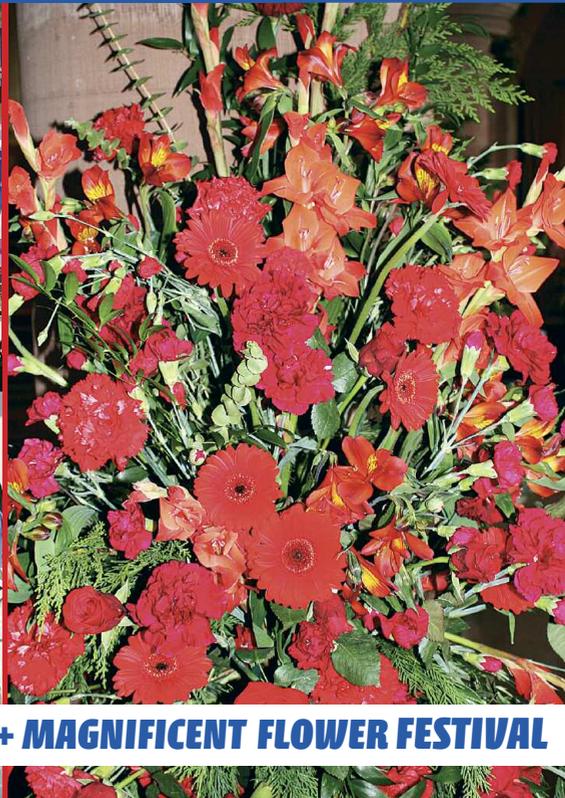
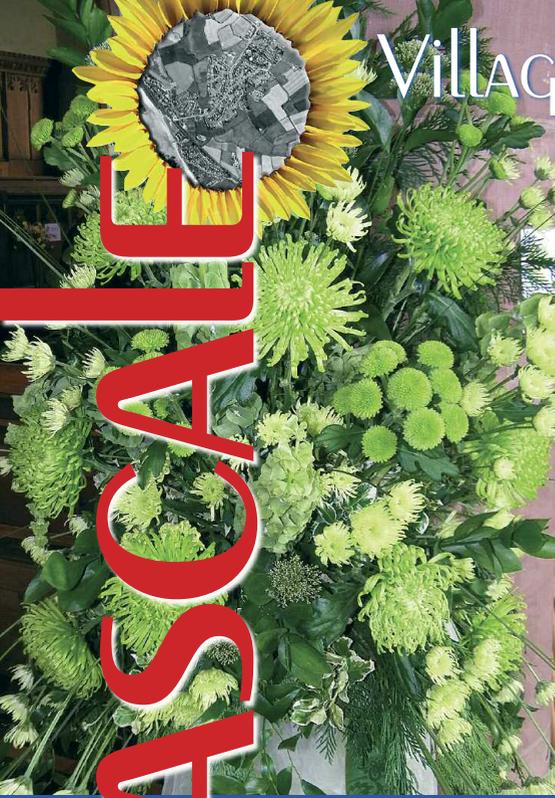


Village Magazine

JULY 2012



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UNISEX HAIR SALON



PARISH NEWS

SEASCALE

Editor: Eileen Eastwood 019467 28653

Production: Trevor Preece 019467 28449 trevor@epic-gb.com

Well as I said in the Spring Magazine we would be having a busy year.

Despite the poor weather the Diamond Jubilee celebrations went ahead. We will try and cover all events with pictures in this edition. Santon Way Street Party was a success – we even had Vikings present!

Calder House provided a Garden Party with funds going to Hospice at Home. It was sunny that day but windy.

The Guides, Brownies, Rainbows, Scouts, Cubs and Beavers – led by our Seascale Fire Engine – marched from the school to the Castle on the beach and renewed their vows to the Queen.

Shackles Off also had a fun afternoon despite the weather.

Well done all of you.

Beach improvements are coming along as the money comes in.

think because he could see us all working together to improve our outlook and facilities he approved a grant.

Copeland have improved the recycling area. The Parish Council has completed major works on the drains in the toilets and new doors have been fitted.

We are about to order three new seats and two picnic tables and are working on a new information board.

I would like some feedback about Christmas as I don't know if it is worth doing anything in the Sports Hall – the turnout last year wasn't great. We will still have our lights thanks to John Garner and I was assured we would have the fireworks again. I welcome your comments on how you feel and what you would like us to do. This is the one event the Parish Council puts on every year for our residents and we want it to be what you want.

Eileen Eastwood



We congratulate the shop fronts for brightening up the village. One of the funders for the beach front said when he parked in the car park how cheerful and bright the outlook was on South Parade and I



PARISH COUNCILLORS

Elaine Dickinson	27288
Eileen Eastwood	28653
Ken Mawson	29786
David Moore	27674
Helen Pateman (website editor)	28131
Steve Pritt	07792 109658
Malcolm Southward	01946 66047
Phil Taylor	07789 905822
Andrew Williams	28203
Andrew Woollass	28218

Clerk

Sonia Batten 21332

Copeland District Councillors

Eileen Eastwood	28653
David Moore	27674

County Councillor

Sue Brown 01229 774666

Other Useful Numbers

Cumbria Highways Hotline	0845 609 6609
Copeland Direct	0845 054 8600

THE QUEEN'S D

◆ How Seascal
a Street Party · a Parade



Photos: Tony Holman, David Morgan, John Thompson, Salli Pilcher & Trevor Preece

DIAMOND JUBILEE

We Celebrated

a Garden Party and...



... a Community Event

◆ SHACKLES OFF ◆

We marched. We ate scones. We sung and played games. And it rained and rained and rained!!! This didn't dampen our spirits though and people braved the weather to take part in our Jubilee celebrations.

'The Queen and her Prince' – Martha Hunt and Chris Taylor opened the events and also made a presentation to the oldest person in the village, Matthew Fleming aged 99. The special 'Hope' New Testaments were given away to all who wanted them. Lyn Edwards spoke about this special gift in an interview with Radio Cumbria on the Sunday of the Bank holiday weekend.

We would very much like to thank the Parish Council for their kind donation of £150 and all those who helped in any way.

Mandy Taylor, Shackles Off Youth Project



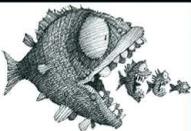
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No. 6

South Parade
SEASCALE

019467 28203

TRAFFIC AND ROAD SAFETY SURVEY

Many residents have expressed concern over a number of road safety issues in the village. A petition asking for the installation of traffic lights at Arch Hill attracted 285 signatures and another is at the time of writing collecting signatures (354 so far) requesting a light controlled crossing on Gosforth Road near the school. Speeding traffic is another major concern, mainly on Gosforth Road, but to some extent on Drigg Road as well.

The County Highways Department is planning to carry out a traffic and road safety survey jointly with the Parish Council, and the police where appropriate, and has already done a traffic count. We have not seen the figures so far, but we know that Highways found them to be high for a B Class road.

The issues that have been raised with us by residents will all form part of the survey and will be considered from the point of view of viability as well as cost.

We will publicise the survey and its outcome here and on the website.

Helen Pateman

Do you enjoy living in Seascale?

Would you like to get more involved in issues that affect village life?

SEASCALE PARISH COUNCIL HAS A VACANCY FOR A COUNCILLOR

No experience necessary – training will be provided

The time commitment is about 5 hours a month, with a Parish Council meeting to attend, possibly a committee as well, and papers to read.

You may have special skills which you would like to contribute, such as expertise in computer and social networking or finance and problem solving or, perhaps, hands-on ability for minor repairs and maintenance of our properties, structures and equipment or for tree, shrub and weed control on our footpaths.

For more information see the "What's New" page of the website:

<http://www.seascale.org.uk/page25.html>
or the notice board outside the Library
or phone Helen Pateman (Chair) on 28131
or Sonia Batten (Clerk) on 21332.

A SUNDAY RAIL SERVICE?

Ever since the formation of the Copeland Rail Users' Group in 2003, we have been pressing for a Sunday Service south of Whitehaven. When I discovered that the County Council no longer had to subsidise the Sunday afternoon service between Whitehaven and Carlisle, I asked if the money not being used could go towards a train service between Whitehaven and Barrow on a Sunday, but the cost of this, due mainly to the numbers of signalboxes and level crossings which would have to be manned, would be far in excess.

This factor is probably the main reason why Sunday services aren't included in the Northern Franchise, the scope of which is laid down by the Department for Transport (DfT). It is important, therefore, that all those who would like to see not only a Sunday service but also later evening trains make this known to the various bodies involved. As most Parish Councils are in favour, and both Copeland Borough and Cumbria County Councils are represented on the Community Rail Partnership, contacting Parish, Borough and County Councillors would make them aware of the depth of feeling on this matter. In addition, our local MP, Jamie Reid, could be contacted.

Another aspect of the rail service which has come to notice recently is the proposed withdrawal of the through trains between Barrow-in-Furness and Manchester Airport once the "Lancashire Triangle" electrification is complete. This would mean a change at Lancaster or Preston. While we in CRUG are pleased to see any investment in the railway system, it mustn't come at the expense of areas such as ours. We are isolated enough without losing our through trains. Our local MP could add his support to Barrow's MP Nigel Woodcock, if he hasn't already done so. *C.A. Potts, Chairman, Copeland Rail Users' Group*

PRINTEXPRESS CLOSES

We were very dismayed to learn that Printexpress, the Whitehaven-based printer who has for some years produced Seascale's Magazine, ceased trading as a business on Friday, 22 June. As John Barnes told me, Printexpress had been a family-run business for 27 years, latterly employing 12 people. He added, "We were very proud of what we are, or were." We thank them for their efforts in bringing our magazine up to its current colourful standard. *Trevor Preece*

EVENTS CALENDAR in and around Seascale

Find updates at: www.seascale.org.uk

- 14 July – Saturday.** Car boot and table top sale, 11am - 2pm. Calder House Hotel, Seascale. Book your table or car in advance for £6. All proceeds donated to Hospice at Home West Cumbria. Refreshments and lunches available. Free admission. Telephone 019467 28538. Email steveandy@calderhouse.co.uk
- 14-15 July – Saturday & Sunday.** West Cumbria Game Fair. 10am-5pm. Armathwaite Hall Country House Hotel, Bassenthwaite, Keswick CA12 4RE. Traditional game fair including shooting, fishing, archery, working dogs, taste of game, educational county activity demonstrations. www.armathwaite-hall.com
- 20 July – Friday.** Holmrook Reading Room coffee morning, 10:30am to 12 noon. Daisy Thompson: 24771.
- 25 July – Wednesday.** Open Mind West Lakes U3A Discovery (Science and Technology) Group. "The Use and Misuse of Antibiotics in the Community" by Dr John Macfarlane. 10.15am for 10.45am, St Mary's Room, Gosforth. Contact: Graham Hutson, 25477.
- 29 July – Sunday.** Hall Senna, Chris and Helen Steele's garden is open to the public as part of the National Garden Scheme. 10am to 5pm. Plant stall, tea and cakes available.
- 30-31 July – Monday-Tuesday.** English Amateur Golf Championships, Seascale Golf Club. Admission free to spectators. 019467 28202.
- 11 August – Saturday.** Seascale Horticultural Show. 2pm, Seascale Primary School. Refreshments on sale.
- 18 August – Saturday.** Gosforth Show. The Show Committee welcomes photos of your families, people and events to build the Jubilee Jigsaw of Rural Life, which will be an exhibit at the Show. Contact Vera on 25213 or members of the Show Committee.
- 22 August – Wednesday.** Open Mind West Lakes U3A Discovery (Science and Technology) Group. Strands Micro Brewery visit, with lunch. Noon, Strands Inn, Nether Wasdale. Contact: Graham Hutson, 25477.
- 25-27 August – Saturday to Bank holiday Monday.** Gosforth & District Art Society 4th Open Exhibition. Over 50 Cumbrian artists' work. 10am-5pm, Gosforth Village Hall.
- 27 August – Bank holiday Monday.** Black Combe Country Fair, behind Millstone's, Bootle. 11.30am start.
- 30 August – Thursday.** Return sailing by the Balmoral between Whitehaven and Douglas, Isle of Man. 10.30am. <http://www.waverleyexcursions.co.uk/ndisp.htm?port1=whitehaven&port2=>
- 4 September – Tuesday.** Holmrook Reading Room Magic Day: afternoon show for children and evening for adults. Tickets from Dave Marsden: 24632.
- 26 September – Wednesday.** Open Mind West Lakes U3A Discovery (Science and Technology) Group. "A Short Story – The Flying Boat Factory on Lake Windermere" told by Judith Shinglers. 10.15am for 10.45am, St Mary's Room, Gosforth. Contact: Graham Hutson, 25477.
- 26 September – Wednesday.** Cumbria Wildlife Trust West Coast Support Group. "The Wild Oceans Project" about sustainability seafood and conservation around Cumbrian shores, by Lindsay Sullivan. 7.30-0pm, Gosforth Methodist Church Hall. Fiona Galloway: 019467 841313.
- 29 September – Saturday.** Eskdale Show. Eskdale Showfield, next to King George IV.
- 29-30 September – Saturday & Sunday.** Taste Cumbria Food Festival, Cockermouth (www.tastecumbria.com).
- 7-9 October – Friday to Sunday.** Broughton Festival of Beer around Broughton-in-Furness (<http://www.broughtonfestivalofbeer.org.uk>). Minibus service between many pubs each day, including Foxfield for train connection. Coincides with a Beer 'n' Bangers Festival in South Western Lake District (<http://www.beernbangers.com>).
- 17 October – Wednesday.** Cumbria Wildlife Trust West Coast Support Group. "British Moths", by Dr Roy Hilton. 7.30-0pm, Gosforth Methodist Room. Fiona Galloway: 019467 841313.
- 18 October – Thursday.** Holmrook Reading Room Slide Show by Bob Steele "Return to Everest Base Camp". Tickets from Dave Marsden: 24632.
- 27 October – 3 November – Saturday to Saturday.** Halloween Week at Muncaster Castle.
- 28 October – Sunday.** Cumbria Wildlife Trust West Coast Support Group. Conserving Wildlife Day at Dalegarth Station. Displays and activities. Information from Ravenglass & Eskdale Railway@ 01229 717171
- 10 November – Sunday.** A new play "True" by local playwright and actress. 7.30pm, Gosforth Public Hall. Ann McKenzie: 019467 25700. annatfellside@yahoo.co.uk
- 14 November – Wednesday.** Cumbria Wildlife Trust West Coast Support Group. "Bats in Copeland", by Neil Robson. 7.30-0pm, Seascale Methodist Church Hall. Fiona Galloway: 019467 841313.
- 24-25 November – Saturday & Sunday.** Annual Ulverston Dickensian Christmas Festival (<http://dickensianfestival.co.uk>).
- 26 November – 29 December.** Christmas at the Castle. 01229 717614 or www.muncaster.co.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. 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.

Holmrook Reading Room Music Club. Thursdays from 7.30pm. Bring your own instrument and a desire to be better at jazz improvisation. Peter Smith: 01946 822489.

Jazz Jam Session. Third Friday every month. Calder House Hotel, Seascale. 8.30pm. Admission free.

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

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

Open Mind West Lakes U3A. Third Thursday every month. Gosforth Public Hall. Coffee 10.15am. Speaker starts 11am. Members £1.50. Visitors £2.50. Contact: Mrs Jo Froggatt 019467 28759.

Open Mind West Lakes U3A Discovery Group. Fourth Wednesday every month. St Mary's Rooms, Gosforth. Coffee 10.15am. Speaker starts 11am. Members £1.50. Visitors £2.50. Contact: Mrs Jo Froggatt 019467 28759.

Open Mind West Lakes U3A History Group. First Wednesday every month. Drigg Village Hall. Coffee 10.15am. Speaker starts 11am. Members £1.50. Visitors £2.50. Contact: Mrs Jo Froggatt 019467 28759.

SEASCALE HORTICULTURAL SHOW 2012

*There'll be carrots and cabbages, leeks and shallots,
Cactus, begonias and fuchsias in pots,
"My favourite photo" by somebody's daughter,
And fruit scones and jams, to make your mouth water.*

*Floral arrangements which are "Going for Gold",
"Garden in seed tray" for both young and old,
You're bound to have something to bring and display,
Or come along anyway and view on the day.*

Seascale Horticultural Show takes place this year on Saturday 11 August at 2pm in Seascale Primary School. Entries for the show will be accepted on the evening before the show (Friday the 10th) from 6.30pm until 8.00pm and on the day of the show from 8.00am until

Open Mind West Lakes U3A Art Appreciation Group. Second Thursday every month. St Joseph's Church Hall, Seascale. 10.30am for 10.45am. Speaker starts 11am. Members £1.50. Visitors £2.50. Contact: Mrs Jo Froggatt 019467 28759.

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

Pensioners' Lunch – Calder House Hotel, Seascale. Every Tuesday and Friday, 12 noon - 2pm. Any main course £3.99. Desserts £2.00 extra. Booking not required.

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

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.

10.00am. Full details can be found in the show schedule. Entry for exhibits is free and there is a maximum of two exhibits per person, in each category. Entry to the show on the day is 50p per adult and children are free.

There are lots of categories to suit all ages, including Novice Classes for vegetables and flowers. Also, in the 12 to 16 year-old category there is a new category for a computer-designed poster "Seascale Show". The winning entry will be used to advertise next year's show.

Tea/coffee and cakes will be on sale during the show. There will be a raffle with some great prizes and an auction of produce at the end of the show. We hope to see you there.

MUNCASTER MICROBUS DAY TRIPS 2012

Date	Day	Destination	Price	Notes
July	21	Sat	Ambleside/Windermere	£9.50
August	4	Sat	Grange/Cartmel	£10.00
	18	Sat	Ullswater Steamers	£10.00
September	1	Sat	Keswick/Cockermouth	£9.50
	12	Wed	Cockermouth/Lakeside	£8.50
	15	Sat	Carlisle	£10.00
	29	Sat	Ambleside/Windermere	£9.50
October	13	Sat	Penrith/Rheged	£10.00
	27	Sat	Barrow/Roa Island	£9.00
November	10	Sat	Keswick/Cockermouth	£9.50
	14	Wed	Workington/Dunmail	£8.50
	24	Sat	Kendal/K Village	£9.50
December	8	Sat	Carlisle	£10.00
	12	Wed	Cockermouth/Lakeside/Lights	£8.50

Plus – Theatre-by-the lake Trips TBA (probably 2 in autumn)

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

VISIT WASDALE BY BUS

Saturdays only, to 29 September

Seascale – Nether Wasdale – Waswater YHA – Wasdale Head

Northern Rail, in conjunction with Mid Copeland Parish Partnership, Lake District National Park, Ravenglass and Eskdale Railway, Cumbria County Council and Western Lake District Tourist Information are promoting walks around Wasdale, with a Saturday bus service between Seascale station and Wasdale Head. Times of buses are shown here. Northern Rail services from Carlisle and Barrow connect with the minibus at Seascale.

Saturday AM train/minibus connections

The 09.07 from Barrow, 09.35 from Millom arrives at Seascale at 09.58.
 The 08.37 from Carlisle, 09.45 from Whitehaven arrives at Seascale at 10.06.
 Seascale 10.10
 Gosforth 10.15
 Nether Wasdale 10.25
 Wastwater YHA 10.30
 Wasdale Head 10.45

The minibus will wait if a train is delayed.

Saturday PM minibus/train connections

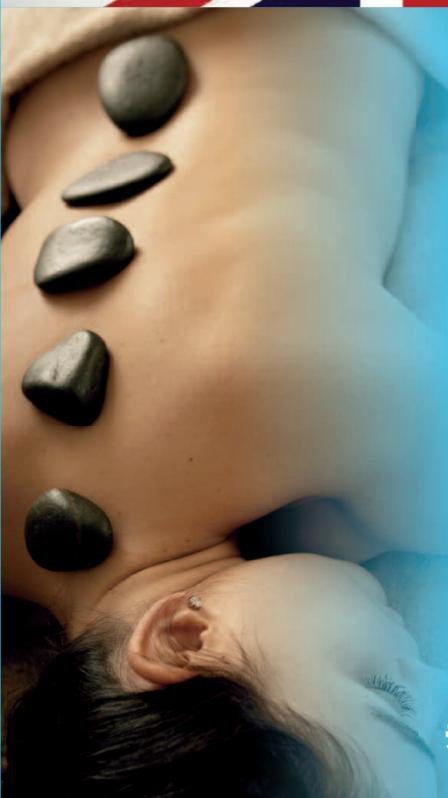
The minibus will NOT wait for passengers who are late even if they have reservations.
 Wasdale Head 17.10
 Wastwater YHA 17.30
 Nether Wasdale 17.35
 Gosforth 17.45
 Seascale 17.50
 Trains depart from Seascale for stations to Barrow at 18.02
 and stations to Carlisle at 18.16.

Minibus fares £5 single or return between any two points. Child fare (5-15) £3. The minibus has ONLY 16 SEATS. Seat reservations should be made with Sims Travel on 019467 23227

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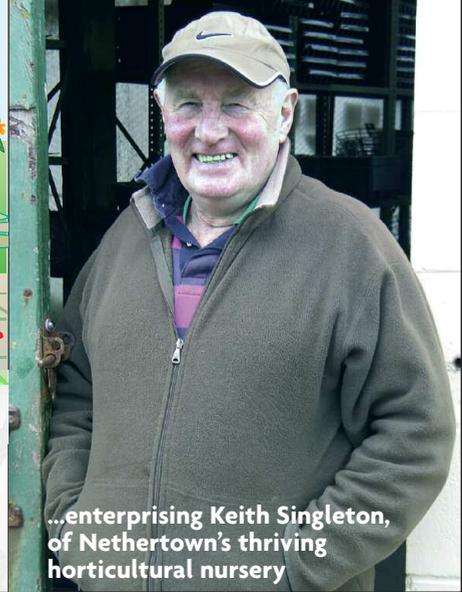
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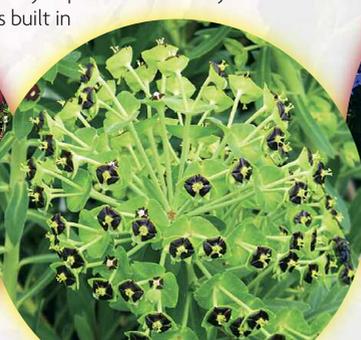
...enterprising Keith Singleton, of Nethertown's thriving horticultural nursery

In the March edition of the Seascale Parish Magazine I wrote about the entrepreneurial spirit shown by Mark Corr in launching the Strand's microbrewery in Nether Wasdale. Another fine example of this spirit in our area, albeit on a much larger scale, is Keith and Mary Singleton's horticultural nursery and restaurant at Nethertown. The project began in 1968 and was the realisation of Keith's ambition to own his own business. Originally he wanted to go into farming, but had insufficient capital to do this at the time, so instead decided to enter the horticultural trade. From an initial crop of pansies sold from local market stalls in the late sixties the enterprise has expanded to include a large plant nursery, a thriving compost business and an on-site restaurant. Keith and Mary now have a loyal customer base locally and nationally that spans three generations.

It was in these early days of their venture, which entailed the use of commercial composts, that Keith realised that a local supplier of such materials, based on the John Innes formula and marketed at a reasonable price, presented a good business opportunity. A production facility was built in

the early 1970s and operations started with West Cumberland Farmers being the first trade customer. There was a ready market for the product which continues to this day and has become one of three cornerstones of the nursery enterprise. Keith is more than satisfied with the customer base that has been developed and just about matches his production capacity. He has been supplier of composts to the Royal Botanical Gardens in Edinburgh and their outstations for over 35 years, as well as Lambeth Palace and world champion growers of leeks, onions and giant vegetables. Many Gold Medal winners at shows around the country including Chelsea are avid users of Singleton Composts. They are supplied on a regular basis by Keith's own wagons.

The compost-making process is quite straightforward. Good quality topsoil is carefully screened to remove unwanted materials (stones, roots, metal etc), mixed with peat and gravel in appropriate ratios and then steam sterilised. Fertilisers are added to this mixture





and the product is transferred automatically to plastic sacks and sealed. Keith remembers the early days when everything was mixed and packed with shovels which wore out in three months owing to the constant shovelling on a concrete surface. He is rightly proud of the commendations he gets from his customers. When Keith told me the extent of his compost business and the fact that he delivered across the length of England and Scotland I asked him if he ever received orders from abroad. He loved telling the story about an order he received some 30 years ago for a large quantity of lawn sand to be delivered within 48 hours to King George docks at Hull for shipment to Saudi Arabia for the then King Khalid. This sand had to be the colour of yellow ochre. Keith obtained a suitable colouring material from a pottery at Stoke-on-Trent and was able to fulfil the order.

The King was obviously pleased as he added a tip of 20% of the value of the order and later ordered a further 3,000 tons of the material. Reluctantly Keith had to decline this one because it was far too big for his scale of operations. The word of this transaction must have reached

Egypt because he subsequently received an order from the Potato Marketing Board there for a supply of peat. Keith queried the order and asked why they had not considered Irish or Russian sources for commercial peat and received the reply "because Mr Singleton you are an honourable man".

At about the same time as his compost business was getting started Keith erected two new greenhouses (with financial support from his parents) and was able to expand greatly the range of plants on his market stalls. This has continued to such an extent that of the total 4½-acre site two full acres are now devoted to plants, bushes and trees under glass, plastic or in the open air. A visitor in spring is presented with a vast array of plants and brilliant colours. These plants are sold on both a wholesale and retail basis with the retail plants being offered at a price somewhere between wholesale and regular market prices. Obviously these present a very attractive option for plantsmen and gardeners. The nursery is a second cornerstone of the overall operations of the site.

The third cornerstone of Singleton's enterprises is the restaurant "Good Companions" which opened 4½ years ago, replacing the original Good Companions in Main Street, Egremont, built by Keith and Greg 28 years ago. Keith tells us that the new one is proving popular both locally and with visitors from outside the area. Highlights include a monthly 'Tastes of Thailand' banquet where astonished patrons get 12 courses of authentic Thai food, currently for just £18.95. He adds that conference and



JOHN INNES COMPOSTS

John Innes composts were formulated more than 60 years ago. John Innes was a 19th Century businessman in the City of London. He died in 1904 and bequeathed his money and estate to horticultural research. This allowed the establishment of the John Innes Research Institution which is now located at Norwich.

Before the introduction of John Innes methods, compost making was a 'hit and miss' affair without the use of sterilisation to destroy soil-borne diseases, insect life, slugs etc. In the 1930s two research workers at the Institute, William Lawrence and John Newell, set out to overcome these problems and to formulate a compost which would yield consistently good results. Over time five basic composts bearing the John Innes title have been standardised consisting of loam, peat, sand or gravel and added fertilisers:

- ◆ John Innes seed compost
- ◆ John Innes potting composts numbers 1-3
- ◆ John Innes ericaceous compost for lime-hating plants, ie azaleas, camellias, heathers and others

Keith produces all these composts to formulations which have stood the test of time.



party bookings are increasing as local firms realise the value, facilities and super food provided.

Keith Singleton was born in London in 1939 to John M. Singleton and Lillian (nee Smith). John Singleton was born in Broughton-in-Furness in 1908, and Keith's family can be traced back from there to at least 1818, when his great grandmother Hannah was born at Corney. John was originally at Hawes farm near Broughton and then for a time helped his uncle run Jenkinson's nursery at Black Beck near Calderbridge, but during the depression of the early 1930s he was forced to seek alternative employment. He moved to London, where he joined the Metropolitan Police. It was there that he met and married his wife in 1938. Keith spent his childhood in London, but his father retired from the police in the 1950s and moved back north to work at Sellafeld. Keith started work aged 16 on a dairy farm, and went on to join the army.

Keith was in the 4/7th Royal Dragoon Guards for a nine-year period. While in the army his task was to promote the educational and vocational advantages of an army career to young people in schools and other youth organisations. He qualified as a youth leader and also attended many additional training courses to allow him to coach sports including fencing, swimming, boxing, gymnastics and running at which he was a good performer himself. He concentrated his activities on local boys' and youth clubs in the Bradford and Leeds areas, and once interestingly at a Borstal institution. It was there that he formed and trained a team of gymnasts to perform at village fetes and similar outdoor events.

In 1963 Keith met his wife to be, Mary Furness. They married at Cockermouth in August 1964. Son Gregory Keith (Greg) was born in 1966 and daughter Louise Claire in 1968.

Keith's marriage to Mary ignited their ambition to own their own business when his army service was complete. Hence in 1968 the search was on for available land in their preferred area. This search at one point had Mary going from door-to-door seeking information on the availability of such a site. Eventually they found a farmer willing to sell a plot of land and the purchase was completed. Early doubts over planning permission were quickly resolved after a detailed submission by Keith in which he revealed his long-term plans for the development of the site.

The first phase of the building project was the construction of an on-site bungalow designed by Beckermat architect Frank Nicholson to Keith and Mary's specification. This was begun while Keith still had army service left to complete. In order to move

forward with the project, and to minimise the building costs, he spent all his available leave and weekends digging the footings for the new bungalow and performing the general labouring required for the building work. For the last few months of his service career a very understanding Regimental Sergeant Major allowed Keith extended leave to complete his part of the work on the bungalow and in the second half of 1968, job done, it was time to start growing things!

During this extended leave Keith had prepared a plot of land based on rotted seaweed. This plot was used to grow a crop of autumn pansies which in fact turned out to be a bed of 'giant pansies', their size being such that a standard tomato box could only accommodate one plant. These plants were offered for sale from a stand at Egremont Market, Keith's first commercial operation and he fondly remembers his mother, a tall and elegant lady, turning up to help all 'dressed to the nines' and ending up at the end of the day covered in compost from handling the plants! Among his first customers was an old lady who, until her death, continued to buy plants at his nursery as do her daughter and granddaughter, loyal 43 years later. This was just the start of sales from market stalls with Keith operating at Workington and Mary

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at Whitehaven and her mother looking after the two children.

I have tried throughout this article to show that

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Keith's family is at the heart of the business. "A rock," as he puts it, "that without their steadfast loyalty it couldn't all have been done." This is further illustrated by the allocation of managerial duties across the site which incidentally now provides employment for a total workforce of twenty. Keith's wife Mary and daughter Louise run the nursery, son Greg manages the compost business and chef/manager/daughter-in-law Pairin (Thai) with her dedicated staff of chefs and servers run The Good Companions. Keith adds, "Even the three grandchildren (Songlak, Alex and Jasmine) play their part in the success."

And what of Keith himself, now age 73? He laughed when I suggested that he was the "general dogsbody" but in fact he works very hard on a range of other ancillary tasks associated with all three arms of the business. He devotes much of his time to plant propagation, is an early riser and regularly works a 12-hour day. He is very fit for his age and jokingly boasts that he has no time to be ill.

Retirement? Not a chance – he so enjoys his life and work.

Ken Smith

PEAT HAS TO GO

Peat is a major problem facing the horticultural world. A campaign against its use was started by environmentalists in the early 1980s and has continued apace amid concerns about the loss of habitat for a variety of plants and animals that can't live elsewhere. Large scale mechanical extraction of peat and drainage of land in England and Wales to enable this operation has already exacerbated this loss of environment and continues to do so. The annual usage of peat in the UK is some 2½-3 million cubic metres. It is the government's intention to phase out the use of peat in composts over the period 2020-2030. Keith, aware of this problem, has already formulated, tested and marketed his own soil conditioner to replace peat in composts as have other large-scale producers. To date the main materials used by producers have been garden and nursery wastes, coconut fibre, bark and seaweed. Keith only uses materials that he sources and carefully screens. Stones, metal, plastics and strong weed-killer resistant to breakdown during composting have been found in products based on garden wastes collected in brown bins. Looking to the future Keith realises the importance of maintaining the high quality products that his customers have come to expect.



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RIDE AND GLIDE – A LIFE’S GLOBAL AMBITION

Some of you may know me already – but probably wish you didn’t!

Before the rest of you go jumping to conclusions I think I had better explain further. If you have ever had the misfortune to have needed to spend time on Jenkin Ward at West Cumberland Hospital in

Whitehaven you may have come across me. That is where I work as a Specialist Occupational Therapist in Elderly Care. During the past year I have had quite a few patients from the Seascale area, and frequently visited the village.

So now you are left wondering why is an Occupational Therapist from Whitehaven writing in the Seascale Magazine? Is it going to be some dreary article on how to fit a raised toilet seat properly, or how dangerous rugs are to those of advancing years? Well I’m sorry to disappoint you – obviously those are essential topics for ensuring a safe and ‘movement free’ old age, but this article is about something entirely different and much more exciting. Well at least I think so!

Whilst Occupational Therapy is a worthy and sometimes an extremely rewarding career, it is one which I am shortly to depart. Ever since reading the account of Ted Simon travelling the world on an old Triumph motorcycle in his book ‘Jupiter’s Travels’ as a teenager, I have had this idea lurking in my subconscious. But life intervened and other things were done. However, on approaching my 46th birthday the idea resurfaced, and mulled around in my mind for a few years. With the big 5-0 on the horizon, and fate conspiring to ensure that I was single with few ties, this seemed an appropriate time to realise the dream. A journey around the world.

Having being an avid motorcyclist since the age of 17 I’d thought of a motorcycle for the journey, but I decided to use a bicycle as my mode of transport. Then an even more ambitious idea hit me – combine my passion for travel with my other great passion in life, gliding – flying gliders (or sailplanes). I would attempt to ride around the world on a bicycle and try to visit and fly everywhere the sport of gliding takes place. Now that would be a worthy challenge



Paul by glider at Edensoaring, near Penrith.

for the latter half of my life – maybe even impossible? But I am a firm believer in the notion that the ‘impossible’ should always be challenged!

I will be breaking the journey up into ‘stages’ according to the continents of the world and I expect the entire journey to see me well

into what may be termed ‘retirement years’.

I will be leaving my home in Frizington and starting the first ‘stage’ on 1 July 2012, from the Wasserkuppe (the birthplace of the modern sport of gliding) in the Rhön mountains of Germany, travelling through southern Europe down to Morocco. I will then cross to continental Africa’s most northern point, Ras ben Sakka in Tunisia. I then hope – political situations and various governments allowing – to cycle all the way to Cape Agulhas, South Africa, at the southern tip of Africa in an unbroken overland journey. As far as I can determine this has never been accomplished before. On the way I will visit various charity projects and all gliding centres in Africa. I expect this portion of my journey to take two to three years. After Africa I hope to continue with the next stage of my journey by travelling through South America.

It was an important element when deciding to undertake the journey that I could use it to help, in a small way, other people that may be in a less fortunate position than myself. In my professional life as an Occupational Therapist and prior to that as a ‘enabler’ for university students with disabilities, I have become acutely aware of the way people with disabilities are often discriminated against, their difficulties and the lack of opportunities they often face. Therefore, I will be raising funds for the international aid organisation Handicap International (www.handicap-international.org.uk), during the entirety of my journey. I hope you might consider lending your support to the charities I am raising funds for, and ‘share the ride’. For the African stage of my journey I will be supporting Aerobility (www.aerobility.com).

I will regularly be updating my ‘blog’ on my website about my adventures.

Paul Tolson: www.rideandglide.co.uk

A VISIT FROM SOUTH AMERICA

Last autumn we entertained two visitors from South America. Our daughter-in-law now lives in London with our son and grandson but is a native of Mendoza in Western Argentina. Two of her relatives – an aunt and cousin – from the same city, Mendoza, came for a five-week visit to Europe. They had never been out of Argentina before. They flew from Mendoza to Buenos Aires and then on to Madrid where they spent 2 or 3 days. They then had similar stays in Rome, Venice and Paris, before coming to London to stay with our son and family for the bulk of their time in Europe.

Our son arranged with us for him, daughter-in-law, grandson, and their visitors to stay with us for a few days so that their relatives could meet us and see 'a bit more of England'. They (plus two dogs!) came by train from Euston to Lancaster, and then on the Cumbrian coast-line via Barrow to Seascale. It was a beautiful day and they enjoyed the train journey, especially the part along the coast as there are now no railways in their part of Argentina and they live a long way from the sea. We met them at Seascale station. It was high tide, with strong sunshine, some wind and breaking waves on a bright blue sea. As they got off the train on to the platform our visitors gasped in pleasure at the dominant sea view. Suddenly everyone laughed at something our two-year-old grandson said. I didn't hear it and when I asked my daughter-in-law what he said, she explained he had pointed at the sea and said 'big paddling pool'.

Fortunately the weather was brilliant. One morning we all went on to the beach to have a walk and let the dogs have a good run. The aunt and her daughter were fascinated by the seashore. They spent much time walking slowly along the sand and shingle collecting shells – especially liking the small blue ones. When they got back to Argentina, our daughter-in-law's father asked what they had liked most about their visit to Europe. They were both sure the most enjoyable experience was the train ride along the coast from Barrow to Seascale. *Martin Bibby*

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A VIEW FROM THE CHAIR

WINDING US UP?

Alternative and renewable sources of energy make perfect sense in a time of political uncertainty and economic stringency. The less we have to rely on bringing gas from Russia, oil from the Middle East or coal from South America the better. And for organisations, businesses and individuals to generate their own energy and have a surplus to sell back to the National Grid is an attractive economic prospect.

Renewables, which include nuclear, and the other alternatives all have some level of impact on their locations. In West Cumbria we are familiar with the arguments about nuclear power and we are more comfortable living with this energy source than are some areas of Britain and Europe; although at present we are having to consider the visual and controversial but unproven health implications of additional grid connections to serve proposed nuclear new build. Wind turbines, either en masse or individually, have an enormous impact on the landscape and can create noise, flicker and damage to wildlife. Anaerobic digestion (biomass) is said to produce unpleasant odours but should not do so if properly managed. Another form of biomass is woodchip burning which correctly installed and managed should not produce pollution of any kind. Solar panels (photovoltaic cells) alter the roofscape of a building or locality, so are unsuitable for listed buildings or conservation areas, but have no other impact.

Two recent planning applications have concentrated our minds on windpower. The proposal for a massive turbine at Drigg Moorside outraged local people over a wide area, and attracted criticism from the neighbouring Lake District National Park planning authority. The planning panel of Copeland BC rejected the application outright although the eventual outcome is uncertain at the time of writing. The application for a turbine for Bailey Ground Farm also aroused controversy in Seascale. A very good business case was made for it (which was not accepted as a planning consideration) but it was widely opposed in the village because of its visual impact and worries about noise and flicker. The planning panel granted this application but with some provisos about noise monitoring.

Seascale Primary School are hoping that they will shortly be able to have their turbine repaired and back in operation; we in the village will be well placed to put forward opinions based on experience. Copeland BC are using some fairly stringent guidelines in deciding on applications for wind power. In Seascale the Parish Council has agreed to draw up its own criteria; they will not differ substantially from Copeland's but we will be able to use arguments drawn from our direct knowledge. Nobody will be able to accuse us of being Nimbys. *Helen Pateman*

ACCOLADES FOR SEASCALE PRIMARY SCHOOL

We have had a very successful year here at Seascale Primary School, achieving many accolades.

Arts Mark and Eco Schools

We have been awarded both the Arts Mark and Eco Schools achievements. We are delighted with our awards – pupils and staff have worked very hard towards these applications.

Whitehaven Music Festival

The children who took part in the Whitehaven Music Festival did very well. We received:

Individual 8-10yrs Poetry Recital was won by Aidan Henderson.

Jack Tallentire and Naomi Brennan were awarded 3rd place with distinctions.

Under 11 Prepared Reading:
Tasha Whyte came 2nd.

Choral Speaking was won by the children in Holly (Years 1 & 2).

Karsten Dever

Our congratulations go to Karsten Dever who has won the North West of England British Land Chess competition. Karsten will now go through to the next round to compete in the North of England. Good luck Karsten!

County Games

Our Year 6 Girls, Year 6 Boys Cricket teams and the Multi Skills team all won their festivals locally. The teams now go forward to represent the area at the County Final in Penrith.

St Bees Challenge

A team from Year 6 entered the St Bees Challenge, and won the competition. The children competed against other primary schools in a Maths and DT challenges.

Jackie Thomas



A contractor working for Copeland Borough Council removes the clothing textiles, Cardboard, Paper, Mixed Glass, Cans and Plastic Bottle skips from recycling sites throughout Copeland.

Clothing textiles, cans, plastic, cardboard and paper skips are taken to Lillyhall to a site run by Cumbria Waste Recycling which is an arm's length company of the County Council and then dispatched to various specialist centres around the UK.

Cardboard is sent to Cheshire where it is cleaned by removing the dyes, then most of it is exported to China although some remains in the UK, the percentage remaining depending on the prevailing market prices.

Paper is sent to the Shotton Mills in North Wales. It is reprocessed there to a fibrous state and reused in the UK.

Mixed glass is sent to a Sheffield site for reprocessing and then exported to Spain and Portugal where it is further reprocessed before reuse.

Cans are sent to a metal reprocessing multinational company based in Hartlepool where it is processed. The resultant metals remain in the UK

Plastic bottles are sent to a plant near Rochdale where it is reprocessed. The output from this is then reused in the UK.

Clothing and textiles are separated at Lillyhall into that which could be reused and the remainder sent for shredding so that they can be reused in the manufacture of different materials.

Copeland Borough Council maintain weight tickets for every skip taken from each recycling site and can demonstrate an audit trail for each batch of recycled waste right through to its reuse.

On occasion skips are found to be contaminated or are subject to vandalism to the extent that they have to go to landfill. Thankfully these are rare occurrences.

Kerbside collections of waste for recycling are collected by Copeland Borough Council crews, and then delivered to Cumbria Waste Recycling at Lillyhall. From here it follows the same routes as explained earlier.

Not only can Copeland Borough Council demonstrate its compliance with its recycling policy but they also obtain a small financial benefit from this operation through diverting materials from landfill. This results in a saving on landfill tax and the Borough Council receives a share of the final sale of the recycled waste. The only cost to Copeland are the monies paid to the contractors to collect the skips. This means that we are all on the happy side of the balance sheet.

David Gray

SEASCALE VILLAGE MAGAZINE THE ARCHIVE

Unless you are a collector or hoarder, until now the only way to re-read an earlier issue has been to persuade someone who has a jealously guarded set of back numbers to lend one out. But now the run from 2002 to date is available online. The compiler of the magazine, Trevor Preece, has made all the issues that he has produced available on his website, www.epic-gb.com

They are in Acrobat PDF format and Trevor explains, "They are all available to browse, at reasonable resolution quality and, if you wish, to print pages from them. Security has been applied to prevent modification of the PDFs, but viewing and printing is allowed."

As well as the Seascale Magazine there is also access to the new magazines Trevor is compiling for Gosforth and for Drigg and Carleton and their archives will build up. In addition there are details of other publishing ventures he has been involved with, including histories of various forms of transport such as trams and trolley buses. Of special interest perhaps to us here is "The Furness Railway – A History" published in February and which he wrote about in the March magazine.

Our download speed is not ideal as Trevor points out, but the availability of these back issues will give a lot of pleasure to all of us who love the Seascale Village Magazine.

Helen Pateman



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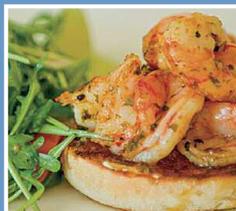
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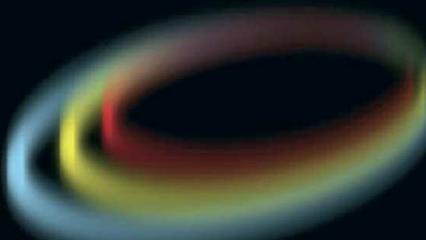
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People can hire the hall for family use, small groups and larger parties. There is a large bouncy castle which inflates in minutes with an electric blower and a storage cupboard full of soft play equipment with large mats available to cover the floor.

Upstairs is a café area with tables and chairs and downstairs there are showers.

In summer the hall is used as a meeting place for a sports programme throughout the school holidays usually organised by Whitehaven Sports Centre. The use of the hall has increased over the last few years as now there is year round football coaching and winter archery as well as regular user groups every week. The hall is available for hire 7 days a week from 9am to 10pm.

Despite being stung for large electricity bills last year the Committee are hoping to avoid increasing charges for hire since a new supplier of electricity has been found at a cheaper rate.

The aim is to provide good facilities at an affordable price to everyone while ensuring enough

reserve to cover maintenance and upgrading of equipment. With respect to maintenance we are very lucky to have local tradesmen who give their time freely and turn up in emergencies at minimum cost.

The sports hall is owned by the Parish Council and managed by a volunteer Committee. As a registered charity we have to keep stringent records and are ever grateful to Sue Bamforth for auditing our books and keeping us right. Contact can be made usually with Jen McClemons on 019467 28201 with a forwarding mobile number on the answerphone. Committee members will be happy to help with information – all 019467 numbers:

Jean Caulfield	28435
Jen Caulfield	28687
Bernard Dickinson	27288
Eileen Eastwood	28653
Pat Kirkham	28929
John McElroy	28443
Linda Platt	27335
John Walmsley	21676

The Management Committee was formed in 1988 and Pat Kirkham is one of the original Committee. Many thanks to all of them for their hard work.

Eileen Eastwood

AUDITING THE PARISH COUNCIL ACCOUNTS

The annual accounts of Seascale Parish Council are compiled at the end of each financial year and audited first by an internal auditor who is a financial expert independent of the council, then externally. The external audit used at one time to be done by the District Auditor but the work has now been outsourced; our external auditors currently are BDO who charge us a standard annual fee of £285, based on our turnover.

The accounts are in the public domain and can be inspected by anyone. They may of course be challenged by our electors, which is what happened with the accounts for 2010/11, when an elector wrote to BDO to query the financing of the car park and the legality of the donations box. BDO carried out an investigation which entailed their studying the parish council minutes relating to the car park over the last two to three years, and all the financial transactions involved including the annual rental of the car park and the public toilets, the maintenance grant for the upkeep of the toilets, the funding of the sign and the donations box, and the procedure for collecting the money from the box.

BDO were satisfied that everything had been carried out with due financial propriety and the only recommendation they made for the future was for a different method of collecting and recording the donations.

BDO calculated that the extra work cost in excess of £1100, of which they have invoiced the parish council only for three and a half hours of a senior auditor's time which has resulted in the 2010/2011 audit costing us our annual fee plus an additional £585 (plus VAT).

The extra sum represents just under 3% of our precept of £17,100. We may in consequence need to raise the precept next year to cover the additional charge and it is only reasonable that we explain the cause to residents. It is any elector's democratic right to query our accounts or indeed any of our actions; usually the first line of complaint would be to the parish council itself. Taking a query to the level of the external auditors however will incur a financial cost to the parish council which may ultimately have to be passed on to the community.

Helen Pateman

JOTTINGS FROM THE POTTING SHED

Here we are past the longest day and no summer to speak of yet!

As all gardeners know, often by bitter experience, the variation in weather patterns from year to year can play havoc with a gardener's planning.

When should I plant out my first sowing of vegetables?

When should I put out my bedding?

Will there be any more frost?

Questions we would need a crystal ball to answer.

There are, however, jobs which should be tackled in July regardless of the weather or conditions. Here are some of them.

Lawns

Continue to mow, feed and trim your lawn. At this time of year your grass needs cutting at least once a week. During very dry weather raise the mower blades and probably mow less frequently, although grass can tolerate very dry times. Do not water unless absolutely necessary, and if you do, do so at least once a week giving it a thorough soaking. Little and often is not good enough. The grass will soon recover when the wet weather returns. This may not be long of course!

Roses

Dead head your roses to encourage further flowering. On floribundas cut back the whole truss to a healthy leaf or bud side shoot. Hybrid Tea roses should be cut back to a healthy outward facing bud or a healthy side shoot. With wild roses such as Rogusas do not dead head as they produce wonderful hips in the Autumn. Feed plants with a high potash feed to encourage stronger growth. A fertiliser which is high in nitrogen will produce strong fleshy growth which will be susceptible to pests.

Hedges

Trim conifer hedges.

Flowering plants

Plant autumn flowering bulbs. Divide irises by pulling off dead foliage and dividing with a knife. Cut back fading flowers and feed late flowering perennials and dahlias to encourage flowering.

Vegetable Garden

Water vegetables regularly if the weather is dry. Continue weeding as a vegetable garden looks far more attractive without the weeds. Towards the end

of the month harvest shallots and dry out thoroughly. Plant out winter vegetable plants such as savoy cabbage, kale, and sprouting broccoli. Take care to put a collar around each seedling to avoid attack by the cabbage root fly. Many a healthy brassica seedling can be destroyed by the larvae as they hatch out from eggs laid at the base of the plant.

Enjoy your gardening and hopefully some warm sunny weather.

Chris Steele, Perfectly Planted

Date for Your Diary

On Sunday 29 July, from 10am until 5pm, Hall Senna (the garden of Chris and Helen Steele) is open to the public as part of the National Garden Scheme. Commonly known as the "Yellow Book Scheme" it enables people to visit private gardens and help to raise monies for many of our cancer and caring charities. As well as being able to view the garden there is a plant stall and home-made teas for those who cannot resist a piece of cake!

NGS gardens in Cumbria raised £54,000 last year and nationally £3.2 million.



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TEX-MEX

AND LIVE MUSIC

SATURDAY 14 JULY

6PM – 9PM

Come and sample our Tex-Mex all cooked to order by our chefs. Booking advisable.

A free shot of Tequila if you wear your sombreros & ponchos!

and then why not stay on for the rest of the evening of live music from 9pm? Fillmore East will be debuting with former Roosters drummer Howie Flynn :-)

TRADITIONAL SUNDAY ROASTS

*served from
12 noon to 8.30pm*

A choice of roasts, fresh seasonal vegetables, roast & mash potatoes and homemade Yorkshire pudding

1 course £8.50

2 courses 10.50

3 courses 12.50

Booking advisable



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More details soon on our website

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CUMBRIA

CA20 1ET

SEASCALE SOUTH SIGNAL BOX—

Many Seascale village residents will remember that there used to be a signal box on the embankment above Albert Street, facing the sidings which connected to the goods shed – now the Sport's Hall. This was opened in May 1899 and closed on 25 February 1967. It actually replaced an earlier structure which had opened 10 years earlier about 10 yards away. This controlled the lines through the station, the goods yard and track from the Drigg box limits to the Sellafeld South box limits. (This latter was sited on the south side of the bridge crossing the River Calder, and the base can still be seen on the seaward side of the tracks.)

What many can't remember in much detail is the Seascale South signal box which was near Whitrigg's Bridge. This existed solely to control access into the Royal Ordnance Factory site at Drigg, and subsequently into the site in its early years as a Low Level Waste Repository.

It all started in 1940

Construction of ROF Drigg began in early 1940, with TNT being produced from March 1941 when the factory was far from complete; an appreciable

amount of civil engineering work was carried out in parallel with production because of the great need for TNT. Construction of ROF Drigg was essentially complete at the end of 1941 when it achieved its target production of 400 tons per week. Production ceased and the works closed in March 1948. The works were dismantled and the track lifted in the 1950s. It is interesting that these plants were sited in unemployment blackspots.

A siding was put into the ROF site on 14 December 1939, both to take away the manufactured TNT and also to handle the incoming raw materials which would have included a large volume of nitric and sulphuric acids. The nitric acid could have come from ICI (formerly Synthetic Ammonia & Nitrates) at Billingham, and the sulphuric acid from the ICI works at Prudhoe, near Newcastle. The latter works received anhydrite from Cumbria, so there is a Cumbrian connection both ways. The siding entrance was a trailing connection on the down line 53 yards south of Whitrigg's Bridge worked from a ground frame (a group of levers mounted beside the track). This would have allowed north bound trains to stop beyond the bridge and reverse back into the



A FADING MEMORY

(CRA Pearsall collection PEK/77)



siding. On 28 March 1940 a full signal box was opened. We are not sure exactly when, but a second connection was put into the sidings, direct from the up line, crossing the down line. The implication is that owing to the demands of war the siding was opened as rapidly as possible, probably to bring construction materials into the site, with the single entrance requiring trains from the north to use the cross over at Seascale, and work wrong line into the siding. Within 14 weeks a full signal box was in service, suggesting that the second entrance connection came into service at around that date.

The sidings

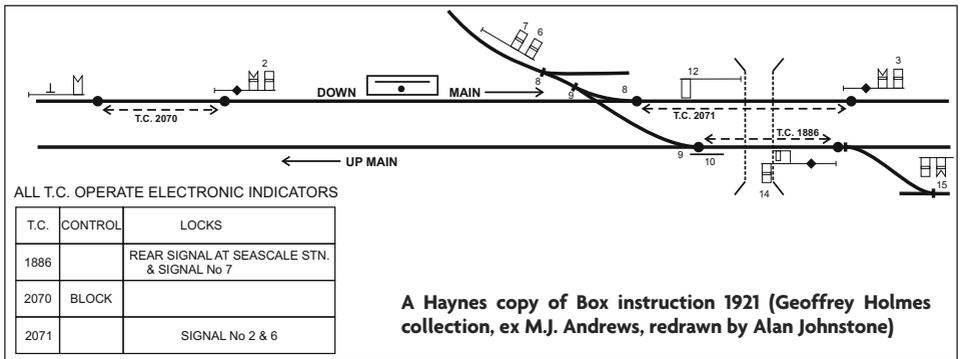
The siding passed through a gate which was part of the ROF perimeter fence. After the gate it fanned out to the sidings. There was a concrete building alongside these, probably a weighbridge, almost certainly as a despatch office and shunter's mess. The remnants of this building can still be seen. From the sidings, the tracks passed through what is now a coal depot and into the site, fanning out into the magazines. The location of the sidings can be fixed by the large earth mound on the seaward side. This is clearly man-made and could well have existed to prevent watching submarines identify what trains – and hence munitions – were leaving the site. You would hardly need a blast wall when the only thing in that direction was the beach. It could simply have been a suitable place to dump spoil.

The sidings were not marked on maps in the 50s/60s presumably for security reasons. (The sidings or buildings at Sellafield were also never shown until

more recent times.) The site of the sidings is marked on 1969 1:2500 map on old-maps.co.uk, but there is no sign shown of the sidings remaining. From sleeper marks which are still clearly visible on the ground today (see inset opposite) there were two parallel sidings, each one of which had a loop beside it so that the loco which had drawn the train in could be released and run round its train and either leave with another or return light engine from whence it came. There were another three sidings between the two with loops, giving seven tracks in all.

The sidings beyond the loops entered the site by two routes. One, the western one entered by what is now a coal yard and took a route to the magazines on the seaward side of the site. The other entered along the line of the current vehicle track (which is very wide and gentle for a vehicle track) and entered the site by a pair of large gates which still exists to this day in the north east corner of the site near the trenches. What we cannot determine is the extent of LMS/BR running limits in the sidings. From the plans referred to below it is likely that this was where the access tracks passed through the current coal yard and vehicle track. This would mean the main line loco drawing the train into the sidings, detaching and running back to the main line. A site loco would then draw the wagons into the site. When collecting a full train, the process would be reversed.

It is very hard to determine on the ground exactly where the box was – even the position of the junction is not clear, although one can come very close. The land where the trap points and blind siding was has been totally filled in, as the banking



A Haynes copy of Box instruction 1921 (Geoffrey Holmes collection, ex M.J. Andrews, redrawn by Alan Johnstone)

was built up to support the road which was realigned on its approach to Whittigg's bridge. Comparing the Cumbrian Railways Association (CRA) black and white photograph with the colour one taken from the same location recently shows the changes which have taken place.

There were plans drawn up in the early 1950s to add more sidings, and a continuation to reconnect with the down line just south of Low Moor bridge. This would have given a rail entrance into the site in the area where the early trenches now are, and were not proceeded with. A new siding was instead added in 1983 from a point north of Drigg station. This is still in use to this day. However, while the original sidings may have been used in the early years of the site's current use, road traffic was used in the 1950s and 1960s. The sidings saw very little, if any, use after that.

From a signalling perspective, the Seascale South box would have needed at least 12 levers.

The site internal rail network was operated by three 0-4-0 saddle tanks (two Pecketts and one Barclay) and three 0-4-0 diesel locos (all Barclays). The saddle tanks probably worked the sidings, while the small 80hp diesels would have moved traffic around the site. There was also a fleet of 2-foot gauge diesel locos involved in the construction works.

We have some information available as to what the rail network was within the ROF site itself, but it is sketchy. We know that the western 'line' entered down the line of the magazines, fanning out to individual magazines on each side and then continued on to the production areas. It is believed to be an extensive network, but for obvious reasons was never publicised. The eastern 'line' went towards a loco shed sited inland of the final magazine. It may have linked up with the rest of the network, but that is not yet clear. This arrangement would allow the

steam locos to be serviced without having to pass near the explosives plants and stores.

Two proposals were made for new rail links in the 1980s. The first involved reinstating the original link from the main line near Whittigg's Bridge, going via the old weighbridge location and on to site via the old magazine route, stopping at a set of sidings beyond that. This would have compromised the development of the site had it been implemented.

A second plan involved a new access (using a similar track layout) just north of the Drigg station, leading to a double siding and loco release loop within the site, and adjacent to the main line. This was what was implemented in 1983, and is still in service today. This is controlled from the Sellfield signal box, not from Drigg.

The 'end of the line'

This signal box was closed in 16 May 1965. For the purists, it was a single slip on the down line and a facing point on the up Line. The box was standard LMS design of wooden pre-fabricated sections, similar to the earlier Midland Railway design.

We can't be certain exactly when the last train used the siding, although we are sure that it was not in use at all by 1965. The 'MoS siding' doesn't appear in the 1962 summary of amendments to the 1956 Railway Clearing House Hand Book of Stations (where it is shown) so must have officially still been open at that date. We do have evidence of people seeing a signaller in the box in 1963, but of course, this in itself doesn't prove it was open or being used. No signalmen were allocated to the box by 1963, if not earlier, so there were no staff cost savings made when it closed.

Graham Worsnop, who thanks Geoffrey Holmes, Alan Postlethwaite, Les Gilpin, Peter Holmes, Steve Landles, Alan Johnstone, Terry & Marjorie Taylor and the CRA archives for their help with this feature.

A Jolly Good Boost!

BLACK COMBE COUNTRY FAIR

Bank Holiday Monday, 27 August, from 12 noon
to be opened by Alison O'Neill, the Lakeland Shepherdess

BEHIND MILLSTONES FARM SHOP, BOOTLE LA15 5TL

Graham Dicker, the Black Combe Country Fair Chairman, is a very happy man...

Black Combe Country Fair has been awarded a significant boost from the Copeland Community Fund to assist in infrastructure projects; allowing the Fair to improve facilities for locals and visitors alike and to provide a stable foundation for years to come.

It took some doing. Our team spent six months on the application and bid and it wasn't all plain sailing, but now we have the funding we can build on what was already a grand day out and turn it into something West Cumbria can be truly proud of. This sort of funding, getting down to where it matters, makes a huge difference. South Copeland Tourism has to be applauded for the part it played in gaining us this assistance and they helped considerably throughout the process.



Alison O'Neill, the Lakeland Shepherdess (also known as the Barefoot Shepherdess) is opening the show this year and there is a rumour she will take part in the "Cumberland Wrestling" as well as judging Best in Show and giving one of her inspirational talks – good value in itself. Her Barefoot Walking campaign is really taking off.

We have a packed line-up and are conscious that we need to provide a wide range of activities to the end – a Punch and Judy Show and Magic. Children's Sports will feature in the programme alongside Gun Dog displays; Cleator Brass; the ever-popular clay pigeon shoot and plenty more.

This is a Qualifying Show for Cumbria Terrier & Lurcher Championship for Egremont Crab Fair. Open classes for Foxhounds, Beagles, Terriers, Lurchers, Whippets and Gundogs.

Just one more thing. We could do with more local vintage vehicles, tractors and motor cars and farm portable engines. Present attendees tend to be from far away – all are very welcome, but we would like to attract local owners with their vehicles and equipment. Come on lads and lasses. Show them off to a big appreciative crowd.

SO IT LOOKS AS IF IT WILL BE YET ANOTHER GRAND DAY OUT IN BOOTLE THIS BANK HOLIDAY MONDAY – DON'T MISS THE FUN.

**CALLING
ALL VINTAGE
VEHICLE OWNERS
tractors · cars · farming
portable engines
WE NEED YOU!**

There is still a limited amount of trade stand space available.
Contact BCF Secretary Anne Fretwell 019467 27117

www.blackcombecountryfair.co.uk

DIARY OF A RELUCTANT GYM USER...

31 December 2011

Have heard that new fitness centre is to be opened in Seascale. Think about joining. Tell boyfriend about change of lifestyle for new year. Open bottle of red.

1 January 2012

Make New Year's resolutions. Can now eat more Dairy Milk as will be burning massive number of calories at new fitness centre, obv's.

31 January 2012

Payday. Buy new trainers for fitness centre. Boyfriend mentions something about 'adding to massive shoe collection'. Ignore him.

15 February 2012

Take trainers out of box. Put trainers back in box.

7 May 2012

Bank holiday! Boyfriend says cheerfully that fitness centre is having open day later in month and that there is no chocolate left in kitchen. Promise to go to open day. Actually go to Beach Stores for more chocolate.

12 May 2012

10.00am. Open day for fitness centre. Sleep in. Well, it's Saturday.

12.30pm. Lunchtime. Can't exercise on an empty stomach.

1.30pm. Have heard that exercising after lunch is v. bad.

1.45pm. Tackle mountain of ironing. Iron pants and socks too.

2.10pm. Clean bathroom.

2.45pm. Make chocolate cake. Offer some to boyfriend who mutters something about 'displacement activity'.

3.55pm. Actually set foot in fitness centre. As feared, lots of scary-looking machines. Meet James, one of the gym instructors. Suddenly feel v. old as am definitely old enough to be his mother. Am shown round. Relieved to see that there is a ladies-only section. Things looking slightly less scary. Sign up.

15 May 2012

Go in for induction on scary-looking machines. Am afraid of all the jargon – 'reps', 'mets' etc but James explains it all. Start with the exercise bikes – at least I know what to do. Apparently there are 'upright' and 'recumbent' bikes. Instantly prefer recumbent. Am persuaded onto treadmill by James. Although I'm convinced that I'll fall off the back when changing iPod playlist, somehow I manage not to. Am shown

how to use the different settings and programmes and immediately choose 'weight-loss' setting. Go home via Beach Stores for chocolate (as reward for gym visit, obv's).

22 May 2012

Boyfriend says I should be going to gym three or four times a week. A week? Thought that three or four times a month was OK.

24 May 2012

Go to gym. Casually mention (well, fib) to James that I have been several times since induction. Must have been when Linda or Dan were there. I don't quite hear his reply – something about the computer recording the number of visits of each member? This visit I try the rower and the stepper.

25 May 2012

Cannot walk. Am never going to gym again.

27 May 2012

Boyfriend says something about 'getting back on the horse'. I say it wasn't a horse, it was a stepper, and it's easier to make friends with a horse.

29 May 2012

Am shown how to use various resistance machines and try to forget they look like instruments of torture.

James is v. patient. I try the stepper again, much easier this time.

31 May 2012

James says that they are going to introduce free nutrition plans and free personalised workouts. He gives me a leaflet on sensible healthy eating, which has depressing headings like 'low fat', 'no sugar' and 'no added salt'. I agree to give it a try. Used the gym ball today which James says is good for my 'core'. Walk *past* Beach Stores on the way home.

5 June 2012

Celebrate Queen's Diamond Jubilee with industrial size bar of Dairy Milk. And a salad because the healthy eating plan is on the front of the fridge.

6 June 2012

Something v. weird happens – find I am looking forward to gym visit. Start with recumbent bike to warm up. Then I spend some time on the rower, stepper, cross trainer and at least three resistance machines. Fall off gym ball and am v. glad no-one sees.

7 June 2012

Not half as achy as I thought I would be. Feel much better in self. Am trying to get friend to join the gym now...

SB

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.

GOSFORTH ART SOCIETY EXHIBITION

4rd Annual Exhibition – Gosforth Village Hall August Bank Holiday, Friday to Sunday 25-27 August 2012

Our Society was set up many years ago and some of our members have been attending since the '70s. There have been various venues and we have now returned to Gosforth Village School where it first started.

We are holding our fourth exhibition this year at the usual time of August Bank Holiday. Over 60 artists from all over Cumbria entered original artwork with varying prices, which gave all a chance to own a piece of original art. Our Group likes to promote original artwork, to give others the chance to own a piece of totally unique art for a reasonable price.

We provide delicious homemade refreshments and also have artists at work, including graphite drawing demonstrations, acrylic artist working on large canvas, pastel tuition and a table full of watercolour paint items including the new water colour sticks using water brushes. People of all ages have been amazed to see artists at work and learn new techniques. We have enthused people at our exhibition who have gone on to become members.

This type of exhibition is a challenge with many working together to create an exciting weekend with artists at work, demonstrating watercolour, acrylic, pastel and other media. Visitors will have the opportunity to try painting, along with a little tuition if required.

The aim of the exhibition is to showcase the Gosforth Art Society, members artwork and to add to funds which enable the Group to raise enough funds to have professional art workshops. We have workshops periodically throughout the year. This gives members a chance to have tuition that they would normally have to travel, pay accommodation and fees to attend.

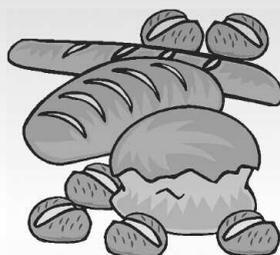
The Gosforth & District Art Society has been exhibiting members' work for sale at Muncaster Castle for several years and also with Lakeland Habit and The Hobby Shop in Gosforth. Many original works can be viewed and purchased throughout the year at these places.

Jakki Barratt, 019467 25838. jakki@karletta.co.uk

THE BAKE HOUSE



13a Gosforth Road
Seascale
(and at Millom)



Monday-Friday, 8am-2pm
Tel: 019467 21112



A selection of pies, cakes, bread,
freshly-made sandwiches and salads available

Holmrook Reading Room

Forthcoming Events

Coffee Morning – Friday 20 July, 10:30 to 12:00. All welcome to sample the cakes and have a craic.

Magic Day – 4 September. Afternoon show for children and evening for adults.

Bob Steele slide show – 18 October. "Return to Everest Base Camp". Tickets for these from Dave Marsden on 24632.

Music Club: Thursdays from 7:30. You need your own instrument and a desire to be better at Jazz improvisation. Please contact Peter Smith if you wish to join or need more details.

peter.gpsmith@btinternet.com or 01946 822489.

Gardening Club. Take advantage of our bulk orders and get a discount on you garden purchases. Please call John Dutton for more details. johnwrdutton@talktalk.net or 019647 24317.

Fishing Club. If you want to join this club, or simply want some more information, please contact Kneale Thompson on 019467 24265.

Playground. Open to all children under 14 – come and try out our playground.

Bookings: The Reading Room has a fully equipped kitchen, facilities for people with a disability and with the playground, field and meadow has everything you need for a great party or as a meeting venue etc. Call Daisy on 019467 24771 to book it for your next event.

For any other information on the Reading Room please contact our Secretary Dave Marsden. dcr.marsden@btinternet.com or 019467 24632.

2ND SEASCALE METHODIST BROWNIES

This term we are working on several different badges – these are The Teddy-tastic badge, The Wizard of Oz badge, The Diamond Jubilee badge, the great outdoors badge and the star-tastic badge. We have decided to get the brownies choosing what they would like to do towards the challenge as this keeps them more interested in the badges. This allows leaders to take a back seat instead of our planning everything all the time. As we have a lot of badges we have a lot going on. For part of the teddy-tastic badge we are having a teddy bears picnic. We have also learned about all the famous bears such as Yogi bear, Pudsey bear, Paddington Bear, Rupert Bear, Baloo, and Winne the Pooh. We have had our annual Pack Holiday which took place at Thwaites Village Hall near Millom over the last weekend of April. Luckily the weather held out for us so it was great. During the pack holiday we visited Dalton Zoo which was a fantastic experience – I'm sure all the brownies thoroughly enjoyed it. We also went on an adventure trail around Thwaites and boarded a train.

In the coming months we will be part-taking in the girl-guiding Olympics; this will be held in Carlisle and it is the Olympic opportunity for rainbows, brownies, guides and senior section within our region. At the moment we have 18 girls, five leaders and one young leader. If you know of any girls aged between 7 and 10 and not already in a local brownie pack please get in touch. It's a fun, exciting and learning opportunity where friends are made for life. We do lots of different things and we also let the girls decide what they want to do. Brownies is on a Tuesday night between 6:15pm and 7:30pm at the Methodist hall in Seascale. If there any groups or speakers that would like to come and talk to the girls, please get in touch. We are always looking for visits from local people with a talent they could show us. It's a great opportunity for the girls to learn a new skill and meet new people.

Sarah Huddleston saz_huddy@hotmail.co.uk

A very big thank you to all those who organised the Santon Way Street Party for the Jubilee weekend – it was a very successful event and despite the weather being rather cold a good time was had by all. Tim Harris, with the help of others, put in a lot of hard work beforehand to prepare the area and Sylvia Thompson and her helpers did a splendid job organising the food. Thank you, Lois, Fire Fighter

WEST CUMBRIA CONCERT-GOERS?

Details of concerts local to you can be sent to you by email. The service is FREE. Phone David Killick of ConGoon 019467 26258 to receive the August Newsletter covering the months up to Christmas.

SEASCALE AND BOOTLE PATIENT PARTICIPATION GROUP

The Annual General Meeting is to be held on Wednesday 26 September at 7pm in Seascale Health Centre. In accordance with the group's constitution, the Annual General Meeting shall elect 8 members who must be patients of the Practice, a chairperson and a secretary. Any patient can nominate them/herself. Please contact the practice manager at email: lisa.drake@gp-A82024.nhs.uk or trl: 019467 28101 to make nominations.

ST CUTHBERT'S CHURCH FLOWER FESTIVAL

Through the Village Magazine I would like to sincerely thank everyone who contributed to or helped with the Flower Festival at the beginning of May, and everyone who came along to support the event.

We are especially grateful to members of Whitehaven Flower Club for their help and in planning the Festival and preparing many of the arrangements, West Cumberland Choral Society for 'Flowers in Song' on the Friday evening, and The Cumbria Baroque Choir for Choral Evensong on the Sunday evening. With sponsorship and donations before the Festival, gifts and refreshments over the weekend and sale of photographs of the flowers, the event raised well over £4000 for the Church, but that was a bonus. What was more important was that we could raise the profile of the Church and the Village, bring in visitors, and offer inspiration and pleasure to all who came. There was a lovely atmosphere in

Church and – we hope – a warm welcome. The Flower Arrangements reflected many different aspects of life and times and seasons. Nearly everyone who came to the Festival had their own favourite, and it is a tribute to those who decorated the Church that every arrangement was liked best by somebody.

The Festival went by far too quickly, and it had barely finished when people were asking, 'When are you having another?' Hopefully, it will not be too long before we have more events – maybe not a full-blown Flower Festival, but things to bring people together and let the Church be at the heart of the community.

John Woolcock



Despite the unseasonal coolness for May, this concert got off to a bright start under the baton of Hugh Turpin, with the upbeat harmonies of John Rutter's 'All Things Bright and Beautiful' and 'For the Beauty of the Earth'. In the impressive setting of St Cuthbert's Church decked with wonderful flower displays, the West Cumberland Choral Society sang a crowd-pleasing programme, including the poignant 'Bold Grenadier', the lush Brahms' 'How Lovely Are Thy Dwellings', a spine-tingling spiritual 'Steal Away' and the rousing 'Rose of England'. This was interspersed with a lively Vivaldi duet and the delightful solos 'Linden Lee', 'Art Thou Troubled?' and 'Someone is Sending Me Flowers'. After the concert, the audience was treated to a mouth-watering selection of wine and puddings in the Church Hall, which rounded off a very pleasant evening. A winning formula that may, hopefully be revisited in the future.

Della Hynes



OUR FIRE FIGHTERS

A big thank you to all who supported the Seascale firefighters by having their cars washed for charity in March.

The event was a huge success and we were all surprised by the amount we raised – £932. After gift aid was added this total was raised to over £1100. A special thank you to the Seascale Stompers who again donated £100. The car wash was a national event which raised over £121,000 towards helping injured firefighters and their families on the road to recovery after accidents or serious illness. Numerous people asked if we were going to hold another event. The Fire Fighters Charity has since announced it is planning to hold another car wash in September and Seascale Fire Station will take part. Watch out for posters giving the date.

Seascale Fire Fighters are proposing to hold another young fire fighters course starting in September.

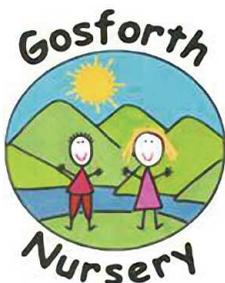
The course runs for eight consecutive Saturday mornings and two Thursday evenings. During the course the students will learn firefighting skills, which include pumping water from the fire appliance and water hydrants, pitching of ladders and ascending/descending, wearing dummy breathing apparatus, and first aid from which a

certificate will be awarded. The highlight of the course is the simulation of a road traffic collision which includes the rescue of casualties and cutting up a car using special cutting equipment. The course is open to both boys and girls aged between 13 and 15. They have to be prepared to turn up every week on time and be keen. Discipline will be essential for their and the instructors' safety. At the end of the course a passing out parade will take place when they will demonstrate their newly learned skills to their parents, grandparents and local dignitaries. A presentation of certificates will be made by a Fire Service officer followed by a buffet lunch. A DVD of photographs taken throughout the course will also be presented to each young fire fighter as a record of their time spent at the Firestation.

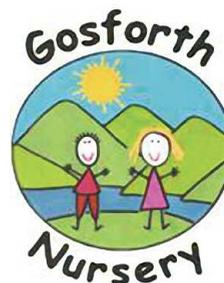
Safety clothing and footwear will be provided and tuition given by our trained fire fighters.

There will only be twelve places available and will be allocated on a first-come first-served basis, so if you are interested contact me, Tony Holman, on 019467 28941, David Moore on 019467 27674, or call at the Fire Station on a Monday evening between 19.00 and 21.00.

Tony Holman



**Full Day Care
available for
children from
4 months of age**



Free Early Years Entitlement places

(use your provision flexibly to meet your own requirements)

Out of School provision for primary aged children

(breakfast & after school)

Holiday Clubs for all ages!

If you require further information, or would like to discuss your childcare arrangements for the future please call on

019467 25800

email: gosforthnursery@btconnect.com

www.gosforthnursery.co.uk

SEASCALE EVERGREEN CLUB

12 June 2012 was a significant date in the history of the Seascale Evergreen Club. On that day the current members celebrated the 50th anniversary of the club's formation in 1962. The celebration took the form of an anniversary party, with an extremely enjoyable lunch provided by Jan of West Coast



Catering. Our enjoyment of the event was then continued by Don Spedding's excellent programme of entertainment. His splendid singing, interspersed with humorous anecdotes, gave us a great deal of pleasure.

We are indebted to our treasurer Maureen Camlin (ably supported by husband Gerry) for arranging the event. We are also grateful to Terry Taylor who took the accompanying photograph of many of the members who were at the party, along with several more pictures he took on the day.

The event was held in the Methodist Church Hall, the club's regular meetings venue over the years.

There have been many inevitable changes, and departures, during the last 50 years. But the aim of the Evergreens remains the same – to provide its members with interesting and rewarding recreation in an atmosphere of good fellowship. Anyone – male or female – aged 60 and over (and anyone disabled, of whatever age) is very welcome to be a member of the club. Our programme for Autumn/Winter 2012 starts on 4 September, and posters giving more details will be on display around the village in due course. We suggest that the best way to join the Evergreens is to come to a meeting – and be part of the next 50 years!
John Gray, Chairman

Gosforth Art Society

4th Annual Art Exhibition in Gosforth Village Hall

August Bank Holiday

Friday 25th, Saturday 26th and Sunday 27th August 2012

OPENING TIMES 10AM - 4.30PM

MASSIVE RAFFLE WITH FABULOUS PRIZES

ARTISTS AT WORK - DEMONSTRATIONS AND A CHANCE TO TAKE PART

Over 60 Artists

HOMEMADE REFRESHMENTS SERVED

Original Artworks For Sale at Reasonable Prices

**A CHANCE TO OWN
AN ORIGINAL PAINTING**

STROKE AWARENESS

What is a stroke?

A stroke occurs when the blood supply to part of your brain is cut off. There are two main types

- Ischaemic when the blood supply is stopped due to a blood clot and accounts **F**or 80% of all cases
- Haemorrhagic when a weakened blood vessel in the brain bursts.

There is also a related condition called transient ischaemic attack (**TIA**) where the blood supply to the brain is temporarily interrupted causing a mini stroke. They are often a warning sign of a future stroke.

Over 150,000 people per year have a stroke in the UK and it is the third largest cause of death. The most common signs that someone is having a stroke are:

- Their face will drop, usually on just one side
- They will have problems lifting their arms
- Their speech seems to be slurred. It is important that if you see anyone with these **S**igns that you call an ambulance immediately as the longer the person goes untreated the more damage their brain will suffer. So the government has crea**T**ed a campaign called **FAST** standing for Face, Arms, Speech and Fast to help people remember what they are supposed to do if they think somebody is having a stroke.

QUIZ

1. What should you do if you think you or someone else is having a stroke?
2. What happens when you have a stroke?
3. What are the signs of a stroke?
4. How can these symptoms be remembered?
5. Why is time so important?
6. How are strokes diagnosed?
7. Who is most likely to have a stroke?
8. How can strokes be prevented?
9. How are strokes treated?
10. What are the main consequences of a stroke?

Answers opposite

Treatment of Strokes

Everybody who has a stroke should be treated following the National Stroke Strategy. This defines good stroke care as

- A rapid response to a 999 call for a suspected stroke
- Prompt transfer to hospital providing specialist care
- An urgent brain scan as soon as possible
- Immediate access to high quality stroke unit
- Early multidisciplinary assessment
- Stroke specialised rehabilitation
- Planned transfer of care from hospital to community

How can I reduce my risk of having a stroke ?

Stop
Smoking

Have your
blood pressure
checked



Eat a healthy diet
(cut down on salt
and fatty foods)

Cut down on
how much
alcohol you
drink

Exercise
Regularly

Who is Most Likely to Have a Stroke?

Over 75% of people who suffer a stroke will be older than 65. People of Asian, African or Caribbean descent have a higher risk, as are those who have a close relative who has suffered a stroke (parent, grandparent or sibling).

Other factors that make you more likely to suffer a stroke are smoking, being overweight, not getting enough exercise and having an unhealthy diet. Also any condition that affects your blood circulation like high blood pressure, high cholesterol, diabetes and an irregular heart beat will increase the possibility of a stroke.

How to Prevent a Stroke

Obviously there are certain things you cannot change like your age or ethnicity but you can greatly reduce your risk by living a healthier life style. If you smoke you should try to give up – we can help so come in to chat with our pharmacist – try to lose weight if you need to, take more exercise and eat a healthier diet. All of these will also help with other

risk factors like high blood pressure, high cholesterol and diabetes.

Submitted by Stephen Reay, Seascale Pharmacy

ANSWERS TO QUIZ

Q1 Dial 999 immediately and ask for an ambulance.
Q2 The blood flow is stopped to part of your brain.
Q3 The main symptoms are your face drooping to one side, not being able to lift your arms, slurred speech.
Q4 By using the word FAST – Face drooping, inability to lift Arms, Speech slurring and Time.
Q5 The quicker you get treatment the less damage is done to your brain.
Q6 Once you arrive at hospital you should receive a brain scan within 24 hours.
Q7 75% of people who suffer a stroke are over 65 and you are at greater risk if you are Asian, African or Caribbean.
Q8 By eating a healthy diet, taking regular exercise, only drinking alcohol in moderation and not smoking.
Q9 By following the National Stroke Strategy.
Q10 Most strokes have both psychological and cognitive impact and will require long term rehabilitation.

SEASCALE SCOTTISH COUNTRY DANCE CLUB

The Seascale Club does not meet during the summer months. The next season of weekly meetings will start on Wednesday 5 September 2012 at 7.30pm in the Main Hall of the Windscale Club.

Although we are not meeting at present, the Royal Scottish Country Dance Society (RSCDS) is an international organisation, so lots of dancing will be going on around the world. In addition the RSCDS holds an annual event in St Andrews which attracts dancers from all the corners of the globe. Classes and dances are held daily, and it is a great gathering of old friends and acquaintances.

Scottish Country Dancing has a long history. Figure dances of the countryside called 'country dances' can be traced back to the English Court of Elizabeth I. The constant influence of various European Courts meant that the dancers were always absorbing new ideas of style and content greatly influenced by the Assembly Rooms of the 18th century. Edinburgh emulated the European capitals, dance assemblies flourished and dancing became an accepted part of social interaction.

Scotland already had other traditions of dance – strathspeys, reels and jigs. The different styles were blended together resulting in programmes with

which the whole of Scottish society could feel comfortable. The elegance and courtesy of the 'country dance' and the energy of the Scottish reels produced the mix we know today.

Things changed during the Great War 1914-1918. Scottish country dance had all but disappeared by then. After the war, two ladies set about to restore the old social dances and music of Scotland by collecting the dances from friends and family. They published their findings, and following a meeting the Scottish Country Dance Society was formed in November 1923. The title 'Royal' was conferred upon the society in 1951 and the present Queen became its patron in 1952.

Today's dancers have much to thank the two ladies for their efforts. It would have been such a loss if Scottish Country dancing had died out all those years ago. Nowadays new dances are written, new music produced and it is hoped the tradition will continue for many years to come.

As always I urge anyone who is interested in joining our group to come along on a Wednesday night and meet us. You will get a warm welcome and lots of help with the dances when needed.

Remember Wednesdays at the Windscale Club.
Best wishes and happy dancing. *Brenda Rhodes*



Cumbria Wildlife Trust West Coast Support Group

FUTURE EVENTS 2012

Wednesday 26 September, 7.30-9.00pm in Gosforth Methodist Church Hall

“The Wild Oceans Project”

Project Officer Lindsay Sullivan will tell us of the Cumbria Wildlife Trust investigation into sustainability seafood and conservation around Cumbrian shores.

Wednesday 17 October, 7.30-9.00pm in Gosforth Methodist Room

“British Moths”

An illustrated talk by Dr Roy Hilton

Retired Consultant Rheumatologist Dr Roy Hilton has a long standing interest in natural history. He is an experienced moth recorder and a member of Butterfly Conservation.

Sunday 28 October

“Conserving Wildlife Day at Dalegarth Station”

Displays and activities with Cumbria Wildlife Trust, the World Owl Trust, Red Squirrels Northern England, Bat Conservation.

Times of trains and further information from
Ravenglass & Eskdale Railway 01229 717171

Wednesday 14 November, 7.30-9.00pm in Seascale Methodist Church Hall

“Bats in Copeland”

Illustrated talk by Neil Robson of the Copeland Bat Group about bats in our area and work of volunteers in the local bat group. The talk will also include brief details of bat ecology, habitat and what to look for on an evening stroll. Neil will give an overview of the law with regard to bats and how building developments can be sympathetic to their needs.

Suggested donation £2.00 includes refreshments payable at the door.

Fiona Galloway, Hon. Secretary, West Coast Support Group 01946 841313

Further information about the work of Cumbria Wildlife Trust, including volunteering may be obtained from Cumbria Wildlife Trust, Head Office: Plumgarths, Crook Road, Kendal, Cumbria LA8 8LX

01539 816300 – www.cumbriawildlifetrust.org.uk - Registered Charity No.218711

THE TROUBLE THESE DAYS...

...is that there's nothing for young people to do in their spare time.

Where can a young person in Seascale go to meet up with other people and have fun? Where can a young person go and take part in exciting activities for not much money? Where can they take part in mini-Olympics, parachute games and field games? Where can they follow a blind trail, solve mental problems, do glass engraving, light a stove 3 metres away using cotton wool, petroleum jelly and no matches? Where can they safely chop wood, light fires, cook popcorn, bake cakes inside an orange, without pots or pans or an oven? Where can they play, outside, from 8 in the morning until 8 in the evening, then eat a hearty meal, cooked outside, then keep warm around a campfire, before retiring to their tents for a well earned sleep?

Answer: Be Prepared...

2nd Seascale Scout Group. For boys and girls aged 6 to 18. info@seascalescouts.org.uk

While most of the country was huddled indoors avoiding the gale-force winds and torrential rain, the Beavers, Cubs and Scouts of 2nd Seascale, and their families spent 22-24 June doing all of the above, and more, at their inaugural Family Camp. Here is some of the feedback left by some of our 70-odd happy campers...

"[Our family] had a brilliant weekend, huge thanks to all of you for all of your hard work and planning, and for inviting us! RIP cheap Tesco tent, we look forward to introducing our new one at the next camp!"
"What a great camp thanks to all the leaders for making it brill."

"[We] had wonderful, wonderful time. it was a great weekend and thank you so much to all the leaders. It was a very professional camp and the range of activities were amazing. Something tells me that the boys loved it all the more for the abundance of mud and water! Washing machine now in overdrive and even though I have washed my hair twice I can still smell the woody embers of last night's campfire! Finally I think Scout Camp is much more fun than Glamping – who needs an electric hook-up, hair dryer and fridge in your tent?"

"What a great camp. Thanks to all. Just trying to find my after sun now for my sun burn!!!"

"Thanks for a brill time; my boys loved it; shame the sun has come out now."

Comments like this make it all worth it – Family Camp has been a great success and achieved what we wanted it to. Introducing families to scouting and showing them that camping and adventures are great. We look forward to our next Family Camp where we know we have lots of volunteers to help us organise an even better Camp. Welcome to the team!

Our final words have to be from our Group Scout Leader Graham Worsnop: "For what will probably be my final camp under canvas, it was a brilliant one to go out on – many thanks to everyone for making it a fantastic camp, excellent food, good company, great activities, and just plain good fun. Thanks to all the leadership team - for all your hard work and planning. Water, what water? Just liquid sunshine."

Graham Worsnop

ENGLISH AMATEUR GOLF CHAMPIONSHIPS 2012

Seascale Golf Club is proud to be co-hosting, along with Silloth-on-Solway, the 2012 English Amateur Golf Championships under the auspices of the English Golf Union. More than 280 of the country's top amateurs will converge on Seascale on Monday and Tuesday, 30-31 July, to do battle over its delightfully tricky links course.

After two days of practice on the Saturday and Sunday, the format for the first two days (30/31 July) is 36 Hole Stroke Play, played over both courses. The lowest 64 scores then progress to the match play knockout at Silloth. Every match of each round consists of 18 holes, except the final which will be played over 36 holes at Silloth on 4 August.

This is a great opportunity to get up close to see true golfing talent pitted against a fine traditional course maintained to the very best standard. Seascale Golf Club extends a warm welcome to all who wish to witness this golfing spectacle. Admission free. Further information contact Seascale Golf Club, The Banks, Seascale CA20 1QL. 019467 28202. e:mail seascalegolfclub@googlemail.com

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MARCH CROSSWORD WINNER

Winner of the March cryptic crossword is Bill Clarke of Seascale Park.

He is now owner of a copy of the "The Furness Railway – a History" by the late Michael Andrews. Bill entered the crossword competition because he was dismayed to see that only ten entries were submitted for the previous one. He helped a little because we had 11 entries this time!

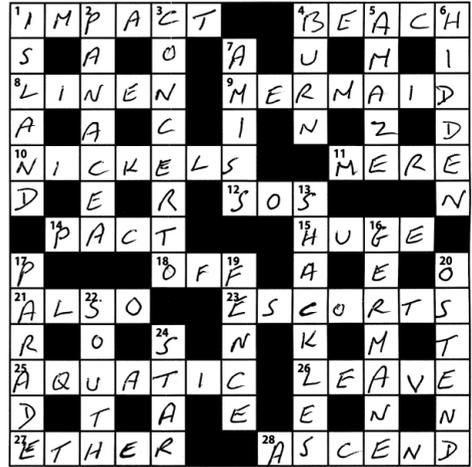
Bill sent Eileen Eastwood this letter of thanks:

Dear Eileen,

Thought a little note might be appropriate to say thanks to you, to Trevor Preece, to the Contributors and all concerned in the production of our Village Magazine. It cannot be an easy job but it is certainly very worthwhile and much appreciated.

I thought that the last issue was particularly good, the articles covering the Furness Railway, Seascale's Brewery and the Water Tower worth special mention.

I was delighted to win the Crossword Competition (a first ever for me), and I must say how generous it was of Trevor to donate such a lovely prize. It is a beautifully produced book and one that I enjoy browsing through.



We look forward to the next Issue and we can only say please keep up the good work.

Bill and Anita

Another letter came in from Linda McKenzie praising the magazine and the efforts we all put into it. Thank you Linda – it makes it all seem even more worthwhile.

Trevor Preece

Abbeyfield
Where older people find care in housing

BRADBURY HOUSE, GOSFORTH

Are you 65yrs or over? Do you enjoy company? Would you like to have extra support?

We are able to offer a warm homely environment with friendly caring trained staff. High quality 24 hour care is provided.

It is not an easy transition from your own home to communal living. We make that transition as easy as possible.

We currently have 2 room vacancies with en-suite facilities and beautiful views over the Wasdale mountains.

For viewings or application form or for more information please contact Nicola or Christine on: 019467 25061



Landscape / Seascape Photography Competition



First Prize in each category: £150 Photography Equipment Voucher

Four Entry Categories

Children - Copeland residents and non-residents

Adults - Copeland residents and non-residents

Winners plus two runners up in each category will also receive an enlarged canvas print of their image exhibited at the Beacon.

Entry forms available from Council Offices, TICs and the Beacon or at www.copeland.gov.uk

Closing date: 31st July 2012

Supporting Copeland's Coastal Partnership



WESTLAKES

HOTEL & RESTAURANT



Our warm and relaxed dining room seats up to 28 guests including two additional private dining areas.

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

We are now also serving a Brasserie menu alongside the à la carte for the more informal evening with friends. The price of a 3-course meal now starts from £16.95.

Dinner is served from 7pm to 8.30pm daily.

Please call to reserve a table to avoid disappointment.

Geoff & Debra Armstrong

Westlakes Hotel, Gosforth

Tel: 019467 25221