

LINKING THREE PARISHES



SUMMER 2022



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LINKING THREE PARISHES



## Parish News

Publisher: Trevor Preece 019467 28449 07791 636407 trevor@trpub.net 2 Sella Bank, The Banks, Seascale, Cumbria CA20 10U

This year has seen a gradual move away from the restrictions of lockdowns to a return towards a more 'normal' way of life.

Seascale Parish Council has played its part by continuing to look forward to the opportunities of the future rather than dwelling on the issues and problems of the past. During the past year we have unfortunately lost 2 Councillors and I would like to put on record my particular thanks to Julie Savage, for continuing to act as the administrator for our CCTV system and for her input and support regarding the recent upgrading of the system. In turn we have welcomed 2 new Councillors, John Graham and John Spokes, who have brought a new perspective, enthusiasm and a strong commitment to the role.

During the year a group of parents recognised that updating and improvements were required to the BMX pump track. With the support of the Parish Council, and Councillor Lizzie Mawson in particular, they started fund raising and put together a successful grant application. Dawn Dennett took a leading role in the group. This means we will have a state-of-the art facility that we are aware is appreciated not just by local youths but by those in the surrounding area. Combined with the Beach and Coniston Park play areas, we have a range of activities that cater for children of a young age through to their teenage years. There are not many villages of our size that can boast the same.

Looking ahead there are exciting plans to develop the whole of the SRA playing field and surroundings into a coherent 22nd Century recreation area.

The Community Library continues to go from strength to strength and we are optimistic that the plans for development of the building into a Community Hub will make progress in the coming year.

From this we can see that there are exciting developments planned to enhance the village in the near future which also shows that for a relatively small Parish Council we 'punch above our weight'.

On the financial front, despite an unprecedentedly challenging financial environment, the Parish managed its precept within a -3.05% variance, i.e. expenditure was actually less than budgeted! There are not many councils who could say that in the last financial year. The most significant factor in this achievement was the decision to take waste bin emptying 'in house'. This saved the council over £3k compared with the previous contract and particular thanks must go to councillor Catherine Harvey Chadwick and her team for their hard work in delivering this service to the community so successfully. I would like to pay tribute to my fellow Councillors for their continuing dedication, enthusiasm and commitment and for the hard work a,d support from our Clerk & RFO, Jill Bush, who continues to help us keep the Council functioning effectively.

David Halliday – Chairman, Seascale Parish Council



For further information please contact us on TEL: 019467 28077/21072 MOB: 07983 460280 or email: pjsnursery@aol.com

Julie Dickinson, PJ's Nursery, 96 Gosforth Road, Seascale, Cumbria CA20 1ND Website : http://www.pjsnursery.co.uk Twitter @pjsnursery

#### PJ's Nursery

#### Services currently offered at PJ's Nursery:

- Babies and children under 2 in our dedicated baby spaces.
- > 2-3 year old government funded up to 15 hours per week term time equivalent and private arrangement places.
- > 3-4 year old funded and private arrangement places.
- ▶ We offer funded placements up to 30 hours a week term time equivalent which can be spread throughout the year from 7am-5pm; from reception year to year 6 – before and after school club plus school holiday care based in our lovely nursery.
- Emergency care and occasional care also offered to support our families where we can.
- No minimum usage or sessions, just book the times you need.
- Open 7am-5pm Monday to Friday year round.

#### PARISH COUNCILLORS & CONTACT DETAILS

TAMON COONCILLORS & CONTACT DETAILS				
	DRIGG & CARLET John Jennings (Chair) Andy Pratt (Vice-Chair) Suey Browne Keith Hitchen Jimmy Naylor Keith Murray Jo Whyte Clerk Karen Warmoth Financial Officer (RFO) Justine Robinson CBC Councillor Andy Pratt County Councillor Keith Hitchen	24321 24097 24710 27841 24097 24710	GOSFORTH  Mark Fussell (Chair) Rachel Unsworth (Vice-Chair) Jackie Atkinson David Gray Graham Hutson Tyson Norman Dawn Pennington Paul Turner 07795 169637 Clerk Jacqueline Williams 01229 717551 gosforth.parish2@outlook.com	SEASCALE  David Halliday (Chair)  Elizabeth Mawson (Vice-Chair)  Eileen Eastwood  John Graham  Catherine Harvey-Chadwick 28908  David Moore 27674  Ken Mawson  John Spokes  Clerk  Jill Bush  clerkseascalepc@gmail.com  Copeland District Councillors  David Moore  Andy Pratt 24097
www.drigg.org.uk Take a look at the new website		ebsite	www.gosforthpc.org.uk	
D&C PC meet at 7pm on the 2nd Tuesday of each month, except Aug. & Dec. Drigg Village Hall		xcept	Second Wednesday of each month at 7pm in Gosforth Library	www.seascaleparish.com First Wednesday of the month, except August, 7pm, in the Methodist School Room.

## End of an era: Gosforth Ten mile, 10km, 5km, Fun Run and Blengdale Runners

In the winter months of 1981, some running friends met in the Globe Hotel Gosforth to discuss the possibility of organising a road run to raise monies for local charities. Les Heywood, a contractor at Sellafield, along with Ronald and Patricia Day, the landlords in the Globe, both keen marathon runners, laid the plans for that initial event.

From that meeting the legacy of the Gosforth 10 mile and 10km road runs were born. They lasted 40 years and are thought to have raised over £75,000 for distribution into the local community. June 1981 saw the very first Gosforth 10 mile run that continued until 2019 (apart from foot and mouth in 2001).

In 1984 a 10km was successfully introduced in early September that proved to be even more popular. A Fun Run was introduced in 1986. Initially around the village and latterly around the playing field it was linked to the G10 event and introduced many local youngsters to the joy of competitive running. In 2019 the first of two trial 5Km runs on the Viking Way were held that proved to be popular.

On the back of the races in 1989 a group of village runners met upstairs at the Globe and formed the Blengdale Runners Athletic Club (BRAC) that over the next 30 years successfully competed locally and abroad on road, trail and mountains. Many team members first experience of the London Marathon was though the guaranteed club entry.

The COVID pandemic made both the current race organising committee and the running club evaluate its position. With dwindling membership of the club and a number of key personnel moving out of the area the viability of the races was questioned. The courses themselves, especially the A595 sections, have become very busy with the higher volumes of traffic such that the safety of the runners could not be guaranteed. For this reason, it was decided at the BRAC AGM

in 2021 that the club would cease operating and that the races in the village would no longer run.

The accounts were closed in 2021 with over £2300 being distributed between the Wasdale Mountain Rescue Team, Bee Unique, the Whitehaven Harbour Project, Gosforth Parish Council and the Wasdale Womble (Lindsay Buck) for litter picking gloves – please contact her directly if you would like a pair. Thank you to everyone that has supported the races over the last 40 years, to our many sponsors, all the runners and the volunteers that supported the runs by marshalling and timing.

Our sponsors over the years have included Simon Carves, O'Connor Fencing, Riverside Garage – David Atkinson, Richard Kirkham, Iron Mountain, AMEC, Wood, The Whitehaven News and Mike McKenzie (press coverage & photos) and most recently Robinson+Co accountants who took over the mantle as main sponsors from Grey & Abel.

Key helpers include Roger Lomas of Floor Coverings Cumbria (lead vehicle), Mrs Hope for the use of the top field for the Fun Run, Gosforth First Responders and the Wasdale Mountain Rescue Team (tail vehicle and ambulance).

Special thanks go to the long standing members of Blengdale Runners – Mel Gould, Bob Quayle, Chris Cripps, Mike Kenwright, Lindsay Buck, Sue Long, Annette Morris, Larry Abel, David Atkinson, Richard Kirkham, Duncan Jackson, Chris Dowling, Barbara Heywood, Rachel Read and Tony Hart that along with myself, have headed up the team and to the late Hayden Howard the club's first Chairman.

The races leave a legacy for all those involved. The records below will live on:

Gosforth 10 Mile - 50:27 Kevin McCluskey 1985 & 59:34 Jackie Casey 1991

Gosforth 10 km - 30:33 Martin Amor 1990 & 36.36 Candice Taylor 2008

Jim Davis Chairman Blengdale Runners Athletic Club



## We're back!! GOSFORTH AGRICULTURAL SHOW

SATURDAY 20th AUGUST 2022

Main Attraction is Broke FMX—Freestyle motocross.

Motorcycle acrobatics high above the ground. Plus Pets Corner and Jason the Juggling Jester

#### Contact the secretary for schedules

If anyone would like to be in volved in the organizing and running of this traditional event please get in touch.

Secretary Julia Watson

Email: gosforthshow@hotmail.com or

Mobile: 07856162428



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**BAR | MON-SUN:** 12-11pm

RESTAURANT | MON-THU & SUN: 12-9pm | FRI & SAT: 12-9.30pm CALL: 019467 26221 | WWW.SANTONBRIDGEINN.CO.UK



## DRIGG YFC'S 79TH YEAR WAS KICKSTARTED WITH AN INFLUX OF NEW MEMBERS, DOUBLING NUMBERS PREVIOUSLY

ast September, Drigg YFC hosted their Open Day, and what a success it was! The day showcased what the young farmers is about, whilst hosting something for the community. Attractions included tractor and digger challenges, stock judging, quizzes, inflatables and a tug of war competition.

An enormous thank you must go to the advisory who helped set up the day.

A highlight of that year was when Drigg YFC were awarded with the 'Best Young Farmers Club for 2020/2021' at the Cumbria Farmers Awards in October. I am delighted that the club has been recognised in this way and is an amazing achievement for all involved!

Drigg YFC has followed a more normal YFC calendar with club nights, stock judging, farm visits, trips, sheepdog trialling demonstrations, and many competitions.

We are so proud to see how successful members have been in

competitions this year qualifying for County, Northern Area and National finals, for which many has been their first time competing. Member's efforts won the Becklees Shield for being the most successful club in Northern District Winter Competitions and we cannot forget, the cast of 'Cinders' qualifying for the National Pantomime Finals.

As usual Drigg YFC has continued to support the

community, so far raising over £1500 for local charities, conducting a beach clean at Seascale and hosting the Junior Interclub Rally competition for the northern district clubs.

I am sure that Drigg YFC will continue to succeed with the enthusiasm and commitment of the members, and advisory. Next, we look forward to celebrating Drigg's 80th year.

Charlotte Nichol, Chairman







Left: Drigg YFC on a Farm Visit to look at a new rotary parlour.

Below: Drigg YFC members picking litter and cleaning up Seascale Beach.

Page 8 top: The cast of 'Cinders', Drigg YFC's Pantomime that got to National final.

Page 8 lower: Drigg YFC at the West Cumbria Rally, winners of the overall Stockjudging Trophy.



#### **FVFNTS CALFNDAR**

#### in and around Drigg, Gosforth & Seascale

- 16 July Saturday, Windscale Club, the Holborn Hillbillies will be playing in the function room.
- 17 July Sunday. Rotating Wheels Rally. See rear cover of this Tethera.
- 12/14 August Friday/Sunday. Muncaster Castle. Race the Tide. See website for further details. https://www.muncaster.co.uk/events
- 13 August Saturday. Seascale Primary School Hall. 2pm. Seascale & District Horticultural Society Show. Entry £2 for adults, children free entry. Exhibits in vegetables, flowers, produce, flower arranging, handicrafts and children's categories. Show schedules available from local shops and online. No entry fees for exhibits. Tea, coffee and cake available in the hall.
- 27/29 August Wednesday/Friday. Muncaster Castle. Medieval Muncaster. See website for further details https://www.muncaster.co.uk/events
- 23 September Friday. Ravenglass & Eskdale Railway. Fish & Chip Train. Tel: 01229 717171 or email: steam@ravenglass-railway.co.uk for further details.
- 22/29 October Saturday/Saturday. Ravenglass & Eskdale Railway. Halloween Week. See website for further details https://ravenglass-railway.co.uk/events.
- 22/30 October Saturday/Sunday. Muncaster Castle. Halloween Festival. See website for further details https://www.muncaster.co.uk/events
- 26/27 November Saturday/Sunday. Ravenglass & Eskdale Railway. Santa Express. See website for further details https://ravenglass-railway.co.uk/events.
- 3/ 4 December Saturday/Sunday. Ravenglass & Eskdale Railway. Santa Express. See website for further details https://ravenglass-railway.co.uk/events.
- 10/11 December Saturday/Sunday. Ravenglass & Eskdale Railway. Santa Express. See website for further details https://ravenglass-railway.co.uk/events.
- 17/18 December Saturday/Sunday. Ravenglass & Eskdale Railway. Santa Express. See website for further details https://ravenglass-railway.co.uk/events.
- 20/23 December Tuesday/Friday. Ravenglass & Eskdale Railway. Santa Express. See website for further details.

#### REGULAR EVENTS

## Please check with contacts for any of these entries to confirm that they are still happening

- Badminton Seascale. Wednesdays mixed from 6pm.
  Thursdays mixed 7pm. Beginners very welcome. Seascale
  Sports Hall. Details from 019467 28435
- Bowls Seascale. Saturday. Mid-April to mid-September. 1.45pm for 2.00pm start. Everyone welcome including beginners. Details 24652 or 07813 433212.
- **Depression Support Group.** Day Centre, Bradbury House, Gosforth. Third Tuesday every month at 7.30pm.
- Depression Support Group. Bailey Ground ice cream parlour, Seascale. First Tuesday morning each month 10.30am-12.00noon.

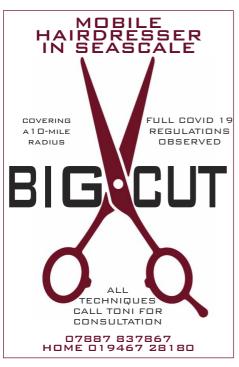
- Drigg Young Farmers. Tuesday nights, 7.30-9pm in the Methodist Hall at Gosforth. Membership age = 10-26 years. If you would like to join or find out more about Drigg Young Farmers please contact us on the club mobile 074961 26771 or email driggyfc@yahoo.co.uk
- Fishing Club. Holmrook Reading Room. Contact David on 24632 for details or to join.
- Fitness Classes. Tuesdays 6-7pm, Seascale Sports Hall. Tuesdays 7.30-8.20pm Beckermet School. Thursdays 7.15-8.05pm Kettlercise, Seascale School. £4 a class. Contact Gill 07511 995184.
- Flo Jazz. Third Friday every month, Florence Mine Art Centre, Egremont. 7.30pm for 8pm start. All welcome to listen or contribute.
- Freestyle Fitness Yoga. Tuesdays 6pm. Gosforth School. £4 each.
  Gardening Club. Holmrook Reading Room. Contact Henry
  Stewart on 24652 for details or to join.
- Gosforth and District Art Society. In Seascale. Every Thursday morning 10am to 12am in Seascale Methodist School Room. Contact Marlene Partridge. at marlene.partridge@btinternet.com
- Gosforth Brownies (2nd Gosforth). For girls aged 7-10. Meet term-time Mondays 6.00-7.30pm in Gosforth Scout Hut, next to the school. Contact Samantha Milliner at sam.milliner@hotmail.co.uk or register interest on www.girlguiding.org.uk
- Gosforth Guides (Ist Gosforth). For girls aged 10-14. Meet term time 6.00-7.30pm in St Joseph's Church Hall, Seascale. Contact Abi Waller at Abi.waller@hotmail.com or register interest on www.girlguiding.org.uk
- Gosforth Karate. Wednesday classes. 4.45pm. One free taster class available. to book call 01946 694751 or visit www.eskk.co.uk
- Gosforth Scouts, Cubs and Beavers. Scouts Tuesdays 7pm to 9pm, contact Dave Marsden 24632. Cubs Wednesdays 6.15pm to 7.30pm, contact Jackie Harper 27211. Beavers Wednesdays 5pm to 6pm, contact Kathryn Ketchen 25912. In the Scout Hut next to the school.
- Gosforth Short Mat Indoor Bowls Club. Every Wednesday from 2pm to 4pm in Gosforth Village Hall. New members welcome, spare bowls available. Flat soled shoes preferred.
- Gosforth WI. Monthly meetings are held in the public hall on the First Tuesday of the month at 7.15pm March-October, 2pm November-February.
- Holmrook Reading Room Bookings. The Reading Room has a fully equipped kitchen, facilities for people with disability, in fact everything you would need for a great party. Why not call David on 019467 24632. to see if it is available for your next event?
- Holmrook Reading Room Membership. Membership renewals for 2022 are due from 1 Marhe. These can be renewed/started any time. If you are an existing member or want to join us contact David on drmarsden@outlook.com or 019467 24632.
- Holmrook Reading Room Table Tennis Club. Meets on a Wednesday – 6:30pm to 7:30pm. All welcome, young or old. Contact David on 019467-24632. Other times can be arranged.
- Holmrook Reading Room Fishing Club. If you want to join this club, or simply want some more information, please contact David on 019467 24632.
- Holmrook Reading Room Playground. Come and see for yourself.
  Holmrook Reading Room Wild Flower Meadow. Enjoy a walk or
  just sit and relax in the peace and quiet of the meadow.
  Supervised children are welcome.

- Jam Side Up Jazz Jam Session. First Friday every month. The Kellbank Hotel, Gosforth. From 8.30pm. www.jamsideup.net or 01967 28619 for more details. Admission free.
- **Line Dancing. Every Monday. 7.30pm,** Windscale Club, Seascale. £3 pp donation to charity. Contact 019467 28849 for details.
- Messy Church. Run jointly between St Cuthbert's and Seascale Methodist Church and meets on the third Saturday of each month in school term in the Methodist Church Hall at 2pm to 4pm. Children must be accompanied by an adult.
- Moky HIIT/Core Blast. Seascale Sports Hall. Monday 10-10.30am. Contact info@mokyfit.co.uk, 01946 721166 or 07724 240179
- MokyZEST. Seascale Sports Hall. Monday 10.45am. Contact info@mokyfit.co.uk, 01946 721166 or 07724 240179
- MokyHIIT/Core Blast. Gosforth Public Hall. Thursday 5.45-6.15pm. Contact info@mokyfit.co.uk, 01946 721166 or 07724 240179
- Moky HIIT Class. Seascale Sports Hall. Friday 10.00am-10.30am. Contact info@mokyfit.co.uk, 01946 721166 or 07724 240179
- Muckypups Baby and Toddler Group. Thursdays 10-12 during term time, Drigg Village Hall. Friendly group with baby zone, craft activities, messy play, ride-ons, dress-up and more! £2.50 for first child, 50p for additional children.
- 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 Social Run. First Sunday every month, 9.30am. Seascale beach or cinder track, starting from car park. Organised by Blengdale Runners and open to all who can run 3 miles or more any speed.
- Phoenix Praise Worship Band. Meets in Seascale Methodist Church Schoolroom and also on Zoom, 7pm most Fridays. Come along and sing, play or help with technical support. All welcome no church affiliation necessary. Further details on our website: www.phoenixpraise.org.uk. Please contact Jill or Keith Hudson 019467 21592. jillfhudson@hotmail.co.uk
- Pilates Class (mat based). Mondays, 6.00pm (beginners/intermediate) 7.15pm (intermediates). Gosforth Public Hall (Main Hall). £5 per week or £25 for 6 weeks. Contact Amy on 07510 104508 or amyflsher @hotmail.com (note 1 not 1). Now also qualified to teach Pilates to ladies at all stages of pregnancy and postnatally.
- Pilates Classes. Mondays & Wednesdays. Ravenglass. Mondays & Thursdays. Beckermet. Tuesdays. Online via Zoom. One to One and Duet sessions are also available on request. Contact birch.lake.pilates@gmail.com and visit birchlakepilates.com for more information.
- 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-
- 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.
- 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 Memories Group meets on third Wednesday of the month (during term time) in Seascale Methodist hall at 2:30pm. Informal group that have a friendly chat with tea and biscuits talking about all sorts of memories. All are welcome. Allison Hanshaw 019467 21935 ajhanshaw@outlook.com for further details.
- Seascale Men's Keep Fit. Tuesday, 10.30am. 45-minute session in the Sports Hall. Target range is 55-85 years. Work at your own rate and set your own goals. One free session available. Alan Bell, 24250 or John Calvert 28936.
- Seascale Parish Council Meetings. First Wednesday every month.
  7pm in the Methodist Schoolroom. No meeting in August unless there is urgent business.
- Seascale Tea and Chat. Meets on the first Wednesday of the month at 2.30pm in the Methodist Church Hall.
- Seascale WI. Seascale Methodist School Room. Mondays 7pm every month except January. Details from Allison Hanshaw, 21935, ajhanshaw@outlook.com
- Shackles Off Baby Group. Mondays, 11am-1pm.
- Tuesday Chat. First Tuesday every month. 2-4pm. Drigg & Carleton Village Hall. Special events and entertainment. All welcome.
- West Cumbria Guild of Model Engineers meetings. Second Wednesday of every month at the Clubhouse at Curwen Hall Park Track starting 7pm. If you are interested contact Tom Jones on 019467 28938.
- West Lakes U3A. All welcome. Membership is £5 which covers membership of all West Lakes U3A groups. Small charge made for all indoor events. Refreshments included. Individual details can be found at https://u3asites.org.uk/west-lakes/events or by emailing smithybrow@icloud.com or ringing Vera Lowrey on 019467 25213. Regular events are as follows:
- Cycling. Meet at 10.00 outside Gosforth Public Hall for a 2-hour ride to include a refreshment stop. First Monday monthly.
- History group. Drigg Village Hall. First Wednesday monthly, 10.15-12.00
- Singing for Fun. Seascale Methodist Hall. First Thursday monthly, 2.30-4.00
- Art Appreciation. St Joseph's Church Hall, Seascale. Second Thursday monthly, 10.15-12.00
- Walking for Strollers. Check website for details. Second Monday monthly.
- Discussion. A house group at 7 Denton Park Gosforth. Second Tuesday monthly. Please contact Graham on 019467 25794 before your first visit.
- Recorders. Santon Bridge Village Hall supper room, 10.15-12.00.
  Second and fourth Fridays monthly. All levels welcome. Please email smithybrow@icloud.com or ring 07817499849 before coming for the first time.
- Open Mind. Gosforth Public Hall. Third Thursday monthly. A wide variety of talks. 10.15-12.00
- Reading group. St Mary's Rooms, Gosforth. Fourth Thursday monthly, 10.30 start.
- Discovery. Currently Gosforth Public Hall. Fourth Thursday monthly, 10.15-12.00
- Out and About. Dates vary. The next outing is to be a guided visit to Cartmel Priory and Yew Barrow House Gardens, Grange-Over-Sands, on Monday 25 July.









Commissions done - any subject

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## The next Tethera is scheduled to be published ready for the weekend of 29 October (and online about 10 days earlier).

## The closing date for all contributions, editorial and advertising, is Monday 26 September 2022.

Tethera and previous issues of Seascale, Gosforth and Drigg Parish Council magazines are available to view and download in PDF format at http://www.trpub.net/html/tethera.htm

#### **Seascale Health Centre**

Monday – Friday: 8:00am – 6:30pm Tel: 019467 28101 Email: GP-A82024@nhs.net

> Out of hours: 111 Emergency calls: 999



#### **Bootle Surgery**

Monday: 9:00am – 12:30pm
Reception & Dispensary.
Tuesday: 9:00am – 12:30pm
GP & Nurse,
Reception & Dispensary.
Wednesday: 9:00am – 12:30pm
Reception & Dispensary only.
Thursday: 9:00am – 12noon
GP & Nurse,
Reception & Dispensary.
Tel: 01229 718711

SEASCALE DISPENSARY OPENING HOURS

Monday, Wednesday & Friday

8:45am – 1:00pm 3:00pm – 6.00pm

Tuesday & Thursday

8:45am – 1:00pm — 2:00pm – 6.00pm Anyone living further than 1 mile from a community pharmacy can use Seascale's Surgery dispensary.

The Seascale dispensary phone 019467 27451 to order repeat medication is available

9:30am - 12:00noon 2:00pm - 4:00pm

Seascale Dispensary now has an answerphone for prescription requests. This is available all day Monday-Friday for messages to be left.

#### TRAINING AFTERNOONS

 14th July
 14th Sep

 13th Oct
 16th Nov

 12th Jan 23
 15th Feb 23

15th Mar 23

Website: www.seascalehc.co.uk
Twitter: @SeascaleHC
Facebook:
Seascale and Bootle Surgeries

GP appointments are initially telephone triage or video calls. If a face to face appointment is necessary following triage then the GP will advise.

Bootle prescriptions can be ordered by contacting Bootle surgery directly by telephone or by ordering online.

#### ORDERING MEDICATION Online:

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We prefer you to use this method as it's quicker for us to process.

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I started my bee keeping hobby three seasons ago after listening to my friend and fellow bee keeper Tracey talk about these fascinating little creatures. I listened and asked questions. I read books and joined our local bee keeping association at Whitehaven. They have a training apiary at Westlakes Science Park where you can meet up and open up their bee hives with other bee keepers. This is really helpful when you are just starting out, it helps to have someone explaining what you can see. It also helps you to find out whether you can cope with opening up a box that contains over 50,000 bees!

My one small hive quickly grew and with the addition of a couple more hives bought from someone giving up their hobby my apiary soon tripled in size. I currently have 11 hives and have re homed several swarms to fellow bee keepers in the area. It seems, talking to fellow 'beeks', that you can never have too many!

My own bees swarmed last year but only to the hedge next to the hives and were fairly easy to recapture, so when I was messaged about a swarm in Seascale I was a little nervous about my first public swarm collection. Although the prospect of having to climb a ladder was much scarier than dealing with the bees, I'm not great with heights.

Anyone who lives in the Lingmell Crescent/ Hallsenna Road area will know that swarm collecting is not a subtle task. Wearing a big white



suit kind of draws attention to you and I had many of the neighbours watching, behind the safety of their porch doors! I even got one resident to put on my spare suit and give me a helping hand.

Honey bees swarm for many different reasons and sometimes for no other reason than they can! In each hive there can only be one queen bee. She lays the eggs and controls the colony using pheromones. The worker bees (all female) look after the eggs and rear the young bees, they cluster around her and keep the hive clean, produce the wax and build the honey comb and go out and forage for nectar and pollen. The drones (male bees) have no stinger, and are basically produced to mate with the gueen. Other than this they don't really do much in the hive apart from eat honey. When the colder weather starts and winter approaches the male bees are kicked out of the hives, the girls chew off their wings and can be seen throwing them from the entrance. Only the queen and the girls survive the winter. During the summer worker bees only live around six weeks as they work so hard, they wear out their wings! In winter they don't tend to leave the hive and cluster together to keep warm, the queen stops laying eggs and they wait for the warm weather to arrive.

When the colony feels the queen may be failing or there isn't enough room in the box for more eggs they will use an egg to make a new queen. When this happens the old queen has to leave or the new queen will kill her. This is when a swarm occurs, the old queen leaves the box and

takes some of the bees with her. The bees that go with the queen have a strong urge to protect her and whenever she lands the cluster round her and form a protective ball. A swarm can land anywhere. During the Jubilee celebrations on the bank holiday weekend I collected a swarm from a fence post.

To collect a swarm you have to successfully get the queen in a box, and the bees will follow her. They will literally walk straight into the hive as long as she is inside.

Unfortunately the queen in the swarm on Lingmell Crescent wouldn't stay in the box, which is why the



Honey spun straight from the combe.

#### Frames of capped honey.



residents had to put up with me wandering round in my bee suit on both Saturday and Sunday!

Most swarms occur from May to July and bee keepers are usually quite happy to come and collect them if you find one. You can contact me on Facebook or The British Bee Keeping Association has a swarm collecting link on their website (bbka.org.uk). Hilary Steele









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#### Marine geophysical survey to take place this summer for the GDF programme

A marine geophysical survey is due to take place off the coast of Mid and South Copeland for around three-four weeks this summer to deepen understanding about the nature of the deep rocks beyond the coast.

This is part of the work required within the siting process for the underground elements of a Geological Disposal Facility (GDF) – an underground facility designed to safely and securely dispose of higher activity radioactive waste.

No decisions have been made and Mid Copeland is one of the areas being considered as part of a process to find a suitable site and willing community to host a GDF in England or Wales.

The Mid Copeland GDF Community Partnership is a group made up of local people, the GDF developer and local authorities to consider the possibilities of hosting a GDF within an identified



Search Area. The Mid Copeland Search Area includes the district electoral wards of Gosforth & Seascale and Beckermet.

If a suitable site for a GDF is found in Copeland – a process which could take 10-15 years – a decision to develop a facility in Mid Copeland could not be taken until the community in the electoral wards directly affected has had a say and taken a positive Test of Public Support. Without public support the project would not go ahead.

Deep geology beyond the coast is being considered for siting the underground elements of a GDF. This means a surface facility on, or near, the coast would provide access to a disposal area deep in rock beyond the coast.

The surveys have been commissioned by the GDF developer and will provide a better understanding of the underground geology to help inform the developer if this area could make a suitable site for a GDF.

Chris Eldred, the GDF developer's Senior Project Manager for Geosphere Characterisation, said:





The Mid Copeland GDF Community Partnership recently held some more events to discuss what a Geological Disposal Facility could mean locally.

A GDF is an underground facility designed to safely and securely dispose of higher activity radioactive waste, with deep geology beyond the coast of Mid Copeland being considered for siting the underground elements.

Conversations so far have included local geology, the siting process, marine geophysical surveys and the £1million Community Investment Funding.

Do you have a question? Want to know more? We want to hear from you.

We're planning more events during the year and the Community Engagement Team can also come to one of yours.

#### Please get in touch:

thttps://midcopeland.workinginpartnership.org.uk
E. gdfinfo-midcopeland@nda.gov.uk

T. 0300 369 0000

Write to us: Mid Copeland GDF Community Partnership, GDF Enquiries, PO Box 734, Swansea, SA1 9RP

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"These surveys will support our assessment of the deep geology and its potential suitability to dispose of radioactive waste for the long term. We are committed to environmental protection and will work to minimise the impact of these surveys on marine life by following relevant UK guidance. We are obtaining all necessary permissions and the surveys will be closely monitored to identify and avoid any potential impacts in line with industry best practice.

"The information we obtain from these surveys will enable us to better understand whether a location could host a GDF and in turn will help inform discussions with communities."

The data-gathering programme will be undertaken using a 92-metre vessel, SV Bly, operating between 5 and 20km from the coastline.

The technology deployed is based on sound waves – similar to ultrasound scans used for medical purposes - which are reflected as an echo from different geological layers. This enables a 3D picture of the underlying rocks to be gradually built up. The seabed itself remains undisturbed.

The GDF team is working with marine regulators and marine representative bodies and other stakeholders to keep marine users and local communities informed of developments.

Data from the surveys will need to be processed and analysed in detail which will take around nine months.

The Mid Copeland area now has access to fimillion Community Investment Funding per year from the GDF programme as discussions progress around what a facility could mean locally. Projects which have received funding so far include Seascale BMX Pump Track, Beckermet Reading Rooms and Seascale Cricket Club.

To read more about the survey take a look at this Q&A:

www.midcopeland.workinginpartnership.org.uk/m arine-geophysical-surveys-interview-with-theproject-manager/

To get in touch with the Mid Copeland GDF Community Partnership or for further information, go to:

www.midcopeland.workinginpartnership.org.uk



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## Well Ladies! Let's make a Happier Healthier You!

ome along and learn about the service Copeland Wellness has to offer us and the work that's done here in our community. Copeland Wellness Service covers all 7 GP practices from Distington to Bootle and its Clinical Director is Dr Eve Miles from Seascale Surgery. People can self refer or be referred by GP or other health professional, or a relative provided he/she consents to the referral. You do not have to be referred to our ladies' Wellness Group, just come along — it's open to all women who are Copeland residents.

The group meets every second week on a Wednesday at 12.30pm in Seascale Library. I attend the group and really enjoy it; we have a wonderful health coach named Joy who is knowledgeable in all sorts of health issues and problems. We occasionally have guest speakers covering many different topics in health and wellbeing. It's always

very informative and interesting.

I learn many new things every week. We talk about aches and pains, the menopause, nutrition, and exercise, and have mini-MOTs. It's all very informal and friendly — we have a chat, a laugh or sometimes even a moan, washed down with a cuppa and biscuit or two!

You have the chance to talk about what matters to you and health issues that you are uncertain about or are worrying you. We also find out about other organisations that may help us.

There is such a lot going on in our community that we don't even know about – groups, clubs and activities.

It's so lovely to have a friendly natter and cuppa about the things that may be worrying to us or causing us concern.

You may bring a friend along or just come alone – we are a very friendly bunch and will make you





feel very welcome. It's a really good way to find new friends and be involved with something in the village that is important to all of us ladies! So come along and let's get our wellbeing sorted ladies, once and for all and make for a happier and healthier you.

Informative leaflets and booklets are always on the table during the meeting, and can be taken home Pauline Sanders



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West Coast Composting have been improving their gardens and providing renewable fuel since 2008. They are a recycling and renewables business based in Whitehaven where they recycle green waste and timber as well as produce wood fuels and compost.

With extensive knowledge in horticulture and years of agriculture experience owners Tim and Tracey West are able to provide Cumbria with top quality compost and wood fuels. A large proportion of the green waste they use is sourced from the brown bin collections in Copeland and also from local garden service contractors from all over Cumbria.

To produce a quality compost the green waste goes through 8+ weeks of processing using the windrow method. Large volumes of garden material gets sorted by hand then mechanically shredded using a slow speed shredder and formed into large windrows which get turned to control the temperature from overheating. The heat is critical in the process to kill any bacteria and weeds.

At the end of the process the compost is

mechanically screened before being stored for sale so you can ensure it is of the best standard. They sell their compost in a variety of volumes from a wagon load to small manageable bags and it can be delivered or collected, they will work with you to meet your requirements.

They supply their products to a number of people who use it for their award winning vegetable and rose gardens as well as schools and allotments. They deliver from Carlisle all the way down to Millom and everywhere in between.

As well as their compost and bark, they also process and kiln dry both hardwood and softwood logs ideal for household fires as well as pellets and woodchip for biomass boilers. They even supply specially sized pizza oven logs.

If you are looking to improve your garden or allotment this spring, and summer contact West Coast Composting.

All available in a variety of volumes; details with prices can be found on their website www.west-coast-group.co.uk

If you are interested or have a query about any of their products call Susan-Jacqui-Terry on 01946 328008.

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#### BEACHCOMBING

Any of us will have enjoyed a stroll along our beautiful beach at some stage and we will all have stories about the interesting things that we have seen and found. The seashore is a great place to start learning about life in our oceans, also the diversity of plant life, insects and birds on our shore and in our sand dunes.

As we walk along the shore we often pick up pretty attractive pebbles which come in various colours and textures and have streaks of different colours known as veins which are usually quartz or other minerals.

Pebbles are mostly smooth but, dependent on how frequently they come in contact with the sea, they can have

marks of contact with other rocks or pebbles.

White stones tend to stand out on our beach; most of these stones are rich in quartz. As quartz is one of the hardest minerals we have, it often remains when other softer rocks have eroded away.

Enjoy your humble pebbles, their appearance, colour, and texture, they are the result of the hard work of the best-known craftsman – nature.

Pebbles left above the high water mark may have growths of organisms such as lichens signifying the lack of contact with seawater like the yellow splash lichen or the crabs eyes lichen

There's always plenty of seaweed on the beach that's been washed up by the tide – seaweed is the common name for marine plants and algae that grow in water. Unlike land plants they don't need roots or leaves to move nutrients and water into their bodies, instead they survive by absorbing water and nutrients through their surface tissues from the water around them. I've found a few different types of seaweed on our shore – 'oarweed' also often known as 'tangle'.



This belongs to a group of very large seaweeds known as kelps, which usually form a broad and very prominent band on the lower shore only becoming fully exposed on the lowest spring tides. One of the most common species on our beach are called 'wracks' I have found a few different species on our shore — 'knotted wrack' spiral or flat wrack and badder wrack.

Bladder wrack is very easily recognised by the numerous smooth air-filled bladders, about the size of a large pea, which children love to pop, and can be quite noisy when trodden underfoot – hence the alternative name of 'popweed'.

Another seaweed which is very easily identified is 'gutweed' which forms a slimy bright green carpet over the rocks as soon as the tide begins to drop, which is notoriously slippery and can easily cause a nasty fall.

'Dulse' is another seaweed best-known as one of the edible seaweeds. Although the fronds are rather tough, and taste mostly of salt, sheep seem rather fond of it when there is little else available, which is possibly a reason why sheep wander



Vained Pebbles

down to the shore

Some seaweeds are edible used in cooking and very nutritional. They are dense and are a good source of iodine and are used in

health foods, supplements and skin care products.

A very important aspect of our beach aside from the striking natural beauty are 'plants' which are crucial parts of beach ecosystem.

Plants are among the first forms of life to inhabit beaches and dunes.

Once plants have taken root sands begin to stabilise, slowly at first then faster as more plants take root. Plants serve as habitat for many animal species from providing basic shade to providing nest materials, or even allowing a home to be built inside them, offering camouflage and primary food source for some. Without plants beaches would probably be devoid of animal life.

Beach grasses are one of the most important plants on our sand dunes, they spread quickly by their specialised roots called rhizomes. These can grow down and sideways through the sand. These rhizomes along with the roots of the plant form a network that helps hold the entire dune in place.



Marram Grass

One of most popular grasses on our shore is the lovely marrram grass with its large tuft of broad, flat polished sharply pointed leaves, marram can scarcely be confused with any other grass, especially when the very large,

plump attractive flower-heads appear, shaped like a fox's brush and ornamented by numerous conspicuous whitish-yellow spikelets.





Sea Sandwort

rush which is a dark green very rough-textured rush-like plant. We also have sea arrowgrass and common cordgrass and a charming little plant that grows on the dry, well drained parts of the dunes called 'sand cat's tails'.

The sand dunes are home to many other beautiful plants like the sea bindweed with its large pink and white stripped funnel-shapped flower, always a pleasure to see and very popular with bumblebees: even without flowers the species is easy to recognise on account of its fleshy kidney-shaped leaves. We also have on our beach sea beet which is a sprawling dark green untidy looking plant and sea spurge which is an attractive plant that displays cup-shaped, greenyyellow flowers and fleshy, grey-green leaves.

A very distinctive plant that lives in our foredunes is the sea sandwort. It's a low, dense plant with small white flowers which is soon succeeded by hundreds of green pea-like fruits.

Another very attractive plant on our beach with its beautiful white and pale lilac flowers is the sea rocket. Then we have the sea radish with their long, slender, pale yellow petals. and often hiding in a shady place among other





Sea Holly

plants is the striking brilliant green of the sea spleen wort which is a little glossy fern. We also have the beautifully scented 'rosa rugosa' with its large pink roses and bright green leaves.

Then there is the broad, bluish

crinkled leaves of the sea kale easy to identify at any time but even easier when the plants are transformed by their large clusters of white sweetly perfumed flowers which are very attractive to insects.

One of the most architectural beauties of our beach I think is the handsome 'sea holly' with its silvery-blue leaves with many prickly spikes on their edges and a characteristic ruff around the flowerheads which is better adapted to growing in mobile sand.

All these plants are adapted to living in the dunes among our harsh beach environment.

We have so many other wonderful and attractive plants and grasses on our beautiful beach to appreciate and learn about. Theses are only a very small selection.

Our wonderful shore line throws up so many exciting and interesting items and surprises.

Many beautiful shells, the amazing starfish that



Sea Rocket

can regenerate their own arms and don't have blood or a heart: instead of blood they have a water vascular system which pumps sea water through the tube feet and throughout the starfish's body.

Then we have jellyfish; many

types are relatively harmless to humans but some can cause severe pain and are more likely to cause a systemic reaction so always be careful when jellyfish are floating nearby.

Sea glass.



Sea Spurge

driftwood and cuttlefish bones are all found on our beach. The cuttlebone is the skeleton of the cuttlefish: it's made from a substance called aragonite, a form of calcium carbonate that forms a lattice-like structure. We see it often in pet shops where it is used by our feathered friends to help with the trimming of their beaks but more importantly cuttlebone provides the calcium that seeds do not and keeps bones healthy and strong.

Egg cases, mermaids' purses and numerous jointed limbs of crabs - the finds are numerous. There are some groups of shelled sea animals that we are more likely to encounter on our Seascale shore than others!

When you find a shell on the beach you are actually finding the dead or discarded remains of a sea creature!

Many groups of animals in the sea have a tough shell, or exoskeleton, which helps to protect them from predators and wave action. When these

animals die or moult the shell is left behind.

There are creatures that have a soft body with a muscular foot that is generally surrounded by a tough calcareous exoskeleton or shell called a mollusc.



Yellow Splash.Lichen



Sea Kale

All molluscs have a special fleshy organ called a mantle which allows them to form the shell. Some molluscs have two shells like clams, cockles, mussels, oysters and scallops. We call these creatures 'bivalves'. The

word basically means an aquatic mollusc which has a compressed body enclosed within a hinged shell

Other molluscs that we may find have just one shell and this includes the sea snails, whelks, winkles, top shells, and limpets. These are called gastropods, basically meaning univalves not a hinged shell. Then we have 'crustaceans' — a group of shelled animals that have numerous jointed limbs, including claws and pincers like crabs, prawns, lobsters and crayfish. The hermit crab burrows in shells left by other animals. As they grow bigger they search for bigger and bigger empty shells. Hermit crabs' soft abdominal exoskeleton means they must occupy shelter produced by other organisms or risk being defenceless.

Squiggly little mounds of sand are a common sight when walking along the beach at low tide. These are the signs of a hidden but industrious



Lug worm casts

worm that has an important place in the beach ecosystem. Unless you dig for it as many anglers do for bait you will not see the worm itself.

The sandy mounds are worm casts, effectively the 'poo' of a marine worm called a lugworm which lives in burrows under the wet sand. The worm spends most of its life in the safety of its burrow. For much of the day their burrows are under the sea but at low tide they are



Flowering Sea Kale

exposed. They feed on micro-organisms and organic matter in the water and sandy sediment collected in the front end of their burrow. Indigestible material passes through the worm and is ejected from the back of the burrow via its tail. This worm poo forms the distinctive casts on the surface of the sand.

But this important worm's burrowing and feeding helps to aerate the sand and releases nutrients back into the ground, helping other organisms to thrive. When the burrow is exposed a low tide birds will swoop on them and they are an important food resource for many of our seabirds.

#### Our wonderful beach is filled with many

beautiful and unique natural treasures. As human beings we tend to take for granted the breathtaking beauty of our seashore nature; we forget that our ecosystems are very delicate and if we destroy, it might never recover.



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# Anyone for Tennis?

There was a biting cold wind on the tennis courts this February morning, but that hadn't deterred a number of hardy players from turning out. Fleeces were thrown off as players warmed up from chasing a yellow ball. I envied them their energy as I stood swaddled in my Arctic puffer coat taking photos for this article. Having been a keen sports woman, with much emphasis on 'been', I know that exercise begets energy and that in turn this promotes good health. So why hadn't I joined the tennis club here in Seascale? I've no real excuse because all these players today have fulltime jobs and families yet they make the time to come and play on a Saturday morning.

"We struggle to recruit women players", says Helen Wilson, a club committee member and the only female on court today.

Maybe I should try one of their taster sessions for beginners that runs on Sunday afternoons from 13.00 – 15.00. "We can provide equipment and tuition on the basics of the game" said Helen "The first session is free, but after that there is a small charge if you're not a member."

On becoming a member and, a good player which may take a very long time, I would then be able to play throughout the year at a higher level and take part in the West Cumbria tennis league. I'm not sure I'd ever make that grade, but for the more experienced player this must be an excellent way to keep their game in top form as well as meeting other tennis plays in the county.

Today the three courts rang with a mixture of laughter and groans as shots either hit home or missed intended marks. "The club is very social and we enjoy getting new members that we can help," said Melvyn Kendall who has been playing tennis here since moving to the village 17 years ago.

A testament to how healthy you can stay by playing tennis is embodied in Margery Willy who, at 83, is the longest and oldest member of the club. "She has only just stopped playing, before that she was playing at least once a week," explained Melvyn.



I noticed a cosy club house by the gate, and on closer inspection found that it has separate changing rooms and toilet facilities for men and women along with a small kitchen area, all spotlessly clean.

The tennis club also hold social fun sessions, club competitions and junior coaching sessions that are open to all members to get involved with. These excellent facilities and coaching could produce our very own Emma Raducanu!

"Our main club session is on a Sunday morning" continued Helen "starting at about 09.00 until 12.00. And we have sessions on Wednesday mornings from 09.00. Then from April to September, we meet on Monday nights from 17.00 onwards." It's no wonder Helen looks so trim and fit.

It was explained that once I become a SASRA





and tennis club member, and know how to hit a ball over the net of course, I will then have access to three all-weather courts throughout the week, so I can go and have a knock about whenever it fits

in with my busy schedule.

After chatting to Helen, Mel and the other players today I don't think I'll be so worried about looking a complete twit when unable to hit the ball! "There will always be someone around willing to help you," said Mel.

For more information get in touch with the tennis club and they will explain the membership fees and different membership packages on offer for adults, couples and families.

Have look at their website www.seascaletennisclub.co.uk or send an email to seascaletennisclub@gmail.com

Better still, pop along to the courts situated on Gosforth Road in the Windscale Club carpark and I guarantee you'll receive a warm welcome. *Vivienne Tregidga* 



## Shining a light on Pluto

As I walked through Seascale village I couldn't help thinking about gravity and how it keeps me on this planet. It's not so strong to prevent me from lifting my feet up off the pavement, nor is it too weak that the slightest movement will send me shooting up into the air. A bit too philosophical I know, but this is how Lucy Kissick's debut novel, 'Plutoshine' has got me thinking, and I was on my way to meet her.

"I'm nervous about being interviewed," said Lucy as she greeted me with a huge warm smile at her front door. For some unknown reason, I was not expecting such a young petite woman. Funny isn't it how we develop preconceived ideas about someone we've never met.

Lucy led me into her orderly kitchen where, sat at the dining table, we quickly settled into a convivial chat, fuelled by a nice glass of wine I

It soon became apparent that there's a lot to this woman, in her late twenties. She's not only a published author, but in her day job she's a Spent Fuel Specialist at Sellafield, and she has Dr in front of her name. Her PhD is Mars and its geology and our conversation quickly turned to the planets, Star Trek, and Sci-Fi.

Her hands floated like butterflies as she explained about her research and the study of possible water on Mars. Her passion and knowledge bubbling like a suppressed volcano.

"Earth and Mars were doing the same thing for ages before they moved apart, so the question is, what happened to Mars? People thought for a long time that Mars became what it is today due to it being so far from the Sun. But it might be because it's actually smaller than Earth and has a much smaller core than ours, and it doesn't have tectonic plates. This means it didn't get the volcanos producing the gasses that help to create a thicker atmosphere. Therefore, Mars wouldn't have had the internal heat like Earth."

I wondered how Lucy first became interested in the planets?

"In 1996, When I was a child, there was a BBC programme called 'The Planets' and I just loved it. I remember asking my teacher when were we going to learn about the planets? Of course, it was

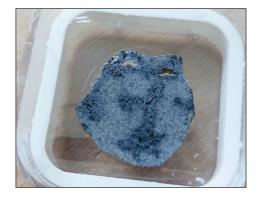
quite a few years before that happened."

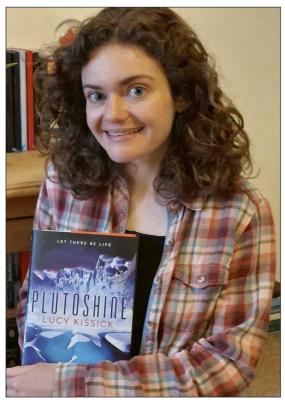
Lucy poured more wine, "I got into studying Earth's geology and this taught me how to read the surface of a landscape, like where rivers of water and lava had once flowed and the effects of ice sheets. Then in my third year I found out that there was a Martian Landscape module and instantly asked the question, "what about the geology on other planets? I knew from the very first lecture that I loved Mars." Lucy's face lit up. "I went to the library and took out the only book they had about Mars and devoured it, then I switched my course to study early Mars."

Suddenly Lucy dropped a bombshell. "I have a bit of rock from Mars, would you like to see it?"

My eyebrows almost shot off my face in surprise. Of course, I would love to see it, I replied. With that Lucy reached into her bag and brought out a clear Perspex box, the size of a matchbox, and there nestled secure in its little home was a slice of Mars. "You can touch it if you like" Lucy said smiling at my total wonder as I reached out and gently picked up a small piece of Mars. It had a slate like quality and I asked how she knew this was actually real?

'Well see that dark vein there' and her finger traced along the dark line in the rock. 'That is full of little glass crystals that were formed when it was blasted off of Mars. The rock itself was formed by a volcano. The gasses trapped inside these little glass particles show high levels of carbon dioxide and we know that Mars' atmosphere is 95% Carbon dioxide whereas Earth's





atmosphere is 78% nitrogen, 21% Oxygen, 0.9% argon and 0.1% other gasses. The only place it could have come from is Mars."

Holding this small piece of Mars in my hand was not something I expected would happen today, or on any other day for that matter!

"The Earth is constantly showered with space dust," Lucy explained, "I heard about a scientist who, on regularly scraping out his roof gutters and testing the material he found that 0000.1% of it was actually meteor dust that had fallen from the sky. Another interesting fact is, for example, an area the size of St. James Park in London a teaspoon of meteor dust will fall across that huge area every year! This is because small meteors are constantly being burnt up in our atmosphere and the dust falls to earth."

### Why is Lucy not working for NASA?

"As a student, of course my ambition was to work at NASA, but as I saw more of academia, I realised it was such an unpleasant career path. To even be

considered in amongst hundreds of other students was such a long shot. And the journey was gruelling. After finishing a PhD, you then go on to do a number of post doctorate positions, working for two to three years anywhere in the world like Arizona, China and France, And that would have been nice, don't get me wrong, but it would mean not having a life outside of work." Lucy smiled "I watched my colleagues working long hours, not having any hobbies or interests outside of their work. It is a very cut-throat environment where your colleagues don't really become friends because you're in constant competition with them. And I realised this was not for me. It was too high a price to pay. I wanted to see my family and have lots of friends."

So, how is it a PhD Martian geologist ended up working at Sellafield? This isn't Mars?

"That's exactly what they asked me at my interview," replied Lucy with a laugh. "Before I applied for this job, I realised there were some similarities between the kinds of chemistry I'd been studying on Mars and the types of environment we

want to dispose of nuclear waste in. So, I applied but never thought I'd actually get it."

Lucy, who comes from Southport, near Liverpool, studied in Oxford for four years. "I was used to living in a city, a really beautiful city, but there was no sense of community, as its population was very transient. The only real connection was to the architecture and the parks rather than the people." Lucy's bright blue eyes shone. "Whereas here it's been so easy to get to know people, and I love it that everyone says hello. And look what we have right here on our doorstep, it's the Lake District for goodness sake, what's not to love?"

Finally, we get talking about her debut novel 'Plutoshine' published by Gollancz, an imprint of The Orion Published Group. How did this come about?

"In 2015 NASA's New Horizons spacecraft zoomed within 7,800 miles of Pluto and as it sped passed it took the first ever photos. Suddenly we could see that Pluto had its own mountains and glaciers and ice sheets and that it wasn't just this dead rock. The photos revealed areas that were dead smooth, which implies resurfacing activity, meaning an energy source and there were entire mountains made of ice. We saw an ice sheet that is shaped like a heart, and found out that it's formed from nitrogen and carbon dioxide." Lucy could hardly contain her excitement. "Its atmosphere is mostly nitrogen, so that if you were able to look up at the sky on Pluto it would be a lot darker blue than Earth's sky, but still, it would be blue! And I began to wonder what it would be like to be on that planet, and suddenly characters started to form and a storyline about how it would be for the first settlers on Pluto who were there to create an Earth like planet for humans to live on."

"I started writing this in secret while I was working on my PhD, and it's the strangest feeling when it was revealed to my friends and colleagues!" explained Lucy.

Her characters are engaging and they lead the reader at a cracking pace on an ambitious terraforming project to recreate an Earth-like planet on Pluto. With minus two hundred degrees below zero and an atmosphere inconducive to human life the last thing these intrepid explores need is a saboteur who will stop at nothing to halt their progress and jeopardise the entire project.

I particularly liked Nou, a ten-year-old girl who is mute after suffering a traumatic event. Lucian, a solar engineer newly arrived at the station on Pluto, takes Nou under his wing in an effort to unlock the secrets she holds that he feels is crucial to their work. Will the 'Sun bringers', succeed in bringing light to Pluto against all the odds? I guess you will just have to read Lucy's novel 'Plutoshine' to find out what happens next. It can be purchased from Waterstones in hardback and Amazon in hardback or kindle.

Lucy never told me during our chat that she was selected out of 200 candidates to receive the inaugural Writers & Artists Working-Class Writers' Prize.

I enjoyed meeting this humbly delightful young woman who I feel is destined for great things. One day when she is mega famous, I will be able to say "I know Lucy Kissick."

Vivienne Tregidga

### New Book Review

Having bought Greenlands and Irton Hall, some of the Brocklebanks must have irritated the local gentry and landowners. Then they then upset the neighbouring parishioners by stopping up footpaths, especially that to St Paul's church, there was suddenly enough money to support enormously expensive court cases. One result is that we still enjoy the use of the paths today. Another is a treasure trove of archives in which is the evidence given by folk from here in Copeland, out to the coast, north to Whitehaven and south to Millom. The carefully preserved records permit one to read the very words of named members of local families.

Paul Pharaoh, lawyer and a member of a well known local family, has turned dry legal records and reports into a substantial, most readable book giving a fascinating view of life here in those times.

The book has just been published by Bookcase in Carlisle. *V.R.Goodwin* 

## WE NEED YOU – MUNCASTER MICROBUS

CAN YOU HELP DRIVE THE MUNCASTER MICROBUS?

The Muncaster Microbus urgently needs more Drivers if we are to continue the 25 years of support we have given to Community Transport in this area.

Drivers of the minibus must have a D1 category on their licence as this is necessary to drive a 16 seat minibus. Most drivers have this entitlement as long as you passed your test BEFORE 1st January 1997.

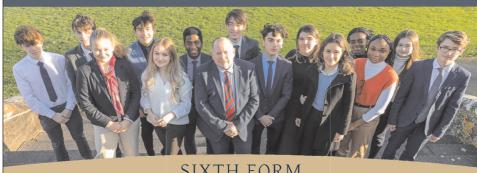
Volunteer drivers can help as little or as often as they like and we will arrange full familiarisation with the bus and services we run.

If you can assist with driving please contact: Dave Marsden by E mail at:

dcr.marsden@btinternet.com or if you have seen this message on Facebook you can reply to this message.

If you know anyone who may be able to help please pass this on.





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## WORDS AND DEEDS Scouts OF KINDNESS





At the beginning of the year one Beaver Scout decided she wanted to form a Kindness Club and took her idea to the Beaver Scouts (6-8years). As a section the Beavers thought that this was a great idea because part of their promise is "to be kind". Within Scouting we have a programme called A Million Hands and this is one way Scouts can take action and achieve their Community Impact activity badge, one of the themes within this is 'kindness in every community' and our Beaver Scouts decided they wanted to share kindness within their community. We talked about all those people who already show kindness, not by giving gifts, but giving their time to help make our village the best it can be and to help others. The Beaver Scouts then got busy by making kindness gifts, flowers and kindness rocks and made up a number of kindness packs. They delivered these Kindness Packs to various volunteers within our group including the Library. Volunteer Car Service and our Parish Councillors. Their gifts were gratefully received and it was lovely to receive the following message:

"Just to say how gratefully received and delighted the drivers were to get your gifts! In fact they were so touched at the thought that they were so important and were being thanked! They wanted me to pass on our grateful thanks to the Beaver Scouts! - The Volunteer Car Service."

Beaver Scouts have not only learnt about the importance of being kind but how showing kindness can brighten up someone's day, make them feel important and that what they do makes a difference to our community. So their message to you is to remember to be kind and sometimes it's nice to acknowledge those that volunteer their time and it can be as simple as just saying, "thanks".



### **Cave Bus and Viking Swords**

Beaver Scouts (and cubs and scouts) enjoyed attending the District Activity day and for many this was their first adventure with other Beaver Scouts within the District. They had a great day learning new skills, and undertaking new activities. They especially loved the cave bus and the Viking Sword fighting. For the Queen's Platinum Jubilee Beavers learnt the National Anthem, drew pictures and wrote letters detailing what they enjoy about Beaver Scouts and what they are looking forward to doing in Scouting in the future. These were sent to The Queen to thank her for being our Patron and to show her how much fun and enjoyment they get from Scouting.



### How Long!?

Our Cub Leader Sara (Deema) had a wonderful surprise at the recent Western Lakes Scouts activity weekend when she was given her 30-year adult service award by our District Commissioner, Elizabeth Norton. Sara was also baked a huge fruit cake and it was decorated by Eve West, our Beaver Scout Leader. Sara said she couldn't believe they managed to keep the surprise from her and hide the massive cake.

Sara's scouting journey began after leaving brownies and guides to join our local Venture Scout Unit in Gosforth, she began helping Joan Darvell who ran the 1st Gosforth beaver colony and as soon as she turned 18 started working towards her wood badge. After Joan left, Sara took over as Beaver Scout Leader and had many memorable times with the group before moving to 2nd Seascale to open the Beaver colony there. She later moved to cubs as a leader was needed for the cub pack. Eve and Neil (much) later joined 2nd Seascale as Beaver and Scout Leader respectively, and we quickly became a really strong team. We've had so many fun and exciting

times and August will see us attending our 4th International Scout Camp when we take 34 cubs/scouts and 18 explorers scouts to Red Rose 2022. No doubt you'll hear all about that camp in the next issue of Tethera.

### Squirrels in Seascale

Scouting is very strong here at 2nd Seascale and we would really like to open a Squirrel Drey for girls and boys aged 4 to 6 but to do this we need more leaders. Do you think you could be part of the team? You don't need to have had any previous scouting experience as training will be provided. Why not have a chat with one of us? We currently meet at Seascale school on a Thursday evening during term time.

### Sand Sculptures and Windmills

The weather hasn't been the best recently but that hasn't stopped the cubs (8-10 years) getting out and about, we've built shelters, been on a night walk, braved the wind whilst making sand sculptures on the beach and of course played games. We've been playing a wide game called



biggest effort and achievement so far was on Friday 3rd of June when we climbed Scafell Pike twice in a day! We set ourselves the challenge to climb England's highest mountain twice because we wanted to do something ambitious that incorporated our Scouting skills and took place in our local area. It was a brilliant day, we had so much support from friends, family and our Seascale Scout family. We set off from Wasdale Head at 7:30am and arrived at

the square game, which our young leaders, Dizzy, Flunkey and Bhoot taught them. This game has quickly become a favourite for the cub pack.

The cubs enjoy making things and were delighted to make union flag windmills, do some Jubilee scratch art and have each decorated a pot and planted a sunflower, which was followed by a Jubilee picnic. As usual the cubs were very generous with the items they brought to share and we had lots left over. The cubs were happy that these items were donated to a local food bank.

Destination: South Korea By Murin and Ben:

We are six months into our World Scout Jamboree journey and still very much looking forward to travelling to South Korea next summer to meet up with Scouting family from all over the world. Our fundraising experience so far has been hard work but good fun and we have learnt a lot from it. We have been running a stall at the young entrepreneurs' market in Whitehaven every month selling crafts, and we organised a Korean party for the Beavers and Cubs at 2nd Seascale. We had an Easter egg raffle and sold homemade cards and cupcakes. Our

the summit for the first time at 9:30am. We had a short stop to take a photo, sip some water and have a snack and then we headed back down. We reached our "base camp" of friends and family at



our cake stall in the field by the National Trust carpark around 10:30. We ate another snack and prepared to go back up for our second ascent.

We found the second climb much harder as our legs were very tired by this point but thanks to the friends who joined us on the climb and their positivity and encouragement, we were able to keep going and keep smiling! We reached the summit for the second time around 12:30 and it felt incredible. After a few more photos and lots of "well-dones" we headed back down again this time via Lingmell as the main route was busy and the rain had started so the rocks were quite wet and slippery underfoot. We reached the base again at 1:30 so it took us six hours altogether. It feels amazing to have completed such a big challenge but we'd be in no hurry to do it again; three days on our muscles were still a little achy!

We'd like to say a huge thank you to Diane at Wastwater Alpaca Trekking and Neil the Wasdale National Trust Ranger and for their support, and Lindsay Buck and her friends for keeping Scafell Pike clear of litter and inspiring us to do the same. Thanks too to everyone who sponsored us and who encouraged us on the mountain and who bought cake from our stall or medals from our shop at the top. Thanks to our scout leaders who continue to support us and to Campbell and David who were with us every step, setting the pace and keeping us safe.

Coming up, we are helping out at the Drigg and Carleton Gala and running a stall at the Rotary Club's Rotating Wheels event in July.

We are also looking forward to our next training camp in July which will be the first time the whole Unit 48 comes together and we meet the Scouts joining us from the Isle of Man.

### **Esk-auest**

The Scouts (10-14 years) had a great time with the rest of the scouts in the district at the activity day. They also enjoyed a map-reading activity in Eskdale. The scouts were dropped off in their patrols at and number of locations and they had to navigate around the area visiting points on the map to answer questions, and then get to another rendezvous point to be collected again. We have also worked on tent pitching and building camp washers, which will be useful when we go to Red Rose camp later this summer.



### Join the Adventure

2nd Seascale Scout Group meets Seascale School on Thursday, caters for girls and boys in Beavers, Cubs and Scouts, and has links with the local Explorer Scout unit. To find out more, please contact: Info@SeascaleScouts.org.uk

 ${\it Facebook.com/SeascaleScoutGroup}$ 







# ROTATING WHEELS RALLY SUNDAY 17th JULY

On the Old Gosforth Show Field starting at 10.30am

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In aid of Great North Air Ambulance & other Rotary Charities

Exhibitors Free, Adults £5.00, Children Free

Refreshments available



**Photos courtesy David Culley** 

### TRACTOR RUN

8.30am Start from Gosforth Playing Field Car Park Participants £5.00

This event is organised by the West Lakeland Rotary Club

For further details and application forms contact Mike Beaty on 07802. 757640 or email michaelbeaty76@gmail.com