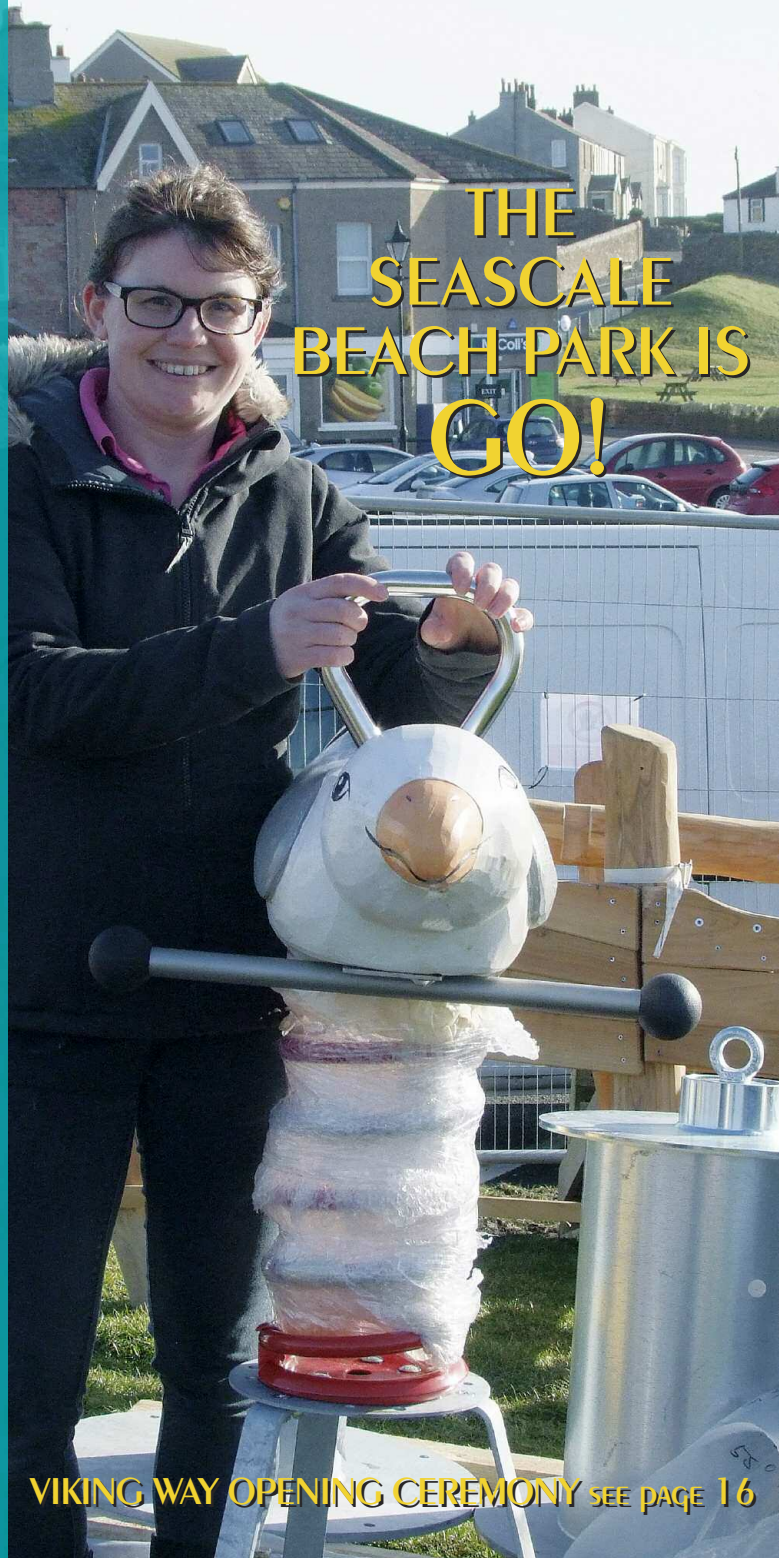


SEASCALE GOSFORTH  
DRIGG  
& CARLETON

LINKING  
THREE  
PARISHES

# TETHERA

SPRING  
2018



THE  
SEASCALE  
BEACH PARK IS  
GO!

VIKING WAY OPENING CEREMONY SEE PAGE 16

# Professional hairdressing in Seascale

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<b>TUESDAY</b>	<b>8:30am – 5:30pm</b>
<b>WEDNESDAY</b>	<b>8:30am – 5:30pm</b>
<b>THURSDAY</b>	<b>8:30am – 5:30pm</b>
<b>FRIDAY</b>	<b>8:30am – 5:30pm</b>
<b>Saturday and later appointments at request</b>	

SEASCALE GOSFORTH  
DRIGG  
& CARLETON

LINKING  
THREE  
PARISHES

TEHERA

SPRING  
2018

# PARISH NEWS

Editor: Eileen Eastwood  
019467 28653  
eileeneastwood@hotmail.co.uk

Publisher: Trevor Preece  
019467 28449  
trevor@trpub.net

Seascale's Parish Council thanks all of you who supported our Christmas Lights Switch-On in December. Especial thanks to Tony Biggins for installing them and looking after them.

The opening of the cycleway was a success. It was so good to see our MP Trudy Harrison there, as she was on the Committee when we were fighting for it. David Gray and myself were so pleased to see so many people walking and cycling between the two villages on the day, especially the Vikings.

We are all looking forward to our new play park on the beach. Our thanks to Elizabeth Mawson who did all the work and fund raising to make this happen.

Sadly, we have lost our butcher's shop – thank you Andy for the terrific service you provided. And the wit!

Work has started on the new school. It is so good we have a school as so many villages have lost services. We are lucky in Seascale with those we have. Things are happening every day to improve our villages. We have lost the bus service but we are lucky to still have a train service, despite its recent problems, and a voluntary car service. Thanks to everyone who helps to get villagers to appointments.

Happy New Year to you all...

*Eileen Eastwood  
Seascale Parish Council*

*Photo Dave Culley*



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

## GOSFORTH'S PUBLIC HALL

How quickly the years go by – here we are starting our third year as the now not so new committee.

I have finally been allowed on Facebook. For some still unknown reason I was denied access for several months – it must have been the photograph I submitted! The Public Hall has also just got its own website which will be regularly updated. So between the two I can reach out to more people to tell them what's going on. However, we are always grateful for any positive publicity and advertising events which community members can post on social media sites. Publicity, or lack of it, was highlighted in the survey returns so we are also planning new roadside signs that will be larger and look more professional. User groups will of course be responsible for their own advertising. As we are in the National Park road signs can only be out for a maximum of five days as the authorities do not really approve of them. Most of 2017 events held by the Hall had articles or advertising space in the local papers and on occasions we were lucky enough to get them mentioned on Radio Cumbria. So hopefully we are coming to the attention of more people and attendance will increase.

Ideally we would like to have events most weekends to provide interest, activity or entertainment for the local community and tourists, but unless we can attract more people to use the Hall for family, social or charitable events I fear we are not going to achieve our aim. Similarly, the Supper room was disappointingly under used in 2017 despite the committee's efforts to clean up and redecorate the facility. We are wracking our brains trying to think of alternative uses for it. It can be adapted into changing areas for theatrical productions. Could it become an occasional base for weekly (or longer) workshops of a craft nature or a meeting place for meditational sessions? If you have any ideas we would be delighted to hear them. When you think about what the Library Volunteers have achieved since they took over the running of the Library a little imagination and team effort can turn a small venture into something that serves the village in many other enjoyable ways.

The weekly activity clubs seem to be going from

### 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
Des Hobson	25454
Graham Hutson	25477
Alan Jacob	25356
Iain King	07753 602264
Mike M. McKinley	26267
Ian Rae	25393
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 printed publication date

strength to strength with more slots having been found to serve the demand for fitness and flexibility. There must be more people out there like my wife, who dislikes exercise for the sake of it but enjoys dancing. Is there anyone among you that has the time and expertise to pilot a dancing class of any style to any age group either during the day, weekend or evening to test the interest? It's a lovely way to spend calories and socialise at the same time. We have managed to arrange a free taster session for the Argentine Tango in the Spring so if you are interested the date and information will be going on to the web page soon.

The upkeep of the Hall relies heavily on its ability to hire out the facilities and the ticket sales for events. Fortunately for us the Polling Station was unusually active in 2017 which helped to swell the coffers. Donations also help in the purchase of maintenance materials. Again we are very grateful to The Gosforth 10, the W.I. and the Australian Theatre Company for their donations. But thanks must also go to G.A.D.S. who not only provide the community with adult plays, summer drama schools, an annual Pantomime and weekly theatre session but also hire the facilities more than anybody else giving the Hall a regular income and a lighting system to be in awe of!

All that remains for me to write is to wish you all a happy, healthy and active 2018, thank our regular attenders and to remind you to come and support some of our clubs, classes, sales, events and the attempts made by a few to entertain many.

*Keith Rhodes (Chairman)*

## DRIGG & CARLETON PARISH COUNCILLORS

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

## WINDSCALE CLUB REVAMP

Our long awaited internal refurbishment works started fully on Friday 5 January. The bar, gym, and function room will carry on as normal with some minor disruption only. By the end of January the bar will have re-located for a very short time to the function room. But any functions that have already been booked will carry on as normal. The works will hope to be completely finished by the end of March!

When finished there will be a new weights area and a refurbished bar area including brand new toilets. We apologise for the disruption but it will all be worth it when we see the end result. Thank you all for your continued support. *Mandy Taylor*



The Beach Park kit arrived today, Shrove Tuesday. Lizzie spared time from pancakes for photos!

See page 15 for a few words from Lizzie about the project.



## MOTHERING SUNDAY

**SUNDAY 11 MARCH**  
**CARVERY LUNCH 12-2PM**  
**BOOKING ESSENTIAL!**  
OUR MAIN MENU IS AVAILABLE ON  
SUNDAY EVENING



## EASTER WEEKEND

**GOOD FRIDAY 30 MARCH & EASTER  
SATURDAY 31 MARCH OPEN**  
**EASTER SUNDAY 1 APRIL OPEN**  
**SUNDAY CARVERY LUNCH 12-2PM**  
**BOOKING ESSENTIAL!**  
**FREE EASTER EGG FOR EVERYONE**  
**12 YEARS AND UNDER**  
OUR MAIN MENU IS AVAILABLE ON SUNDAY EVENING  
EASTER MONDAY 2 APRIL - CLOSED



## EARLY SPRING BANK HOLIDAY

**FRIDAY 4 MAY**  
**AND SATURDAY 5 MAY - OPEN**  
**SUNDAY 6 MAY - OPEN**  
**SUNDAY CARVERY LUNCH 12-2PM**  
**BOOKING ESSENTIAL!**  
OUR MAIN MENU IS AVAILABLE ON  
SUNDAY EVENING  
**MONDAY 7 MAY - CLOSED**



## LATE SPRING BANK HOLIDAY

**FRIDAY 25 MAY AND SATURDAY  
26 MAY - OPEN**  
**SUNDAY 27 MAY - OPEN**  
**SUNDAY CARVERY LUNCH 12-2PM**  
**BOOKING ESSENTIAL!**  
OUR MAIN MENU IS AVAILABLE ON SUNDAY EVENING  
**MONDAY 28 MAY - CLOSED**

# Calder House Hotel

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### Royal Wedding Special

**SATURDAY 19 MAY FROM 6PM**

**AN IRREVERENT LOOK BACK AT THE BIG DAY**

**THREE-COURSE CELEBRATION MENU**

**SERVED BETWEEN 6 & 9PM**

**IMAGINE HOW HARRY AND MEGHAN  
MIGHT HAVE MET ON BLIND DATE!**

**TEAM UP TO PLAY HARRY'S GAME AND GUESS  
WHO'S THE DADDY?**

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BOOKING ESSENTIAL!**



### Open Mic Night

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THE MONTH**

**FROM 7.30PM**

**TO BOOK A SLOT CALL SONIA  
ON 019467 28538**



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**SERVED MONDAY – SATURDAY 10-12 NOON**

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## EVENTS CALENDAR

**in and around Drigg, Gosforth & Seascale** For events further afield in Cumbria go to: [www.golakes.co.uk/](http://www.golakes.co.uk/)

- 27 February – Tuesday.** Supper Room, Gosforth Public Hall 7.30pm. Auditions for GADS Spring Play, for those with acting or back stage interest.
- 27 February – Tuesday.** Seascale Golf Club 8pm. Quiz Night. Cash prizes and raffle. £1 per person, max 4 per team.
- 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.
- 4 March – Sunday.** Screes Inn, Nether Wasdale. Free HSBC Cycle Ride: A free ten-mile guided cycle ride starting in the village of Nether Wasdale and exploring the beautiful Wasdale valley in the western Lake District led by British Cycling-trained leaders. More details can be found on the website: [www.letsride.co.uk/](http://www.letsride.co.uk/)
- 8 March – Thursday.** Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members (8-18) welcome. First session is free.
- 10 March – Saturday.** Drigg Village Hall. Cine North Big Screen in Drigg: Churchill. For more information contact [www.driggevents.co.uk](http://www.driggevents.co.uk)
- 11 March – Sunday.** Calder House Hotel 12-2pm. Mothering Sunday Carvery Lunch. Booking essential!
- 11 March – Sunday.** Seascale Golf Club 12noon – 5pm. Mother’s Day Sunday Lunch. Booking essential.
- 11 March – Sunday.** Muncaster Castle. Mother’s Day Afternoon Tea in the Castle. See website for more details: [www.muncaster.co.uk](http://www.muncaster.co.uk)
- 13 March – Tuesday.** Seascale Golf Club 8pm. Quiz Night. Cash prizes and raffle. £1 per person, max 4 per team.
- 15 March – Thursday.** Gosforth Village Hall 10.45am for 11am start. Open Mind West Lakes U3A General Meeting. “The Medieval Forgers” by Harry Hawkins. Admission charges: Members £2.00. Visitors £3.00.
- 15 March – Thursday.** Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members (8-18) welcome and first session is free.
- 16 March – Friday.** Seascale Golf Club from 6pm. St Patrick’s Evening with Plastic Paddy. £5 entry. Food included.
- 16 March – Friday.** Ravenglass & Eskdale Railway. Fish & Chip Trains. Take an evening steam journey from Ravenglass to Dalegarth and enjoy the views of Eskdale Valley at dusk. Upon arrival at Dalegarth Station you will be served a fish and chip supper, made freshly in our café, before returning down the valley to Ravenglass. [www.ravenglass-railway.co.uk](http://www.ravenglass-railway.co.uk)
- 19 March – Monday.** Santon Bridge Village Hall 7pm. ‘Cooking with Herbs’ demonstration by Helens Herbs. Tickets cost £8, to be booked in advance from Louise Stewart 019467 24652 email [henry.stewart@btinternet.com](mailto:henry.stewart@btinternet.com). Funds raised will go towards the upkeep of the village hall.
- 20 March – Tuesday.** Drigg Village Hall 7pm for 7.30pm. Drigg Local History Group. “The History of Eskdale Outward Bound and Gateside Mansion” by Roger Puttnam. Refreshments. All welcome. Members £1, Visitors £2.50. Further information: John Dell (25492) Alan Bell (24250)
- 22 March – Thursday.** Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members (8-18) welcome and first session is free.
- 23/25 March – Friday/Sunday.** Woolpack Inn, Eskdale. Gin Party. See web site for more details: [www.woolpack.co.uk](http://www.woolpack.co.uk).
- 24 March – Saturday.** Drigg Village Hall. Cine North Big Screen in Drigg: Murder on the Orient Express. For more information contact [www.driggevents.co.uk](http://www.driggevents.co.uk)
- 27 March – Tuesday.** Seascale Golf Club 8pm. Quiz Night. Cash prizes and raffle. £1 per person, max 4 per team.
- 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.
- 30 March/2 April – Friday/Monday.** Muncaster Castle. Teddies Go Free at Easter. See website for more details: [www.muncaster.co.uk](http://www.muncaster.co.uk)
- 30 March/2 April – Friday/Monday.** Woolpack Inn, Eskdale. Easter Activities: Fish & Chips & Rock ‘n’ Roll with LIVE MUSIC, Eco Duck Race - Make your Duck then race it on the river; Pace Egg Rolling competition down Hardknott Pass; Real Easter Egg Hunt - Find an egg and we will cook it for you for Breakfast. See web site for more details: [www.woolpack.co.uk](http://www.woolpack.co.uk).
- 30 March/15th April.** Ravenglass & Eskdale Railway. Teddies go FREE! Join in the fun this Easter and bring those teddies because #TeddyFest is back! All children with a teddy bear travel for free when accompanied by a full fare paying adult. [www.ravenglass-railway.co.uk](http://www.ravenglass-railway.co.uk)
- 1 April – Sunday.** Calder House Hotel 12-2pm. Easter Sunday Carvery Lunch. Booking essential!
- 7/8 April – Saturday/Sunday.** Santon Bridge Village Hall. Art, Craft and Local Food Fair. Free parking and free entry. Refreshments available.
- 8 April – Sunday.** Gosforth Hall from 11am. Blengdale Runners Bleng Handicap. 10KM handicap race round the Bleng. Open to club members and any local runners
- 10 April – Tuesday.** Seascale Golf Club 8pm. Quiz Night. Cash prizes and raffle. £1 per person, max 4 per team.
- 17 April – Tuesday.** Drigg Village Hall 7pm for 7.30pm. Drigg Local History Group. “The Extraordinary 100 year history of the Laal Ratty, The Ravenglass & Eskdale Railway” by Peter van Zeller. Refreshments. All welcome. Members £1, Visitors £2.50. Further information: John Dell (25492) Alan Bell (24250)
- 19 April – Thursday.** Gosforth Village Hall 10.45am for 11am start. Open Mind West Lakes U3A General Meeting. “Current American Politics” by Joe Ravetz. Admission charges: Members £2.00. Visitors £3.00.
- 24 April – Tuesday.** Seascale Golf Club 8pm. Quiz Night. Cash prizes and raffle. £1 per person, max 4 per team.
- 26/29 April – Thursday/Sunday.** Sausage & Cider Festival. Woolpack Inn, Eskdale. LIVE MUSIC on Saturday night, Tractor Pull on Sunday, great food and drink all weekend. See web site for more details: [www.woolpack.co.uk](http://www.woolpack.co.uk).
- 27 April – Friday.** Ravenglass & Eskdale Railway. Fish & Chip Trains. Take an evening steam journey from Ravenglass to Dalegarth and enjoy the views of Eskdale Valley at dusk. Upon arrival at Dalegarth Station you will be served a fish and chip supper, made freshly in our café, before returning down the valley to Ravenglass. [www.ravenglass-railway.co.uk](http://www.ravenglass-railway.co.uk)
- 5/7 May – Saturday/Monday.** Muncaster Castle. Cumberland Sausage Festival. See website for more details: [www.muncaster.co.uk](http://www.muncaster.co.uk)
- 5/7 May – Saturday/Monday.** Ravenglass & Eskdale Railway. Welcoming Whillan Beck. A new addition to the Railway family courtesy of the R&ER Preservation Society. Various activities over this weekend including an inaugural return trip. [www.ravenglass-railway.co.uk](http://www.ravenglass-railway.co.uk)
- 5/7 May – Saturday/Monday.** Santon Bridge Village Hall. Art in Irton. For more information contact Jill Davis on 019467 26287:



jilldavis@live.co.uk or Gareth Harrison on 019467 28297:  
[gh@garethharrison.eclipse.co.uk](mailto:gh@garethharrison.eclipse.co.uk)

- 6 May – Sunday.** Calder House Hotel 12-2pm. Early Spring Bank Holiday Carvery Lunch. Booking essential!
- 8 May – Tuesday.** Seascale Golf Club 8pm. Quiz Night. Cash prizes and raffle. £1 per person, max 4 per team.
- 17 May – Thursday.** Gosforth Village Hall 10.45am for 11am start. Open Mind West Lakes U3A General Meeting. "The Veterinary Hospital in a Roman Army Camp" by Dr Alan Richardson. Admission charges: Members £2.00. Visitors £3.00.
- 18 May – Friday.** Ravenglass & Eskdale Railway. Fish & Chip Trains. Take an evening steam journey from Ravenglass to Dalegarth and enjoy the views of Eskdale Valley at dusk. Upon arrival at Dalegarth Station you will be served a fish and chip supper, made freshly in our café, before returning down the valley to Ravenglass. [www.ravenglass-railway.co.uk](http://www.ravenglass-railway.co.uk)
- 19 May – Saturday.** Calder House Hotel from 6pm. Royal Wedding Special. An irreverent look back at the big day. Three-course Celebration Menu served between 6 and 9pm. Booking essential!
- 22 May – Tuesday.** Seascale Golf Club 8pm. Quiz Night. Cash prizes and raffle. £1 per person, max 4 per team.
- 26 May/3 June.** Ravenglass & Eskdale Railway. Magical Station Gardens. Explore our magical station gardens and become part of the fairytale. Pick up a free unicorn trail and take part in some magical crafts! Free child entry when dressed up and accompanied by a full paying adult. Whether it be a unicorn, fairy, elf or something else we can't wait to see your outfits! #findthefairies. [www.ravenglass-railway.co.uk](http://www.ravenglass-railway.co.uk)
- 27 May – Sunday.** Calder House Hotel 12-2pm. Late Spring Bank Holiday Carvery Lunch. Booking essential!
- 27/29 May – Saturday/Monday.** Muncaster Castle. Muncaster Festival. See website for more details: [www.muncaster.co.uk](http://www.muncaster.co.uk)
- 28 May – Monday.** Woolpack Inn, Eskdale. Spring Bank Holiday Monday with Paul Seath. See web site for more details: [www.woolpack.co.uk](http://www.woolpack.co.uk).
- 7 June – Thursday.** Ravenglass & Eskdale Railway. Steam to the Hills. Take a steam train to Eskdale Green and then walk back to the sea over Muncaster Fell with your Lake District National Park Ranger guide. [www.ravenglass-railway.co.uk](http://www.ravenglass-railway.co.uk)
- 7/10 June – Thursday/Sunday.** Woolpack Inn, Eskdale. Boot Beer Festival (tbc). See web site for more details: [www.woolpack.co.uk](http://www.woolpack.co.uk).
- 9/10 June – Saturday/Sunday.** Ravenglass & Eskdale Railway. Young Engineers Day Out with Peter's Railway. An exclusive day out on the Railway for all young engine enthusiasts! Go behind the scenes at Ravenglass and find out how engines work with the author of Peter's Railway as your guide. Then travel up to Dalegarth on a steam engine, where you will then be read a Peter's Railway story. [www.ravenglass-railway.co.uk](http://www.ravenglass-railway.co.uk)
- 13 June – Wednesday.** Playing Field, Gosforth. Blengdale Runners. Gosforth Ten Road Race (held under UKA Rules) and Fun Run.
- 21 June – Thursday.** Gosforth Village Hall 10.45am for 11am start. Open Mind West Lakes U3A General Meeting. "Women's Education" by Mrs Isobel Stirik. Admission charges: Members £2.00. Visitors £3.00.
- 2/9 July – Monday/Monday.** Woolpack Inn, Eskdale. Woolpack Walk Week: 18 3/4 miles, all completing the Woolpack Walk receive a FREE PINT & Certificate. See web site for more details: [www.woolpack.co.uk](http://www.woolpack.co.uk).

## 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.

- 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.
- Depression Support Group.** Bailey Ground ice cream parlour, Seascale. First Tuesday morning each month 10.30am-12.00noon.
- 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.
- Drigg Young Farmers.** Tuesday nights, 7.30-9pm in the Methodist Hall at Gosforth. Membership age = 10-26 years. If you would like to join or find out more about Drigg Young Farmers please contact us on the club mobile 074961 26771 or email [driggifyc@yahoo.co.uk](mailto:driggifyc@yahoo.co.uk)
- 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 Beckermeth School. Thursdays 7.15-8.05pm Kettlelicise, 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.
- GADS Plays for Pleasure.** We meet in the Supper Room at 7.30pm on the last Wednesday of each month; dates booked to end July. Please see our website [www.gads.org.uk](http://www.gads.org.uk) for more information.
- Gardening Club.** Holmrook Reading Room. Contact Henry Stewart on 24652 for details or to join.
- Gosforth and District Art Society.** In Gosforth. Every Monday but with breaks for Easter, summer and Christmas. 6.30-8.30pm, Gosforth Village School. Contact Jakki Barratt: [jakki@karletta.co.uk](mailto: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](mailto: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](http://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](http://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.

CONTINUED OVERLEAF

**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 Reading 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 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/CORE.** Seascale Sports Hall. Monday 10-10.45am. Contact info@mokyfit.co.uk, 01946 721166 or 07724 240179

**MokyZEST (New).** Seascale Sports Hall. Monday 11-11.45am. Contact info@mokyfit.co.uk, 01946 721166 or 07724 240179

**Moky HIIT/CORE.** Seascale Primary School. Wednesday 7.30pm-8.15pm. Contact info@mokyfit.co.uk, 01946 721166 or 07724 240179

**Moky HIIT Class.** Seascale Sports Hall. Friday 10.00am-10.30am. Babies and toddlers are very welcome to use the soft play. Contact info@mokyfit.co.uk, 01946 721166 or 07724 240179

**MokyZEST.** Seascale Sports Hall. Friday 10.45am. Babies and toddlers are very welcome to use the soft play. 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 Mic Night – Calder House Hotel.** Last Wednesday of each month. From 7.30pm. To book a slot call Sonia on 019467 28538.

**Open Mind West Lakes U3A General Meeting.** Third Thursday every month 10.15am for 10.45am in Gosforth Public Hall. Membership is £5 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.

**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 More Singing for Fun.** This is a new U3A Group which meets on the first Thursday in each month at the Methodist Church Hall, Seascale. Times are 2.15pm for 2.30pm. All are welcome. 2018 dates are 1 March, 5 April, 3 May and 7 June. To attend you will need to join the Open Mind Group of West Lakes U3A for £5.00 per annum. Contact is Xandra Brassington: 019467 25794.

**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. jillfhudson@hotmail.co.uk

**Pilates Class (mat based).** Mondays, 6.30pm (beginners/intermediate) 7.35pm (intermediates). 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, 7.30pm, Gosforth Public Hall. Please bring trainers and water.

**Accessible Pilates.** TBC. Please let Amy know if you are interested on 07510 104508 or email amyfisher@hotmail.com.

**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.

# MILL GAINS ONE MILLION FOR THIS MILLENNIUM

Historic listed Eskdale Corn Mill in the village of Boot, which has been milling corn in the valley for almost 1,000 years, will be saved by a generous grant of £842,000 from the Heritage Lottery Fund, thanks to money raised by National Lottery players. Contributions from Copeland Community Fund and others take the total to nearly £1 million – but a further £29,000 needs to be ground out from somewhere to reach the funding target for this ambitious project, master-minded by the Eskdale Mill & Heritage Trust.

Partial re-roofing of the mill and miller's cottage and other essential repairs are urgently needed to make the buildings weather-proof and ready to welcome visitors once more. Original machinery will be restored to full working order for the first time in many years. Information about the mill's long history will be brought up to date, and how the mill worked and its role in the life of the valley will be better explained. A new manager will move into the cottage when builders finish on site in over a year's time, and the National Lottery support will then run for two more years.

Working with the Ravenglass & Eskdale Railway and Muncaster Castle, the Trust aims to make sure that more people know about the village of Boot

and its ancient mill. Both inside and outside the buildings there will be activities for visitors and children, with packs for school parties.

Volunteers have kept the mill open to the public for the last two summers, and will continue to have a vital role showing visitors around and maintaining the buildings and grounds.

Paul Pharaoh, chair of Eskdale Mill & Heritage Trust said: "We are thrilled that after a period of running on a shoe-string the next phase of the mill's long life looks secure, thanks to the National Lottery and Copeland Community Fund. We will now be able to conserve the buildings and machinery, and tell their story more effectively. That will make the mill a more enjoyable place to visit and give a boost to Eskdale's economy, but we shall take great care to preserve the very special character of this extraordinary place."



## MUNCASTER MICROBUS DAY TRIPS 2018

Month	Day	Date	Destination	Price
February	Friday	23	Afternoon Tea trip, The Square Cafe, Broughton (fare only)	£7.00
March	Saturday	3	Kendal	£9.50
	Saturday	17	Ambleside/Windermere (Hayes Garden Centre/Lakeland)	£9.50
	Saturday	31	Lanercost Priory (English Heritage (fare only – entry extra)	£10.00
April	Saturday	14	Carlisle (Dobbies/Houghton Grange)	£10.00
	Friday	20	Egremont Farmer's Market	Free
	Saturday	28	Solway Coast	£10.00
May	Saturday	12	Penrith	£10.00
	Friday	18	Egremont Farmer's Market	Free
	Saturday	26	Grange/Cartmel	£10.00
June	Friday	15	Egremont Farmer's Market	Free
	Saturday	23	5 Lakes	£9.50
July	Saturday	7	Carlisle	£10.00
	Friday	20	Egremont Farmer's Market	Free
	Saturday	21	Coniston / Hawkshead	£8.00
August	Saturday	4	Keswick	£9.50
	Friday	17	Egremont Farmer's Market	Free
	Saturday	18	Kirby Lonsdale	£10.50

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

# “MUDDLES, DON’T GET MUDDLED!”



## A View from the Audience...

GADS held their annual pantomime in January, performing *Sleeping Beauty* by Alan Frayn. In an all-round high quality performance, comedy touches were provided by Andy Williams, playing the schoolteacher turned nurse Dottie Dettol, as ever in colourful costume and make up, and by David Rounce who skilfully played Muddles (and was greeted on each appearance by the vocal audience shouting “Muddles, don’t get muddled”). King Cactus and Queen Marigold were ably played by Tom Whitbread and Carolyn Foulerton.

Jenna Ross made an excellent Princess Rose, readily falling in love with Prince Alexis, and 100 years later his grandson Prince Alexander, both brightly played by Amy Livesey. Hilary Porter was a convincingly scary Witch Hazel, with clever and well timed asides from her assistant Egor (Jake Devonald). But the colourful fairies, well led by Rebecca Smith as Good Fairy Lilac, foiled all of her wicked plans.

The pages Fetch and Carrie, Jordan Williams and Chelsea Terry, provided amusement and a particularly entertaining sketch going through the postal invitations, all but one of which – well you should have gone to see it!

With ever improving lighting effects (remember the UV lighting for the thistles as they grew and danced, the lighting of the rainbow fairies, and Prince Alexis’s entry down the aisle?), colourful costumes, excellent dialogue, singing and choreography; clear sound, good music, and slick scenery changes, this was overall a very professional performance, ably directed by Karen Polmear, with Stage Management from Jim

Polmear. Thanks should also go to the Westlakes Hotel for the excellent biscuits and the half-time drinks, and to all the other actors and actresses and back stage staff for providing an evening to remember.

*Mel Gould*





## ...and from GADS

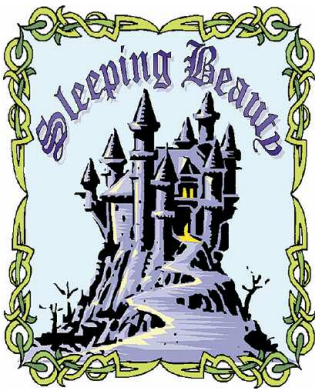
Several of our members and helpers have remarked on how much work goes into a pantomime. It begins in late spring / early summer when we find a director, select a script and check its availability for our performance dates. In August, we hold the auditions, check the availability of the cast, allocate the parts and hand out the scripts for

some relaxing summer holiday reading. At about the same time, we select the sound effects, songs and music tracks and start work editing them down to manageable length pieces.

Set design and some of the painting begins in the autumn, depending on who is available and when. Work also begins on the props and costume. Rehearsals – including song and dance – begin in early November and are twice weekly with a break for Christmas and New Year. Set building on stage can't begin until after the Christmas Craft Fair, La'al Big Band Christmas Concert and other seasonal festivities in the Hall, but then it's all go to get it finished for dress rehearsals in January. Lighting design continues through the rehearsals and is also finalised in the run up to the dress rehearsals. Liaison with the Local Authority re chaperones for the youngsters, risk assessment (oh yes we do), advertising, ticket sales, programmes, prompt, caller, refreshments, raffles and all the other supporting paraphernalia also need to be organised, so you can see that it really is a massive team effort – and all for four 2-hour shows.

We think it's all worth it and the 500 plus people in the audiences must think so too, because you keep coming back for more. If any of this fun and frenzy appeals to you, please get in touch. We can always use another pair of hands. Oh yes we can...

*Jim Polmear*



## **GADS Pantomime – Next Snow White**

Well our pantomime is over for another year and what great fun it was – not only for the very appreciative audiences across all four nights, but also for the cast and crew. The new sound equipment is now pretty well established but this was the first real test for our new lighting equipment and its control gear. There are probably many more effects we can use once we get to know it, but we counted it as another success and received some pretty good feedback afterwards. We must also thank our sponsors and supporters – and one in particular. Terry Wake from Aerosnapper Media brought along his 4K HD video recording gear to film one of the performances for us. Terry said “Indoor recording is always challenging and this project was no exception.” As well as the on-stage cast of about 20 for this production, there were about 30 more helping behind the scenes and front of house – from painting scenery to serving the refreshments, it’s a massive undertaking. Many of these good folk (especially the cast) never get to see a performance so we are all looking forward to seeing the show – thanks to Terry. Next year, we are hoping to perform Snow White. We particularly need more help in our costume department at the moment. Work starts early for the panto and we will be auditioning on 16 and 21 August. If you would like to get involved in any way at all, please get in touch.

## **Spring Play**

There is always a short break after panto to recover, but we start all over again with our Spring Play. Auditions will have been held by the time this edition of Tethera goes to press, but there will still be opportunities to get involved, so please get in touch if you are interested. Rehearsals continue through April and May for performances on 24, 25 and 26 May.

## **GADS Youth Theatre Group**

Our YTG resumed as soon as the pantomime was over and continues to thrive under the directorship of Natasha (Tosh) McGregor. The group now meets on Thursday evenings at 7pm in the Hall during term times. Tosh is planning a musical theatre theme that will run until Easter, with sessions on singing, dancing and acting to

song. After Easter we will be moving on to a more varied syllabus that will include how backstage works, stage combat and stage makeup. Hopefully it will all culminate in another showcase finale at the end of the summer term and will see all members increase in confidence and develop those acting skills. New members are always welcome and the first session is free. After that, it’s only £3 to cover the cost of hiring the hall. If you are interested in joining this lively group for 8-18 year olds, please get in touch using [yt@gads.org.uk](mailto:yt@gads.org.uk).

## **Summer Youth Workshop**

Again for the 8-18 year olds, this will be our 12th Summer Workshop and will run for the full week from Monday 6 to Saturday 11 August. For more information on how and when to enrol, email [workshop@gads.org.uk](mailto:workshop@gads.org.uk) or keep an eye on our website, Facebook page, Instagram or Twitter.

## **Plays For Pleasure**

Our monthly informal play readings have also resumed for a new season. We meet in the Supper Room at 7:30pm on the last Wednesday of each month starting 28 Feb and have dates booked until the end of July. Please just come along, have a read, have a cuppa, have a chat and have a jolly good laugh.

To get involved with GADS, to find out more about what we get up to or even 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](http://www.gads.org.uk). On Facebook we are [gads1948](https://www.facebook.com/gads1948). You can also follow us on Twitter [@gadsgosforth](https://twitter.com/gadsgosforth) and Instagram [@gadsgosforth](https://www.instagram.com/gadsgosforth).

*Jim Polmear*

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# BEACH PARK PROJECT GETS UNDER WAY

Many, many moons ago over a coffee and putting the world to rights it was decided that our play equipment was in a sorry state and it was time something was done about it. The charity of the Seascale Community Beach Park Project was formed.

We have secured grant funding from the Copeland Community Fund, Community Choices, The Hadfield Trust, The Sir John Fisher Foundation, Persimmon Community Champions, The Co op Community Fund, LLWR, CN Group and Seascale Parish Council. The committee have dressed as elves, run marathons, baked cakes, washed cars – the list is endless! So finally with a huge amount of work by a dedicated team of volunteers we did it, our brand spanking new bespoke play equipment has been made, shipped from Germany and is ready to be installed.

In addition to the fantastic £30k we received from Sellafield through the Community Choices

scheme last year we have also been really fortunate to have the help of the nuclear supply chain providing invaluable support for things like topographical works (Balfour Beatty) and three of the Decommissioning Delivery Partnership companies (Costain , Hertel and Atkins) have supplied concrete, site fencing, plant hire, welfare units, project management and the clearing and preparation of the existing site. It's a wonderful example of how local industry is helping in the community. With this assistance we are spending all the hard raised funding on the most important thing, the play equipment itself.

Work started on 29 January with a team of workers erecting the site fence for work to begin. At the time of writing, 13 February, the equipment had just arrived for installation, which will take around 3 weeks. (see page 5)

We will be updating regularly on our Facebook page so you can track our progress. We can't wait to have this amazing space ready for the weather improving and plan for a Grand Opening in June.

It's been a long time coming but goodness me, it's going to be worth the wait! **Lizzie Mawson**

## GOSFORTH . PARISH . COUNCIL

### Clerk to the Council

Gosforth Parish Council is looking for an enthusiastic and confident person with an interest in the local community for the post of Clerk. The Clerk is responsible for managing the Council's day-to-day business, providing advice, implementing decisions and ensuring that the Council meets its statutory requirements.

As Responsible Financial Officer, the Clerk will need to be familiar with book-keeping/financial procedures. They will be competent to respond to all national and local consultation, and correspondence, in addition to preparing council agendas and recording minutes.

With the exception of meetings' attendance, the post holder will be expected to work from home, for which an allowance will be payable. The Council meets on the second Wednesday evening of each month (except August), with other meetings being called as required.

Salary £11.04-£12.16 per hour according to experience (national pay scales 23-26).

Working hours are 30 per month.

For an application pack, please e-mail (preferred) [gosforth.parish@outlook.com](mailto:gosforth.parish@outlook.com) or contact 019467 27091. The closing date for receipt of applications is 31 March.

For an informal discussion, please contact the Chairman, Cllr Norman, 019467 25646.

# The Viking Way

Historians have written that after the Vikings settled along the North-West coast and islands off Britain, second and third generation Vikings migrated from the Isle of Man to Cumbria landing at Seascale and settled in our area up to and including Wasdale. Associated with them are the famous Herdwick sheep, the breed's name being "herdvyck" in Norse, commonly believed to have been introduced here by the Vikings. It is a very hardy breed and extremely suitable for grazing on our fells. Many of the fields and farms along our new route have Norse names which are still in use today.

Examples are Scallus from the Norse "skali" (shelter) and Blaewath from "wath" (ford/causeway by the blue berries); even Seascale is also Norse from "skali" and Gosforth is Norse from "gas" (goose) and "forath" (marsh). There are many Viking artefacts here, particularly in Gosforth such as the Viking Cross, Hogback Tomb Stones and the Fishing Stone which depicts a Norse saga showing the god Thor with his mighty hammer and the giant Hymir with his axe raised, fishing for the great Midgard serpent, the spirit of evil - they caught the serpent but as Hymir was so terrified by his monstrous head he cut the line then Thor hurled his hammer at the serpent as it sank. All these artefacts date from the Viking period here. Wasdale Head church (St Olaf) is named after a Norwegian King who was a Christian and became a martyr.

The main roof beams of that church are alleged to have come from Viking ships.

## GOSFORTH ← → SEASCALE



Eileen Eastwood ready to cut the ribbon to declare the Viking Way open. Watching on are David Moore, David Gray, and in the background our 'local Viking' Terry Harvey-Chadwick.



The opening of the long-awaited 'Viking Way' took place on 9 December, on a very cold but thankfully dry day. Speeches were given by Eileen Eastwood and David Gray at the Seascale end of the 'Viking Way' before a procession of walkers and cyclists were led along the path by a group of Vikings.

Terry Harvey-Chadwick was part of the Viking Association Group, who looked impressive with their long beards, shields and swords, although I did wonder if they were cold as it was only just above freezing.

A Viking re-enactment camp had been set up on the playing field in Gosforth for everyone to get a glimpse into the life of a Viking. It was here that I found out a bit more about our Terry and why he is so enthralled with the Vikings.

"I got fed up with being a teacher and all the changes that kept happening. My strength is making history and science come alive for kids, so I joined Pet-Xi which is an organisation that sends a team of four people into schools to cover ten lessons leading up to exams. It's a very fast pace but I'm able to use the teaching methods I enjoy which is getting the kids involved" explained Terry.

"I love teaching and helping young people to understand the complexities of science and history." Terry has combined his teaching experience with an entertainment medium.

He dresses up as a very convincing Viking Bjarni Thorvaldrson, "for example I demonstrate how the Vikings navigated with a Christal that they could use on a cloudy day. And the boys particularly enjoy the weapons demonstrations where I explain about how the Viking axes hit harder than swords and were deadlier."

Through his SV Educational Services company Terry has a number of characters that help him entertain his class while driving across the serious lessons. "The kids leave having had a great time, but most importantly having learnt a lot."

Terry has always been fascinated by the Vikings, "My name Harvey comes from the Normans who were originally Vikings in the early 10th century, so I guess I have always felt a strong connection. I would love to take one of those DNA tests to find out for sure. Maybe one day I will get around to it."

As the walking procession reached Gosforth the Vikings presented a shield wall stopping the traffic and allowing everyone to cross the road safely.



**Terry Harvey Chadwick, alias Bjarni Thorvaldrson, with his Viking comrades.**

On the playing field the Vikings treated us to a demonstration of fierce fighting as onlookers enjoyed hot-dogs and tea.

Terry went on to explain to the ITV news reporter on camera how the Vikings came to this area from the Isle of Man, bringing their language, culture and farming methods with them.

The weather kept dry and a good day was had by all. But most importantly, we can now walk and cycle between Gosforth and Seascale without fear of getting knocked down.

Thank you Trudy Harrison MP for attending the opening and joining the walkers.

An historic day.

*Vivienne Tregidga*

*Photos courtesy of Vivienne Tregidga and David Culley*





**ORGANISATIONS AND PEOPLE WHO HAVE SUPPORTED THE VIKING WAY PROJECT**

- BNFL/Sellafield Ltd
- Sue Brown
- Audrey Buchanan
- Carillion plc
- Norman Clarkson
- Copeland Borough Council
- Copeland Committee (CCC)
- Copeland Community Fund
- Cumbria County Council
- Craig Fawcett
- Gosforth Parish Council
- Gosforth Scouts
- Groundwork West Cumbria
- Trudy Harrison MP
- Low Level Waste
- Low Level Waste Repository
- Richard Mawson
- Mid Copeland Group
- NDA
- John Park
- Seascale Parish Council
- Seascale Scouts
- Matt Sherwin
- Sustainable Northwest
- SUSTRANS
- Thomas Armstrong plc
- Paul Turner



**Top:** The start of the walk to Gosforth.

**Above:** Walk in progress.

**Bottom right:** Vikings halt the traffic on the A595!

**Below:** Trudy Harrison MP with Eileen and Derek Eastwood.



# ART IN IRTON GROUP ANNUAL EXHIBITION

The Art in Irton Group will be staging its annual exhibition in the village hall at Santon Bridge over the first May bank holiday weekend, Saturday, Sunday and Monday 5th, 6th and 7th.

Virtually all aspects of subject matter are covered by the group – from landscape to pure abstraction, depicted in a wide variety of media. The group hold communal workshops loosely based on a theme, more recent subjects have included working in gold and silver, and on the theme of snow. A recent group outing featured a day in Newcastle visiting various

galleries, including the Baltic centre.

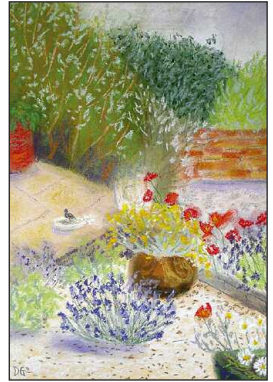
The village hall at Santon Bridge is located just beyond the Bridge Inn, on the Eskdale road. Home made soup, cakes and refreshments will be available; there is no entry charge and plenty of free parking. The artists man the exhibition themselves, and they are always glad to share an informal chat about their work. As well as original artworks there will also be prints and cards for sale.

For more information contact Jill Davis (organiser) on 019467 26287: [jilldavis@live.co.uk](mailto:jilldavis@live.co.uk) or Gareth Harrison on 019467 28297: [gh@garethharrison.eclipse.co.uk](mailto:gh@garethharrison.eclipse.co.uk)

Madeleine Warren



Dot Gould



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## SIMPLY HARD GRAFT!

It felt as if I was chasing the invisible man trying to pin David Ancell down to this interview – I kept just missing him. Finally, a week before my copy deadline, we managed a chat over a cup of coffee in the staff room above his Simply Fresh shop in Gosforth.

Dressed in a paint-splattered T-Shirt and shorts, worn fashionably over black long-johns, it was obvious that I had interrupted his busy morning of painting the outside of the shop.

A father to four children, one of which is fostered, aged 5 to 12, David and his wife Michelle certainly have very busy lives. However, they still find the time to support their close friend Jonathan Stanley, a silent partner in the business, who suffers from M.S.

“I look after his care in the morning and then take lunch down and a meal in the evenings” explains David who looked sad talking about his friends debilitating condition. We are lucky because we have a great team with Michelle’s parents and my parents helping us out.”

David continued, “I met Jonathan when I

worked at Muncaster as the Retail Manager. Jonathan was the hospitality director there, and we became very good friends and ultimately partners in the Gosforth Shop, which then had a café too.”

### But where did it all start for David?

“I was born in Egremont, then my parents moved to Whitehaven when I was just a small child. My Grandparents, Peter & Elsie, lived here in Gosforth on Fell View Park, so the village was like my second home.”

David’s career in retail started at the age of 15 when he got a Saturday job in Woolies, Whitehaven (Woolies, short for Woolworths).

Securing a place at Uni in Salford David went on to study Building Surveying. “After a year I decided the course was not for me and with my interest in retail changed my course to Retail Marketing at Manchester.”

“I was passionate about retail and by the age of seventeen I gained promotion to key holder at Woolies which was a very responsible post,



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helping supervise several shop refits” David continued. “One of the problems with Woolies in a such a rural area was in order to gain more experience in the company I had to travel, and for a number of years I worked in Livingston – living in Edinburgh and really enjoyed living in the city. Living in the centre of Edinburgh was superb; especially because I was living there in the Millennium.”

It was in that period just before the Millennium that David came back down to Whitehaven for a night out with his friends before a planned holiday to Ibiza where he met and fell in love with Michelle who was to become his wife.

**A Difficult Year**

“Last year was definitely a hard year for us” says David. “With the Co-Op opening in Seascale this took a lot of trade from us. We looked around for a new supplier which we hoped would offer a credible alternative and Simply Fresh looked perfect.” At the same time David and Michelle were already committed to refurbishing the shop which was in dire need of updating. “We

have had a hard year restructuring the business with the bank who were extremely difficult to deal with and getting it on the right footing has been a long process and even a year down the line is still ongoing!”

It wasn’t only their Gosforth shop that was suffering from bad luck.

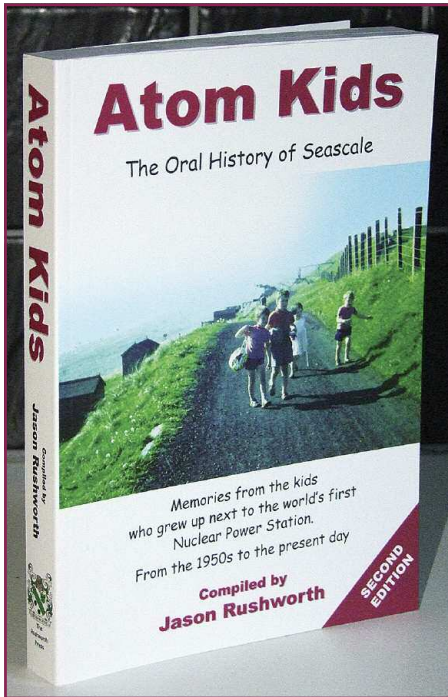
That same year a shop they lease in Nethererton, Maryport, came under similar pressure. The local pub closed, and a One-Stop shop opened in its place taking a good chunk of our trade. We are slowly rebuilding sales in that business.”

There is no doubt that this couple are hard grafters and committed to providing a good local shop for the community. David has lots of ideas on how to improve the offering to his customers that sound very exciting. It was nice to see that David hasn’t lost his sense of humour or his enthusiasm for retail despite all the difficulties they’ve had to overcome.

I left feeling exhausted just hearing about how much they cram into each day!

Watch out for the official launch of the new Simply Fresh brand over the Easter weekend.

*Vivienne Tregidga*



Back in stock and for the final print run of - **ATOM KIDS** - the **Oral History of Seascale**. It covers the complete social history of Village Life and its School, from the 1950s to the present day. Written by Seascaleians past and present - the voice of the people - as they recollect life in the world's first nuclear community.

It's a not-for-profit publication, printed at cost with £1 from each book going to the Seascale beach park project charity - building a play park for the next generation of Atom Kids to enjoy. Copies of the book are available now from the Ice Cream Parlour in Seascale. Or if you live farther away - online by emailing: [mail@jasonrushworth.com](mailto:mail@jasonrushworth.com) to get your copy posted out to you. £13.95 plus £3 for postage and packing.

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# THE MAY 2018 RAIL TIMETABLE. DELAYED...?

**W**e were promised that in December 2017 we would see Sunday Services and later evening services once again. This was part of the franchise agreement. Unfortunately, the Great Western Railway electrification scheme was delayed, and so the necessary diesel multiple units were not released to be refurbished and sent up to our line. Never mind, we would get the service upgrades in May 2018.

By Mid-January, despite very conflicting messages from Northern and the Department for Transport, the new timetable appeared on the Trainline “[thetrainline.com](http://thetrainline.com)” and Realtime trains “[realtimetrains.co.uk/search](http://realtimetrains.co.uk/search)”. These gave a somewhat improved picture.

It was still not clear which of the long anticipated improvements to trains from 20 May we would get and it would be dependent on Northern being able to get additional carriages.

Currently on Mondays to Fridays Seascale has 12 northbound trains (one just to Sellafield and the rest to Carlisle) between 06.51 and 19.21, mostly around hourly though with two significant gaps. Southbound there are 12 trains to Barrow, with two continuing to Lancaster and one to Preston between 06.57 and 19.21, again roughly hourly. On Saturdays the position is similar.

On the initial timetable increase, we expect to see 14 northbound trains to Carlisle between 06.54 and 21.08 though again with two longer gaps morning and afternoon. Southbound there should be 16 trains to Barrow from 06.43 to 20.44 with just one two-hour gap in the early evening. Three of these go on to Lancaster. Be aware, though that there will be slight changes to timings. For instance, the 09.03 to Barrow will now leave at 08.47 – but the 08.35 which only went to Sellafield will now be at 08.42 and will go all the way to Carlisle.

So there should be two later northbound and one southbound train, making days out more manageable. Saturday trains should be almost the same as during the week, making it easier to remember times.

For Drigg the situation should be slightly different. Because not all trains will stop at every station, there will be fewer than for Seascale: 11 northbound and 12 southbound including the

same three Lancaster trains and almost the same first and last times. This does mean that a few of the trains will be several minutes quicker getting to their destination compared with the current timetable.

The biggest change will be on Sundays when we finally get a service back. We expect for both Seascale and Drigg seven northbound trains (one just to Sellafield) between 10.38 and 18.09 and seven southbound (one going to Lancaster and another to Preston) between 12.31 and 18.44. This is not the full Sunday service we had hoped for but a good improvement on nothing.

We may have to wait until December 2019 when we should have a few more trains and somewhat earlier and later Sunday ones.

However, now for the bad news. At a Network Rail consultation at Carlisle at the end of January, we were told that because of delays in electrification around Bolton and elsewhere Northern will not be getting additional diesel trains in time to run these new services from May as intended. It may be that they will be in place in time for the school summer holiday. Seven months’ planning by Northern to deliver an enhanced timetable in May 2018 has been fruitless. It may be May 2019 before all the improvements can be delivered. Northern has put extra resources into their planning department and is hoping to confirm what will happen with the May 2018 timetable by 1 March. Watch this space!

As far as the trains themselves are concerned, there should have been changes to the locomotive hauled trains with the 50 year old class 37 locomotives being replaced by more modern and reliable ones. These have already been tested on the line. This should have happened on Monday 29 January. It didn’t! The new locomotives were ready to go, but for reasons which are not yet clear, authorisation was not given for the change to happen. We are told that it may happen ‘shortly’. We will just have to wait and see. If this change does happen, it will mean one less carriage per train, so that they will fit with level crossings and the access humps on platforms. Next year should see all trains composed of four-coach diesel multiple units with refurbished seating, accessible toilets, route





Photo: Alan Johnstone

indicators in the carriages and wifi (though the latter could take a little longer) on the line and the locos and Pacer (bus bodied) units consigned to history. When substitute buses are needed, Manchester initiates the request which then goes via Marple and York. Northern are hoping to allow local staff to make the arrangements.

In the meantime stations are having a spring clean with new ticket machines (currently just one on each station which will be particularly difficult for travellers from Seascale) and new shelters and seats in most places. When the ticket machines are installed, you will still be able to buy a ticket on the train – but not with any discount cards, you'll have to pay full price. However, if you don't have a credit card to buy your ticket with the machine, or just don't like buying on cards, we understand that you can get a 'promise to pay' ticket. With that, you can use discount cards, but you pay the guard the cash.

Network Rail are hoping to know what is to be done to resolve the flooding problem at Aspatria by March, and the track between Parton and Harrington is to be relaid in August.

Copeland Rail User Group has been lobbying Northern not to skip stations, which makes it particularly difficult to travel between smaller places and gives long gaps between trains for the sake of very few minutes saved on a journey. And we really want to see two ticket machines in Seascale or a bridge at this station.

There were reports that post-Brexit, the DB Group was seeking to withdraw from UK Operations. This is the German Rail group, who

own the DB Schenker freight group, and the Arriva group who run buses and several rail franchises including ours. They are supposed to be handing back franchises and contracts. They have not sought to renew the franchise for Arriva Trains Wales. Anything more is just conjecture, and there has been no indication that our franchise will be handed back.

*David Andrews, CRUG Secretary*  
*Graham Worsnop, CRUG Treasurer*



## Stay 'in Touch'

*Do you spend a lot of time alone?*



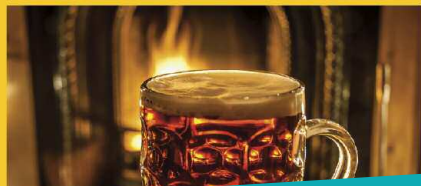
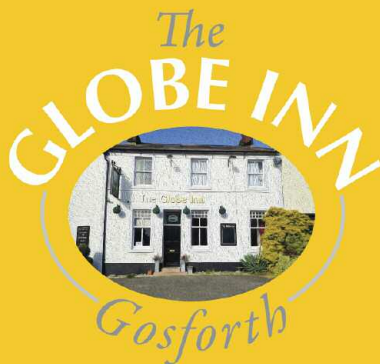
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- Do you know someone who **might need help to stay 'in touch'?**

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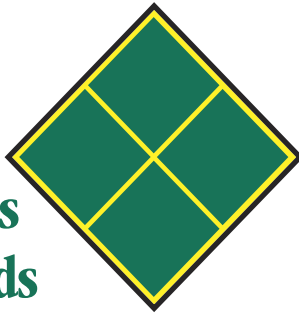
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# OUR MP TRUDY HARRISON'S COLUMN

As I mark my first parliamentarian anniversary, this year will bring significant change for Copeland.

As part of the on-going recruitment drive, North Cumbria's health organisations are working together to encourage nursing graduates to live and work in Cumbria. A number of recruitment events have already taken place, with the most recent welcoming over 55 final years, newly graduated and return to practice nurses. The rebuild programme and the extra £46m of Government funding confirmed last year will provide even more training and development opportunities. I really do commend North Cumbria's health organisations for their continued efforts in working together to help encourage our young people and nursing graduates to stay in Cumbria.

Additionally, results of a national survey recently showed that West Cumberland Hospital's maternity units are performing 'better than expected'. The survey focused on women's experiences of care during labour and birth, as well as the quality of antenatal and postnatal support – but it is actually no surprise to me. It is of course due to the incredibly dedicated staff at West Cumberland Hospital, and in particular, the amazing midwives working in ante and postnatal departments – I have always received outstanding care and treatment and can say the same for my family and friends.

Before Christmas, I wrote to Cumbria County Council to support parents' proposals to redraw the boundaries to allow Gosforth, Seascale and Eskdale and surrounding areas to have the benefit of dual catchment, at both Millom School and West Lakes Academy – this proposal was also supported by local country councillors. The financial burden parents facing to access alternative schools due to over subscription at West Lakes Academy, is nothing short of rural discrimination. Cumbria County Council has since rejected the Copeland Local Committee appeal to grant dual catchment status. It is incredibly disappointing that this necessary solution has been dismissed based

on policy. It is absolutely unacceptable that rural families are now paying out nearly £400 per year, for each student, in transport costs to send their children to school.

In January, Transport for the North launched their Strategic Transport Plan which outlines plans for 30 years of transport infrastructure investment across the north – a landmark moment for transport across the whole of the north of England. We can all work together through the public consultation, which runs until April this year and I will continue to lobby ministers, meet with rail companies and argue the case for investment at the highest levels, so that the North of England is better connected and our future generations realise their full potential. This is the link to the consultation – if you, like me are desperate to secure significant investment, please take a moment to submit your response – <http://transportforthenorth.com/stp/> – let's ensure we get the north the transport network it deserves.



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# ENGINEERING – THE BROWNIE WAY!

You are never too young to start learning about engineering – that’s the view of LLWR, who teamed up with Seascale Brownies to enable the girls to take their first fun steps into the discipline.

LLWR pair Fiona Robinson and Holly Cresswell are Leaders at Second Seascale Methodist Brownies and decided to work towards the ‘Clever Cogs’ achievement badge with the pack, using engineering as their inspiration.

Fiona said: “This was a fun way to get the girls thinking about different types of engineering, and also got them using problem-solving and team-working skills. “Women in Engineering is an important topic at the minute and this is a good way of inspiring the future generation of female Engineers.”

Aeronautical engineering included making hard-boiled egg parachutes; material engineering saw the youngsters make slime; and in computer programming the Brownies guided each other through a maze, blindfolded.

They also made structures out of dry spaghetti and marshmallows in structural engineering. “That part was very messy, enough to put anyone off eating marshmallows for life,” joked Fiona.

“The girls are aged between 7 and 10 years and have different abilities, so it was important to pitch the activities at a level where all the girls would be able to engage.”

Holly added: “The Brownies really enjoyed all



of the Clever Cogs activities, but I think being ‘chemical engineers’ and making slime was their favourite.

One Brownie even said that it made her want to be an engineer.”

*Fiona Robinson*

# moky fit

WITH SHAMEEM

## Seascale

moky **HIIT**

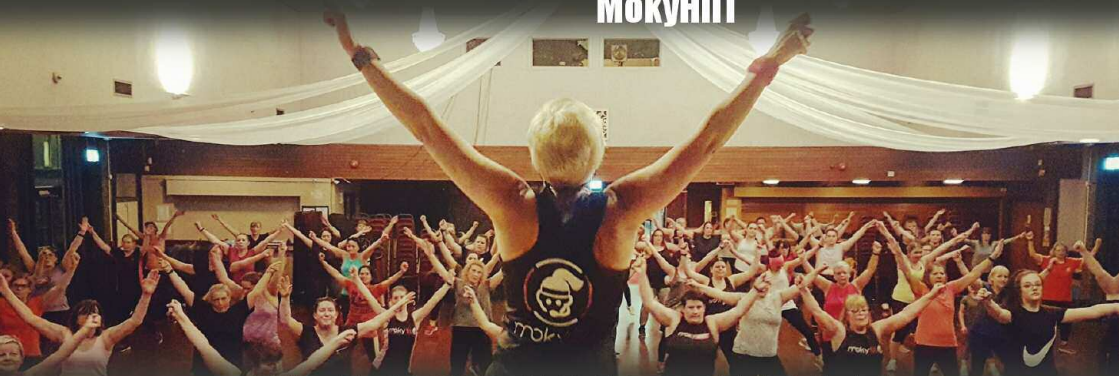
A fun, friendly, **fat burning class suitable** for all fitness levels including beginners.

moky **Zest**

A **low Impact** fun class designed for the over 65'S or those less mobile.

moky **CORE**

A 15 minute **mat based workout** as an add on to MokyHIIT



## CLASS TIMETABLE

MON	10-10.45am	Seascale Sports Hall	HIIT&Core	£5
MON	11-11.45am	Seascale Sports Hall	Zest	£4
WED	7.30-8.15pm	Seascale School	HIIT&Core	£5
FRI	10-10.30am	Seascale Sports Hall	HIIT	£4

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

## ZEST FOR LIFE WITH SHAMEEM HAS PROVED SUCCESSFUL

---

On 8 January 2018 Shameem Arnold expanded her MOKY FIT repertoire to include an exercise class designed specifically for the over 65s and people who are less mobile. The class, called MOKY ZEST, takes place at 11am on Monday mornings in Seascale Sports Hall.

"I received so many requests from older people to run a class more suited to them, that involves less stress on vulnerable knee and hip joints and a gentler workout. I knew I had to get on and develop the right routine and exercises," explains Shameem.

### Age is relative

"It's never too late to start living a more active lifestyle. Science has proved that exercise stimulates stronger bones, reduces joint pain, improves the cardiovascular system, and the balance – reduces depression while promoting better mental health."

"Scientific studies also found that regular exercise significantly slows down the onset of dementia and Alzheimer's even in those who already suffer with these conditions."

It has to be said that 60 is no longer considered old.

### Centenarians on the increase

According to research carried out both here and in the USA, more people than ever will live to become centenarians. In 2012 there were half a million-people aged 90 plus in England and Wales and since then that number has increased by 33%. "More of us are having to work longer before we retire, and when we do finally get that 'Golden Watch' it's more important than ever we are fit enough to enjoy our retirement." Says Shameem.

### Don't write yourself off

Too many people think when they reach a certain age they are just too old to start exercising and don't even explore the possibilities. "This is why I want the ZEST classes to be where people come and make the class fit their needs." Adds Shameem. "If in any doubt they should seek advice from their health professionals first."

Even being in the same room with lots of people who are determined to change their lives

for the better provides an injection of positive energy that's guaranteed to banish the blues. Shameem's classes are constantly referred to as 'The MOKY Family' by everyone who attends.

### Leading the way

Shameem is definitely on a mission to make the west coast of Cumbria the fittest place in the UK. Every age group is now catered for with MOKY FIT, MOKY HIIT and now MOKY ZEST.

### Reclaiming your body

No group is left out of the MOKY magic, even mums with babies and toddlers have two classes a week – Mondays and Fridays at 10am until 10.45 in the Sports Hall in Seascale – where their little ones can play in a designated soft play area while mum is working on getting her pre-baby body back.

Oh, and if you don't know what MOKY stands for, it's the Magic Of Keeping Young.

There's no need to book for any of Shameem's classes, just come along and join in the fun.

"I urge everyone who attends my classes to do only as much as they feel able to do." Says Shameem. "It's important to me that they have fun and enjoy exercising."

*Vivienne Tregidga*

## MOKY IN SEASCALE TIMETABLE

---

Now with new MokyZest – a low intensity workout class for those looking for a gentle but effective workout. Everyone is welcome to come along, with no need to book.

### Seascale Sports Hall (by the bowling green)

Monday 10-10.45am MokyHIIT/CORE.

Monday 11-11.45am **\*\*New\*\*** MokyZEST.

Friday 10-10.30am MokyHIIT. 10:45am MokyZEST.

Babies and toddlers are very welcome to use the soft play.

### Seascale School

Wednesday 7.30 – 8.15pm MokyHIIT/CORE

MOKYHIIT – 30 mins high intensity workout but low intensity always offered so suitable for beginners. £4, or with core £5.

MOKYCORE – 15 mins mat-based workout.

MokyZEST – 45 mins of low intensity exercise focused on cardio, strengthening and balance for those less mobile. £4

Everyone is welcome, no need to book just come along. Bring a mat if you have one (Sports Hall has spares).



### WHAT THEY SAY...

**Jan Nichols** – “I had a heart attack last year, so I knew I had to do something to get my fitness back. I tried going to the gym, but I really don’t like being on my own. In this class I’m with lots of other people and it doesn’t feel like exercise. I’ve met lots of people and I’m having good fun!”

**Pam Williamson** – “I’m really glad this class has started for our age group who have been forgotten about for so long. We can now do the right level of exercise that is tailored to us.”

**Liz Boys** – “I’ve been waiting for such a long time for a class that caters for over 65s. I can feel the difference already after just three classes, and my knees don’t hurt as much either.”

There were just too many ladies wanting to express their feelings about this new MOKYZEST class, so in a nutshell the general consensus is that everyone is enjoying it.

“Out of all my classes this feels like the most enthusiastic group” says Shameem who is very

pleased with the high turnout to the new class that is growing in numbers week on week. Shameem will be adding a second MOKYZEST class on a Friday.

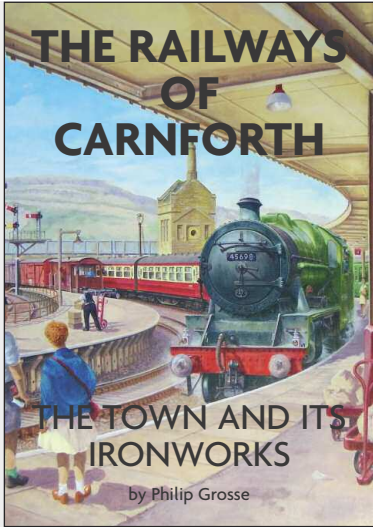
**The “team”  
on Monday  
29 January –  
Smiles all round!**



# THE RAILWAYS OF CARNFORTH

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by Philip Grosse



This book was the recipient of the Railway and Canal Historical Society's 2015 Book Award and this second printing with revisions has been published following popular demand.

It was written to commemorate the 10th anniversary of the Carnforth Station Heritage Centre which opened in 2003. The book provides a comprehensive history of the railways of Carnforth from the earliest days of railway development to present day. For nearly 70 years the Carnforth Ironworks produced high grade pig iron and its rise and fall are fully described. These two employers changed the village, then situated on the north-south turnpike, into the present day industrial town, the growth of which is described in detail. During wartime blackouts, parts of the film '*Brief Encounter*' were taken on the station and its connection to the film enabled the derelict station to be regenerated by the Carnforth Station Trust as the Carnforth Station Heritage Centre. The book has 174 pages, and is hard bound with a cover painting by Alan Gunston. It contains maps and drawings reproduced by the author from archive sources and half tone and colour photographs from the Cumbrian Railways Association collection, the Rathbone collection and other collections.

Copies can be purchased from: Alan Postlethwaite, Barrai Books, 17 Railway Terrace, Lindal, Barrow in Furness, Cumbria LA12 0LQ  
ISBN 978 0 9569709 1 6 £25.00

## DRIGG YOUNG FARMERS

The new Young Farmers year started in September with Josh Denwood taking on Chairman and Bekah Hocking taking on Secretary.

The autumn is always busy with young farmers competitions – this year we entered teams in the Quiz, Junior Public Speaking, Junior Reading, Debating, Braintrust, Junior Member of the Year, Call My Bluff, Just a Minute, and the County Sports with Frisbee, Dodgeball, Hockey and Disco Dancing.

The Junior Public Speaking Team consisting of Billy Sibbald, Rosie Pratt and Sam Pratt went on to gain 1st place at the County finals and now go through to represent Cumbria in the Northern Area Finals in Scarborough, also going through to represent Cumbria is Emily Pratt who gained 2nd place at the County finals in the Junior Member of the Year Competition.

We have also had trips to Jump Mania and Darkest Muncaster, as well as having a Halloween games night. A team of four Seniors competed in the Carrs Billington Challenge at Carlisle where they had a great night competing in fun games against other clubs in the Northern District.

In December we held our Annual Social in Drigg Village Hall enjoying Pie & Peas from Pudding Lane in Seascale and dancing the night away to South of the Border with everyone joining in with traditional dances such as the Barn Dance, the Gay Gordons and the Dashing White Sergeant. Trophies were awarded to members for stock judging, cookery, flower arranging, sheep clipping and much more.

We have been practising for our next big competition; the Pantomime with the first round will take place in February at the Carnegie Theatre in Workington with our version of Pantomonium! Watch out for posters later on in the year when we will perform it locally for charity.

If you would like to join or find out more about Drigg Young Farmers please contact us on the club mobile 07496126771 or email [driggycf@yahoo.co.uk](mailto:driggycf@yahoo.co.uk)

Membership age = 10 – 26yrs. Meet Tuesday nights 7.30 – 9pm in the Methodist Hall at Gosforth.

# Seascale Golf Club

## LIGHT BITES MENU

### MON & TUES 11 - 5

Choice of Homemade Soup £3.25  
and Crusty Roll

Freshly Prepared  
Sandwiches -

Tuna Mayo £3.50

Cheddar Cheese £3.50

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Roast Beef £3.50

Prawn Marie Rose £4.35

Homemade Chips £1.95

Coffee and a Cake £2.50

[www.seascalegolfclub.co.uk](http://www.seascalegolfclub.co.uk) Tel 019467 28202

SEASCALE GOLF CLUB

EVERY THURSDAY

FROM 6PM  
019467 28202

# Steak Night

8 oz Rump £11.95  
16 oz Rump £15.95  
8 oz Fillet £16.95  
8 oz Rib Eye £11.95  
8 oz Gammon £9.95  
Surf and Turf £15.95  
Sheer Piggery £14.95

PLEASE ASK STAFF FOR FULL MENU

# Mother's Day

## Sunday Lunch

### 11 March

12.00 noon  
until 5.00pm

booking essential



## Seascale Golf Club

019467 28202

[www.seascalegolfclub.co.uk](http://www.seascalegolfclub.co.uk)



our bar is open to all  
for food and beverage

## Plastic Paddy

is playing at our St Patrick's  
evening on Friday 16 March from  
6.00pm. £5 entry. Food included.

## SUNDAY LUNCHES

at SEASCALE GOLF CLUB

Roasts and all of the trimmings

ALL WELCOME

but it's advisable to book

# TRAVEL TIPS 3: FOOTWEAR

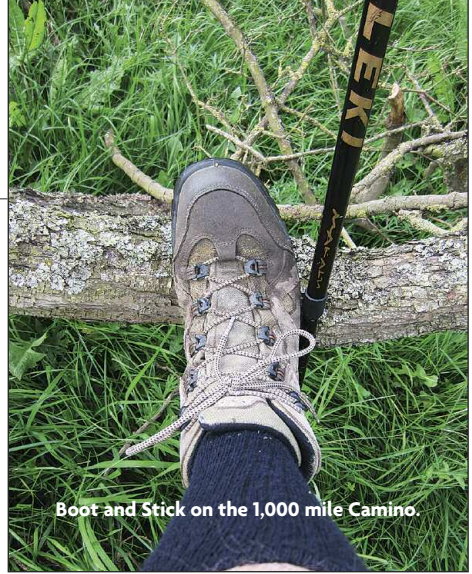
Choice of footwear is probably the most important decision that a walker has to make, but this is not helped with there being so many options out there. These range from traditional heavyweight leather walking boots down to trainers or even trekking sandals and most of them have their place. In addition to this, you then have to choose your socks, or combination of socks as there is no point in finding, say, the perfect pair of boots, but making a bad choice over socks as this will cause you as many problems as ill-fitting boots!

Therefore, I would like to start this piece off by saying that footwear is a personal choice and, bearing in mind all of the above options, what is right for one person isn't necessarily right for another.

The biggest consideration is probably what sort of walking you will be doing, as what might be entirely suitable footwear for low level summer walking probably won't be right for high level winter walking. So please bear that in mind when reading the "advice" contained in this piece :-)

So – choosing your boots – I would recommend that first you allow yourself plenty of time to do this and choose a shop with staff that go walking themselves and carry a good range. The Barn Door Shop at Wasdale Head fits this category very well. Then, rather than go looking for a specific brand/model, I would suggest that you go with an open mind and try on as many pairs of boots as practical to before settling on the ones that suit your own needs. The reason that I usually shy away from looking for a specific brand and/or model is that sizes can vary slightly and some boots are broader/narrower fitting than others, so finding your ideal pair can become a time consuming business!

For Lakeland Fell Walking in "normal" conditions, my own preference is reasonably lightweight



**Boot and Stick on the 1,000 mile Camino.**

"Gortex"-type fabric boots as these usually keep your feet dry\* when it rains and let your feet breathe when it is hot. They don't take a lot of maintenance, usually don't need "breaking in" (when I used to wear traditional leather walking boots, sometimes I had to walk many miles before they were fully broken in) and although they are reasonably light, they still give you good support, so a good pair is usually more than adequate for most types of walking. I have walked to Everest Base Camp and completed my 1,000-mile Camino from Cumbria to Santiago de Compostela in "Gortex" type boots that were mainly fabric but with leather trim.

**Rob walking on a typically wet day in Lakeland.**





## Rob at Everest Base Camp.



You also need to decide on your socks – for many years I used Bridgedale liner socks and Thorlo outers and this proved to be an effective combination for me. However, on my 1,000-mile Camino, I was given some appropriately named 1,000 Miler socks and even after walking this distance, I never developed a single blister. So, it might be a case of trial and error (and miles!) until you find your own ideal sock combination.

**Another step for ... Rob Steele**

(\* Walking in wet conditions was covered in the previous issue of Tethera where keeping your feet dry was emphasised.)

## CINE NORTH BIG SCREEN IN DRIGG

### 7pm Saturday 10 March – Churchill (PG)

June 1944. Allied Forces stand on the brink: a massive army is secretly assembled on the south coast of Britain, poised to re-take Nazi-occupied Europe. One man stands in their way: Winston Churchill. Behind the iconic figure and rousing speeches: a man who has faced political ridicule, military failure and a speech impediment. Fearful of repeating the mass slaughter of 1915, when hundreds of thousands of young men were cut down on the beaches of Gallipoli, exhausted by years of war and plagued by depression, Churchill is a shadow of the hero who has resisted Hitler's Blitzkrieg. Should the D-Day landings fail, he is terrified he'll be remembered as an architect of carnage. General Eisenhower and Field Marshal Montgomery are increasingly frustrated by Churchill's attempts to stop the invasion. Only the support of Churchill's brilliant, yet exasperated wife Clementine can halt the Prime Minister's physical and mental collapse. The untold story of

Britain's most celebrated leader, uncovering the true nature of Churchill's herculean war-time status and his vital relationship with "Clemmie" - his backbone and total confidant...the love that inspired him to greatness.

### 7pm 24 March – Murder on the Orient Express (U)

A sumptuous, CGI-infused adaptation of Agatha Christie's classic detective novel, replete with a star-studded cast, including Willem Dafoe, Michelle Pfeiffer, Judi Dench and Johnny Depp. The director himself plays the role of the moustachioed Belgian detective who requires everything to be just so.

Cast: Kenneth Branagh, Johnny Depp, Michelle Pfeiffer, Daisy Ridley, Penelope Cruz, Judi Dench.  
Tickets: £5 / £16 Family  
Refreshments will be available.

#### Contact for tickets or further information:

Tel – 019467 24177 or 24321

Web site – [www.driggevents.co.uk](http://www.driggevents.co.uk)

Email – [contactus@driggevents.co.uk](mailto:contactus@driggevents.co.uk)

Facebook – Drigg Events

# WEST LAKES PINE MARTENS STAND A GOOD CHANCE



The pine marten (*Martes martes*) is a native mammal of the British Isles and until the 19th century was common throughout the country. However, through both persecution and habitat loss, its populations in England and Wales have declined to such an extent that it has been considered on the verge of extinction. There is a thriving population of around 4,000 individuals in Scotland, concentrated in the highlands and also in the border regions.

Although the pine marten's population across the English Lake District and Northern England is extremely sparse these animals are considered, in an ecological sense, to be extremely important as they harbour pools of the genetic diversity that has enabled them to adapt to their local conditions. It is hoped that the relict Lake District population is close enough geographically to the expanding Scottish population to make a reintroduction programme unnecessary.

The pine marten likes woodland habitats (particularly conifer), but also can live in scrub as well as rocky ground and crags (in which the West Lakes are abundant). They also have a large range and can travel up to 20km in a day. Some areas in the Lake District have been named after the now elusive mammal, eg Mart Crag Moor. This shows that there was once a thriving Lake District

population. Research would suggest that 6,000-7,000 years ago the pine marten was the second most common carnivore in Britain.

Their mating season is between July-August with the young (kits) being born the following spring. The kits are born helpless but will generally open their eyes in mid-May and be ready to leave the den sometime in June. The pine martens diet is an omnivorous one consisting mainly of small mammals, eggs, fungi and fruit. Pine martens are characteristically dark brown in colour with a white throat patch. They are around the same size as a domestic cat and have a long fluffy tail, which is unlike that of a stoat.

There have been sightings of this mysterious mammal in remote upland areas of northern England, but crucially no photographic evidence to back them up. The National Trust West Lakes Ranger team has had two confirmed sightings of pine martens at similar sites in Wasdale at heights of approximately 1000ft and 1300ft in 2008 and 2012. These sightings are thought to be from crag-dwelling pine martens on and around the Scafell Massive. Proving this would be of great interest as it would show that families are expanding away from the preferable nesting sites of Ennerdale and that the gene pool of The Lake District pine marten population is increasing.



crag makes Ennerdale an ideal pine marten habitat.

Using this as our basis, we have decided that it is more than likely that pine martens are entering Wasdale from the more favourable conditions in Ennerdale. Along with the nest boxes we have placed and positioned 3x motion sensitive wildlife cameras. We bait these camera locations with an abundance of strawberry jam and peanut butter 3-4 times through the summer months. Up to now we have had no luck but we remain hopeful that one day we will get the all-important photographic evidence that our pine martens never left our valleys.

Any images gathered would be of huge scientific significance on a national level. Current trends indicate that without intervention pine martens will become extinct in England and Wales. A confirmed sighting would signify that a breeding population still exists in the Lake District and efforts could then be made to ensure that this population grows in strength. The recent planting scheme that has taken place across the Lake Districts Western Valleys gives added assurance to any potential populations that an expanding and healthy habitat is a guarantee for many years to come.

Other highly competent conservation bodies (notably the Vincent Wildlife Trust who are conducting their own Pine Marten Recovery Project) would use this evidence to support the National Trust in its efforts to ensure that the Lake Districts pine marten population would once again thrive. The Vincent Wildlife Trust have been working with and carrying out research into pine martens for over 30 years. They collect and collate submitted sighting reports, scat samples and hair samples. All of their work goes towards them exploring options for the successful and long term rehabilitation and conservation of Pine Martens.

*Jonathan Metcalfe*

**If you think that you have seen a pine marten please contact the Vincent Wildlife Trust via their website and register your sighting. Please let us know here at the National Trust as well as we are extremely interested in any information regarding our County's most elusive resident.**

**For further information or to let us know of any potential sightings please get in touch via my email: [jonathan.metcalfe@nationaltrust.org.uk](mailto:jonathan.metcalfe@nationaltrust.org.uk)**

As well as loss of woodland habitat, a major contributing factor to the decline of the pine marten was the inevitability of it coming into conflict with gamekeepers. However, since 1988 it has been fully protected by law when it was added to schedule 5 of the Wildlife and Countryside Act 1981. Although there is mounting pressure from Scottish gamekeepers to relax this law, it continues to be believed that any action of this kind would have a far too derogatory effect on pine marten populations.

Off the back of the 2008 pine marten sighting the National Trust along with the Vincent Wildlife Trust conducted a Pine Marten Re- Habitation Project in Greengate Wood, Nether Wasdale. Five nest boxes were built by our volunteer Adam Gregson and were hung in Greengate Wood. Greengate Wood was, and still is, heavily storm damaged and therefore holds lots of potential for naturally occurring nest sites and would be an ideal location for a nesting female.

Although the project went well the decision was made, with the support of the Forestry Commission, to move the boxes into the Ennerdale Valley where the potential for them being of benefit to pine martens has been greatly increased; the remote location along with its abundance of coniferous woodland and sheer



**I'd like to begin by wishing all readers a very happy new year.**

And what better way to enter into the new year than with the launch of a new campaign for our community, Copeland Pride of Place.

I'm extremely proud to be the Elected Mayor of this wonderful part of the world, and myself and Copeland Council are delighted to be leading this campaign to harness a sense of civic pride in our towns and villages.

I was born and bred in Egremont, and although my travels with work have taken me all over the country, I have never had any desire to move or raise my family anywhere else.

Why would I? Copeland has such a tremendous sense of community spirit, and the people here are the finest anywhere. We have scenery on our doorstep that is second to none, with two-thirds of the borough sitting in the Lake District, a World Heritage Site.

We have high hopes for the campaign and our aim is for it to be embraced by all corners of the Copeland community. And the initial response has been overwhelming, with schools, businesses, churches, town and parish councils, charities and sports clubs all signing up to play their part. We are asking people in our community to shout up loud about why they are proud of Copeland – why they're proud to live, work, visit or go to school here – and we'll be sharing and promoting examples of pride and good citizenship throughout the campaign.

At the same time, we'll be putting the focus on some of the negatives that blight our communities, such as fly-tipping, littering and dog-fouling. Our ambition is to improve the behaviour of the minority who do not share our sense of pride in Copeland.

It's easy to be critical of local authorities, but the truth is that we all have a role to play in improving our surroundings and shining a light on those who detract from it.

The campaign is an extension of the £1 million Pride of Place Town Centre Regeneration project that we launched in the summer. We're offering

grants to businesses for improvements to their premises and the response from the business community has been extremely encouraging.

And we believe that this town centre scheme – running in parallel with the new awareness campaign – can be the catalyst for larger scale regeneration in our towns.

So how can you get involved? We've launched a dedicated Pride of Place website ([www.copeland.gov.uk/content/copeland-pride-of-place](http://www.copeland.gov.uk/content/copeland-pride-of-place)), and social media pages (search Facebook for Copeland Pride of Place, and Twitter for @CBCPrideofPlace) so please join the Pride of Place community by 'following us', 'liking us' and sharing the message as widely as you can.

Why not tell us why you're proud of Copeland – and what action you or those in your community are taking – either through the social media channels or on email to [communications@copeland.gov.uk](mailto:communications@copeland.gov.uk), and we'll share your stories throughout the campaign.

And if you'd like to sign up your business or organisation to be part of the campaign then please get in touch with us.

Together we can make a real difference to this beautiful part of the world.

*Mike Starkie. Elected Mayor of Copeland*



## WEVA\* FEW THINGS TO TELL YOU...

*“Tra la! It’s May, the lusty month of May,  
That lovely month when ev’ryone goes  
blissfully astray”*

So begins one of the songs from the musical “Camelot” and it popped into my head as I sat down to write this article. OK, so it’s not quite May yet – but it soon will be and, as May approaches, the thoughts of everyone involved with WEVA stray – or hopefully focus determinedly – on the five days we spend with our French friends from St Martin d’Auxigny, near Bourges in central France.

This year, the French will be coming here (arriving on Wednesday 9 May and leaving us on Monday 14 May) and already the WEVA committee has been hard at work preparing what we trust will be an interesting and varied programme of activities for them. Included in this programme will be both challenging and less challenging walks, a visit to Keswick, a social evening with entertainment and, hopefully, a unique event in Nether Wasdale. Whilst this might not quite be the utter perfection of Camelot (WEVA has no King Arthur for a start, nor a Merlin to guarantee the weather), we do hope that there will be something for everyone to enjoy – and that includes YOU, reader of “Tethera”, who having read this far, must have to acknowledge a spark of interest somewhere.

Having our French friends over here is an ideal way for people to dip their toe in the water (or the Channel!) and find out more without leaving these shores or even this area. The walks, trips and socials are open to everyone (non-members pay a modest fee) or, if you’d like to invite a French guest or couple, along with their host(s) to a meal in your home, that would be much appreciated by all and a very good way of making contact without being overwhelmed; another possibility is assistance with catering. Of course, you may like to bite the bullet and offer to host a guest or two for the five days. At the time of writing, we do not know exactly how many people will be coming, but we are anticipating at least a dozen, for whom accommodation will obviously be needed. Whilst we can’t promise that full training will be given, we can assure anyone new to twinning that old hands will be on hand ready, eager and willing to



advise, help and/or support when and if required. So, how about it? Further information can be obtained from WEVA chair Rosalind Amey (01946 820426), any committee member or by e-mailing [westernvalleys2@gmail.com](mailto:westernvalleys2@gmail.com).

Sadly, by the time you read this, you will have missed WEVA’s great annual Anglo-French quiz, but you are certainly not too late to join us for our first walking Discovery Trail around Eskdale, scheduled for the early evening of Friday 18 May (weather permitting). Further details may be obtained from the contacts listed above.

Going back to “Camelot”, further on in the May song (sung by Guinevere, just in case you were wondering...) comes the cleverly crafted couplet:  
*“The time for ev’ry frivolous whim,  
Proper or ‘im’ ”*

So, why not indulge in a “frivolous whim” – which certainly won’t be “im” (ie improper) and get involved with WEVA this May? WEVA lot to offer!

*Rosalind Amey*

\*WEstern VALleys of Cumbria Twinning Association.

PS. Look out for the brand new WEVA website, coming soon to a computer near you.



**Teamwork: Sitting around scout-style.**

## 2ND SEASCALE SCOUTS – VIKING WAY IS OPEN

### **Welcome to the team...**

We already have four Young Leaders (14-18 years) within the group, and we were delighted that another scout within our group has decided to stay with us and join our leadership team. Ben has made a great start this term, being involved in the planning for the term; delivering activities and getting to know the Beaver Scouts, who have given him the scouting name Fox. He is already booked onto the Young Leader Training, and First Aid courses. We hope other Scouts will consider being Young Leaders with us – it is a great experience for them, and a huge help for us.

We also welcome Vicky Taylor, who has been a scout leader in the past and has decided that she would like to get involved again. She has joined as a Leader within Beaver Scouts.

### **Which way?**

The Cubs (8-10 years) completed their level 2 navigator badge; they particularly enjoyed using eight figure grid references and directing one another on a large chalk grid we drew on the school floor. We went for a walk around the village using a map and looked at the road signs. Each six set a trail using tracking signs for the other sixes to follow.

### **Puppets**

Working towards their entertainer badge the cubs made puppets and re-told either a fairy tale or an activity that takes place at cubs. There were some amazing puppets created, particularly one of the Cub Leader, investing a cub, with lots of curly hair!

### **Cubs become handymen!**

We had a fun night when we learnt how to change a light bulb; clean windows; set a table; prepare vegetables and iron neckers while working towards the skills challenge badge. The school hall had very clean windows by the end of the evening.

### **Keeping the Faith**

Scouts (10 ½-14½) also explored faith, combining debate with divinity, they held a discussion on “which religion is best”. Of course the conclusion was that all faiths (including no-faith) have important messages for their followers.

2nd Seascale Scouts, Cubs and Beavers all joined with 1st Gosforth Scouts and members of the public for the grand opening of the Viking Way back in December. It was an honour for a Seascale Scout and a Gosforth Scout to take part in the ribbon cutting. We were delighted to be involved in this historic event, and our members are sure to make full use of the new right of way for many years to come.

### **Na na na na na na na na...**

Batman! We really enjoyed our trip our most local cinema, in Drigg. Lego Batman was a special showing, just for our group. If you haven't been to one of the regular features at Drigg, it's highly recommended.

### **You've Gotta Have Faith**

Back in October the Beaver Scouts (6-8 years) took the opportunity to find out about the Hindu Festival of Light – Diwali. We listened to the story and then acted out the story of Prince Rama and his wife Sita. The Beavers used various equipment to represent the main events of the story and enjoyed laying down tea lights to re-enact the villagers lighting the oil lamps.

### **Constellations, but no stars**

During the dark evenings there is nothing more exciting than going outside; Beavers were hoping to spend an evening looking at the stars but the weather had different plans. So, equipped with tea-lights, the Beavers created their own constellations on the playground and then their challenge was to try and identify each other's. As a reward for their efforts the stars made an appearance within the last 5 minutes for the Beaver Scouts to see. The highlight of the evening though was a glow-stick ball and a parachute – lots of screams and excitement as they made the ball fly high into the sky.

## Bonnie Scotland

Exploring international cultures is an important part of Scouting. Therefore when St Andrew's day fell on a Thursday, it was an ideal opportunity to drink Irn Bru and listen to The Proclaimers, whilst frying up their own *haggis rocks*.

## High-climbers

Continuing the tradition of only investing Scouts away from the hall, several new Scouts were invested at the top of the climbing wall at West Lakes Academy. A huge thank you to West Lakes Adventure, who provided the technical know-how and equipment to allow us to run this event. Whilst half the troop of 40 scouts were climbing, the other half were in the WLA gym working up a sweat competing in various hall-sports.

## Yeuch!

Getting out of your comfort zone is an important part of scouting. What better way to get uncomfortable than with sensory boxes. Of course the scouts were very brave and didn't scream at all when they shoved their hands into boxes marked: "pig skin", "sheeps eyes", "fish eggs", and so on. It's amazing what tortilla wrap, pickled

onions and melon seeds feel like when the label suggests otherwise.

## Chocolate

Aside from all the adventure, and fish eggs, Scouts love a few games. The chocolate game is an annual Christmas favourite. "Six!"

## International Camp – Red Rose 2018

2nd Seascale Scout group always enjoy taking part in outdoor activities so this summer we are off to *Red Rose 2018*, which is an international camp that is being held near Milnthorpe. As participants must be 10 years+ this was opened to scouts and our oldest cubs. 28 cubs and scouts will be attending this week-long camp in August, and we look forward to telling you about it in Tethera.

## 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](mailto:Info@SeascaleScouts.org.uk)



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# WEST LAKES U3A

(University of the Third Age)

Invites you to join us on

Friday 16<sup>th</sup> March

from 2pm

in GOSFORTH Public Hall

## To Celebrate our 20th Anniversary

Learn about the wide range  
of our activities

*& enjoy a*

**Complimentary  
CREAM TEA**

# WEST LAKES U3A

is part of the national (University of the Third Age) organisation, the objective of which is to encourage retired and partially retired people to keep their "Grey Matter" stimulated by meetings and occasional outings with an underlying educational theme.

Don't be put off by the word "University". There are no exams or awards, just the enjoyment (for most people) of learning something new in an interesting and friendly manner.

Members of the U3A are encouraged to attend whichever of the activities offered are of interest and to participate as fully as they can in the running of the group as a whole.

U3A is a 'get involved and share your interests, enthusiasm and skills' type of organisation.

Our members come mainly from the rural western side of the Lake District including the villages of Gosforth, Seascale, Drigg, Ravenglass, Calder Bridge, Beckermest and surrounding valley and coastal communities. Members from wider afield are very welcome. We enjoy a range of activities through monthly meetings, special interest groups and visits, which meet in several locations within the area.

The origins of West Lakes U3A was in 1997 when a group of local like-minded people with essentially the above objectives got together and subsequently in early 1998 decided to affiliate with the national U3A organisation. It is this event we are celebrating on 16 March.

Since 1998 West Lakes U3A has developed the groups below:

Art Appreciation

Discovery of Science & Technology not requiring a technical background.

History

Indoor Games with Lunch

Open Mind topics of general & topical interest

Singing for Fun which meet in local halls

Out & About visits in West Cumbria

Discussion & Reading which are held in members houses.

### Membership

The annual membership fee is £5 with a small additional charge at most meetings to cover room



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



hire, speakers' fees and refreshments. New members are welcomed and may attend one or two meetings as visitors before deciding whether to join.

Further Information & membership application forms can be obtained from our website:

<http://u3asites.org.uk/west-lakes>

Additionally, our quarterly newsletter is normally available in local libraries.

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# JAPAN RECOLLECTIONS

## THEN AND NOW

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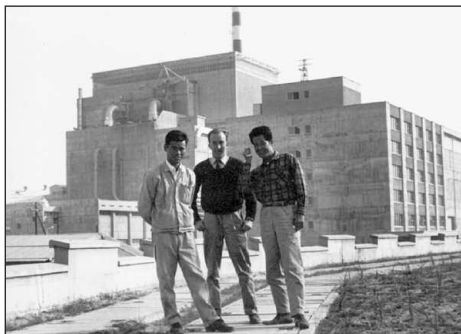
**By David Gray, Gosforth Parish Councillor, who was a commissioning engineer at the Japanese Tokai Mura Nuclear Power Reactor in the 1960s and Joshua Smales who taught English and nursery in Japan from 2008 to 2014 and now runs Gosforth's Denton House café. What follows is a collection of diary notes, anecdotes and experiences from David and Joshua. They are remembering their first impressions, how it was to work there, travelling around the country, earthquakes and socialising in Japan.**

**DG:** My first recorded note after arriving in Tokyo in December 1964 was “for the first few days it was sunny and warm like our British spring”. I should add that later I found that 9 out of 10 days were like that but we were quickly reminded later how quickly the temperature could drop because when I went outside on many occasions I had to return promptly inside to retrieve my jacket. The record of my first train journey from Tokyo to Tokai Mura was “Semi-Express clean with public address system, did not do more than 50mph but covered 80 miles in 2 hours with only a few stops”. I later recorded that you “queue on the platform adjacent to where the carriage door is going to stop. This is particularly so in Tokyo where you have to be on the platform at least half an hour before the train is due to leave to ensure getting a seat even in 1st class”.

**JS:** As with David my first impressions of Japan were of the weather and the trains. When I left England to move to Japan it was a typical wet and windy October day. After a 14-hour flight I arrived at Narita International airport in Chiba prefecture, about an hour or so by train from Tokyo. I was welcomed with a beautiful sunny day with barely a cloud in the sky and compared with home, relatively warm weather and day after day we had lovely clear, crisp, sunny days. Most days are like this, although it can get much colder in winter and very hot and humid in the summer. During summer, some days I would have to change into a fresh shirt midway through the day owing to the humidity! As David mentioned earlier, one of the first things that struck me, once getting to the platform, was how everyone queued up to enter the train. Painted on the platform are three lanes at regular intervals. When the train pulls up at the platform the driver stops the train so that each

door of the carriage is in line with the lanes; the doors then open and all departing passengers exit through the middle lane whilst the boarding passengers wait for everyone to disembark then they enter the carriage. Anyone who has experienced the London Underground will understand my amazement at this level of organisation and co-operation. It really has to be experienced personally to fully appreciate how punctual Japanese trains are. In almost 6 years that I lived there, taking 2-3 trains each-way daily for work, I can count on one hand how many trains were late. And by late I am judging them by Japanese standards – any train that departs over a minute past the scheduled time is considered late. If your train is over 5 minutes late and you are on your way to school or work, you're given a delay certificate to give to your teacher or boss. There is a collective incentive to be punctual due to heavy penalties for all members staff involved with a late train.

**DG:** There were many striking differences noted when working with the Japanese. We all wore the same uniforms, they had short demonstrations on what to do before starting any job, and once



**David with his staff.**

started they were very good. Imagine what would happen if we told tradesmen here how to do their work every time a new job came along. Scaffolding was usually bamboo poles tied together with wire, metal scaffolding poles were also tied with wire. "Many of the planks are not tied down and we are constantly stepping on planks which start to give". "No one seems to mind if one lies down in full view of his supervisor and goes to sleep".

Initially I arrived there when I was 26 and worked as an inspector on night shifts for about 6 weeks

before taking responsibilities for commissioning much of the mechanical plant after a senior engineer returned home to the UK after 5 years in Japan. My duties ranged from inspection of work done by Japanese contractors modifying equipment to acting as a project manager on rectification work. Things were different out there "It's the only place where I have worked where I have seen people come down 1 hour late for breakfast and then take a taxi to work, charging the taxi to the firm". These were usually physicists waiting for the reactor to be ready to start up. For me "Night work – Extremely cold!!! I wear two pullovers and long johns under my overalls as well as a scarf".

I will always remember the morning when I sat down to chair a progress meeting which was associated with installing dampers through the boiler tubes to alter their natural frequency which caused them to fail. A Japanese engineer who came and sat next to me whispered that three men had been dragged out suffering from being gassed in a boiler (Steam Raising Unit) were they had been fixing dampers. My report made at that time states "The men entered the SRU after midnight break which finished at 2pm. After a short while they found themselves suffering from headaches and decided to stop work and rest inside the SRU. Then after 15 to 20 minutes the youngest man realised that they were losing some of their physical capabilities". The report gives a lot more detail – only the youngest man was able to climb out. The other two had to be helped. This all resulted from a very small amount of



**The moment Tokai Mura went critical (David is fourth from the left).**

carbon dioxide being bled into the reactor during the previous day without realising that at zero pressure even a small amount could be deadly. Fortunately, the men recovered but I sensed there was more concern by the engineers and senior staff for themselves should there had been fatalities. When I left Japan, the reactor was an operating facility.

**JS:** My first job in Japan was working in various nurseries across eastern Tokyo teaching English. As with David's experience, all of the staff in the kindergarten, besides the head teacher, wore matching uniforms and at the beginning of each day a staff meeting was held and the events of the day were ran through. Throughout Japanese society and culture there is a sense of the honour, collective social responsibility and respect; that the needs of the many override the needs of the individual. These values are instilled in the children from a young age. This translates into



**Work's Halloween outdoor event.**

Japan being a very safe country to live in. In all the times I went out in Tokyo, a city of 9.2 million people, never once did I see a drunken fight and although we lived in a built up area we would often leave our apartment unlocked with nobody at home.

No matter what job you do, whether it be working in McDonalds or running a multi-national corporation, in Japan, you are expected to do your job to the best of your abilities at all times. This results in fantastic service and high productivity but it also means many Japanese work very long hours. My Japanese housemate explained to me that in his office he was not able to leave work, even if he had finished all of his work, until his boss had gone home. Whilst out drinking with the boss, the most junior member of the team will often be responsible for pouring drinks for everyone else.

**DG:** There were plenty of opportunities to travel around and sample Japanese life. "A dog fight was held near the hostel, it lasted for two days". "Each fight appeared to last about 20 minutes; the dogs wrestled more than fought until one dog tires and gives up". The winner is then caught by throwing a rope over it and pulling it back to its corner. Once "one dog sensed that it had won, it twice broke away from its handlers and went for the loser – this was the most exciting part of the fight". By April it had become much warmer and activity started in the fields. "Today I saw a woman pulling a plough and a man guiding it; also they make furrows by tramping the ground".

Weekends were often spent hiring a car and three or four of us going away for the weekend, the road from Tokyo to the reactor site was surfaced, probably because the reactor is one of the showpieces in Japan but wandering off in any other direction and they are mostly unsurfaced, and they can be quite busy. A problem for us were the road signs which were in KANJI, Japanese characters and so were the maps we were using, so it was a case of comparing the lettering. Another problem was when driving in a large town or in Tokyo the traffic lights were a single unit suspended by wires high up in the centre of the road junction. I relied on a passenger to keep watching the lights while I concentrated on the traffic. I never learnt Japanese writing, they have three forms of it



**David enjoying a hotel meal.**

which they use KANJI, KATAKANA and HIRAGANA.

I enjoyed a number of skiing holidays usually travelling by train to a ski resort. Many of the Japanese skiers appeared to be able to take the odd day off work and would sleep on a night train to the slopes, have a day's skiing and returning again on a night train. There were two very noticeable things – one was the presence of the kamikaze type of skier, one I saw coming straight down a ski piste at breakneck speed and go straight off into a wooded area with no hint of stopping or turning! The other thing was the gear worn; as a student in this country we all went in old clothes but in Japan they were all immaculately turned out in smart new ski gear.

On our trips we usually stayed in RYOKANS, Japanese inns. On entering, one removed one's shoes and put on slip-on slippers, the rooms were covered in TATAMI mats and there would be a very low table in the centre on which the staff put the food they brought in. You were expected to exchange your outer garments for a YUKATA, a Japanese dressing gown which can also be worn outside. You were then free to have a hot bath or even a massage before the meal arrived. After the meal the table was then removed and FUTONS were pulled out for sleeping on. In winter time there were electric heaters fixed under the table so once the table had a covering over it you could stick one's feet under it. Japanese food took a bit of getting used to. For the first 9 months or so after 24 hours of local food we would ask for British type of

food, pork was always available but eventually we developed a taste for the local food and could enjoy it for however long it was available.

We did get up to some silly things such as keeping a praying mantis in a cage and watching it rear a brood of youngsters. Another was catching beetles and getting them to fight one another. A particular one used was the rhinoceros beetle which has a large horn like growth on the front of its head. I read today on the internet you can even buy them from vending machines for “bug fights”.

**JS:** During my time in Japan I was fortunate enough to be able to travel around the country quite extensively. Compared with David's experience in the '60s the modern road and rail network in Japan makes it very easy to get around. Travelling by train was always my preferred mode of transport. The reliability, punctuality and relatively low train fares made it a no-brainer. Travelling by road could often be very frustrating. Although Japan is around the same size as the UK, it has a population of 127 million people compared to our 66 million so as you can imagine the traffic could be horrendous at times.

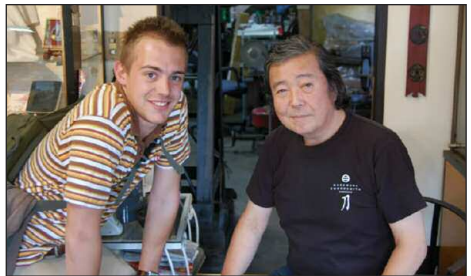
One of the things I enjoyed most whilst in Japan was snowboarding in the winter. Around 73% of Japan is mountainous, with each island having its own mountain ranges. There are hundreds of ski resorts dotted around Japan which makes it very accessible to anyone wishing to go skiing or snowboarding. There are a number of resorts within a few hours' drive from Tokyo. This means you are able to pick and choose when to go to get the best conditions and the conditions in Japan can be the best in the world at times. As David mentioned, Japanese skiers and snowboarders were always immaculately turned out. In Japan, in general, if someone is going to do

**Giant Buddha of Kamakura.**



something they will make sure they have the best equipment available. I often saw people wearing brand new, top of the range gear but were clearly trying skiing or snowboarding for the first time.

One of my favourite places to visit was a small town called Kamakura. Kamakura is around 30 miles south west of Tokyo and was the capital of Japan from 1192 to 1333. It is famous for its giant Buddha statue which stands at almost 12 metres high. Kamakura is surrounded on three sides by mountains which are lined with different paths and hikes. Situated along these paths are various shrines and monuments. On one visit to Kamakura we visited Tsunahiro Yamaura, a 24th generation samurai sword smith of the family Masamune to make swords in Kamakura. He



**Josh and Tsunahiro Yamamura.**

**The mountains of Hakuba in Nagano.**



explained that due to the long and hard work involved his only son had little interest in carrying on the family tradition and had instead moved to Italy to train as an opera singer and that it saddened him deeply to think that he may be the last of the line of over 700 years of sword makers.

**Their tales will conclude in the Summer (July) issue of Tethera.**

# DRINKING GIN FOR CHARITY...

I received a cryptic message from Tethera's publisher about gin and charity going on at the Kellbank and would I investigate?

Within a few minutes of entering the Inn, Business Manager Tom Hart introduced me to his new Gin Menu listing a large range of gins bearing sinister names like Death's Door and Old Tom.

"In November last year, I invited a gin expert from Nelson's Gin to come and give a presentation at an event while guests tried a number of different gins. I was panicking at first that we wouldn't sell enough tickets, but I needn't have worried as more than 30 local people came along, and we raised £350 for charity."

Bar staff have been trained in how to serve the many different gins correctly. "It's all about the guests having the best possible experience and enjoying their gin" explained Tom.

It's only 18 months since Tom joined the Mawson's group but already he has made big changes. "I started on a part-time basis, but soon found that the job expanded across all the businesses" explained Tom who, not surprisingly, is enjoying his job.

The Kellbank team has transformed the Kellbank from a sports bar into a stunning family pub where kids are entertained with face painting and a playground while parents relax with good food.

Richard Mawson is very pleased with the rejuvenation of the Kellbank. "There has been a lot of work done behind the scenes," said Richard.

"We are thrilled to have been nominated in the 'Food and Drink' category in the 'Cumbria Family Business Awards 2018' said Tom who is putting all his energy into gaining more awards for the Kellbank.



As I was driving, and it was the middle of the day, I resisted the temptation to try the beautifully presented glass of gin served over ice with juniper berries and strawberries that Tom brought over.

There's nothing for it, I'm just going to have to find a designated driver and pay them another visit.

*Vivienne Tregidga*



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If you are interested in either the seasonal roles or the full-time Estate position, please apply with CV and covering letter to Sandra Segalini at [sandra@muncaster.co.uk](mailto:sandra@muncaster.co.uk) or in writing to her at Muncaster Castle, Ravenglass, Cumbria CA18 1RQ

#### **Building & Maintenance Stonemason at Muncaster Estate. Full time:**

Muncaster Estate requires a skilled stonemason to carry out on-going general maintenance and project work on the Estate's portfolio of historic buildings.

*A broad knowledge of the use of lime mortars in building is essential.*

*A masonry qualification is preferred, but other trades would be considered.*

*A knowledge of other trades and skills would be preferred but training can be given to the right person.*

*The candidate will be tasked with pre-planning and carrying out of the works required on Estate building projects.*

*You will be responsible for your own workload as well as apprentices.*

*Salary is dependent on skills and experience, and the right individual would have a clean driving licence, a head for heights, a 'can do' attitude, a current first aid at work certificate and manual handling knowledge.*

## Pilates in Gosforth

### What is Pilates?

Developed by Joseph Pilates around 100 years ago, Pilates exercises coordinate mind, body and spirit to promote suppleness, muscular power, endurance and posture.

### Mat-based Pilates

- 1) Mondays 6:30pm (beginners/intermediates)
- 2) Mondays 7:35pm (intermediates+)

Gosforth Public Hall (Main Hall)

### Circuit Training (Pilates-based)

#### What is Circuits?

Using Pilates 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.

- 3) Wednesdays 7:30pm

Gosforth Public Hall (Main Hall). Please bring water & trainers.

### Accessible Pilates

This class uses Pilates principles and exercises from a seated and standing position (so avoids getting down to the floor and back up).

I am currently maintaining a list of those interested in this class. Please let me know if you would like to be contacted when it starts.

£5 per week or £24 for any six (across all classes).

For further info, please contact Amy on

07510 104508 / amyf1sher@hotmail.com

Facebook: Gosforth Pilates - Cumbria



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# WASDALE MOUNTAIN RESCUE'S NEW BASE



granted them the land for a peppercorn rent which cut their outlay costs significantly. “The rest of the money has been made up from the team’s funds” said John.

“This new facility means that we will change the way we work., explained John who walked me through how volunteers will enter the building through the back door, stepping directly into the locker room space and where the briefing area will be situated. “It’s

**I**t was a very cold early February day when I met John Fletcher, a member of the Wasdale Mountain Rescue team, at their new base on the A595 opposite Boonwood, for a sneak look around. It was still a building site, but inside most of the rooms had already taken shape.

John was rightly proud and a bit excited about all the space the team will have in this new base.

Pointing to the new control room “our existing control room at the Forge in Kellbank Gosforth is only a quarter the size this one will be.”

Outside there will be lots of parking, while inside there will be a control room, a separate office for team leaders and general admin and storage, showers and toilets, an all-important drying room for the kit, space for three vehicles plus their inflatable boat, plus more storage rooms for all the kit. Upstairs will be a medical room and a large training room with spectacular views over the snow-capped fells.

“Once we move in we’ll be able to take only the kit we need for that rescue instead of having to take everything as we do currently,” explained John, a retired Deputy Chief Constable from the Bedfordshire Police.

The cost of this build is around half a million pounds, with the funding coming from the Copeland Community Fund with £218,043 and the Mountain Rescue Association £12,000. The NDA

all designed for quick easy access as time is of the essence in a rescue situation.”

It all looks very impressive and certainly these dedicated volunteers who routinely save lives deserve a base that will make their lives easier.

The building is scheduled to be completed by the end of April when John will then be in charge of the move from their old base to the new.

We will keep you updated on the date of the official launch and opening ceremony to happen in September – definitely a date for your diaries.

Meanwhile keep supporting this excellent lifesaving service.

*Vivienne Tregidga*



## Drigg Local History Group

DATE: TUESDAY 20TH MARCH 2018

TIME: 7PM FOR 7.30PM

**"THE HISTORY OF  
ESKDALE OUTWARD  
BOUND AND GATESIDE  
MANSION"**

**BY ROGER PUTNAM.**

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

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

**"Eskdale Outward Bound"**

### **THE DRIGG LOCAL HISTORY GROUP**

**WE ARE LOOKING FOR ONE MEMBER TO HELP  
AT THE MEETINGS OR JOIN THE COMMITTEE IN  
SELECTING SPEAKERS.**

**2018 SUBSCRIPTIONS OF £5 ARE NOW DUE**

## Drigg Local History Group

DATE: TUESDAY 17TH APRIL 2018

TIME: 7PM FOR 7.30PM

**PETER VAN ZELLER  
"THE EXTRAORDINARY  
100 YEAR HISTORY  
OF THE L'AAL RATTY,  
THE RAVENGLASS &  
ESKDALE RAILWAY"**

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

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

**"A 100 Years of L'aal Ratty"**

## CAMBRIDGE DIET IS BACK AS CAMBRIDGE WEIGHT PLAN

A new West Cumbrian business opened on 1 January with a 60-Day diet challenge. Local couple Beverley Nash and Robin Sharman recently qualified as accredited Cambridge Weight Plan Consultants, covering anywhere from Millom to Maryport.

They tell us that you challenge yourself to stay 'on plan' for 60 days (no deviations, no slip ups) to see how much weight you can lose with this system. Customers get one-to-one support from them every step of the way and are encouraged to share their success on Instagram and Facebook with snaps and videos for extra motivation.

Customers purchase their products from them to make sure they're getting a diet plan that works for them, and they get the support thrown in free.

Cambridge Weight Plan used to be The Cambridge Diet. Back in the eighties it was a meal replacement only diet. You took 3 or 4 servings each day which you bought from your consultant, and when you'd lost weight off you went. These days the products are part of a unique 'Step System' which is tailored to each customer. It means they now teach you to keep the weight off afterwards, which is the hard bit! Beverley says that many people still love 'meal replacement only' because it gives them results really quickly, but many may also need something less rigid for lifestyle or health reasons.

She adds that a woman with say 4 stone to lose, who sticks to meal replacement only, could lose a stone in the first month. And that some people lose more, some a bit less. Men often lose weight more quickly because they have more muscle, which burns more calories.

To sign up to the 60 Day Challenge, call them on 07784 847815, e-mail: [cwpwestcumbria@gmail.com](mailto:cwpwestcumbria@gmail.com)  
There's more info via this link: <https://www.cambridgeweightplan.com/consultants/26173/1/beverley-n>

When people sign up, they will also receive details of all their Cambridge Weight Plan social media pages to share experiences, stories and inspiration.

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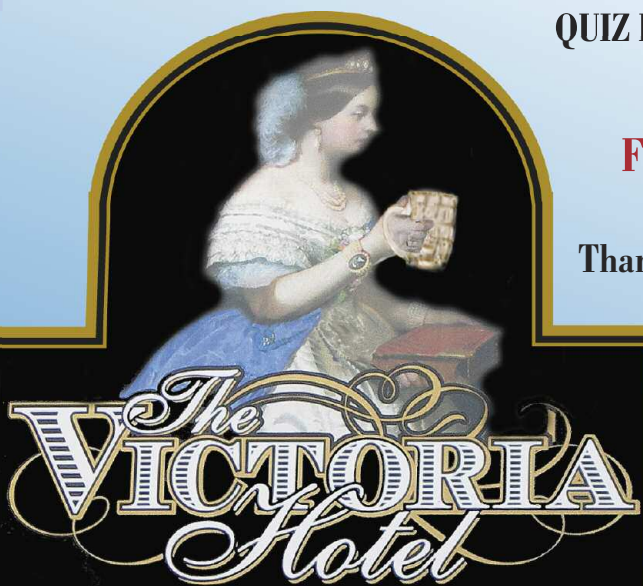
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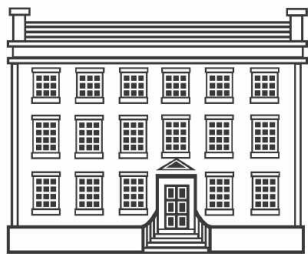
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# 1ST GOSFORTH SCOUT GROUP

All three of our sections have been having fun lately. The Beavers have been thinking about pantomimes, getting dressed up and acting out their own version of Peter Pan, which was very noisy and energetic. We've visited the Ratty and Carlisle Air Museum, where we invested one of our Beavers in the Vulcan Bomber. We've celebrated the Thai festival of Loy Krathong by the lake, which was very pretty. Luckily there wasn't much wind, so our candles stayed alight.

The Cubs had a wonderful evening Ghyll Scrambling with West Lakes Adventure, to whom we are very grateful. They were so excited! And they loved jumping into the pools and sliding down the rocks. We've had an evening learning to salsa, and an evening making beef burgers on camping stoves. We've also been learning some first aid.

The Scouts have been carrying on with their week in week out policy. They wanted to have a battle in the Bleng, with swords and shields made from cardboard, which they all took very seriously, and turned up with many weapons. Unfortunately the rain didn't help, and the sound of slapping soggy cardboard was very funny. They've also been karting for their Christmas treat, and had an evening on Irton Pike and one by the lake. They are hoping to make a go-cart for a competition with the help of some apprentices.

We've also been fairly busy as a group. We joined in with the opening of the Viking Way, with one of our Scouts helping to hold the ribbon. It



was lovely to join in with making a good celebration out of something other people had worked so hard on. We've been ice skating and to the pantomime, and had a crafty afternoon making Christmas pictures and decorations before the Christingle.

We're now looking forward to joining in with "Challenge Cumbria", where other groups in the county set challenges for everyone to complete. Some look quite interesting, so if you see lots of Cub Scouts squashing into a telephone box...!

Some of our other plans for this year have included a sponsored swim where hope that all of our young people will have come to help us swim the distance around Wastwater, 11.01km, but in the swimming pool. We're hoping to raise lots of sponsor money so that we can buy something really good for the village, and help to look after it, whatever it turns out to be.

We're also looking forward to lots of nights away. The Beavers are having a sleepover at Ennerdale in April, there's District Camp in May, and we're planning to have a longer camp in the summer in Borrowdale, which is something we haven't tried before. We've lots of ideas for things to do there as there are plenty of walks and rivers to play in, and a good bus service to Keswick. We may even walk home over Sty Head Pass.

If you think your child or even yourself would like to join us, we've a few spaces available in each section. Beavers are 6 to 8 years, and meet Wednesdays 5pm, Cubs are 8 to 10½ years, and meet Wednesdays, 6.15pm, and Scouts are 10½ to 14 years and meet Tuesdays, 7 'til 9pm. Come and pay us a visit and see what we're doing.

*Jackie Harper (Group Scout Leader)*



# ANCIENT SHIPWRECK TIMBERS AT DRIGG

The timbers were reported to Mr Alan Bell of Drigg Local History Group, just a few days after they had washed up. The timbers were held in place with wooden pegs called trenails so it was old and probably at least 150 years old. He contacted various people and organisations.

Gustav Milne, archaeologist of the Museum of London in charge of the CiTiZaN project was interested to ask for more photographs, the map reference for its location, exact measurements and a scale plan drawing.

He asked then sent two CiTiZaN archaeologists from York to visit and take more photographs and measurements. Timber samples were taken of the tree rings on the plank and main timber with the help of a local Ken Biggins, a retired farmer. These are to be carbon dated and dendrochronology matches searched for to give an exact date the oak tree was cut down. The age of the timbers from the wrecked merchantman do range from 17th to 19th Century using the method of construction. The quality of the timber and the varying sizes of the timbers, some with the bark/sapwood transition suggest an earlier date. We wait to see a date and maybe the name of the robustly built carvel merchantman.



## DRIGG VILLAGE HALL'S 25TH

Drigg Village Hall celebrates its 25th birthday on 16 March. Here is a photo of the day of the official opening on 16 March 1993. The names from left to right are: Councillor Vera Naylor, Cllr Mary Orrell, Cllr Derek Shepherd, Cllr Len Pallister (Chairman), Mr L.F. Johnson (BNFL), Mrs Johnson, Cllr Kneale Thompson. Mr & Mrs L.F. Johnson were the guests of honour at the official opening, as representatives of BNFL, who gave strong support for the design, build and funding of the new village hall. *Photo courtesy of Mrs Mary Orrell.*



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