

Professional hairdressing in Seascale

Emma and her team welcome you to new image salon where we provide a professional service in a comfortable, friendly and relaxed atmosphere.



NOW OPEN for **Saturday** appointments

Monday Tuesday Wednesday Thursday Friday Saturday

- 8.30 5pm
- 8.30 6pm
- 9-2.30pm
- 8.30 6pm
- 8.30 6pm
- By appointment

Book your appointment today Call 019467 28496

5 South Parade, Seascale CA20 1PZ www.newimageseascale.co.uk





Editor: Eileen Eastwood 019467 28653 Production: Trevor Preece 019467 28449 trevor@trpub.net

Hello to all our readers.

I hope the good weather carries on and we can enjoy our lovely beach.

It is good to see the cricketers, the bowlers and all the young people taking advantage of our many good facilities.

Everyone had a big smile on their faces when they saw all the knitted articles on the beach area provided by the knitting club.

We are just £606 short of £4,000 for the fund raising towards a quad bike for David Morgan. Residents and groups in Seascale are stars and your appreciation for the work David does is obvious. Thanks to the Stompers, LLWR, Women's Outlook, Seascale WI, Dawn Dennet and individuals who raised and gave donations. We hope David finds a suitable vehicle.

The good weather has brought in lots of visitors and our shops and cafes have been busy. Thanks to all of you for making Seascale a worthwhile visit.

We are worried now that County has withdrawn subsidies on the bus service and we may lose the buses. We are lucky still to have trains, but the buses are a life-line for surrounding villages for access to doctors, chemists and post office, and for residents to get to Egremont and Whitehaven. It is a day out with their bus passes for some and they could become prisoners in their own homes without the buses.

We are pleased to welcome our neighbouring Drigg & Carleton Parish Council into association with this magazine.

Eileen Eastwood, Parish Councillor and Editor.

SEASCALE PARISH COUNCILLORS

Eileen Eastwood	28653
Brian Goulding	21641
David Halliday	28027
Ken Mawson	29786
David Moore	27674
David Ritson	21668
Chris Taylor	07788 248813
Phil Taylor	07789 905822
Andrew Williams	28203
Andrew Woolass	28218
Clerk	
lan Turner	01946 430887
Copeland District Councillors	
Eileen Eastwood	28653
David Moore	27674
County Councillor	
Norman Clarkson	01946 841126
Other Useful Numbers	
Cumbria Highways Hotline	0845 609 6609
Copeland Direct	0845 054 8600

DRIGG & CARLETON PARISH COUNCILLORS

John Jennings (Chair)	24321
Andy Pratt (Vice-Chair)	24097
Adrian Dalton	24394
Jimmy Naylor	27841
Keith Hitchen	24710
Rob Little	24376
Val de Gaspari	
Gary Creaser	
Clerk	
David Millington	24272
Finance Officer	
Alan Bell	
County Councillor	
Keith Hitchen	24710

RATTY SUMMER SEASON

The Ravenglass & Eskdale Railway has had more good news. After a successful Easter and the acquisition of a fourth steam locomotive, Hercules (on hire from the Romney, Hythe & Dymchurch Railway – Kent), the railway was also informed that it has been shortlisted for Cumbria Tourism's Large Visitor Attraction of the Year Award. The railway, which last entered in 2012 but didn't get shortlisted, is up against Tullie House Museum, Carlisle and The World of Beatrix Potter. All will have been revealed at the black tie awards dinner on the night of 17 June at the Castle Green Hotel, Kendal, so keep an eye on the Railway's social media to find out the result. The railway has also just been awarded the TripAdvisor Award for Excellence for 2014.

Looking forward, the staff and volunteers can't wait for the arrival of the main summer season bringing with it the railway's most intensive timetable (and hopefully some good weather!). The Yellow timetable sees 15 round trips a day completed at the railway and a new service not to be missed it the 17:50 from Ravenglass. This train departs Dalegarth at 18:40 and travels back through the valley as the sun begins to set and the golden light creates some stunning photographs.

On the events front the summer months see a reduction in special events but there will be two walks along Muncaster Fell from The Green Station back to Ravenglass and these will be led by LDNP Rangers. Booking in advance is essential and the dates for these are 28 July and 31 August. For more information please see the website or ring the Railway on 01229 717171.

CHRISTIAN AID WEEK MAY 2014

Many thanks to all who distributed envelopes and those who gave during Christian Aid Week in Seascale.

The village total, including Gift Aid, was £469.55. This is an increase of £102 compared with last year

and the best since we started the present scheme of asking people to bring envelopes to the various collection points.

The next edition of this magazine is scheduled to be published on the last weekend in October. We are always on the lookout for stories and event dates. The closing date for contributions will be Saturday 27 September.

Sunday Rail Services

Cumbria County Council and The Community Rail Partnership have applied to the DfT Local Sustainable Transport Fund to finance a trial summer Sunday service south of Whitehaven. This has been supported by CRUG and numerous individuals. The result should be known in July, but as Andrew Harper of CCC who is coordinating the bid says: "The Local Sustainable Transport Fund bid was submitted to the DfT before the deadline and is now being assessed. It is a highly competitive process and the fund is always over-subscribed so we will have to wait and see whether we are successful.

I understand that government will announce the successful bids in July, at which point we will be ready to develop the scheme ready for Summer 2015 operation. If we are successful it would give us funding for a 6-month pilot Sunday service. In the meantime we continue to actively engage with the refranchising process with the goal of securing permanent Sunday services along with other weekday timetable improvements. We have been lobbying DfT in recent weeks, providing evidence of need and business case information and will continue to do so."

Keith Bradshaw

Celtic Tales around a Celtic Cross

On Friday 25 July at 6pm Gary Cordingley will return to Irton to entertain us with Celtic tales. Many people will remember an enthralling evening listening to Halloween tales at Santon Bridge on his last visit. Gary is a story teller from Newcastle on Tyne, through Celtic tales he will help to recreate the times of our ancestors who erected the Irton Cross in the 9th century.

Tickets will be £5 adults, £2.50 children, under fives free. We hope to sit round the cross in the sunshine and enjoy a picnic of Cumberland sausage buns, homemade cakes and drinks, which can be purchased on the evening. If our prayers for sunshine are not answered the event will take place in the church.

All proceeds of the evening will go towards the upkeep of the church.

Contact Louise Stewart 019467 24652



National Trust Initiative

Is Wasdale special to you or would you like to get to know this valley and its people better? Please volunteer with the National Trust this summer!

We're in the process of developing long-term plans to improve visitor facilities and the visitor experience in Wasdale, taking into account what visitors want and need as well as what works for the community and the spectacular landscape and environment. As part of our work this summer we want to gather more information from our visitors to better understand their experience, their needs and aspirations and traffic and visitor movements so we can plan for the future. With over 200,000 visitors a year, and over 30,000 estimated to be climbing Scafell in the middle of the night as part of three peaks challenge events, we get a huge range of people coming to the valley for lots of different reasons. And the more hands on deck the better!

We want to engage with and inform visitors and gather data through our tablet computer based visitor survey, as well as collecting data from vehicle and people counters in the valley.

We're offering an opportunity to get involved in this interesting work, as well as learn more about all the work the National Trust does in this amazing location, and what better place to volunteer?

If you'd like to learn more or you'd be keen to volunteer with the National Trust in another role,

please get in touch with Sarah on 019467 26416 or sarah.medcalf@nationaltrust.org.uk. We look forward to hearing from you!

Plastic Bottle Tops

I'd like to thank all those people who have brought bottle tops for recycling to the bin by the Methodist Church Hall. Unfortunately, I'm sorry to have to tell you that I can no longer accept the tops because the firm in Distington where we have been taking them is unable to pass them on. They had taken them to a company in Leicestershire where they were made into fleece material but they do not want them any more.

I'm really disappointed but would like to tell you that we have recycled somewhere in the region of 300,000 tops, about two thirds of a ton, which is exceedingly good when you think they would have just gone to landfill. If you think this doesn't sound a lot I can tell you that it's a huge amount.

When we first started collecting it was because the Council had said we had to remove the tops before recycling the bottles. Now, however it is my understanding that you can drop them in the plastics container in the car park with your bottles. Please continue to rinse them and only recycle those with the recycling triangle. Judy Hall

Doorstep collections for the Great North Air Ambulance (GNAA)

The Great North Air Ambulance is one of Seascale's favourite charities. There are collections made informally at many of the events in the village and as we all know Beach Stores donates every 5p paid by customers for a carrier bag.

We regularly receive through our letter-boxes their donation bags for clothing and household textiles; these are clearly marked with the date and time when they will be picked up. When they are collected the driver leaves a thank-you note.

Recently it's become apparent that scammers, probably an organised gang, are operating in our area, noting the starting times of GNAA collections and coming a little earlier to steal our bags of carefully selected items. If your bag disappears and you don't find a genuine GNAA thank-you note through your letter box you will know that the scammers have been at work.

They use unmarked small white vans, work very fast and possibly offload into a larger white van from time to time. If you see them do NOT try to tackle the scammers. Please phone the police on 101. They are aware of this crime and are taking action, but the more evidence they have and the more of the criminals they can intercept the better. If you are able to record the registration numbers of any of the vans that would be helpful but do NOT put yourself at risk.



Collection bag for Great North Air Ambulance Registered Charity No. 1092204 http://www.greatnorthairambulance.co.uk/

West Air Ambulance charity. There has been some criticism locally of their allegedly trespassing on another air ambulance's territory. Anyone is free to donate to any charity of their choice of course – and, after all, who knows whether you might need the North West Air Ambulance if you get caught up in an accident in their part of the country – but it's useful to be aware which charities are which.

Helen Pateman



We also receive donation bags from the North

Collection bag for North West Air Ambulance Registered Charity No. 1075641 https://nwaa.net/

Superfast Broadband is on the Horizon

According to Sam Knows website

(http://www.samknows.com/broadband/exchange /LCSEA), Seascale is listed to be getting FTTC during 2014. Gosforth is next year. But Holmrook/Drigg is not yet on the list.

Checking out BT's Openreach website http://www.superfast-openreach.co.uk/where-andwhen/ Seascale and Gosforth are tagged as "Future Exchanges", whereas Holmrook is tagged as "Under Evaluation".

So there is hope, but BT are keeping dates close to their chest. It could all be delayed.

What is more certain is that we will get the universal service commitment of 2Mbps at the end of the current Connecting Cumbria Broadband Project. The current project ends in December 2015 and then BT will do work to ensure that the 2Mbps will be available to every Cumbrian property.

The BT programme for the installation of the fibre optic cable infrastructure which will enable a Superfast Broadband service in Cumbria is about 50% complete. The publicly funded Connecting Cumbria Project is about one third complete and is on time.

Seascale Parish households are due to get a 90% coverage of Superfast Broadband at 24Mbps or more and the remaining 10% will get a service of between

24 and 2Mbps depending on the distance of the property from the exchange or roadside cabinet.

Gosforth Parish households are scheduled to get an 85% coverage of Superfast broadband at 24Mbps or more and the remaining 15% will get a lesser service between 24Mbps and 2Mbps.

The work to enable these exchanges is well advanced but no service dates are being announced yet. We will get any news to you as soon as it is available.

The advantages of the higher speeds of broadband will be immediately apparent. All the web programmes will be loaded faster and service will be stable. High definition (HD) films, i-player TV programmes, videos, educational tutorials will all be downloaded with ease. But to access the service you have to upgrade your package with your internet provider.

The upgrade in infrastructure will also have an impact on mobile phones as fibre optic connections are necessary for 4G data transmissions. That is a wish list for the future.

One last thought is that the greater the take-up of the new Superfast Broadband service the more BT will have to refund to Connecting Cumbria, making the public funding go further.

STAGECOACH SERVICE 6's FUTURE.

Is the Stagecoach number 6 service going to continue? Despite announcements from the county council that bus subsidies are to be withdrawn, no end date has been given for stopping the subsidy for this service. This is one of the highest subsidised services in the county and does often appear to the casual observer as operating with very few passengers. There is, however, a task group consisting of councillors, council officers and users looking at the various options that can be put in place in the event that the subsidy for this service is withdrawn.

Mrs Christina Cornall, a member of this group, last month carried out a survey with the cooperation of actual passengers into the reasons for their journeys. It may surprise many to find out that 52% of the trips were associated with hospital visits and reports from bus riders regularly tell of the bus filling up quickly after Egremont and becoming standing room only. 42 different passengers took part in the survey over a period of 10 days, and for them the main purpose of their journeys was 35 were going shopping, 22 on hospital visits, 16 visiting the dentist, 15 on social calls, 13 going to the doctor, 3 going to or from work, 3 associated with leisure and 1 was linked to education. Only passengers boarding or leaving the bus south of Egremont were surveyed.

What does this group hope to achieve? Firstly the survey has clearly shown there is a need for "Access to vital services", particularly for those who have no alternative to the bus service. The councillors on the group are seeking to see if there is merit in using this fact as a way forward. Another line of investigation being undertaken is to approach bus companies to establish what level of service can be undertaken in the event the subsidy is withdrawn.

Elsewhere in the county some success is happening with the introduction of non-subsidised services.

Contacts for the group are Eileen Eastwood of Seascale and Christina Cornall of Gosforth.

EVENTS CALENDAR

in and around Seascale, Drigg and Gosforth

- 14 July Monday. "Andalucia Away from the Costas" by Robert Steele. Seascale WI. 7pm, Seascale Methodist Hall.
- 18 July Friday. Picnic Cinema "The Shining". Muncaster Castle. Ring 01229 717614 to book.
- 19 July Saturday and Sunday. "Disco Inferno" 70s and 80s Karaoke Disco. 8pm. Calder House Hotel, Seascale. Free admission.
- 19 July Saturday. Picnic Cinema "Grease". Muncaster Castle. Ring 01229 717614 to book.
- 23 July Wednesday. Wildlife Trust visit to the CWT Eskmeals Nature Reserve. Meet 6.30pm at the viaduct.
- 25 July Friday. Celtic tales by Gary Cordingly with picnic. Irton Church. £5 adults £2.50 children. Louise Stewart: 019467 24652
- 25-27 July Friday to Sunday. Maryport Blues Festival. Details www.maryportblues.co.uk
- 31 July Thursday. Steam to the Hills. Guided walk with National Park Ranger. Meet at Ravenglass. Steam train to The Green. Walk back to sea over Muncaster Fell. Details 0229 717171. http://ravenglass-railway.co.uk/
- 3 August Sunday. World War I Centenary poppy afternoon tea, 2-4pm in Methodist Church Hall.
- 8 August Friday. World of Wine tasting at Calder House Hotel. £10 per person. 019467 28538.
- 9 August Saturday. Seascale Horticultural Show at Windscale Club.
- 9 August Saturday. John Denver tribute by Chris Bannister. Seascale Golf Club. 7.30pm. £8. Tickets from bar or Sarah: 07973 802637.
- 9-10 August Saturday and Sunday. Open Air Theatre Weekend, Muncaster Castle. Chapter House Theatre Company productions: Saturday "Wuthering Heights", 6.30pm. Sunday Jungle Book, 5pm. Details at www.muncaster.co.uk
- 23-24 August Saturday and Sunday. Gosforth Hall Beerfest.
- 25 August Monday. Black Combe Country Fair. Bootle. 12 noon start.
- 28 August Thursday. Steam to the Hills. Guided walk with National Park Ranger. Meet at Ravenglass. Steam train to The Green. Walk back to sea over Muncaster Fell. Details 0229 717171. http://ravenglass-railway.co.uk/
- 2 September Tuesday. Photography day on the Ratty. Half day guided tour and unlimited travel. £40 adult. Details 0229 717171. http://ravenglass-railway.co.uk/
- 8 September Monday. "Aspire" by David Kerry. Seascale WI. 7pm, Seascale Methodist Hall.
- 7 September Sunday. Ratty Ramble. Guided walk with National Park Rangers. Meet at Ravenglass. Steam train to Dalegarth. 5-mile walk in Eskdale valley. Details 0229 717171. http://ravenglass-railway.co.uk/
- 12 September Friday. Ratty Fish Supper. Train from Ravenglass to Dalegarth 6pm. £10. Details call 019467 23192.

- 13-28 September Fridays to Sundays only. Art exhibition, 11am to 5pm, Santon Bridge Village Hall.
- 20 September Saturday. Egremont Crab Fair.
- 27 September Saturday. Eskdale Show, near King George IV Inn.
- 1-31 October. Exhibition of Pauline Sanders' paintings in Woolpack, Boot, Eskdale.
- 4-5 October Saturday and Sunday. Postman Pat at Ratty. Details 0229 717171. http://ravenglass-railway.co.uk/
- 10 October Friday. Ratty Fish Supper. Train from Ravenglass to Dalegarth 6pm. £10. Details call 019467 23192.
- 11 October Saturday. Wasdale Head Shepherds Meet and Show.
- 13 October Monday. Seascale WI AGM. 7pm Seascale Methodist Hall.
- 26-29 October Sunday to Wednesday. Halloween Week at Muncaster Castle. Details at www.muncaster.co.uk
- 30-31 October Thursday and Friday. Ratty Ghost Train. £15 adult and £7.50 child all day ticket. Details 0229 717171. http://ravenglass-railway.co.uk/
- 1-2 November Saturday and Sunday. Autumn Gift Fair at Ratty.
- 7 November Friday. Arts Out West children's show "The Elves and the Shoemaker". 6pm, Drigg Village Hall.
- 8-9 November Saturday and Sunday. World War I Centenary Remembrance Event including unveiling of a model of Seascale in 1914. Methodist Church Hall.
- 8 November Saturday. Cumbrian Railways Association autumn meeting at Burneside Hotel, Windermere. Speaker lan Frobisher, Area Director of Network Rail. Details 019467 28296.
- 9 November Sunday. Cumbrian Railways Association field trip. Details 019467 28296.
- 6-7 December Saturday and Sunday. Taste Cumbria Christmas Fayre, Muncaster Castle.
- 18 December Thursday. Arts Out West "It's a Wonderful Life" (stage play of the film). 7.30pm, Drigg Village Hall.

REGULAR EVENTS

- Children's Club. Meets every Wednesday during term-time for children in the infant classes, from 5pm to 6pm, at Seascale Methodist Church Hall. Contact Jackie on 29785 or Allison on 21935.
- Gardening Club. Holmrook Reading Room. Contact John Dutton on 24317 for details or to join.
- Fishing Club. Holmrook Reading Room. Contact Syd Roberts on 28655 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.

E-mail to: trevor@trpub.net or phone 019467 28449 for inclusion in the next magazine

Gosforth and District Art Society. Every Monday but with breaks for Easter, summer and Christmas. 6.45-9pm, Gosforth Village School. Also Thursday mornings 10am to 12am in Seascale Methodist School Room. Contact Jakki Barratt: jakki@karletta.co.uk.

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

Jam Side Up Jazz Jam Session. Third Friday every month. Calder House Hotel, Seascale. From 8.15pm. www.jamsideup.net or 01967 28619 for more details. Admission free.

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

Messy Church. Run jointly between St Cuthbert's and Seascale Methodist Church and meets on the second Saturday of each month in school term in St Cuthbert's Church Hall at 11am to about 1pm.

Music Jazz Club. Thursdays. Holmrook Reading Room, 7.30pm. Own instrument needed. Contact Peter Smith on 01946 822489.

Music Jam. Jam at the newly refurbished Wheatsheaf in Egremont. Come along and join in the fun if you can, between 7pm Tuesdays and let's say ... late. Ask for me when you arrive, if you want to play. Bring your gear. Val. 07974 418325.

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

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

Open Mind West Lakes U3A General Meeting. Third Thursday every month 10.15am for 10.45am in Gosforth Public Hall. Membership is £5 per year which covers membership for all the groups. In addition there is a small admission charge for each U3A meeting. Contact: Graham Brassington 25794.

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

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

Open Mind West Lakes U3A Singing for Fun Group. First Thursday every month 2.30pm to 4pm in the Methodist Church Hall, Seascale. Contacts: Gavin Walker 26474 or Xandra Brassington 25794.

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

Open Mind West Lakes U3A Mah Jong Group. (House Group Gosforth) Second and fourth Mondays every month from 2pm to 5pm. Contact Xandra Brassington 25794.

Open Mind West Lakes U3A Reading Group. (House Group Gosforth) Fourth Thursday every month between 10.45am and 12.00noon in a private house. Contact: Jean Taylor 28713. Open Mind West Lakes U3A Discussion Group. Third Tuesday every month between 10am and 12noon in a private house. Contact: Graham Brassington 25794.

Open Mind West Lakes U3A Photography Group. Second Tuesday every month in the Beckermet Reading Room at 10.15am for 10.30am. Contact: Tony Bagnall 25595.

Open Mind West Lakes U3A Walking Group. Third Friday each month. Easy walks are regularly arranged usually starting at 10.00am and last about 2 hours. Joan McIntosh 25459.

Over '60s Lunches. Strands, Nether Wasdale. Monday to Thursday, noon to 2.30pm. One course £5, 2 courses £7, 3 courses £9. 019467 26237.

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

Play Club. Holmrook Reading Room Play Park Contact Caroline Marsden to let your children use it.

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 if interested.

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

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.

Tuesday Chat. First Tuesday every month. Drigg & Carleton Village Hall.

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

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

WI, Seascale. Seascale Methodist School Room. 7pm each month except January, February and December at 2pm.

Wild Flower Meadow. Holmrook Reading Room. Phone 24105 to be involved. Supervised children welcome.

2nd Seascale Methodist Brownies

Well I can start by saying HAPPY BIRTHDAY TO BROWNIES, as you're possibly aware by now brownies are celebrating being 100 years old this year.

To mark this event our brownies took part in a gathering at Muncaster Castle on Saturday 17 May. Brownies from all over Cumbria North and South came together to celebrate and it was a very grand day out indeed. There was a climbing wall, zorbing balls, singing and dancing, lots and lots of crafts, a castle tour and ice cream eating. North and South do not often come together so it was a real eye opener for the girls to meet other brownies across Cumbria. I think it was a bit of a shock to see approximately 1,500 brownies all wearing the same uniform. It was a bit confusing for the leaders too with all the girls wearing the same. it was a relief when we brought all the right girls back! The photos below show some of the things we got up to.

We are currently working on a couple of badges, one of them being the Big brownie Birthday badge. For this we have had to do a number of challenges including holding a meeting in the dark to represent brownies during the war, plant a bulb to represent new life and growth and to hold a celebration to mark being 100 years old, which we are planning for the end of July. We are also working on the World Guiding Badge. This is about guiding all over the world. For it we have learnt a song in Danish and looked at Brownies from different countries,



including the uniform. We have also learnt that even though Guiding means the same thing around the world, not all are called 'Brownies'.

We are hoping to hold a sleepover at the end of term; this will be our own special event to commemorate being 100 years old.

At the moment we have a lot of Brownies which is always a good sign in guiding. We have had a fantastic year so far at Brownies and none of this would have been possible without all the hard work that the leaders put in so thank-you ladies: Lynn, Jennifer, Maggie, Joan and Simmy!

We will be back in September.

Sarah Huddleston



01946 725322 | Gosforth, Cumbria, CA20 1AZ | www.gosforthhall.co.uk

Gosforth Hall's first REAL ALE FESTIVAL Sat 23rd & Sun 24th of August



ALES FROM NORTHERN ENGLAND

LIVE ANUSIC ALL WEEKEND

FOOD ALL DAY

VINTAGE CARS

GUAGANDE

FANCY A FREE PINT?

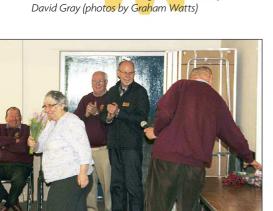
Pick up a free copy of The Whitehaven Guide, The Workington Guide or the Carlisle Guide and cut out the voucher for a FREE PINT at the Gosforth Hall Real Ale Festival VALID WHEN ORDERED WITH FOOD ON SAT 23rd & SUN 24TH OF AUGUST LIMITED TO ONE PER CUSTOMER

Designed by TheGuideMags.com

West Lakeland Pensioner's Party

There was a record turnout for this year's West Lakeland Rotary Club's annual pensioners' party. It was held in the Calderbridge Village Hall on Saturday 29 March. Over 100 attended – groups from St Bees, Thornhill, Beckermet, Haile and Calderbridge were there along with the "Tea and Chat" from Gosforth and the "Evergreens" from Seascale.

After afternoon tea organised by Jen Boorman, helped by members of the inner wheel, Roger Lomas led off the entertainment on guitar singing a number of folk songs. Several entertainers organised by Marie Parry followed, throwing in from time to time a number of sing-alongs. The afternoon concluded with an outstanding performance by Walter Wright who has entertained throughout the county. David Gray (photos by Graham Watts)













BUSY AT WORK? WANT TO SPEND THE WEEKEND RELAXING, NOT GARDENING?

LET US TAKE CARE OF YOUR GARDEN MAINTENANCE SO ALL YOU NEED TO DO IS LIGHT THE BARBECUE, SIT BACK AND ENJOY

SPORTS FAN? WHY NOT LET YOUR LOCAL CLUB KNOW WE CAN HELP? WE CAN OFFER A FULL SPORTS TURF MAINTENANCE PACKAGE

18 Whitecroft ~ Gosforth CA20 1AY chris.steele@perfectly-planted.co.uk www.perfectly-planted.co.uk

019467 25473 OR 07925 302972

Seaview Nurseries Nethertown Egremont Cumbria CA22 2UQ

01946 820412 (calls 8am-5pm only)



www.keithsingletonhorticulture.com

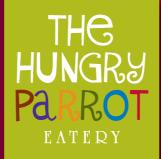
www.cumbriagardensandpetsdirect.co.uk



Good Companions Restaurant 01946 823324 Open Daily 09.30-16.30 and Friday/Saturday 16.30-late www.goodcompanionsrestaurant.co.uk



Breakfasts Light Refreshments Lunches



Fresh Cakes and Desserts



DELICIOUS LUNCHTIME SPECIALS



OPEN DAILY FROM **10**AM



Daily Newspapers Available to Read and Relax with



FREE WIFI AVAILABLE



The Village Store at Gosforth (The Lakeland Habit), Main Street, Gosforth, Cumbria CA20 1AS Tel: 019467 25232

A BIT OF A YARN!

Well, perhaps our secret is out, and what a secret it was to keep!!! Not just knitting club members but family and friends contributed too – one starfish came up from London to be part of the surprise. Just over 300 knitted or crocheted items, including the bunting, were created over a threemonth period. It was wonderful to see the looks on folk faces when they came across the sea front May bank holiday adornments, which made it well worth all the effort! There were moments of panic (mostly from me). Would we have enough, would we have too much, would people like it, would they spread the word? However, it has been received with pleasure and that was our only intention. Thank you for all the smiles!

The display will say up as long as it doesn't suffer too much from the weather and it is hoped that extra knitted and crochet treats will continue to appear... Who knows what next year will bring?

It was with some trepidation that I decided to set up a knitting club in Seascale last October. I was suffering from empty nest syndrome and decided to give it a go. Well, the response has been overwhelming and the group now has over 30 members. All are welcome and we have new starters as well as also more experienced knitters. Those who crochet are also most welcome, in fact, if it is yarn, then just come along...



There is no pressure to perform and we all learn from each other. Some folk knit for pleasure, some for family and some for charity and recently we provided three lovely items for the 'Dai Morgan' fund raising raffle. The 'knitty noodles' (as I refer to them) all knitted 4-inch squares in the colour and design of their choice and collectively we made two lovely blankets. Another member created an exquisite baby shawl for the same event. Happily, all three items were chosen by local folk who truly wanted them, how nice is that?!

There are members from Drigg, Gosforth, Bootle Eskdale, Whitehaven and beyond. All are welcome!!

We meet in the Windscale Club in Seascale every fortnight from 6.30 to 8.00pm but often stay a little later when we are chatting (we haven't been chucked out yet!). In July we meet on the 9th, 23rd and then



the 6th of August and fortnightly thereafter.

There is a £1 charge for the evening, this pays for the room hire and surplus funds will be donated to charity on our anniversary.

So, as we 'knitty noodles 'say, Keeeeeeep knitting!

Penelope Cater



Eileen Eastwood – our Lady Mayor – tucks in!





SFASCALE COLF CLUB

111

2 許護是

f early plans for Seascale had come to fruition with an extensive promenade, villas, hotels and guest houses most of the way to Sellafield, then Seascale Golf Club might have developed elsewhere - perhaps even at Sellafield or Drigg. Thankfully, on the crest of the spread of the 'Scottish game' into late Victorian Britain, the members were able to establish their course as one of the earliest in Cumbria on what is now a superb piece of traditional rolling links. Essentially the initiative of local residents in 1893, its success in attracting visitor revenue quickly resulted in the provision of a substantial three-story clubhouse on its present location. The first nine holes were laid out by Willie Campbell of Bridge of Wier, and in 1899 the course was extended to 18 holes by George Lowe of Lytham St Annes Golf Club.

In the years up to the First World War the Club went from strength to strength attracting many exhibition matches including that between Sandy Herd of Huddersfield and the legendary Harry Vardon, the Open Champion for 1902. The Club was lucky to have as its Professional – Greenkeeper – Club-maker – Mr C.C. Anderson who served the Club dutifully for 42 years starting at a wage of £1 per week. The first Steward of the Club might be considered to be a Mrs Skinner who was engaged to provide teas from the ladies room of the early hutstyle clubhouse, but it wasn't long before better facilities were required. The new clubhouse was completed and opened by Lord Muncaster in January 1907 with a luncheon for 74 members and friends. Members joining fee was 3 guineas and the annual subscription £1 11/6 in 1908, and typical bar prices for members and visitors were:

The Clubhouse in 1908

Whisky	per glass	4d (Today worth £4 – but how big was a glass?)
Lager	per bottle	3d
Stout	per bottle	3d
Stone Ginger	per bottle	2d
Shwepps(spirit)	per bottle	2d
J & B Soda		3d
J & B Dry Ginger		3d
Cider		3d

Post-First World War was a period of establishment of the playing reputation of the Club, winning the County Championships at home in 1920 and again in 1931 at Workington with players like Stout, Armstrong, Melrose and Walker. Bill Stout was perhaps the finest player to come out of the Club winning the English Championships in 1930 and going on to gain Walker Cup honours in 1930 and 1932. However, the inter-war years were testing to say the least on Club finances and with the Second World War things got even worse with staff shortages, drastic cuts in membership and visitors meaning that maintenance suffered to such an extent that the course was reduced to 14 holes. Matters indoors were just as bad as the dining room closed and whisky sales were reduced to a bottle and a half per week through rationing – and there was a ban on 'treating' at the bar.

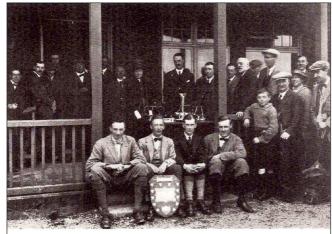
The austerity period up to the late 1950s saw the Club trying to drag itself back into a solvent position and by 1957 a motion to increase membership fees by 40%, making men's



Clubhouse in 1913 with cars outside.

subscriptions £10 10/- and ladies' £7 7/- seemed to push things back on track. A major step forward was taken in the early 1960s as the Club went on to purchase the land that had up until that point been rented under lease. A much needed extension to the Clubhouse was required to accommodate the needs of the growing membership and this was completed by mid-1967 with 'basket suppers' supplied on the opening night. The quality of golf was improving steadily and names like French, Gulliksen, Richardson, Stavert, Hartley, Long, Walls, Clucas and Rushton became regulars on the County circuit. By 1976 a new team had taken over with Dave and Sandra Tomkinson as steward and stewardess, Tony Bacon as professional and Ron Brown as greenkeeper.

The periods of high inflation in the 70s and 80s nevertheless meant the Club had to run fast to try to keep its head above water. But the efforts of the likes of Jim Woods, Don Blythe, Harry Graham and others meant that the Club with a supportive membership could enter its second century acquiring more land to be used as a driving range and provide the necessary room for expansion. The Club could also contemplate and complete in the mid-90s a much needed refurbishment of the Clubhouse providing improved locker rooms, bar, lounge, dining room and catering facilities. Talent still oozed out with Glen Shuttleworth and Simon Young foremost in the new



1920 THE COUNTY CHAMPIONS

The victorious team messrs STOUT, ARMSTRONG, MELROSE and WALKER are sitting in the front row with the trophy. Also in the picture - Mrs. Stout, the lady wearing the hat at the rear, the man with the beard is Mr. Coward the secretary. The boy is Lonsdale Hartley (brother of Selwyn) and the lady Mrs Hartley. but now recumbent talent might we expect some of our low handicappers to emulate their achievements sometime soon? With the new millennium the popularity of the game saw a new course at Whitehaven, a maior attraction on the doorstep for many Seascale members, leading to a drift of membership - and as with every club nationally the economic climate post-2007 posed severe financial problems. However, the Seascale Club has ridden these stormy seas and finds itself in much calmer waters, with its superior course, excellent facilities and buoyant visitor numbers.

Up to the 1980s the Club still reflected the good old colonialstyle appearance with plenty of



An early exhibition match H. Vardon putting on the 15th Green.

Wasdale Valley up to Scafell, surely gives it the most desirable view in Britain, perfect for any organisation wishing to book its conference facilities, or for anyone wishing to book that special christening, birthday, retirement or any other special event. Kirsty Johnson the House Manger and Richard Minniken Head Chef are cooking up quite a recipe to entice people into the Clubhouse. Throughout July they are offering special Saturday meal deals - buy one get one half price. Watch out for more deals - and - look out as well for weekend entertainment at the Club.

rules to keep members, visitors – and ladies in check. The Club was, like most golf clubs, rather slow to give ladies their rights, keeping them out of the gentlemen's bar, accessed only by a hole in the wall. A bit unfair on what was often 40% of its membership. As it reached its centenary in 1993 there were moves to a more accommodating environment, made more immediate by the grants from the Sports Council etc towards the refurbishment of the Club, which required the encouragement of equal opportunities for all. More recently in 2011, the Seascale Club cast off what was to some the stuffy image and threw its doors open to the wider public. Not a lot of people know that!

The Club is now on a journey to make its facilities available to the wider community. Its situation, with that magical vista over the









A Warm Welcome for Members, Visitors and Societies

Between Sea and Stunning Fells, Seascale's traditional rolling links maintained to the highest standards, offers golfers of all levels of ability the ideal place to test their skills – a true test for the discerning golfer. A course that is open and available all year round. Come and enjoy the setting – Come and enjoy our hospitality – Come and enjoy our fantastic prices.



BAR AND CATERING

Fantastic new eating venue. Fully refurbished bar and lounge area (families welcome). New Chef with an exciting menu range (takeaways available). Popular Steak Night every Thursday 6.00 to 9.00pm (book early to avoid disappointment). All food locally sourced to ensure best quality for you. Coming soon – outside dining area. Entertainment nights – Race Night, Casino Night, Tribute Acts, Cabaret etc. Excellent value, keenly-priced food and drink in a relaxing atmosphere.

FUNCTIONS

 $Christenings \cdot Birthdays \cdot Retirements \cdot Weddings \\ Whatever your event we can make it a perfect day.$

CONFERENCE VENUE

Seating for up to 24. Lunches and refreshments throughout the day. Wifi. Projector & screen. Flip charts. Team building exercises catered for. Privacy and service. Unbeatable rates. Look on our website for more information under Memberships/Newsletters for any other topical info £25 Junior Under 18 Rate – Unbeatable Value. £299 £209 Special New Members' Rate from June Get into Golf Today. GREENFEES SUMMER Weekday Golf £35 per round (Sat/sun/BH £40) Late Start golf from £17.50. Four Ball Specials Weekday £112 (Sat/sun/BH £128) Society Parties 20+ from £26pp. Catering and buggies available Excellent Driving Range Good Par 3 Short Course



<mark>el:</mark> 019467 28202

Email: seascalegolfclub@gmail.com Visit our website: www.seascalegolfclub.co.uk

Scouting at Ennerdale

On the first May Bank Holiday, 2nd Seascale Scout Group joined Western Lakes Explorers, Scouts, Cubs, Beavers and their Leaders for District Camp 2014 at Ennerdale Scout Campsite.

Axe-throwing

Activities were varied, and adventure, fun and mud were in abundance. All ages were able to experience adventurous activities including axe throwing, rafting, low ropes course, archery, water rockets, backwoods cooking and climbing. These activities, along with camping under canvas, ensured that many Beavers (6-8 years), Cubs (8-10½) and Scouts (10½-14½) gained or completed areas for many badges including Nights Away, Camp Craft and Outdoor Challenge.

Community Grant

Before the District Camp 2nd Seascale were delighted to receive funds from the Community Grant which paid for our much needed large mess/dining tent. Beckermet Scouts and Cubs joined

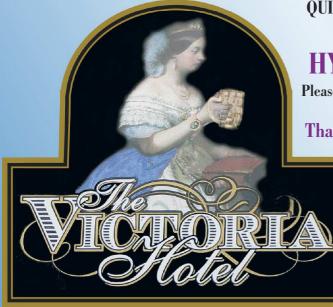




Gordon, Belinda and Staff will welcome you to 'The Vic'

Home Cooked Food Excellent cooks, namely our Clare and Lindsey A choice of Sunday Roasts available from £4.95 Selection of Real Ales lovingly kept by our award-winning cellarman Open Fire Friendly Staff

Takeaway Fish & Chips £4.95 available Lunch Times and from 5pm Monday – Saturday Please note we are now catering Tuesday lunchtime 12 noon to 2pm



QUIZ EVERY OTHER FRIDAY 5 STAR FOOD HYGIENE RATING

Please check opening times and on our website, or email us Thank you for your support

> Station Road Drigg Holmrook Cumbria CA19 1XQ

019467 24231

www.thevicatdrigg.co.uk enquiries@thevicatdrigg.co.uk

us whilst at camp to christen our rather white mess/dining tent. It will, however, never be as white again... it got mud on it!

2nd Seascale Leaders, Scouts, Cubs and Beavers had a wonderful time at camp and would like to thank District Commissioner Kim Waugh and the team of Leaders from Western Lakes for their hard work in providing us with great activities, which made another great camp to add to our list of great adventures. We also thank the parents who helped us transport equipment, put up tents, prepare lunches, cook dinners and ensuring that the 20 Scouts, 9 Cubs and 16 Beavers had fun at District Camp.

Tree felling

Fortunately we didn't have to wait long before our next camp, for at the end of May we returned to Ennerdale for a Service Camp. Unlike the previous camp this one involved some hard work, as the Cubs and Scouts mucked-in (or mucked-out!) helping the site warden with various jobs. These ranged from tree-felling to ditch-digging and waterproofing tents.

We took advantage of the school holidays and good weather by arriving early to do the circuit round Ennerdale Water. Although there aren't many opportunities to get lost on this walk, it gave the opportunity to practise compass skills, taking bearings on nearby hills and identifying map features.

More mud

The walk was just a warm-up to the main event and the Cubs and Scouts literally got stuck-in when it came to digging drainage ditches around the site. Tons of silt and debris were dug-up and wheelbarrowed away, and there was real pride on display when finally water could flow down these ditches.

The Campsite Service activity is another important part of the Outdoor Challenge badge, which allows scouts to "give back" a little to their local scout campsite. The participants also learned how satisfying, and how much fun, a hard-day's graft can be.

Join the Adventure

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

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









Makers of Quality Furniture & Architectural Joinery

Lonning End, Ponsonby, Calderbridge, Seascale, Cumbria CA20 1BU



Tel: 019467 25238 Fax: 019467 25238 E-mail: mamounsey@aol.com Website: www.ponsonbyfurniture.co.uk







Luxury treats for you! In the Santon Bridge

Gift Shop

Beautiful gifts for others....



Unique Gifts for all occasions : Baby/Christening/Anniversary/Birthday/General Gifts/Cards

Have you been down to the Woodlands today? You're sure of a lovely surprise! The Woodlands Cafe/Bistro

All our food is freshly prepared using local produce for a home-cooked taste - serving breakfasts, lunches, afternoon teas & delicious cakes



forles

"WOODLANDS ON WHEELS" Outside Catering and Takeaway Food available Open every day 9.30am to 5pm



CONTACT: 019467 26281/26260 email: nancyhogge@aol.com / www.santonbridge.co.uk

GIRCLE DANCING IN SEASCALE AND GLASGOW

n most Tuesday mornings an enthusiastic group of dancers gather at St Cuthbert's church hall for a Circle Dance session. An equally enthusiastic group meet in Egremont on a Monday afternoon. But on 4 June the dancers gathered at the Kelvingrove Art Gallery and Museum in Glasgow for a very special occasion. A group based in Glasgow decided to put on a dance event to celebrate the cultural Commonwealth Games, and received lottery funding to support this, along with outreach work within Glasgow. They organised the dance to be held in the Kelvingrove Museum – a public place, so that the public could be involved. They planned a series of dances to music representative of many Commonwealth countries, and invited dance groups from other areas of Scotland plus Cumbria and North-East England to join in. The Seascale and Egremont groups joined together, booked a coach from Sims, learned the dances, and off we went.

After an early start and a couple of refreshment breaks, we arrived at the Kelvingrove in time for a look around before the dancing began. It is a very imposing Victorian building with many galleries rising from the entrance hall. We danced in this marblefloored open space, and onlookers were able to watch from the galleries if they wished. The acoustics were challenging, but the band was amplified and the dance leaders wore head-mikes to get their instructions across. We gathered for the start at 2pm. One large circle, another inside it, and another, and more. As we began, we had six concentric circles – over 200 people had come to join the day. It is not so easy to marshall that many folk into a dancing order, but with a few hiccups and a lot of goodwill, we danced for two hours. Because this was planned as a tribute for the Commonwealth Games, we did dances from each of the four home countries, and one each from Australia, Canada, Jamaica, Africa and India.

Looking round the circles and talking to people between dances, we found that people from across the Commonwealth had come to join us – perhaps out of curiosity in the first place, but staying to join in the feeling of all nations, colours, peoples being together. It's what the Games – and the dance – is about.

When all was over and we had collected our souvenir programmes, we made our way back to Cumbria. All agreed that it had been a great experience, and particularly good to share the dances with others and feel part of the larger community of dancers.

You may ask "but what is Circle Dancing?" Circle dancing is one of those 'best-kept secrets' that you have to try out and discover for yourself. It has its origins in folk dances from around the world which were gathered by a ballet master. It has developed with choreographed dances using a huge range of

Egremont Swimming Pool

Summer Holidays Timetable 2014



Monday

9.30 – 10.30	Aqua Tots
10.30 - 11.30	General Swimming
12.00 - 1.00	Adults Only & Baby
1.30 – 3.00	Fun Time
3.00 - 4.00	General Swimming
6.00 – 7.00	Seascale Club
7.00 - 8.00	Ladies Only
8.00 - 9.00	Adults Only

Tuesday

9.30 - 10.30
10.45 - 11.45
12.00 - 1.00
1.30 – 3.00
3.00 - 4.00

General Swimming Shallow Aqua-Fit Adults Only & Baby Fun Time General Swimming

01946 821038 www.egremontpool.co.uk Egremont Swimming Pool

Wednesday

9.30 - 11.00	General Swimming
11.00 - 12.00	60+ Only
12.00 - 1.00	Adults Only & Baby
1.30 – 3.00	Fun Time
6.30 – 7.30	General Swimming
7.30 - 8.30	Lane Swimming

Thursday

9.30 - 11.30
12.00 - 1.00
1.30 - 3.00
3.00 - 4.00
7.00 - 8.00

General Swimming Adults Only & Baby Fun Time General Swimming Ladies Only

Friday

 9.30 - 11.30
 General Swimming

 12.00 - 1.00
 Adults Only & Baby

 1.30 - 3.00
 Fun Time

 6.30 - 8.00
 General Swimming

Saturday

10.00 - 11.00 11.00 - 12.30

General Swimming Fun Time

Sunday 9.30 - 12.30

Family Time

world music, using many traditional folk dance steps. As the name suggests, we mostly dance in a circle, so a partner is not needed, and we usually hold hands. The music is very varied: for instance. we dance to Greek. Klezmer, Russian, Romanian tunes as well as some contemporary music, like Bob Marley, Neil Young, and occasionally classical pieces. The music might be fast or slow,



and can be energising or meditative.

It is a participatory not a performance dance style and not designed to be an exercise class, though it is clear that it does give gentle exercise while generating fun and relaxation. And it keeps the brain active as we have to concentrate on remembering is really a community dance style, and is accessible to all ages. We often use dances that mark the seasons of the year and celebrations, such as weddings. In past times this used to be common, but we are in danger of losing this in our modern world so Circle Dance is a way

the step sequences!

to dance locally are

surprising as it is a

daytime class - but it

retired – not

Those who come

of re-connecting to our common roots.

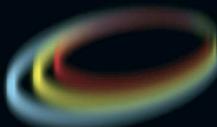
By now we have stopped for the summer break, but we are already looking forward to starting again in September. New dancers will be welcome. Please contact Gill Hazlehurst on 01946 825188 for more information.

IAN R CRIPPS Painter & Decorator

All residential and commercial decoration undertaken Internal and external painting Free estimates

Fully insured

Phone 019467 21468 Mobile 07765188553





FLOWERS GALORE AND MAWSONS ICE CREAM TOO! GIFTS DECORATIONS GIFT VOUCHERS GIFT WRAPPING SERVICE TABLE ARRANGEMENTS

18 Whitecroft ~ Gosforth CA20 1AY chris.steele@perfectly-planted.co.uk www.perfectly-planted.co.uk

019467 25473 OR 07925 302972





LEARN TO SWIM POOL PARTIES HYDROTHERAPY HIRE

Aqua Splash Swim School Ltd are a family run business, established in 2004, with many years experience in the leisure industry. Since then we have continued to build a good reputation for offering quality swimming lessons, in a friendly and safe environment.

Discounts

• 'Sibling' and 'Refer-a-Friend' Discounts

Structured Lessons with clear goals!

We use the current edition National Plan for Teaching Swimming (NPTS) 'Learn to Swim' framework as part of our development pathway, which gives structured lessons with clear goals.



OFF FIRST BLOCK OF LESSONS OF LESSONS On the first block of group lessons for all new starters!

Quote SPN1 when contacting us

01946 817777

info@aquasplashswimschool.co.uk

Find us on

/_AquaSplash



/aquasplash.swimschool

Swimming Teachers

Experienced teachers with special educational needs for children and young adults. All our Courses and Lessons are carried out by ASA Swimming Teachers, who are also National Pool Lifeguard Qualified & Criminal Record Bureau (CRB) checked.

Courses, Lessons & Services

- 1-1 and 2-1 Lessons (Adult or Child)
- \checkmark Swim a Song Lessons (4 months +)
- Adult & Child Lessons (Ducklings 18 months +) Z
- Pre Competitive Swimming/Diving (Flip n Fun)
- Challenge Awards Bronze, Silver, Gold & Honours
- Assessment & Taster Session Service ASL Lessons - *FREE Additional Support Lessons

Why Choose Aqua Splash?

- Water Based Teachers
- Term Time Lessons
- Small Class Sizes
- We operate 7 days a week

ONLINE

DISCOUNTS

More info

Friendly, enthusiastic teachers ensuring maximum outcome!



'An Approved Swim School'

- Crash Courses
- Childrens Group Lessons
- **Triathlon Training**
- Rookie Lifequard
- and much, much more ...
 - Hydrotherapy Hire
- **Fun Pool Parties**
- Our recent Customer Feedback Survey showed very positive results:

10/10 for the overall service we provide. 10/10 customers surveyed would highly recommend our swim school to friends

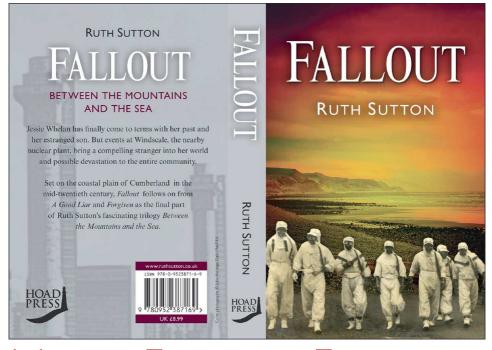
COMING SOON!

- Baby/Toddler Lessons during week days
- Synchronised Swimming Lessons
- Exclusive private pool hire during the day & weekends - Baby friendly hydrotherapy pool with water temp of 34.5°C

www.aguasplashswimschool.co.uk

Aqua Splash Swim School Ltd, 20 Weavers Avenue, The Looms, Frizington, Cumbria, CA26 3AT

Scan for more info



Mixing Fact and Fiction: Writing a historical novel

My new book came out at the end of May. It's called 'Fallout' and it's the third part of a trilogy. You may have seen the book and wondered about the cover, which shows a familiar beach scene in unfamiliar colours, alongside an image that many of you will recognise – the Windscale workers in 1957 in their anti-radiation suits going to fight the fire in Reactor No. 1. The story opens at New Year 1957, with the heroine Jessie Whelan at home in Seascale, and some news that will change her life. This article is about how the book came to be written, and the story starts not in Seascale but in Waberthwaite.

The trilogy entitled 'Between the Mountains and the Sea', of which 'Fallout' is the final part, didn't appear in my mind fully-formed. It began six years ago with a nagging feeling that having reached my 60th birthday I had to get on with something I'd wanted to do for many years, to write a novel. I had moved north from Salford to Waberthwaite, and had strong memories of childhood holidays and visits to relatives up and down this coast. Like many other

villages, Waberthwaite has a rich history and one event caught my attention - in 1937 a new school was built here, and the normally harmonious community split between those who supported the project and those who felt it was unnecessary and too expensive, especially as the vicar expected everyone in the village to pay for it. Questions bubbled in my head, and the idea of a story emerged. What about the teacher at the school, caught between the two opposing forces and trying to keep things running? What about the manager of the granite guarry who was related to the vicar and expected to supply the granite free of charge? It could have made an interesting little slice of local history, but not a novel. How about making the school teacher a woman with a dark secret that is about to be exposed and overwhelm her? I've learned since that a good novel needs both external events and internal crises for the characters, to keep the pages turning.

That's where it all started. It took four years to









FCC offers a superb range of quality floor coverings at very competitive prices, together with impartial advice and unrivalled service

Call Roger Lomas on **019467 25552** today to arrange a no-obligation appointment daytime, evenings or weekends. Topshop, Beck Garage, Gosforth, Cumbria CA20 1EJ



translate these early ideas into a novel, mainly because I didn't know how to set about it and got hopelessly lost. After two years I thought I had something worth sharing and sought out professional critique. The review wasn't good! Then I had a choice to make. Either throw the whole thing in the bin or start again. I couldn't face wasting two years' work so I gritted my teeth and started over, cutting out thousands of words, keeping some bits and re-writing others. For a while it was like knitting fog, but finally after two more years I felt I had something that told a good tale and had some interesting characters, and 'A Good Liar' was born. I tried unsuccessfully to find a publisher, but then chose to publish it myself. With "A Good Liar' in production, I decided to continue and jumped ahead ten years, from 1937 to the gloom and rationing of post-war 1947 and began the second part of the trilogy 'Forgiven'. This time I set about the task in a more organised way, thinking and planning for much longer before starting to write. I also decided to do the detailed research after the overall plan, not before, to avoid being overwhelmed by too much detail that might slow the story down.

One aspect of 'Forgiven' needed very thorough research – the William Pit disaster in Whitehaven, when 104 men were killed in an underground explosion. I wanted to use this event as part of the story, and for this the details had to be right, or it would be disrespectful to the memories of those who died and their families. The research was intense, and included the actual verbatim evidence given to the National Coal Board enquiry by one of the men who escaped and lived to tell the story. Finding that account in the archives of the Durham Mining Museum was an exciting moment for me.

At the end of 'Forgiven', I was struck by the fact that only a month after the William Pit accident, in September 1947, work began on the construction of Britain's first nuclear plant at Windscale. The era of coal was drawing to a close and the nuclear age had begun. With the same characters, set in the same region, I could jump forward a further ten years and an external event of huge significance would be available as the backdrop of the final part of the trilogy.

And so we come to 'Fallout'. The title reflects two threads in the story. The obvious one is the radioactive contamination caused by the fire in the nuclear reactor before it was extinguished. There was also 'falling out' within Jessie Whelan's family, as unresolved tensions bubbled up yet again. The story is set in Seascale, and within the memory of many

people who live still live in the area. For a while the idea was too daunting. How could I combine fact and fiction in a way that was both authentic and respectful? Everyone knows the key characters in the story of the Windscale fire – could I include some of those characters alongside the fictional people I had made up? Historical fiction does this all the time, but these events were so recent, and so raw. I decided to go ahead, and do the very best I could to provide the first fictional account of the events of October 1957 and its aftermath. Here again, the research was exhaustive, including 'Sellafield Stories' and the very detailed account in Lorna Arnold's book 'Windscale 1957: Anatomy of a Nuclear Accident.' In addition I asked guestions and listened to people's own stories about living in Seascale at that time and what happened at the plant.

I'm still not sure how this book will be received, but my goal was not only to entertain the reader but also to present some of the truth about the Windscale fire that was hidden for so long under the veil of 'national security'. My only hope is that those of you who read it will enjoy the experience and forgive the occasional inevitable mistakes.

> Ruth Sutton www.ruthsutton.co.uk



Black Combe Country Fair

25th August 2014

Fun for all the family!



Flight displays from Falconry Days! Foxhound, beagle and dog shows, gun dog display, clay pigeon shoot, vintage cars and engines, wrestling, children's sports, beer tent and evening entertainment from The Chadelics!



For trade stand and other enguiries contact Sandra Cummings on 07791702240 or monks2708@hotmail.com

Bootle, LA19 5TL

12 noon till late

www.blackcombecountryfair.co.uk

Councillor Eileen Eastwood, the new Lady Mayor of Copeland, talks to Helen Pateman

Q. You were brought up in Copeland, but you were born in Burnley, I believe? When did you come here? A. We moved to Barrow when I was two because my dad worked on the submarines at the shipyard. When I was ten we moved to Whitehaven when my dad started working at Sellafield so I lived there until I got married and Derek and I came to Seascale, which is about forty eight years ago.

Q. How did you first become involved in local government?

A. When my eldest daughter started at Wyndham there was a safety issue with the double-decker school bus that was being used, when it nearly went over turning out on to the main road. There was a campaign among parents to get the road junction made safer so the bus didn't have to make such a sharp turn. I volunteered to get signatures on a petition and it went on from there. I was asked if I'd be interested in joining the Parish Council as there was an election coming up. I was already involved by then with the youth club and the Scouts committee and the petition about the bus, of course, so people knew me and I was elected.

Q. Was the Parish Council very different then from what it has become today?

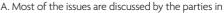
A. There are far more rules and regulations, about Health and Safety, for example, and the responsibilities that a Parish Council can take on. At that time we had very little property; there was no Sports Hall or BMX Track. There was only the play area at Coniston Avenue, because the main play area on the foreshore was built by the Sellafield apprentices. When we took on more property we did a lot of fund raising so we had to become very financially responsible and we had to make sure that everything complied with Health and Safety regulations. Some of the extra responsibilities now deter you from taking on much more, and as there's less money available for Copeland and the County Council and for parishes there will be fewer opportunities to take things on.

Q. You were Vice-Chair for a time then you became Chair?

A. I was Vice-Chairman for nine years and then Chairman for sixteen.

Q. After you'd been on the Parish Council for a while you stood for the district council. What motivated you to become a district councillor? A. There were so many things that we were concerned with on the Parish Council which were run by Copeland, or the County Council, and I wanted to have more involvement in decision making on issues which affected the residents of Seascale and Drigg. There has always been the problem of inadequate public transport round here and I've spent a lot of time fighting to improve and keep what we have.

Q. Unlike parish councils, party politics plays a part in the district council. How does that operate in practice?





David Morgan cutting a cake presented to him to celebrate his voluntary work for Seascale. Seascale Stompers raised over £2,000 towards the fund for the vehicle for the beach cleaning.



Q. What do you think about the new electoral registration system? Do you think it may encourage more people to use their vote?

A. It may do. We'll see at the next election how it's working. It's particularly important that young people become involved; I think they've become disillusioned by politicians, but they should take the chance to make their views known. I don't know if schools run debating sessions these days; I think that helps young people to hear different points of view and decide on their own views. I've been asked by Labour members why I'm a Conservative, because my dad was a big union man; he was Secretary and Treasurer of the Hensingham branch of the AEU all the time he worked up here. A lot of them knew him so they thought I'd automatically be Labour. But I told them I was brought up to make up my own mind; my children have been encouraged to do the same as they grew up and there are a number of different opinions in the family. Things can sometimes get guite heated around the dinner table when we're all together!

Eileen Eastwood with husband Derek at the Sunday 15 June parade.

their group meetings. When it comes to the main meeting there is no debating, just questions on the agenda items and answers from the executive. It is less spontaneous but business does get done.

Q. You've been a member of various committees on Copeland Borough Council?

A. I was on OSC (Overview and Scrutiny) and on Planning.

Q. Of the issues you have been involved in which have been the most important to you and which have given you the greatest satisfaction? A. I enjoyed OSC because it covers all the work done by Copeland. It involves getting out and about and checking that everything is being carried out satisfactorily, from bin collections to bus shelters and everything in between. Planning also meant making lots of visits and seeing for ourselves what the implications of planning applications would be. The involvement with local people and their concerns, impartially and without getting caught up in neighbour disputes, is really interesting.

Q. When did you know that this would be the year you became Mayor?

A. About two or three months beforehand. Every third year the opposition appoints the Mayor and it was a choice made by the whole of the Conservative group. I was a bit worried when I started at the lack of extra support from Copeland; you have to be your own secretary and provide your own transport.

Q. This must be the first time Seascale has been the home of the Mayor?

A. Yes, and it's very nice how many people in the village come up to me to say how pleased they are that Seascale finally has the Mayor.

Q. What are the duties of the Mayor?

A. Mainly to represent the Borough of Copeland at various functions and to be the public face of the Borough and Chair full council.

Q. We always read about the mayor being involved in a great deal of charity work. What will be your emphasis? A. My charities are West Cumbria Hospice at Home, Jigsaw, which is the children's hospice and Give Us a Break to provide respite care for disabled children and their parents. So I will be concentrating on these three and doing as much fund-raising for them as I can.

Q. What are you looking forward to most? A. Getting out and meeting as many people as possible. I recently went to the volunteer awards presented by CVS (Copeland Volunteer Service) and I was very humbled by the amazing work done by volunteers, looking after disabled adults and disabled children in all sorts of ways. They do a fantastic job coaching sport for youngsters and lots more voluntary work and I was privileged to meet them.

Q. You've been appointed Mayor for twelve months so how will the arrival of the first elected mayor affect your role for the rest of the year? A. It won't make much difference to my role. I shall still do all the charity work and chair the main council meeting.

Q. How do you think the post of Elected Mayor will alter the way Copeland Council operates?

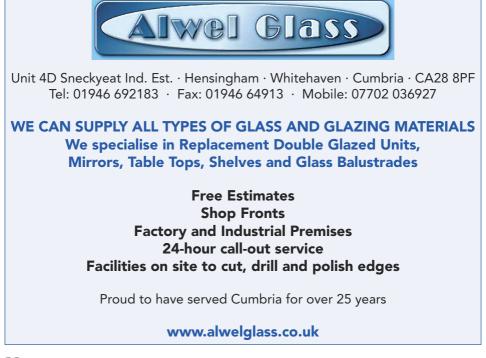
A. It's hard to say at present. I'm all in favour of democracy and it was a democratic choice.

Q. What are your plans after this year? Will you remain in local government?

A. I don't know if I want to stand again, and I've never felt like that before. I wouldn't feel right about being a councillor if I couldn't do as much as voters expect of me. We're about to become grandparents for the first time in July, so I may decide that it would be good to have the freedom to spend more time with the family.

Eileen, thank you very much for talking to me.





Drigg & Carleton Public Rights of Way

A couple of years ago a project group was formed with local residents, and led by Gary Creaser.

Their aim was to improve the PROW's around the Drigg & Carleton parish.

After the initial survey, the group realised they had a major job on their hands.

Working with the County Council they have made significant progress on several routes, including a circular route from opposite Station Road on the junction with the B5344, right around past Groundy Croft and down Watery Lane back to the B5344, near the village hall.

This was just the first phase of many, and it's thanks to the hard work of this group that significant progress has been made.



Discover a World of Wine at Calder House Hotel Friday 8 August 7.00 – 9.00pm

Did you know that James Bond didn't always get it right when choosing wine? Find out how to better 007 by coming along to our wine tasting evening. The new list features stars from the Old and New Worlds. Try some of the stand-out reds, whites, rosé and sparkling wines, with a selection of cheeses to complement your choice.

Specially selected bargains are available only on the day!

Call and book your place — only £10 per person which includes tasting four different wines and cheese to accompany. Call us today on 28538

Seascale School News

The children in Seascale School took part in a 'Young Enterprise Project' called 'The Tenner Challenge'. Each of the classes was given £10. The children were then given the challenge of making a profit on the 'tenner' by organising and running their own initiative.

Year 6 produced their own newspaper and sold advertising space to local businesses. They sold copies of the newspaper to children and parents.

Years 3, 4 and 5 produced artwork and held an art exhibition of their paintings. Parents were invited to come along and view the exhibition and to make bids against the artwork. Refreshments were also sold throughout the afternoon.

Year 2 produced their own bookmarks and sold them during break time.

Reception and Year 1 held a 'coffee afternoon'. The children baked their own cakes to sell, held a raffle and had various guessing games which parents took part in.

Each of the projects was well supported and collectively the children raised an amazing £844.93. The money raised has gone to various charities including Wateraid and Medicins Sans Frontieres.

We would like to thank all who came along and supported each of the different events.

Our congratulations go to all of the children who have proved they are excellent young entrepreneurs!

Goodbye Mrs Hartley

Mrs Hartley will be retiring from her position as Head Teacher at Seascale Primary School in the summer.

We would like to thank her on behalf of the school and wider community for all her hard work and dedication during eleven years in post. The School has achieved many accolades during this time, and has been instrumental in helping local children make a valuable contribution within and around the village. Under her leadership, so many of our young people left Seascale School with the confidence and skills necessary to achieve success.

If you feel you would like to make a contribution towards the presentation currently being planned for Mrs Hartley, a collection is being held, and donations would be warmly received at the school office, or by contacting Mrs Jackie Thomas by telephone, 019467 28403 or Seascale Primary School, Croft Head Road, Seascale, Cumbria, CA20 1LZ. *Mrs Julie Denvir, Chair of Governors*

FAREWELL TO AN OLD FAVOURITE

Calder House Hotel will be holding its last Sunday Carvery on 27 July.

A disappointing attendance since its relaunch this April means it is no longer viable to run this once very popular Sunday lunchtime event.



Domestic, Agricultural, Commercial & Industrial Planning Applications, Appeals and Enforcement

> Tree Surveys, Reports & Method Statements. Landscape Impact Assessments, Hedgerow Assessments Agricultural Appraisals

(01768) 865656

admin@planningbranch.com - www.planningbranch.com

Director: Anthea Jones BSc(Hons),MRTPI,MArbA

Realising Development Potential

Your Show Needs You!

Calling artists, horticulturalists, growers, knitters, photographers, seamstresses and bakers of all ages, shapes and sizes.

Seascale Horticultural Show will take place this year, in the Windscale Club, Gosforth Road, Seascale on Saturday 9 August.

There will be various categories in which to enter your produce and handiwork, so there are opportunities for nearly everyone.

Schedules are available from Seascale Post Office, the Library, Seascale Pharmacy, Beach Store and from Mr G. Anderson (tel: 29525).





Some of last year's winners

eep cked



Has anyone been to an Arvel recently?

In an article written in 1884 describing the history of Dalton-in-Furness church, John Bell, a historian from Barrow in Furness, was reflecting upon the reasons for and the problems caused by the tradition of transporting corpses for interment from the outlying districts, such as Hawkshead and the Langdales, to the burial ground attached to their parish church. This was a distance of about 25 miles for a body to be carried so it to could be interred at Dalton. This involved a most serious and objectionable undertaking.

To anyone familiar with the hilly and mountainous portions of Lonsdale North of the Sands, it seems almost incredible how the dead could be conveyed such distances in an age which was destitute of roads and bridges.

Apparently this journey was made with the corpse carried in a wicker basket slung between two horses; the only practical option when there were only rough tracks to be travelled. When the corpse was only one or two miles from the church it would have been transferred to a coffin and carried upon the shoulders of the mourners to the church. With the improvement in the roads during the 19th century, the horses and basket were first replaced by the long cart and finally by hearses and mourning coaches, to carry the coffin to the church.

This problem was not confined to the large parish of Dalton as there were others, such as St Bees and to a lesser extent Millom. Readers will know of others. Such were the problems associated with these 'great' parishes the abbot of Furness played no small part in their eventual break-up into the structure seen today. The same can be said for the abbot of Calder and the parish of St Bees.

The author also describes the reasons for two of our modern day traditions associated with burying

the dead. The tradition of leaving the deceased in an open coffin to allow the friends and relatives to pay their final respects which derives from:

"a solemn festival made at the time of publicly exposing the corpse to exculpate the heir and those entitled to the effects from fines and mulcts and from accusations of having used violence."

Or, in more modern terms, to enable all those present to satisfy themselves that no foul play had been involved in the death, particularly when it might have brought financial gain to the heirs of the deceased.

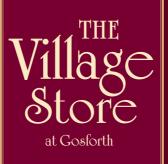
The tradition of the funeral tea derives from the 'Arvel' ceremony that took place in (or possibly starting at) the church yard. The author describes it thus:

"In Dalton the custom of the 'Arvel' was for the persons attending a funeral to divide themselves into parties of four each. The parish clerk having given notice in the churchyard at what hour and place the arvel would be given, the guests then assembled in their respective parties, a cake of the same description as that now known as a 'fair cake,' but then called the arvel cake, was given to each person, and a quart of ale was provided for the four.

It was however by custom incumbent upon each party at the Arvel festival to order another quart of ale to be paid by the four to recompense the innkeeper for the use of the room, fire, or stabling provided for the convenience of the mourners or guests at the funeral. I am inclined to think the festival of the arvel arose out of the long distance over which the dead were to be transported and the necessity of refreshment."



The northern dialect word 'Arvel' finds its origins in both the 'old Norse' and the 'old English' languages (OED); indicating the ancient nature of this funeral tradition. Nev. Ramsden NOW IN STORE Fantastic New Food to Go Area & Instore Bakery



Breakfast Baps Cooked Fresh Every Morning



Baguettes. From £1.29 Available all day. Select and Go!



Hermes Parcelshop in Store

Drop off and Collect Service Cheap Rates - Easy to Use Integrated Service for Ebay Sellers



Fresh Bean to Cup Coffee, Tea & Hot Chocolate to Go Hot Savoury Pies & Pastries

Supporting the local community through 'Making a Difference locally'

Do you have a local good cause we can help with? Contact us in store. More info at: www.makingadifferencelocally.com

The Village Store at Gosforth (The Lakeland Habit), Main Street, Gosforth, Cumbria CA20 1AS Tel: 019467 25232 www.thevillagestoregosforth.co.uk

Cumbria Artists are at Santon Bridge in September

The village hall gallery at Santon Bridge is again a venue in this year's Cumbria Artists Open Studios month. Four members of the Art in Irton group will be exhibiting there: Mick Blamire's works on tree bark, exploring where painting meets sculpture, Gareth Harrison's paintings and photographs using hill profiles from Wasdale to the Isle of Man, Deborah Madell interested in the human form, sunlight and shadows, mirrors and interiors, whilst Madeleine Warren is all about colour, mixed media, from landscape to abstract.

The exhibition will be open Fridays, Saturdays and Sundays between 13 and 28





September, from 11am to 5pm. There is ample free parking and refreshments will be available.

Other venues in Copeland will also be exhibiting, including more work by Irton Group members at Dalegarth Station, Eskdale. More details can be found on the C-Art website. Also check in local press for details of other art events in Santon Village Hall this summer.

Bell Rib, Yewbarrow (above) is by Madeleine Warren. Migration 1 (left) is by Mick Blamires). Red Wasdale (below) is by Gareth Harrison.



Woolpack Inn Boot, Eskdale

How far? Not that far, really!



Woodburning Pizza Oven Loyalty Card Scheme

Licensed for Weddings

20 bedrooms-over both sites b&b from £30 pppn free WiFi Plenty of Real Ales Guest Draught Lagers Tasty pub grub Vodka Bar woolpack.co.uk 019467 23230



May Beerfest and June D-Day Anniversary at the Strands Inn

Top left – Hardened Beer Festival followers first in! Top right – Ron & Wez running the BBQ serving up rare breed pork.

> Above: Marian "Vera Lynn" and Lesley entertain the troops! And chirpy cheeky chap Roger Turner brings on smiles with his lyrics.

Right: The D-Day air raid shelter entrance!





Ravenglass Fish & Game Ltd

5 Wells Cottages, Ravenglass, Cumbria, CA18 1SP

Co. No.08014084 VAT No.132 815921 **Tel: 07740704765**

Supplier of Fresh Fish to the Hotel and Catering Trade & <u>YOUR Home</u> Throughout Cumbria & The Lake District

Fresh Fish Delivered 6 days a week! Phone Steve anytime to give your order of Fresh Fish Delivered Direct to your Home

Tel: 07740704765





Was this outside the Co-op or are they Mrs Barnes' little helpers?! Can anyone identify them? No prizes but it would be nice to republish with names. Picture supplied by Nev. Ramsden.

Mouth Cancer



Is your mouth as happy as you think?

- 1. What is mouth cancer?
- 2. How common is it?
- 3. Who is most likely to get it?
- 4. Name two things that would increase your chance of getting mouth cancer?
- 5. Name two symptoms of mouth cancer?
- 6. When should you go to your GP?
- 7. How much more likely are you to get mouth cancer if you are a heavy smoker or drinker?
- 8. What is the most likely cause of mouth cancer in younger people?
- 9. What is the outlook for oral cancer?
- 10. What treatments options are there?

What is mouth cancer?

Mouth cancer is where a tumour grows on the surface of your tongue, mouth, lips or gums. Less commonly it can grow on your salivary glands, tonsils or pharynx. Squamous cell carcinoma is the most common type accounting for 9 out of 10 cases. About 6,200 cases of mouth cancer were diagnosed in the UK in 2009 (the latest year for reliable data). Tumours develop in older adults and more often in men because they used to drink more than women.

What risks make mouth cancer more likely?



You are more likely to develop mouth cancer if you smoke, drink a lot of alcohol, eat a lot of red

meat or fried food or get infected by the HPV (human papilloma virus). Research shows that if you smoke 40 cigarettes a day but do not drink alcohol, your chance of getting mouth cancer is 5 times. Likewise if you drink more an average of 30 units of alcohol per week you than increase your risk by a factor of 5 but if you smoke 40 cigarettes a day and drink on average 30 units per week you are 38 times more likely to develop mouth cancer. Some types of the HPV virus are thought to cause abnormal growth in the mouth which can lead to mouth cancer and is the probable cause of the cancer in young people with few of the expected risks. You can catch HPV by having sexual contact with an infected person though it doesn't have to be full intercourse. Close skin to skin contact is enough. There is evidence that a diet rich in red meat. processed or fried food can all increase your risk of mouth cancer as can poor oral hygiene like having gum disease, tooth decay not brushing your teeth regularly and having ill fitting dentures.

What are the symptoms?

These include:

- Red or red and white patches on the lining of your mouth or tongue
- One or more mouth ulcers that do not heal after 3 weeks
- A swelling in your mouth that lasts for more than 3 weeks
- Pain when swallowing (dysphagia)
- A tooth or teeth that become loose for no obvious reason
- A persistent pain in the neck
- A hoarse voice
- Unexplained weight loss
- Unusual changes in your sense of taste
- 🔶 Earache
- The lymph nodes in your neck become swollen

Many of these symptoms can be caused by less serious conditions. However if you develop any of the symptoms and they last for more than 3 weeks you should get checked by your GP. This is especially important if you are a heavy drinker or smoker.

What treatments are available?

Mouth cancer tends not to produce any noticeable symptoms in its early stages so it is important to

have regular dental checkups at least every two years as the dentist may detect it during an examination. The earlier it is spotted the better the outlook. If it is found early most people live much longer than 5 years but with late detection only 20% will survive more than 5 years. The main treatments are surgery, chemotherapy and radiotherapy and if the cancer has not spread beyond your mouth a combination of these can lead to a complete cure.

Submitted by Stephen Reay, Seascale Pharmacy Gosforth Road. Seascale CA20 1PR Telephone: 019467 28323 **Opening Times** Monday to Friday: 9am to 6pm Saturday: 9am to 1pm Closed Sunday & Bank Holidays

Do any of these look familiar?

radiotherapy. bne yqraftomafo, yugar, QIO. Sungery, chemotherapy and link c ni l vino stal betected late only c nant 9. Using the series of the ser 38 times more likely if you are both. Q8. HPV virus. likely it you are either a heavy smoker or drinker but are a heavy smoker or drinker. Q. Five times more symptoms for more than 3 weeks, especially if you You should see your GP if you have any of the voice, change in your sense of taste, loose teeth. Q6. heal atter 3 weeks, pain when swallowing, a hoarse patches in your mouth, ulcers or swellings that don't regularly, HPV intection. Q5. Red or red and white tried toods and red meat, not cleaning your teeth 60. Q4. Smoking, excessive drinking, eating lots of 6,200 cases were diagnosed in 2009. Q3. Men over surface of your tongue, mouth, lips or gums. Q2. Answers: Ql. It is where a tumour develops on the



PAM STRINGS **ALL RACKET SPORTS** RESTRINGS REPAIRS ACCESSORIES EXPERT ADVICE - 24HR SERVICE MOBILE: 07816 936345 "DO YOUR RACKET A FAVOUR" :-)

JEM Cleaning Services

- Domestic and Commercial cleaning
- Can clean from 1 hour to more regular
- cleaning One-off cleans end of tenancy cleans, spring cleans and more!
- Eco-friendly cleaning products Provide in-house ironing service, which offers a collection and delivery service to or from home or place of work.
- ▶ NVQ Level 2 Cleaning (note that I am profoundly deaf so please leave message on answering machine and I will ring back) Tel: 01946 62096

Mobile 07835 964127 joan.mitchell1@btinternet.com



WEVA STORY TO TELL.

Question: What do you do when you're expecting eleven French people for a visit and only five arrive? **Answer:** You just carry on.

A t the time of writing we aren't exactly sure why just over half WEVA's (Western Valleys of Cumbria Twinning Association) anticipated group never made it to these shores and mountains, but the ones who did are surely going to make them wish they had! (Could it be that just as you can lead a horse to water, but you can't make it drink, so you can drive people to the airport, but you can't make them fly? On ne sait pas (we don't know), but on with the story).

However, we later found out that the six missing people had done all the necessary checking in etc and were having a drink somewhere where noone heard the announcements and late calls. When they realised and went to the departure gate, the last shuttle bus had gone and, although the 'plane was still on the runway, the officials refused to let them through. A rough translation of their analysis of the situation is "too laid back" and "stupidity"!

Our remaining French friends arrived under grey, but rainless, skies and were treated to a welcoming buffet lunch at Westlakes Hotel, Gosforth, Seascale, where Debra Armstrong and her team had produced a spread that made many mouths water. They were soon again to appreciate the flavours of Cumbrian and British cuisine, this time on Thursday evening when the caterers were Jan Dickinson and her helpers from the Turntable Café, Ravenglass, who provided a traditional tattie pot supper and delicious desserts. This was the supposedly "formal" part of the visit, where gifts were exchanged and speeches made. The Lady Mayor of Copeland, Eileen Eastwood, was the special guest on this occasion, when it was intended that she should meet and liaise with M. Fabrice Chollet, her opposite number from St Martin d'Auxigny. He, however, was among the six who never left France!

The French were given an individual gift of a "Herdy" mug each, while WEVA was presented with an exquisite hand-made album commemorating our participation in their septennial "Comice" (agricultural show and carnival) last August. On the theme of participation, guests were treated to a display of Morris dancing by members of Twoheaded Sheep and then invited to take part. It was not just the French who joined in with gusto – and we have the photos to prove it!

Friday was a more sedate occasion when a smallish group of participants and friends took a trip on both the Lakeland and Haverthwaite Railway and Windermere ferry to spend the afternoon in Bowness, before being driven back via Keswick and







MANUFACTURER OF BESPOKE WINDOWS, DOOR<mark>S, STAIRCASES, SKIRTINGS ETC</mark>

Timber suppliers, hardwood, softwood, treated decking & posts.

Sheet materials, plywood, MDF

Doors, locks, handles etc

Fixings

Leyland & Johnstone's paints, varnish, woodstain etc

Silicones, mastic, glue, Danish oil, teak oil

Hand and power tools

Key cutting in store

www.jdmoorejoinery.net

OPENING HOURS

Monday to Friday 8am to 4.30pm Saturday 9am to 12pm Free local delivery

Row Mill Works Gosforth CA20 1BQ Tel/Fax: 019467 25692 Email: j.moore101@btinternet.com



hobby & pet shop gosfort

New crafts & cross stitch kits, art & craft materials for all ages

New Dmc products -'HOOKED ZPAGETTI' handbag kits

Plus the usual wide selection of sewing essentials

Original works by Gosforth artists make great gifts

CLOSING DOWN SALE!

I am very sorry to announce that my shop will be closing at the end of July. I'd like to thank all my lovely customers for their support over the last three and a half years – I will miss everyone. This will be the final sale – so if you need any sewing accessories, crafty gifts or pet items, there may be a bargain or two! HERDY SHEEP KITS

Printed ribbons embroidery threads scissors etc

Made-to-measure picture framing

Premium & budget ranges of pet food, treats and accessories

Wild bird food – seed, suet nuts etc

I can still get what you need — last orders 23rd July!! FREE LOCAL DELIVERY go to my website www.hobbyandpetshop.com email me at hobbyandpetshop@gmail.com tel: 019467 25702





Brockbank Curwen Cain & Hall Solicitors

Registered Office 44 Duke Street, Whitehaven, Cumbria CA28 7NR

Telephone: 01946 692194

Also at Cockermouth, Maryport, Workington and Keswick Conveyancing

Wills and Probate

Court of Protection

Personal Injury

Matrimonial

Crime

Employment

www.brockbanks.co.uk

another five lakes. On Saturday the sun shone on a glorious walk through Eskdale and over Great Barrow, allowing our beautiful area to be seen at its magnificent best. (This walk was still being talked about on the return trip to Manchester airport).

After a Sunday spent with their hosts, when the visitors variously attended a church service, saw bells being rung in the uniquely



Dancing with the Two-headed Sheep.

English way, had a pub lunch, marvelled at the rhododendrons of Muncaster and Wasdale and checked on the St Martin apple tree, which we were given in 2011. Monday came all too soon and the rain fell as we approached Manchester. The group was shepherded through the departure gate and made it safely home.

So, what's the point of a twinning association or even an exchange? There are several. Firstly, by sharing your home with someone from another country, you get to know them and they get to know you in a way that is impossible for tourists. Secondly, you may discover language skills you never knew you had and can gain much confidence in speaking a foreign tongue. Thirdly, if you start young enough, you may make a friend for life. The French group this time included one couple's thirteen-year-old granddaughter, who had already been put in touch with a Year 8 pupil from West Lakes Academy. Now they have met for real, exchanged small gifts and both have said they want to keep in touch. Fourthly, it gets you out and visiting places you may not have been to for years, if at all, which means that fifthly you are helping our local economy in a pleasurable way. Here, in addition to our caterers a "thank you" is due to the drivers and administrative staff at Brownriggs Coaches, who provided prompt, efficient,



Our youngest visitor tests Eskdale stepping stones.



Two English "Wevarians" on Windermere discuss next year's visit!

reliable and courteous service for both the airport run and the Bowness trip.

If you would like to know more about WEVA, please contact chair Rosalind Amey (820426) or Membership Secretary Graham Hutson (725477 hutson521@btinternet.com) – and please note that, despite the Western Valleys of the title, WEVA has members living in both Whitehaven and Broughton (but not simultaneously!) A bientôt?

Hello everybody,

In the name of the french twinning committee I wanted to thank you so much for your hospitality for our "little group" of travellers which will have now his place near the littlest church, the highest mountain and the deepest lake!!

I can say that we are sad and ashamed for such a misadventure; I can do a suggestion for a gift for our scatterbrained travellers for christmas: an alarm clock or a hearing aid to know the right time for the right plane!!

Anyway those who stayed in England, and the others (of course), are delighted and are ready to welcome you next year.

Kindest regards. Stéphane



1 3 Market Place ~ Egremont ~ Cumbria ~ CA22 2AF

Haven Beauty Salon Beauty that's naturally you

8 South Parade, Seascale CA20 1PZ

Tel: 019467 27387



www.havenbeauty-cumbria.co.uk www.facebook.com/HavenBeautySkincareClinic Quality silk flowers for special events: Birthdays Weddings Anniversaries Floral displays for: Hotels Restaurants Functions Exhibitions

Everything is custom made

Come and have a chat with me at my shop 'Crazy Horse' to create something really special for you

- Shellac Gel Nails
- Massage
- Environ Facials
- Pedicures
- HD Brows
- Eye Treatments
- Spa Body Treatments
- Hydrotherm Massage
- Specialist Waxing
- Pamper Parties





Drigg & Carleton Gala 2014

Saturday 14 June 2014

The gala got started in the Drigg Village Hall with the Children's Fancy Dress. This year's judge was Copeland Mayor Eileen Eastwood, who had her work cut out choosing the best three in each group.

The gala parade from the village hall was lead on horseback by the Gala Queen Tilly Whitehead.

On reaching the gala field (behind the Victoria Hotel), the Gala Queen officially





	FANCY DRESS					
	lst	2nd	3rd			
0	Age group: Pre-school					
	Elliot Ireland – 'Farmer'	Lily Roberts – 'Doctor'	Oliver Simcock – 'Clown'			
	Age group: Reception – School Year 4					
	Bradley & Mark Roberts	Sam Pratt – 'Footballer'	Liam Walker – 'Pirate'			
1	('George & The Dragon')					
Number of Street	Age group: School Year 5 & above with the Best of the Rest					
	Rosie Pratt – 'Runner'	Lucy Champion – 'Ballerina'	Matthew Champion – 'Pirate'			

opened the field events by cutting the ribbon.

There was a good turn on the field, with several hundred people enjoying the attractions and events. The climbing wall and large inflatable slide proved to be very popular, as did the Sumo Wrestling.

In the marquee, refreshments were being sold by the Drigg Bonfire Committee to raise funds for this year's event. Also on display in the marquee were the LLWR sponsored Art Competition entries.

Seascale Scouts had an interactive display which drew large numbers to join in.

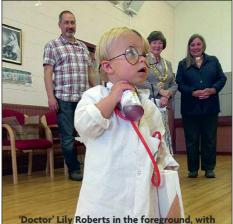
The children's races proved popular, with all the races being keenly contested, especially the reintroduced Sack Race.

After the various raffles were drawn, the final event was the ever popular Tug Of War – Girls v Boys.

There were all shapes, sizes and ages (and that was just the dads!), with around 30 on each end of the rope. The best of three contest was won narrowly by the boys team, gaining revenge for last year's win by the girls, in the third and final pull.

The Drigg & Carleton Gala committee would like to thank LLWR, Redhall Nuclear, NSG and N G Bailey

for their strong support, Gordon Wilson of the Victoria Hotel for use of his field and providing burgers and ice creams for the children, and Craig & Darren Fawcett with Steve Buxton (LLWR) for the field grass cutting and rolling.



Doctor Lily Roberts in the foreground, with Mayor Eileen Eastwood, Rev Lindsay Gray and Gala Chairman John Jennings in the background.



In my Crazy Horse shop you will find a myriad of gifts, costume and body jewellery, scarves, T-shirts, fairies and dragons, watches, scented candles, Egyptian and Buddha figurines, native American and Gothic gifts, prints and cards of my paintings and Alchemy's sumptuous wide-ranging collection of dark, exotic, bizarre jewellery and fashion accessories – all skilfully hand-made in English pewter. Do come along and browse. Pauline

Apunzel returns! Floral Design on pages 54 @ 55





13 Market Place ~ Egremont 01946 820807



Egyptian Figurines

Clocks





Some of the victorious boys team, with the trophy being held by Sam Pratt and **Danny Davies**



CHILDREN'S RACES

Race Category R1. Age group: Pre-school & Reception

Boys – running	1st	Thomas Webber			
Girls – running	1st	Isla Davies			
Bean Bag	1st	Leland Hunter			
Race Category R2. Age group: School Years 1 - 3					
Boys – running	1st	Mitchell Hill			
Girls – running	1st	Zoe Denvir			
Bean Bag	1st	Oliver Denver			
Sack Race	1st	Aaron Beattie			
Race Category R3. Age group: School Years 4 - 6					
Boys – running	1st	Aaron McKenzie			
Girls – running	1st	Isla Henderson			
Bean Bag	1st	Isla Henderson			
Sack Race	1st	Sam Potter			
Race Category R4. Age group: School Years 7+					
Boys – running	1st	Kyle Ward			
Girls – running	1st	Jessica Robinson			
Bean Bag	1st	Kyle Ward			
Sack Race	1st	Kate St. Barbe			

tion	1474 E	1000	
2nd	Adam Melvin	3rd	Dexter Hunter
2nd	Zoe Billington	3rd	Chloe Ireland
2nd	Adam Melvin	3rd	Thomas Webb
Jod	Sam Pratt	2rd	Lewis Henders
	Abigail Oliver		Ivy Leatherbarr
2nd	Mitchell Hill	3rd	Sam Pratt
2nd	Emily Champion	3rd	Sam Pratt
Jod	Danny Davies	2rd	Jaka Simoadu
	Danny Davies		Jake Simcock
	Shannon Hill		Erin Gallagher
2nd	Shannon Hill	3rd	Jake Simcock
2nd	Jake Simcock	3rd	Shannon Hill
2nd	Luke Jennings	3rd	Aiden Henders
	. 0		
	Jasmine Mace		Sienna Tyler
	Aiden Henderson		Jessica Robinsc
2nd	Sienna Tyler	3rd	Rachel Shephe

rd	Chloe Ireland
rd	Thomas Webber
rd	Lewis Henderson
rd	Ivy Leatherbarrow
rd	Sam Pratt
rd	Sam Pratt
rd	Jake Simcock
rd	Erin Gallagher
	Jake Simcock
rd	Shannon Hill
rd	Aiden Henderson
rd	Sienna Tyler
	Jessica Robinson
	Rachel Shepherd
_	

'OUTSTANDING'... SAYS OFSTED

Gosforth Nursery is celebrating its success in achieving the highest grading for early years education and care from Ofsted.

The quality and standards of the nursery provision have been judged to be outstanding in all areas following a recent Ofsted inspection.

Gillian Jackson, Nursery Manager, said "We are delighted with the outcome which gives us formal recognition of the commitment and passion that the whole of the team here at the nursery have for the work they do. I am particularly proud that our inclusive approach has been recognised as we have always strived to ensure that all children are welcome in our setting. This outcome does not mean we will be resting on our laurels - we already have plans to further improve the opportunities available to children and families accessing our services watch this space!"

The nursery can be contacted on 019467 25800 or gosforthnursery@btconnect.com. Full details of the inspection report are available at www.ofsted.gov.uk/reports



AND

ACCOUNTANTS

ш

œ ш

БЧ

HA \overline{o}





Adding Value - Talking Sense

- Accountancy
- Audit
- Taxation
- **Payroll Services**
- **New Business Advice**
- **Independent Financial Advice**
- **Book-keeping services**
- **Retirement Planning**
 - Investments
- sage Software

Offices in Gosforth, Workington and Whitehaven

Registered to carry on audit work in the UK by the Institute of Chartered Accountants in England & Wales and authorised and regulated by the Financial Conduct Authority for investment business.



Westlakes Hotel

Relaxed & Intimate

Our small relaxed and intimate dining room seats up to 26 guests including 2 additional private dining areas.

Our extensive à la carte menu which changes with the seasons is designed with a modern twist on traditional food, using local produce where possible.





For private functions we offer a table d'hote menu together with exclusivity of the dining room for the evening.

The restaurant is open from 7pm until 8.30pm Monday to Thursday and Saturday evenings.

GOSFORTH | SEASCALE | CUMBRIA | CA20 1HP t: 019467 25221 e: enquiries@westlakeshotel.co.uk WiFi