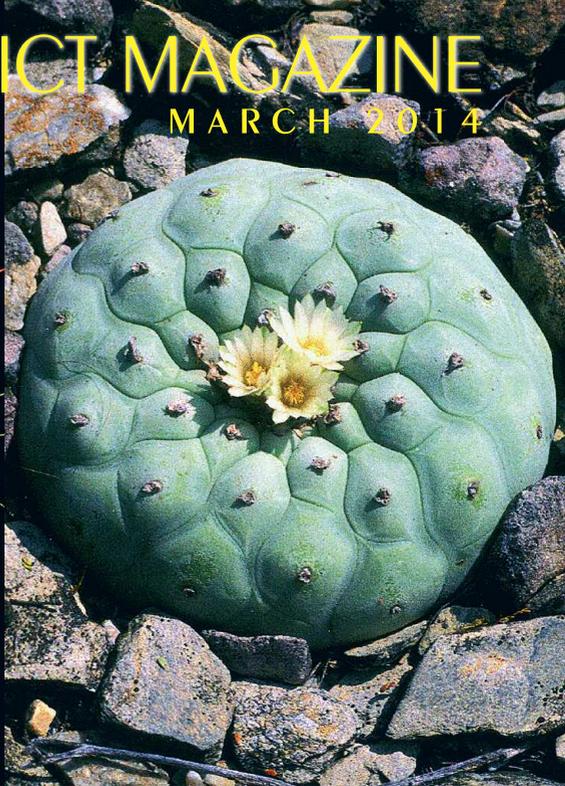
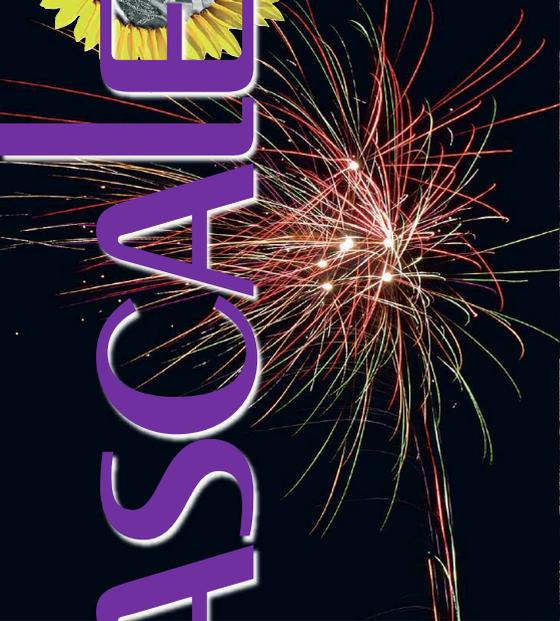




& DISTRICT MAGAZINE

MARCH 2014

SEASCALE



Fireworks, flooding and a Spring profusion of art around Seascale



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PARISH NEWS

SEASCALE

Editor: Eileen Eastwood 019467 28653

Production: Trevor Preece 019467 28449 trevor@trpub.net

Happy New Year to all our readers. We had an excellent fireworks display at Christmas and thanks to John Garner and Tony Biggins for a colourful Christmas lights display. Dennis Thompson from LLWR switched on the lights and an excellent turnout of residents enjoyed the celebrations and the wine and mince pies afterwards. Unfortunately gales started after Christmas and caused some of the lights to be damaged.

The high tides caused a lot of damage to the beach front and I would like to thank all the people who turned up and cleared all the debris off the paths, grassed areas and car park.

I have lived in Seascale for over 50 years and we used to see the tide in the car park and cellars flooded. Then the gabions were built and we had calmer times. The spring tides this time destroyed the promenade and the gabions. Cumbria County Council are repairing the promenade and Copeland Borough Council will be repairing the gabions.



Our thoughts must go out to all the people across the country who have suffered terrible flooding and be thankful we have escaped this time.

By the time this is delivered we should be looking forward to spring and better weather.

A special thanks to all the people who deliver the magazine, who write articles for us and to Trevor who spends a lot of time putting it all together in an attractive way to make it interesting.

Eileen Eastwood





THE BRIDGE INN
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Our usual popular Carvery is available for £9.20 per person.
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**We will be serving our Mother's Day Carvery
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DAVID MORGAN (DAI)

David is the man who is our champion litter picker on our beach, highways and byways. We did organise a day for residents to volunteer after the storm as even David and David Parkin who helps could not cope with all the rubbish that appeared.

Just to give you an idea how much David does, this is what he collected in 2013:

Beach, Drigg Road End to River Calder	317 sacks
Village	156 sacks
B5344	22 sacks
Calder Road	4 sacks
Nat Park	4 sacks
Total	503 sacks

We would be a sadder, dirtier place without David.

David has a dream of owning a quad bike to make it easier to collect sacks.

If anyone has any ideas on how to fundraise for this please contact me. *Eileen Eastwood 28653*

The next edition of the Seascale Magazine is scheduled to be published on the first weekend in July 2014.

We are always on the lookout for stories and event dates. The closing date for contributions will be Saturday 7 June.

PARISH COUNCILLORS

Eileen Eastwood	28653
David Halliday	28027
Ken Mawson	29786
David Moore	27674
David Ritson	21668
Chris Taylor	07788 248813
Phil Taylor	07789 905822
Andrew Williams	28203
Andrew Woolass	28218

Clerk

Sonia Batten	21332
--------------	-------

Copeland District Councillors

Eileen Eastwood	28653
David Moore	27674

County Councillor

Norman Clarkson	01946 841126
-----------------	--------------

Other Useful Numbers

Cumbria Highways Hotline	0845 609 6609
Copeland Direct	0845 054 8600

THE FAT CHAT SHOW

The first ever chat show for Cumbria was launched in October 2013 to much acclaim. The Fat Chat Show is an internet chat show hosted on YouTube featuring all the amazing people who make Cumbria buzz! In just three months The Fat Chat Show channel received over 5000 hits!

Producer of The Fat Chat Show Nikky Armstrong, based in Seascale, is so thrilled with the success of the show that she has decided to add a new element into the mix called 'Cumbrian Kitchen'. This will be hosted by local celebrity chef Jon-Robert Fell – Head Chef at Sella Park Country House.

"Cumbrian Kitchen will be in the same format as Saturday Kitchen with guests coming into the studio to talk about their business and what they are up and what food they like of course" said Nikky. "Anything to do with food is always very popular viewing so I thought it would be a good idea to combine food with business."

"Peter Frost Pennington of Muncaster Castle has very kindly offered us one of their spacious kitchens at the castle to set up as a studio" continues Nikky "Peter is very keen to support local Cumbrian businesses and I greatly appreciate this as it means we can fit in more guests and create the right atmosphere."

Jon-Robert Fell is thrilled to be part of the show "When Nikky first approached me to be involved with The Fat Chat Show I jumped at the chance as I knew the show was a great idea and that there was nothing like it in Cumbria" says Jon "from the moment I became involved my business started to pick up and gain interest so I know it works, and the concept will work across every kind of business. Nikky's idea to showcase the people behind the business is revolutionary and very simple. People do business with people after all."

Gerard Richardson from Richardsons Wines in Whitehaven is a staunch supporter of the show "I think this is a great idea and I hope the show gains lots of mainstream support because this is just what Cumbria needs to showcase all the fantastic businesses there are here."

The first Cumbrian Kitchen show was launched on The Fat Chat Show on Friday 31 January with Jon-Robert Fell cooking up a storm while talking to Peter Frost Pennington from Muncaster Castle and Rob Steel who is about to embark on a gruelling 1000-mile walk from his home in Gosforth to Spain to raise money for cancer.

Local Fitness Classes for Men and Women

Tuesdays 6.00-7.00pm *Boxercise in Seascale Sports Hall. Boxing for fitness with the use of boxing gloves and pads – train like a boxer without the contact! (Booking advisable – only 12 places available)*

Tuesdays 7.30-8.20pm *Kettlercise in Beckermeth School.*

Thursdays 7.15-8.05pm *Kettlercise in Seascale School.*

The Ultimate all over body workout with the use of kettlebells – dare yourself to try it!

£4/class. Contact Gill for more details on 07511 995184.

Also supplier of highly acclaimed Herbalife Nutritional Products for weight loss and wellness. Feel free to call for further information or a free evaluation plus 3-day trial.

"Peter Sidwell has expressed an interest to be on the show which is really exciting to know that our show is gaining this kind of support" says Nikky.

You can subscribe to The Fat Chat Show channel on YouTube:

http://www.youtube.com/watch?v=aCl9HoHg_bl

FIRE BRIGADE CHARITY CAR WASH

Seascale Fire Fighters are holding a charity Car Wash on Saturday 29 March from 9am to raise funds for the Fire-Fighters Charity. The charity supports injured Fire-Fighters and their families helping them to recover and lead normal lives. It receives no funding from the Government and is entirely self funding. Firefighters are injured every day throughout the country and sometimes pay the ultimate price. Please try to support us by having your car washed while having a cup of tea and make a donation to a very worthwhile charity.

GREAT BRITISH FISH AND CHIP SUPPER

FRIDAY 16 MAY 2014

“Hold a Fish and Chip Supper to help spinal cord injured people rebuild lives after injury”

Want to eat Fish and Chips, while raising money for charity? Hold a fish and chip supper on Friday 16 May 2014 whilst raising awareness of spinal cord injury and supporting SIA's vital services.

You can hold a fish and chip supper in your own home, at work or hold a larger supper at your local community centre.

SIA will provide a fundraising pack containing hints and tips, recipes, invitations and donation envelopes. By inviting 8 friends and asking them to donate an additional £5.00 means you will raise at least £40.00 from your supper but we will also give you additional fundraising ideas to raise even more money for SIA.

In 2014 SIA is celebrating its 40th anniversary and so we want to make the batter matter and raise £25,000 from everyone holding suppers. Last year we raised £12,500 from the suppers.

The money raised from the suppers will help the

Spinal Injuries Association offer support to individuals who become paralysed and their families, from the moment a spinal injury occurs, and for the rest of their lives by providing services and publications which enable and encourage paralysed people to rebuild lives after spinal cord injury.

Every year in the UK over 1,000 people experience a spinal cord injury and there are an estimated 40,000 spinal cord injured people in the UK alone.

Community Fundraising Manager, Elizabeth Wright, says, “The Fish and Chip Supper is a wonderful opportunity for a great evening with friends and family. We are also encouraging people who work to hold a Fish and Chip Lunch in their work places to raise even more funds. You may be even a local community group wanting to run a fun evening with your group.

For more information or request a fundraising pack call Elizabeth Wright on 0845 071 4350 or email fundraising@siafishandchips.co.uk or visit www.siafishandchips.co.uk

OLD CLOTHES COLLECTIONS

2nd Seascale Scout Group caters for girls and boys aged 6 to 14½. We currently have around 80 members from Seascale, Gosforth, Beckermat, Drigg, Ravenglass, Bootle and Eskdale.

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

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

Our next collection is at the beginning of April. We invite you to bag up your old but usable clothes etc. and bring them down to St Cuthbert's Church Hall any Thursday night, up until Thursday 3 April, between 5pm and 9.15pm.

If you have any questions, or wish to arrange collection at a different time, please contact Info@SeascaleScouts.org.uk

CLASSICAL MUSIC CONCERTS

Are you interested in classical music? There's a surprising number of first-rate professional concerts taking place on a regular basis in West Cumbria. If you would like to receive details, there is now a very easy and FREE way of keeping yourself informed.

Three times a year a list of all the available concerts is drawn up and sent by e-mail to anyone who wants one. All you have to do is ask ConGo (that's short for West Cumbria Concert Goers) to add you to the e-mailing list. Now is a good time to do it because a new Newsletter is due out at the end of March listing concerts during the summer months. To benefit from this free service phone David Killick on 26258 or e-mail him at killick.wasdale@btinternet.com.

When you get your Newsletter you will see how you can enjoy coach travel to big, prestigious orchestral concerts at Carlisle. For example, on Saturday 26 April the Hallé Orchestra will be playing a Beethoven Piano Concerto (with John Lill as soloist) and a Tchaikovsky Symphony (the Pathétique). The ConGo coach will be leaving Gosforth at 5.30pm (but you need to book).

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How to Find Us



EVENTS CALENDAR in and around Seascale

Find updates at: www.seascale.org.uk

- 15 March – Saturday.** Cumbrian Railways Association spring meeting at Newton Rigg College, Penrith CA11 0AH. 28296.
- 15 March – Saturday.** “HOPE 2014” – Seascale Cinema Club. Seascale Methodist Hall. No entrance fee. Watch for posters.
- 16 March – Sunday.** Cumbrian Railways Association field trip to Kirkby Moor incline and stone wagonway and Dunnerholme sidings. Details 28296.
- 17 March – Monday.** Bradbury House coffee morning. 10.30am. Cake stall and clothes sale with new spring collection. Raffle. Refreshments £2. Proceeds to the Friends of Bradbury House. 019467 25061.
- 23 March – Sunday.** Wedding Fayre at Muncaster Castle. Free entry to Castle, Gardens and Owl Centre.
- 25 March – Tuesday.** Shackles Off fund raising quiz night and raffle. 7.30pm, Windscale Club.
- 29 March – Saturday.** West Cumberland Choral Society presents Verdi’s Requiem at 7.30pm in St Bees School Sports Hall. Tickets £7.50 (£2.50 concessions, accompanied under 18s free) 01946 841239.
- 29 March – Saturday.** Seascale Firefighters Charity Car Wash. At the fire station. From 9am. Donations to the charity.
- 29 March – Saturday.** Cumbrian Railways Association field trip to Kirkby Moor incline and stone wagonway and Dunnerholme sidings. Details 28296.
- 29 March – Saturday.** Children’s Club Cake sale. Seascale Methodist Church. 10-11.30am. Refreshments available. Jackie 29785 or Allison 21935.
- 30 March – Sunday.** Mother’s Day (Mothering Sunday). Many local lunches. See advertisements in this issue.
- 30 March – Sunday.** Seascale Methodist Church, 6.30pm. Special celebration for 40th anniversary of Methodist/Anglican United Evening Worship. See page 23.
- 3 April – Thursday.** “A Walk Through History” (Hadrian’s Wall path). A slide show by Maurice Steele, Holmrook Reading Room, 7.30pm.
- 4-6 April – Friday to Sunday.** Dubfest weekend at the Woolpack, Eskdale. Phone 107467 23230 for more details.
- 5 April – Saturday.** Nether Wasdale Church. Castalia Players concert. Admission £10. Children free. Contact David Killick on 26258. See page 28.
- 5 April – Saturday.** Shackles Off are holding a Soul Survivor Night buffet in the Methodist Church Hall.
- 11 April – Friday.** Fish and Chip Supper. Ravenglass & Eskdale Railway. Fellbites Cafe, Dalegarth. 6pm departure from Ravenglass. £10 inclusive of travel. 019467 23192.
- 12-13 April – Saturday and Sunday.** Santon Bridge art, craft and food festival. Santon Bridge Village Hall. 10am - 5pm Saturday. 10am - 4pm Sunday. See page ??
- 14-20 April – Monday to Sunday.** West Lakes Adventure Easter holiday taster sessions. See page 21.
- 19-20 April – Saturday & Sunday.** Gosforth & District Art Society Exhibition. Gosforth Village Hall. 10am – 4.30pm Saturday. 10am - 4pm Sunday. Admission free. See pages 44 and 60.
- 19 April – Saturday.** Musical evening with Char-n-Aud. Swing to the Country – Ballads to Big Band. Cheese, pate and wine supper. Calder House Hotel, Seascale. £15 per person. see page 33.
- 19 April – Saturday.** Easter Pace Egg Rolling at the Woolpack, Eskdale.
- 20 April – Sunday.** Community shared breakfast, 8.45 - 9.45am, Methodist Church Hall, Seascale.
- 20 April – Sunday.** Easter Pace Eco Dusk Race at the Woolpack, Eskdale.
- 21 April – Monday.** Easter Real Egg Hunt at the Woolpack, Eskdale.
- 20 April – Sunday.** Easter Pace Eco Dusk Race at the Woolpack, Eskdale.
- 21 April – Monday.** Easter Extravaganza. Seascale seafront on grass area. Easter Bonnet Competition, egg rolling, fun activities and games. Free hot cross buns.
- 25-27 April – Friday to Sunday.** Cider and Sausage Festival at the Woolpack, Eskdale.
- 3 May – Saturday.** Food lovers Caribbean Night. 6-9pm. Calder House Hotel, Seascale. £19.95 per person. see page 33.
- 3-5 May – Saturday to Monday.** Art in Irton Group Exhibition. Santon Bridge Village Hall. 11am - 5pm. See page 45.
- 9 May – Friday.** Fish and Chip Supper. Ravenglass & Eskdale Railway. Fellbites Cafe, Dalegarth. 6pm departure from Ravenglass. £10 inclusive of travel. 019467 23192.
- 16 May – Friday.** Great British Fish & Chip Suppers. In aid of Spinal Injuries Association. See page 6.
- 20 May – Tuesday.** Photography Day. Ravenglass & Eskdale Railway. Half day guided tour and unlimited train travel. 8.30am – 4.30pm. 019467 23192.
- 24-25 May – Saturday and Sunday.** “Essence of Cumbria” Food and craft fayre. 11am – 4pm. Calder House Hotel, Seascale. Free admission. see page 32.
- 24-30 May – Saturday to Friday.** Carnival Week at the Woolpack, Eskdale. Phone 107467 23230 for more details.
- 24-26 May – Saturday to Monday.** Eskdale Art. St Bega’s School, Eskdale. See page 46.
- 25 May – Sunday.** Family Day with kids’ entertainment and disco with DJ Paul Smith. 2pm, the Woolpack, Eskdale.
- 25-29 May – Sunday to Thursday.** Muncaster Festival. Daily shows, stalls, giant outdoor games, bouncy castle, street performers, storytelling, archery, outdoor food court etc. The Festival will culminate with a International Jesters Tournament on the Thursday.
- 28 May – Wednesday.** Family fun day on Seascale beachfront, 11am – 4pm. NISCU puppet show. Snacks, drinks and ice cream available.
- 5-8 June – Thursday to Sunday.** Boot Beer Festival, Eskdale. 4 days, 3 pubs, over 100 real ales.
- 6 June – Friday.** Fish and Chip Supper. Ravenglass & Eskdale Railway. Fellbites Cafe, Dalegarth. 6pm departure from Ravenglass. £10 inclusive of travel. 019467 23192.
- 7 June – Saturday.** Cumbrian Railways Association field trip. Details 28296.
- 28 June – Saturday.** “Vortigern”, Cumbria’s premier Celtic rock band perform. 7pm, Calder House Hotel, Seascale. Admission £2 per person. see page 33.
- 19 July – Saturday and Sunday.** “Disco Inferno” 70s and 80s Karaoke Disco. 8pm. Calder House Hotel, Seascale. Free admission. see page 33.

REGULAR EVENTS

- Children's Club.** Meets every Wednesday during term-time for children in the infant classes, from 5pm to 6pm, at Seascale Methodist Church Hall. Contact Jackie on 29785 or Allison on 21935.
- Gardening Club.** Holmrook Reading Room. Contact John Dutton on 24317 for details or to join.
- Fishing Club.** Holmrook Reading Room. Contact Syd Roberts on 28655 for details or to join.
- Fitness Classes.** Tuesdays 6-7pm, Seascale Sports Hall. Tuesdays 7.30-8.20pm Beckermat School. Thursdays 7.15-8.05pm Kettlelrice, Seascale School. £4 a class. Contact Gill 07511 995184.
- Gosforth and District Art Society.** Every Monday but with breaks for Easter, summer and Christmas. 6.45-9pm, Gosforth Village School. Also Thursday mornings 10am to 12am in Seascale Methodist School Room. Contact Jakki Barratt: jakki@karletta.co.uk.
- Guides.** Every Tuesday during school term time. 7.15-8.45pm, usually at Gosforth Public Hall. Contact: Sue Smith 019467 28265.
- Jam Side Up Jazz Jam Session.** Third Friday every month. Calder House Hotel, Seascale. From 8.15pm. www.jamsideup.net or 01967 28619 for more details. Admission free.
- Line Dancing.** Every Monday. 7.30pm, Windscale Club, Seascale. £2 pp donation to charity. Contact 019467 28449 for details.
- Messy Church.** Run jointly between St Cuthbert's and Seascale Methodist Church and meets on the second Saturday of each month in school term in St Cuthbert's Church Hall at 11am to about 1pm.
- Music Jazz Club.** Thursdays. Holmrook Reading Room, 7.30pm. Own instrument needed. Contact Peter Smith on 01946 822489.
- Music Jam.** Jam at the newly refurbished Wheatshaf in Egremont. Come along and join in the fun if you can, between 7pm Tuesdays and let's say ... late. Ask for me when you arrive, if you want to play. Bring your gear. Val. 07974 418325.
- Open Mic Night – Strands, Nether Wasdale.** First Wednesday every month. 9pm start. Live music by various singers and groups.
- Open Mic Night – Florence Mine, Egremont.** Third Wednesday of each month. Great atmosphere, all gear provided. Just turn up.
- Open Mind West Lakes U3A General Meeting.** Third Thursday every month 10.15am for 10.45am in Gosforth Public Hall. Membership is £5 per year which covers membership for all the groups. In addition there is a small admission charge for each U3A meeting. Contact: Graham Brassington 25794.
- Open Mind West Lakes U3A History Group.** First Wednesday every month at 11am in Drigg Village Hall. Contact: David Huyton 01946 841362.
- Open Mind West Lakes U3A Discovery Group.** Fourth Wednesday every month 10.15am for 10.45am in St Mary's Room. Contact: Graham Hutson 25477.
- Open Mind West Lakes U3A Singing for Fun Group.** First Thursday every month 2.30pm to 4pm in the Methodist Church Hall, Seascale. Contacts: Gavin Walker 26474 or Xandra Brassington 25794.
- Open Mind West Lakes U3A Art Appreciation Group.** Second Thursday every month 10.30am in St Joseph's Church Hall Seascale. Contact Jean Taylor 28713.
- Open Mind West Lakes U3A Mah Jong Group.** (House Group Gosforth) Second and fourth Mondays every month from 2pm to 5pm. Contact Xandra Brassington 25794.
- Open Mind West Lakes U3A Reading Group.** (House Group Gosforth) Fourth Thursday every month between 10.45am and 12.00noon in a private house. Contact: Jean Taylor 28713.
- Open Mind West Lakes U3A Discussion Group.** Third Tuesday every month between 10am and 12noon in a private house. Contact: Graham Brassington 25794.
- Open Mind West Lakes U3A Photography Group.** Second Tuesday every month in the Beckermet Reading Room at 10.15am for 10.30am. Contact: Tony Bagnall 25595.
- Open Mind West Lakes U3A Walking Group.** Third Friday each month. Easy walks are regularly arranged usually starting at 10.00am and last about 2 hours. Contact: Joan McIntosh 25459.
- Over '60s Lunches. Strands, Nether Wasdale.** Monday to Thursday, noon to 2.30pm. One course £5, 2 courses £7, 3 courses £9. 019467.
- Open Social Run.** First Sunday every month, 9.30am. Seascale beach or cinder track, starting from car park. Organised by Blengdale Runners and open to anyone who can run three miles or more at any speed.
- Play Club.** Holmrook Reading Room Play Park Contact Caroline Marsden to let your children use it.
- Rangers.** Every Tuesday during school term time. 7.15-8.45pm, usually in supper room at Gosforth Public Hall. Contact: Sue Smith 019467 28265.
- Saturday Coffee Morning.** Seascale Methodist Church Hall, 10-11.30am.
- Scottish Country Dancing.** Windscale Club, Seascale. Every Wednesday from September to April at 7.30pm. Beginners very welcome.
- Scouts/Cubs/Beavers: 2nd Seascale Scout Group.** Every Thursday night in school term time. St Cuthbert's Hall. Beavers (6-8 years), 5-6pm. Cubs (8-10 years), 6-7.30pm. Scouts (10-14½ years), 7.30-9pm. Contact: 28296 or info@seascalescouts.org.uk
- Seascale Art Group.** Monday mornings (except Public Holidays) 10am-12noon in the Games Room at the Windscale Club. Call in if interested.
- Seascale Knitting Group.** Fortnightly meetings on Wednesdays 6.30 – 8pm at the Windscale Club. £1 per session. For more information contact Penny Cater penelope_cater@btinternet.com
- Seascale Parish Council Meetings.** First Wednesday every month. 7pm in the Methodist Schoolroom. No meeting in August unless there is urgent business.
- Seascale Women's Outlook.** Alternate Tuesdays in term time at 8pm in the Methodist Hall. All ladies welcome. Contact Glenda on 28404 for programme.
- Table Tennis Club.** Wednesdays. Holmrook Reading Room, 6.30-7.30pm. All welcome to turn up or contact David on 24632.
- Tuesday Chat.** First Tuesday every month. Drigg & Carleton Village Hall.
- West Cumbria Guild of Model Engineers meetings.** Second Wednesday every month. Harrington Fishing and Sailing Club, 7.30pm. Visitors welcome. Details: 019467 28938.
- West Cumbria Guild of Model Engineers train running on Curwen Hill Park track.** Sundays 2-3pm in fine weather.
- WI, Seascale.** Seascale Methodist School Room. 7pm each month except January, February and December at 2pm.
- Wild Flower Meadow.** Holmrook Reading Room. Phone 24105 to be involved. Supervised children welcome.

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“IT’S BEHIND YOU!”

‘Cinderella’, written by Jim Sperinck, was Gosforth Amateur Dramatic Society’s choice of pantomime in December, directed by husband and wife team Alistair and Bridget Norwood. It proved that traditional pantomimes are long from being dead, ticket sales being well above average and audience participation was raucous. During one performance the audience joined in with the cast when popular songs were sung – a first for Gosforth. Many of the parts normally taken by adults were taken by teenagers, the most notable of all being Buttons played by Joe Barker whose rapport with the audience was excellent. Karen Polmear and Andy Williams were outstanding as the ugly sisters in their colourful costumes and the makeup by Becca Brice was quite startling.

These photos were taken by Peter McKenzie during the dress rehearsal when no makeup was worn.



SEASCALE SCHOOL NEWS

Gymnastics Team

Congratulations to the Year 5 and 6 Gymnasts who became the Copeland novice champions and will now go forward to the whole County final next month. The Year 3 and 4 team were runners up in the same competition.

Wind Turbine

The wind turbine is due to have new blades installed shortly. The insurance company has given us the go

ahead to get this work done following a visit from the planning officer.

School Council

The school council is working with Seascale Traffic and Road Safety Sub-Committee to look at traffic calming measures around our site. They have written to the Highways Department and made a number of suggestions such as speed bumps and flashing speed restriction lights.



Owing to the continuing popularity of the nursery there is limited availability for places in the coming year. If you are considering us for your childcare needs you may want to contact us now to discuss your requirements. We currently have a number of employment opportunities available; we are able to be flexible with regard to days, times and number of hours worked. Please call Gillian Jackson, Nursery Manager on 019467 25800.

Breastfeeding Group

Held at the nursery for new mums every Monday 11.15am to 12.30pm – support is available from the local midwife (and other mums!) Refreshments available – no charge.

Music Group

Debbie Collinson, Music Teacher, comes to the Nursery twice a month and runs a music group open to all pre-schoolchildren (parents need to stay with them!) Fridays at 10am on the 1st and 3rd Friday of each month.

Health Visitor

Karen Seward attends on the 3rd Friday of each month from 9.30am and is happy to see any local

parents about anything they may want to discuss. It is a drop in session so appointments are not needed.

100 Club

Join our new '100 Club' to help support the Nursery and continually improve the childcare facilities for the children in our community. Get your number now for only £12 for the year. Draws are held monthly with a cash prize for the lucky winner. For more information and to buy your number please contact the nursery on the number below or e-mail: gosforthnurserycommittee@gmail.com

Rag Bag Recycling

We have a 'Rag Bag Recycling Facility' located in the nursery grounds. This is available for anybody to use and is a great way to recycle any unwanted clothes, bedding, shoes etc as proceeds are received by the Nursery.

Printer Cartridge Recycling

If you use Canon, Hewlett Packard or Lexmark printer cartridges these can now be recycled at the nursery. Call in and pick up an envelope or drop off your used cartridges at the nursery. 019467 25800



The Honey Collective was originally formed from a group of Jamsideuppers and Butterside downers.

We met through the Seascale Jam Side Up Jazz Club and the West Lakes Wind Band and we got together to play at last year's WOW Fest organised by Judith Jones and on two days played as a 10-person strong band. Since then we have performed at Embleton Spa Hotel and the Rum Story.

A few of us recently played at Embleton Spar Hotel for a charity event supporting The Centre for Complementary Care Ravenglass. The core group has been regular players at events such as Drigg Hog Roast, Eskdale Fete, Ravenglass Last Night of the Proms, Florence Mine Open Mic, Rosehill Open Stage and some are regulars performing at the Strands Nether Wasdale Open Mic night. We will be back at The Rum Story in April and then playing in Buttermere later in the summer.

We are happy to play for any charitable and fund raising events for no fee. Please do get in touch and call Hilary for details:

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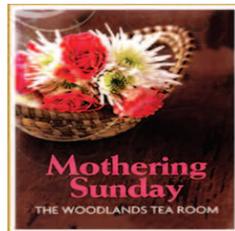
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WEST LAKES SQUIRREL INITIATIVE

Grey Squirrels have been sighted in this area and their presence threatens the survival of our native reds .

As well as eating all the same foods that red squirrels can eat, grey squirrels are able to supplement their diet with food that is unsuitable for red squirrels. They also breed in larger numbers and can live at a higher population density than the reds. The arrival of grey squirrels in an area occupied by red squirrels tends to result in a gradual decline in red squirrel numbers through competition for food.

Grey squirrels can also carry the squirrel pox virus (SQPV), which causes severe disease and mortality in

red squirrels without causing any symptoms in the greys. Outbreaks of squirrel pox in red squirrel areas cause absolute devastation and can reduce the red squirrel population by 90% within a matter of weeks.

West Lakes Squirrel Initiative is a co-ordinated group of volunteers, working to protect the remaining red squirrel population throughout West Cumbria.

We are a not-for-profit organisation (working to achieve charitable status) and rely totally on charitable gifts to enable us to purchase food and equipment to carry out this essential work.

So if you see a grey squirrel in West Cumbria; you would like to help support the WLSI in any way, or you would just like more information about the work we are doing, please get in touch.

West Lakes Squirrel Initiative 	Please Report Grey Squirrel Sightings to: WLSI@hotmail.co.uk Tel. 077 0329 5690 or 079 1268 1152	In Partnership with 
Working to Protect Red Squirrels in Cumbria		

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see my Crazy Horse advert page 37

SEASCALE CRICKET CLUB 2013 AGM REPORT

The Cricket Club AGM was held on Saturday 25 January 2014 at the Windscale Club.

The 2013 annual Club awards were won as follows:

- Frank Woolley Trophy (First XI player of the year) – Steve Brown Jnr + Daniel Lee (joint winners)
- Villas Trophy (Midweek player of the year) – Steve Brown Jnr
- Goldsbrough Cup (Most Improved player of the year) – Clayton Lee
- Junior Shield (Junior player of the year) – Harry Whitfield
- Reading Rooms Association Cup (Clubman of the year) – Steve Brown Snr
- First XI batting averages – Steve Brown Jnr (36.20)
- First XI most runs – Daniel Lee (423)
- First XI bowling averages – Steve Brown Snr (20 wkts @ 14.4)
- First XI most wickets – Daniel Lee (35)

For the 2014 season, the First XI will once again play in the North Lancashire and Cumbria Cricket League Division 1 and again will run two teams in the local midweek league, playing at home on Monday and Thursday nights and also hopefully run an under 11 team in the local junior league. Adult and Junior practice will continue on Tuesday evenings from early April as in previous years.

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



SEASCALE PARISH COUNCIL

VACANCY

CLERK & RESPONSIBLE FINANCIAL OFFICER

Seascale Parish Council has a vacancy for the post of Clerk and Responsible Financial Officer with effect from 1 April 2014.

Approximately 6 hours per week, national scales apply.

For an informal discussion, application form and job description, please contact the current Clerk/RFO, Sonia Batten, on 019467 21332 or at sonia.batten@btpenworld.com

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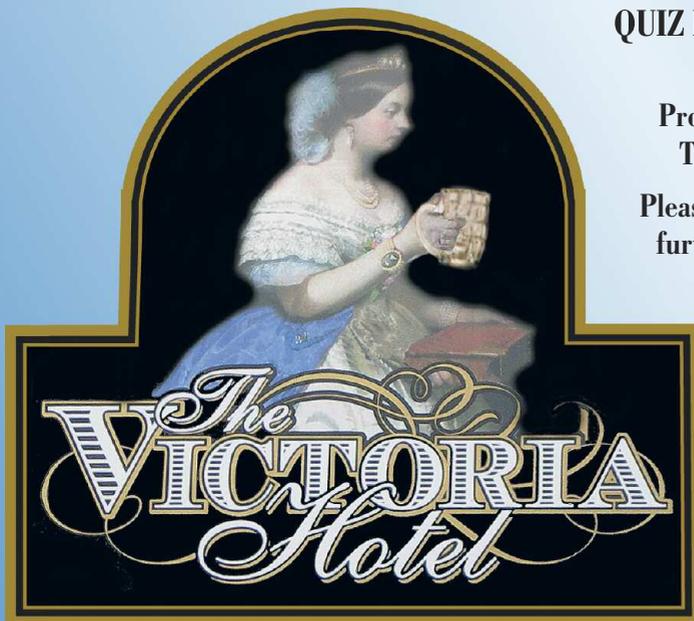
Takeaway Fish & Chips £4.95 available Lunch Times
and from 5pm Monday – Saturday

Please note we are now catering Tuesday lunchtime
12 noon to 2pm

QUIZ EVERY OTHER FRIDAY

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Prosperous 2014 and a Special
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Please check opening times and
further details on our website,
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GET OUT & DO MORE WITH THE KIDS!

I don't know about you, but on 1 January every year I make my new year's resolution to eat more healthily, do more exercise, eat less chocolate, drink less red wine... Yeah right!!

Well this year I'm pleased to tell you I'm sticking to my resolution so far. My promise was to do more in the outdoors with Joe.

Joe is our son, he is 12 and his hobbies include eating, sleeping, staying in his onesie all day (if he can get away with it) and of course that blooming X-Box!

This may surprise you. You may think because we have an outdoor adventure business we are out all the time as a family, climbing, cycling and wild camping, not to mention all the other super exciting things that are right here on our doorstep. I am ashamed to admit we're not. Steve is, that's his job, but I'm sat in the office all day answering enquiries and doing the accounts, sales and marketing stuff!

When we set up West Lakes Adventure back in March 2010 we were very clear about what we wanted to get out of the business, but more importantly, what we wanted our customers to get from us.

- ◆ To share our knowledge & experience of the outdoors.
- ◆ To give people an enjoyable experience that they will remember for the rest of their lives.
- ◆ To give people who don't necessarily have the experience or confidence to take the family out doing an outdoor activity.
- ◆ To coach & teach people about the importance of safety in the outdoors and also the importance of respecting it.

You're probably all busy people, and after a hectic week at work and the kids at school all week, it leaves a measly two days where you've probably got loads to do like the weekly shop and cleaning the house etc. But it's so healthy to try and get those few hours on the weekend to engage with the kids and experience the outdoors together.

It could start with a short walk every weekend. This takes only an hour or so and then perhaps plan a longer walk one weekend, say round a lake or even up a mountain. There's nothing better than seeing the look of achievement on your child's face when he or she has conquered Scafell Pike!



I would love nothing more than to see more families join my campaign. You can sign up now. It's not too late to make that New Year's Resolution – **GET OUT & DO MORE WITH THE KIDS!**

Caroline Ashall, West Lakes Adventure



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West Lakes Adventure is offering locals a discount on our Multi Activity Packages in 2014 for you plus 3 of your friends or family with pizza included!

MULTI-ACTIVITY PACKAGES 2014

Sat 5th April - Canoe & Ghyll Scrambling

Sat 26th April - Climb, Abseil & Archery

Sat 3rd May - Canoe & Ghyll Scrambling

Sat 24th May - Climb, Abseil & Archery

Sat 1st June - Canoe & Ghyll Scrambling

Sat 28th June - Climb, Abseil & Archery

Sat 12th July - Canoe & Ghyll Scrambling

Sat 26th July - Climb, Abseil & Archery



Included is a full day of activities on one of the above dates for a family or group of four **PLUS** 2 large Pizza & chips at the Woolpack Inn. **£180 per family/group (Normally £280)**

BOOK NOW Easter Holiday Taster Sessions Monday 14th - Sunday 20th April 2014

MON 14TH - CLIMBING

HALF DAY OF CLIMBING IN THE ESKDALE VALLEY
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£25 PER PERSON

TUE 15TH - ABSEILING

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MINIMUM AGE 6

£25 PER PERSON

WED 16TH - ARCHERY

2 HOURS OF ARCHERY AT OUR ALL-WEATHER VENUE
MINIMUM AGE 6

£20 PER PERSON

THU 17TH - CANOEING (AM)

MORNING ON WASTWATER
MINIMUM AGE 6

£25 PER PERSON

THU 17TH - CLIMBING (PM)

HALF DAY OF CLIMBING IN THE ESKDALE VALLEY
MINIMUM AGE 6

FRI 18TH - GHYLL SCRAMBLING

HALF DAY OF FUN IN WASDALE (CLIMBS, CAVES & JUMPS WHILST SCRAMBLING UP STREAM)
MINIMUM AGE 12

£25 PER PERSON

SAT 19TH - MULTI ACTIVITY DAY

A FULL DAY OF CANOEING & GHYLL SCRAMBLING
MINIMUM AGE 12

£45 PER PERSON

SUN 20TH - MULTI ACTIVITY DAY

A FULL DAY OF CLIMBING & ABSEILING
MINIMUM AGE 6

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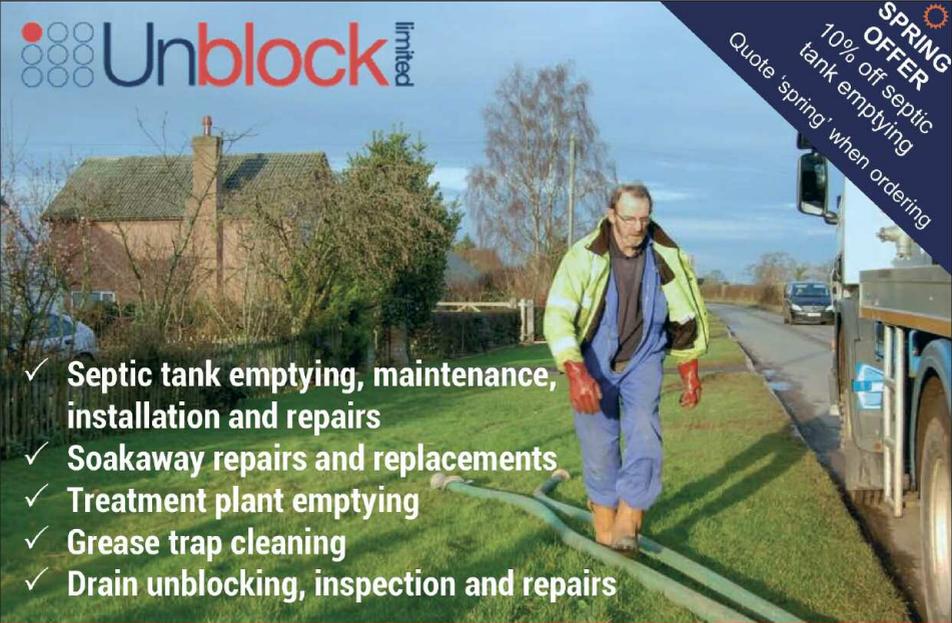
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CHURCH NEWS

SEASCALE CELEBRATES 40TH

On Sunday 30 March at 6.30pm we will be having a very special celebration at Seascale Methodist Church. It is 40 years since Anglicans at St Cuthbert's and the Methodists started sharing Sunday evening worship. The pattern has always been odd months at the Methodist church and even months at St Cuthbert's church.

On 30 March we will be welcoming Revd Richard Teal, Chairman of the Cumbria Methodist District and Rt Revd James Newcome, Bishop of Carlisle, to preside over our worship.

All are welcome and refreshments will be served after the service so please come along and help make it an evening to remember.

NEW GOSFORTH PRIEST

A new Priest in Charge was installed at St Mary's church, Gosforth at the end of January. He is the Revd John Riley who will now be responsible for the Benefices of Gosforth and Beckermert. He will be assisted by Lesley his wife who is also fully ordained. John is a Cumbrian, born in Kendal and



Lesley hails from Essex. Their paths met when studying at Trinity Theological College in Bristol. Both have previously served locally in the ministry, for three years in the 1980s John was a curate at Hensingham and assistant chaplain at the West Cumberland Hospital. During this period Lesley served as a Deaconess. In recent years they have both worked in a number of parishes in the Blackburn Diocese covering a variety of posts. They have two sons, Timothy the eldest and Phillip.

RECYCLING COSTS

Following on from a previous article in our newsletters detailing how the recycling materials from Copeland were dealt with, one of our editors was asked if the actual costs involved could be found out. Well under the Freedom of Information Act we have been given this information. The income received during the year 2012-13 for our recycled materials was £454,700. However the operational cost for providing this service was £640,200. Perhaps these are not at first sight the figures we would like to see but further discussion with Copeland has revealed that if this waste had been collected along with our black bin waste it would have cost the council over 1 million pounds plus a £100 a ton charge from Cumbria County Council who are the disposing authority. We hope this completely destroys the myth that some believe recycling waste simply ends up in landfill and shows that our authority is achieving considerable savings on the way they operate.

IF WINTER COMES, CAN SPRING BE FAR BEHIND?

With the recent stormy weather and heavy rainfall, spring might seem like a long time away. But daffodils are peeping through the ground and the nights are beginning to get lighter, so there is some indication that spring is just around the corner.

Seascale Horticultural Society is gearing up for the spring and summer growing seasons, with the opening of the Society Hut, at the beginning of March. Annual subscription is £3, which allows you to purchase gardening supplies at the hut, at very competitive rates. There is also a bi-monthly newsletter with gardening hints and tips.

The first 5 customers at the hut will receive a free packet of Flanders poppy seeds.

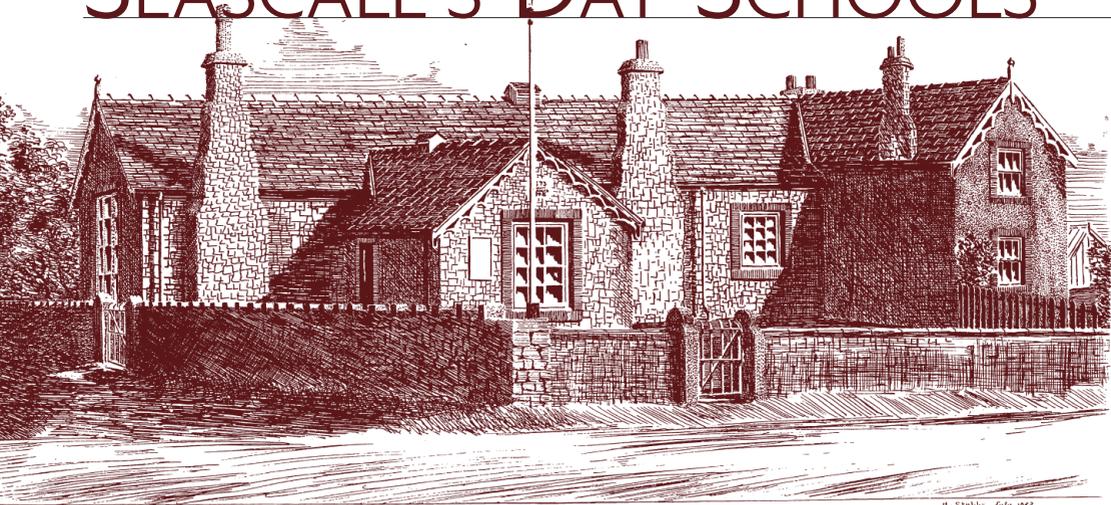
Hut location – Santon Way, Seascale. The hut is located near the garages, behind the large grassed area, half way down the street.

Opening days and times – Every Sunday, from 2 March, 10am to 11am, until the end of May. Also Wednesday evenings from 2 April, 6.30pm to 7.30pm until the end of May.

Change of venue for Seascale Horticultural Society Show – This year's show will be held in the Windscale Club, Gosforth Road, Seascale.

For further info, contact Janis Paterson on 019467 28483, or any committee member.

SEASCALE'S DAY SCHOOLS



Schooling, in any country parish before the advent of Education improvements required by changes in the law, would have been provided by one of two methods. If the parish was large then the church could either provide a school building for the classes or the school could be held in the church itself. It was not unusual for the village priest to double-up as the schoolmaster. Another arrangement was for an isolated community, such as Wasdalehead, to employ a school teacher who would have 'bed & board' in the house of the school children that he taught, moving on from farm to farm every month. This was known as employment on 'whittle-gate' terms; the school was then held in the farm barn.

The farms within the hamlet of Seascale, which was part of the parish of Gosforth, had decided to have its own school well before the various Education Acts that were passed during the middle 1800s. There was a church school in Gosforth and Seascale children were able to attend this school as long as their parents could afford the charges. Perhaps residents of Seascale considered the walk to Gosforth, especially during the winter months, was not a good idea for their young children and having their own school was a better idea. It must be remembered that the road to Gosforth from Seascale passed through an area of marshy ground and accidents in this area were not unknown.

The earliest known school within the manor of Seascale was to be found on the Common land near the site of Cringley Well situated on the lonning between Croft Head and Seascale How farms. This school was already in place, when in 1812 the tithes of the whole parish were commuted and the common lands divided, which resulted in the school being pulled down about 1830. Another school was built to replace it, situated alongside the "School Tarn", that was on the lonning going from Cross Lane's crossroads to Panope. The school tarn was filled in many years ago and the area has been used both as an unofficial village refuse dump and as an allotment. This school was built about 1830 and it is said that the school suffered from subsidence problems. The Schoolmaster lived close by in a property called Tarn howe and at this time it was Matthew Sherwen (1821-1875) who was a member of the Sherwen of Seascale Howe family. Its position is shown in field 1206 between the lonning & the site of the tarn on the 1867 Ordnance Survey Map. The school was roughly 16 feet square in size and its foundations are just still visible. The school tarn was formerly a public watering place for animals etc at the side of an important thoroughfare which ran north to south along the west coast long before the A595 and its predecessor came into existence. Was the fact that there was a sweet shop close by Moffat's corner a coincidence?

1750 TO 1964

The last church school within the parish of Seascale was built in 1873 on what is known today as Hallsenna Road. The building is still there but is now a private house.

When the responsibility for education passed from the individual parishes to the emerging local civil administrations, there was a rationalisation in the number and quality of schools available for the children of this country. This was necessary to ensure that all the relevant standards set by the government of the day within the new Elementary Education Act of 1870 could be met. This was followed by Lord Sandons Education Act of 1877 which laid down the standards needed.

The local civil administration, the Bootle Union, held a teachers' meeting in Ravenglass in July 1879 to discuss the implementation of this latest Education Act and to match the splendid results attained by the already existing Urban School Boards.

The Chairman said: "...the great Parliament of the

nation had decreed that every child in the realm shall be instructed and the indolent and negligent parent had been taught the salutary lesson that he shall not rear his children in crime and ignorance with impunity.

The Act ordains that:

1. Every child above the age of 5 years shall attend school.
2. That such a child attend regularly.
3. That no child shall be employed, who has not passed a fixed moderate standard, under the age of 14; and that the employer of any school child be fined in a sum not exceeding 40 shillings.

Seascale Church of England School – 1874 To 1951

Seascale Day School, situated today on Hallsenna Road but then on the old road to Gosforth, opened on the 21 March 1873 at a cost of £700 and

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included a residence for the teacher. In 1876 the Headmaster was Mr Henry Gunson and was succeeded in 1883 by Mr Birch then Mr H. Ragget who had 19 scholars. On 21 June 1886, Mr John Henry Booth became Headmaster and he remained for 40 years. The school was extended in 1899 with the addition of an extra classroom, making a total of two, when its capacity was increased to 86 pupils. The last Headmistress was Miss Howes who retired in 1950.

The School log books still exist for this school. These allow a glimpse of school life from Victorian to Modern times. When reading the book covering the first 25 years you observe:

1. Attendance fell during the summer months, both before and after the harvest holiday, when children were kept at home to help with either the work on the farms or the seasonal seaside visitors.
2. Bad weather affected attendance – either high winds, heavy rain or snow.
3. Day trips to Seascale which involved large numbers of visitors, particularly when they included children such as Sunday School Trips, caused absenteeism amongst the Seascale pupils. It became so serious that it became necessary to either declare a half-day holiday or finish school early on “trip days”. There could be up to two or three trips each week during July and August.
4. The timing of the harvest summer holiday was set by the condition of the local crops. It normally lasted for 3 weeks but could vary from year to year.
5. At the end of October or early November, during “term time”, many of the boys are absent to replace the farm servants who were having their holidays.
6. It was normal to break up for the Christmas holiday on Christmas Eve for two weeks holiday.
7. The amount of money claimed for the education of the pupils was calculated on the Mean Average Attendance and NOT the number of pupils on the school register.

The Hallsenna Road school continued to provide for the education of the village children until the coming of the Ministry of Supply factory, that was built on the old Sellafeld munitions factory site, for the development of nuclear power programme in

the period from 1947 to 1954. Seascale expanded rapidly and the old school could not cope with the either the number of pupils or the educational expectations of the new population which was arriving in Seascale from all parts of the country. Various short term measures were taken to cope with the increased numbers until the new school was opened in 1951.

The first move was to hold an overflow class in the Pretoria Pavilion situated on the recreation ground, and when this space was filled they also moved into the downstairs meeting rooms in St Cuthberts Church Hall.

Having been used for other activities such as a night school, eventually Des Walker who had been Head Master of the new school, converted the old school from a redundant building to a private house.

The new school on Gosforth Road was known as Seascale County School and was built to take 280 children. It opened with a school roll of 174 pupils and the new head master was Mr Charles A. Sims of Brackley in Northants. Members of staff were: Mr L. Brown, Mrs E.B. Hughes, Miss B. Hutchinson, Miss D. Myers and Mrs Rudlinger who transferred from the old school. As the old one before, it provided for the age group from five to fifteen years. The school opened, in stages, during the school year 1950/51 starting with the primary school. Those children who were able to pass the old 11+ entrance examinations were able to travel to Millom Grammar School for their secondary education. A special train left Seascale station at 8am each morning to transport the pupils to Millom.

This arrangement continued until the opening, in 1964, of the Wyndham comprehensive school at Egremont for pupils over the age of 11 years. This school was one of the first purpose built comprehensive schools in the country and again the children travelled to school on a special train running from Seascale via Sellafeld & Beckermert to Egremont.

Author's note:

A capacity of 280 pupils did not prove to be sufficient for our village. When our children were being educated in this school from (1965-1974) there were overflow classes both in the canteen and at least one cloakroom. This was due to the large number of pupils coming from a village population that had a very high proportion of recently married couples along with their young families.

Nev. Ramsden

Egremont Swimming Pool

Term Timetable 2014

Monday

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

Tuesday

10.45 – 11.45	Shallow Aqua-Fit
12.00 – 1.00	Adults Only & Baby
3.00 – 4.00	General Swimming

Wednesday

11.00 – 12.00	60+ Only
12.00 – 1.00	Adults Only & Baby
5.30 – 6.30	Adults Only
6.30 – 7.30	General Swimming
7.30 – 8.30	Lane Swimming

Thursday

12.00 – 1.00	Adults Only & Baby
3.00 – 4.00	General Swimming
7.00 – 8.00	Ladies Only
8.00 – 9.00	Sub-Aqua Club

Friday

12.00 – 1.00	Adults Only & Baby
6.30 – 8.00	General Swimming

Saturday

10.00 – 11.00	General Swimming
11.00 – 12.30	Fun Time

Sunday

9.30 – 12.30	Family Time
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During school holidays we follow the same timetable Monday-Sunday with the following extra sessions included through the week:

Monday

10.30 – 11.30	General Swimming
1.30 – 3.00	Fun Time

Tuesday

9.30 – 10.30	General Swimming
1.30 – 3.00	Fun Time

Wednesday

9.30 – 11.00	General Swimming
1.30 – 3.00	Fun Time

Thursday

9.30 – 11.30	General Swimming
1.30 – 3.00	Fun Time

Friday

9.30 – 11.30	General Swimming
1.30 – 3.00	Fun Time

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LOVE FRANCE? WEVA PLACE FOR YOU

Have you ever gone abroad – to France, for example – as a tourist and, despite the enticing smells and obvious enthusiasm of the diners, not dared enter a certain restaurant because there were too many local people there and/or you didn't feel your language skills were up to the challenge? Or have you ever arrived in a town or village at festival or carnival time, seen some colourful and interesting things going on, but not had a clue what it was all about? If you have, but would like to (or even if you haven't, but would like to), please read on.

WEVA, the French twinning association started in the Western Valleys of Cumbria, but now with members living well beyond the boundaries of Eskdale and Wasdale, is now over ten years old and is looking to attract new members who would love to spend a few days with real French people in a real French home and/or have real French people stay with them. Language is not a barrier: it's amazing how much communication can take place with plenty of goodwill, a dictionary and imaginative mime (why should charades be limited to Christmas?). Furthermore, getting to know France this way can make all the difference to children's attitudes to classroom languages. Membership costs £10.00 per household per year.

Over the past decade real and lasting friendships have been made and maintained and much learned about the real France – often the bits that the tourist brochures ignore. If you can think as far forward as 2020, many of us are already looking forward to taking part in our second "Comice", an event where county show meets carnival meets community lunch meets firework display meets. It's simply untranslatable, but tremendous and memorable fun and, had you been in St Martin d'Auxigny at the end of August last year, you would have seen costumes that have graced the Public Hall stage in Gosforth (thanks, GADS) being paraded to present different aspects of British life, lore and custom to around 3,000 people in the Berry area.

Where? St Martin d'Auxigny is a small town in the Cher département of central France, about 12 miles from the magnificent city of Bourges, famed for its Gothic cathedral, mediæval quarter and unusual area of streams and marshes called the "marais". The whole area, or pre-Napoleonic province, is called Berry. Notable wines, including Sancerre and Menetou-Salon are produced in the area, but St Martin's speciality is its apples, orchards upon orchards of them, used to produce a sweet and delicious apple juice (The cider-making is left to the apple-growers of Normandy and Brittany, further north).

There is, however, more to WEVA than just the visits. Fundraising and social events are held during the year and language classes may be arranged if desired. There are even people available to talk to clubs and organisations in more detail.

Plans are now underway for a group of people from St Martin to visit West Cumbria between 28 May and 1 June this year. If you would be prepared to host any of them, or simply to find out more about WEVA, please contact the membership secretary, Graham Hutson on 019467 25477 (hutson521@btinternet.com) or WEVA president Rosalind Amey on 01946 820426.

Incidentally, if you pronounce "WEVA" with a French accent, it translates as "Yes. Go." So why not?

QUARTET MAKES WELCOME RETURN TO WASDALE

Well over 30 years ago a string quartet tried out the acoustics of the little dale church of Nether Wasdale. The musicians found the experience so satisfying that they started a tradition of annual quartet concerts there. Several different groups have continued the tradition, including the Castalia String Quartet (Julian Cann and Jennie Jones violins, Robert Dick viola and Sonia Hammond cello).

The Castalia players made their debut at Nether Wasdale in the spring of last year, and they are to make a very welcome return on Saturday 5 April this year. Their programme will include Mozart's D major Quartet K.595, Janacek's Second Quartet ("Intimate Letters") and Shostakovich's haunting Quartet No. 8 – surely one of the most poignant and moving quartets in the repertoire?

This concert is in aid of Nether Wasdale Parish Church, and admission will cost £10, with accompanied children admitted free. Further information can be obtained from David Killick, tel: 019467 26258.



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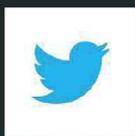
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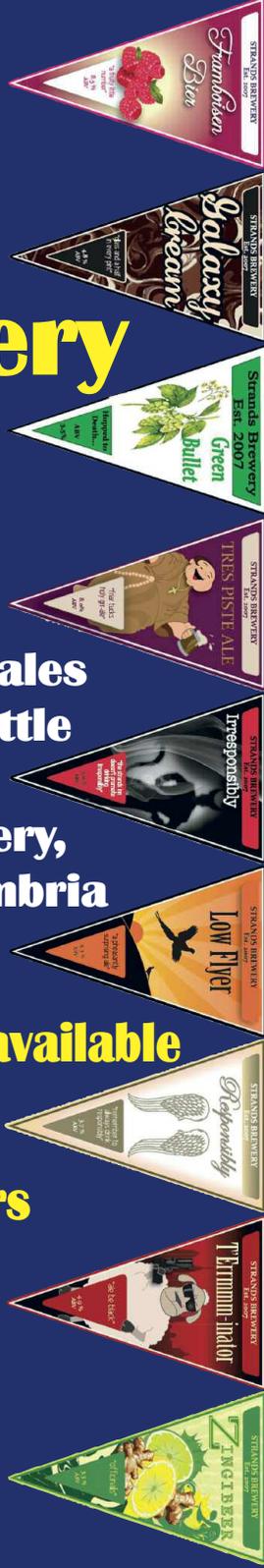


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2ND SEASCALE SCOUT GROUP

Beaver Scouts Get International

The 2nd Seascale Beaver Scouts (6-8 years) started the year off finding out about Scouts in other countries. The country was easy to choose as one of our Beaver Scouts was lucky enough to meet GWEN Scouts from Egypt at the International Scout Camp last summer. They were fascinated at looking at photos of our friends in Egypt, comparing their uniforms with their own and have decided that when the weather is nicer they want to go and pitch an Icelandic tent in the desert (Drigg Dunes).

Mummies

The Beavers have been so excited about this topic that many of them went home and did 'homework' and brought in items and facts to share with the Colony. Their favourite topic has been mummification and they are very grateful to the Scouts and Cubs that volunteered to be wrapped in toilet paper to become their Mummies (they should be pleased that the Beaver Scouts left their brains alone!).

Pyramids

Their favourite challenge was making pyramids with marshmallows and spaghetti, their Leaders (Willow and Badger) were delighted with their construction skills and were amazed they did not break the one rule which was not to eat the Marshmallows (I'm afraid Willow was found breaking the rules!)

The Beaver Scouts will end the topic by sending letters, photos and pictures to Egypt and this will help them achieve their Global Challenge Award.

Promise

For a part of the Promise Challenge Badge the Cubs Scouts (8-10½ years) need to review what we have been doing at our weekly meetings, they are looking to see if we have a balanced programme, things that went well and what we could do to improve our programme. Some of the Cubs would like to share some of their findings with you:

Isla:

"I really enjoy camp because there is lots of activities and I like to do cooking and making."

Sam:

"I really enjoyed the wide game: Smugglers and Coastguards. It is great fun to play because it means

we can explore the beach (rock pools etc.) and sand dunes. We all enjoy running about and hiding from the Coastguards. As it says in the title, it is a wide game so it gives us the opportunity to run about and go wild."

Chris:

"I only joined Cubs in January. I really enjoyed playing games because it was fun thinking of games and I loved the Chinese New Year activities we did for our Global Challenge badge."

Billy:

"I enjoyed lots of knots, camp badges, Ennerdale Camp with St Bees Cubs, badge work, Christmas activities, Sellafeld walk when we caught the train to Sellafeld and walked back to Seascale, Beach wide game, river crossing pioneering challenge and the Chinese New Year. I like to do lots of different things at Cubs."

Benjamin:

"At Cubs I have enjoyed learning to tie knots, the camp at Ennerdale and the family camp, in fact all the camps. I like badge nights, especially the fitness badge, that was cool!! I also enjoyed the Christmas activities and the party and the biking and I liked going round the village collecting the bags for our Bags2Scouts charity clothing collection. We do lots of walks that I enjoy too."

John:

"Things I have enjoyed: Beach wide game! Neil when he did air activities with us, Cub and Scout camp at Ennerdale, the visit to the Life Boat Station and the 4th of July party we had where we ate peanut butter and jelly sandwiches, road safety nights, planning games, CAMP, the Sellafeld walk, wide games, Christmas activities and the river crossing challenge."

Joe:

"I really enjoy doing badges at Cubs and want to do more please!"

The Cubs agreed that we have a varied programme and it was clear that they really like to get out and about exploring our local area...so watch out West Cumbria here come 2nd Seascale Cubs!

Icy-Tents

The recent highlight for Seascale Scouts (10½ to 14½ years) has been our annual Winter Camp, this time on the shores of Kielder Water, Northumberland. The



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Pauline

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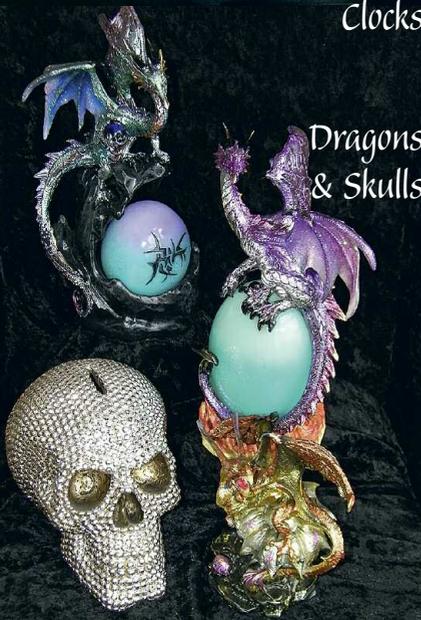
See my advertisement on page 18

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weather didn't disappoint us: -3°C overnight; and ice on the insides of the tents, before bedtime, came as a shock only to winter camp first-timers. Two sleeping-bags keep the chill away ensuring everyone had comfortable nights' sleep, with only tips of noses feeling the cold.

Radio

During the day it was a host of adventurous activities that helped keep the 800 Scouts busy and warm: archery, dog-sledding, caving (inside a converted bus!), digger driving, quad-bikes, climbing, abseiling, mountain bike obstacle course. There was also a simulator ride, and circus rides including dodgems. Scouts could even test their DJ skills by having a go at radio presenting on the camp's own Scout Radio show.

Fashion

In the evening, those with any energy left moseyed along to the disco to show off their moves and their onesies. The popularity of the onesie made those of us who enjoyed the "80s" think perhaps that particular decade would not continue to hold the title of worst fashion decade for long.

Death of Justin Bieber?

Back in the hall Scouts got creative by producing stop-motion movies. An hour's effort for 20-40 seconds of movie highlights the effort that goes into a classic Wallace and Grommet. Although not classics in that sense the results are tremendous and "Killer Snake", "Rolling Ball", "Sheep" and the seminal "Death of Justin Bieber" have been published on the internet for the world to judge and enjoy.

This term we are looking forward to a trip to the climbing wall and to continue working towards an expedition for the older scouts.

It's Behind You!

The Beavers, Cubs and Scouts all went to the Panto – Cinderella – in January and had a riot! Another great performance by GADS, and the Scout Group.

Join the Adventure

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

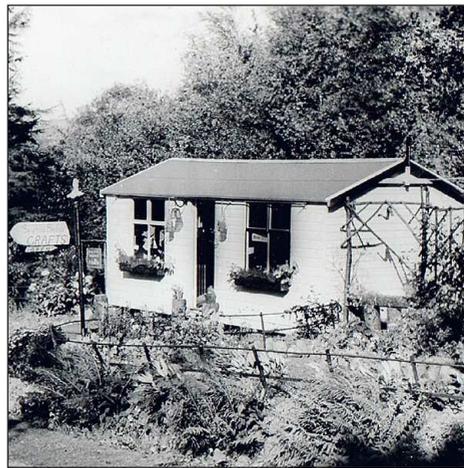
*Neil Henderson, Scout Leader
Info@SeascaleScouts.org.uk*

If You Go Down TO THE WOODLAND'S TODAY, YOU'RE SURE OF A LOVELY SURPRISE...

Once upon a time in 1954, the Craft Shop was a small garden shed at the bottom of a garden in Cumbria where the owners served teas in a flask to customers. Over the last 60 years it has evolved and is now two large 'cabins' which have turned into a veritable institution – a real Aladdin's cave of gifts complemented by the Woodlands Restaurant which was added in 2001. The shop is celebrating its 60th year with special events such as evening opening on Valentine's day 14 and the 15 of February with a special a la carte menu, a 60th birthday party including a food fayre, development of a food hall in the shop along with other events will be announced shortly.

It is extremely popular both to locals and tourists. Quality leather goods and sheepskin are synonymous with the shop along with jewellery, handbags, home-wares, together with gifts sourced from Cumbrian artists together with our new 'food hall' coming soon.

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regular menu which is complimented by our specials which are made with local produce, for example Herdwick mutton & haricot bean stew. Not only that, we have a "Woodland's On Wheels" outside catering service, providing buffets/outside catering and cooking for groups at holiday lets during the tourist season.

And finally ... our shop assistant Barbara (finalist of Shop Assistant of the year 2007) has worked in the gift shop for 39 years! Considering what a lovely place this is – that's the only thing that's not a big surprise!!!
Nancy Hogge



MAY RAIL TIMETABLE IMPROVEMENTS

There are some improvements to the Cumbrian Coast line timetable from 18 May. We hope for more substantial changes in the December 2014 timetable, but here are the ones from May as they affect Seascale (times approximate).

The connection to the 08.50 at Barrow (Seascale 07.48) is now 7 minutes instead of 5 minutes which makes it more slightly more likely that people won't miss the TransPennine train to Manchester Airport.

Some trains are extended south of Barrow: the current 11.22 Monday-Friday from Barrow to Carlisle (Seascale 12.13) will start at Morecambe and will run 9-15 minutes earlier than previously and the current 12.33 from Barrow will start from Lancaster (Seascale 13.24).

The last train from Carlisle to Whitehaven will run 10 minutes later at 22.00 and connects with the 18.30 train from London arriving at 21.49 Monday-Friday.

Clearly these are only minor improvements. However the past three years have brought some significant improvements to the timetable and capacity on the Cumbrian Coast line.
Iain Aldred (Northern Rail) *Keith Bradshaw (CRUG)*

Woolpack Inn Boot, Eskdale

How far? Not that far, really!



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A DUTCHMAN WITH A MISSION

Vincent Van Gogh and his work fascinated me endlessly as a young child and still does today – genius, madness, emotional honesty rolled up in one man.

We have heard of the crazy painter Van Gogh at some time in our lives, especially his bright sunflower painting, but I would like to tell you about another very famous painting named *Starry Night*. Perhaps you have heard of it before?

Vincent was fanatic about light, and was also enthralled with night. His interest in mixing dreams and reality, observation and imagination is particularly evident in his night paintings in which he not only conquered the difficulties of using colour to depict darkness but also went a long way towards capturing the spiritual and symbolic meanings that he saw in the night.

Keeping with his reputation as a crazy artist, Van Gogh was committed to a mental asylum and history has it that he painted *Starry Night* there as a view from his window. But there is more to the meaning of his *Starry Night* than just insanity and isolation, it has a hidden religious meaning. The moon, eleven stars in the night sky are surrounded by large halos of light, while a church steeple stands out above the smaller less detailed buildings in the town below. In fact there could well be a biblical connection in the number of stars painted in the night sky. It could allude to a specific bible verse in Genesis, referring to Genesis 37:9 – a key verse “Behold, I have dreamed another dream. Behold the sun, the moon and eleven stars were bowing down to me” which is a key verse in the biblical account of Joseph, a “dreamer” and an outcast in the company of his eleven older brothers.

Joseph was thrown into a well which was dry. Sold into slavery and underwent years of imprisonment much like Van Gogh did in the last years of his life in the Arles Asylum. No matter what Joseph did he could not receive the acceptance or respect of his eleven brothers. Likewise, despite his best efforts as an artist Van Gogh failed to receive the recognition of art critics of his day. Only too often in the art world fame and fortune follows a funeral.

Pauline Sanders



SEASCALE'S OLDEST ART GROUP

In Seascale, evening classes had long been available during the autumn and winter months at the school, and they were greatly valued – almost a way of life. Before I came to Seascale, a work colleague, Jim Harrison, had told me that the Seascale Art Class belonged to the Federation of Cumberland Art Classes.

This, he explained, allowed members to take part in eight weekend painting courses during the year, led by professionally trained artists and which would be in different places in turn throughout the county (then Cumberland, rather than the larger Cumbria). I was very eager to join for that reason and it was there that I met Grace Needham. Some will remember that her husband, Len, served as a councillor for many years. The Carnegie Trust had provided a grant to fund this in order to encourage education in the arts. Our fee was 2/6d each day!

Venues would be agreed to give each class a chance to host the events. The Carlisle College of Art was always chosen for the life and portrait weekend because it had the necessary facilities and could provide models. Long distances meant it wasn't always possible to attend all of the classes of course. A lady from Silloth invited us (John, always the encourager, drove me to these classes) to stay overnight to allow me to go to the Carlisle one, and we had her and her friend stay here for the Seascale hosted one. I remember especially one sunny day we were oil-painting by (and some, standing in) the River Esk with W Heaton Cooper as tutor.

It was in the 1970s that Grace noticed that the numbers in the evening classes would radically reduce when dark evenings and bad weather caused people to be reluctant to leave their cosy homes. In those days the Windscale Club was a much enjoyed meeting place where a variety of societies met and activities took place in the evenings and at weekends. Being retired, however, Grace noticed that it was not used in the daytime when most villagers were at work, and she decided to hold a class there on Monday mornings. Thus began the Seascale Art Group, which continues still.

Most members were retired, of course, and in those days it wasn't so much the norm for mothers to work outside the home. There were three of us with small children at the school when I joined. And this time for meetings suited us as well. Grace wasn't a teacher; the ethos of the group was, and still is, that



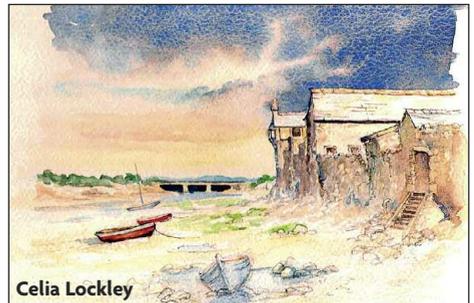
Vicki Borrino

people keen to practise and improve their drawing and painting could do so together and exchange ideas.

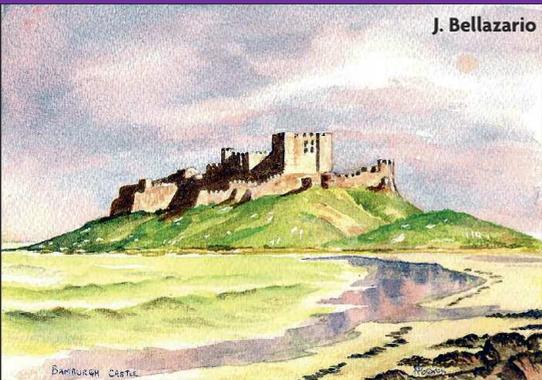
Art is a wide subject. Often, while concentrating on resolving its many challenges, we find that all our other problems are set aside – it's a good diversion. Remember that amateurs are ones who do something because they love to. This is an interest that is life-enhancing and can last a lifetime.

If you are interested, we'd be pleased to see you. Call in and see us. We meet in the Games Room of the Windscale Club on Monday mornings except Bank Holidays, September to May.

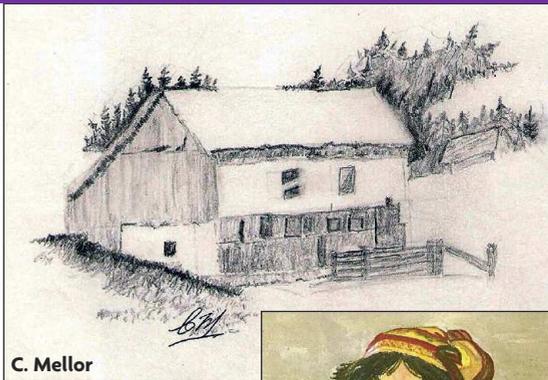
Celia Lockley, Hon. Sec. Seascale Art Group



Celia Lockley



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Our Group meets on a Monday evening Gosforth and a Thursday morning in Seascale. We paint together, exchange ideas and help each other. We also raise funds for visiting professional tutors. We have members all over West Cumbria, from Duddon Valley, Millom, Seascale, Thornhill, Whitehaven right along to Frizington.

We exhibition our paintings as a Group in Muncaster Castle and Lakeland Habit in Gosforth, along with our Annual Exhibition which is over the Bank Holiday period.

This exhibition caters for all artists who wish to exhibit with us from anywhere in Cumbria and we generally have 65 plus exhibitors. This has been growing in popularity over the past five years and we have many professional artists exhibiting with great results. We have a great following and help from many businesses in West Cumbria who help support us.

Gosforth & District Art Society raises funds to bring in professional tutors for the members from all over the country. We have had great success in attracting top professionals who have their own books, DVDs and equipment, who come and provide the members with a comprehensive workshop, which usually would be out of their reach. We have attracted many new members this year who are keen



to help with exhibitions and attend workshops.

Any help in publicising our forthcoming exhibition would be great appreciated and I can send you some pictures of past exhibitions and members' paintings.

Jakki Barratt



ART IN IRTON GROUP

ANNUAL EXHIBITION

3 TO 5 MAY

This year's Irton group art show will be staged over the weekend of 3 to 5 May, at its usual venue in the Village Hall, Santon Bridge.

Group members will be showing new artworks, which always reflect the diversity of alternative approaches to making art – this invariably produces an exhibition which is both challenging and enjoyable to the viewer. Styles and subject matter range from the traditional to the abstract, calling at various points between. In fact, it is these wide boundaries which make the Irton group exhibitions stand out from the normal.

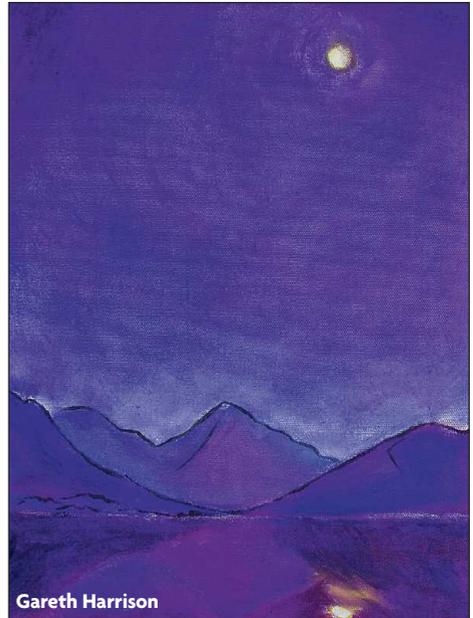
The artists like to experiment, sometimes along loosely based themes, working beyond the normal in ways of applying paint, or in use of daring colour themes and textures.

The exhibition at the hall is open 11am-5pm for the

three days with no entry fee and there is plenty of free parking. Artists from the group always man the exhibition, so you are welcome to come along and chat. The hall is situated near the Bridge Inn at Santon Bridge. Various cards and prints will be on sale in addition to the artworks.



Madeleine Warren



Gareth Harrison

CALLING ALL LOCAL ARTISTS, CRAFT PEOPLE AND FOOD PRODUCERS!

The annual Santon Bridge Festival will be running its popular art, craft and local food fair in Santon Bridge village hall on Saturday 12 & Sunday 13 April 2014. The organisers are now seeking exhibitors who want to take part in this successful event, now in its eighth year.

Exhibitors have a choice of being in the hall or setting up outside in the 'food village'. The fair will run from 10.00am to 5.00pm on Saturday and from 10.00am until 4.00pm Sunday. Free entry, free parking and refreshments with home made cakes will make this a popular event for local people and visitors.



For more information about exhibiting items or to book a table please contact Hallflat Farm, Santon Bridge telephone Madeleine Warren on 019467 26233 or email info@hallflatfarm.co.uk.

ESKDALE ART COMES OF AGE

24 TO 26 MAY, ST BEGA'S SCHOOL

Celebrating its twenty first anniversary this year, Eskdale Art attracts over one hundred artists and crafts people, and several hundred members of the public, from far and wide. St Bega's School, in the picturesque surroundings of tranquil Eskdale, plays host to this annual show which is staged to raise vital funds for the benefit of the children of the school.

For one weekend a year the small rural primary school is transformed into a showcase of paintings, photographs, crafts, sculpture, ceramics, jewellery and cards. There is something for everyone with high quality items on sale ranging from as little as a few pounds to outstanding works of art which sell for hundreds of pounds.

Many well known artists, both local and national, choose to support this event for the benefit it brings to the small community and because of the show's track record of generating sales in the order of tens of thousands of pounds, year after year. Staged this year over the Whitsun bank holiday weekend from 10am to 4.30pm daily, the show offers not only arts and crafts of exceptional quality, but also an opportunity to simply unwind whilst enjoying the breathtaking backdrop of unspoiled countryside. Where else in West Cumbria can you experience quality culture and at the same time listen to a cuckoo, watch buzzards soaring overhead, enjoy the rare spectacle of deer grazing and red squirrels scampering through the trees nearby?

A mouth watering selection of homemade hot and cold refreshments are available throughout the show after which visitors may appreciate a stroll through the picturesque village and to perhaps take advantage of the diverse variety of private gardens, many of which are open to view during the Sunday.

If you fancy a day out combining a taste of culture, the taste of local produce and a chat with some of the friendly exhibitors, why not pay a visit – you'll be assured of a great day out.

Further information is available at
<http://www.facebook.com/eskdale.artshow>
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USE OF ASPARTAME AS A SWEETENER

1. What is Aspartame?
2. How much sweeter than sugar is it?
3. When was it first approved for use in the UK?
4. What review was that decision based on?
5. Who sits on this committee?
6. Who reaffirmed this decision?
7. How many papers did they study?
8. What conclusions did they reach?
9. What group of people can't use Aspartame?
10. Why can't they have aspartame?

Answers opposite

We are concerned that there are some people who will not use sweeteners because they think they are dangerous. This is not true and we feel it is important that you know this so you can consume low calorie food and drink to help with your diets with confidence.

There has been much discussion over the years about the use of sweeteners to replace sugar to help reduce calorie intake, with suggestions that they can cause long term damage. The facts show that this is not the case and the risk to your health is far greater the more overweight you are.

Aspartame has come in for particular criticism, mainly due to an internet hoax letter that has long since been discredited. Aspartame is 200 times sweeter than sugar and has been used in various low calorie drinks and foods for over 25 years.

Reports on Safety

It was originally approved in 1982 by the Committee on Toxicity, Consumer Products and the Environment. This is a committee of independent experts that advises the government of the safety of food additives.

This was reaffirmed in 1988 by the European's



Are you letting your "Facts" get in the way of your health?



former Scientific Committee on the Safety of Food (SCF). After the hoax letter it reviewed over 500 scientific papers published between 1988 and 2001 and decided in 2002 there was no need to revise their earlier risk assessment.

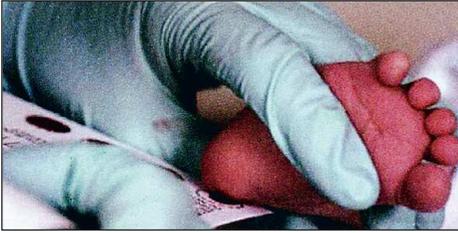
The acceptable daily intake (ADI) has been established at 41mg per kg of body weight per day. This means you would have to drink 14 cans of sugar free drink (where the level of aspartame was at the maximum permitted level) every day before reaching the ADI. In practise most drinks use aspartame in combination with other sweeteners so the level is considerably lower than the maximum.

Furthermore as a systematic review of all food additives, the European Food Safety Authority (EFSA) concluded in December 2013 that "aspartame and its breakdown products are safe for human consumption at current levels of exposure".

Who can't use Aspartame?

There is one group of people who can't use aspartame. These people suffer from a rare genetic disease called phenylketonuria (PKU) which means





they cannot metabolise the amino acid phenylalanine effectively. This can cause a build up to potentially harmful levels.

About 1 in 10,000 people have this disorder which is normally diagnosed shortly after birth by a routine blood test. All newborn babies have been screened for PKU since 1969. For this reason all food products containing aspartame are clearly labelled as such so that people with PKU can avoid them.

Conclusion

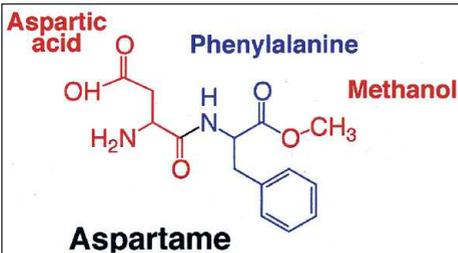
The evidence that aspartame is safe has been growing for many years. There have been no sound scientific studies to prove otherwise and their continued use has led to no ill effects on the people who eat them.

On the other hand there is growing evidence that being overweight leads to many life threatening conditions such as diabetes, heart disease, high blood pressure and cancer. So do not be put off

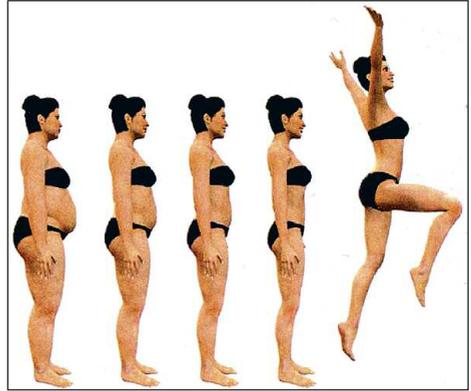


using sweeteners in your attempts to lose weight. It is far more dangerous for your health to be overweight than to eat or drink products that are "low calorie".

The Chemical Formula for Aspartame



All of the chemical components shown above are all **NATURALLY** found within the human body. For example Methanol is naturally produced at around 300/600mg a day. Phenylalanine and Aspartic acid you can find in all protein foods such as soya beans and meats.



Answers: Q1. A Sweetener, Q2. 200 Times, Q3. 1982, Q4. One by the Committee on Toxicity (COT), Consumer Products and the Environment, Q5. A panel of independent experts, Q6. European Commissioners Scientific Committee on Food (SCF), Q7. Over 500 published in scientific literature between 1988 and 2001, Q8. No evidence to revise their earlier assessment of the acceptable daily intake (ADI), Q9. Those suffering from the rare genetic disease phenylketonuria (PKU), Q10. They can't metabolise amino acid phenylalanine effectively.

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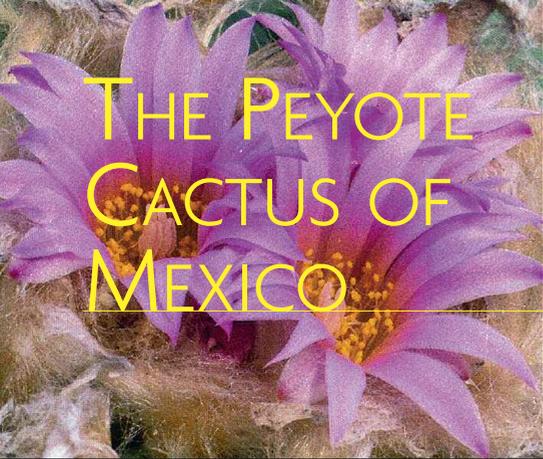
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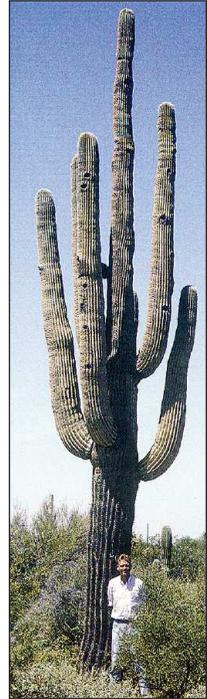
joan.mitchell1@btinternet.com



THE PEYOTE CACTUS OF MEXICO

Cultivated Lophophora species showing flower details.

Carnegiea gigantea, the Saguaro tree. (Fig. 1)



In the Autumn/Winter 2009 edition of this magazine I wrote in general terms about my hobby – the cultivation of succulent plants and in particular cacti. That article was written in the hope that more people locally, especially youngsters, would be encouraged to develop an interest in such plants. This article is written with the same aim.

To many people the popular concept of a cactus plant is of the giant specimens often seen in old cowboy films (see Fig. 1). These are *Carnegiea gigantea* and can grow up to 16 metres in height.

This species can be cultivated in this country but is extremely slow to grow. I

have been told that it will only grow for about six weeks a year in our climate. In the 1980s I saw a young man's plant collection in Co. Durham. He was very proud of his specimen *Carnegiea* which was then about 2ft tall. It had been passed down to him by his grandfather.

There is one genus of cactus plants, the *Lophophoras*, which are certainly not spiny and hedgehog-like. They are a ground hugging spineless species almost like green fungi. One member of this family that has gained some notoriety is *Lophophora williamsii*, the Peyote cactus, sometimes called the magic mushroom. I originally thought that in nature this plant was confined to the state of San Luis Potosi in Mexico but in recent cactus publications I have read that the genus has been spread by nature

and man's activities as far North as Canada and also into South America. Its notoriety arises from the fact that native Indians have for centuries chewed the root as a source of the hallucinatory drug mescaline. I MUST add at this point that this drug is only found in significant quantities in wild plants. Plants grown in the UK, under our climatic



A fine example of what can be achieved with skill and patience. This *Lophophora williamsii* sub-species *caespitosa* was grown from seed sown in 1972 by one of the country's top growers. (Fig. 2)

conditions, do not synthesise meaningful concentrations of mescaline. However there currently seems to be world-wide concern about the ownership and cultivation of *L. williamsii*. In our country and many others it is perfectly legal whilst internet sources indicate that it is now prohibited in Switzerland, Russia, Poland, Italy, the Czech Republic and more recently Australia. Surprisingly the ban also applies to all states of the USA. I am not sure as to the legal status in Mexico itself where wild plants are fiercely protected from plant collectors by law. Despite this protection cactus rustling for the mescaline market does occur.

The botanical classification of the genus *Lophophora* has received much attention over the years, but the modern concept is of three sub-species, *L. williamsii* (the subject of this article) *L. diffusae* and *L. fricii*. Please see Fig. 3. In a Czech publication of 2005 a fourth sub-species *L. koehressii* was added and I am not sure whether this is now accepted as a separate species or merely another variant of *L. williamsii* of which there are several. Some are illustrated in Figs. 2 and 4. The botanical differences, as opposed to chemical differences, in all these species lie in the nature of the shapes and the patterns of the ribs on the surface of the plants and also on the behaviour of the flowers and subsequent seed pods. This is definitely a case of photographs being better than a thousand words (Fig. 3).

The chemical differences between the sub-species in habitat plants are quite surprising given that they all grow in similar terrains and climatic conditions. Of the total alkaloid content in *L. williamsii* 15-30% is mescaline compared with a maximum of 1.3% in the other species. *L. williamsii* also contains 14-17% of the toxic alkaloid pellotine while the other sub-species contain 65-88%. I don't know how appropriate the term 'toxic' is as I have read of pellotine being described as being a deliriant and a convulsant. For the chemically minded the formula for this material is $C_{13}H_{19}O_3N$ and that for mescaline is 3,4,5 trimethoxyphenethylamine. *Lophophora*



***Lophophora williamsii*, *diffusae* and *fricii*. (Fig. 3)**



Further examples of the plant shown in Fig. 2 on a greenhouse bench. The giant yellow-spined plants in the background are *Echinocactus grusonii*, the Golden Barrel Cactus of Arizona. These will grow quite well in a greenhouse or conservatory in our climate and I can also provide fresh seed of this plant collected in January this year. (Fig. 4)



12 months old *Lophophora williamsii* seedlings. (Fig. 5)



Cluster of *Lophophora williamsii* in habitat.

are not the only cacti to contain psychotic drugs and in researching for this article I have recently learned that 19 species in 42 genera of cacti have, to date, been identified as containing these substances including *Carnegiea gigantea*.

I am hoping that some readers with an interest in general horticulture, or simply in pot plants, may be tempted into having a go at growing *Lophophoras*, possibly with the hope of a prize or attracting interest at local shows, or for the simple fascination of the plants in their own right.

Growing from seed is relatively straightforward once certain rules have been followed. (See Fig. 5 as an example of what can be achieved.) John Innes seed compost is an adequate base together with 40-50% by volume horticultural grit to provide the drainage necessary for all the stages of growing cacti. A surprisingly effective further additive is baked cat litter. (The baking removes the scented content although I am not sure if this is really necessary.) This material has a high water retention and ensures that a compost, in the short term, does not dry out. The final and most important component is a huge 'dollop' of patience! Seed is readily available from specialist nurseries although I can supply some free of charge. This should be sown on the surface of the compost mixture for which I find a 3-4 inch pot most

suitable. This can be watered from below and then placed in a propagator. A fine spray should be used periodically, as a further precaution, to prevent drying out.

I find Spring the best time for sowing these seeds although they can be sown in any season. Germination to produce 'green blobs' should be achieved within 3 weeks from fresh seed. The seedlings should remain in the propagator for about another month to allow the development of root systems and then potted on in seed trays as per photograph. I use the same compost for this stage. It is essential that following germination the seedlings are not subject to direct sunlight as this will cause them to turn red. This effect can inhibit growth or even destroy the young plants. Now for the secret of success. Once the plants have been potted into damp compost the tray should be placed in a small polythene bag which is then sealed with paper clips. Under the staging of a

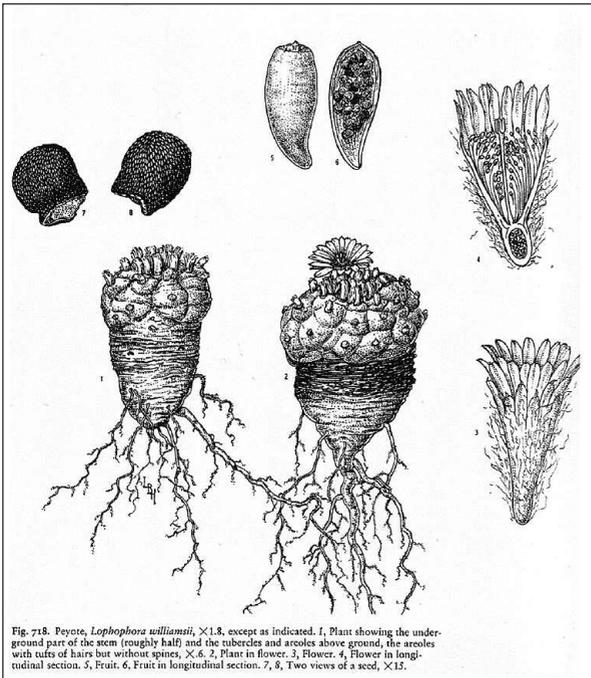


Fig. 718. Peyote, *Lophophora williamsii*, $\times 1.8$, except as indicated. 1, Plant showing the underground part of the stem (roughly half) and the tubercles and areoles above ground, the areoles with tufts of hairs but without spines, $\times 6$. 2, Plant in flower. 3, Flower. 4, Flower in longitudinal section. 5, Fruit. 6, Fruit in longitudinal section. 7, 8, Two views of a seed, $\times 15$.

greenhouse or in a shaded part of a conservatory is the best storage place for this bag and its contents.

If it appears that I have described seed raising in boring detail then I apologise but the overall objective has been to avoid disappointment for would-be growers. From years of experience I can safely say that what seems to be a complicated operation becomes a simple routine.

The seedlings can be left in these polythene bags for 6-12 months without harm. They should be occasionally inspected to ensure that they haven't completely dried out and sprayed accordingly. It is also important that they are stored where the temperature does not fall below 40°F. The next stage in the life of the seedlings is potting on into individual two inch pots which preferably takes place in late Spring/early Summer. The potting mixture used should be essentially the same as used for the seeds but now based on John Innes No.2 compost. Since wild plants grow in areas rich in limestone it is advisable to add some of this to the mixture. The young plants will thrive best in a warm shaded position and are initially slow to grow. The growth rate increases with age and further potting on and eventually you will have mature plants in 6-8 inch pots.

The watering regime for plants is essentially the same for all cacti. The last watering of the year should be in mid-September for plants in small pots and a little earlier for those in larger pots. This enables them to dry out for the long winter's rest that is vital for virtually all cacti. Depending on the weather and temperature watering can re-start in in mid-March or later as appropriate.

The defining characteristic of all cacti is the presence of areoles on the surface of the plant. These are the white, woolly tufts exemplified in Figs. 6 & 7. Within the entire Kingdom of plants these are unique to cacti and it is from these that the spines on plants grow. Figs. 6 & 7 also illustrate another facet of the growth of *Lophophoras*. The areoles become much more woolly on plants growing in an elevated position in a greenhouse directly under the glass as opposed to growing on a traditional greenhouse bench. The plants are from the same



batch of seeds and are now 12 years old and growing in 7 inch pots.

I will close this article with a message to anyone who is interested in what can become a lifetime hobby. I have a substantial collection of a wide range of species of cacti and I am more than happy to show them to would be growers, including children. The best time to see them is towards the end of May and on into June when there should be some spectacular flowers. Please contact me earlier if you would like some seeds.

Ken Smith, Gosforth

Tel: 019467 25313. Email: ken.smith6@virgin.net



Twelve year old specimens of *Lophophora williamsii* in 7 inch pots raised from seed in Gosforth. (Figs 6&7)

WASDALE MOUNTAIN RESCUE TEAM

THE EARLY DAYS

Today the team has its own headquarters in Gosforth, three purpose built vehicles, a 6-metre inflatable boat, stretchers, casualty bags, vacuum mattresses, hundreds of yards of rope, crag gear and specialised portable medical equipment, and so the list goes on!

Each member has base layers, fleeces, boots and waterproofs as well as a personal radio most with microphones that enable the base operator to pin point his/her location on a digital map. Finally it has a healthy bank balance. The early days were so different.

On 17 November 1965 a meeting was held at Wyndham School of interested parties. These included Wyndham Mountaineering Club, local ramblers, and people involved with the Duke of Edinburgh award scheme and Mountain Leadership courses. The purpose was to examine the possibility of forming a



new search team for The Western Fells. There was a great deal of enthusiasm and the Wyndham Search Team was formed. It held its first practice in February 1966. Over forty members took part in the snow covered Ennerdale Valley in conjunction with Cockermouth Mountain Rescue team, who provided much appreciated expertise and encouragement.

Various venues were used for calls outs, meetings and training, including Wyndham School and Gosforth Village hall. The team dealt with six incidents in their first year and eight during the second year, compared with that of 100-plus today. The team had very little equipment and showed a balance of £5.9s.2d. at the end of the second year.

Callouts were by telephone cascade system and took upwards of 45 mins to mobilise members compared with 10 to 15 minutes today, thanks to the bleep system.

In October 1967 the team launched an appeal to raise £500. for radios and rescue equipment. The radios were Pye Banthams and held a number of small batteries which leapt out when you slid the battery holder out of the radio. Changing batteries on a cold wet fell side was like juggling with eels but the radios were good at picking up radio one as well as team transmissions, the former to the detriment of the latter. The relay was the size of a packed





rucksack and carrying this and your own personal gear required to sit on some fell top was no mean feat.

First aid training was undertaken. Team members got a discount at George Fishers in Keswick when buying equipment as team members had to use their own gear and cars for transport in those early days. Many an exhaust was lost, bodywork and suspensions damaged and many blowouts occurred



After a day's practice by more than 40 mountaineers on the snow covered fells of the upper Liza valley, a new mountain rescue search team was formed at a meeting held in Ennerdale School. It is called the 'Wyndham Search Team' and it is based at the Wyndham Centre, Egremont. Pictured above are its committee (left to right) Messrs David Killick (seated), further education tutor of Wyndham Centre), Brian Clark, Alan Dunn, Robert Rudd, Arthur Baldock, David Martin and Charles Devlin. The day's practice was organised in conjunction with Cockermouth Mountain Rescue Team and the Civil Defence and was controlled with their walkie-talkie apparatus.

Honeymooners' Ordeal on Fell Cry for help brings rescuers in time

Mr and Mrs Brennan, whose home is in Granville Road, Gosforth, Newcastle, reached Eskdale last Saturday. On Wednesday morning Mr Brennan, driving his mother-in-law's car which had been lent to them for their honeymoon, drove with his wife to Wasdale, parked the vehicle by the lakeside and set off to explore the steep screes.

Late that night Mr Sim, of Wasdale Hall Lodge, heard shouts from across the lake and associated these with the Austin A40 car he had noticed several times during the course of the day. He informed the Police.

Night search Inspector John Young and Sergeant Wigham (Egremont), and P.C. Taylorson (Gosforth), went to the lake shore and remained there until almost 3am without discovering any clue to guide them to the missing couple.

Meanwhile, P.C. Herbert Graham (Eskdale) and Mr William Heap, of Burnmoor Inn, undertook the arduous task of searching the Burnmoor tarn area in the belief that the couple may have sought refuge in the shepherd's hut or one of the old peat stores there.

It was an appalling night, with mist, wind and rain.

When the search was resumed at daylight, Mr Tom Price, warden of the Outward Bound School at Eskdale, and his instructors organised the boys into parties to carry out a sweep of the lower slopes of the screes. An alert was about to go out to mountain rescue teams in the area to join the operation when a woman's voice was heard calling from near the screes summit.

At noon two O.B. instructors radioed that the couple had been found, 300 yards apart, Mr Brennan suffering more from exposure than his wife. Both were uninjured.

Stretcher parties were directed to the spot, in the vicinity of Deep Ghyll, and three hours later the rescue was completed. A party of 13 from the Wyndham Search Team, Egremont, assisted in bringing the couple down. Only Mr Brennan was taken to hospital as a precautionary measure.

On Friday Mr and Mrs Brennan collected their car from Egremont Police Station. Their decision to return home was inspired by the desire to reassure relatives.

8 December 1966

driving up poor roads to a rescue (nothing's changed there). The most dangerous part of many rescues was often getting there.

The team continued to purchase equipment including a rucksack with first aid and bivvy equipment, 900ft of rope, hammers, pitons, slings, carabiners and six Compton climbing helmets.

In September 1968 the team became recognised by the Mountain Rescue Committee becoming Wasdale Mountain Rescue Team. Equipment was stored at The Wasdale Head Inn and at Crag House farm Ennerdale, which was fine if the rescue was in either valley, but a nuisance if not. Affiliation to the MRC did not go down too well in some quarters as another team felt that we were muscling in on 'their patch' and that the team should be limited to searches only.

The Wasdale Mountain Rescue Team has been in the top three for numbers of rescues carried out in The Lakes for the last thirty years or so.

A McInnes stretcher was finally purchased together with a wheel. It was described as lightweight but was anything but. Again carrying this as personal gear was quite onerous and in very windy conditions a liability. Still it was the best there was.

Things continued in the same vein until 1980,

when the team acquired Mill Forge in Gosforth. At last we had our own 'home' and shortly afterwards purchased our first vehicle, a second-hand long wheelbase Land Rover with rock hard suspension. At least we could carry team members and gear and reduce some of the private cars on callouts. In 1994 Outward Bound, Eskdale gave up their role in Mountain Rescue and Wasdale took over the responsibility for the Eskdale Valley.

The Team today has a much wider remit and frequently rescues stranded motorists from the passes in winter, they also assist with flooding and missing person searches. All team members train in first aid, many to a high level. Many are trained in bank side rescues and a dozen or so in swift water rescue. The Team is hoping to expand Mill Forge in order to deal with the greater demands on their services and store the extra equipment necessary.

From a humble beginning the team has come a long way and who knows how varied or secure the future is for it, but does believe rescue should remain free of charge. I am proud to have served as Team Leader for twenty two years with a great bunch of volunteers one or two of whom were founder members until the present day.

Bill Pattison MBE, Hon President

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Classes Timetable

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GP Referral class 10.30am to 11.30am **beginners level**
Fitness class 2.00pm to 3.00pm **intermediate level**
Circuit class 5.30pm to 6.30pm **intermediate to advanced level**

TUESDAY

Cardio workout + Kettle Bells 4.30pm to 5.45pm **inter & adv**

WEDNESDAY

GP Referral class 10.30am to 11.30am **beginners level**
Fitness class 2.00pm to 3.00pm **intermediate level**
Flat Abs class 4.45pm to 5.15pm **all abilities**
Flat Abs class 5.45pm to 6.15pm **all abilities**

THURSDAY

HITT (high intensity interval training) 9.30am to 10.30am **inter & adv**
Kettle Bells 5.30pm to 6.30pm **inter & adv**

FRIDAY

Intermediate keep fit 10.30am to 11.30am
HITT 3.15pm to 4.00pm followed by:
Core stability 4.00pm **inter & adv**

SATURDAY

Circuits
10.30 am to 11.30am **inter & adv**

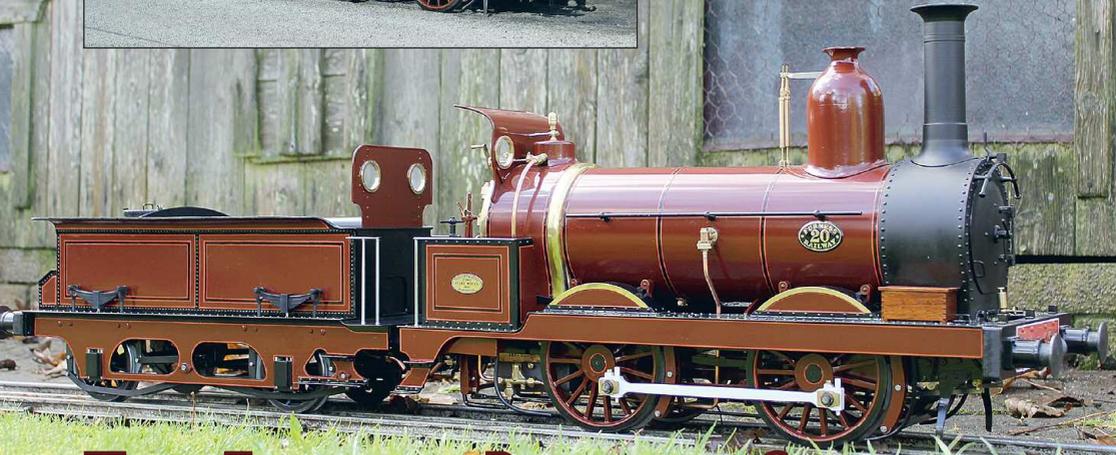
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THE FURNESS RAILWAY, SEASCALE, AND MODEL ENGINEERING

What is the connection between the above you may ask?

The Furness Railway Co. was initially built to serve the South of our current county of Cumbria by connecting Barrow-in-Furness to Kirkby Ireleth and Dalton districts for the transportation of Iron Ore and Slate. By 1847 the case was made for a railway to connect the existing Furness Railway to Whitehaven via Broughton in Furness (known as the Whitehaven & Furness Junction Railway) and a bill was passed through parliament to permit this. The railway through Seascale was subsequently opened for traffic in 1850. Furness Railway locomotives would, from then on, have run through Seascale. It was the railway that led to the village being developed as a seaside resort.

By 1861 there were 16 locomotives running on the Furness Railway and its fast expanding traffic required a further batch. Numbers 17 to 20 were delivered from Sharp Stewart & Co., a Manchester firm, in 1863. Even then the rate of expansion and weight of trains cannot have been fully anticipated by the Furness Railway Company board for, by 1870 after only 7 years, this batch was sold. By then the Company had increased their stock by over 20 further locomotives

more suitable to both the increased goods and passenger traffic.

Furness Railway No. 20 fortunately survived. It was converted from a tender locomotive to a saddle tank, along with others of its batch, to work for the Barrow Haematite & Steel Co. as their No. 7. It was only withdrawn from traffic in 1960, a working life of 97 years!

Fortune again played its part as the retired locomotive was given to the George Hastwell School, Abbey Road, Barrow-in-Furness for the children to play on. In 1983, owing to its deteriorating condition, the school agreed to sell the locomotive for restoration but restoration and refurbishment fundraising were not to happen until the Furness Railway Trust, set up in 1991, bought it from its previous owners. Between that date and 1999 the project was funded and the locomotive fully restored to a tender engine as originally designed and it first steamed in that year, at Haverthwaite, in time for the Millennium.

I first saw FR20 around the year 2000, just as my previous model engineering project was nearing

completion and the beauty of this newly restored locomotive captivated me. I contacted Tim Owen, who headed the project, and was kindly supplied with a copy of the original works blue print and drawings of the tender which were modern ones as a new tender had to be constructed for the restoration project. I took many photographs and crawled underneath the locomotive taking pictures and dimensions of the parts 'that others could not reach'. I was invited to lunch that day with members of the restoration team and generally treated very kindly. It was as well that I did this work, early on, as the locomotive was moved to Darlington, wintering at The Ribbleside Steam Railway, after a relatively short time, to make room for the next restoration project.

Despite works drawings, many adaptations are required for a working model of just over 1/12th scale (5" gauge) so I spent many hours drawing parts and eyeing up photos. I decided that the only parts that I could not construct or machine from stock materials were the wheels. I asked a friend living on Teeside if he could get them cast for me if I made patterns but he kindly offered to machine them from the solid at his CNC (Computer Numeric Control) machine shop if I provided the drawings. The result was four shiny new wheels a few weeks later.

It took me from the start of 2002 to the end of 2012 to complete the project – longer than I anticipated. What looked like a nice simple early locomotive turned out to be time consuming and fiddly but I feel that the end result was well worthwhile.

I run this passenger carrying, anthracite burning miniature locomotive at the raised track at Curwen Hall Park, Workington (which is alongside the start of the A66). As Members of the West Cumbria Guild of Model Engineers, I and many others, enjoy Sunday afternoon running when weather permits, especially when parents and young children turn up for rides.

Not all of our members make models. Some enjoy just running them or watching the trains go by and 'having a crack' with fellow enthusiasts. Why not join us if you are interested? Don't let the name of our club put you off – it's a relic from the past like some of us members. We also meet at 'Harrington Fishing and Sailing Club' from 7.30pm on the second Wednesday of each calendar month. There is often a car going through from Seascale with spare seats. Our website is www.wcgm.com – why not take a look?

Regular meetings are flagged up in the diary section of this magazine.

You can contact me, Tom Jones, on Seascale 28938

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SEASCALE SLIMMING WORLD SCREAMS SUCCESS

Since you last heard about the slimming world group at the Windscale club there have been some amazing success stories. The group celebrated Christmas in style attending the group in their pj's and sharing fantastic weight loss tips and ideas to get them through the Christmas period!

Along with this, the group crowned our very own Sarah Fenwick Woman of the year. Sarah reached her target weight in July 2013 and has continued to inspire the group on how to maintain her target ever since. In January Anne White was given the fantastic award of Diamond Member. Anne reached her target weight over two years ago and has done so by continuing to follow Slimming World and also attends the gym at the Windscale Club. She is always on hand to provide fabulous new recipe ideas and has also inspired many members in the group. Along



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with all this Bev Park, one of our members, completed a 5-mile headtorch run as part of the no ego challenge. This was the first time Bev has ever run and told us she enjoyed every minute and will have taken part in another head torch run on 1 March, which I will also have entered, along with a few other members in group who enjoy a bit of body magic.

We have got so much going on in group at the moment it's such a fun place to spend a Tuesday night. We have three lovely couples all nominated for couple of the year – Tom Mckenzie and Eleanor Mckenzie, Jen Hanson and Karen Johnstone and Noreen Coid and Helen Mclean. The winner of the competition will have been revealed in group on 11 February. We have so many more awards to be won from Greatest Loser, Young Slimmer, Man of the Year, Miss Slinky and Woman of the Year. The winner could really be anyone and they are all such fantastic achievements.

Members in the group will also be starting a six-week slim for good challenge, the member taking part being sponsored for their weight loss and have decided that the sponsorship money will be donated to local charity Mountain Rescue. This is a charity that is valuable to the area for locals and tourists

alike and as a group we want to give something to the charity.

With all the recent press around Copeland being the fattest county in England there's no better time to start your weight loss journey, whether you want to lose 7lb or 7 stone it's all up to you. I am making it my mission to do the very best I can to get Copeland off this so-called fat map and will support each and every one of my members in achieving his or her dreams no matter how big or small. Slimming World is a fantastic lifestyle change to make its simple and its easy – extra easy.

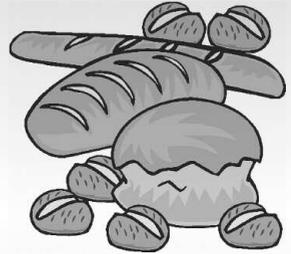
We now start at 7pm every Tuesday which means we can pack even more love and support in every single session. I love spending every Tuesday in Seascale doing my group. It's like one 'slimming' happy family. xx Kelly Anderson

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

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Are you tax savvy?

As we approach the end of one tax year and the start of a new one, not to mention the budget, it is important to check your affairs are in order.

- ◆ Have you subscribed to an ISA in 2013/14?
- ◆ Have you utilised your 2013/14 tax free allowances?
- ◆ Will you need to complete a 2014 tax return?

Contact Victoria Bishop on 019467 25808 and she will be happy to answer these questions.



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