



Village Magazine

MARCH 2013

SEASCALE



**LET'S HOPE MUNCASTER'S WISE YOUNG  
TAWNY OWL PREDICTS A SUNNIER YEAR**



# 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

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Monday	8.30 - 5pm
Tuesday	8.30 - 6pm
Wednesday	9 - 2.30pm
Thursday	8.30 - 6pm
Friday	8.30 - 6pm
Saturday	By appointment

Book your appointment today  
Call **019467 28496**

5 South Parade, Seascale CA20 1PZ  
[www.newimageseascale.co.uk](http://www.newimageseascale.co.uk)

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# PARISH NEWS

Editor: Eileen Eastwood 019467 28653

Production: Trevor Preece 019467 28449 [trevor@trpub.net](mailto:trevor@trpub.net)

Thanks to all of you who supported our Christmas Lights switch-on and our spectacular fireworks display. Special thanks to John Garner and Tony Biggins for the Christmas Lights. They were to do the work in some of the coldest weather of the year. Thanks also to Chris Burgess who never fails to surprise us with the fireworks. We couldn't do the refreshments if it wasn't for Vicky, Barbara, Jean and Jennifer who turn up every year to help.

*Our Vicar, John Woolcock, switched on the lights and as it was his last Christmas in the village we wish him a long and happy retirement.*

Our thoughts are with the residents who are still out of their homes since the floods.

*Hopefully by the time you read this magazine the beach improvements will be finished with the new noticeboard and information on one side with up-to-date map and historical points about Seascale. We should have a dropped kerb outside Beach Stores and tarmac path from the jetty to the road.*

We should be receiving the Quality Coast flag again this year.

*The Seascale to Gosforth Cycleway should be in the news in the summer. We are hoping to put more information in our summer issue.*

Last year we had some money given to the village for tubs. We had seven dotted around the village with flowers that lasted a few months. We would like to do it again but we are hoping that if the Parish Council supplies the plants some villagers will adopt them and look after them through the summer. If you can help please contact a Parish Councillor. Lastly we wish all our Sporting Clubs a successful summer and better weather this year.

*Eileen Eastwood  
Seascale Parish Council*



## PARISH COUNCILLORS

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David Moore	27674
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<b>Copeland District Councillors</b>	
Eileen Eastwood	28653
David Moore	27674
<b>County Councillor</b>	
Sue Brown	01229 774666
<b>Other Useful Numbers</b>	
Cumbria Highways Hotline	0845 609 6609
Copeland Direct	0845 054 8600

# A VIEW FROM THE CHAIR

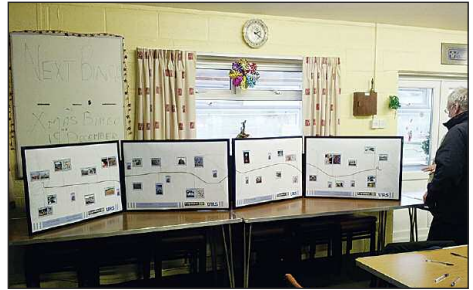
## Time to stand up and be counted

Turbulent times and much adverse publicity recently for the nuclear industry, on which so many of us in Seascale and West Cumbria depend one way or another. Reports by the National Audit Office and the Parliamentary Accounts Committee have been highly critical of delays, safety issues and steeply rising expenditure. A storm of protest, some genuine and some manufactured, at the prospect of proceeding to Stage 4 of the MRWS process to find a suitable site for a deep geological storage facility for high-level nuclear waste has produced a large amount of misinformation and created a minor civil war in the county.

The extraordinary decision taken on 30 January by Cumbria County Council to reject further participation in the search was followed immediately by the announcement from Centrica, the only British-based company involved, that they were to withdraw from plans to build new nuclear power plants in Britain, presumably due to uncertainty about the future.

Both Copeland Borough Council and Allerdale Borough Council, also voting on 30 January, resolved to continue with the search for a geologically safe site. Although the original MRWS consultation laid down that in order to proceed further it was necessary for the county council plus at least one of the borough councils to agree to do so, it is possible that a new formula for consultation might be agreed between the government and the two boroughs. Nobody can be certain at present how this will be resolved; what is certain however is that the Energy Coast as a whole needs to improve its image with the general public and that all those involved, companies and organisations, local government and individuals, need to be much more proactive in giving out a positive message.

*Helen Pateman*



The open day on the progress of the cycleway between Seascale and Gosforth on Wednesday, 12 December, was attended by 150 people. We received many constructive comments for which we are very grateful. They will shape the final design. The scheme continues to make slow but steady progress.  
*Eileen Eastwood, Chair, Cycleway Committee*



## SEASCALE PARISH COUNCIL

### Annual Parish Meeting

**Wednesday 3 April 2013 at 7pm  
in  
Seascale Methodist School Room**

The agenda for the meeting will include one or two matters of general interest to the village; the topics have yet to be announced. The normal Parish Council Meeting for April will follow.

All residents are welcome to attend. Please see notice boards and the website [www.seascale.org.uk](http://www.seascale.org.uk) for more details nearer the time.

## TAKE THE TRAIN FROM SEASCALE

Seascale railway station has seen some improvements during 2012, including new sustainable waiting shelters and Harrington Humps on each platform to make easier access on and off the train.

In December 2012, the timetable change brought further improvements to the Cumbrian Coast line, with an additional southbound train in the early afternoon on Mondays to Fridays calling at Seascale, and all trains on Saturdays being formed by two carriages.

Taking the train is now easier for everyone at Seascale, whether for commuting to work, visiting friends and family, or taking a shopping trip to Barrow, Carlisle, Whitehaven or Workington. It is also a great way to visit the Ratty and have a car-free day in Eskdale – buy a through-ticket and save £4.00 adult and £2.00 child on the usual combined fares.

Train timetables can be obtained from the Post Office, the Library and Beach Stores in Seascale, or a copy may be downloaded from [northernrail.org](http://northernrail.org). Alternatively, for train times and fares, call National Rail Enquiries on 08457 48 49 50.

For more information on The Cumbrian Coast Railway, please visit [www.cumbriancoastline.co.uk](http://www.cumbriancoastline.co.uk)

*Iain Aldred, Marketing Manager, West Northern Rail Limited*

*Keith Bradshaw, Northern Rail Volunteer Station Adopter*



Around Seascale and Gosforth there are four gardens participating in the National Gardens Open for Charity scheme.

At **Beckstones** in Eskdale (picture above) there is a one and a half acre mature garden with a large selection of specimen trees and shrubs. It has mixed borders with many interesting and unusual perennials, a wildlife pond and waterfall, vegetable garden and marvellous views of the Eskdale Fells. It is open courtesy of Ron and Audrey Postlethwaite on Sunday 5 May from 10am to 5pm.

At **Galesyke** in Wasdale there is a large partially landscaped garden on the banks of the river Irt with views of the Wasdale Fells noted for its display of

## GARDEN OPEN DAYS

rhododendrons and azaleas. Despite not having all the damage repaired which was caused by flooding in 2009 it is open courtesy of Christine and Mike McKinley on Sunday 26 and Monday 27 May between 11am and 5pm.

In Gosforth at **Buckbarrow House** in Denton Park Court there is a small densely planted garden with a number of compartments including a wild life pond, shrub area, cottage garden, borders and a natural stream. There is also a Japanese style garden with a gravelled area, a decorative stone front garden and favourite plant acers. It is also open on 26 and 27 of May between 11am and 5pm, courtesy of John Maddison.

Tucked away within the hamlet of Hallsenna and less than two miles from the village there is a one acre garden at **Hall Senna** which provides the visitor with many different aspects of gardening. The site includes borders fully planted for year round colour and many delightful structures built to provide interest. This garden is open courtesy of Chris and Helen Steele on Sunday 28 July from 10.30am to 5pm.

Further details on these gardens and others throughout the country can be found on the National Gardens Scheme's web site: [www.ngs.org.uk](http://www.ngs.org.uk)



Sunday 10 February, Evensong.

# RETIREMENT OF THE REVEREND JOHN WOOLCOCK

Friday 15 February marked John's retirement as Vicar of Seascale and Drigg. He had spent five years in charge of this parish at St Cuthbert's and of Drigg at St Peter's. John has had an unusual career in that his entire ministry of some forty years has been located in his home counties, firstly in what was at that time part of Lancashire and more recently in Cumbria. He was an apprentice engineer at the Barrow shipyard and tells the story that when he left to train as a priest the local paper carried the headline "From Vickers' apprentice to apprentice vicar" which must be unique.

His final service at St Cuthbert's was at 4pm on Sunday 10 February and was a combination of Evensong, Songs of Praise and Desert Island Discs as John chose hymns which meant something to him. It was very well attended, with a congregation drawn from the three Seascale churches who enjoyed the insights into John's ministry. This was followed by a



**John and Margaret with their daughters Sarah and Rebecca.**

presentation and tributes from many of those with whom he and Margaret have been involved, and then a sumptuous buffet.

As John himself explains on the opposite page he and Margaret are moving only as far as Whitehaven, where they hope that they will have many visitors. To follow the punning theme, John is now moving from the cure of souls to the care of soils as he is looking forward to gardening in his well earned retirement. With the collection that was raised for them John hopes to install a small greenhouse, and to have the time to grow vegetables. We wish him well and trust that the climate there may be a little less violent than in the very exposed location of the Vicarage in Seascale.

*Brian Pateman*

**Sylvia Hunt, the Reverend Stephen Griffiths (Rural Dean and Vicar of Moresby) and Lyn Edwards (Shackles Off).**





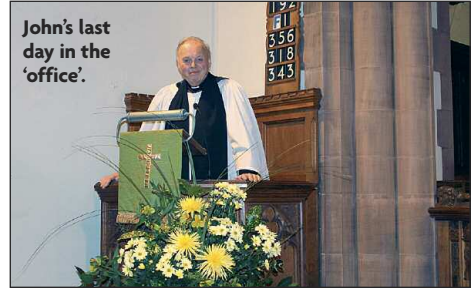
**Tributes and gifts.**



**Staffing out.**



**Barbara Jackson urges us all to enjoy the feast.**



## REV. JOHN WOOLCOCK SAYS

### “IF YOU CAN’T BEAT THEM...”

I have been so amazed and inspired by the full, active and stimulating lives of so many retired people in Seascale that I have decided that the time has come to join them. I will retire as Vicar of Seascale and Drigg on 15 February.

Unfortunately there is a convention in the Church that when clergy retire they do not live within a parish in which they have recently served, so we will be moving from Seascale to live in Whitehaven at the end of the month.

Margaret and I have enjoyed living and working in this community and have made many good friends here, who we hope will keep in touch. We would like to thank the people of Seascale for their friendship, help and support in our five years here and we are sorry it could not be longer. It has been a privilege to share in the life of this community amid all that has happened here in the last five years and to see so many positive initiatives begin and develop through that time, especially the work among young people by Shackles Off and the work with children by the Methodist Church and St. Cuthbert’s in Messy Church which they run together.

Thank you for all the cards and good wishes on our retirement, and to all who contributed to the generous gifts from St Cuthbert’s and Seascale Methodist churches, and individual gifts. We will be thinking of you all in the months and years to come.

In the meantime, there will be several months with no Vicar and no Church of England clergy in post between Egremont and Bootle. The contacts if people want to book a baptism or wedding at St Cuthbert’s Church are the Churchwardens (details in the Church newsletter and on Church Notice Board), and anyone wanting the ministry of a priest should contact the Rural Dean, Rev. Stephen Griffiths, on Whitehaven (01946) 693970.

# EVENTS CALENDAR in and around Seascale

Find updates at: [www.seascale.org.uk](http://www.seascale.org.uk)

**8 March – Friday.** Fish & Chip Supper, Dalegarth. Train departs Ravenglass at 6pm and returns from Dalegarth at 8pm. £10 per person inclusive. Details [www.ravenglass-railway.co.uk](http://www.ravenglass-railway.co.uk)

**13 March – Wednesday.** Cumbria Wildlife talk on Ospreys by Nathan Fox of the Bassenthwaite Osprey Watch. **7.30-9pm in the Seascale Methodist Church Hall.**

**16 March – Saturday.** Cumbrian Railways Association spring field trip to the railway relics of Bigrigg and area lines. Details will be at [www.cumbrianrailways.org.uk](http://www.cumbrianrailways.org.uk) or 019467 28296.

**30 March – Saturday.** World Owl Trust at Dalegarth station. 10am-4pm.

**4 April – Thursday.** World Owl Trust Conservation Day, Owl Centre, Muncaster Castle. Normal rates of admission and times.

**5 April – Friday.** Fish & Chip Supper, Dalegarth. Train departs Ravenglass at 6pm and returns from Dalegarth at 8pm. £10 per person inclusive. Details [www.ravenglass-railway.co.uk](http://www.ravenglass-railway.co.uk)

**3 May – Friday.** Fish & Chip Supper, Dalegarth. Train departs Ravenglass at 6pm and returns from Dalegarth at 8pm. £10 per person inclusive. Details [www.ravenglass-railway.co.uk](http://www.ravenglass-railway.co.uk)

**4-6 May – Saturday to Monday.** Muncaster Castle Feast of Flowers by Millom & District Flower Club. Free garden tours and cooking with flowers demonstrations.

**4-6 May – Saturday to Monday.** Art in Irton Group Exhibition. Santon Bridge Village Hall. Refreshments available.

**18 May – Saturday.** Steam and Ramble with Cumbria Wildlife Trust. 10.30am. 5-mile guided walk from Irton Road to Dalegarth. Transport included in price £10 adult and child £5. Adult with cream tea £14. Child £7. Book via [www.ravenglass-railway.co.uk](http://www.ravenglass-railway.co.uk)

**25-27 May – Saturday to Monday.** Eskdale Art Show. 10am to 4.30pm, St Bega's School, Eskdale. Art for sale including paintings, prints, wood turning, ceramics, jewellery, cards and craft. Cafe. Free parking and admission.

**25-29 May – Saturday to Wednesday.** Muncaster Festival. Daily shows, husky rides, outdoor games, storytelling and more. Final day International Jester Tournament and the Fool of Muncaster will be crowned. See [www.muncaster.co.uk](http://www.muncaster.co.uk)

**1 June – Saturday.** World Owl Trust at Dalegarth station. 10am-4pm.

**1 June – Saturday.** Steam and Ramble with Cumbria Wildlife Trust. 10.30am. 5-mile guided walk from Irton Road to Dalegarth. Transport included in price £10 adult and child £5. Adult with cream tea £14. Child £7.

Book via [www.ravenglass-railway.co.uk](http://www.ravenglass-railway.co.uk)

**7 June – Friday.** Fish & Chip Supper, Dalegarth. Train departs Ravenglass at 6pm and returns from Dalegarth at 8pm. £10 per person inclusive. Details [www.ravenglass-railway.co.uk](http://www.ravenglass-railway.co.uk)

**16 June – Saturday.** Cumbrian Railways Association summer field trip to the slate railways in Honister and Fleetwith Pike areas. Details will be at [www.cumbrianrailways.org.uk](http://www.cumbrianrailways.org.uk) or 019467 28296.

**21-23 June – Friday to Sunday.** Whitehaven Festival. [www.richardsonsofwhitehaven.co.uk/whitehaven-festival](http://www.richardsonsofwhitehaven.co.uk/whitehaven-festival)

**27 July – Saturday.** World Owl Trust at Dalegarth station. 10am-4pm.

**26 August – Saturday.** Black Combe Country Fair, Bootle. For trade stand applications contact Anne Fretwell 01946 27117.



**2nd Seascale Scout Group caters for girls and boys aged 6 to 14½.**

**We currently have around 75 members**

**from Seascale, Gosforth, Beckermeth, Drigg, Ravenglass, Bootle and Eskdale.**

**Fundraising gives us an important source of income as a boost our subscriptions.**

**Our twice-yearly collections of old clothes (including shoes and handbags, but sorry, no bedding) provides us with a fantastic opportunity to raise funds.**

**Our next collection is at the end of April. We invite you to bag up your old clothes etc and bring them down to St Cuthbert's Church Hall any Thursday night between 5pm and 9:15pm.**

**Alternatively, if you live within the village boundary leave your bags on your doorstep on **THURSDAY 25 APRIL** before 5pm and we will pick them up during that evening.**

**If you have any questions, or wish to arrange collection at a different time, please contact [Info@SeascaleScouts.org.uk](mailto:Info@SeascaleScouts.org.uk)**





## REGULAR EVENTS

- Children's Club.** Meets every Friday during term-time for children in the infant classes, from 5pm to 6pm, at Seascale Methodist Church Hall. Contact Ros on 21273 or Jackie on 29785.
- Gosforth and District Art Society.** Every Monday but with breaks for Easter, summer and Christmas. 6.45-9pm, Gosforth Village School. Also Thursday mornings in Seascale. Contact Jakki Barratt: [jakki@karletta.co.uk](mailto: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.
- Holmrook Reading Room Gardening Club.** Thursdays from 7.30pm. Bring your own instrument and a desire to be better at jazz improvisation. Peter Smith: 01946 822489.
- Holmrook Reading Room Table Tennis Club.** Wednesdays 6.30-7.30pm. All welcome. Just turn up or contact David on 24632.
- Jam Side Up Jazz Jam Session.** Third Friday every month. Calder House Hotel, Seascale. From 8.15pm. [www.jamsideup.net](http://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 Jam.** New jam being set up 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. Call Val for guidance or just turn up. 019467 24105.
- 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 Beckermert 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. Contact: 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.
- Rangers.** Every Tuesday during school term time. 7.15-8.45pm, usually in supper room at Gosforth Public Hall. Contact: Sue Smith 019467 28265.
- Scottish Country Dancing** – Windscale Club, Seascale. Every Wednesday from September to April at 7.30pm. Beginners very welcome.
- Beavers/Cubs/Scouts.** 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](mailto:info@seascalescouts.org.uk)
- Seascale Parish Council Meetings.** First Wednesday every month. 7.30pm in the Methodist Schoolroom. No meeting in August unless there is urgent business.
- 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.

Gosforth Amateur Dramatic Society  
presents

# LADIES DAY



a comedy by  
Amanda Whittington

**Nightly Thursday**  
**6 June**  
**to Saturday**  
**8 June**

Doors open 7pm  
Curtain up 7.30pm

Tickets available on the door

Work, love and life are one hard slog for the fish-filleting Yorkshire foursome Pearl, Jan, Shelley and Linda. Their luck changes when four working Yorkshire lassies find tickets to Ladies' Day at Royal Ascot when it is relocated to York. Out go the hairnets and overalls as the girls do themselves up and head for the races. As the day unfolds, the champagne flows, secrets spill out and their horses keep winning. By the last race, the girls are on course for a life-changing win.

## THE PARISH PRECEPT 2013/2014

Each year, between November and January, the Parish Council has to consider what level of precept it needs to levy in order to carry out its responsibilities in the village. It often happens that it is not possible for us to know exactly what our expenditure will need to be on particular services; for example most years we are asked by Copeland BC for our precept requirement before we have been told by them what their costs to us will be for grass cutting, or the rent of the car park. For the coming financial year most of Copeland's services will cost 5% more, but we are fortunate that our grass cutting contract is limited to a maximum rise of 3% for a further year.

Last year we wanted to keep the cost to the residents to a minimum so we did not raise the precept, which has now been set at £17,100 for the last two years. This year, however, we have been compelled to raise it, to partially offset the £585 for extra work invoiced to us by the auditors because of a query raised by a resident on the legality of the donations box in the car park. Also some of our other costs (electricity, water) are likely to rise by more than the level of inflation. However we have only raised the precept by 2%, mindful that everyone is hard pressed, having to cover rising costs themselves for essentials such as heating and food. Our precept will therefore be £17,440 for the year 2013/14, but we hope and expect to be able to provide all that we usually do, including the magazine and the Christmas celebration.

*Helen Pateman*

## SEASCALE SCOTTISH COUNTRY DANCE CLUB

This group meets on Wednesday nights in the Main Hall of the Windscale Club from 7.30-9.30pm.

Men and Ladies – everyone is welcome.

There is no need to have done this type of dancing before. All the dances are taught. The more experienced dancers will always partner a beginner and give guidance throughout each dance. We are a very friendly group.

Come along any Wednesday night. You will be assured of a warm welcome. We look forward to seeing you.

# SEASCALE PRIMARY SCHOOL

## Thank You to the Methodist Church

Seascale Primary School would like to thank the Methodist Church for purchasing Bibles. These are given to our Year 6 children as they leave and transfer to their secondary schools. We very much appreciate their kind generosity, thank you.

## Listen to Children Read

As a school we would like to welcome members of the community to listen to our children read on a regular basis. Volunteers need not necessarily be relatives of pupils – the only pre-requisite is an enthusiasm for talking to children and encouraging them. The work will be carried out with the support of class teachers. Disclosure and Barring Service checks will be carried out on regular volunteers. Please let us know if you can help out.

## Friends of Seascale School Annual General Meeting

The Annual General Meeting of the Friends of Seascale School will take place on Tuesday 19 March 2013 in the Windscale Club, Seascale commencing at 7.30pm. All welcome.

## MUNCASTER MICROBUS DRIVERS NEEDED.

Volunteer drivers are wanted for the Muncaster Microbus which operates from Ravenglass, running weekly shopping trips and fortnightly day trips around Cumbria. Once a week, once a month, whatever time you can spare. For full information telephone 01229 717229.

## ORANGE/EE IN SEASCALE

We have evidence that a new Orange mobile mast has been enabled close to Scawfell Crescent. Unfortunately at the time of going to press the Orange (EE) Press Office was unable to confirm it. Signals appear to have improved in the eastern area of Seascale, although in The Banks only a marginal improvement is noticeable.

PDFs of back issues of the Seascale newsletter/magazine are available on Trevor Preece's website, who compiles it. There are also recent issues of the Gosforth and Drigg Parish Council newsletters.  
Go to [www.trpub.net](http://www.trpub.net) and then to the village of your choice.



## at the **WHITE MARE**

Sunday 10 March

### **MOTHER'S DAY CARVERY**

£8-95 per person ~ 12noon 'til 8pm  
Normal restaurant menu also available

Friday 15 March. Starts 9pm

### **PAULS KARAOKE & DISCO**

Saturday 16 March ~ Let's Celebrate!!

### **ST PATRICK'S NIGHT**

3 Course Meal for £16.95 per person  
Live Entertainment by 'Nicki'. Sing & Dance to Irish music!

Friday 22 March. Served 5pm to 9pm

### **UNLIMITED CURRY NIGHT**

Eat as much as you like for £10.95.

Sunday 31 March ~ 12noon 'til 8pm

### **EASTER SUNDAY CARVERY**

£8.95 per person  
Normal restaurant menu also available

Sunday 31 March

### **BINGO NIGHT!!**

Starts at 8pm

Every Friday & Saturday Night

### **WINE & DINE**

for only £40.00 per couple!  
Choose from a selection on the menu  
Includes a Bottle of Wine (excludes Coffee)

Every Wednesday

### **SUPPER CLUB & QUIZ NIGHT**

2 DINE & WINE FOR £16.95

Two meals and a free bottle of wine

Every Sunday ~ Served 12 noon – 8pm

### **CARVERY**

Normal restaurant menu also available  
Booking advisable

BECKERMET CA21 2XS  
01946 841246

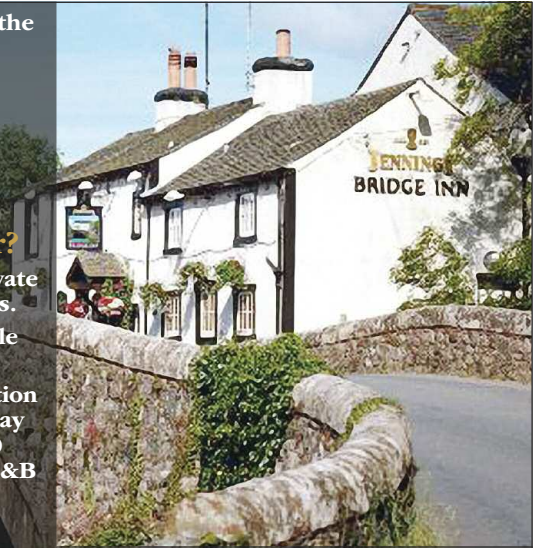
The Bridge Inn, nestling amongst the fells alongside the River Irt, is an idyllic setting for

**Mother's Day Carvery**  
**Sunday 10 March**  
**Easter Sunday lunch**  
**31 March**

**Getting Married this year?**

We have a function Room with Private Bar Facilities for up to 100 guests. Special menus & discounts available for early 2013.

Special Winter rates for accommodation – stay 2 nights any Friday & Saturday during March (excluding 29 & 30 March) in a double room for £150 B&B and get Sunday night FREE subject to availability.



## BRIDGE INN

SANTON BRIDGE, WASDALE

[www.santonbridgeinn.com](http://www.santonbridgeinn.com) 019467 26221

Seaview Nurseries  
Nethertown  
Egremont  
Cumbria  
CA22 2UQ

01946 820412  
(calls 8am-5pm only)

growing in nature's way  
**Cumbria**  
GARDENS & PETS DIRECT

[cumbriagardensandpetsdirect.co.uk](http://cumbriagardensandpetsdirect.co.uk)

[www.keithsingletonhorticulture.com](http://www.keithsingletonhorticulture.com)

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

*Good Companions*  
Cafe & Restaurant

Good Companions Restaurant 01946 823324  
Open Daily 09.30-16.30 and  
Friday/Saturday 16.30-late  
[www.goodcompanionsrestaurant.co.uk](http://www.goodcompanionsrestaurant.co.uk)





Photo by Vicky Lane

## HEAR THE HOOT OF BRITAIN'S NATIVE TAWNY OWL

by Millie Clarke  
Conservation Officer  
World Owl Centre  
World Owl Trust  
Muncaster Castle

The Tawny Owl *Strix aluco* is our most common owl but because of its excellent camouflage and ability to “freeze” in thick foliage, it largely goes unnoticed.

Although the actual bird is seldom seen, the Tawny Owl’s “hoot” is a familiar sound. The short, broad wings and short tail of the Tawny Owl allows it to manoeuvre easily among branches in mature wooded areas. It is a very nocturnal bird and is rarely seen flying in the daytime.

The familiar hooting of the male acts as a territorial and courtship call, and the male also often hoots when bringing the female food in the breeding season. The female is known to also make a similar hooting sound, especially in the autumn. However, the contact call “kewick” is the usual female sound and in spring is her usual reply to the males’ drawn out quavering, “hooo” as they perform a lovely duet.

Head out at dusk to enjoy this very special performance! Just to confuse the matter further, “kewick” can sometimes be used by the male! Tawny Owls rarely call during the day but I have heard them.

Tawny Owls are very territorial and will stay within their nesting territory all year. An established pair is often faithful to the same nest site. As with other species, Tawny Owls will defend their young but the Tawny Owl seems to be infamous for its reputation of attacking humans who get too close to the nest site. In Britain, the bird photographer Eric Hosking lost an eye to an attack from a Tawny Owl, but such behaviour is very rare.

A Tawny Owl’s diet includes rodents, frogs, small birds flushed from their roost, beetles, earthworms and occasionally fish. A Tawny Owl is one of the few predators which do not find moles distasteful. The varied diet and adaptability of the Tawny Owl has

meant that it has colonised our parks and even large gardens.

Finding a Tawny Owl pellet is much harder than finding a Barn Owl pellet in a barn. Studies have shown that Tawny Owl pellets can be found at nocturnal roosts and feeding stations but these places change and are often well scattered. The moist woodland floor means that pellets soon disintegrate.

Natural nest sites are becoming harder for this owl to find as a result of Dutch Elm disease which has resulted in a lot of large hollow trees being cut down. I have known a Tawny Owl nest in a blocked up ventilation slot in a barn. On another occasion, a Tawny Owl tried to take up residence in a barn that a Barn Owl was occupying; after a few nights it was the Tawny Owl that was forced to look elsewhere.

As is widely known, young Tawny Owls leave the nest early and their calls enable the adults to find and feed them. From about 25 days old, owlets although unable to fly, hop to nearby perches – a stage known as “branching”. A new sound will echo through the woods as the fledged owlets spend much of their time on a perch waiting to be fed by the parents. The owlets are sometimes referred to as “squeakers”, as this best describes the high pitched sound to listen out for. If you find a “squeaker” that has fallen to the ground, by all means try and place it up out of danger from foxes or dogs, but then leave it alone, as you are probably being watched by two anxious adult birds, and the owlet is quite capable of climbing back up the tree with the help of a hooked beak and very sharp talons.

Locally, Blengdale is a good place to listen out for Tawny Owls. These owls take readily to nest boxes and this is one way we can help this owl and do our



bit to ensure that future generations continue to hear its familiar “hoot”.

The Tawny Owl is part of a large collection of owls that can be enjoyed by a visit to the Owl Centre, based at Muncaster Castle – but please check opening dates and times.

The World Owl Trust is holding a Conservation Day on 4 April at Muncaster Castle – normal Muncaster opening times and admission charges apply.

**Owlett photo above by Ian McGuire**

**For more information about the Trust  
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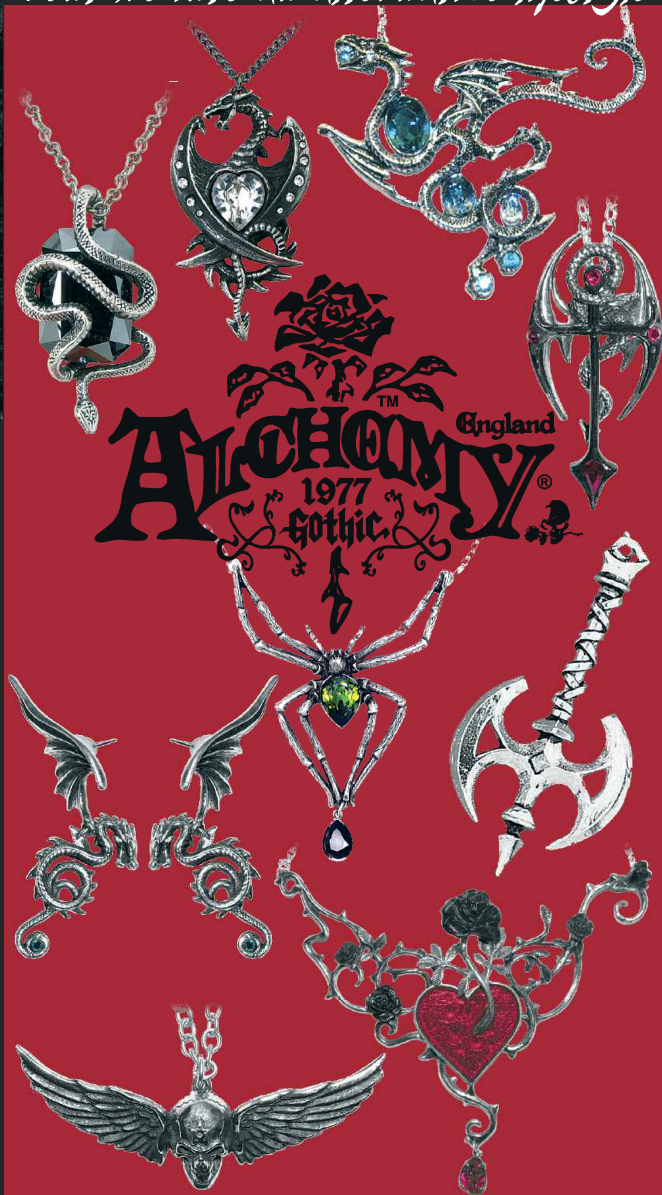
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A few small steps for Seascale



Just a recall of how grim it was.



'Mount Doom' – the Barbecue.

# A TALE OF TWO SEAS

When we first moved into Quantock on The Banks in 2008 the garden was part of a long list of things to deal with that included much higher priority items; new heating system, finishing the double glazing and so on. We tried to do some work ourselves but we had been left a mammoth task and it proved beyond us so it crept up the list.

A perusal of the village magazine put us on to Perfectly Planted and we had Chris come in to sort out the front garden area and have a look at options for the back half which was where the really big task lay. Plans were laid and we decided on a total redesign of the back garden area to make it easier to maintain and give us more space to sit and enjoy the summer days and also shelter us a bit more from the wind!

Once we decided on the plan it was time to get digging and Chris arrived with a vengeance (and a mechanical digger) and we started to see the transformation take shape. The best part was how the project would evolve as it went along to turn a good plan into a fantastic transformation that took an unusable space and turned it into somewhere we love to sit out in and enjoy the summer nights with grilled barbeque goodies.

The first few weeks went very



Another view



A giant leap for the garden.



The finished product!

# O GARDENS IN CALE

quickly and we could see the shape of the garden starting to mature. Unfortunately the weather was not kind and there were many weeks where progress was slow and muddy, but progress it was. Sandstone was hand dressed by the ton by the stalwart Dave. Once the excavations had happened and several large skips had been taken away the process of starting the terraces and cladding them in sandstone could start.

Having removed the old concrete steps to the shed it was time to put in a set which were a lot easier to climb and that are a stunning feature which brings all the levels together in one sweeping curve.

Despite the weather (again) things reached the point where after many months of construction the time was right to get the turf down and let us really see how the final product would look.

Then we were down to the finishing touches – using the sandstone to take away the edges of older terracing, capping off the walls and the addition of a small fence to protect plants and break up the wind at the top of the drive. After a long haul with intervention by wind, rain, sleet and snow the garden was done! A brilliant job and the result is nothing short of phenomenal.

*Steve Black*

of paradise



The grass is always greener.



The relaxation area.

# ANNUAL ART IN IRTON GROUP EXHIBITION

This year's exhibition will be over the bank holiday weekend of 4 to 6 May (Sat/Sun/Mon) in the usual venue of the Village Hall at Santon Bridge. The group membership is now around twenty artists, all based

relatively locally, including several members from Seascale, Irton and Santon Bridge, plus a scattering from all over Copeland. Diversity of approach and subject matter remain key factors, so although the



**Madeleine Warren**

group meet regularly for a variety of workshops and discussions, the end product in terms of art is always visually challenging and full of interest.

The hall is located just beyond the Bridge Inn, taking the Eskdale road out of Santon Bridge – it will be well signposted and there is plenty of free parking. Refreshments will also be available and the exhibition is manned by the artists who are always happy to chat and compare notes.

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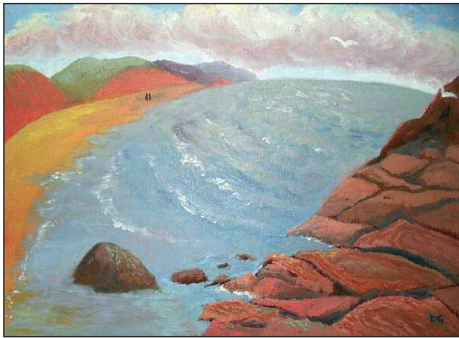
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# Girlguiding UK

*girls in the lead*

## GUIDES

Oh yes it is! Oh no it isn't! Oh yes it is ... You may have guessed that our 'Go For It' theme for this term is SHOWTIME! The theme explores all aspects of putting on a show and it will culminate in the Guides performing a pantomime to their families and friends. Not everyone is born to be on the stage and the girls have opted to take many different roles including acting, back stage crew, front of house, poster designers, prop makers – the list is endless! In our weekly meetings we have undertaken activities of a showtime theme and it has seen us face painting, playing games to encourage projection of voice, playing charades to develop acting skills, working together in teams to make props, all of which build an atmosphere of cooperation and build the confidence of our girls. We are planning a sleepover for final rehearsal time and no doubt many pieces of cake and cups of hot chocolate will keep us going!

On our return after Christmas we spent a meeting making promise stars. The Guide promise is central to all our work and the girls thought about practical, everyday ways that they could really keep their promise. Thoughts centred around families, the communities in which we live and the wider world.

Everything we undertake hopefully develops skills and knowledge for the girls to use in later life. If you think you can offer anything to this section of guiding (girls aged 10-14) please get in touch. It might be you have an interesting topic you could talk to the girls about in a one-off meeting.

Thanks as always go to all the leaders, Rangers, Guides and parents who make Guiding such fun and so worthwhile.

Well on with rehearsals! Curtains, lights, action!

*Lindsey Martin: 27529*

## RANGERS

Our Ranger Unit continues to flourish and has become completely self governing. The programme is planned completely by the girls, for the girls. Two of the members, Lauren and Ellie are now working for Girlguiding's Leadership Qualification (Alice and Joanna, two more of the members are undergoing the same training but to become Brownie Leaders). Ellie, along with most of the local Guiders will be taking part in a Countywide training in March in order to find out more about 'the big picture' of Guiding.

Ellie has written the following article on behalf of the Rangers.

Within Rangers we do many different activities ranging from arts and crafts to inviting speakers in to talk about university and how to prepare for exams. Last term we organised a Halloween party for the Guides. We planned games and transformed the supper room at the Public Hall into a haunted house. It was great fun buying and preparing all the food too.

For another meeting I asked the Rangers to bring a few different outfits to the meeting so that I could do a photo shoot. (Sue's comment – the results were stunning – an array of fantastic pictures of our young women. Ellie took photography as one of her GCSE subjects!).

To celebrate at the end of the winter term we all went out for a meal at the Wild Olive. Martha was home from Uni and was able to join us which was great.

Our first meeting of this term was spent planning our programme. We have had a team building session when we all used our creative eyes and made dresses using only black bags, newspaper and Sellotape. This really brought everyone together. Next half term we are planning to keep healthy by doing some zumba and we shall also be helping the Guides with the pantomime they are organising.

*Ellie Dunne – Leader in Training*

*Sue Smith*

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# THE NEW LOOK WOOLPACK

Harry and Paddington Berger have been running the Woolpack at the top of Eskdale for three years. They took it over in 2010, only months before Harry's disastrous association with Seascale – the shootings. After many operations and slow recuperation, undeterred Harry continued a truly extensive remodelling of the Woolpack. It is virtually complete, and we feel that a photographic tour may well interest Seascale residents. If you haven't been there for a few years you will barely recognise it inside!

There's another change at the top of the valley. Harry and Paddington have new neighbours – Caroline and Steve Ashall, of West Lakes Adventure, and previous tenants of the Screens Inn in Nether



Wesdale. Steve's enterprise was featured in the Autumn 2010 issue of the Seascale Magazine.







**Paddington points out the menu treats.**



**All Roman in Eskdale – Pizzas from the woodburning oven as used by the Romans. But not only pizzas. Caroline has become more adventurous with chicken, goose and pheasant roasted in it, and even baking bread and sticky buns in it. Also steaks and burgers from Eskdale valley, blue/grey shorthorn beef and Herdwick mutton are cooked roman style too sealing in immense flavours.**



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# A NOVEL GOSFORTH PANTOMIME!

In the beginning of December the Gosforth Amateur Dramatic Society put on The Pompeii Panto "in the round" with the audience seated on all four sides of the stage. The panto written by Jim Sperinck is set in Roman times around a plot to replace the Emperor with a pompous senator played by Alistair Norwood.

The stars of the show were teenager Matthew

Harper who played the part of Gladioli, the son of the dame, and Karen Polmear the panto's director who stepped in at the last minute to play Vanilla the dame. Teenagers Joe Barker and Eli Hughes were well cast as the two comics and throughout the panto kept up the pace of the show. Andy Williams (Seascale's butcher) performed his stage debut as the

Emperor Nero. The cast handled the challenge of having the audience all around them by movements round the whole stage and with the audience so close there was more than the usual audience participation. The society has a lot to be proud off particularly as they have over recent years encouraged many youngsters to become involved and to consider acting as a career.



**Recognise Andy in disguise?!**

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# WHAT HAPPENED BEFORE DIVORCE?

---

In times past it was only the very rich who could afford a divorce and then only on the grounds of adultery by one of the parties involved.

The following article, taken from an early West Cumbrian newspaper cutting, shows how many of our forebears dealt with the problems that today we resolve by divorce. There is no mention as to whether they attained the 30% levels of separation currently found in today's divorce rate in the UK.

"I have been browsing amongst an ever increasing group of old records, and have been greatly intrigued by the following authentic account of a barbarous transaction that took place in Cumberland on April 7, 1832.

That morning a bellman paraded the streets of Carlisle announcing that a woman was to be put up for auction, and sure enough, at noon, a farmer named Joseph Thompson, who had been married for three years, displayed his wife for sale. She was seated in a chair, and round her neck was a halter. Thompson's address to the assembled crowd is too much of a good thing to be passed lightly over, so I trust my readers will not be offended with me for reproducing it in full.

"Gentlemen, I have to offer to your notice my wife, Mary Ann Thompson, otherwise Williams, whom I mean to sell to the highest and fairest bidder. It is her wish, as well as mine, gentlemen, that we part for ever. She has been to me only a born serpent. I took her for my comfort and the good of my home, but she became my tormentor, a domestic curse, a right invasion, and a daily plague.

Gentlemen, I speak the truth from my heart when I beg that we might be delivered from troublesome wives and frolicsome women. Avoid them as you would a mad dog, a roaring lion, a loaded pistol, cholera morbus, Mount Etna, or any other pestilential thing in nature.

Now that I have shown you the dark side of my wife, and told you her faults and failings, I will introduce the bright and sunny side of her, and explain her qualifications and goodness.

She can read novels and milk cows; she can laugh and weep with the same ease that you can take a glass of ale, when thirsty.

Indeed, gentlemen, she reminds me of what the poet says of women in general: "Heaven gave to women the peculiar brace, to laugh, to weep, to cheat the human race."

She can make butter and scald the maid, she can sing Moore's melodies, and plait her frills and caps, she cannot make rum, gin or whisky, but she is a good judge of the quality from long experience of tasting them. I therefore offer her, with all her perfection's and imperfections, for the sum of fifty shillings."

After this harangue, Thompson cast his eyes round the circle of faces for a likely buyer, but there was no offer. Was the price too high? Was the woman no paragon of beauty? Or had Joseph's speech frightened off any possible purchasers in the crowd? Anyway for a full hour there was no move made.

Ah, a prospective buyer at last. One Henry Mears has approached the haltered dame in the chair, and eyed her appraisingly. He is now in conversation with her husband, and they are no doubt haggling over the price. Henry cannot afford fifty shillings, and besides is there not a scarcity of money and a plentitude of women in the land? Twenty shillings would be a good price, says Henry, and see – with him a Newfoundland dog – he will trade that, too. Twenty shillings and the Newfoundland dog for Joseph Thompson's wife. Going, going, gone.

The woman has passed into the possession of Henry Mears, and all part in the best of spirits, the buyer and his new acquisition proceeding in one direction, and

Joseph Thompson, the dog, and of course the twenty shillings, in another.

The traffic in women, of which this is an example, was very common in this country up to a century ago. The general opinion was that a husband had a perfect right to sell his wife so long as the transaction was carried out in a public place, and the usual practice was to deliver the woman to her purchaser with a halter round her neck. Detailed accounts of such sales were given full publicity in the newspapers of the period and nobody appears to have thought such proceedings in any way irregular or deplorable. In most cases market dues – such as are charged for cattle – were imposed!”

The information given by the author of the original article would suggest that family historians must now include the Market Sales reports from the local newspapers when searching for that elusive missing marriage! Did these people eventually marry?

There is sufficient detail concerning the events of the 7 April 1832 that a family historian could identify the family involved in this case.

*Nev. Ramsden, Seascale*

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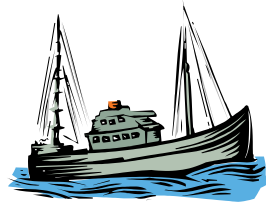
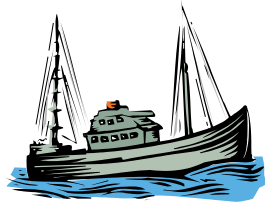
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## 2ND SEASCALE METHODIST BROWNIES

Let's start with HAPPY NEW YEAR! This term we are working on a badge called Mexico Challenge, which has been put together by a unit of guides from Sheffield who are raising money for an international trip to Mexico. We have decided to do this badge because it is in connection with the World Thinking Day badge. World Thinking Day is 22 February – a special day for Girl Guiding across the globe as it is a day where all girl guiding members think of each other and think of ways in which we can improve Girl Guiding for the future. The Mexico Challenge badge includes lots of different ideas including: learning about Mardi Gras, Mexican food and local dress.

Last term, before Christmas, we had been working on the first aid badge which proved to be an eventful

evening. We had dummies to practice CPR on and in order to get the badge each brownie had to complete a round of CPR on each dummy. There was a new baby, a child and an adult dummy. In the picture we can see Erin practicing her CPR on the child manikin.

We are also planning our annual Pack Holiday which will take place at a PGL adventure park near Preston. This is a place designed especially for groups like brownies with lots of amazing activities – for example high ropes course, zip wires, archery and rock climbing. We think that our brownies will benefit hugely from being away from Cumbria and hopefully learning something that they will thoroughly enjoy.

This term we have had four new brownies, so a huge welcome to Jodie, Mia, Poppy and Lucy. Am sure you will fit into brownies just fine, and hopefully continue in our Girl Guiding family.

If anybody has a special talent that they would like to share with a lovely bunch of 7-10 year olds please get in touch. It's always great to learn something new.

Again I would like to thank the other leaders for their time, as girl guiding is an all-volunteered organisation. So thank you Lynn, Jennifer, Joan, Maggie and Sarah for all your hard work and support.

If anyone has any questions regarding brownies or girl guiding, or knows of anybody wishing to join brownies then please e-mail on [saz\\_huddy@hotmail.co.uk](mailto:saz_huddy@hotmail.co.uk)

*Sarah Huddleston  
2nd Seascale Methodist brownies*

*The Kentish Gazette on Wednesday, 5 October 1768 printed the following article with the heading:*

## COUNTRY NEWS

On Sunday, September the 23rd at night an inhuman murder was committed at Seascale in the parish of Gosforth, Cumberland, upon the body of DANIEL WALKER by one ABRAHAM GAITSKELL, a clergyman who formerly ran up and down the country begging, but of late has been an assistant to the Rector of Gosforth and maintained by the parish.

GAITSKELL was lodged by the parish with RICHARD WALKER, an old man who lived alone and was David's father. He is bailiff or rent collector for the Lord of the Manor, by which he had a little money in his house which GAITSKELL knew of and threatened to murder him.

The old man made shift to get out of the house

and go for his son who lived a little distance, he was very ready and in entering in at his father's house, GAITSKELL, with a penknife stabbed him in the groin, by which he cut a large blood vessel that instantly occasioned his death.

In the confusion GAITSKELL made his escape and got upon a barley mow in the neighbourhood, but is since taken and now under confinement.

*I regret that I am unable to discover what happened to the 'mad vicar' and whether or not he was hanged or cast into a criminal asylum.*

*It is interesting to see that half of Seascale was in the parish of Gosforth at this time. The other half was in the parish of Drigg. A small plaque on the railings in the Seascale village car-park shows the demarcation of the two parishes which ended when Seascale became a civil parish in its own right in April 1897.*

*Pam Clatworthy*

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# SEASCALE CRICKET CLUB 2012 AGM REPORT

The Cricket Club AGM was held on Saturday 26 January at the Windscale Club.

The 2012 annual Club awards were won as follows:

**Frank Woolley Trophy (First XI player of the year):**

Andrew Knott

**Villas Trophy (Midweek player of the year):**

Steve Brown Jnr

**Goldsborough Cup (Most Improved player of the year):** Andrew Knott

**Junior Shield (Junior player of the year):**

Harry Whitfield

**Reading Rooms Association Cup (Clubman of the year):** Steve Brown Snr

**First XI batting averages:** Dave Stubbings

**First XI most runs:** Adam Brown

**First XI bowling averages:** Graham Parker

**First XI most wickets:** Steve Brown Jnr

For the 2013 season, the First XI will once again play in the North Lancashire and Cumbria Cricket League Division 1 and the Club will once again run two teams in the local midweek league, playing at home on Monday and Thursday nights. For the first time in several years the Club will run an under-15 team in the local junior league, playing at home on Friday evenings, however this has come at the expense of the under-13 team which doesn't now have the numbers to run a team. Adult and Junior practice will continue on Tuesday evenings from early April as in

## SEASCALE CC FIRST XI 2013 FIXTURES (2pm start – unless stated otherwise)

Day	Date	Opponents		H/A
SAT	20/4	Penrith II	1pm	H
SAT	27/4	Dalton	1pm	A
SAT	4/5	Vickerstown		A
SAT	11/5	Cockermouth II		H
SAT	18/5	Workington II		A
SAT	25/5	Egremont		H
MON	27/5	Hawcoat Park		A
SAT	1/6	Cleator II		H
SAT	8/6	Lanercost		A
SAT	15/6	Kirkby		H
SUN	16/6	Hawcoat Park (Cup 1st Rd)		A
SAT	22/6	Ulverston		A
SAT	29/6	Cleator II		H
SAT	6/7	Lanercost		A
SAT	13/7	Vickerstown		H
SAT	20/7	Cockermouth II		A
SAT	27/7	Workington II		H
SAT	3/8	Egremont		A
SAT	10/8	Hawcoat Park		H
SAT	17/8	Kirkby		A
SAT	24/8	Ulverston	1pm	H
SAT	31/8	Penrith II	1pm	A
SAT	7/9	Dalton	1pm	H

previous years and the Club is hoping to get enough under-11 players to maybe play some friendly fixtures with a view to entering a team in the local league next season.

*Contacts for the teams are Steve Brown Snr (28352) and Andy Lee (28292)*

## MUNCASTER MICROBUS DAY TRIPS 2013

Date	Day	Day	Destination	Price	Notes
March	2	Sat	Penrith/Rheged	£10.00	
	16	Sat	Kirkby Lonsdale	£10.00	
April	13	Sat	Coniston/Hawkshead	£8.00	
	27	Sat	Keswick/Cockermouth		
May	11	Sat	Maryport	£8.50	
	25	Fri	Windermere Cruise	£9.00	
June	1	Sat	Holker Flower Show	£9.00	
	22	Sat	Barrow – Roa Island	£9.00	
July	6	Sat	Ullswater Steamer	£10.00	
	20	Sat	Mystery Trip	£9.50	

Muncaster Microbus runs Whitehaven shopping trips on Tuesday and Thursdays which can call at Gosforth and Seascale. Details from [www.muncastermicrobus.org.uk](http://www.muncastermicrobus.org.uk). Bookings: 01229 717229.

# EATING DISORDERS AWARENESS

1. Name the three most common eating disorders.
2. How do people with anorexia control their weight?
3. At what age does anorexia usually develop?
4. How many women suffer from anorexia nervosa?
5. How many men suffer from anorexia nervosa?
6. Name two risk factors to make someone more likely to develop an eating disorder.
7. Name two warning signs.
8. What are the complications of anorexia?
9. What treatment is available for anorexia?
10. What is the most important step to the patient's recovery?

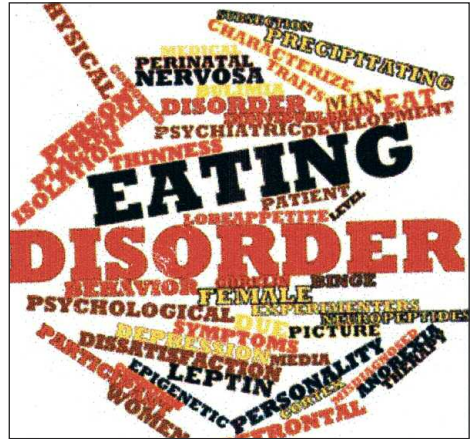
Answers opposite

Eating disorders occur when someone has an abnormal attitude to food that causes them to change their eating habits and behaviour. The three most common eating disorders are:

- ◆ Anorexia nervosa: here someone tries to keep their weight as low as possible by starving themselves or exercising excessively.
- ◆ Bulimia: in this condition the person will try to control their weight by binge eating and then deliberately being sick or taking laxatives.
- ◆ Binge eating: with this a person feels compelled to eat.



Most cases of anorexia occur in women in early adulthood around 18. 1 in 250 women will suffer from anorexia at some point in their life as compared to only 1 in 2000 men. Sufferers will go to great lengths to hide their disorder from family and friends by lying about what they have eaten.



## Causes

Eating disorders are often blamed on the social pressure to be thin but generally the causes are much more complex. Risk factors that can make a person more likely to have an eating disorder are:

- ◆ Having a family history of eating disorders, depression or substance misuse.
- ◆ Being criticised for their eating habit, body shape or weight.
- ◆ Being overly concerned with being slim especially ballet dancers, models or athletes.
- ◆ Having a personality disorder like compulsive, anxiety or low self esteem.
- ◆ Sexual or physical abuse.
- ◆ Difficult relationships and
- ◆ Stressful situations at work or school.

## Warning Signs

So what are the signs you should look out for if you suspect a friend or relative may have an eating disorder? What you should look out for are:

- ◆ Missing meals.
- ◆ Complaining of being fat, even though they are not.
- ◆ Repeatedly weighing themselves and looking at themselves in the mirror.
- ◆ Making repeated claims that they have already eaten or are going out to eat.
- ◆ Cooking big or complicated meals for other people but eating little themselves.
- ◆ Only eating low calorie foods in your presence.
- ◆ Feeling uncomfortable or refusing to eat in

public places such as restaurants and

- ◆ The use of pro-anorexia websites.

### Treatment

If not treated, an eating disorder can have a negative effect on a person's job or education and disrupt relationships. It can also lead to physical implications e.g. anorexia can lead to acute kidney failure, liver damage and heart failure. Help is available for eating disorders but recovery can take a long time. It is important that the person recognises they need help and want to get better. Treatment usually involves monitoring a person's physical health while helping them deal with the underlying psychological cause. This may involve:

- ◆ Cognitive behavioural therapy (CBT) which focuses on changing how someone thinks about a situation.
- ◆ Interpersonal psychotherapy where relationship issues are discussed.
- ◆ Dietary counselling which is a talking therapy to help people maintain a healthy diet.
- ◆ Psychodynamic therapy that focuses on how a person's personality and life experiences influence their current thoughts, feelings and behaviour and
- ◆ Medication for example some types of antidepressants such as selective serotonin reuptake inhibitors (SSRIs) may be used.

*Submitted by Stephen Reay, Seascale Pharmacy*

The logo for JEM Cleaning Services features a stylized illustration of a hand in a yellow glove holding a blue spray bottle with a white nozzle. The background is a light blue and white geometric pattern.

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*(note that I am profoundly deaf so please leave message on answering machine and I will ring back)*

The logo for Decor & Design features a stylized illustration of a hand in a purple glove holding a paintbrush with a wooden handle. The background is a colorful rainbow arc.

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Answers: Q1 Anorexia nervosa, Bulimia, Binge eating, Q2 By starving themselves or exercising excessively, Q3 18, Q4 1 in 250 at some point in their lives, Q5 In 2000, Q6 Family history of eating disorders, depression or substance misuse, being criticised about their body shape, having personality disorder, abuse, stressful situations, Q7 Missing meals, complaining of being fat, always saying just eaten or going out to eat, cooking big meals for others but not eating themselves, only eating low calorie foods in front of others, refusing to eat in restaurants, use of pro-anorexia websites, Q8 Acute kidney failure, liver damage and heart failure, Q9 CBT, interpersonal psychotherapy, dietary counselling, psychodynamic therapy and medication, Q10 Recognising they have a problem and wanting to get better.

# SEASCALE BOWLING CLUB

Despite what I wrote last year this will definitely be the 25th season for Seascale Bowling Club! It is hoped that, weather permitting, the Bowling Green will be opening on Saturday 14 April. It is anticipated that there will be a celebratory event to mark the occasion later in the season when the weather will be better (surely it can't be worse than last year?!). Look out for posters in the village.

After the achievements of 2012 in the County competitions, this year has been a reminder of how fickle success can be, with no ladies qualifying for the National Championships. Maureen Eccles was, however, a member of the County Double Rink teams which lost in the final at Leamington Spa. Henry Stewart won the County Secretary's Championship for the second time. We look forward to more success in 2013.

Ken Kirkby, President of Seascale Bowling Club, and the Committee extend a warm invitation to anyone interested in taking up the sport. Information regarding opening arrangements will be displayed in the pavilion, or just keep a look out for people playing and call in and have a chat and a cuppa. It doesn't matter if you have never played before as the Club has several sets of bowls available together with overshoes for anyone wishing to try the game without spending money on equipment. The only restriction is that shoes must be flat soled – trainers are ideal. Basic instructions will be given to beginners and after that it's just plenty of practice to improve.

Since the close of the season we have replaced the wooden retaining boards along one side of the bowling green with recycled plastic boards; as well as being environmentally friendly these boards should last much longer. With assistance from the Parish Council and a grant from Mid Copeland Neighbourhood Forum we intend replacing the boards along the other three sides before the season starts.

For anyone thinking of trying bowls without any financial commitment the Club will be running "taster sessions"

once the season is underway; look out for information posters in the village.

The annual membership fee is currently £30.00, plus a £5.00 joining fee for new members. For this members can play free of charge; non-members are charged £3.00 per two hour session including the use of Club bowls if required.

The Club organises competitions throughout the season as well as friendly games against other local Clubs and social events. For anyone not wishing to enter competitions there are plenty of opportunities to join in and make new friends at casual bowling sessions on most days from 2pm until dark.

If you require further information please contact any Club member, Parish Council member or ring the Club Secretary, Henry Stewart on 01946724652 or e-mail: seascalebowlingclub@gmail.com

## NOVEMBER MAGAZINE CROSSWORD WINNER

Well done Catherine Brennan, of Norse Range, Drigg Road. She got the right answers to the November crossword competition, and was picked as the lucky winner of a prize worth £15. Of the prize choices offered she went for a voucher to spend at Pauline's Crazy Horse jewellery and gift shop in Egremont.

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# DIARY OF A RELUCTANT GYM USER... PART II

**1 January 2013**

Everywhere is full of 'New Year, New You' articles. Get on bathroom scales and find that it is more a case of 'Old Me, Plus Seven Pounds'. Share horror (mistakenly) with size 12 friend.

**3 January 2013**

Size 12 friend sends me link to article about metabolic rate slowing as you get older, blah blah, eating less, exercising more, blah blah. She adds (irritatingly) that if I lose a pound a week I will be back to pre-Christmas weight in March. Hit caps in my reply. SEVEN pounds, I said, not ELEVEN.

**5 January 2013**

Back to the gym. Still can't get the hang of the stepper. Everyone else seems to glide effortlessly. I sink like a stone and then have to slink off. Have worked out how not to fall off the gym ball, however, and work my way round most of the machines now. Exercise bike remains my favourite though. Alternating between sitting and standing in the saddle seems to burn more calories, which is cheering (although completely exhausting). Leave with a leaflet on healthy eating and eating 5 a day fruit and veg. Suppose there's no point working it all off if I go home and put it all back on again. 2012 was the year of the gym so I suppose 2013 had better be about eating better.

**8 January 2013**

Mention this healthy eating idea to size 12 friend who responds with a link to an 'Exotic Fruit and Vegetable Taste Challenge'. Find that the challenge isn't eating the fruit and veg, it's recognising them in the first place. Sounds like it's straight out of Hollywood and at least half made up. Have never heard of komatsuna, collards, or bok choy. Am not encouraged to find, eventually, that they are all varieties of cabbage. This healthy eating idea is never going to last if I have to eat cabbage endlessly. Pff. Delete link and have another chunk of Dairy Milk. Console myself with knowledge that there is at least a bag of peas in the freezer.

**9 January 2013**

The boyfriend says forget all this Hollywood rubbish, what I need is one of Nigel Slater's books. Apparently he doesn't muck about with food and although he focuses a lot on fruit and veg, he 'still cooks decent things like sausages'. If there's one thing the boyfriend is never going to be, it's a vegetarian.

**12 January 2013**

Borrow Nigel Slater's book *Appetite* from the library. Although he has a long section on vegetables alone,

he sensibly advises me to 'throw out any recipe you may have for stuffed cabbage – they are all disgusting'. Trust me, Nigel, I don't have any. And I'm not sure how you would go about stuffing a cabbage in the first place. Resolve to start on Monday. The boyfriend enquires whether this means I will be using the tin of chick peas that has been in the kitchen cupboard for three years. Probably not. Have absolutely no idea what to do with chick peas and why they're in the cupboard in the first place.

**14 January 2013**

Monday, and the skies are so grey it's like living inside Tupperware. Not a great start to this resolution, but go to supermarket and, on Nigel's advice, load up with fruit and veg. Have been told that the more colourful your choice of fruit and veg is, the better. Something about different sorts of vitamins. Choose mainly stuff I know about but decide to try out 'Jerusalem artichokes' to show size 12 friend that I can do 'exotic veg'. Not at all sure, really, but Nigel Slater seems very keen on them – very tasty, apparently, but he says watch out for the side effect. What side effect?

**15 January 2013**

Oh. That side effect. Nice. Nigel Slater has surely never visited the gym after eating artichokes. Standing out of the saddle is definitely out of the question.

**16 January 2013**

The gym's healthy eating plan suggests steaming vegetables to go with grilled fish. Dutifully try this. Broccoli, carrots and fine beans turn out to be quick to cook and taste surprisingly nice, especially if a bit crunchy (although the cod fillets I defrosted have the texture of wet tissue). Size 12 friend says carrots roasted with thyme are very tasty.

**20 January 2013**

Today, it's chicken with roast vegetables. An aubergine sits on the side reminding me that when I bought it three days ago I had no real idea what to do with it (nor why Americans refer to them as 'eggplants' but that's beside the point). Gorgeous colour though. Chop it up with some sweet peppers, garlic, courgettes, sweet peppers and a couple of tomatoes that look as though they could do with using up. Salt, pepper, dried herbs, a bit of olive oil, in the oven for 40 minutes – easy. Plus leftovers to heat up tomorrow, so time saved too.

**23 January 2013**

Buy small bar of Dairy Milk from Beach Stores instead of family bar. Perhaps there's something in this healthy eating after all. Now, back to those chick peas...

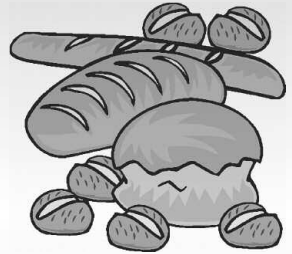
Seascale Community Fitness Centre, Gosforth Road, Seascale. A range of membership options for adults, seniors, juniors and families is available as well as a range of casual membership options. Opening times: Monday to Friday 9.00am – 9.00pm; Saturday and Sunday 10.00am – 4.00pm.

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