

SEASCALE GOSFORTH
DRIGG
& CARLETON

LINKING
THREE
PARISHES

TETHERA

AUTUMN
WINTER
2019-2020

14 September 2019

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

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WINTER
2019-2020

PARISH NEWS

Editor: Eileen Eastwood

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OPPORTUNITY KNOCKS AT GOSFORTH PARISH COUNCIL

The word that comes to mind when I think of the Parish Council at present is 'opportunity'. Gosforth Village Hall is one such opportunity. It is a key and historic asset within the community and is managed by a small core of enthusiastic volunteers. However, there is a need to bring this facility up to modern standards to ensure it continues as such. A real opportunity exists here for willing and motivated people to get involved and help this facility reach its true potential for the next generation.

As a Parish Council we are fully aware of the ongoing issues and concerns in relation to the village car park. In response to this, we are in dialogue with the local authority to understand what options are available to us in terms of management of the car park and associated facilities. This is a real opportunity for the village to take control of another key asset and ensure it is available to those within the village, local community and to those who come to the village and support our local businesses. This work is ongoing and we will be able to provide an update in the coming months.

The village phone box is another example. BT has given us the option of taking ownership of the box and turn it into something of use to the community. Are you willing to help or have an idea as to what it can be?

There is always an opportunity for the community to communicate issues and concerns with the Parish Council – after all we are here to represent you. Meetings take place monthly and are open to members of the public to observe and get involved. Routinely, not many members of the public take up this opportunity, however, we all know that there are issues and concerns out there. As a Parish Council, we have thought how we can get more connected with the parish residents and part of our response has been to create a new Parish Council Website (gosforthpc.org.uk) and Facebook page allowing information sharing and communication to become easier for all concerned.

Are you aware of any other opportunities or would you like to get involved with some of those briefly mentioned here? If so, get in touch and get involved. We'd be delighted to hear from you. This is our Parish and we can all help to look after the fantastic place in which we live. By working together we can make it even better through greater collaboration and involvement of the community and in doing so, make the most of the opportunities that are presented to us.

Councillor Mark Fussell – Vice Chair – Gosforth Parish Council

Contact email: gosforth.parish2@outlook.com

Clerk, Gosforth Parish Council, 2 Wells Cottages, Ravensglass CA18 1SP

PARISH COUNCILLORS & CONTACT DETAILS

DRIGG & CARLETON

John Jennings (Chair)	24321
Andy Pratt (Vice-Chair)	24097
Suey Browne	
Keith Hitchen	24710
Howard Lace	
Jimmy Naylor	27841
Keith Murray	
Clerk	
David Millington	24272
Financial Officer (RFO)	
Andy Pratt	24097
CBC Councillor	
Andy Pratt	24097
County Councillor	
Keith Hitchen	24710

www.drigg.org.uk

D&C PC meet at 7pm on the 2nd Tuesday of each month, except Aug. & Dec. Drigg Village Hall

GOSFORTH

Paul Turner (Chair)	07795 169637
Mark Fussell (Vice-Chair)	
David Ancell	
Mark Burrows	
Barbara Davies	
David Gray	
Graham Hutson	
Mike McKinley	
Tyson Norman	
Rachel Rowe	
Chris Walton	
Clerk	
Jacqueline Williams	01229 717551
	gosforth.parish2@outlook.com
County Councillor	
Paul Turner	07795 169637

www.gosforthpc.org.uk

Second Wednesday of each month at 7pm in the Library, except Aug.

SEASCALE

David Halliday (Chair)	28027
Elizabeth Mawson (Vice-Chair)	
Eileen Eastwood	28653
Catherine Harvey-Chadwick	
	28908
David Moore	27674
Ken Mawson	29786
David Ritson	21668
Julie Savage	
Clerk	
Jill Bush	
	clerkseascalepc@gmail.com
Copeland District Councillors	
David Moore	
Andy Pratt	24097
County Councillor	
Paul Turner	07795 169637

www.seascaleparish.com

First Wednesday of the month, except Aug., 7pm, currently in the Methodist Church Hall, then in the Library as soon as is possible.

SEASCALE PARISH COUNCIL NEWS

In recent months there has been quite a bit of activity in the parish council. The main activity has been organising the acquisition, take over and running of the library. A wonderful team has been behind this and has put in many hours voluntarily to ensure all goes smoothly. We would like to thank everyone involved especially our large band of volunteers.

It is open to you – Monday, Wednesday, Friday 10.00am until 12.30pm and 2.30 until 5.00pm.

Monday 12 August was its first day and we all had a good time meeting our regular (and some new) customers. We will have an official opening event as soon we have everything in place.

In the meantime, drop in to meet us for a smile and support and to see what a wonderful amenity we have for you. Meet lots of old friends and make new ones at our gala opening. Come along, and join in the fun. Everyone is welcome.

There was a meeting of the amenities working group who walked around the foreshore area and along through the Dell, noting quite a few improvements which need to be made especially

with regard to excluding dogs from the play area and generally tidying up The Dell. Hopefully these areas will get the improvements needed in the coming months. A public consultation is hoped to be held in the not too distant future regarding all the communal areas in the village and what residents would like to see happening with them.

There have been a few successful projects recently within the village and it is heartening to see the local community pull together to make these successful. If there is anything else anyone wishes to see happen in the village then please approach any member of the council with suggestions.

It has been great to see more members of the public at our meetings recently; everyone is very welcome to attend, and if you can't stay for the full meeting that does not matter. The minutes are always published on the website. Meetings are held at 7pm on the first Wednesday of the month in the Methodist Schoolroom in Seascale. You can always email the clerk with comments and suggestions to clerkseascalepc@gmail.com.

COMMUNITY TURNS OUT FOR LLWR'S 60TH ANNIVERSARY

Around 150 people joined the celebration to mark the Low Level Waste Repository's 60 years of safe operations in our community.

The invitation to the Open Day was limited to residents of parishes within a few miles of the Repository, to give a strong local flavour to the day, and LLWR was pleased with the response.

Guided tours of the Site and of Pelham House were available, and LLWR staff, including Managing Director Paul Pointon, and members of his Executive team, were on hand to answer queries.

"We place great store on the goodwill of our community, so it's important we display an open door policy and engage fully with our neighbours, and show a willingness to answer questions," said Cath Giel, Head of Public Affairs.

The Plutonium Contaminated Materials (PCM) Programme is one of LLWR's and the NDA group's, major success stories – completed recently almost four years earlier than originally expected and saving around £20 million for the UK taxpayer – and guests were invited inside a decommissioned magazine on Site, where they were shown a short film about the achievement.

Officers from the Civil Nuclear Constabulary, based at Sellafield, proved popular with youngsters, who also had inflatable amusements and face-painting to keep them happy at Pelham House, while a refreshments tent provided shade on a warm, sunny day.



GOSFORTH'S TELEPHONE BOX TO BE SAVED



Gosforth Parish Council has informed British Telecom that it wishes the telephone box overlooking the car park to be retained and are awaiting the formal transfer of it to the parish council. Councillor Rachel Unsworth (pictured with it) is, in the meantime until someone is appointed to take charge, making some preliminary enquires as to how the project to renovate the box can move forward.

BUT GOSFORTH'S CAR PARK RECYCLING...

Gosforth Parish Council has been informed that the recycling bins in Gosforth car park are to be removed. Initially the bins with lids will go because the cost of collecting them is exceeding the income obtained by sale of the waste.

Following this the large cage recycling skips will also be removed as the incline of the car park causes a hazard when they are handled by the trucks collecting them. There are, however, talks planned to investigate if an alternative site is available for the cage recycling skips.

ROTATING WHEELS RALLY

West Lakeland Rotary Club organised their second annual 'Rotating Wheels' show, held in Gosforth's old showground on Sunday 21 July. Two Rotary members, Mike Beaty and Rob Douglas (both confirmed petrol heads!), were once again at the helm for this event. Food and drinks were provided by wives and the ladies of Inner Wheel. Over £3,400 was raised on the day for named and local charities.

Thankfully the wet weather held off for the majority of the day, albeit with a short shower during early afternoon. There was a plentiful supply and variation of exhibits for the many visitors to enjoy. Sellafield Fire & Rescue sent an engine and crew who entertained the crowds along with many children who enjoyed operating a powerful water-jet.

VIP was Trudy Harrison MP who spent the entire afternoon at the show and enjoyed looking at the exhibits, chatting with vehicle owners and presenting awards to Class winners. Her visit culminated with a ride in Robert Gate's road-going Bentley race-car ... doughnut bringing an entire new meaning to 'political spin'!

Rotary wish to thank the Gosforth Show Committee for their help and generosity with the show field and equipment and also the people of Drigg for the superb marquee.

Plans are already underway for next year's show.

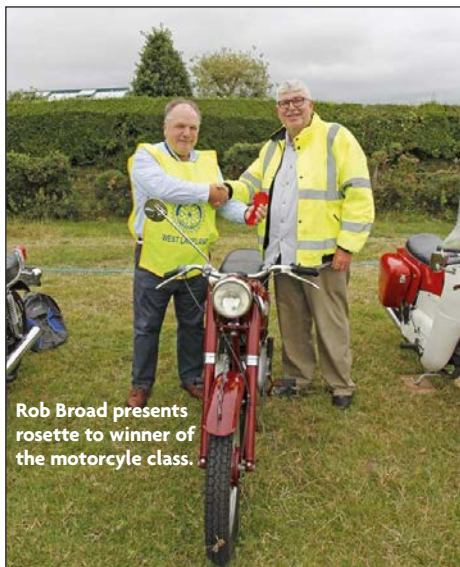
David Culley



Modern Classics are now worth a fortune...



Rob and his niece Ashley.



Rob Broad presents rosette to winner of the motorcycle class.



Those were the days!

MP TRUDY HARRISON'S MESSAGE

Work has started on a project which will see communities along our coastline transformed with attractions, activities and services. The Connecting Cumbria's Hidden Coast project received just over £1million from our Government through the Coastal Communities Fund, as well as £605,000 from Sellafield Ltd.

It promises such innovative and exciting opportunities and is being led by Copeland Council.

Eric Barker, the council's former community regeneration officer, has been appointed as officer responsible for the ambitious project and behind-the-scenes work is currently under way.

The Government funding was part of a £36million package for coastal projects nationally, a huge investment into our heritage.

It is likely we will start to see things happening over the next few months before, it is hoped, the first phase of the project will be completed by September next year.

For our area this is huge news and is set to include a climbing wall at Muncaster Castle, a permanent hub at Silecroft beach to include a café and toilet/shower facilities and art installations along the way.

The 40-mile route will extend from Whitehaven to Millom featuring adrenalin activities and cycling facilities including a cyclists' crossing over the River Irt which will solve the problem of a gap in the current path which creates a long detour.

The project – which has support from Cumbria County Council, Natural England, Muncaster Castle and the Western Lake District and Coast Partnership – will also include 1.4km of new cycle path and £1.8km of new or improved footpaths.

So it offers another option for sustainable travel to work and promotes health and wellbeing out in the open air among our rugged and beautiful coast.

This way of further opening up of



our area and making it more accessible is key to supporting tourism and attracting visitors – giving them another reason to visit such stunning coastline and stay here, enjoying, spending and then returning.

This builds on everything which has been achieved so far including the fantastic work carried out in our communities, by our communities, including cycle paths, play facilities and business development.

It also builds on our unique heritage and provides huge potential for further development and investment.

Indeed, this is just phase one of the project. If further funding can be secured then opportunities include a second crossing across the River Esk and further adventure activities such as kite surfing or sea kayaking, more art installations and potentially further employment.

I look forward to watching the project unfold and then being enjoyed by ourselves and visitors this time next year.

'Political spin' at the Rotating Wheels Rally!



EVENTS CALENDAR

in and around Drigg, Gosforth & Seascale

- 17 October – Thursday.** GADS Youth Theatre Group 7pm in the Main Hall. Last session before Half Term and Panto.
- 17 October – Thursday.** Gosforth Public Hall – U3A Open Mind 10.45 am. “From the mines to the mountains” by Dr C Donaldson, Lancaster University. Members £2 Visitors £3
- 17/19 October – Thursday/Saturday.** Gosforth Public Hall 7.30pm. GADS Autumn Play. Tickets on the door. £6 (adults), £4 (u18/students).
- 19 October – Saturday.** Holmrook Reading Room 12noon. Pizza Lunch. For information contact David on 01947 24632.
- 20 October – Sunday.** Muncaster Castle. Afternoon Tea in the Castle. www.muncaster.co.uk. Telephone 01229 717614.
- 25 October/2 November.** Muncaster Castle. Halloween events. For more information see website www.muncaster.co.uk.
- 25/26 October – Friday/Saturday.** Ravenglass and Eskdale Railway. Truly Terrifying Ghost Trains. Back for 2019 and scarier than ever be prepared to scream on our truly terrifying Ghost Train! Travel the line in darkness and see if you can make it back to Ravenglass safely as you encounter lots of surprises on our haunted train tracks. Ticket includes a return train trip. See website for further details <https://ravenglass-railway.co.uk>
- 29 October – Tuesday.** Westlakes Hotel 7.30pm. GADS Plays for Pleasure. Informal play readings – great fun.
- 6 November – Wednesday.** Drigg Village Hall 10.45 am. U3A History “Wasdale and its characters” by Wasdale History Group. Members £2 Visitors £3
- 8 November – Friday.** Seascale Methodist Church 10am – 12 noon. Christmas Coffee Morning for Hospice at Home West Cumbria.
- 16 November – Saturday.** Drigg Village Hall 6.30pm. Cine North present Rocketman (15) 121 min. A musical fantasy about the fantastical human story of Elton John’s breakthrough years. Please see page 11 for booking details etc.
- 21 November – Thursday.** Gosforth Public Hall 10.45 am. U3A Open Mind. “World Heritage Status & our Cultural Landscape” by Jamie Lund, National Trust Archaeologist. Members £2 Visitors £3
- 30 November/1 December – Saturday/Sunday.** Ravenglass and Eskdale Railway. Mince Pies Trains. FREE mince pie with every Calling All Stations ticket during the Festive period. Collect your mince pie token at the ticket desks and exchange for your free mince pie at The Turntable Café, Ravenglass Station. See website for further details <https://ravenglass-railway.co.uk>
- 30 November/1 December – Saturday/Sunday.** Ravenglass and Eskdale Railway. Santa Express. Our favourite Santa Express is back! Enjoy a magical train journey and keep your eyes peeled for Santa! At Dalegarth meet Santa in his grotto and receive your own gift. See website <https://ravenglass-railway.co.uk>
- 30 November – Saturday.** Drigg Village Hall 6.30pm. Cine North present Yesterday (12A) 116 min. A struggling musician realizes he’s the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed. Please see page 11 for booking details etc.
- 2 December – Monday.** Group tickets go on sale for Snow White and the Seven Dwarfs – the GADS Pantomime in January.
- 4 December – Wednesday.** Drigg Village Hall 10.45am. U3A History. “The women in Wordsworth’s Life” Blaise Catley (Wordsworth Trust). Members £2 Visitors £3
- 7/8 December – Saturday/Sunday.** Ravenglass and Eskdale Railway. Mince Pies Trains. FREE mince pie with every Calling All Stations ticket during the Festive period. Collect your mince pie token at the ticket desks and exchange for your free mince pie at The Turntable Café, Ravenglass Station. Details at <https://ravenglass-railway.co.uk>
- 7/8 December – Saturday/Sunday.** Ravenglass and Eskdale Railway. Santa Express. All aboard! Our favourite Santa Express is back! Enjoy a magical train journey and keep your eyes peeled for Santa! At Dalegarth meet Santa in his grotto and receive your own gift. See website for further details <https://ravenglass-railway.co.uk>
- 14 December – Saturday.** Muncaster Castle Stable Yard 6pm. Owls by Moonlight. See website for details www.muncaster.co.uk.
- 14/15 December – Saturday/Sunday.** Ravenglass and Eskdale Railway. Mince Pies Trains. FREE mince pie with every Calling All Stations ticket during the Festive period. Collect your mince pie token at the ticket desks and exchange for your free mince pie at The Turntable Café, Ravenglass Station. See website for further details <https://ravenglass-railway.co.uk>
- 14/15 December – Saturday/Sunday.** Ravenglass and Eskdale Railway. Santa Express. All aboard! Our favourite Santa Express is back! Enjoy a magical train journey and keep your eyes peeled for Santa! At Dalegarth meet Santa in his grotto and receive your own gift. See website for further details <https://ravenglass-railway.co.uk>
- 15 December – Sunday.** Muncaster Castle. Christmas Tea in the Castle. Tickets are £34.50. www.muncaster.co.uk. Telephone 01229 717614.
- 16 December – Monday.** Pantomime tickets go on sale to GADS members and Patrons.
- 19 December – Thursday.** Gosforth Public Hall 10.45 am. U3A Open Mind “Remarkable Trees & Forests of Cumbria” by Edward Wilson, a Silviculturist. Members £2 Visitors £3
- 20/23 December – Friday/Monday.** Ravenglass and Eskdale Railway. Mince Pies Trains. FREE mince pie with every Calling All Stations ticket during the Festive period. Collect your mince pie token at the ticket desks and exchange for your free mince pie at The Turntable Café, Ravenglass Station. See website for further details <https://ravenglass-railway.co.uk>
- 20/23 December – Friday/Monday.** Ravenglass and Eskdale Railway. Santa Express. All aboard! Our favourite Santa Express is back! Enjoy a magical train journey and keep your eyes peeled for Santa! At Dalegarth meet Santa in his grotto and receive your own gift. See website for further details <https://ravenglass-railway.co.uk>
- 21 December – Saturday.** Muncaster Castle Stable Yard 6pm. Owls by Moonlight. See website for details www.muncaster.co.uk.
- 22 December – Sunday.** Muncaster Castle. Christmas Tea in the Castle. Tickets are £34.50. www.muncaster.co.uk. Telephone 01229 717614.
- 22 December – Sunday.** Muncaster Castle Stable Yard 6pm. Owls by Moonlight. See website for details www.muncaster.co.uk.
- 26 December/1 January – Thursday/Wednesday.** Ravenglass and Eskdale Railway. Mince Pies Trains. FREE mince pie with every Calling All Stations ticket during the Festive period. Collect your mince pie token at the ticket desks and exchange for your free mince pie at The Turntable Café, Ravenglass Station. See website <https://ravenglass-railway.co.uk>

3 January – Friday. GADS Pantomime tickets for Snow White and the Seven Dwarfs go on sale to the general public.

11 January – Saturday. Drigg Village Hall 6.30pm. Cine North present Wild Rose (15). WILD ROSE tells the complicated story of Rose-Lynn, a woman on a quest to become a country music star, while also grappling with the responsibilities of being recently released from prison and a young mother of two children. Please see page 11 for booking details etc.

22 January – Wednesday. GADS Pantomime Snow White and the Seven Dwarfs. 7pm in the Public Hall at Gosforth. Doors open at 6:30pm.

23 January – Thursday. GADS Pantomime Snow White and the Seven Dwarfs. 7pm in the Public Hall at Gosforth. Doors open at 6:30pm.

24 January – Friday. GADS Pantomime Snow White and the Seven Dwarfs. 7pm in the Public Hall at Gosforth. Doors open at 6:30pm.

25 January – Saturday. Drigg Village Hall 6.30pm. Cine North present Downton Abbey (PG). The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early 20th century. Please see page 11 for booking details etc.

25 January – Saturday. GADS matinee performance of Snow White and the Seven Dwarfs. 1pm in the Public Hall at Gosforth. Doors open at 12:30. Note these times are provisional.

25 January – Saturday. GADS Pantomime Snow White and the Seven Dwarfs. 6pm in the Public Hall at Gosforth. Doors open at 5:30pm. Please note that these times are provisional.

28 January – Tuesday. 7:30pm Westlakes Hotel. GADS Plays for Pleasure play readings. Free.

25 February – Tuesday. 7:30pm Westlakes Hotel. GADS Plays for Pleasure play readings. Free.

27 February – Thursday. 7pm Gosforth Public Hall. GADS Youth Theatre Group.

5 March – Thursday. 7pm Gosforth Public Hall. GADS Youth Theatre Group.

12 March – Thursday. 7pm Gosforth Public Hall. GADS Youth Theatre Group.

19 March – Thursday. 7pm Gosforth Public Hall. GADS Youth Theatre Group.

26 March – Thursday. 7pm Gosforth Public Hall. GADS Youth Theatre Group. Last session of the term.

31 March – Tuesday. 7:30pm Westlakes Hotel. GADS Plays for Pleasure play readings. Free.

REGULAR EVENTS

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

Blengdale Runners. First Tuesday each month from Gosforth Car Park at 9:30am; other Tuesdays from Seascale Car Park. Absolute beginners welcome – we will train you up to run 5k or further... eventually. If there are no races or events we sometimes run from Seascale beach at 9.30 on Sundays too.

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. Call Jackie on 29785 or Allison on 21935.

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 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

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 Beckermet School. Thursdays 7.15-8.05pm Kettlercise, Seascale School. £4 a class. Contact Gill 07511 995184.

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

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

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 Marlene Partridge. marlene.partridge@btinternet.com

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 Jikki Barratt: jakkii@karletta.co.uk.

Gosforth Brownies (2nd Gosforth). For girls aged 7-10. Meet term-time Mondays 6.00-7.30pm in Gosforth Scout Hut, next to the school. Contact Samantha Milliner at sam.milliner@hotmail.co.uk or register interest on www.girlguiding.org.uk

Gosforth Guides (1st Gosforth). For girls aged 10-14. Meet term time 6.00-7.30pm in St Joseph's Church Hall, Seascale. Contact Abi Waller at Abi.waller@hotmail.com or register interest on www.girlguiding.org.uk

Gosforth Karate. Wednesday classes. 4.45pm. One free taster class available. to book call 01946 694751 or visit www.eskk.co.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. Monthly meetings are held in the public hall on the First Tuesday of the month at 7.15pm March-October, 2pm November-February.

Holmrook Reading Room Bookings. The Reading Room has a fully equipped kitchen, facilities for people with disability, in fact everything you would need for a great party. See if it is available for your next event? To book the room please contact David on 019467 24632.

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. Fish on our Reading Room stretch of water. 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.

CONTINUED OVERLEAF

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. £3 pp donation to charity. Contact 019467 28849 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 Blast. Seascale Sports Hall. Monday 10-10.30am. Contact info@mokyfit.co.uk, 01946 721166 or 07724 240179

MokyZEST. Seascale Sports Hall. Monday 10.45am. Contact info@mokyfit.co.uk, 01946 721166 or 07724 240179

MokyHIIT/Core Blast. Gosforth Public Hall. Thursday 5.45-6.15pm. Contact info@mokyfit.co.uk, 01946 721166 or 07724 240179

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

Muckypups Baby and Toddler Group. Thursdays 10-12 during term time, Drigg Village Hall. Friendly group with baby zone, craft activities, messy play, ride-ons, dress-up and more! £2.50 for first child, 50p for additional children.

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 come.

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 all who can run 3 miles or more 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 (Main Hall). Bring mat or towel. £5 per week or £25 for 6 weeks. Contact Amy on 07510 104508 or amyflsher@hotmail.com (note 1 not l). Now also qualified to teach Pilates to ladies at all stages of pregnancy and postnatally.

Accessible Pilates. TBC. Please let Amy know if you are interested on 07510 104508 or email amyflsher@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 Golf Club Quiz Night. Every second Tuesday, 23 October 2018 to 21 May 2019, starting at 8pm. Cash prizes and raffle. £1 per person, max 4 per team.

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.

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 of every month at the Clubhouse at Curwen Hall Park Track starting 7pm. If you are interested contact Tom Jones on 019467 28938.

West Lakes U3A Membership is £5 which covers membership of all West lakes U3A groups. For further information www.u3a.sites.org.uk/west-lakes. Contact: Vera Lowrey 25213 or Membership Tony Bagnall 25595.

West Lakes U3A Open Mind. A General Meeting on the third Thursday every month at Gosforth Public Hall 10.15am for 11am start.). Contact: Vera Lowrey 25213 or Alan Bell 24250.

West Lakes U3A Art Appreciation. Second Thursday every month at St Joseph's Church Hall Seascale 10.30am. Contact: Jean Taylor 28713.

West Lakes U3A Discovery Group. Fourth Wednesday every month at St Mary's Church Hall 10.15am for 11am. Contact: Graham Hutson 25477.

West Lakes U3A Discussion Group (House Meeting). Third Tuesday of the month 10.45am until 12 noon in a private house contact Graham Brassington 25794.

West Lakes U3A History Group. First Wednesday every month at Drigg Village Hall 10.15am for 11am start. Contact: Mary Holbrook 25466.

West Lakes U3A Reading Group (House Meeting). Fourth Thursday every month at Gosforth 10.45am until 12 noon in a private house. Contact: Jean Taylor 28713.

West Lakes U3A Singing for Fun. First Thursday of the month at Seascale Methodist Hall at 2.15pm. Contact: Xandra Brassington 25794. 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.

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



Saturday 16 November – Rocketman (15) 121 min
A musical fantasy about the fantastical human story of Elton John's breakthrough years.

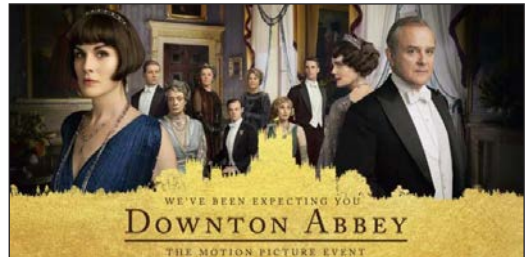
CINE NORTH SCREENINGS IN DRIGG VILLAGE HALL



Saturday 30 November – Yesterday (12A) 116 min
A struggling musician realises he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.



Saturday 11 January – Wild Rose (15)
WILD ROSE tells the complicated story of Rose-Lynn, a woman on a quest to become a country music star, while also grappling with the responsibilities of being recently released from prison and a young mother of two children.



Saturday 25 January – Downton Abbey (PG)
The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early 20th century.

For all the films above: Refreshments will be available
 Doors open 6.30pm with trailers/short film, and the main film starts at 7pm
 Tickets: £5 (family £17)
 Contact: 019467 24177 or 24321
 Email: contactus@driggevents.co.uk

There will be more films in February and March. Please see below for more information:
www.driggevents.co.uk or Drigg Events on facebook

Calder House Hotel Christmas Party Menu

Starters

(V) Homemade leek and potato soup served with crusty roll and butter

(V, GF) Melon balls with Midori

Duck Liver Parfait with orange zest and gin served with Melba toast

Seafood Creole with tortilla chips (smoked salmon, prawns & crab sticks in Creole sauce)

(V) Fig and goat's cheese parcels

Mains

(GF available) Cumbrian roast turkey with all the trimmings

(GF available) Pan-fried salmon fillet with king prawn served with lobster & prawn sauce

Beef Roulade (savoury sausage meat wrapped in beef steak with a mushroom, onion and red wine sauce)

Rolled belly pork stuffed with apricot/cranberry sausage meat stuffing with a pork jus

(V) Parsnip, sweet potato and chestnut bake

All mains served with a selection of potatoes and seasonal vegetables

Desserts

(GF available) Christmas pudding with brandy sauce

Amaretto trifle

(GF) Chocolate orange tart with caramelized orange segments and cream

Strawberry and Prosecco cheesecake with cream

White chocolate and lemon roulade with cream

Cheese and biscuits (in addition to dessert) £6.50 extra per person

Cheese and biscuits (instead of dessert) £3.00 extra per person

Coffee and mince pies £3.50 extra per person

Christmas party menu available Monday-Saturday from 2 to 23 December 2019

Lunchtime 12:00 – 14:00

2 courses £16.50

3 courses £17.95

Evening 17:30 – 21:00

2 courses £19.50

3 courses £21.50

Pre-booking only. Forms are available from Calder House Hotel

10% non-refundable deposit per party is required to secure the booking

Please return your menu choices to the hotel a week before your booking

If a member of your party suffers from food allergies or intolerances, please advise the hotel

CALDER HOUSE CARVERIES IN

La Vista Brasserie

SERVING 12 noon – 2.00 pm

Sunday 22 December

Wednesday 1 January 2020 – New Year's Day

**3-course Carvery £15.50 per person – must be pre-booked:
019467 28538**

CHRISTMAS/NEW YEAR OPENING TIMES

Sunday 22 December

Lunchtime – open for Carvery

Evening – closed

Monday 23 December

Lunchtime – closed

Evening – open from 5.00pm

Tuesday 24 December

Lunchtime – open 12 noon to 2.00pm

Evening – open from 5.00pm

Wednesday 25 December to

Sunday 29 December

Sorry – closed

Monday 30 December

Lunchtime – closed

Evening – open from 5.00pm

Tuesday 31 December

Lunchtime – closed

Evening – New Year's Eve Party Night (pre-booking required)

Wednesday 1 January

Lunchtime – open for Carvery

Evening – closed

Thursday 2 January – back to usual opening hours

SOMETHING QUITE FISHY ABOUT COCKERMOUTH'S STATION STREET?

We've known Sharon and John at Fyne Fish since shortly after they opened their first shop in Cockermouth. It was tiny, between the bridge and Station Street, but very tantalising, with a broad and constantly changing daily fresh stock. They've moved within Cockermouth twice, but regrettably we don't get there as often as we would like these days and so have nearly lost touch. However, we received an email from Sharon indicating that they are aware of diminishing seafood sales points along our section of the west coast (fortunately we do have some supply locally by David Ancell in 'Simply Fresh', Gosforth) and she asked to place an advertisement in Tethera. It is alongside. We asked Sharon to add some detail, and here is what she says (note that not all of her superlatives and sales pitches have been edited out!):

"Fish and seafood lovers will find themselves in heaven when visiting our award-winning Fyne Fish fishmongers shop on Station Street in Cockermouth!"

MORSBAGS SUCCESS!

Over 90 cloth bags have been created and handed into the library since the scheme was introduced. They are then offered to library users (and their family and friends) to reduce fabric and plastic to landfill. Instructions for making them and sew on labels are available at the library. So, look out those old curtains, bed linen sets and other old fabric and turn them into bags! Someone did make a bag from her husband's trousers, but we are not sure if she told him though... Keep them coming please!

Penny Cater



Opening its doors initially on the town's Main Street in 2011, our family-owned business is now in its third premises in Cockermouth, having quickly grown out of the previous two.

Specialising in the freshest of fish, seafood and sushi (with the friendliest of service!), we won the 'farm shop and deli show fishmonger of the year award' at the NEC in Birmingham in both 2018 and 2019.

Our range is vast, from local Cumbrian lobster, crab, skate and smoked salmon from Grants smokehouse in Maryport, to the more exotic red snapper, swordfish or sashimi grade tuna. Plus fresh mussels, oysters, Seahouses kippers and Arbroath Smokies.

If it's not in stock it can be sourced from a number of different suppliers, so pre-ordering for that special evening is recommended.

We are John and Sharon Heron from Bolton Low Houses. Our staff are super friendly, knowledgeable, and can prepare your fish to your liking. Need cooking tips or recipes ideas? No problem! New to cooking fish? Don't worry as help is always available, and if you want to bring your own 'Tupperware' boxes to help reduce single-use plastic consumption, you will get free samphire grass as a thank you!

We've gained a reputation for doing things 'that little bit special'. Bespoke seafood platters, dressed fish or beautiful fresh shop made sushi, oven ready fish pies, or fresh pates. We reckon there is something for everyone.

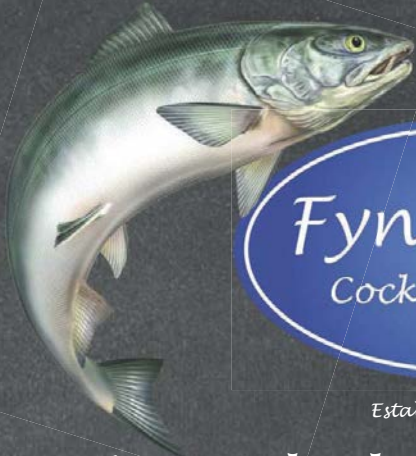
If you're claiming your state pension and shop with Fyne Fish on a Thursday, get a member's card for the Senior Citizens discount club and get 10% discount on all purchases.

Stocking the freezer? A vacuum packing service is complimentary, to avoid your fish suffering freezer burn.

We have also collaborated with Cranstons butchers and operate the in-store fish counter at Cranstons Cumbrian food hall on Ullswater Road, Penrith.

Pre-packed fish is also available off the shelf in Cranstons at Orton Grange. Or if you're heading into the central Lakes, Fyne Fish also have a pop-up shop at Keswick market every Saturday."

Sharon Heron



Fyne Fish
Cockermouth

Established 2011

*National Fishmonger of the Year
2018 and 2019.*

*Fresh fish from local boats
and further a field delivered every day*



*Senior Citizens 10% Discount
Every Thursday*

*Everything from Skate, Sushi and Snapper !
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email: neatecrafts@gmail.com

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HOG ROAST

Seascale Health Centre

Monday – Friday:

8:00am – 6:30pm

Tel: 019467 28101

Email: GP-A82024@nhs.net

Out of hours: 111

Emergency calls: 999



Bootle Surgery

Monday – Wednesday:

9:00am – 12:30pm

Thursday: 9:00am – 12noon

(Reception and Dispensary only,
no Doctor or Nurse on site)

Tel: 01229 718711

SEASCALE DISPENSARY OPENING HOURS

Monday, Wednesday & Friday

8:45am – 1:00pm

3:00pm – 6pm

Tuesday & Thursday

8:45am – 1:00pm

2:00pm – 6:00pm

Anyone living further than 1 mile from a community pharmacy can use Seascale's Surgery dispensary.

UPCOMING TRAINING DAYS

Bootle closes at 12:30pm on Wednesdays
and 12:00noon on Thursdays

Seascale closes at 1:00pm on both days

Wednesday 13 November 2019

No December Training

Thursday 16 January 2020

Wednesday 12 February 2020

Thursday 19 March 2020

ORDERING MEDICATION

Telephone Lines:

The dispensary phone line
019467 27451 to order repeat
medication is available

9:30am – 12:00noon

2:00pm – 4:00pm

Online:

Prescriptions can be ordered
online using Online Services.
We prefer you to use this method
as it's quicker for us to process.
Download MyGP app for smart
phones or register for Patient
Access or Evergreen life. Contact
reception for more information.

In Person:

Please tick the repeat medication
you require on your printed form
and leave this at the dispensary
or in the dispensary box near
the door.

Website: www.seascalehc.co.uk

Twitter: @SeascaleHC

Facebook: Seascale and Bootle Surgeries

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for sore muscles'*

Kerry Wright IHHT FICHT Cert.Ed

T: 019467 26013

E: info@kwbodyworks.co.uk

www.kwbodyworks.co.uk

The next edition of Tethera is scheduled to be published in March 2020. We are always on the lookout for stories and event dates. The closing date for contributions will be Thursday 13 February 2020.

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 of Tethera will be available to view and download about 10 days before the printed publication date.

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GADS PANTOMIME FOR JANUARY: SNOW WHITE AND THE SEVEN DWARFS

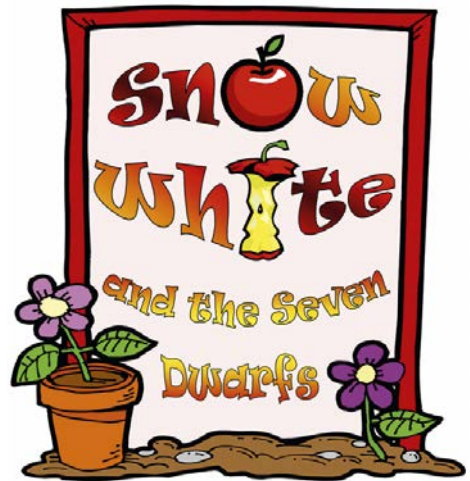


by Alan Frayn

The pantomime for GADS in January will run from Wednesday 22 to Saturday 25 January 2020 and is suitable for all ages.

After auditions and casting in September, formal rehearsals begin early in November and although we will be fully cast, we always need more help back stage, behind the scenes and front of house. If you want to get involved without appearing on stage, please contact us via the GADS website.

Most of you will be familiar with the Disney version of Snow White from 1937 but the original story written by the Grimm brothers in 1812 was based on an old folklore going back to the 15th century. The name Snow White came from the queen. She pricked her finger while sewing and a drop of blood fell on some snow on a black ebony window sill. She was longing for a child and said that she wished for one with skin as white as snow, lips as red as blood and hair as black as ebony. Her child was born and she called her Snow White – fortunately for us as Blood Red or Ebony Black just don't sound the same, do they? Sadly the queen died soon after the birth and the king married a very beautiful but vain and cruel woman. The new queen dabbled in black magic and had a magic mirror. The classic words "Mirror, mirror on the wall who's the fairest of them all" come from the original story. The mirror always answered that the queen was the fairest until Snow White reached the age of only 7 when the mirror named Snow White as the fairest. The Queen was enraged and over the years this anger built up until she decided to get her henchman to kill Snow White and bring back her heart and tongue as proof. The reluctant henchman told Snow White to run away, then killed a boar and took the heart and tongue back to the Queen. Snow White eventually found herself at a small cottage with 7 bowls of soup, 7 pieces of bread, 7



bowls of porridge and 7 small beds. Snow White took a small bit of food from each place setting, tried all the beds and found one that was comfortable to fall asleep in (remind you of anything?). The dwarfs discover her and to cut a long story short she agrees to become their housekeeper. The Queen discovers through the mirror that Snow White is still alive and decides to get rid of her herself. She has 3 attempts: a corset that she ties too tight, a poisoned comb and a poisoned apple. The poisoned apple succeeds and the dwarfs mourn her. After 3 days they decide that they can't bury her as she still looks so beautiful. They build a glass casket, put her in it and one of them guards her in the forest. A prince rides through the forest (as they do), sees Snow White and falls in love with her. The dwarfs agree that he can take her away. On the journey Snow White is jolted, the piece of apple is dislodged and hey presto! Snow White is alive again. They agree to marry and invitations are sent out to all the kingdoms. The Queen gets her invitation and is going to the wedding when she finds out from the mirror that Snow White is the bride. She is incandescent with rage when she arrives at the wedding. When the prince finds out who she is, he orders that a pair of red hot cast iron shoes be put on her feet. The pain causes her to dance until she dies. At that moment her mirror breaks and her kingdom is no more. Needless to say the Snow White and her prince live happily ever after.

In the original tale, the dwarfs were not named. For the quizzers reading, they were first given ►

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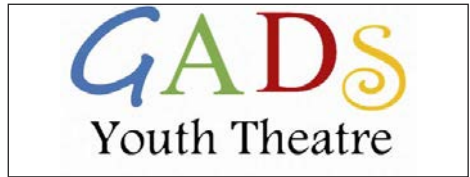


Catherine Harvey-Chadwick
clan_hc@btinternet.com
Seascale
Cumbria
07914 218946

facebook.com/westcumbriafurryfriends

► names in a 1912 Broadway production – Blick, Flick, Glick, Snick, Plick, Whick and Quee. In 1937, the Disney adaptation gave them the names we remember today – Bashful, Doc, Dopey, Grumpy, Happy, Sleepy and Sneezy. However, these Disney Dwarf names are copyrighted and cannot be used in other productions – hence the continual variety of dwarf names in modern Pantomime. For the pedantic, the plural of “dwarf” is “dwarfs” but Tolkien called his “dwarves” and this is often used nowadays as well. And finally – our tale vaguely resembles the original in that we have a Snow White and Seven Dwarfs. Red hot cast iron shoes just cannot get through a risk assessment these days.

Last year, our tickets sold very well again. Wednesday and Thursday were both very busy with several good-humoured groups from the local scouts, cubs, brownies, beavers etc. Either is a great night to come along if you want to support their energetic audience participation. Friday and Saturday nights were just about sold out. For some mildly bad news, we will be increasing our ticket prices slightly this year. We could blame it on Brexit but that would be unfair – costs are just slowly creeping up all the time and we haven’t changed our ticket prices for over 10 years, so it’s probably a bit overdue. They will be £7.50 for adults and £5 for u18/students, which we think still provides great value for a couple of hours of hilarity. Tickets will go on sale on 2 December to Groups, 16 December to GADS Members/Patrons and 3 January to the general public, so please book early to avoid disappointment. For some good news, we will be able to take card payments on the door and the well prepared will be able to book tickets and pre-pay online. Seating plans and ticket sales will once again be visible on (or via) the GADS website for those of you who like to pick the best seats. www.gads.org.uk. And some even better news for the younger members of our audience – we will be having an extra Saturday matinee show so that the youngsters aren’t too late home for bed. Wednesday, Thursday and Friday shows will start at 7pm. The Saturday performances will be around 1pm and 6pm – but watch out for posters and advertising nearer the time in case this changes. For all shows, the doors will open 30 minutes before the start.



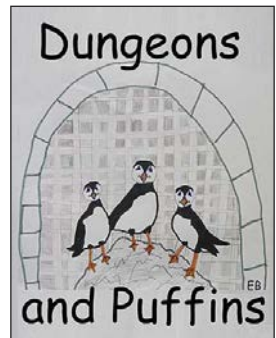
Before our summer break the Youth Theatre Group members performed a series of self-composed pieces inspired by William Shakespeare’s Romeo and Juliet for an audience of friends and family – what a cultural lot they are becoming. During the first few weeks of the Autumn Term, we focus on various aspects of stage craft – honing those skills ready for the pantomime season.

GADS Youth Theatre Group then takes a break for pantomime but will resume on Thursday 27 February. The group has become so popular in the last 12 months that we have had a small waiting list to join. However, these youngsters grow up and move on so we have a small but steady turnover of members and spaces become available regularly. We meet at 7pm in the main hall at Gosforth Public Hall, weekly during term time, except for half term. Subject to the waiting list, new members are always welcome, no matter what your experience or confidence. If you are interested in joining this lively group for 8-18 year olds, get in touch with Director Tosh McGregor using yt@gads.org.uk

Summer Youth Workshop – Dungeons and Puffins

Yet again the GADS Summer Youth Workshop kept us busy for a week in early August. Twenty-five youngsters, under the direction of Caia van den

Elzen spent the week preparing for, and then performing “Dungeons and Puffins” – a fantasy adventure written for us by GADS member David Rounce. During the week, the participants had great fun learning about all aspects of staging a





for details) and it's always a fun, relaxed evening. Just turn up on the night, and you will be warmly welcomed. Who knows, we might even persuade you to tread the boards with us in one of our productions! If you want any further information please contact p4p@gads.org.uk or via the GADS website. The dates booked so far are 28 January, 25 February and 31 March. We meet at 7:30 pm, all are welcome and they are free to attend.

show – including stagecraft, costume, making props, make-up, sound and lights as well as learning the lines for their parts. Their performance at the end of just one week was both spectacularly accomplished and great fun to perform and watch. The week was partly funded by a generous grant from the Hadfield Trust, to whom we extend our gratitude and thanks.

Plays for Pleasure

Not sure what to do on a Tuesday night? Fancy having a laugh and meeting new friends or even catching up with old ones? Want to have a go at reading or listening to a play? If you answer yes to any of these questions, we'd love to see you at our Plays for Pleasure (P4P) sessions at The Westlakes Hotel in Gosforth on the last Tuesday of the month – but not until after pantomime. We read a variety of plays (check out our website

Spring Play

Last year we performed a Spring Play for the first time in a few years and very successful it was too. If you came to see John Godber's "Lucky Sods", we hope you enjoyed it. It's a bit early for any details but we are hoping for another Spring Play in 2020 so watch out for details in the next Tethera or follow us on Facebook if you want to get involved as the auditions will have been held by then.

For more information

To get involved with GADS, find out more about what we get up to, contact us, or just to look for embarrassing photos of family and friends from years past, please see our website www.gads.org.uk. On Facebook we are [gads1948](https://www.facebook.com/gads1948) and you can follow us on Twitter [@gadsgosforth](https://twitter.com/gadsgosforth). We're also on Instagram.

Tosh McGregor / Karen Polmear / Ben Finch

ST MARY'S CHURCH GOSFORTH
CHRISTMAS FAIR



Saturday 30th November 2019 at 2 p.m.
Gosforth Public Hall
Various stalls, Refreshments, Raffle, Tombola
Please support this local Church

BLACK COMBE COUNTRY FAIR

"Big Thank you to everyone who contributed to the success the show was today, bank holiday monday. Be it stall holders, attractions, exhibitors, helpers and not without forgetting our landowner. Fantastic effort by all. Great community spirit and everyone pulling together." A message from the organisers.





SEASCALE PRIMARY SCHOOL

OPEN EVENING
TUESDAY 10TH DECEMBER 2019
3.15-5.30 PM

Parents and members of the community are invited to attend an open evening in our

'NEW SCHOOL'

Come for a look around at our new facilities.

We provide places for pupils from the age of 3-11 years.

For Further information on places please contact the School office:

Telephone: 019467 28403
 Email: admin@seascale.cumbria.sch.uk

ALL WELCOME

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. All welcome! Gosforth Public Hall (Main Hall)

1) Mondays 6:30pm (beginners/intermediates)

2) Mondays 7:35pm (intermediates+)

Also qualified to teach Pilates to ladies at all stages of pregnancy and postnatally.

You are welcome at the Monday classes (adaptations will be given).

Watch this space for news of specialist classes!

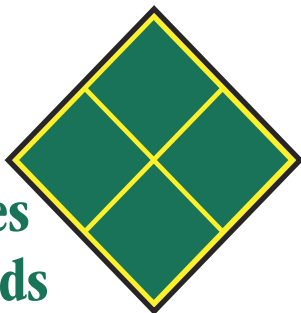
£5 per class or £25 for a 6-week block.

For further info, please contact Amy on 07510 104508 / amyf1sher@hotmail.com

Facebook: Gosforth Pilates – Cumbria



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EMILY'S RACE FOR LIFE!

On Sunday 14 July, my 19-year-old god daughter, Emily Pratt, took on the challenge of the 10k Race for Life at Carlisle to raise vital funds for Cancer Research UK. It was a fantastic day with a truly emotional element as Emily was raising money in memory of my Mum and Dad – both of whom we lost to cancer.

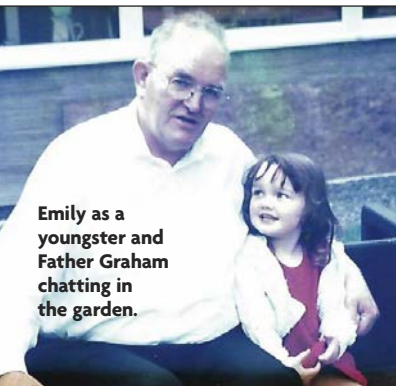
Although I'm known to Emily as 'Auntie' Helen, we are actually no blood relation! Her parents, Andy and Michelle Pratt (of milk round fame!) are our close friends and we were delighted to be asked to be her godparents after she was born on 1 January 2000 – a millennium baby! Since then, we've loved being a part of Emily's upbringing – as did my Mum and Dad, who Emily (and her younger siblings Rosie and Sam) affectionately called 'Mother Margo' and 'Father Graham'. Emily would spend quite a bit of time with them as a youngster baking and cooking with my Mum and

enjoying trips on the Ratty with Dad!

My Dad, Graham Withers, passed away on 1 April 2013 after a short battle with pancreatic and liver cancer and earlier this year my Mum, Margaret Withers, was diagnosed with terminal bowel and liver cancer which then prompted Emily to challenge herself and sign up for the Race for Life to raise money to help 'beat cancer sooner' in memory of 'Father Graham' and to show support for 'Mother Margo'.

Emily is currently studying for a degree in Physiotherapy at Manchester and this is where she first started running – on the treadmill at the gym! She enjoyed this and decided she would like to push herself to be able to run outdoors for longer distances. When Mum received her diagnosis, Emily approached us to see if Mum would mind if she took part in the Race for life for her and 'Father Graham'. She wrote this short passage to

accompany her 'just giving' page: *"On the 14th of July I will be running the 10k Race for Life for a very special family. I am lucky enough to have an extra family in my life, although they are not related by blood, I cannot imagine my life without them. Auntie Helen and Uncle Sid have taken their god parenting responsibilities above and beyond, while Mother Margo and Father Graham treat me as if I was their grandchild, and I cannot forget my two 'Godbrothers' Billy*



Emily as a youngster and Father Graham chatting in the garden.



and Jack. It is heart breaking to see cancer cause its devastating effects on this family, as there is no cure. Sadly in 2013 Father Graham passed away from this horrible disease and Mother Margo is currently fighting the endless battle against it. I am running the race for life to raise money to help find a cure for cancer to prevent other families having to go through this horrible journey. Any donations will be greatly appreciated, thank you."

My Mum was so touched that Emily would do something so kind for such a good cause. She insisted on giving Emily the entry fee – which Emily then selflessly added to the sponsorship pot! Within three days of Emily deciding to do this, my Mum sadly passed away on 24 May this year. This gave Emily even more motivation to train and complete the challenge!

She had been training hard in the gym on the treadmill for longer distances, and then when she finished for the summer and returned home – incidentally on the day Mum lost her battle – Emily started the outdoor training.

She began with shorter distances each day close to home at Saltcoats, building up to running from her house through Drigg, to our house in Seascale. This was around 8K and she would repeat this a minimum of three times per week. I always made sure there was a glass of water waiting. As the big day grew closer, her run would progress past our house and out along the Viking Way to Gosforth which was around 13K – so longer than she would run at the actual race, but this gave her real confidence that she could do it!

Emily's initial fundraising goal was £200, which she'd achieved in a matter of hours! This was then upped to £400 and again to £500... she well and



Mother Margo with Emily, Rosie and Sam as well as her grandchildren Billy and Jack after a lovely walk up to the Pepperpot.

truly smashed all of these targets, raising an amazing £1170 for this charity which can help so many people who have been affected by cancer already or may be in the future.

Bright and early on Sunday 14 July, we set off with Emily and two cars full of supporters to Carlisle. Arriving by 9am, Emily had her hair plaited in the car park and her special back sign, dedicated to my parents, attached to her Race for Life pink t-shirt. She was ready for the off! The weather conditions were good – fine, dry and not too sunny. After a 'Moky' warm up, she was ready to run!

Our tribe of 13 supporters, both family and friends, cheered her on at every opportunity on the course and after 1 hour 11 minutes she'd done it. Hugs and tears at the finish line were inevitable – what an achievement, both physically and emotionally! To say I'm proud of her is an understatement and I know for a fact that 'Mother Margo' and 'Father Graham' will both have been watching down and beaming with pride too!

Emily would like to thank everyone who sponsored her and helped her achieve such a great amount of money for such an important cause.

Helen Sibbald

Emily with some of her supporters before she started her Race for Life. (including your scribe to the right!)



As the MV Balmoral turns 70 years of age this year, we look at where the ship is today, and if she'll be able to return to the beautiful coastlines of Cumbria and Isle of Man. The Balmoral has sailed into both the hearts of Boulogne and Calais, and served more British piers, harbours and ports than any other vessel in British history. She's a ship like no other, having carried over 2 million passengers, and has been a lifeline ferry to both the Isles of Scilly and the Isle of Wight. She's even found time to rub shoulders with the Duke of Edinburgh and Princess Anne.





In recent years she's been in a string of high-profile films alongside Ronan Keating, Game of Thrones star Michiel Huisman, Lily James (*Mamma Mia*), Matthew Goode (*The Crown*), John Hannah (*Four Weddings & A Funeral*). The ship was also planned to star in Christopher Nolan's *Dunkirk*.

For the past thirty-years she has operated successfully as an excursion ship, often in consort with the paddle steamer Waverley. But in 2017, the Balmoral was withdrawn from service. She was laid up in Bristol Harbourside, and the offices at White Funnel Limited entered hiatus.

Now, with a fresh board of trustees, the Charity is charged with the challenge of rejuvenating the legacy of Britain's famous Pleasure Steamer and ploughing her back into her starring role.

Isle of Man

The Charity that owns the Balmoral receives a lot of enquiries asking if the ship will return to the Isle of Man someday. Often when the Balmoral sets sail to the Isle of Man, it has been from Whitehaven.

Sailings to the Isle of Man were pulled under the previous management regime at the operating company of White Funnel.

Since then, it's been all change for Balmoral, with the Charity recently welcoming several new trustees to the board.

Some of these appointments have included Terry Sylvester, the former Chairman and Managing Director of the pleasure steamer Balmoral and paddle steamer Waverley. The charity has also added the former Senior Master for Waverley Excursions (1995-2008) to the board, along with a maritime engineer from a major shipping line. Both have worked with the Balmoral throughout their entire careers and have long-standing connections with the ship. Such individuals are not only of incredibly high calibre, but they bring a new regime of expertise, guidance and business acumen to the ship.

It was this newly formed team with expert guidance that took the view that Balmoral would benefit from being put into dry dock. Not only would this allow the Charity to assess the current condition of the vessel, but it would allow them to discover what work needs to be undertaken for the ship to return to passenger service.

With that in mind, the decision was made for Balmoral to enter Albion Dry Docks on Thursday 19 September 2019.

Since then, an encouraging assessment has led the Charity to make the decision to carry out a complete ultrasonic survey on the hull. Furthermore, they have also decided to develop a complete 3D image of the underwater section for their records.



► **This is a new beginning for Balmoral**

The work being undertaken allows the vessel to receive the best analysis, care and support available. However, it has the additional benefit of allowing the Charity to create a vision moving forwards, and to fully prepare for a public appeal.

The trustees have an ambition to return the Balmoral back to service.

“This is our one window of opportunity to get the Balmoral back supporting the coastal communities that need her, and restoring pleasure trips for tens-of-thousands of individuals.

In Britain there are hundreds of islands, and thousands of miles in untapped coastline – each mile being an independent treasure trove of culture, lore and unknown knowledge.

It’s our role to get people back out there, immerse

them in our rich heritage, and get them back to exploring what the spectacular Cumbrian coastline has on offer.”

It’s a chance to take the ship into a new chapter, led by the people who not just bought and saved the Balmoral all those years ago, but also operated her successfully from 1985 onwards.

For the piers of Britain, it’s mutually beneficial. The Balmoral needs harbours to call at, and the piers of Britain need a ship to keep them open. With each seaside resort and rural community she moors at, the Balmoral has always brought with her hundreds of day visitors into that locality, boosting the local economy and creating the need for peak summer employment.

It’s a tradition that we sincerely believe needs to continue.

Kieran Henshall

Photos: David Bassett (p.28) and David Goulty

Supporting Balmoral

If you wish to make a donation that will not only save one of Britain’s last great pleasure steamers, but will also help to keep the piers and coastal communities of Britain open for business; then you can help keep this great historic tradition alive, by visiting their website at:

www.mvbalmoral.org.uk

By the time this article reaches you the Balmoral will have steamed out of the dry docks, a brand new website will have been launched, and a vision for a new era will be clearly on the horizon.



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NUT AND VEGETABLE ROAST

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GOSFORTH ART SHOW



This year was the eleventh Gosforth and District Art Society annual show, although it feels like only a few weeks ago that it was the 10th. Is that a sign of getting older I wonder? This year as with the previous shows it was held in Gosforth village hall, over the entirety of the August Bank Holiday week-end – you remember that weekend that for once turned out to be a beautiful week-end weather wise, which perversely slightly worked against us – at least on the Saturday.

We are of course always in competition with many other outside events over the Bank Holiday week-end and with the weather being so good, it meant that the Saturday was not well attended, with many people heading for the fells, mountains or other outside events, rather than choosing to come into the village hall and view the art on display and for sale.

However, despite the poor start to the show, by contrast Sunday really picked up around lunchtime, and Monday was busy all day, so that at the end we counted the show as again very successful, with several hundred people coming through the doors and buying the fantastic art work, and cards produced by our members, and by invited outside artists (although still fairly local Cumbrian artists).

The visitors were also able to sample the delicious homemade cakes and savouries donated by our members, and yes, even the men produced some goodies – even if a few did have to be prodded to do so!

Many of you will have been to our previous shows, and we really do hope that if you somehow missed this year that you will put a note in your diary to visit us next year.



We have people returning each year, with some even arranging their holiday in this beautiful county especially so they can attend and pick up some brilliant art at incredibly low prices – and just to reiterate, all of the art work is original, essentially a, “one off”, as we do not accept prints or photographs in the show, so you can be sure of getting something that is unique.

As usual entrance was free, but a raffle was held with



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▶ many superb prizes donated by local companies and attractions, to whom we are very grateful for their continuing support of the group and the show.

It never ceases to amaze me at the sheer talent there is in a small geographical area, so please do come and visit us next year and you never know, you may be bitten by the bug to try your own hand at art with us.

We meet twice a week; on a Monday evening at Gosforth school, from 6.30 – 8.30pm, and on a Thursday morning at the Methodist church hall in Seascale, from 10.00 – 12.00noon. The annual fee is just £15 and each meeting is £2.50, and this money goes towards paying for occasional visiting professional artists who provide expert tuition.

Just come along to one of the venues and have a coffee and a chat with us – you'll find that we are not a stuffy art group, but rather a very friendly and supportive bunch of people, who are always willing to help each other when needed.

Alternatively contact the Secretary, Marlene Partridge on: marlenepartridge@btinternet.com or phone 019467 25924.

Trevor Partridge, Chairman GADAS



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Harvest at Eastwaite with the Wasdale
Screes in the background – the strange
contraption behind the tractor is a 'binder'.



ROB. HAVE YOU EVER THOUGHT OF WRITING A BOOK?

This is a question that I have been asked many a time. I used to think that it would have my old Headmaster at Gosforth School, Bill Kelly, spinning in his grave! How could a lad who couldn't spell and could hardly string two sentences together possibly write a book?

Although, over the years, I never did learn to spell, I did start to enjoy writing short stories for local papers and articles in magazines such as Tethera, so the prospect of writing a book started to sound slightly less ridiculous!

As a child, my early upbringing was at Eastwaite Farm, Nether Wasdale. I have always had a keen interest in local history as well as of my own lineage and I used to love listening to tales about my forbears. These stories were told to me by my uncles and aunts, I also loved looking at the old family photos.

Then people started asking me to retell these tales and share the photos with them. One day quite recently, a good friend told me that "I had an obligation to write them down, because if I didn't, then the tales, and a slice of history would

be lost". I initially dismissed this idea but then circumstances stepped in and...

On 8 May I was admitted to Wrightington Hospital to have my left subtalar joint fused and after the surgery, I was laid up for 3½ months in, first a cast, then a surgical boot and therefore not allowed to drive. All of a sudden, I had a LOT of time on my hands, and, writing my book started looking like a distinct possibility.

I ran the idea of writing a book past a few people and the general opinion was, why not give it a go, write the first chapter and you will then know if it had legs. So, I started mulling over exactly what I was going to write and came up with an idea for a title "A Wasdale Lad". I also came to a decision that, whatever else, the book shouldn't upset anyone and, that it should be as accurate as possible.

I had the basic idea of the 'story' in my head, primarily about growing up on a Lakeland Hill Farm in the 1950s and 1960s. I was very fortunate that, apart from having a lot of what I hope will prove to be interesting and entertaining "Tyls"

(Tales), I also have a wonderful collection of photographs of my early years, many taken by my Mother with her Box Brownie.

My initial problem was how to begin, as I wanted the book to be much more

Haytime at Linbeck, Eskdale, a young Millie leading the carthorse with her mother, Clara Martin, loading.





'Locals and visitors' at Blackhall, Dunnerdale. 5 members of the Steele family to the left and 10 visitors to the right. Note the difference in attire.

than my own story. So I decided to start off with chapters on the histories, tales and photos of both my maternal and paternal grandparents. As both sides of my family have different backgrounds, this then hopefully adding to the depth of the book.

The actual story of "A Wasdale Lad" therefore doesn't start until chapter four, when I arrived. Then, alas my time at Eastwaite farm was all too short as in 1962, disaster struck when my father tragically was killed in a tractor accident.

In the book, events continue...

The year that mains electric arrived, we had to first have the farmhouse and all the building 'wired'. This was done by a Mr Young, who also ran 'The Craft Shop' at Santon Bridge. The electricity was wired above ground on poles through the Moss Wood to the bottom corner of the Cow Pasture and from there it came underground to the transformer sited in-between the top and bottom yards. Originally they wanted to bring the cable into the bottom yard and then bury it under the lane, but Dad stopped this, pointing out that

it would have restricted farm access while the work was in progress, so it came straight across the field, through the wall and into the transformer. I also remember workmen knocking a hole so large through into the back kitchen to bring the mains cable into the house that I could actually crawl through it myself! Dad then ensured that we instantly went "modern" as he went out and spent a small fortune on a large deep freezer, a TV and an electric sewing machine for my Mam. The deep freezer would have made a huge difference as it would allow us to freeze meat. This would eventually mean that we stopped curing hams and bacon as freezing meat was much simpler and less time consuming than curing it by rubbing in block salt and then hanging it. Another



Haytime at Eastwaite with Trevor Ellwood, Bill Steele, John Steele and a young Rob.

thing was that Mam would no longer have to 'bottle' fruit. This was where she boiled things like damsons and plums, adding sugar to make a syrup and then store them in 'Kilner Jars'. We used to add a teaspoon or two of bottled fruit to our rice or sago puddings to give them a bit more flavour; freezing fruit had more or less put an end to the art of bottling!

In the blink of an eye, Mam had lost her husband, her livelihood and her home.

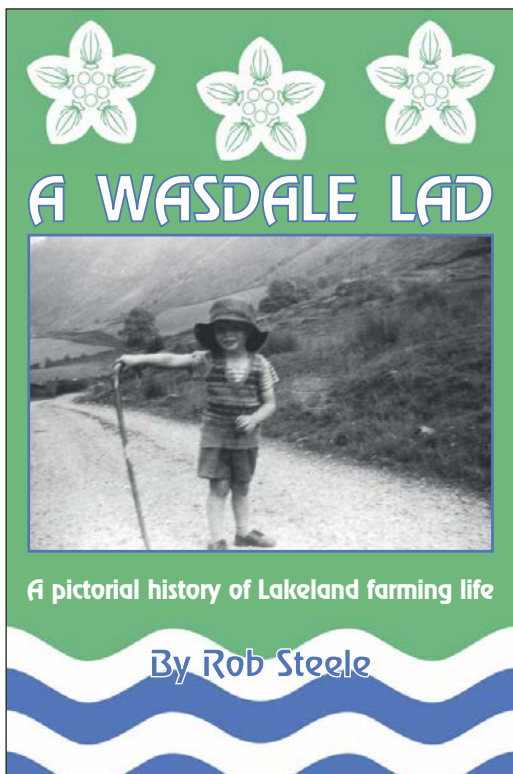
The book then goes on to tell what happened next, how my Mother had to cope with everything, to find us somewhere else to live and to find a job that fitted in with bringing up a six-year-old child. I decided to end the story, at least for now when at 15 years old, I joined the Royal Navy.

"A Wasdale Lad" will be available both through Tethera, as well as, hopefully in at least local bookshops in Spring 2020. I hope that you enjoy reading it.

Rob Steele, Gosforth and sometimes Nepal, but at heart, still "A Wasdale Lad"



Modern colour photo of Rob (author) 'Rowling' at Eastwaite on his own vintage McCormick International B250.



Book cover with a young Rob "Ga'n t't fell" (Going to the fell) complete with Grandad's 'clout' hat and walking stick.



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sailing our canoes on it! Swimming in the beck on a hot day, and at Keswick Spa on a wetter one. Water in the camp site showers (an adventure in itself with 12 Cub Scouts to shower!) and taking turns to fetch it from the tap. Rounders in the rain. And washing up – so much washing up!

This just about sums up our camp at the end of July – what an adventure we had! The leaders' ingenuity was tested to its limit, and the Cubs and Scouts were fantastic, and dealt with all the bad weather with a smile.

Water in the river where we walked. Paddling in the beck by a water mill. Twelve hours of rain with high winds, and heavy rain with thunder and lightning. Sailing on the lake, canoeing on it,

The Beavers had their own camp in much better weather and slept out in tents for the first time. They had a ride on the Ratty and a walk by the river, generally enjoying themselves! They've



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also been doing their gardener's badge, winning first prize with their herbs at the Gosforth Show, and visiting the new Mountain Rescue Base. We entered a team at the district sandcastle competition, and took part in the fun run.

The Cubs made a fantastic water slide and slept in the hut, and the Scouts have been paddle boarding again at Ennerdale.

We're now looking forward to a whole new year, with the Scouts entering a team in the district camping competition, and the Beavers and Cubs taking part in the county adventure day at Penrith next month.

If you're interested in joining, you can phone Kathryn for Beavers on 25912, me for Cubs on 27211, or Dave for Scouts on 24632, or just come along to a meeting and see what we do.

Jackie Harper



GOSFORTH HALL'S AUGUST BANK HOLIDAY FESTIVAL



A scorcher of a weekend. Gosforth Hall Inn's beer garden came into its own. Beer, gin and music galore!

Right – Vortigern, led by 'carpetman' Roger Lomas...

Below – Chloe with ukulele sings with splendid gusto!



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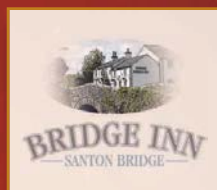
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GOSFORTH AGRICULTURAL SHOW 2019



Thousands turn out for another fantastic Gosforth Show.

Gosforth Agricultural Show this year has been hailed a success by the committee and local folk who enjoyed the show and have praised it

enormously on social media, with many commenting on it possibly being the best on record.

Given the weather in the week running up to the show not being pleasant the committee soon got to work setting up the field and the weather didn't put traders off attending as there was



a fantastic number of stalls turned up. This always adds to the enjoyment of the day for many.

Cossack star Guido Louis headlined the annual event, bringing his amazing talents and wowing the huge crowds with his beautiful horsemanship. He had two performances, one earlier in the morning and a second in the afternoon.

During the day everyone had lots to do, including a family Moky session with Shameem, children's sports, exhibitions, animals, dog shows and even the fair was in town (well, village)!

Frank Gate, president of this year's show, judged the best of the best in the grand parade and Charisse Millard with her Limousin took Champion of Champions for this year.

Frank and his wife Elizabeth had a fantastic day handing out many prizes and judging competitions.

Among all the prize winners here are some notable ones from these sections:

- Cattle – Best in the cattle lines:** Charisse Millard – Limousin
- Sheep – Best in the sheep lines:** Sandra Woodend – Suffolk
- Horses – Best Heavy Horse:** Janis Ashworth – Collessie Advance
- Champion Working Hunter:** Fiona Ellwood – Ellrigg Nearly Dun
- Champion Mountain & Moorland:** Geoff Watson – Mayson of Mawbray

All results can be found on our website –

www.gosforthshow.co.uk

Julia Watson, secretary for the show, said "We were lucky, the weather forecasters got it right, and we have a brilliant field that dries up as soon as it stops raining!

"Massive thank you to all that have supported us – sponsors, spectators, competitors, traders, volunteers, Rotary Club and committee, as without them all we would struggle to keep



the show going. Entries were good, especially in the handcraft and produce, where they were up by 200 – what an achievement?”

She added: “Our attraction, Guido Louis, put on a fantastic display in the sunshine, and the Moky warm up certainly got everyone joining in, and now we start planning the next one!”

A huge thanks must go to the whole committee and army of volunteers who give up their time in order to make this show the success it is. *Oliver Hodgson*



Atom Kids

The Oral History of Seascale



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Jason Rushworth**

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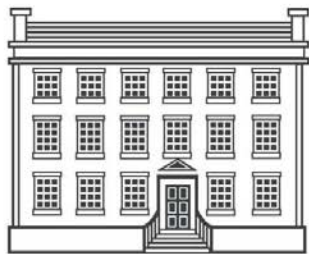


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NARROW ESCAPES

“Hello, Hewett ‘A’, I realise you may not be able to transmit; I will be at the rig in three minutes but I cannot land. I will hover as close to the helideck as possible, and you must get aboard as fast as you can.” He started to repeat his message – but we were already running for the door.

On the helideck the wind made it difficult to do anything except hold on to the guard rails, and at first we could see nothing but masses of spray thrown up from the sea. A few miles away the Arpet platform was ablaze with lights, and suddenly one appeared to detach itself and head straight for us. It was a large helicopter. Keeping well away from the pall of gas and mud over the rig, the pilot hovered a few feet away from the edge of the helideck. Between us and safety was a yawning gap with a long drop into the sea. The deck was slippery with spray, my legs and fingers were numb with cold, and wind was tearing at my clothes. I would never make it. “Jump!” bellowed a man standing in the aircraft doorway. Taking a deep breath, I ran and made the leap of my life. Strong hands grabbed my anorak, and as I was bundled on to the floor, Vernon was hauled to safety behind me. The helicopter banked away, and through the window I caught a glimpse of an RNLI lifeboat wallowing in the heavy sea below. We were safe, but for some the search was still on.

This is an excerpt from Bob Orrell’s book ‘Blowout’ about his time as a Radio Operator on the ‘Hewett A’ rig just off Great Yarmouth in the



North Sea in 1967.

Bob, now in his 80’s, was laughing as he retold this story about how he and his colleague Vernon, a larger than life Texan, had been left behind after the rest of the crew had been plucked to safety after the rig suffered a major blowout that destroyed it.

“I was in the radio room sending ‘mayday’ messages and making sure everyone got off the rig safely, but when Vernon and I got up to the helideck the rescue helicopter was gone, they’d forgotten us! The rig was breaking up fast and we reckoned there wasn’t much time left. I really thought I had bought it that time.”

I was sat on the edge of my seat in their cosy cottage in Ponsonby. “But wait a minute Bob,” I asked incredulously “how on earth did a lad from Blackley, Manchester come to be on a rig in the North Sea, and one that had exploded no less?”

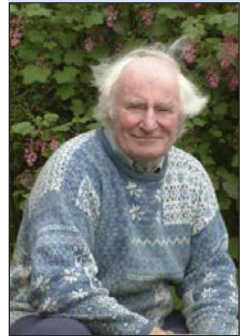
Bob’s face crinkled as he smiled, “I ran away from home at the age of 14 because I absolutely hated the city. You see, during the war I was evacuated to Shropshire which was a wonderful place and that’s where I became interested in farming. I learnt how to milk cows and bring them in, I loved it and they treated me like one of their own family. But when my parents decided I had to return home to Manchester I kept running away and I ended up joining a trawler fleet and going to Iceland.”

I still didn’t understand how his fascination with the sea had begun. “We used to holiday on the Fylde coast and my first attempt to sail round the world was in a rubber dingy with a small sail on it.” Bob laughed “I’d packed sandwiches and a drink and pushed off from the beach and set off on my big adventure. Later my mother saw the boat way off in the distance and she raised the alarm, the coast guard scrambled a lifeboat and the crew picked me up a few miles out to sea.” How old

PERSONALITY PROFILE

Bob Orrell

Author and Adventurer





Nautical Bob.

▶ were you when you did this? I asked. “Oh, I was quite small, but very determined.”

The sea was to play a huge part in Bob's life with a few years spent on trawlers in the west of Scotland and then delivering expensive yachts from Southampton to their owners around the world.

“I was delivering this yacht once and it started to sink, we didn't realise until there was too much water in the cabin below, so after sending out a ‘mayday’ we abandoned ship. A French lifeboat was quickly on the scene and able to pump the water out and I was able to locate the source of the leak, which turned out to be a split water-cooling pipe going to the engine. After it was fixed, we were able to continue on our journey. This could have ended very differently – I was just lucky.”

“It was through delivering yachts for an oil tycoon that I got a job on the rig. I parted company from the tycoon after a difference of opinion and had been on the dole for a little while when he suddenly called me saying that one of his rigs needed a Radio Operator if I was interested. Well of course I was interested. I had a family to feed. So off I went.”

Bob starts laughing and recounting his four years in the RAF at the age of 18, “I joined the band, even though I couldn't read a note of music, because a friend talked me into it. He was worried the band would be disbanded due to lack of musicians, he said ‘just sit next to me and I'll show you what to do.’ Well that worked fine for a year, but then one day we were to play at an officers’

leaving party and he wanted this particular piece of music that had a very strong bass, (Bob played the Double B Flat Bass) but my friend David didn't turn up because, I found out later, that he'd had a crash on his motorbike. He was ok by the way. So, there I was alone, not able to read the music and know when to come in. I was found out and about to be thrown out of the band when fate stepped in and I was asked to play the bass drum instead. This particular day we had to play at a huge parade for the top brass who'd come from the Air Ministry to inspect the camp. It was howling a gale and it was hard work balancing this huge bass drum, that was hooked on to a harness, on my chest. All the top brass were there and the band were marching around playing nicely when suddenly the hook on the harness broke and the wind caught my drum and sent it bouncing off along the tarmac heading directly towards this Air Marshal who, at the very last moment, realised the drum was going to hit him, threw himself out of the way. The drum barrelled into the stand and disintegrated. Of course, I was blamed for it, but investigations showed that the hook had suffered metal fatigue.” Bob was laughing so hard tears were rolling down his face, he could hardly speak to finish the story. “I was sent off to join the RAF Mountain rescue team after that for the next three years.”

This rebel with a cause has also been a lighthouse keeper, a forester, a Lake District mountain guide, lobster fisherman, Merchant Navy Instructor, a producer in BBC Radio Cumbria and a professional yacht skipper, but it's his writing and journalist work that made us kindred spirits. Bob has written and published 15 books and is currently writing his life story, which I think will be a cracking read if this snippet is anything to go by. His first book ‘Saddle Tramp in the Lake District’, published in 1979, was also made into a documentary by BBC TV. Bob's books are written in a highly entertaining and relaxed style that reflects his warm charming character.

I could tell from his slurred speech that Bob was starting to get tired. Three years ago he suffered a stroke and through dogged determination has made a full recovery.

I'd had a wonderful afternoon filled with laughter and suspense in equal measure.

Vivienne Tregidga ▶

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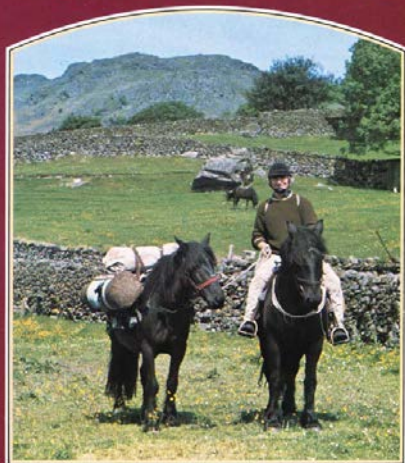


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Siân Beaty lives in Holmrook with her husband Mike and their border collies.

Four years ago she set up her own company providing commercial and technical expertise to national and international nuclear companies.

As a recreational mountaineer she has been undertaking expeditions for over 10 years in regions including the French and Italian Alps, North Africa, Russia Caucas mountains and Himalayas. Of note is her participation in the first ascent of 6087m Mount Mukot in 2015 in the remote upper Dolpo region of the Nepal Himalayas ... and she was the only woman in this team of four climbers.

Ecuador is a country in north-western South America, bordered by Colombia on the north, Peru on the east and south, and the Pacific Ocean on the west. Ecuador also includes the Galápagos Islands in the Pacific.

Culturally, there are many ethnic groups in

Ecuador, descending from a variety of American-Indian groups that were gradually incorporated into the Inca Empire during the 15th century. The territory was colonised by Spain in the 16th century, and their influence is very obvious in the capital, Quito.



Geographically, the western part of the country is coastal rain forest, the east is Amazon rain forest, and dividing these is the Avenue of Volcanoes – the location of my adventures in August of this year.

My ultimate goal was to climb Cotopaxi – a snow topped, active volcano that is 5900m (19,500ft) high. As the oxygen levels at this altitude are approximately 55% of what we have at sea level, the main challenge was going to be successfully acclimatising.

This started immediately on arrival in Quito, which itself is at 2600m, with an energetic day of sunny sightseeing of beautiful streets and cathedrals – helping us recover from the long flight, and shake the legs out for the days and miles to come.

In the days that followed we travelled out into the highlands and trekked past waterfalls, through dense woodland, and across the paramo plains gradually approaching the first of our volcanic summits.

On our journey, our accommodation was unexpectedly comfortable – having been used to Himalayan huts, the guest houses on the Andean plains were very cosy – often with a wood stove in the bedroom, showers and proper toilets!

Food was generally plain, but wholesome ... every dinner started with potato soup then usually pork, trout or chicken with rice for main course. A great surprise was the range and quantity of amazing fresh fruit – most of which I have never seen before.



We would always have fresh blended juice at breakfast, and a gorgeous mixture as our dessert at dinner.

After a week, we had two long days summiting the volcanoes of Pasochoa (4,200m, 13,860 feet) and then Ruminahui (4,800m, 15,840ft). Both of these volcanoes are extinct, and not high enough for snow cover. Reaching the sharp crater edges and looking round and down was literally looking into another world. The steep crater walls form a physical boundary to the surrounding area – so the ecosystems that have evolved within these craters are unique.

During this time, we saw much of the flora and



fauna that Ecuador is known for – from the beautiful, delicate hummingbirds, to the regal condors soaring high above our heads.

We could tell from these ‘training’ ascents that our fitness was improving, but we could definitely feel the altitude – the need for increased effort and also minor headaches – all of this is to be expected, and was monitored carefully, as we moved onwards and upwards to our goal of Cotopaxi.

As well as fitness, preparation and practice are essential. So the next couple of days were spent at altitude, resting and preparing our mountaineering equipment, then ascending up to, and beyond the Cotopaxi refuge, to refresh our glacier skills, and continue with the acclimatisation, then staying overnight in the refuge at approx 4,800 metres before the ascent attempt.

As one of the team said – we were only going to climb the height of Ben Nevis, but starting from the top of Mont Blanc.

Finally, the big day. In fact we all got up at just past midnight, and forced some food down, although there was very little appetite due to apprehension and also it being the middle of the night. So we stepped out just past lam. The first hour and a half was scrambling up scree – a breathless struggle, as it seemed that for every step up your foot slid half a step back.

At this time you get lost in your own world, as it’s still dark, apart from the pool of light just in front from our head torches. The mind is always on keeping a sustainable pace, how warm, or cold you are feeling, the need to eat and drink ... and will I have enough energy to get me to the top?

Then on to the glacier – crampons on, ice axe out, and rope up. It was now about 3am in the morning, and we could feel a drop in temperature as we got on to the ice.

How cold was it? Air temperature was about minus 10 Celsius, but exacerbated by a stiff breeze.

So we continued, steady plodding, and routine



stops to eat and drink. Finally, dawn broke – and what a reward – close by we could see the stunning ice formations and crevasses, and further afield we could see the other volcano summits poking through the white carpet of cloud ... and we could see the summit.

Finally the last push, and painfully this was the steepest part of the ascent – making progress frustratingly slow – one step up, four laboured breaths, another step up, another four laboured breaths – but at least it was sustainable.

Then at last ... the summit!! We were elated and it felt like the top of the world, so much to see miles around, including Quito in the distance, and then of course the reward of looking down into the steaming volcanic crater of Cotopaxi – a breathtaking experience and incredible privilege.

Siân Beaty

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