

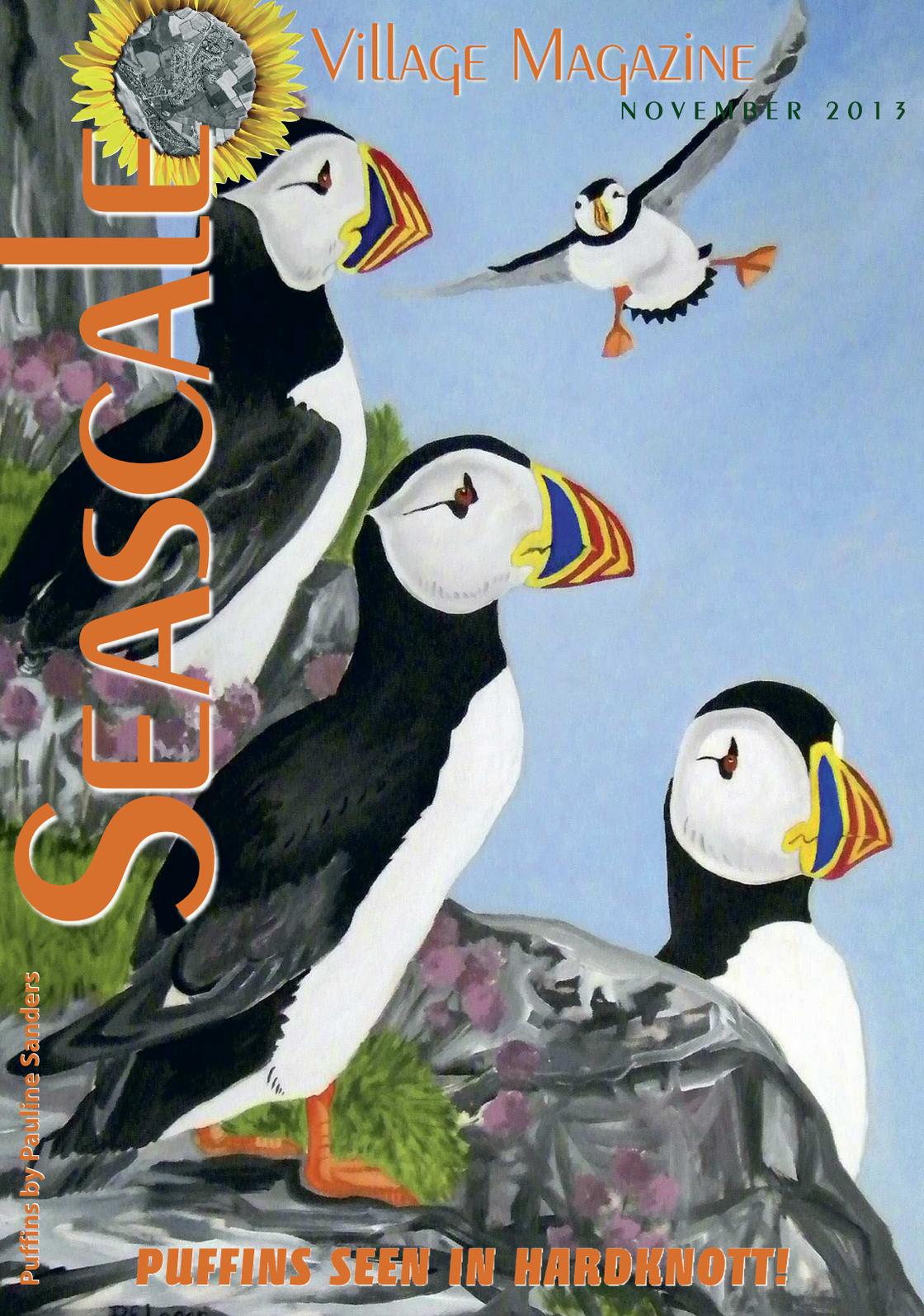
Village Magazine

NOVEMBER 2013

SEASCALE

Puffins by Pauline Sanders

PUFFINS SEEN IN HARDKNOTT!





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PARISH NEWS

Editor: Eileen Eastwood 019467 28653

Production: Trevor Preece 019467 28449 trevor@trpub.net

I mentioned the new bus service in the last newsletter but it seems even with new providers we are still having problems. I hope by the time you read this things will have sorted themselves out.

I am sure you will all have enjoyed our superb summer. The beach was really busy and so many people were in the sea. All the work David and I put in was worth it when you see how everybody enjoyed the improvements on the beach. I hope all the businesses in the village did well with the good weather. Once again the village and the beach looked spotless thanks to David Morgan. Thank you David.

We are in the process of making our plans for Christmas. There will be fireworks and Christmas lights, and refreshments afterwards in the pavilion. On 15 December fireworks will be lit at approximately 4.30pm, followed by the lights switch on. There will be a bran tub for the children but nothing will happen in the sports hall. Please watch noticeboards for more information.

Eileen Eastwood

DAVID MOORE

David Moore has just retired from the Fire Service after 42 years.

David started in 1971 and has been Watch Manager for 19 of them.

I am sure he will not remember how many smoke alarms he has fitted to make our houses safer.

We congratulate him on his service to the community.

We are so lucky that we have a fire station in Seascale and so many local men as retained firefighters. Our thanks to all of them and best wishes to David for a long and happy retirement.

Eileen Eastwood

FRONT COVER

Our front cover picture is one of Seascale artist Pauline Sanders' paintings which has a link to our coastline, because the RSPB's nature reserve near St Bees is one of only two breeding sites for puffins in England according to several sources. This is one of her paintings which she is displaying until 1 December at the Woolpack between Boot and Hardknott Pass. We felt this would be a bright contrast to the dark days of our winter period. See page 14 for more images of her vibrant paintings.

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.

OPEN GARDEN

Thank You to all who supported our Open Garden on 5 May and to the Seascale ladies who came round the garden on a wet evening on 28 May. Our total for the National Garden Scheme is £809.70.

Ron and Audrey Beckstones



A VIEW FROM THE CHAIR

Our shelter from the stormy blast

Autumn – falling leaves, rain, wind; early darkness and the prospect of frost and snow to come. Staying dry and warm becomes a priority. At home we prepare with extra layers of clothes and bedding, making sure there are no draughts creeping in, switching on the central heating and lighting cheerful fires.

Outside we're at the mercy of the elements and to some extent of the local authorities and utilities. We expect the street lights to come on at dusk and the buses and trains to run according to the timetables so we don't have to stand waiting for longer than necessary.

We hope that at the points where we have to wait some shelter will be provided. The station platforms have shelters, not perfect in that windy position, but better than nothing. Bus shelters though are another matter. We have high hopes of our new bus service, although it has been having some teething troubles. The buses themselves are a great improvement, easier to get on and off and not quite as bone-jarring. The bus stops now all have new signs, after a long campaign. But we are very short of shelters. Most of the bus stops are placed where the footway is too narrow to install a shelter under current regulations, so unfortunately we're unlikely to be able to increase the number we have.

One shelter is near the school and is well used, especially by young people waiting for the school buses. The other is an old style shelter on the way out of the village near Cross Lanes, used by residents from the Seascale Park and Lingmell areas and where school buses also stop. This is the one we're hoping to renovate soon; there has been some publicity about our plans for it on BBC Radio Cumbria. I've also been told that a number of residents would like to suggest that the buses call at the station car park so that people wanting the bus could wait in the shelter on the platform. This is worth our while taking up with Stagecoach and Network Rail who would both have to agree; whether they would do so remains to be seen. Watch this space!

Helen Pateman

CALLING ALL SINGERS AND INSTRUMENTALISTS!

This year's Village Carol Service is to be held in Seascale Methodist Church at 4pm on Sunday 22 December. The music is to be co-ordinated by Keith and Jill Hudson.

If you or anyone you know, young or old, would like to be part of a singing/music group to help us lead the carols and other songs, please do get in touch with us on 019467 21592 or by email at jillfhudson@hotmail.co.uk. You will be more than welcome to attend Waymark practices on Fridays at 7pm, or we can easily arrange special practices if there is sufficient demand! We hope to welcome on-board members of all three churches and of none. Ability to read music is not required – just plenty of enthusiasm!

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

We are always on the lookout for stories and event dates. The closing date for contributions will be Saturday 8 February.

PARISH COUNCILLORS

Eileen Eastwood	28653
David Halliday	28027
Ken Mawson	29786
David Moore	27674
Helen Pateman (website editor)	28131
David Ritson	21668
Chris Taylor	07788 248813
Phil Taylor	07789 905822
Andrew Williams	28203
Andrew Woollass	28218
Clerk	
Sonia Batten	21332
Copeland District Councillors	
Eileen Eastwood	28653
David Moore	27674

County Councillor

Norman Clarkson 01946 841126

Other Useful Numbers

Cumbria Highways Hotline 0845 609 6609
Copeland Direct 0845 054 8600

RUN-UP TO CHRISTMAS BY GOSFORTH NURSERY

The Nursery is holding its annual firework display on Saturday 2 November. Gates open at 5pm and hot and cold food will be available. Pay on the gate: £3 adults, £2 children – please let family and friends know and come along and enjoy the wonderful display!

Tempest Photography will be at the Nursery on Saturday 23 November offering family and individual photographs. Please Contact the nursery if you would like to book a slot. Lovely gifts for Christmas – photos, canvasses, gifts etc.

Christmas Market – Tuesday 3 December (in the evening) at the Nursery. Get in the Christmas mood with mince pies and mulled wine – there will be stalls (including small local businesses) selling Christmas Decorations, Gifts etc.

We now 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 textiles as proceeds are received by the Nursery. We are currently raising funds to further improve our outdoor area and garden.

Gosforth Nursery: 019467 25800

Thank you for your continued support.

BAGS OF CHARITY IN SEASCALE

It took a long time for us to decide to start asking for 5p donations for our carrier bags. It first came to mind after the work the air ambulance did after the 2010 shootings, but we never quite had the confidence to ask for money for something that everyone takes for granted. The idea was reborn in 2012 on environmental as well as charitable grounds. We had been taking recycling quite seriously for several years, yet we were giving out tens of thousands of bags each year which take forever to degrade.

So in December 2012 we introduced our 5p carrier bag donation. For every bag used the whole 5p is donated to the Pride of Cumbria Air Ambulance who receive payment from us on your behalf every month. The number of bags used is closely monitored through our tills and every week we display a weekly and cumulative total in the shop.

I have to say the response has been absolutely sensational. We had feared some negative response

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 Beckermet School.*

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

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to the idea, but apart from one or two grumbles at the beginning the response from the whole village has been amazing. Everyone thinks the air ambulance is a worthy cause to support and many customers regularly pay for bags they do not even take thereby increasing the donations even further. We had no expectations as to how much we might raise; we had speculated that £1000 by Christmas 2013 would be a great triumph. With the help of a good summer and many visitors to the area the £1000 was reached on 3 September and continues to grow daily. So in less than nine months you have collected £1000 for this charity, using 20,000 carrier bags in the process! Even this is good news as this year there are 30,000 fewer bags out there, just from one village shop. Interest in the scheme from other retailers has been strong. We aim to continue supporting the air ambulance in this way and with your continued support we hope to raise significant funds in the future.

Congratulations Seascale! Your interest and support and encouragement, together with your 5ps, have shown us all how compassionate a small community can be.

John Tucker, Beach Stores

SLIMMING WORLD

I would like to say what an absolute pleasure it is to be able to run a slimming world group in such a beautiful area with a fantastic community.

I took over the Seascale group at the end of July and I have loved every minute. The group is full of such lovely friendly people from Seascale, Gosforth, Beckermeth and even Whitehaven. Every member makes you feel welcome and makes Tuesdays feel like meetings with friends.

I began my own weight loss journey 19 months ago and have so far lost 4½ stone. I have never felt deprived or left out and have adapted to a new healthy way of living. I went from being breathless walking up the stairs to running half marathons. All in such a small space of time, I'm proof anything is possible!

I became a consultant because I wanted to share my knowledge and experience with other people to help them achieve their weight loss goals whatever they may be.

Our group runs every Tuesday at 7.30pm and we are having some fantastic weight losses and some lovely recipe ideas. Many members are often shocked by how much they can eat and the things they can still enjoy. Quite a few members enjoy a scoop of Mawsons delicious ice cream now and again. And why not? Life's for living and enjoying after all.

A few members of the group, including myself, will be taking part in the Santa Dash on 1 December at Whitehaven harbour for local charities.

If you would like to come and join our friendly lively group please feel free to pop in and join us for a cuppa and a chat, or contact me, Kelly, on 07809 774905. Children are always welcome. Come along and start your weight loss journey. I will be there to help and support you every step of the way and together we will achieve your dreams.

Kelly Anderson

SEASCALE FIRE STATION YOUNG FIREFIGHTERS COURSE

We are hoping to hold another Young Firefighters course starting in March 2014. The course runs for eight Saturday mornings and a couple of mid-week evenings. During the course the students will learn the basics of firefighting, wearing breathing apparatus, climbing ladders and first aid. It is a demanding course but good fun. Lots of water is used and we all get wet. The highlight of the course is the mock rescue of casualties from a scrap vehicle, which involves the cutting up of the vehicle to extract a dummy. This is carried out under strict supervision by the professional firefighters. All safety equipment and clothing is provided and the course is free. All we ask is that you turn up on time, willing and keen to learn. You must be 13 to 15 years old. At the end of the course there will be a passing out parade held in front of your families to show off your new skills. Certificates will be presented from Cumbria Fire Service and St John's Ambulance, followed by a buffet lunch. The course will go towards The Duke of Edinburgh Award Scheme. Owing to a shortage of Firefighters at Seascale we can only accept 10 students so therefore it will be on a first-come first-served basis. For more information or to reserve a place call 019467 28941 and talk to me.

Tony Holman, Firefighter



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EVENTS CALENDAR

in and around
Seascale

Find updates at: www.seascale.org.uk

- 28 October for 2 weeks.** Forest Foray to include Fungi Walk, Cookery Demo, Mud Pie Making, National Trust Guided Walks, Wood Turning, Treasure Hunts, Plus games and colouring in competitions. Judging on Fridays at 5pm and Prize giving at 6pm. Also for the kids – top your own 6" Pizza £5 & Roasted Chestnuts and Marshmallows from the Chimney between 5pm and 7pm. Organised by the Woolpack Inn.
- 8 November – Friday.** Fish'n'Chip Supper, Dalegarth station. 6pm departure from Ravenglass on RATTY. £10pp inclusive journey and supper. 01229 717171.
- 9 November – Saturday.** Rummage Sale Santon Village Hall (in aid of hall funds). Entrance 20p. 1.30pm. Refreshments available with home-made cakes. If anyone has rummage they would like to place drop it in on Friday evening. Contact: Ian Warren 019467 26233.
- 9 November – Saturday.** Cumbrian Railways Association Autumn Meeting. Burnside Hotel, Bowness-on-Windermere. Details at www.cumbrianrailway.org.uk or 28296.
- 9-10 November – Saturday & Sunday.** Spirit of Christmas Gift Fair at RATTY. Free event as part of scheduled service. Details at www.ravenglass-railway.co.uk
- 10 November – Sunday.** Cumbrian Railways Association Autumn Field Trip. Broughton Moors ex-armaments depot to view railway remains. Details at www.cumbrianrailway.org.uk or 28296.
- 12 November – Tuesday.** Quiz night at the Woolpack Inn.
- 16 November – Saturday.** Hospice at Home West Cumbria Christmas Fair. United Reform Church, Whitehaven, 10am-2pm.
- 16 November – Saturday.** West Cumberland Choral Society presents Handel's Messiah at 7.30pm in St James' Parish Church, Whitehaven. Tickets £7.50 (£2.50 concessions, accompanied under 18s free) 01946 841239.
- 21 November – Thursday.** World's Biggest Liar Competition. Bridge Inn, Santon Bridge.
- 21-24 November – Thursday to Sunday.** Woolpack Inn Wine Festival. See page 15.
- 23-24 November – Saturday & Sunday.** 15th Ulverston Dickensian Festival. www.dickensianfestival.co.uk
- 30 November, 1, 7, 8, 14, 15, 20, 21, 22, 23 December.** Santa Express at the RATTY. All at 15.40. Details at www.ravenglass-railway.co.uk
- 1 December – Sunday.** Meet the Artist at the Woolpack Inn: Pauline Sanders. See pages 3 and 14.
- 6 December – Friday.** West Cumberland Choral Society presents Carols for Christmastide at 7.30pm in St Andrew's Church, Mirehouse. Tickets £7.50 (£2.50 concessions, accompanied under 18s free) 01946 841239.
- 7-8 December – Saturday & Sunday.** Taste Cumbria Christmas Fayre. Muncaster Castle.
- 8 December – Sunday.** Hospice at Home West Cumbria Light up a Life Service. St Mary's Church, Gosforth, 3pm. With Annie Mawson.
- 15 December – Sunday.** Seascale Christmas Lights switch-on at the pavilion, with fireworks before at about 4.30pm.
- 21-23 & 27-28 December – Saturday & Sunday then Friday - Sunday.** Muncaster's Victorian Extravaganza. Book tour tickets at www.muncaster.co.uk
- 22 December – Sunday.** Seascale Village Carol Service at the Methodist Church.
- 29 March 2014 – 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.

*Concert in Aid of
Nether Wasdale Parish Church*

QUARTETS IN WASDALE

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Roland Fudge and Jane Cull – violins
Allison Calderbank – viola
Jeremy Lamburn – cello

MOZART – Quartet in D minor K421
BEETHOVEN – Quartet Opus 95
E. K. ELLINGTON – Fantasy
(Songs arranged for Quartet by Paul Chihara)
BRITTEN – Three Divertimenti

**NETHER WASDALE CHURCH
SATURDAY 9 NOVEMBER 2013 AT 7.30**

*For tickets (not needed for accompanied children) send £10 and
s.a.e. to Nether Wasdale PCC, Old Strands Cottage,
Wasdale, Seascale, CA20 1ET (019467-26258)*

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 Ros on 21273 or Jackie on 29785.
- 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.

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

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

Open Mic Night – Florence Mine, Egremont. Third Wednesday of each month. Great atmosphere, all gear provided. 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 Beckermat 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 Parish Council Meetings. First Wednesday every month. 7.30pm in the Methodist Schoolroom. No meeting in August unless there is urgent business.

Table Tennis Club. Wednesdays. Holmrook Reading Room, 6.30-7.30pm. All welcome to turn up or contact David on 24632.

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

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

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

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

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

WASDALE SHOW 2013



A bright and blustery day was enjoyed by a good crowd recently at this year's Wasdale Show. Set against the autumnal colours of the Wasdale fells, traditional events such as the well-supported fell races and hound trails were joined by an array of other attractions including children's sports and vintage vehicle classes. Our pictures show one of the girls egg and spoon races, and the veteran / vintage vehicle parade beneath the impressive backdrop of Kirk Fell and Great Gable. *Gareth Harrison*

Special thanks to Neville Ramsden for his articles that give so much pleasure to our readers. We welcome input from any of our readers and maybe a couple of you would like to become magazine committee members.

SEASCALE YOUTH CENTRE 1972-2001

To all ex-members of the SYC, this is to let you know that the Trustees of the SYC decided that residue funds should be divided between three village organisations that cater for young people's activities. The sums of just over £700 each were presented to the junior sections of the Seascale Cricket Club, Golf Club and the Tennis Club.

*As Captain of this year's Junior Section of Seascale Golf Club, and on behalf of all of the junior members of the club I write to say "Thank You" for the very generous donation of £741.37 given towards our ever-expanding junior section. Kind regards,
Tom Wright, Senior Golf Junior Captain 2013*

DUMPING AT THE RECYCLING CENTRE

At the end of September this collection of non-recyclable items was dumped, all of it DIY related, with offcuts of an old floor overlay and associated rubbish.





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THE BRIDGE INN
SANTON BRIDGE
AUTUMN EVENTS
2013

23rd of November
The Roosters

Don't miss out
Back at the Bridge Inn

21st of November
**The Biggest Liar
Competition**

Thursday at 7:00pm Admission
£8.00 including Tattie Pot Supper

Christmas

Party Nights -3 Course Carvery for £22 per person – please ring for availability

Christmas Eve - Carvery with complimentary Mince Pies & Mulled Wine.

And our usual dinner menu until 8:30pm

Christmas Day –Five Course Christmas Day Lunch for £49.50
discounts for Children.

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New Year's Buffet only £40.00 per couple including a free bottle of Wine.
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25TH ANNIVERSARY PARTY OF SEASCALE'S BOWLING CLUB

On 31 August we had a party to celebrate the opening of the bowling green 25 years ago. It was a chance to look back on our achievements and thank the people and organisations who helped us:

Firstly the Parish Council who took out a bank loan to purchase the land off British Rail.

The Steering Committee who did all of the research told us it had to be flat green if we wanted competitions.

The Amenities Society who raised over £40,000.

David Moore was Clerk of Works on the bowling green.

Roger Smedley did all the legal work – it was a bonus to have a solicitor on the Parish Council. Roger couldn't come but a letter from him is included here.

Ken Mawson was Chairman of the Parish Council at the time and he is a keen bowler now.

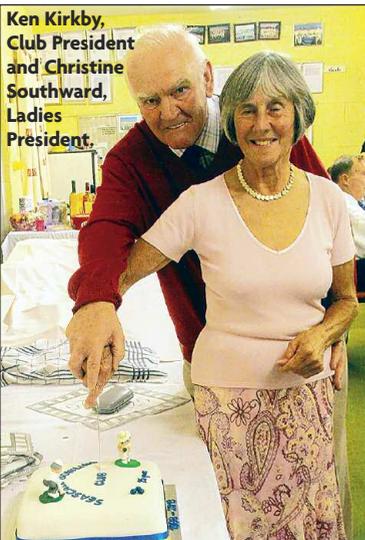
So many people helped and those who could attend did.

Ron Brown, green keeper for the Golf Club, was a guest. His help and advice to all of our green keepers has been invaluable. Henry Stewart is our green keeper now and also a star bowler. Without his work we wouldn't have such a good green.

John McElroy, Jim Howard, Chris Steele, Tony Holman, Don Stanforth all were involved; sadly all could not come.

We have a good club and all work well together. We welcome all newcomers and wish younger people would join us.

Eileen Eastwood. Vice President



Dear Eileen,

Many thanks for the Bowling Club's invitation to the 25th celebration. I have already contacted Henry Stewart.

Unhappily, we are unable to attend, though it was very nice of the Club to think of asking us. Christine is not quite as spry as she was 15 years ago, but more importantly Martyn has recently dislocated his shoulder and is not yet in a position to be left overnight.

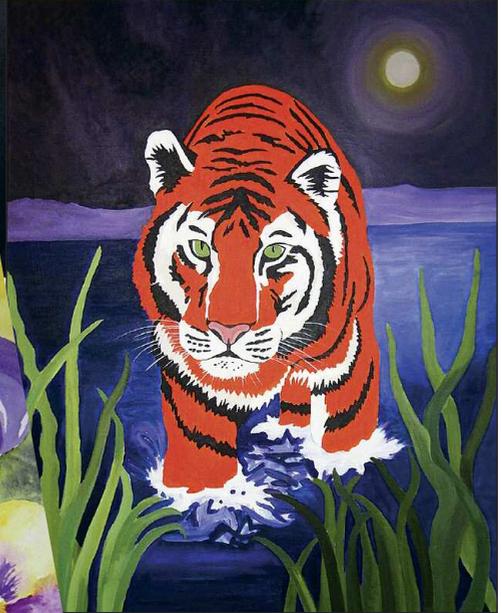
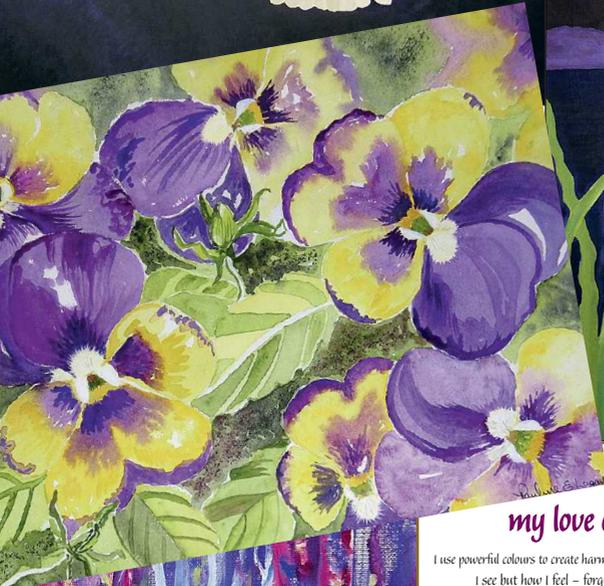
I am amazed that the Club has been going for 25 years, which must mean all the work we did developing the idea, persuading British Rail to sell, organising the funds and persuading the village to accept twopence on the rates, the lottery and other fund-raising for the development must have been nearly 30 years ago! The Bowling Club members should be proud of their achievements in expanding on the foundations provided by the addition of the clubhouse and keeping the support of the members. I hope and expect that they will continue for many years to come. Please pass on our best wishes for the future.

Kind regards,

Roger

WOOLPACK ART EXHIBITION IN HARDKNOTT BAR DEDICATED TO SEASCALE ARTIST PAULINE

Displayed throughout
November and
culminating in a
"meet the artist"
afternoon on
Sunday 1 December



My Inspiration: my love of flowers, animals and nature

I use powerful colours to create harmonies between the most striking extremes. Painting for me is not necessarily about what I see but how I feel – forging a relationship with the senses. The colourful waves of a bright dream.

I enjoy working with many different media, especially acrylic inks for their intensity of colour.

By using acrylics I can bring the canvas to life with strong and vibrant colours.

Some years ago I decided that realism and pure draughtsmanship applied to art was not for me, as it can easily appear cold and sterile. Instead, I pursued my instinct to portray the colour, excitement and movement inherent in the simplest of subjects.

I believe that excitement and drama can be conveyed when there are no spatial restrictions.

I love the freedom of working with large canvasses where I can apply my emotions without inhibition. The paintings I most cherish are those where I worked with speed, letting my instincts flow on to the canvas.

As a child I enjoyed creating images and won many art competitions.

I went on to become a trained florist and businesswoman. I'm a member of the Carlisle and Cumbrian Artists.

Most of my works are signed with my previous married name Pauline Lagan.

Pauline Elizabeth Sanders



The Inn is open as usual with an extra **50 wines by the glass** to choose from every day over our wine festival weekend

woolpack inn



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Just a sample of the delights available at the foot of Hardknott Pass from new Chef Craig Niven

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West Cumbrian Beef Burger

with tomato relish & rocket served in ciabatta

Woolpack Club Sandwich (triple layer)

a twist on a classic with bacon & roast chicken from the woodburner

Homemade Scone

with cream & strawberry jam

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& FARMHOUSE DINING ROOM

Roman Platter

cold meats, olives, antipasti, fresh mozzarella, pesto and vine tomato salad, with homemade bread

Posh Scampi

tiger prawns in beer batter with homemade fries and a small salad on the side – tart sauce & chilli dip

Cumbrian Broth

Herdwick mutton, root veg, pearl barley & fresh herbs with fresh radish crudities

Pan fried Taw House Fillet Steak cooked to your taste and butterfly local Langoustine

oven roasted with garlic butter vine ripe red tomatoes w sea salt, cracked black pepper & olive oil from the woodburner oven, thick cut duck fat chips

Hot Chocolate Knickerbocker Glory for 2

Sticky Toffee Pudding

dripping with toffee sauce

**Christmas Parties
Bookings now being taken!**

LIKE to know a bit more about wine?

Then the ideal opportunity presents itself this autumn... come to the **Eskdale Wine Festival, at The Woolpack Inn**. It is timed perfectly as new wines appear in time for Christmas, in particular Beaujolais Nouveau which is officially released on the third Thursday of November each year so we've coincided that with the first night of the Festival which runs from **21-24 November, Thursday to Sunday**.

Now in its third year and rapidly growing in popularity our festival has more than 80 wines to check out. We will help you discover those that you'll adore and match them perfectly with the foods you love... or vice-versa and we'll tell you where and how you can get them.

Across the four days there'll be experts to tell you about the different wine regions, grapes and characteristics; some fabulously locally-sourced food, cool live music and some great entertainment and competitions.

For instance Saturday evening sees a seven-course locally-sourced meal with wines carefully matched to each course and on "sparkly" Sunday you can find out all about the world of fizzy wines.

Enjoy sampling our variety of wines by the glass or simply savour a glass with your meal anytime over the weekend.

So join us to celebrate the world of wine, buy some great wines and improve your knowledge. Entry's only £5, with a glass of Beaujolais on arrival and a souvenir wine festival glass to keep. You can then purchase tokens to sample the wines on offer; £5 for 3x50ml tokens or £10 for eight.

There're also some great stopover deals. See website: www.woolpack.co.uk and click on 'Events' or telephone 019467 23230 for more information.

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THE HONEY COLLECTIVE

The Honey Collective was recently formed from a group of Jamsideuppers and Butterside downers. We all met at the Seascale Jam Side Up Jazz Club.

We formed for this year's WOW Fest organised by Judith Jones and played two days as a 10-person strong band. A scaled down number of us recently played at Embleton Spar Hotel for a charity event supporting The Centre for Complementary Care Ravenglass. We are happy to support any charitable events but it all depends on who is available to play at the time as to the size of band we can offer. 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.

Rarely do we get the chance to perform all together in a rehearsed performance so when we get a booking we look forward to working towards it.

Marian Finn



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2ND SEASCALE METHODIST BROWNIES

Nights are coming darker and that can only mean one thing – winter is on its way. That means that we have a tight schedule this term. Over the next year we are working on our 100 years' challenge badge because in 2014 brownies will be 100 years old. This is a special moment in the history of Girl Guiding and to mark this special event both Cumbria North and Cumbria South are coming together for an extraordinary event at Muncaster Castle in May.

Between now and Christmas we shall be painting, decorating and planting plant pots, entertaining the women's outlook and reminiscing about how brownies used to be. We also have a dark evening planned; this is one of our challenges for the 100 years' badge. We have to hold a blacked out evening as if we were in 1915 during the war, with no electricity. This may prove difficult as we also have to make a craft with the lights out.

Brownies is for girls aged between 7 and 10, our meetings are on a Tuesday night between 18.15 and 19.30 in the Methodist Church Hall. Anybody that would like to join please get in contact or come to a meeting and we will be happy to help.

There isn't really much to report this time around but once next year is under way there will be plenty of updates due to it being our 100 years.

We hope that you all have a safe and happy Christmas, and good luck for the New Year.

Sarah Huddleston: saz_huddy@hotmail.co.uk



Flashback: Furness Railway Loco No.62 at Seascale c.1910-1914. (J.B. Wrigley)



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Question Time regarding Electricity at SEASCALE

By far the most illuminating part of the brief meeting at Seascale on Tuesday night on 2 July was question time, and the most pertinent question was that asked as to the relative costs of running an electric and a gas light. It is an awkward sort of question to answer off hand without a knowledge of the gas. But if we give a rough idea of the cost of running an electric light of average illuminating power, it may enable the residents of Seascale and St. Bees for that matter, to compare costs.

A 60-watt electric lamp of the gas filled type gives an average value of 100 candle power, a great deal more light than the average single burner incandescent gas light burning high grade gas. The electrical unit is the kilowatt-hour, which is the amount of electrical energy used when 1000 watts are consumed in one hour, 100 watts in 10 hours or 10 watts in 100 hours. One 100 watts (160 candle power) lamp, therefore, will consume one unit in 10 hours, and if current costs 8d per unit, it works out under a penny per hour, a 60-watt lamp (100 candle power) will consume one unit in 16 hours, or at the rate of a halfpenny per hour. But a 30-watt lamp gives ample illumination for a bedroom or small kitchen at a quarter penny per hour, while for halls, passages and landings, lamps can be obtained consuming from 10 to 25 watts at an average illuminating value of one watt per candle power.

For heating and cooking purposes, comparisons are not easy. An electric iron consumes about 350 watts, a grill from 600 watts and an electric fire from 1000 to 2000 watts, or one or two units per hour respectively, according to size. The fire will cost, at 2d per unit, from 2d to 4d per hour, and is more economical for short periods than coal. For long periods the coal fire is the most economical. With gas at 8s 4d per 1,000 cubic feet, we should think that electricity at 2d per unit is cheaper for cooking, but where gas is less than 54s per 1,000 cubic feet it will be cheaper than electricity for that purpose.

NB: A price of 2d per unit in 1930 compares with 0.6d per unit in 1960 and 16.3d per unit or 6.8 pence per unit in 1997 and in 2010 it was 15.3 pence or 36.7d or old pence per unit.

bedrooms. This system ran until the mains electricity arrived. It is understood that the Vicarage and church were lit by a similar arrangement.

The Boys Preparatory School July 1930 – “The electric light installation is now practically complete and we hope to have a “switching on” ceremony before the end of term. It will be a great boon during the dark months especially in the carpenters shop and gymnasium. In these places we have special “bulkhead” fittings to avoid light bulb breakages”.

Much of the installation work needed for the arrival of the ‘new’ electricity was carried out by the local tradesmen. This would have needed a level of conversion training from such jobs as plumber or joiner after either reading a copy of ‘Everyman’s Electricity Manual’ or even attending a short course at the nearest Technical College, such as the college on Abbey Road in Barrow in Furness. Installations were very basic consisting of pinning lead covered cable to the wall with a ‘buckle’, mounting the light switch on a wooden base that was screwed to the wall, then taking the cable to the centrally located light fitting by making holes in the ceiling and running the cable between the joists. Eventually the cables pinned to the wall were covered with wallpaper.

The building of the new houses in Seascale starting in about 1957 put a great strain on the local supply network and it was quite common to have power outages during the winter months particularly at times of bad weather – always blamed on salt on the transmission line insulators. Power cuts were common in various parts of the village or indeed the whole village. It was very galling to see lights on in other parts of the village when you had been sat using candle power for several hours. It was not uncommon to see people taking pans of food to friends living in those areas that still had their lights on. Emergency lighting from car batteries and cooking systems based upon camping stoves were available in those houses whose occupants had a technical bent.

Slowly things improved with many small schemes put in place to improve the reliability of the mains supply such as the new electrical sub-station at Moffat’s corner. One of the last improvements in 1983/84 was to have an improved supply coming from a £35,000 scheme to install a new primary sub-station at Carleton, Drigg. This would isolate the area to the south of Drigg from the Seascale area and thereby improve the regulation of the local supply in both places.

Nev. Ramsden

FOOTPATH 426002

This is the public footpath from the School to the Golf Course – sometimes called the ‘Cringley Well’ path.

There have been many recent improvements to this path. Earlier this year much work was done by the County Council. In the middle section the excessive amount of overgrown vegetation was cut back. At the lowest point near the beck (the site of the old well?), some new walkways were installed. Two large, A frame type, stiles have been replaced by wicket gates. These small gates make things much easier especially for families with very young children; and also for pensioners – some of whom found the old stiles rather difficult. During the last few weeks some local volunteers have been in action trying to keep the path clear of brambles etc so it can be a pleasant walk for everyone.

From the east end the path leaves the public road to the south of the school. There is a wooden signpost here. It follows the track (lonnin in Cumbrian), around the corner to the point where two paths cross near the farm buildings. You are then on a path down hill to the lowest point in the wooded area near the stream. The walkways lead you to the first of the new wicket gates. This gate is from the lowest section into the field. The route then continues westward; across the field, up the hill and soon a sign post and the second gate is seen. This



leads onto the bridleway (426020) alongside the Golf Course. A left turn here will lead the walker back into the village.

If you are wondering about the number; this arises from the County Council system and these numbers are shown on all the large scale right of way maps. The first digit indicates the borough – 4 being for Copeland. The 26 is the parish number – Seascale. The last 3 digits are for the footpath number within the parish. There are only 22 public rights of way in Seascale so all numbers in the parish start with 4260.

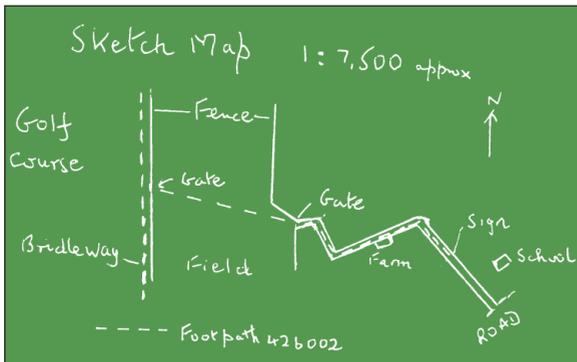
FOOTPATH MAINTENANCE

After our appeals in the last two magazines for volunteers to help with footpath maintenance a number of enthusiastic people have come forward. Encouraged by much better weather this summer than last they have been able to make inroads into the wildernesses that our footpaths had become.

Work has been carried out on sections of Footpaths 426001, 426008, 426018 and 426002. This last path has also had extensive renovations carried out by Cumbria County Council as part of the Beach Improvements programme.

We are very grateful for the efforts of the volunteers and parish councillors who have worked so hard. Seeing the difference you have made may encourage others to come forward; contact Martin Bibby on 21294 if you enjoy aggressive gardening!

Helen Pateman



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Timetable 2013-2014

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We are open as usual from 6 January 2014

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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 Water 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

Closed

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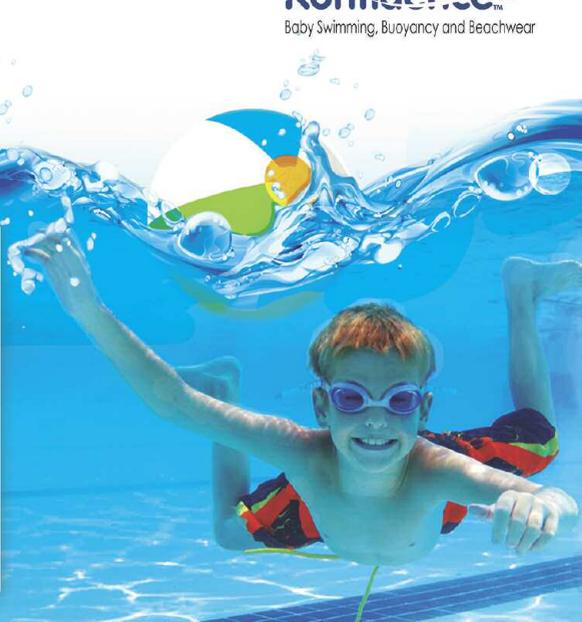
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or

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Fan of Melon

with seasonal fruits and Lemon Sorbet

Garlic Mushrooms

mushrooms cooked in cream and garlic, topped with parmesan and baked in the oven with salad garnish and crusty roll & butter

Roast Turkey with all the Trimmings

Duck Breast

on a bed of braised red cabbage, drizzled with a cranberry and orange sauce

Belly Pork

rolled and stuffed belly pork with pork tenderloin and herbs, topped with apple & stuffing and drizzled with a pork jus

Fillet of Salmon

with a prawn sauce

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Christmas Pudding with Brandy Sauce

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with Coffee and Mince Pies

£18.50

GIRLGUIDING

RANGERS

The summer term was ruled by exams and school trips, but we did manage to fit in a fitness project, most of which we were able to organise at the local playing field. Two of us went on a school trip to Morocco. We took part in a service project (rebuilding a road) and also climbed to the top of Mt Toubkal which at 4,167 metres is the highest mountain in North Africa. Lots of the skills that we have learned as Guides came in handy while we were away, especially the ability to work as part of a team. We were also used to making the best of basic living conditions! Another of our members went with a group of Rangers from Whitehaven, Keswick and Cockermouth to an international jamboree in Belgium. She met Scouts and Guides from all over the world while taking part in loads of different activities.

We also dropped in on the Guide meetings from

GUIDES

The end of our summer term saw us spend a weekend at Ennerdale enjoying the great outdoors. The weather was beautiful and we enjoyed many activities, all held together with many stops for drinks and homemade cake! The weekend saw several Guides and two leaders make their promise to do their best and follow the Guiding laws. It is a special moment and shows young ladies making a real commitment to this organisation.

The end of the summer also saw us say goodbye and thank you to our leader Sue Smith who has worked with the Guiding Association for a number of years and she has certainly shown 'true commitment.' A huge thank you goes to her for all her dedication and we wish her well in the future.

Our new term has started well and we have more fun and interesting nights to come. We held a 'crab fair' themed night and enjoyed exploring the history about this local event as well as apple bobbing, wheel barrow races, dressing a crab fair queen out of newspaper and even gurning! We are already planning some Christmas activities including craft evenings, supporting St Marys church Christmas fair in Gosforth and of course a Christmas party!

We would love to hear from anyone interested in leadership in the Guiding movement or likewise any girls interested in joining.

Lindsey Martin 27529

time to time, and were able to join in their end of term meeting.

We started this term by welcoming four new members, all who have come up from the Guide Unit. They have been Rainbows and Brownies too, so understand what Guiding is all about! Our first task was to plan our programme. We do this in various ways and this time just wrote down any thoughts that came into our heads on a large piece of paper. Each person then circled the activities they were most interested in and we formed our plan for the term, making sure that everyone is happy to have a go at everything, even if it is not their thing.

Team building was the first challenge and we decided that a good way to get to know our new members was to go out for a meal – so we hit Zest in Whitehaven! As we are all aged between 14 and 18, we were very grateful to our parents for transporting us. Our meeting the following week involved more formal team building activities.

Some of our other plans for the term include a campfire night, a talk on teenage issues, Trangia cooking, dance and an activity based on our new Guide Promise. We would also love to learn some street dance/hip hop and if anyone out there is willing to teach us, please could you get in touch.

Ellie Dunne, Leader in Training

Email: elliemay_cfc@hotmail.com

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CAMPDOWNE 2013



Twenty one Scouts, six leaders and a mountain of camping equipment flew the flag for Cumbria at an International Scout and Guide Camp at the beginning of August.

2nd Seascale Scout Group attended Campdowne 2013 in Kent, where as well as meeting Chief Scout Bear Grylls they were able to try a number of adventurous activities including abseiling, archery, quad biking, canoeing, aerial trekking, circus skills, sailing and the ultimate Leap of Faith – launching themselves off a 15-metre high platform towards a suspended bar.

A day visit to London provided an injection of culture, evenings saw them participate in a Mardi Gras Festival and have a snowball fight during the Winter Wonderland extravaganza and the camp's overall Carnival theme saw them running a 'Best of

Cumbria' area, where other scouts got to herd sheep, Gurn, Cumberland Wrestle and get to grips with the Cumbrian dialect!

Equally importantly, the camp gave them a glimpse of life beyond West Cumbria with the opportunity to meet scouts from various countries including New Zealand, Australia, Korea, Ghana, Holland, Sweden and Belgium. 2nd Seascale were also lucky to host 'GWEN', (Group Wadi El Nil), a scout group from Egypt. Providing camping equipment and facilities for the visiting group enabled GWEN to participate in the experience as well, but 2nd Seascale Scouts also benefited. GWEN and 2nd Seascale have a link that will last for years to come and the groups look forward to staying in touch and hopefully meeting again in the future.

"This was a fantastic experience for the scouts,"



said Neil Henderson, 2nd Seascale Group Scout Leader and Campdowne Veteran Tree Climbing Champion 2013! "A lot of the activities are ones we simply can't provide ourselves, and the opportunity to join 2,000 other scouts is one that doesn't come along very often."

"As you can imagine, the logistics of organising the camp were immense. We had to transport 27 people and enough tents and camping equipment for 45 people down to Kent. To raise money to meet the costs of transport and attendance, the scouts carried out a number of fundraising activities including a sponsored swim, a 'Bags to Scouts' clothing collection and various other activities. However the camp wouldn't have been possible without the generous financial support we received from the National Nuclear Laboratory, the Low Level Waste Repository, Mid Copeland Neighbourhood Forum and the West Lakeland Rotary Club which we were very grateful for."

"We had a great week at Campdowne," said Scout Daniel Potter. "The best bits for me were the aerial trekking, kayaking and making new friends, but it was all brilliant!"

"Campdowne was awesome because it was different to any other camp I have been on." explained Reece.

"It was excellent, I enjoyed every part of it, especially crate stacking, bungee trampoline and the Zip Wire. It was also fun to meet people from different countries." said Jessica.

"It was the best week ever and an unforgettable experience," added Tyler Moore, a view echoed by not only all the Scouts but the Leaders too. *"We can't wait for the next one!"*

All Leaders were extremely proud of 2nd Seascale Scouts. They participated in challenging activities, and came joint 2nd in the Sub Camp's 'Ready Steady Cook' Competition.



It was great to see them achieve personal goals – for some, this was attending Campdowne, and for others it was climbing 15 metre poles and jumping off.

Why do we volunteer?

"To make adventures like this happen!"

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info@seascalescouts.org.uk**



Christmas Lunch

Christmas Dinner

Served from 6.30 to 8.30pm

To Start

Soup of the day with crusty bread (V)
Prawn cocktail (add £1)
Garlic mushrooms (V)
Thai fish cakes with sweet chilli dipping sauce
Thai chicken satay with peanut or chilli dipping sauce

Main Course

Roast turkey with all the trimmings
Prime roast beef with red wine gravy
Pan fried salmon steak
Thai Red Curry with mixed vegetables (V) (roasts are served with potatoes and vegetables of the day)

Sweets

Christmas pudding with brandy sauce
Lemon meringue roulade (GF)
Sticky toffee pudding
Citrus cheese cake

Drinks from the bar, coffee & tea etc are extra
£16.95 per person (£10 for the under 12's)

Pre-book menu for parties of more than six please. We can cater for parties of up to 30 with this menu, with a reduced choice for larger numbers. V = suitable for vegetarians
GF = gluten free

To Start

Soup of the day with crusty bread (V)
Thai chicken satay with peanut or sweet chilli dipping sauce
Thai fish cakes with sweet chilli dipping sauce
Gambretti
Garlic mushrooms
Toasted ciabatta bread topped with goats' cheese (V)

Main Course

Roast turkey with all the trimmings
Prime roast beef with red wine gravy
Pan fried salmon steak (roasts are served with potatoes and vegetables of the day)
Pizza Alpina (V)
Pizza Gourmet

Sweets

Christmas pudding with brandy sauce
Lemon meringue roulade (GF)
Sticky toffee pudding
Citrus cheese cake

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SEASCALE CRICKET CLUB 2013 SEASON REPORT

The First XI had yet another good season finishing 6th out of 12 in the North Lancashire and Cumbria Cricket League Division 1.

The season kicked off with an exciting win at home to Penrith Reserves. Penrith made 173/9 in their 50 overs, Seascale skipper Steve Brown Snr taking 4/55. In reply, the home team took the win by just 1 wicket. Daniel Lee (35) and Steve Brown Jnr (29) top scored for Seascale but it was left to veterans Phil Knott (15no) and Steve Brown Snr (2no) to knock off the winning runs in an exciting finish.

A 50 run defeat the week after at Dalton was followed by a close win away at Vickerstown the week after. Seascale made 123/8 which was to prove enough as Vickerstown were bowled out for 114, Lee Fleet taking 4/30, the winning margin just 9 runs.

After a couple of washouts against Cockermouth and Workington Reserves, next up were local rivals Egremont at home. Seascale batted first and got off to a slow start but recovered to post an excellent 261/6. Lee Fleet top-scored with 97no but the acceleration came from Steve Brown Jnr who hit 93 in 45 balls. In reply Egremont looked to be cruising to the win at 200/3 after 35 overs, but the introduction of spin saw the last 7 wickets fall for just 31 runs. Steve Brown Snr (4/25) and Lee Fleet (3/32) did the damage as Seascale recorded a famous win. Ironically this was the only game Egremont lost all season as they went on to win the Division 1 title and gain promotion to the Premier League.

Next up was Cleator Reserves who batted first making 125, Clayton Lee (3/24) and Steve Brown Jnr (3/16) amongst the wickets for Seascale. Daniel Lee (37) and Andrew Knott (27) then helped knock off the runs in a winning reply of 126/6. There followed a disastrous loss the weekend after at home to Lanercost. Seascale batted first and collapsed to 88/8 but eventually managed to get to 189/9. This was to prove inadequate as Lanercost took the points on 191/6.

Kirkby at home was next up but the game was spoilt by the weather just as Seascale were about to



Seascale skipper Steve Brown Snr being presented with the Downtown Deli Cup by WACCA League Chairman Neil Carruthers.

knock off the runs. Kirkby had been bowled out for 155, Steve Brown Jnr taking 3/44 and Seascale were poised on 150/5 with 20 overs left when the rain got too bad. Clayton Lee top-scored with 37.

Ulverston the week after was also nearly rained off after Seascale had bowled the home team out for just 92, Daniel Lee taking a season best 6/16. Seascale eventually took the points on 93/5 despite 5

interruptions for rain.

The following week saw another rain affected game at home with Seascale in a winning position. Cleator Reserves had made 200/6 in 50 overs but Seascale were well on target to win on 133/3 off just 15 overs. Daniel Lee had hit 79 in the Seascale innings before the rain came and the match was abandoned. Another loss to Lanercost followed the week after – Lanercost were bowled out for 131 (Daniel Lee 5/33) but Seascale collapsed to 93 all out, their lowest score of the season.

It was back to winning ways the week after with a great win at home to Vickerstown. The away team batted first and were all out for 191, Daniel Lee taking 4/41. Daniel also proved a star with the bat carrying his bat with 95no as Seascale took the points on 196/4.

The following week saw another highly exciting finish this time away at Cockermouth Reserves. Seascale were put into bat and got off to a good start thanks to Adam Brown (46) and Daniel Lee (68) but the innings subsided to finish on 173/9.

In reply, Cockermouth were cruising to victory on 150/3 after 40 overs but an excellent spell of bowling by Lee Fleet (5/26) saw Cockermouth bowled out for 172, the winning margin for Seascale just 1 run.

For the next 4 weeks the team suffered 4 consecutive losses but gave a good account of themselves in all 4 games.

At home to Workington Reserves, they made 217 all out thanks to Adam Brown (80) and Lee Fleet (54), but Workington took the points on 220/7.

Away at Egremont, they made 164/8 with Clayton Lee (45), Lee Fleet (39) and Phil Knott (35no) top-



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CRAFT FAIR

I am having a craft fair in aid of ‘Give Us a Break’ on Saturday 16 November in Gosforth Village Hall, from 11am until 4pm. There will be refreshments and a raffle. See you there!

Paula

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TOP BATSMEN (league games only)

NAME	M	I	NO	CI	TR	HS	AVERAGE	Ct/St
1. S. Brown Jnr*	14	13	3	10	362	93	36.2	3
2. D. Lee*	17	14	1	13	423	95no	32.6	7
3. L. Fleet*	16	14	1	13	360	97no	27.7	5
4. C. Lee	17	15	5	10	262	103no	26.2	2
5. A. Brown	17	17	0	17	405	80	23.8	8
6. R. Sparshott	13	13	1	12	258	72	21.5	4

**Qualify for League averages*

TOP BOWLERS (league games only)

Name	O	M	R	W	BEST	AVERAGE
1. S. Brown Snr	80.5	8	287	20	4-25	14.4
2. J. Stubbings	67.3	12	209	13	3-39	16.1
3. L. Fleet	108.2	12	394	23	5-26	17.1
4. D. Lee*	235	54	667	35	6-16	18.9
5. S. Brown Jnr	128.1	27	436	18	3-16	24.2
6. C. Lee	104.3	9	523	18	3-24	29.1

**Qualify for League averages*

scoring. Egremont then performed very well with the bat taking the win on 166/2.

At home to Hawcoat Park, Seascale made 230/9, Robin Sparshott hitting 72 and Lee Fleet 54, but then couldn't stop the flow of runs to prevent Hawcoat Park taking the points on 236/7.

And finally at home to Ulverston, Seascale were bowled out for 136, Adam Brown top-scoring with 37. Daniel Lee then took 6/46 but Ulverston held on to take the points on 137/9 winning by just 1 wicket. With points at the top of the Division very tight, a Seascale win that day would have seen them swap position with Ulverston at the top and ultimately get promoted to the Premier Division.

The last game of the season was away at Penrith Reserves. Seascale opted to bat first, Adam Brown (45) getting them off to a good start before Steve Brown Jnr (73) and Clayton Lee with his first ever century (103no) saw Seascale to an impressive 331/5 from their 50 overs. In reply Penrith batted out for the points on 190/7.

So, all in all, a very good season, won 7, lost 7, would have won the 3 games affected by the rain part way through and 5 games abandoned without a ball being bowled.

The Club continued to field 2 teams in the local midweek league known as WACCA (West Allerdale and Copeland Cricket Association).

The first midweek XI play as the Windscale Club in Division 1 of WACCA and finished mid-table, but did win the 'Downtown Deli Cup' (WACCA's premier cup competition) for the 3rd time in 4 years.

The second midweek XI play as Seascale Juniors in

Division 2 of WACCA and also finished mid-table.

The team runs mainly in order to bring on the Club juniors and several of them have contributed to the team this year: Harry Whitfield, Jake Huddart, Connor Lloyd, Reece Robinson, Kurt Bagley, Luke Birchall and Kieran Kennish have all played at various times during the season.

The Club also put an under-15 team in the local Junior League but they only managed to play 4 games throughout the whole season. This was for various reasons, partly due to the weather but also due to opposing teams crying off for fixtures. It may be that we enter a second XI in the Cumbria Cricket League next season in place of this team because of that reason.

There's still a thriving Junior section at the club. In addition to the under-15s, there's been upwards of 30 or so juniors, mainly under-11s, attending junior practice on Tuesday nights. There's a hope that we will enter an under-11 team in the local Junior League next season.

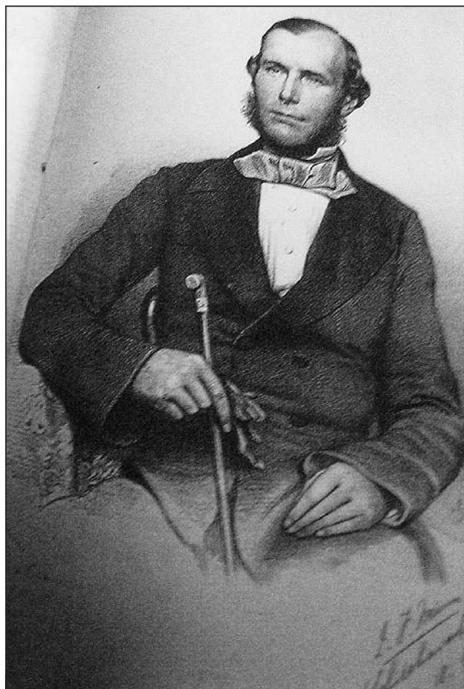
The Club will once again be holding its annual Christmas 'Do' at the Windscale Club. This year it's on Saturday 14 December (2013) with rock guitarist Graham Brown once again providing the entertainment. At this stage we are hoping he will be accompanied by the female vocalist from his rock band but this will be confirmed nearer the time. Tickets will be available from behind the bar at the Windscale Club or from committee members (tel: 28352, 28292, 27864) priced at £6 each.

Steve Brown Snr

Seascale CC First XI Captain

Come and discover Whitehaven's meteorologist and astronomer.

JOHN FLETCHER MILLER (1816-1856)



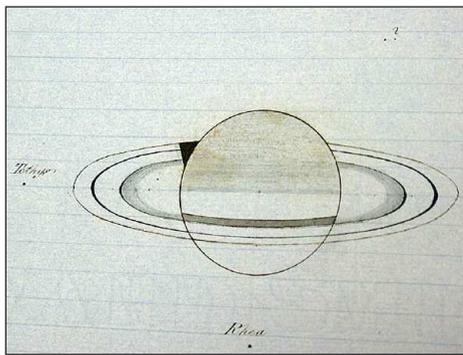
Have you ever dreamed of having the opportunity to unearth hidden treasure, or to embark on a voyage of discovery where every twist and turn will inspire and delight you?

It may sound like the plot of a cinematic blockbuster, but this November you will be able to join in the adventure – and you won't even have to travel more than a few miles from your home.

This particular journey will begin at Whitehaven Archive and Local Studies Centre, Scotch Street and will take you to the furthest reaches of the Lake District and deep into the heart of the Milky Way. And that's just for starters.

"We are doing some exciting things here to help people to unlock the archives and discover stories, facts, people and places which are part of our community," explained Area Archivist Catherine Clark. "It is all part of a new campaign to highlight that visiting an archive can – quite literally – take you on an adventure, and you may end up discovering much more than you imagined."

Whitehaven Archive and Local Studies Centre is joining in this campaign by creating a "story box" featuring records, newspaper cuttings, photographs and so on, which will allow visitors to unearth the story of Whitehaven-born meteorologist and astronomer John Fletcher Miller. "When you open the box you will discover all kinds of things about the life and work of this extraordinary man," said Catherine. "He was elected a Fellow of the Royal Society and was regarded as one of the foremost meteorologists of his age. He collected data from equipment he had set up all over the Lake District. He also built the observatory which used to stand on



Wellington Row near St James' School in Whitehaven and from there he observed the night sky.

"We have many of his beautifully hand-written ledgers here at the Archive Centre. He began keeping records from the age of 15. These books are full of amazing accounts of extreme weather affecting West Cumbria, descriptions and drawings of eclipses and auroras as well as oddities of the natural world."

The Explore Your Archive campaign will run from the week of 16 November, but this is just the start, says Catherine.

"Through exploring the life and work of John Fletcher Miller you will also be able to get some pointers and great advice about researching your own family history, historic event or person and bring these stories to life. And you can discover what a



treasure-house Whitehaven's Archive and Local Studies Centre is."

Interested? Simply drop in during the week of 16 - 22 November or join the staff at 2pm on each week day for free family history tasters.

For more information see www.cumbria.gov.uk/archives

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WEVA TRIP TO ST MARTIN

WEVA is the twinning organisation between the Gosforth , Seascale and the Wasdale & Eskdale valleys and surrounding areas with St Martin d'Auxigny in Central France.

WEVA's latest visit to St Martin was August 2013. And what a visit it was. This was the fifth visit and the first to take place in the summer holidays. This timing was chosen since St Martin was hosting the area's Comice, a sort of agricultural show, an event which only comes round every seven years. Our invitation offered us

the chance to participate in the event. The theme for the year was music and dance around the world. Usually only the participating villages are allowed to enter a float but exceptionally the Twinning Committee was allowed its own float; the theme was, obviously, England, although Cumbria featured



prominently. We were asked to come dressed accordingly!

With the help of GADS wardrobe department and friends the twenty members of the group managed to sort costumes and get them there (and back) – not the easiest of tasks if you are travelling by train. Was rather easier for those of us who

travelled by car.

By Friday evening the whole group had arrived and was settled in friends' homes. The Saturday saw events begin with a ploughing contest, for vintage and modern tractors, even including a pair of oxen. There were the usual livestock exhibits, but no judging (there

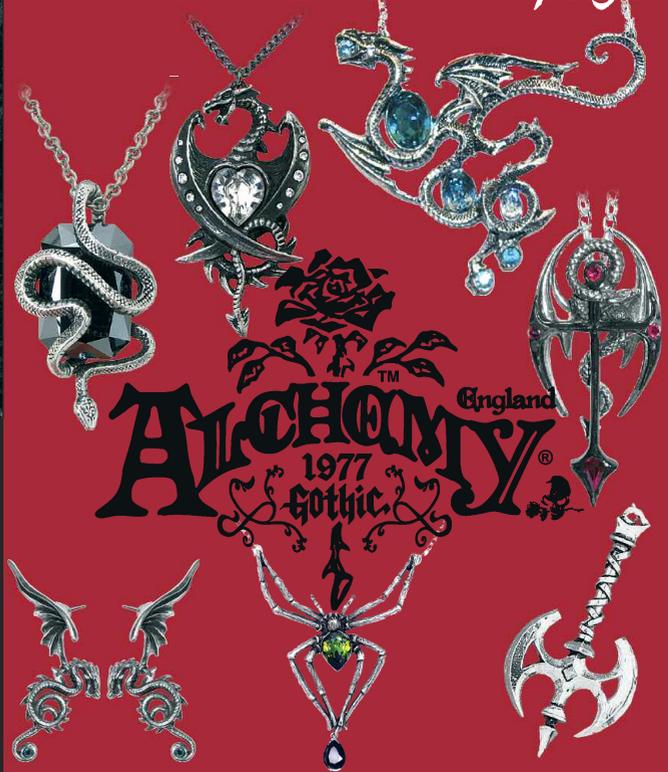




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In Crazy Horse's shop find bath bombs, costume and body jewellery, scarves, fairies and dragons, watches, scented candles, Egyptian and Buddha figurines, native American and Gothic gifts, fantasy greeting cards. And much more.



13 Market Place ~ Egremont
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is very little livestock farming in the area) and even a fair. Most of Saturday however was spent inside – the special Comice lunch saw us meeting up with many old friends, and a few new ones, over an excellent buffet and a few bottles of local wine. By the end of the afternoon most of us opted to return to our hosts for a snack, or another full meal, according to appetites, before going back out that evening for a spectacular fireworks display at the local (small) lake. St



Martin had not held the usual firework display on July 14th this year in order to have a larger budget for this one, and it certainly showed. This was followed by a candlelit walk back to town, led by l'Indépendante, the town band which came over last year with all the children, and a few adults, carrying lanterns.

Sunday dawned, rather late and very grey. The rain held off for the open-air mass, although the drop in temperature made more than a few glad of offers of scarves. Early afternoon was rendez-vous for the parade and the first opportunity for anyone to see all our costumes – and have a look at some of the other floats and costumes. Some were certainly eye-catching. All can be seen on Youtube – Comice 2013 St Martin d'Auxigny should bring them all up.

The drizzle began as the parade set off, all the way up the main street before a welcome pause at the apple factory and then back again. However twelve floats plus ten bands plus a (real) Russian dance troupe takes a long time to get anywhere. The drizzle had become heavy rain by the return, which speeded things up a little, and had many of the spectators assuming we had brought the weather with us. But we were all soaked together and had passed a memorable few hours.

Monday had a choice of activities – a garden visit or a guided walk in a part of the area none of us had visited. Both started with a picnic, only slightly damped by a slight drizzle which then cleared to allow both activities to take place in sunshine. The evening saw the traditional get together of all involved; the exchange of official presents and speeches took little time, leaving more time to profit from the last chance to talk with friends for another year. One memorable moment was the apology their

president, Stéphane Pain, had to make; despite his name he had forgotten to order that essential for any French meal – bread!

Tuesday was the last full day and, as usual, was left free for host families to arrange whatever activities seemed best. That evening however the young (8-15) Russian dancers were to give their farewell performance. They had been in France to perform at a couple of folk festivals and had been invited to stay in the town for six days, hosted by local families. Google translator had apparently been much used. Their performance was amazing, their talents and pleasure at dancing were a very real pleasure to watch. And the performance was free, donations made gave them some pocket-money for their return. The group photos of dancers and hosts at the end showed just how warm the relationships had become in such a short time. And then, at eleven o'clock they were on to their coach for a three-day ride to the nearest station to take them another day's train ride home. And they say the world is becoming smaller! The same Youtube site should let you see extracts from this performance.

For our group the visit ended the following morning, the train travellers left for home followed by those travelling by car, who went home, some directly others far less so.

We will be hosting a group from St Martin next year, at a date to be agreed. On 21 November we will be holding our AGM and dinner at the Red Admiral Inn where we'll be showing our own photos and videos of the visit. Let Graham Hutson (25477) know of your interest and you will be invited to come along. The dinner will cost £20 per person.

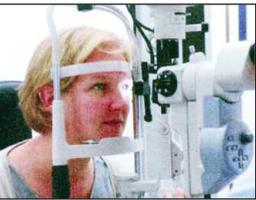
Graham Hutson

LOOKING AFTER YOUR EYES

1. Why are eye tests important?
2. How often should you have an eye test?
3. Who is more at risk?
4. How can you look after your eyes?
5. What are cataracts?
6. What is Glaucoma?
7. What is macular degeneration?
8. How many people wear contact lenses in the UK?
9. What are the two types of contact lenses?
10. Name two activities that can cause eye injuries?

Answers opposite

You should have eye tests every two years not only to check your vision but also because many general health problems can be spotted early this way. This is especially true for those that are:



- ◆ Over 60 years
- ◆ From certain ethnic groups e.g. African-Caribbean communities are more vulnerable to glaucoma whilst South Asian communities are more likely to get diabetes which can damage their retinas.
- ◆ Have learning difficulties

- ◆ Are from a family with a history of eye disease

Lifestyle changes that may help

- ◆ Give up smoking: smokers are much more likely to develop age-related macular degeneration and cataracts.
- ◆ Get moving: it might seem odd but exercise can reduce the risk of sight loss which can occur from high blood pressure, diabetes or hardening of the arteries.
- ◆ Eat healthily: a balanced diet with a wide variety of fruit and vegetables will help to keep your retina healthy



- ◆ Drink within recommended limits: heavy alcohol consumption can increase the risk of early age related macular degeneration
- ◆ Protect your eyes from the sun: looking at the sun can cause irreversible damage to your eyes and sunlight may be a risk factor for cataracts.

Common eye problems in older people

Cataract is a gradual clouding of the eye's lens but can be easily detected in an eye test and a simple operation can restore your sight.

Glaucoma is related to an increase in pressure in the eye that damages the optic nerve which connects the eye to the brain. It can lead to tunnel vision and ultimately blindness but if detected early enough can be treated with eye drops.

Macular degeneration is caused by aging. There are two types: dry which gets worse slowly and wet which gets worse very quickly. This is seen as an emergency in a hospital eye unit for prompt treatment.

Other risks to your eyes

There are also a number of activities that can be a common cause for eye injuries such as:

- ◆ In the garden where branches, soil or pond water getting in the eye can damage it.
- ◆ Using chemicals such as bleach, plant sprays, caustic soda though alkaline substances will cause more damage as they are absorbed faster.
- ◆ DIY especially angle grinding where tiny hot metal filings can shoot out.
- ◆ Sport particularly squash as the ball is a similar size to your eyeball so can dislodge it from its socket.

In all these cases it is recommended that safety glasses are worn to protect your eyes.

Contact lenses

Over 3 million people in the UK wear contact lenses. There are two main types, rigid gas permeable or soft. How you use and care for your lenses will depend on the type you have.

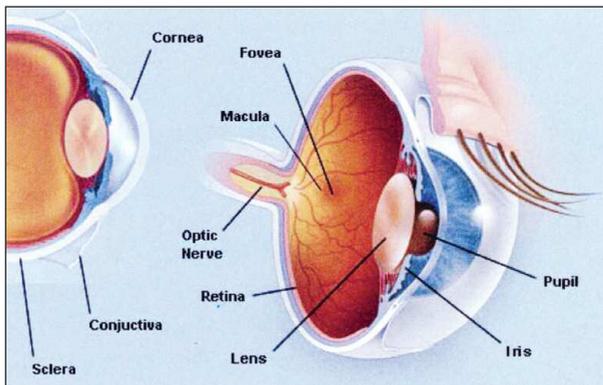
For reusable lenses it is essential that you disinfect them to prevent harmful bacteria building up on the lens. You should soak the lenses, using the appropriate solution, in a storage case for a certain time and never reuse the solution. It should be discarded and replaced with fresh solution each time the lenses are stored.



A dirty case is a major source of infection so you should rinse it, leave it open after use each day and replace it monthly. Clean the case weekly using a clean toothbrush and contact lens solution. With all types of contact lens you should always

- ◆ Wash, rinse and dry your hands thoroughly before handling your lenses
- ◆ Have an up to date pair of spectacles to wear when you need to remove your lenses
- ◆ Replace the lenses at intervals specified by your practitioner
- ◆ Seek professional advice if you're having problems with your contact lenses

Normal Eye Anatomy



Answers: Q1. Many health problems, as well as vision, can be spotted in an eye test. Q2. Every 2 years. Q3. People over 60 years, from certain ethnic groups, with learning difficulties, from families with a history of eye disease. Q4. Stop smoking, exercise, eat healthy, drink sensibly, protect your eyes from the sun. Q5. This is a gradual clouding of the eye. Q6. This occurs when an increase in pressure in the eye damages the optic nerve. Q7. A disease of the eye caused by aging. Q8. 3 Million. Q9. Gas permeable and soft. Q10. gardening, DIY, using chemicals, playing sport.



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SEASCALE RAILWAY STATION IN 1957 — AND A KIND STATION MASTER

My husband, David, recently got a post at Sellafeld and after a few, solo days at Greengarth he had found us accommodation with a Mr and Mrs Head. He telephoned to say that he would be waiting at Seascale Station for me and our baby daughter Gill. I can't remember now what time our train was due to arrive at Seascale but I still remember a very long journey from Swansea, changing at Crewe with a small child.

My father loved being on time and we had arrived at Swansea, High Street much too early. He put me on an earlier train and we said our sad farewells. I had never been to Northern England before and travelling through some industrial landscapes was an eye-opener. Being young and naive I couldn't help but wonder if Seascale was going to be like the outskirts of Warrington. The beautiful route along the coast after Barrow set my mind at ease.

I remember that a scarlet sun was setting over the Isle of Man and Seascale Church was lit up in a bright red glow as I stuck my head out of the window to see the approach to the place where we would live. Suddenly, a sharp gust of wind blew my new red velvet hat off my head and whipped it along the railway lines. That was that, I thought. A porter opened the carriage door and took my two suitcases and Gill and I stepped out into a 'Seascale Breeze'. Even in summer it felt very cold to a sappy southerner. A man approached me bearing a blackened, oil-soaked once red object. It was my new hat. He'd kindly picked it up from between the lines for me. I asked him to take it away – I didn't know whether to laugh or cry. There was no sign of a dear and loving husband. I felt very alone in a strange place.

The stationmaster appeared at my side. I do not remember his name but he was an angel. He asked where I was going and if someone was supposed to meet me. I consulted my piece of paper with the address on it and said my husband should be around but I was on an early train.

'Lakenhow', he said. "Yes, you'll be very happy up there. Come into the waiting room and I'll find you cup of tea. While you're drinking that, I'll get a man to



nip up to Lakenhow with your luggage and bring your husband back with him."

He magicked tea, biscuits and a glass of milk for Gill in a matter of minutes and it was not long after that David appeared all smiles to walk us up to meet Mr and Mrs Head who were lovely, helpful and friendly landlords. I shall never forget my first impressions of Seascale, my velvet head whisked away, my feeling of being utterly lost in a strange environment and the kindness of the Seascale stationmaster. I just wish I could remember his name.

Pam Clatworthy

SNIPPETS OF NEWS PAST

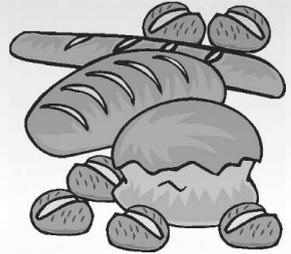
In the early part of the nineteenth century, the body of 'a well preserved male was recovered from Seascale Moss'. Unfortunately little was recorded about the find or what happened to the body. It is stated that the condition of the body was such that only skin, nails and hair remained. The hands looked like a pair of fine leather gloves, the nails were still in the fingers. Part of the skull still had hair on it, the left ear and feet were in excellent condition and the chin still bore a slight beard. A hazel walking stick had been placed by the man's side.

In 1874 fragments of a Bronze Age clay burial urn were recovered on a shingle terrace at Herding Neb, Seascale. This urn contained small bones. For a list of all prehistoric and Bronze Age finds in the area I suggest you consult a book published in 2000 A.D. *THE LOWLAND WETLANDS OF CUMBRIA* pub. Lancaster Imprints, in the publication series of Lancashire University. *Pam Clatworthy, Drigg*

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