



Katie Hat Bee
by Lois Smith
from Holme St Cuthbert School

Solway Buzz

www.solwaybuzz.co.uk

February/March 2013

local news - for you - by you - about you - free to you - local news

FREE PAPER

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Road Protected



At last, the coastal road protection works have been completed on the B5300 at Beckfoot and the road has been re-opened.

Cllr Tony Markley said "The coastal road to Maryport had become a thorny issue due to coastal erosion and had been passed around from organisation to organisation. It was never exactly clear whose responsibility it was to sort it. The County Council will protect its asset; the road;

the Environment Agency is responsible to protect shorelines against coastal erosion; then Natural England don't always agree that protecting against coastal erosion with man-made barriers is the right thing to do.

Therefore, it had sat in the 'too complicated' and 'too expensive' pile for too long. In the meantime, we saw the sea creeping inwards. With every storm there was the real threat that the road

could be lost. The issue was brought to a head last year, with the closure of one side of the road, and possible total closure; I had to step in and sort it before the road was lost all together.

I grew up on the Solway Plain and live in Silloth. I know how vital this road is and realise what the impact would have been if the road had been swallowed up due to a row over paperwork. I couldn't stand by and watch that happen. So I contacted

senior Council officers and, with the involvement of our local highways team, I grabbed the attention of my fellow councillors on the importance of protecting the road quickly before the Christmas break.

Around 7,000 tonnes of rock armour is now in place after a capital project costing £320,000. We can all breathe a sigh of relief for the time being. The problem of coastal erosion will not go away. There's going to be other

similar challenges faced elsewhere along the coast. But as the local member it gives me great satisfaction to drive along the road now and think 'I helped protect this little corner of England which hosts the most North Westerly town in England; Silloth.

The Buzz welcomes Tony's involvement and trusts he will also look after Silloth and say no at the nuclear dump vote on 30th January.

Good Turnout for Christ Church Nativity

Report by:
Lawrence Marshall

The ever popular crib-service on Christmas Eve was again very well attended with over 150 children and adults in Christ Church, Silloth.

The nativity story was acted out in the chancel with the area decorated in the image of a stable, complete with hay and stalls. All the children were dressed in realistic costumes and played out the scenes with some guidance from rector Bryan Rothwell.

The baby Jesus was a very well behaved Tommy Flynn, Carley Walsh was Mary and Joseph Irving was Joseph.

Parents and friends really enjoyed the nativity story played by the children of Silloth



Superstar Erin



Erin in London outside Her Majesty's Theatre

Report by: Andrew Brooks

Erin Tilley, a Year 6 pupil at Silloth Primary School, had the fantastic opportunity of performing on stage in London.

Erin said "On Sunday 18th November, I performed on London's West End Stage (at Her Majesty's Theatre) in Razzamataz Theatre School's version of 'Shrek: The Musical'. I auditioned back in 2011; in hope of any part. Amazingly, I was cast with one of the lead roles, 'Young Princess Fiona'. We rehearsed the piece for over a year to perfect it, down to the last detail. Finally, after all the hard work, we performed it in front of a packed theatre.

The experience was spectacular, I loved it! It was something I will never forget for as long as I live! I would like to thank Silloth Primary School for all their support and letting me have the time off because it wouldn't have been possible without them, THANK YOU!"

Erin has a superb gift and outstanding talent, which she has been fortunate enough to show off on such a grand scale. Everyone at Silloth Primary School are proud of her achievements so far and at such a young age. I am sure we will see much more from Erin for many years to come.

Congratulations and well done.

Crunch Service Changes

The times for Allerdale Borough Council's popular crunch service have changed.

The monthly Saturday morning service will now be available at Wakefield Road Car Park in Cockermouth between 8am and 11:30am, at Skinburness Road car park in Silloth between 8am and 9:45am and at Aspatria's Queen Street car park between 10am and 11:15am. The dates when the Crunch service is running can be found at www.allerdale.gov.uk/recycling.

The crunch service helps residents dispose of additional household waste, furniture and carpets. Unfortunately the crunch cannot accept commercial/business waste, white goods such as fridges, microwaves and washing machines, TVs, fluorescent tubes, batteries or bricks and rubble.

The area to be used for the crunch will be cordoned off allowing convenient access to the refuse vehicle and ensuring a steady flow of vehicles in and out of the site.

Ice - A Warning

With the current cold snap set to bring extended freezing temperatures, Cumbria County Council's Fire and Rescue Service is warning people of the potentially fatal consequences of venturing onto frozen lakes, rivers and ponds.

While frozen water might look like a tempting playground, play can quickly turn to tragedy if the ice gives way. The dangers of this type of accident are particularly prevalent in Cumbria given the large number of lakes, tarns and rivers across the county.

Even where the ice looks stable, people should never risk stepping onto the ice as there is no way of knowing just how thick or stable any ice is or whether it's strong enough to take weight.

Parents in particular are being warned to ensure their children are aware of how dangerous playing on frozen water can be with solid-looking surfaces often hiding dangerously thin ice and freezing water beneath.

Cumbria's Assistant Chief Fire Officer Adrian Buckle said: "If you go out onto frozen water you are literally dicing with death so I'd urge people not to do so under any circumstances. There are many potential dangers associated with a frozen body of water. Although it may appear to be robust and strong, there can be little or no support and the ice can give way with no warning. The hazards are drowning, asphyxia and hypothermia. If the ice gives way then it can trap you, and in freezing temperatures hypothermia sets in very quickly. I'd also encourage parents to know where their children are when they are out and about in the cold weather and to never leave youngsters unsupervised near frozen ponds, rivers and

lakes. While the Fire and Rescue Service is trained to carry out frozen water rescues, the best way to avoid tragedy is to prevent it happening in the first place."

Dog walkers are also asked to keep dogs on leads near frozen water if there is a risk of them venturing onto the ice and getting into trouble.

If you see someone fall through the ice you should:

- Call the emergency services on 999
- Do not attempt to go out on to the ice yourself
- Tell the person to stay still to maintain heat and energy
- Try finding an object that will extend your reach, such as a rope, pole or branch
- Throw the object out and, once ensuring you are stable on the bank either by lying down or having someone hold on to you, pull them in
- If you cannot find something to reach with, try finding an object that will float and push that out to them
- Ensure that you keep off the ice at all times during the rescue, continue to reassure the casualty and keep them talking until help arrives.



Flower Bee
by
Charlotte Reeves
from
Silloth Primary School

The Council asks residents to please not attempt to place materials in the vehicle themselves; a trained crew will be on hand to do this. Please do

not leave items at the crunch locations prior to the arrival of the vehicle. The new arrangements are due to a change in the opening times of waste disposal sites.

The Shifting Sands of the Solway

Report by: Geoff Bland

The ever moving sands of the Solway Firth hide many happenings from long ago, and up to the present day. Now and again their movement reveals some of these secrets and if you are fortunate enough they can be seen for a short while then perhaps be covered up again.

On the beach near Beckfoot are tree stumps and root systems in layers of peat. These are about ten thousand years old and are the remains of a forest which was flattened by the Southern movement of glaciers during the last Ice Age.

This movement accounts for the many boulders down the beach and also the heaps of stones. Much of this granite has come from Criffel, the mountain in Scotland opposite Silloth. Some of the boulders have come from as far away as Ailsa Craig near the Firth of Clyde. There are also patches of red and grey clay with glacier debris amongst it.

When the glaciers

melted the sea rose and layers of stone at the top of the beach show these once higher levels. In more recent times, about 150 years ago, there was a salt industry at Saltpans and part of the wooden base of the pump platform is visible at present.

From the 1940 era there was a real threat of German invasion on the Cumbrian coast, from which advancing eastwards would have cut the UK in half. Hundreds of metal posts embedded in concrete blocks were set up to damage the expected landing craft. Some of these blocks have recently been uncovered. Also down on the beach near Mawbray, where in places the tide recedes for 2 miles, there was a wartime aircraft firing range and sharp eyes can occasionally locate empty 0.303" machine gun and 20mm cannon brass cartridges, some as good as new after almost sixty years in the sand.

Behind the sand dunes are some large concrete arrows which pointed out the target to the over flying aircraft. These are slowly being covered over by wind blown sand. Two years ago a large anchor, dated about 1820 by its design, was hauled up by a Silloth fishing boat on the Scottish side of the Solway Firth off Arbigland. By its remarkable state of preservation it had evidently been buried in the sands for a long time, as its oak stock was almost complete.

Take some time off, and sit and watch the Solway, an ever changing panorama of sea, sky and shifting sands.

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Arthritis Support Group

Report by: Gladys Temple

Nineteen members and friends visited Denton House for their New Year Lunch. Everyone took a parcel and Anne Graham helped distribute them after a very enjoyable meal. Edna Marper thanked Gladys for organizing the day and Peter the driver of the Community Bus was thanked for helping everyone.

The programmes for 2013 were given out and all were reminded that the next meeting will be on Friday 1st February when Paul Gibson the Arthritis Nurse from the Cumberland Infirmary will be the Speaker. New members are always made welcome at 1:30pm at Loveday House

First Responders

Report by: Chantelle Satterthwaite

The Silloth First Responders would like to thank everyone who has donated or supported them in the past twelve years.

As you may or may not know the Silloth First Responders rely completely on donations given to us in all different ways for the upkeep of our equipment and training resources. Because of the generosity of so many people and the British Heart Foundation, the responders were able to buy a new kit and defibrillators for every active member of the team in 2010.

The team was first set up in February 2001 and has been a success for the previous twelve years. As we live in such a remote area the response times are not as high as the ambulance

service would like, so the Community First Response team was set up to provide emergency care until an ambulance was able to get to the casualty.

In 2012 Silloth became a Heart Town, being one of only two Heart Towns in the county. In order to support this, the First Responder team are running heart start courses throughout the year. If you would like any more information on this please speak to a member of the First Responder team.

The First Responders are holding a charity night to raise funds for the upkeep of their kits and training resources. This will be held in Silloth Social Club on 9th March 2013 with Rue & the Rockets. Tickets will go on sale in February at just £5 each and are available from Silloth Social Club and Winters Newsagents.

NDA Speak to SPAND

Report by: Geoff Betsworth, SPAND

A good number of people attended the drop in information session in Silloth on Friday 14th December. Members of the public were able to ask experts about any aspects of the geology they did not understand, and members of SPAND were present to help with any other queries.

Alun Ellis, Repository Project Director for the Nuclear Decommissioning Authority also, rather unexpectedly, attended the information session. NDA chief made an unexpected appearance at the Nuclear Repository drop-in information session held recently at the Golf Hotel, Silloth.

Mr Ellis appeared to be surprised at the extent of local opposition to the plans for the proposed underground repository, and admitted that, despite the recent awards received by the MRWS partnership, their process had failed and engagement with the community had not worked.

He was very critical of MRWS geologist Dr Jeremy Dearlove who he felt had fallen into a trap set by Professor Smythe by naming the most suitable sites as the Solway Plain, Ennerdale and Eskdale. Mr Ellis made it clear that he had not wanted the sites to be public knowledge until they had managed to move the process forward to Stage 4.

In attempting to refute the suggestion that the 15 million cubic metres of spoil containing the human carcinogen chromium would be arranged in bunds on the

Solway Plain, Mr Ellis said he did not know where it would go, but suggested that it might be dumped in the Irish Sea.

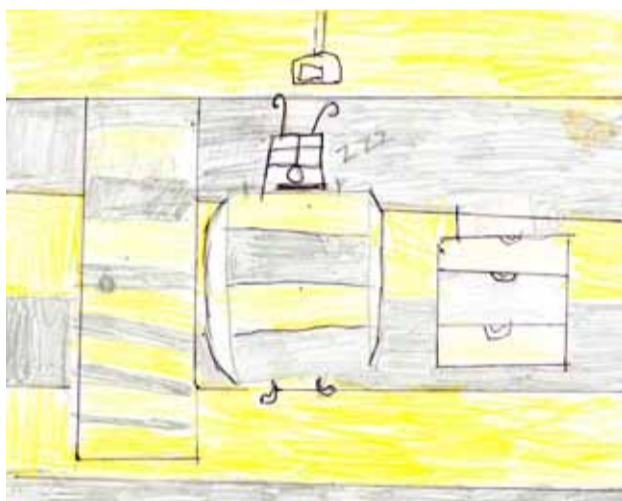
When asked about DECC's position, as stated by Baroness Verma and Ed Davey, that a national geological survey would be far too expensive to undertake, Mr Ellis admitted that this was untrue. When challenged that it would take around 5 person years, cost well under £1 million and be completed in less than a year, he agreed. He went on to say that they would be obliged to carry out this national survey

anyway by the requirement to conduct a Strategic Environmental Assessment to consider whether there are better sites.

It was generally agreed that the session had succeeded in providing an opportunity for local people to find out more about the government's proposals. They were also informed about how to make their views known to members of Allerdale Borough Council Executive and Cumbria County Council Cabinet who will be making the decision about proceeding to Stage 4 this month.



Alun Ellis, Repository Project Director for the Nuclear Decommissioning Authority



Sleeping Bee by Sam Lennon from Silloth Primary School

Market Opening Dates

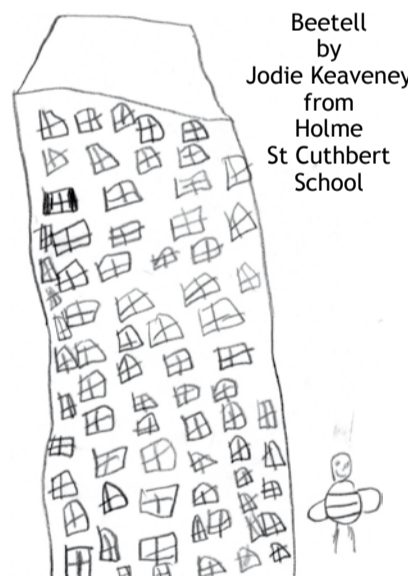
Allerdale Borough Council and Geraud, who manages markets in Allerdale on behalf of the Council, have announced the operating dates for the rest of 2013.

Workington town centre market will operate every Wednesday and Saturday throughout.

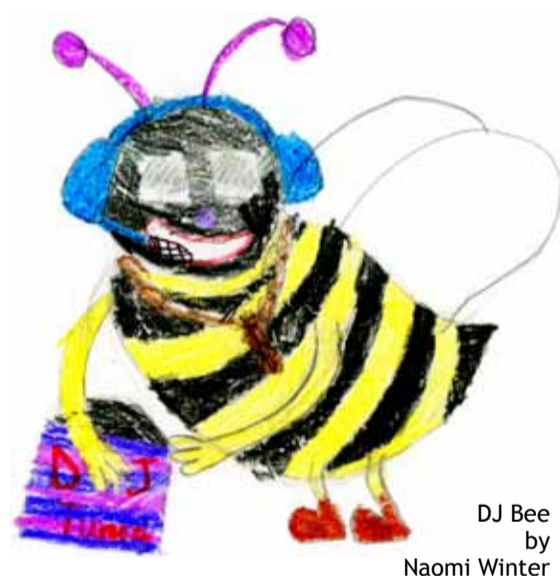
The Silloth Green market will take place on Thursdays from 4th April until the end of October.

The market on Water Street car park in Wigton will operate every Friday from 15th February through to December.

Keswick's market days will be every Saturday throughout the year and on Thursdays from 14th February until the end of December.



Beetell by Jodie Keaveney from Holme St Cuthbert School



DJ Bee by Naomi Winter from Silloth Primary School

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Get Road Gritting News Fast

Cumbria County Council has launched an innovative new online map and Twitter service so that people can keep track of gritting plans during the winter months.

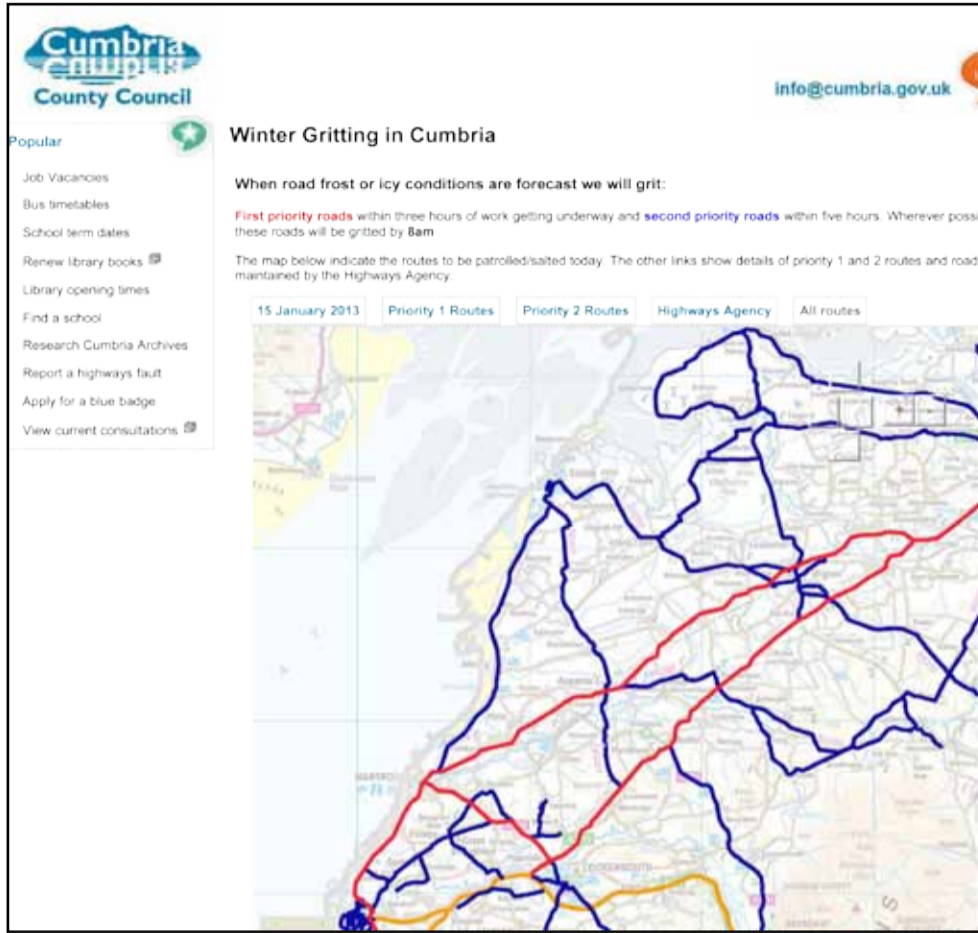
The interactive map, which can be viewed on the council's website at www.cumbria.gov.uk/gritting is updated each lunchtime to show which roads the council's in-house fleet of gritters intend to treat that evening and overnight during periods of snowy and frosty weather. The decision on whether to grit or not is triggered by the council's network of monitoring equipment checking road surface temperatures right around the county.

The fully interactive and downloadable map will keep Cumbria's road users up to date with the latest information regarding which areas of Cumbria will be gritted as first and secondary priority routes and the treatment timescales for each.

This new online service has been launched to coincide with the recent arrival of 33 new state-of-the-art gritters, part of a fleet of nearly 150 vehicles maintaining Cumbria's roads and representing an investment of over £7m by Cumbria County Council. The new gritters are equipped with on-board computers and GPS mapping technology giving information on temperatures and also controlling the spread of rock salt. The vehicles can also be fitted with snow ploughs, while two new four-wheel drive Unimog trucks can also be fitted with snow blowers to tackle some of the country's highest roads, which often face the most severe winter conditions.

Gritting updates from the new online service can also be tracked through Cumbria County Council's Twitter account at @CumbriaCC and by subscribing to an RSS feed at www.cumbria.gov.uk/gritting/rss.xml.

The innovative new approach is part of a revamped in-house highways service which is aiming to be more responsive and effective than ever before. So far around 70 people have signed up to be snow champions, where they volunteer to clear and treat footways and pavements in their local communities.



So far this winter the gritters have been operating on 28 days for priority one and two routes. Approximately 6,200 tonnes of salt have been used by gritters and for topping up salt bins and heaps, and the council still has around 23,000 tonnes in store.

Cllr Tony Markley, Cumbria County Council's Cabinet member responsible for highways, said: "The winter maintenance service has been doing an excellent job in its first year of operating directly under the council. The new online information service

will help keep drivers safe on Cumbria's roads during the winter months and is representative of the county council's determination to be innovative in making important information available to members of the public in a timely and accessible way."

OBE for Jennifer



Ms Jennifer Saunders, formerly of Waver Street, Silloth was awarded an OBE in this year's New Year's Honours list.

The honour recognizes her decades of work on behalf of the fuel poor.

Jenny now lives in Newcastle but her father Bob Saunders still lives on

£236 Raised for RNLI

Report by: Bev Puxley

In December the Silloth & District Fundraising Branch of the RNLI hosted the Harlequin Choir who performed a selection of songs and carols at St Andrews Church in Silloth. It was a delightful evening of festive music and was much enjoyed by all those who attended. A particularly uplifting version of the Diamond Jubilee song 'Sing' was performed and was so well received that the choir was asked to do an encore, which they were more than

happy to oblige. During the evening a raffle was held and this, along with donations received on the night, amounted to £236.

Our thanks go to Claire and all members of the choir who gave their time freely and to Robert and Reena at Fruitlink for the wonderful Christmas cake. We would also like to thank Mrs Kerr and Sarah Hansford for working tirelessly in the kitchen and hall all evening. All proceeds from the event go to the Royal National Lifeboat Institution.

Waver Street.

Ruth Thompson OBE, Chair of NEA said "Jenny is well known for her unstinting contribution to ending fuel poverty. As Chief Executive of National Energy Action her leadership, energy and dedication have ensured that

the plight of those unable to afford to keep their homes warm does not go unnoticed and that action is taken to help. This is a proud moment for us. We are delighted that Jenny's work has been recognized in this way. Her award is richly deserved."

Carnegie Theatre Redevelopment

A second phase of improvement works to the Carnegie Theatre and Arts Centre started on 8th January 2013.

Allerdale Borough Council has appointed contractors to undertake the works which include the refurbishment of Monroe's and redecoration of the foyer.

This second phase of works follows the £220,000 refurbishment of the theatre earlier this year, which saw the redecoration of the theatre, the installation of removable seating, new flooring, and new sound and lighting systems, as well as considerable repair works to the roof and external fabric of the building.

The Council announced in September that it would invest a further £150,000 in a phase 2 refurbishment of the Carnegie Theatre and Arts Centre.

Councillor Barbara Cannon, Allerdale Borough Council's Deputy Leader and Executive member with responsibility for the

Council's assets, said: "We promised investment in the Carnegie Theatre and it was wonderful to see the theatre looking so good after its refurbishment. I am delighted that we are now going to improve other areas of the building. This Council is committed to ensuring that everyone has the opportunity to access affordable arts activities and hopefully the refurbishment will encourage more people, both existing customers and new users, into the building."

The building and refurbishment works are expected to last approximately 8-10 weeks, subject to approval of a satisfactory contractors works programme, and the Council apologises for any inconvenience caused during this time.

Anyone interested in how the works are progressing can keep updated by visiting the Carnegie Theatre's website through www.allerdale.gov.uk/carnegie.

Mothers Union

Report by: Gladys Temple

The December Meeting of Abbeystown Mothers Union began with prayers led by Rev. David Tembey then Lynne Tembey Worldwide President of the Mothers Union led the Membership Service where Judith Bryant was re-admitted after an

Brenda then told everyone how she and Muriel went to London for the installation of Lynne as World Wide President. The pictures are on the Website for the Archbishop of Canterbury and the M.U. Website. She said it was a lovely service and they



absence and her daughter Anita Norman was admitted as a member of Holme Cultram Abbey Branch.

Brenda Sim welcomed them and all members prayed for them and wished them a long and happy membership. Apologies were received from Muriel Studholme and Elsie Donald and best wishes were sent to them for recovery. David told us to be careful not to miss our gifts from God and told a story of when Walt Disney gave his secretary gifts each Christmas and Birthday which she just put under her bed and did not appreciate but when she died they were found to be shares in Disney and worth millions of dollars.

were made very welcome among the other members. They went to Mary Summer House for the reception and David took them for a tour throughout the whole building.

Christmas Cards have been received from Mary Banks Deanery President, Houghton and Kingmoor M.U., Bowness M.U., and Jean and Horace. Bron Ja is to hold a Fashion Show at Greenhill on 7th April in aid of Abbey Funds.

Everyone enjoyed a lovely communal supper and some poems and readings followed. Birthday greetings were sung to Maureen Gibson for December and Freda Garner and Gladys Temple for January.

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Chimney Fires

With the current cold snap set to last, Cumbria County Council's Fire and Rescue Service is issuing a warning to help reduce the risk of chimney fires.

Rising gas, oil and electricity prices mean more and more people have turned to open fires and wood burners with chimneys that can easily become blocked or unsafe for use if not properly maintained.

So before people think about settling down in front of their roaring fire, the Fire Service is calling on residents to take a few simple steps to prevent potential tragedy.

Some simple tips can greatly reduce your chances of having a fire in your chimney include:

- Make sure you have a functioning smoke alarm and check it works regularly
- Sweep the chimney before use
- Ensure a fireguard is used at all times – it can prevent a serious property fire
- Extinguish the fire before going to bed or leaving the house
- Never use petrol or paraffin to light your fire.

Cumbria Fire and Rescue Service would also recommend the following simple maintenance routines:

- Solid fuel fires - swept once a year for smokeless fuel;

- twice a year for coal
- Wood burning fires - four times a year when in use
- Gas fires - once a year if designed for sweeping
- Oil fires - once a year.

What to do if you have a chimney fire

- Call the fire brigade - 999
- If you have a stove then shut all air vents and flue dampers to reduce the chimney fire's oxygen supply
- If you have an open fire then gently splash water on it to extinguish the fire.

- Move flammable materials, furniture, ornaments away from the fireplace
- Do not pour water on the fire if you have a stove
- Ensure that the fire brigade can access the loft space
- Chimney fires tend to be caused by a build up of coal soot or wood tar deposits.

The heat from the fire warms the deposits until they ignite and the fire then spreads up the chimney. The extreme heat from chimney fires can quickly cause severe damage.

Cumbria's Chief Fire Officer, Dominic Harrison, said: "With prolonged freezing temperatures forecast for Cumbria this weekend we are urging people to take these simple steps to help prevent potential tragedy. Chimney fires can be very destructive and lead to much more

serious fires. Sometimes the only way of extinguishing the fire can be by cutting away large sections of masonry or floor to get to the cause and extinguish the fire, which can obviously be extremely distressing and costly for the home owners. It's much easier to get a chimney sweep in and eradicate the problem, before it starts."

Cumbria Fire and Rescue Service provide free home fire safety visits, fitting free smoke alarms where applicable.

To book a free visit call 0800 358 4777 at anytime. The service is completely free and can only be done by Cumbria Fire and Rescue Service.

Make Nia Your New Year Resolution!

How many of us have put on an extra pound (or several) over the festive season? How would you like to start the New Year off by learning something new – and toning up your body? The key to continuing any regimen is that it makes you feel good, satisfying heart and soul. Nia is designed for the 'human being,' not just the body. It is a sensory-based holistic fitness practice leading to health, wellness

and fitness, empowering people of all shapes, sizes, ages and those with special limitations. Nia blends nine movement forms from dance arts, martial arts and healing arts.

When Wendy Hessel-Richardson took her first class almost four years ago, she knew immediately that she wanted to learn to teach Nia to others. "I fell in love with what they call the 'Mmm... music, movement and magic!' of Nia and I wanted to share the joy of these movements with others. It was the kind of exercise my body had longed for and was just so much fun to do."

From stiff beginners to the more supple and athletic, Nia can be adapted to meet different needs by choosing from three intensity levels.

Wendy Hessel-Richardson has been teaching Nia classes in Cumbria for three years and leads an established group down in Mawbray, which was initially supported by Age UK West Cumbria.

There were requests for additional groups in Silloth and Kirkbride, so Age UK West Cumbria supported tasters to encourage people to come along and try it for themselves.

We need more people to join us to continue. Why Wendy's Silloth students choose Nia:

- I can exercise at my own pace and my own level of fitness. (HS)
- I enjoy the music and the company. (AW)
- It's fun, not boring like the gym. I love the music and find it gentle and easier than other classes I've been to. (AF)
- It loosens my shoulders and joints. I can chose whether to do it standing or sitting, and it's not competitive. (ER)

Age UK Recommends NIA



Wendy Hessel-Richardson - Nia Blue Belt Teacher

There's a friendly atmosphere in a lovely venue – warm and comfortable. (AM)

The Silloth group started in November and is held at the Solway Community School on Thursday afternoons at 3:30pm. As a special New Year incentive, Silloth group is offering a first session free of charge.

For further information on Nia:

www.nianow.com/wendy-hessel-richardson
Contact Wendy: 07702 809606

For further information on the Silloth or the Mawbray Group, contact Hazel Stewart, Age UK West Cumbria, 016973 42279 or 07895 064 581

For more information on the Kirkbride Group, contact Caroline Carey, Age UK West Cumbria, 016973 42279 or 07875 540 972.

Silloth Group Medical Practice

OPENING TIMES: 8am – 6:30pm
Tel No: 016973 31309 Fax No: 016973 32834

NHS HEALTH CHECKS THE NHS HEALTH CHECK PROGRAMME

The NHS Health Check Programme are being offered to people aged between 40-74 once every five years.

This check is to assess your risk of developing heart disease, stroke, kidney disease or diabetes. If there are any warning signs then together we can do something about it.

By taking early action you can improve your health and prevent the onset of these conditions.

Following your health check you will receive free personalised advice about what you can do to stay healthy.

If you are in the above age group you will shortly be receiving a letter asking you to make an appointment to have your NHS health check.

These checks are important and we would encourage you to contact the surgery to make an appointment that is convenient to you. We will be running some Saturday morning clinics for those of you who are not able to attend normal surgery hours due to work commitments.

www.sillothgroupmedicalpractice.nhs.uk

Our website offers a wealth of information about the practice, the clinics and the staff who make it all possible. You will be able to:

- Register as a new patient
- Order your repeat prescriptions
- Cancel your appointment
- Request a telephone consultation

There is also lots of information on other topics such as:

- Family health
- Pregnancy care planner
- Summary care record
- Long term conditions
- Minor illness
- Vaccination schedules
- Opening and appointment times
- How to use the surgery as a temporary resident
- Complete our patient survey
- Request to join our patient participation group
- Travel vaccinations
- Blood and test results
- Home visits
- And much much more....

Is your New Year resolution to stop smoking and you need help? For FREE local support phone: 01900 324 222 or Text QUIT to 82540 or call in or contact your local Pharmacy Silloth Coop 016973 31394

FLU VACCINATIONS

If you have still not had your flu vaccination for 2012/13 then we would encourage you to do so. If you fit the criteria of being over 65 or under 65 on a disease register then please call to make an appointment. If in any doubt please call us to check. We have a limited number of stock left so please don't delay.

New Doctor

Silloth Group Medical Practice are delighted to welcome Dr Jens Stahlschmidt, who joined the surgery a short while ago.

He replaced Dr Rebecca Littleford who took up a position in Lincolnshire to be near her family.

Dr Stahlschmidt is an experienced GP who specialises in minor surgery. He is also able to fit contraceptive Implants and coils.



Dr Jens Stahlschmidt

Sunset Leisure Centre Term-Time Special Offers After School Swimming

Monday to Thursday from 4pm to 6pm*
£2.70 per Child & £3.70** per Adult

Children under 8 and all non-swimmers must be supervised by an adult (Under 5's free. Children 5-16 Years inc. Adults/Responsible persons 18 years and over) (**When accompanied by a paying child)

Toddler Swimming

Monday to Friday from 10am to 2pm*
£2.70** per Adult

(**When accompanied by a Toddler under 5 years)

Coffees & Lunches are available in the Garden Cafe
Why not visit the Astro Bowl and have even more fun

* Offers valid during Silloth School term only. Offer excludes all bank holidays *

STANWIX PARK
Holiday Centre
016973 32666 www.stanwix.com



Robbie Dee 10k Challenge Raises £609



Report by: Rachel Fleming

Holm Cultram Abbey CofE School Abbeytown raised £234 for the Great

North Air Ambulance and £375 for the 'Cash for Kids' appeal when we did our sponsored 1K challenge with Robbie Dee.

Do You Have New Ideas for STAG, Can You Help?

At the January meeting of STAG (Silloth Tourism Action Group) fears were expressed that not enough was being done to encourage visitors and tourists to the town.

Over the past couple of years, Greenfest, the Military Enactment and other events have ceased to exist, fortunately the Kite Festival is being revived this year, but if events are not organised to encourage visitors, revenue for Shops, Pubs and Accommodation will continue to diminish. In an attempt move things forward leaflets are being produced to promote the town and a full feature with supporting adverts will appear in this year's Cumbria Tourist Board guide. It is hoped that people will not only come to watch but also take part in the planned events. Some will entail

overnight accommodation and so all businesses will stand a chance to benefit. Ideas put forward are for:

1. A sports day to include a marathon, cycle racing and other events.
2. A request has been made for a two day cycling event which will entail an overnight stay in the town.
3. In May, a gathering of yachts is planned to stay overnight in the dock, allowing the occupants to visit the town.
4. Bands playing on the green could encourage visitors to the Sunday market and car boot to call into the town, rather than just go home after the event.

These are just a few of the ideas put forward, but it is hoped that Sillothians can not only produce a few ideas of their own, but also volunteer to help STAG and put Silloth back on the map.

IDEAS for STAG

Name & Address:

Tel Number:

Your Idea:

Tick this box if you are prepared to help us:

Return to: Chris Graham (STAG Secretary)
2 East Cote Farm, Skinburness Road, Silloth, CA7 4QH

The Buzz Needs More Articles

As it says at the top of every page 'for you - by you - about you'

The Solway Buzz has no reporters or photographers, it depends on the community to send in items. The editor sets out the whole paper and ensures there is enough income to keep it going but does not write articles.

Fortunately the Buzz is on the PR distribution lists of both Cumbria County Council and Allerdale Borough Council but most information from these bodies is not of local interest, although sometimes we include other items when we have to fill space.

Over the past eleven years we have had many good reliable contributors from the local community but inevitably some of these fall away and we are always looking for more information about what is happening locally.

It could be about a club or organisation, or just something of interest to you, please just write an article and email or post it to the Buzz. Contact info is on page 10. If you can include pictures that is even better. If they are digital, just email them to us, we are happy to accept a print from a film camera as well, but please don't print off a digital image as the quality is much better

Helping You to Keep Warm

Free winter warmth information packs to help you through the cold snap - and money is available now for heating emergencies

Cumbrian households struggling with broken boilers or heating systems have a new lifeline - just in time - as this year's winter weather really starts to bite.

The Hot Spots initiative, funded by the Cumbria Affordable Warmth Partnership, is offering financial help and practical heating support to vulnerable households across the county from today (16 January). The scheme is being launched at the Cumbria Rural Forum conference, How Communities Address Energy Costs held at CREA in Penrith.

In addition, vital new

if you can email it, or drop in with the camera card.

So, whatever the subject, just get it written down. Don't worry about your grammar or spelling, all that matters is that you tell your story. The editor will make sure it is looking good before it is published. Nothing anonymous will be published although names can be withheld. All documents and photos will be returned to the supplied address.

The Buzz would also like to give a great big thank you to everyone who has contributed in the past. Without your support we would never have lasted for all these years.

information packs will also be distributed. The 'Taking the Brrr out of Cumbria' packs contain a wide range of information and useful contact numbers to help Cumbrian residents tackle the cold weather. These packs are being widely distributed across Cumbria and are now available in GP surgeries, libraries, charity shops, carers and health workers.

David Prentice of Cumbria Rural Enterprise Agency (CREA) is responsible for administering the Hot Spots scheme, he said: "Hot Spots helped over 170 households last winter but we know that there are even more people out there that need our help now.

We're hoping to help as many as we can in 2013 and we are now working with a network of Cumbrian heating engineers and experts to make a difference as soon as possible. All the detail about Hot Spots is available through the 'Taking the Brrr out of Cumbria' booklet and someone in need and with a heating emergency can make a single telephone call and get the financial help and the practical contacts to help sort it out quickly."

Hot Spots is aimed at vulnerable people who are in danger from cold homes - older people, the sick and young families on low incomes - who are at highest risk. It covers up to £200 of fast financial and practical help to repair heating systems, maintain boilers, provide replacement heaters or help make a cold home more energy efficient. It is available across Cumbria now and until the end of March 2013.

"The deadline is really important as we need to get this money spent where it is needed as soon as possible," said David. "To access the scheme, people just have to make a call, give their details and provide evidence of being a benefit claimant, or similar. Or a health visitor, social worker, carers' organisation, children's centre or similar can make a claim on someone's behalf. We've made the process as

simple as we can because, if your boiler breaks down in the cold weather, you need help immediately."

Cumbria County Councillor James Airey, Cabinet member with responsibility for Winter Warmth said: There is a lot of advice and support out there and sometimes this can be confusing, so that's why we have worked with a range of partners including CREA and Cumbria Community Foundation to compile a single information pack with all the help and advice people need. This pack also has a free thermometer to help households measure the actual temperature in their home. All of this would not have been possible without the help and assistance of all the partners involved with the Cumbria Affordable Warmth Partnership, which is made up of Cumbria County Council, CREA, Cumbria Community Foundation (CCF), Age UK, NHS Cumbria and a number of other voluntary and statutory organisations."

The scheme was launched today at a Cumbria Rural Forum conference, How Communities Address Energy Costs, organised by ACTion for Communities in Cumbria. Campaign literature about the broader 'Taking the Brrr out of Cumbria' campaign and Hot Spots in particular was distributed to delegates and David Prentice explained the practical approach to helping vulnerable households and the value of involving local people and those working in the community to spread the word.

Anyone who needs help with a heating system and thinks they qualify should call Christine Raffel at Cumbria Rural Enterprise Agency on 01768 891414 to get things moving OR ask a carer, health visitor or other professional to make the call on their behalf. Full details are available by calling Christine or David at CREA on 01768 891414 and details can also be found online at www.cumbria.gov.uk/brrr and www.crea.co.uk.



Princess Bee
by Holly Smith from Silloth Primary School

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King Street Newsagent, Wigton
Tel: 016973 42428

Thought Field Therapy

What on earth is 'Thought Field Therapy', or 'TFT' to shorten matters? Well, think of the TV personality/hypnotherapist, Paul McKenna: does anyone recall seeing any of the participants on his shows performing a series of 'tapping sequences' on their upper body? This is Thought Field Therapy.

It was developed in America by a psychologist, Dr Roger Callahan, who wanted to find ways in which he might further reduce the effects of any kind of trauma sustained by an individual. This could be anything from severe emotional upset, through to more mundane (yet still distressing) personal issues such as weight control/a desire to stop smoking/phobias such as fear of flying, etc. Dr Callahan obtained excellent results when treating victims of trauma following the 9/11 attacks and has also used the therapy successfully with children terrorised in war-torn areas on the African continent.

How does it work? After



an in-depth discussion of the issue(s) facing each client, he/she is then asked to visualise, or in effect, re-create the feelings produced by their individual trauma and to immediately rate the level of disturbance – or 'perturbation' – it produces on a scale of 1 to 10, with 10 being the most intense and upsetting response. The client is then asked, amongst other things, to follow a sequence of tapping exercises which seemingly interrupt the brain's negative thought patterns. After several repetitions of these exercises, the client is requested to

utilise these techniques whenever and wherever they experience a recurrence of their problem.

The vast majority of people treated in this manner report a very high level of success and feel empowered in acquiring an effective self-help technique. Follow-up visits to the therapist, at additional cost, are unlikely to be required since the client already possesses the ability to control their problems.

If you'd like to find out more, please contact Diane on 016973 32729, or go to 'www.reikicumbria.co.uk'

Tony's Loss is Noah's Gain

In October 2012 the North Allerdale branch of Workington Conservative association held a Shepherds' pie and pea (Excellent food from Silloth Café) evening at Councillor Tony Markley and his wife Denise house in Blitterlees, the evening included "good crack by all" Tombola, drawing, name the teddy and auction with prizes donated by local people and businesses.

During the evening John Graham from Longcummercatiff gave some excellent enjoyable renditions of local life and people on the Solway plain in "Cumberland dialect", an excellent evening was had by all.

Tony had knowledge of Noah Wall who was born in Abbeytown earlier in the year and was suffering from Spina Bifida, and asked if Silloth Rotary could donate towards a car seat for him which they did and it was purchased from Listers Baby were shop in Workington, he then asked the North Allerdale Conservative committee to make a

donation to Noah via CFM Cash for Kids appeal (Noah was part of this appeal) which they agreed to and have donated £1,600 from the evenings proceeds towards furnishings and accessories to make Noah's life a little easier during his disability.

Also, on that evening Tony decided to go on a "Sponsored Diet" from that evening up to Christmas 2012, which for all of you who know Tony there is a "lot of Pounds, Stones or Kilos" to lose, and would be no mean feat for Tony to accomplish.

On announcing this sponsored diet, Tony was then accompanied by two of his "larger than life" Rotarian friends Peter Richardson and John Cook who also offered to take part in this event.

The official weight loss for Tony in this short space of time was 30 pounds and he hopes to have accumulated over £1,000



from his sponsored diet with Peter and John having raised another £210.

So all in all through Cllr Tony Markley, the North Allerdale Conservative branch, Silloth on Solway Rotary club with fellow Rotarians Peter Richardson and John Cook and numerous members of the public and local businesses we have raised over £3,300 for Noah which is a marvellous achievement.

Thanks must go to everyone who has helped to achieve this.



Teacher Bee!
by
Brandon Potter
from
Silloth
Primary
School

Miss Hodgson (Teacher Bee)
by
Jessica Williams
from
Holme St Cuthbert School

Chinese New Year Fire Warning



With Chinese New Year looming, Cumbria County Council's Fire and Rescue Service is issuing a warning to help the celebrations pass off safely.

The lighting of paper lanterns forms a part of the festivities and as the lanterns can pose a fire risk, people need to make sure they take a few simple precautions to minimise the dangers.

The lanterns are generally made from paper, supported by a frame that incorporates a holder at the base for a solid fuel heat source. They can often lift to a height of over 1,200ft, fly for up to 20 minutes and once the fuel cell has expired the lanterns float back to earth. As well as being a potential fire risk they can cause harm to cattle and be confused with distress

flares.

Chinese New Year 2013 begins on 10 February and marks the start of the Year of the Snake. To coincide with the celebrations, firefighters will be engaging with Cumbria's Chinese community to raise awareness of the precautions people can take to reduce the risk of fire.

Cumbria Fire and Rescue Service's tips when using Chinese lanterns are as follows:

- * Always consider the local environment for the launch site and intended flight path.
- * Lanterns should be used by responsible adults only
- * Water should be on hand in case the lantern catches fire
- * The launch area should be kept clear of combustible materials.
- * Damaged lanterns should not be used.
- * Ensure sufficient clearance

to avoid obstacles such as trees, powerlines or buildings.

- * Avoid launching near busy roads, especially major roads and motorways.
- * Avoid standing crops.
- * Do not launch within five miles of an airport.
- * Do not launch in wind speeds in excess of 5mph
- * Check wind direction before launch.

Adrian Buckle, Cumbria's Assistant Chief Fire Officer, said: "Paper lanterns can pose a real hazard as once they're launched there's no way of controlling the direction they take and there's no guarantee the fuel will be fully extinguished and cooled when the lantern finally lands. While of course we want people to enjoy the festivities, I'd just ask them to be aware of the risks and follow our advice for minimising the dangers."

Friday March 1st at 7pm
SILLOTH MASTER QUIZ
In Christ Church Hall, Solway Street
Pit your wits against Tim Barker's fun (occasionally fiendish) questions.
Teams of up to four £12. Spectators £2
Light refreshments included. Raffle

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ABBEYTOWN
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(hay also available)
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E: harrisonsstore@orangehome.co.uk

Christmas Lights Santa Drawings



Super Santa
by Joshua John Graham aged 8
from Silloth



Here Comes Santa Claus
by Maia Richardson aged 10
from Mawbray



Mr Claus
by Naomi aged 6
from Abbeytown



Santa Grace
by Emmie Bennett aged 3
from Silloth



The four winners of the Draw a Santa competition are shown above.

All of the other entries are also shown, can you identify your child's entry?

The Silloth Christmas Lights Committee would like to give a big thank-you to the Silloth, Abbeytown and Mawbray schools and their pupils who took part in the Draw a Santa competition.

The original drawings are all going on display in the Silloth Cafe. Children who have proof of identity can claim their drawings from the Cafe to take home.

The Lights Committee are delighted with the response and have confirmed they intend to run the competition again next year.



Bees, Bees Glorious Bees - Can We Have More Of Them, Please, Please, Please

Over the past 11 years the Solway Buzz has been delighted to receive thousands of wonderful, witty and imaginative bees from your children.

The amazing thing is - we just cannot get enough of them and there are always fresh and innovative ideas coming forward we have never before seen.

We just love your bees, we want more. Simply draw them on a sheet of paper no larger than A4 and either hand them in to the Discovery Centre, Petteril Street, Silloth or send them to: Solway Buzz Barn Cottage, Skinburness, Wigton, CA7 4RA. Please do not fold the drawing and note that an A4 envelope requires a 'large' stamp.



Bee Bee
by Lewis Lumsden
from Jelly Tots Day Nursery

Rue and the Rockets

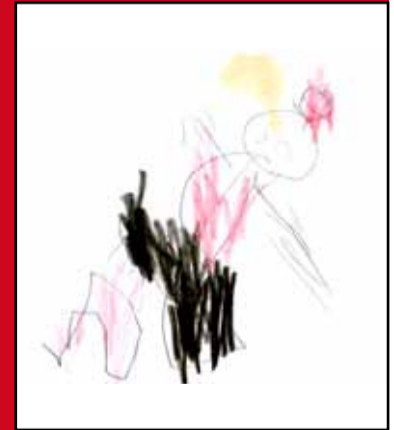
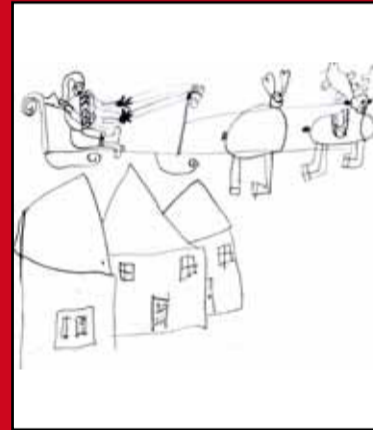
Jimmy Alan

Rue

Number 1 Seller in Spain
STICKY VICKY in BENIDORM

Silloth Social Club
In aid of Silloth First Responders
9th March 2013
Tickets £5 available from Silloth Social Club Or
Winters Newsagents
Doors open 7.30pm

the Four Winners and all Entries



Letters

Dear Buzz,
I would like to say a big thank you to all my friends and relations for all the lovely presents and cards on my 60th birthday party. Thank you to Douglas and Mandy from the Balmoral for the fantastic food and Christine and the staff at the Rugby Club for a fantastic night.

Dot Akitt

Dear Buzz,
Christ Church Silloth would like to say "Thank you" to the people of Silloth who, through Silloth Community Shop, paid for the repair to the church clock. We're very grateful and will do our best to ensure that the town continues to have a public timepiece. Thanks also to Vicky and the Christmas Lights team who arranged for Iggesund to provide a Christmas tree for the church and invited the pupils at Silloth Primary School to make decorations for it. And thanks and congratulations to all those young people who created such wonderful, colourful and imaginative things to delight everyone who came to the church over the Christmas season.

Christ Church

Dear Buzz,
The MRWS process is deeply flawed. Far from communities having the 'right of withdraw', if a community does not want to proceed with siting, the governments white paper says that only the borough and county councils have this right. It has also been proposed that powers may be used in the future by central government, which could, in the end, impose a dump on a community. The decision to host a high level deep nuclear waste repository should not be made because six council members volunteered an area for whatever reason, 150 jobs, new roads, to promote nuclear energy, etc. Then look at possible areas within that region only for a suitable site, especially since we are the only area to be volunteered in the country (an area already proved to be an unsuitable area by expert geologists, yet regardless of the research and evidence gathered over decades, they ignore advice to look for a geologically safe site elsewhere, create a white paper put a leaflet through peoples doors and focus back on the same unsuitable area) this is totally wrong, it feels more like a forced siting process. A search geologically for the most suitable site for

safely disposing of the nuclear waste should be sought first, this is the most important part as it needs to be safe for millions of years, it is not just the local public and environment concerned now but in many future generations to come. I remember reading a leaflet that came through my door regarding searching this area for a suitable repository site, it did not state that this area has already been assessed, and ruled out because of geology a few times before, or reference the Nirex report in any way, or state how many hundreds of thousands of pounds already spent researching this area. It would be rather convenient if there was a suitable site nearby and knowing very little about the geology of the area I may have said yes, its a good idea to look close by to Sellafield. As this is not the case and again the leaflet misleading, the answer has to be NO!!! Our town councillor Tony

Markley, economy and highways, works in close partnership with Nuclear generation to deliver new build on Britains energy coast, and one of the six councillors to volunteer this area. Of course he has to show keen, how could he not, but the big issue is safety. West Cumbria should be focusing on making the old temporary storage facilities at Sellafield safe until the geologists find the best possible place for an underground repository.

Caroline Barnes

Dear Buzz,
On 23rd December my daughter Amy Stoddart and her friends Phoebe Garrett and Katherine Hutchinson went carol singing on Skinburness Road. We would like to thank the people who very generously gave £37 which they have donated to CFM's Cash for Kids.

Emma Bell

Cumbrian Food Standards Following Horse Meat Discovery

Angela Jones, Service Manager for Cumbria County Council Trading Standards said: "Cumbria County Council Trading Standards have a specific food standards role to ensure that food is labelled correctly and is in accordance with

compositional requirements, in other words that it does not contain things it should not. To do this we carry out a planned programme of inspections under the Food Safety Act 1990 at different food premises that exist in Cumbria including bakers, butchers, supermarkets, cafes, restaurants and public houses. The frequency of inspection visits will depend upon the risk different premises present and will vary between one and five years. Our officers work with the Food Standards Agency, other Trading Standards departments and Environmental Health Officers from the district councils in the area. We work closely with local businesses to provide advice, and while there are sometimes exceptions I'm pleased to say that businesses in Cumbria have a very high level of compliance with the standards."

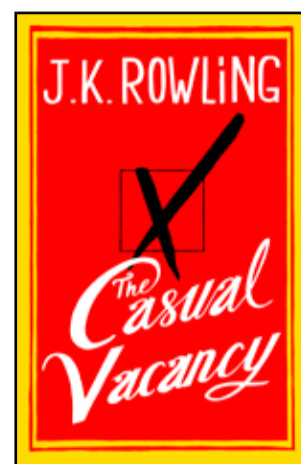
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Winter Reads

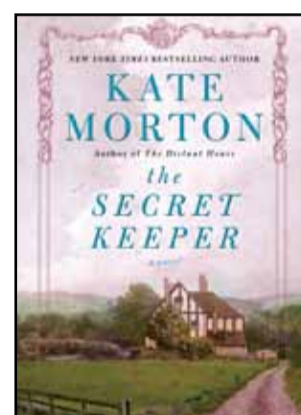
Why not curl up with a good book?

Supported by Anne Carruthers Cumbria Library Service

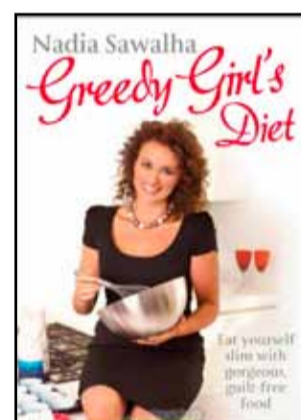
The Casual Vacancy by JK Rowling
Pagford is a traditional English market town, with a cobbled square and an ancient abbey, but what lies behind the pretty facade is a town at war. Beneath the surface, the rich are at war with poor, teenagers at war with their parents, wives at war with their husbands, teachers at war with their pupils... Pagford is not at all what it first appears ...



The Secret Keeper by Kate Morton
Three strangers from vastly different worlds brought together by chance in wartime London and whose lives become fiercely and fatefully entwined. Combining the 1930s, the 1960s and the present, The Secret Keeper is a story of secrets, theatre, murder and enduring love.

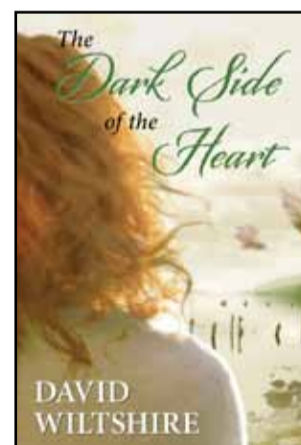


Greedy Girl's Diet; Eat yourself slim with gorgeous, guilt-free food by Nadia Sawalha
Eat yourself slim with gorgeous, guilt-free food. Nadia's approach is simple and sensible - a little less oil, a leaner cut of meat, brown rice instead of white, more herbs and spices and a dessert everyday. The 100 recipes in her Greedy Girl's diet are healthy, satisfying and full of flavour. They include breakfasts that set you up for the day, lunches that make it easy to stay the course, suppers that nourish you, dinner party dishes that won't pile on the pounds and puddings that are pure, unadulterated pleasure.



Nadia also includes advice on how to improve your fitness, as well as tips on keeping temptation out of harm's way. You don't have to starve yourself to be slim.

The Dark Side of the Heart by David Wiltshire
When Jean Sinclair's parents are killed in an accident she travels from the US to Scotland to trace her family roots, despite the severe disapproval of her fiancé, Don. There she meets Adam Crawford, a handsome but arrogant landowner and despite her initial and intense dislike a relationship follows. Devastatingly, she is rejected. Broken hearted she returns to America where she learns that her parents'



death might not have been accidental.....

Forthcoming titles to look out for:

- Stuart McBride - Close to the Bone
- Anna Jacobs - A Place of Hope
- Josephine Cox - The Broken Man
- Susanna Gregory - Death in St James's Park
- Rosie Harris - Hell Hath No Fury
- Linwood Barclay - Never Saw It Coming



Many thanks to all Library and Local Links customers who supported our Macmillan Coffee Morning. We raised a total of £75.

The Bistro
Thursday 14th February
Themed Valentine Night
Open 5pm to 9pm
Bank Mill, Nr Beckfoot, CA7 4LF
Tel: 01900 881340

Masthead Winner

Carlisle Embroidery are generously donating a Solway Buzz embroidered hoodie to the winner. This is in addition to the usual Winners Certificate and £5 Gift Voucher. So, come on kids, get drawing, the Buzz is always looking for more imaginative bees and yours might be the next winner. Send them in to the address on this page and a quality Solway Buzz embroidered hoodie from Carlisle Embroidery could be yours. You don't have to be at school here to send a bee to us. If you are here on holiday we would love to receive your bee drawing, just tell us your name, where you are from and where you are staying. You will find our address on page 10.

This month the winner is Lois Smith from Holme St Cuthbert School with a bee called "Katie Hat Bee". Well done!



Sandra Hickebottom
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Men's Choir Christmas Concert



Report by:
Lawrence Marshall

The Christ Church with St. Pauls Mens Choir held their annual concert with pie and pea supper in the church hall on 14th December. A full hall enjoyed the meal followed by songs and hymns. Rev. David Tembey opened the concert. This year we welcomed three additions to the choir, Jim Smith and Barry Lodge having retired to Silloth. Mike Smith travels from West Cumbria to be in the choir. Jim Brough and Barry Lodge sang solos which were appreciated by

the audience. Tim Barker and Canon Bryan Rothwell performed the Flanders and Swann Hippopotamus song.

During the interval the ever popular drawing took place - many of the prizes were donated by friends of the choir as well as the choir members.

Our musical director Bill Hall of Wigton who has managed the choir over the last thirteen years handed over the position to Derek Shaw who we welcome to carry on the work of the choir. At the end of the programme Bill Hall took to

the key-board and the choir sang "This little light of mine" which received very warm applause. Tim Barker read out a poem thanking Bill for his dedicated support over the years. Choir member Bob Killen presented Bill with a television from the choir members.

Canon Bryan Rothwell who is a choir member thanked everyone involved with the successful evening. The concert raised a very welcome £920 for church funds. This will help towards the necessary roof repairs at this time.

Causewayhead WI

Report by: Pat Froggatt

Causewayhead WI held their AGM on Wednesday 12th December at Trinity Methodist Church, Silloth. President Olga Hetherington welcomed members and outlined the agenda for the evening.

Copies of the Minutes of the last meeting, Secretary's Report and Financial Statement were given to all members present for them to read and approve. A letter of thanks from Liz Telford on receiving a card and gift was read out. Birthday cards for the month of December were presented to those members born in that month. A copy of the County News was available for members to read, although the main details were read out by the President. The Secretary's Report was accepted and Pat Bell, Treasurer, asked that the Balance Sheet be approved. The President then presented the trophies for both the flower competition, won by Ann Harrison, and the monthly competition, won jointly by Rosemary Brooks and Pat Froggatt. She also thanked the Methodist Chapel for the use of their decorations and cloths for the evening.

In her report, Olga stated that during her three years as President she was pleased to see that we had increased our membership and at present had 45 members. She thanked all members of the committee individually for the work they had done during the year with special thanks to the retiring members. Diana Shaw came in for special mention on retiring from the committee as she was a long serving member having been programme secretary for 18 years. Olga then presented her with a WI pendant. Other floral presentations were made to Marjorie Roberts and Pat Froggatt on retiring from the Committee. In conclusion she then wished the new Committee and President every success.



Olga was then presented with a bouquet of flowers on behalf of the members.

As their were only 10 nominations for the new Committee a vote wasn't necessary. The new Committee members are as follows:

President: Janice Wilkinson
Secretary: Jean Vorley
Treasurer: Pat Bell
Other Committee Members: Freda Garner, Susan Kenny, Shirley Sharp, Margaret Durham, Maureen Irving, Jean Carr, Valerie Lodge.

Winners of the Raffle were Maureen Irving and Linda McCormack.

Causewayhead WI held their first meeting of 2013 on Wednesday 9th January. The new President, Janice Wilkinson, welcomed members and she was then presented with the badge of office by the outgoing President, Olga Hetherington.

A short business meeting then took place, including a discussion on whether we should sing Jerusalem at the

beginning of the meeting - this was agreed by a majority vote.

There then followed a fun evening of members outlining their experiences on the Sunday School Outing in their youth including a visit to Whickstead Park and other seaside resorts. This proved to be very entertaining as a number of members had memories of the sort of days they had enjoyed including mishaps and escapades which caused a great deal of laughter. Moving on from this members also related the type of activities that they had enjoyed as children including playing with whips and tops, skipping ropes and the various ways the skipping ropes could be used. This involved large ropes with numerous children skipping between the ropes with others holding the ends and trying to keep the ropes turning to facilitate this - which wasn't always easy. As this evening is generally known as 'Members Evening' it proved to be one of the most entertaining evening that Causewayhead WI had enjoyed.

Competitions: The flower competition was won by Olga Hetherington and the main competition for the largest pencil was won by Mary Johnstone and second was Jean Graham. The Raffle was won by Mary Johnstone with second Annie Palmer.

The next meeting will be on Wednesday 13th February at 7:15pm at Trinity Methodist Church, Silloth - the subject being 'Climbing in the Himalayas' - Both new and old members welcome.

Place the Attraction

This is just a bit of fun. No prizes, check the answers in the next issue. Put a number against a red dot if you think that is where the attraction is located. Good luck.



- 1 The World of Beatrix Potter
- 2 The Rum Story
- 3 Ruskin Museum
- 4 Brantwood
- 5 Theatre by the Lake
- 6 Tullie House Museum
- 7 Rheged Centre
- 8 Holker Hall
- 9 Pencil Museum
- 10 Dodd Wood
- 11 King Edward Memorial
- 12 Dove Cottage
- 13 Stott Park Bobbin Mill
- 14 Rampside Needle
- 15 Ashness Bridge
- 16 Trotters World of Animals
- 17 Bishop of Derry
- 18 High Head Sculpture Valley
- 19 Grave of John Peel
- 20 Solway Aviation Museum
- 21 Aira Force
- 22 Coast Aquarium
- 23 World Owl Centre
- 24 La'al Ratty
- 25 Via Ferrata
- 26 Hammonds Pond
- 27 Dalemain
- 28 Holm Cultram Abbey
- 29 Model Soldiers Museum

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With every book that Tim sells of Ted needs some... Space! Illustrated and written by Silloth writer and artist Tim Stead, Tim is giving the Chin Up charity £1 from the price of the book which is selling at £4.99 from his website shop at: www.steadillustration.com.

Tim has a limited number of books left which is 250 out of the 300 that he self published. Tim wanted the book in some way to help children and came to the decision that the Chin Up Charity do an invaluable service helping family's and their children with their illnesses.

Here's some info on the charity that Maureen Hardcastle who runs it has sent: About CHIN-UP

Registered in 1994 we are a local charity established to relieve children and young people (0-18 years) suffering from a progressive or terminal illness by the provision of facilities for family breaks or respite care in the North-East & Cumbria.

Thanks to the generosity of thousands of people, we have been able to purchase



and operate a holiday home in the Seahouses area of Northumberland. This half-way house, which opened in March 2006, now provides much needed, free holiday breaks to families with a child/young person suffering from a progressive or terminal illness. Photographs of the house can be seen on the Holiday Home page.

Owing to its success we

are now endeavouring to raise the funds to open a second holiday home somewhere on the West Coast of Cumbria in order to make our service accessible to more families. We need all the help we can get to achieve this aim.

Tim has another four books complete and ready to go to print when he can muster up enough money again to get them printed and carry on with the contributions to this worthwhile charity so this book 'Ted Needs Some... Space' could be the start of your collection of books all supporting Chin Up.



Holme St Cuthbert Sports Committee Children's Christmas Party



Report by: Beckie Molyneux

On 9th December we held our annual Christmas Party in Culterham Hall, Mawbray where we were joined by approximately fifty children from the parish and surrounding areas.

They all had a great afternoon with the entertainer playing party games and dancing, also enjoying hotdogs and cakes.

We even had a surprise visit by Santa, Thank you Santa. We raised £102 from the raffle and adult

refreshments which will go towards our two annual events next year; Sports Day in July and Children's Christmas Party in December.

The committee would like to thank you for all your support in 2012.



Tayla Bee
by Tayla Markley
from Silloth Nursery School



Greedy Bee
by Lucy Baty
from Silloth Primary School



Musical Bee
by Mollie Scott
from Silloth Primary School

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Silloth Golf Club Junior Section



Above: the winners Below: Oliver Neilly presents the Captains Brooch to Hannah Smith



Prize Presentation for 2012 followed. Congratulations were expressed to all of those who picked up trophies and prizes, and were presented by the Junior President, Mr Bill Coulthard.

One of the highlights of the evening was an excellent speech by the retiring Junior Captain, Oliver Neilly. Well done Oliver! He then welcomed the incoming Captain Hannah Smith and

presented her with a special Captains brooch, wishing her luck for a successful year and stressed she would be an excellent captain for 2013.

The evening finished with the club stewards Octavia and David providing a light supper for all Juniors.

A Meeting with all Juniors will be arranged in February or March in preparation for the new season.

JUNIOR PRIZE WINNERS 2012

Club Championship
Gordon Challenge Trophy
Captains Drive In
Fraser Cup
Walton Cup
Ridgeway Cup
Rotary Shield
Seacote Trophy
Glencross Trophy
Fred Todd Trophy
Ian Little Shield
Carrick Trophy
Alf Grieve Trophy
Centenary Open
Gary Winter Trophy
Captains Day
Hayton Trophy
Ing Cup
Stableford Competition
Pro's Competition
Best Reduction in Handicap
Bob Saunders Trophy
K. Baxter Challenge Trophy

Luke Wooldridge
Brandon Hodgson
Owen Dowie
Luke Wooldridge
Owen Dowie
Luke Wooldridge
Luke Wooldridge
Ryan Murphy
Michael Martin
Owen Dowie
Luke Wooldridge
Michael Martin
Owen Dowie
Neil Murray
Connor Morone
Hannah Smith
Michael Martin
Emily Smith
Michael Martin
Michael Martin

Owen Dowie
Luke Wooldridge

Report by E. Walton

The Silloth on Solway Junior Section Annual General Meeting was very well attended including the Gents and Ladies Captains, juniors, parents and many club members. The Treasurer, Sheila Pearson, gave an interesting report on how the majority of their money and donations had been used over the last year.

Junior Secretary, David Jackson in his speech, was very keen on trying to encourage more younger, junior members to come

along and try golf as a sport and to join in with the free coaching which will be available in the New Year. We are very keen to attract more younger members (six to fourteen years) as they are the future of this very famous Links Golf Club.

The new committee was elected from the members present after which the Junior

Indoor Bowls

Report by: Gladys Temple

Rita Fell welcomed Abbeystown members to the West Street Bowling Club.

As there was a shortage of players on both sides it was agreed that both teams would have 3 players for each game.

Abbeystown Members found the mats rather tricky and 4 games were played before a lovely supper was served. The winners of the raffle were Christine Forder, Anne Dalziel, George Forder,

Richard Johnston from Wigton and Carol Jones (2), Joyce Wilson, Robin Hurst and Alan Litt from Abbeystown.

After the refreshments Abbeystown managed to play a bit better but the finishing score was Wigton 57 Abbeystown 28.

Gladys Temple thanked Wigton members for a very friendly and enjoyable evening and good supper.

We look forward to seeing them at Abbeystown in March.



Rugby Bee by

Scott Wilson from Holm Cultram Abbey School



Sporty Bee Goes Mad! by

Jodie Frith from Silloth Primary School

Michael Wilson Memorial Trophy

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