



Solway Buzz

Katy and Eila Easter Bee
by Jemma from Holme Cultram Abbey School

www.solwaybuzz.co.uk

May 2013

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

FREE PAPER

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2013 Events

26th May
Silloth Green Day

26th May
Abbeytown Duck Race

15th-16th June
Silloth Vintage Rally

19th-21st July
Silloth Kite Festival

27th July
Abbeytown Carnival

23rd-25th August
Solfest

26th August
Silloth Carnival

5th-8th September
**Silloth Music
& Beer Festival**

County Council Elections Thursday 2nd May

There are four candidates for the Solway Coast constituency, note that the boundaries have been changed for these elections. The candidates are:

- Griffin, Sam - (Green Party)
Stoneside, Causeway Head, Silloth, Cumbria, CA7 4JG
- Hansford, Mark Gerald - (Independent)
18 Lawn Terrace, Silloth, Cumbria, CA7 4AW
- Kendall, Peter Gregory - (Labour)
33 North Street, Maryport, Cumbria, CA15 6HR
- Markley, Anthony James - (Conservative)
Verona, Blitterlees, Silloth, Cumbria, CA7 4JJ



New Boundaries - A larger map is on page 8

Crimestoppers

In a small close knit community like Silloth and the surrounding villages, Crimestoppers can be a vital tool as it offers a totally anonymous method of reporting crime information, so people can be confident their identity won't become known to the Police or to criminals, and they won't have to worry about going to court.

Unfortunately, in the last issue of the Solway Buzz the wrong telephone number was given in an article for Crimestoppers. The correct number is 0800 555 111.

Alternatively Crimestoppers can be accessed on www.crimestoppers-uk.org where clicking on the 'Giving Information' tab gives access to an anonymous on-line reporting form which is becoming the most popular way to contact Crimestoppers. If you have any information about drug use in the area please contact the Police on 101 or Crimestoppers on 0800 111 555.

 **CRIMESTOPPERS**
0800 555 111
Call anonymously with information about crime

Where Are You Now?



Report by: Judith Schafer
Deputy Head

Solway Community Technology College has a long and proud history serving the town of Silloth and its environs. Since it was established in the 1930s it has seen generations of Cumbrian's pass through its doors and we would like to find out more about the school and its alumni.

Pupils leave Solway well equipped in terms of both academic achievements and life skills to achieve in lots of different environments. Some choose to stay close to home, while others have the opportunity to move away and take up interesting careers in all sorts of sectors – the world is their oyster and pupils have achieved all sorts of things in all sorts of ways!

In the past we have had pupils who have gone into Midwifery; Linguistics in Japan; Medical services;

Electrical engineering; Nursing; Teaching; Police; Armed Services. These are just some examples and many others can be seen around the town providing services for local people in many different ways by owning their own businesses or as valued employees.

We are keen to trace as many former pupils of Solway School as we can, to find out what they are doing now and what has happened to them since they left school. If you are an alumni, or you know or are related to someone who went to Solway School and has moved away, we would love to hear from you! You can contact us via our website at www.solwayschool.sch.uk, by phone on 016973 31234 or by writing to us at Liddell Street, Silloth CA7 4DD.

What are you doing?
Where have you been?
Where has your life taken

you so far? What are your memories of your time at Solway School? Were your school days the happiest times of your life?!

If you have a picture of yourself we would love to build up a gallery of ex-pupils, to show that Solway alumni can, and do achieve lots of different things. We'd like to hear from you whether you ended up an astronaut or a zookeeper, a chef or a soldier, a homemaker or a helicopter pilot. We have a keen team of budding journalists at school who would love to come and talk to you to find out more if you are willing to share your experiences and memories, whether from many years ago or from the not so distant past.

We look forward to hearing from you, and celebrating the achievements and life of the school past and present.

Award for CCC Mobile Website

Award for council's M-mobile-friendly website
Cumbria County Council's website has a sought-after new status for its mobile-friendly accessibility.



ICT professionals SOCITM have granted the site 'M' status, making Cumbria one of only five county councils in the country to hold the award.

As part of an ongoing commitment to improve access and usability of the website for the people of Cumbria, the council's web development team introduced a mobile-friendly version of the county council website last summer.

The value of this development is supported by a recent survey that shows half of all Cumbrian's who have internet access use a mobile phone to connect to the web.

The same survey also showed that 97 per cent of Cumbria's adults under 55 now had access to the internet.

Other recent county council website innovations include an interactive map that shows which roads in Cumbria are planned to be gritted that day and live up-to-date school closure messages which can be viewed from the council's homepage or by those who follow the county council's Twitter account (@CumbriaCC).

Allerdale Local Committee allocates nearly £200k to local community projects

Local communities in Allerdale have received a significant cash boost thanks to Cumbria County Council's Allerdale Local committee.

The committee, which met on Friday 15 March, allocated nearly £200,000 of funds to a wide variety of projects and schemes - everything from a green-fingered community scheme in Dearham and Broughton to a brand new pedestrian crossing outside Cockermouth School.

Cllr Eric Nicholson, Chair of Allerdale Local Committee said "We're

delighted to have been able to help and support so many local and valuable community schemes and initiatives. Everything from repairs to some of our most well know local landmarks and buildings, to new schemes that support everything from our young people to an initiative that supports healthy living. "The diversity of applications shows how active our local communities really are. Our job as elected local members is to support them and ensure that they get the help and support that they deserve."

The following is a selection of the where Allerdale Local Committee allocated its funds:
£14,000 to Derwent and Solway housing association towards Workington Local Food Project
£4,661 to Maryport Scout Group for building repairs
£5,260 to Crosscanonby Community Centre towards general improvements
£500 to Dearham Parish Council towards bulbs and planters
£4,000 to footpath and lighting improvements at Bridekirk School
£7,000 to Aspatria Dreamscheme towards improvements to their building
£2,500 to Ewanrigg and Netherton Community Centre
£2,000 to Seaton Club for Young People towards fencing at the club
£5,000 towards the Fit for Life project in Maryport East
£2,400 to repairs the bell tower at Camerton
£6,000 towards repairs to Banklands Hall
£4,575 towards a Go Ride cycle project at the Watchtree Nature Reserve
£2,000 to Abbeytown to help install a play park
£6,500 to Silloth Town Council for equipment for the local youth group
£1,000 to Great Clifton Village Hall Committee towards improvements to the hall
£10,000 towards a project to landscape and erect a memorial at Stainburn Roundabout on the A66
£24,220 towards installing a toucan crossing outside Cockermouth School



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Silloth & District Pensioners Association

Are You interested in playing, or learning to play, Whist? If so, you will be very welcome at the

Tuesday Afternoon Whist Drives

in:- The Recreation Hall
Eden St (Playing Fields)
Silloth

at :- 1.30pm

Entry:- £2.00



All Ages Welcome

Silloth Music & Beer Festival



We are delighted to be able to confirm details of the thirteenth Silloth Music and Beer Festival!

The festival will be held between Thursday 5th and Sunday 8th September 2013, and once again will be held under canvas on Silloth's Green.

Headliners on Saturday night are Doctor and The Medics, who will perform tracks from throughout the 80's and of course their world wide, multi-million selling hit, Spirit in The Sky.

Headlining on Friday night is a stunning live show "Motown's Greatest Hits - How Sweet It Is". The show features songs from Lionel Richie, The Temptations, Stevie Wonder, The Four Tops, Smokey Robinson, Marvin Gaye and many more! The show is 100% live and the five stunning vocalists are supported by their own superb musicians The Peter Brent Orchestra.

We also have some fantastic performances lined up from bands including Them Beatles, Guilty as

Sin (Edinburgh soul/jazz trio), Heavy Ball (London indie/ska band who have just supported The Kaiser Chiefs), Boomin' (one of our most well received bands last year), Rockaoke (who give you the chance to be the star of the show) as well as Cumbrian bands Kontiki Suite and Highly Strung, with more bands still to be announced!

Alongside these fantastic artists, we also have 75 real ales and ciders for you to sample across the weekend (as well as wine, lager and soft drinks).

Tickets are on sale and can be bought online from ticketweb.co.uk, Winters Newsagents in Silloth (cash only) and from The Carnegie Theatre in Workington. Tickets are available for individual sessions, or for the whole weekend. A weekend ticket costs £43, but there are 200 early bird tickets available for just £30 (when they are gone they are gone!). For more details of prices and the line-up go to our website www.sillothbeerfestival.co.uk

sillothbeerfestival.co.uk

The Silloth Music and Beer Festival is a not for profit organisation and any money made is used to support other Silloth events. We're staffed by volunteers and can't wait to get the bar open again in September! Hope to see you there.

PS. You can also find us at www.facebook.com/sillothbeerfestival and www.twitter.com/sillothbeerfest.



New Owners at Brewery



Mark and Ali Johnston celebrate purchasing Derwent Brewery with State Bitter

Silloth's Derwent Brewing Company, now Derwent Brewery Ltd has new owners.

Mark and Ali Johnston took over from previous

owners Frank Smith and Stuart Richardson on Ali's birthday the 18th January 2013.

Production and sales are already increasing, they are already brewing to almost full capacity before the Easter holidays.

All the well established regular brews will continue to be produced, including the ever popular Carlisle State Bitter, Derwent Blonde and Parson's Pledge, along with the award winning Dark Mild and winter ale Auld

Kendal amongst others.

Investments in cask volume and a new refrigeration unit are the first improvements to be undertaken, with further upgrades and expansion in their diary for the future.

The brewery is keen to support and get involved with local events in the community and Mark and Ali, who live at Flimby, welcome any initiatives to jointly promote local business and help everyone in the area prosper.

Easter Bee by Millie from Holm Cultram Abbey School

Causewayhead WI

Report by: Olga Hetherington

The monthly meeting of Causewayhead WI was held on the 13th March 2013.

The Vice President, Freda Garner, welcomed members and visitors and reported that Janice our President was making a good recovery. A card signed by members will be forwarded to Janice. Good wishes were sent to Jean Gibson a member who is in hospital.

Jerusalem was then sung and minutes of the February meeting were distributed and signed as a true record.

The speaker for the evening was Miss Margaret

Rees who brought with her a lute and a vast selection of other musical instruments. These included various skin bagpipes of rural origin and pan pipes and flutes made of an assortment of materials.

She explained the likely origins of the lute music and played ballads by Dowland and Richard I. She explained the structure of the lute with six strings and also the tenor lute with 15 stings. Lute music included all notes written down as there are no sharps or flats. Members examined facsimiles of original lute music and found it totally incomprehensible.

Mammoth bones in the form of simple music making have been found and were obviously the original "rock band".

Miss Rees played many ballads and songs and was thanked by Mrs. Rosemary Brooks.

The business of the meeting then continued.

Competitions:
Flower Comp.
1st Olga Hetherington;
2nd Margaret Peach.
Musical Box Comp.
1st Margaret Durham;
2nd Mary Duggan
Raffle.
1st Jean Carr;
2nd Jean Graham.

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So indulge yourself from our mouthwatering menu and savour the delights of Asia here on the Solway

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Open 5pm-11pm

Solway Shore Walks



Writer and scientist Ann Lingard will be running her informal guided rambles on the Solway shore again this year. Do come along, and find out more about whelk eggs and worm-built reefs, underwater glues and mussel-power, sand dunes and sea-potatoes, submerged forests ... and much more.

slippery and always wet, so wellies are essential! Bring walking-poles if you feel happier using them and bring warm or waterproof clothing (it can be windy and cool on the shore even if the sun is shining). The walks are free, but voluntary donations towards the guide's travel and publicity expenses would be



You can read more about the walks, and about people who work on the sea and live along the coast of the Firth, on Solway Shore Stories, www.solwayshorestories.co.uk

Where, and what to wear

Walks will either start from Mawbray Banks carpark (opposite the Bank Mill Nursery and Café at Beckfoot, where you can get a coffee or a very nice lunch before or after the walk), or from Allonby (for Dubmill Point), and will last 1½ - 2 hours (depending on the weather). Since each walk will be for a maximum of 10 people, please book beforehand by phoning 016973 21967 to reserve a place (or email Ann on enquiries@annlingard.com). Sorry, but all children and dogs must be accompanied by a responsible adult!

The terrain on the lower shore is slightly rocky, often

gratefully received!

Times given are **Meeting Times** – please don't be late, as we'll need to walk to the bottom of the shore to catch the low tide.

May:

Thursday 30th 10:15am. Meet at Mawbray Banks carpark opposite Bank Mill Nursery.

June:

Wednesday 26th 8:30am. Meet at Allonby, carpark opposite Twentymans store (for Dubmill Point).

July:

Friday 26th 9am. Meet at Mawbray Banks carpark opposite Bank Mill Nursery.

August:

Wednesday 21st 6:30pm. Meet at Mawbray Banks carpark opposite Bank Mill Nursery.

Saturday 24th 8:45am. Meet at Allonby, carpark opposite Twentymans store (for Dubmill Point).

Chimney Fire Warning

With cold weather continuing to bite despite the arrival of spring, people in Cumbria are being warned again of the dangers of chimney fires.

Extended freezing temperatures and regular icy winds have brought a spike in the number of chimney fires across the county over the past few months.

In January, February and March 2012 there were 69 chimney fires county-wide compared to 105 this year with nearly a week of March still remaining – an increase of more than 50 per cent.

Chimney fires tend to be caused by a build up of coal soot or increasingly frequently -with more and more people using wood-burning stoves – wood tar deposits.

So before residents next combat the cold by settling down in front of a roaring fire, Cumbria County Council's Fire and Rescue Service is urging them 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 service - 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 Assistant Chief Fire Officer, Adrian Buckle, said: "As the figures show, there has been a surge in the number of chimney fires around Cumbria this year – a combination of extended cold weather and more people using open fires and wood burning stoves. Chimney blazes can quickly wreak danger, destruction and even death so it's essential that people take steps to protect themselves, their families and their properties. The easiest way to deal with a chimney fire is to prevent it occurring in the first place."

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.

HSBC Banking in Silloth

GREAT NEWS for HSBC customers.....
.....from 8th May you can use Winter's Post Office for your deposits, withdrawals and to get your balance.

No more inconvenience of travelling out of town, and its open Monday to Friday from 9am til 5:30pm and Saturday mornings from 9am til 12pm.

The Post office has also recently won the contract for United Utilities so you can also pay your water bill,

free of charges while you're there.

Winters newsagents and Post Office is a family run friendly business that has been with us for over 50 years. The list of services provided by the newsagents and Post Office is plentiful, see below. But even if you just need a paper or an early morning coffee or soup,

Winters is there for you everyday, open from 5am!

Start your day with a buzz!

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- One-for-all gift vouchers – ideal for birthdays, season's greetings & thank you's. These can be used in many stores just ask for a list.

Winter's newsagent's services:

- Photocopying and fax service
- Beer festival tickets – Now on sale 'Early Bird Tickets'
- Electronic cigarettes
- Normal cigarettes – price marked for best value
- Carlisle United lottery & The Workington Reds lottery - £1 per week enters you into the £100 per week draw and other smaller daily prizes
- Gifts/flowers/ornaments & Silloth souvenirs
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Reflexology



Reflexology is a technique of diagnosis and treatment in which certain areas of the body, particularly the feet, are massaged to alleviate pain, tension, or other symptoms in various organs of the body.

It has been practised in some form for thousands of years, in China, India and also ancient Egypt. However, it was not until the early part of the 20th century, via the works of both Dr. William Fitzgerald, an American ENT consultant, and later in the 1930's of a lady called Eunice Ingham, that Reflexology, also known as 'Zone Therapy', was acknowledged in the West.

It is an 'energy-based' therapy since reflexologists believe that the body's energy flow follows certain routes on each side of the body ending with the fingers and toes. Every organ and gland in the body has a corresponding ending, or pressure point on the feet, hands, or another part of the body - even the ears! Reflexologists know which area of the foot

corresponds to which body part by learning 'maps' of the feet. When the available energy routes are blocked for whatever reason, a tenderness on the body at a specific site, indicates some ailment or condition in the body that may exist somewhere other than at this tender area. The massaging of particular reflex points enables these blockages to be cleared, restoring the free flow of energy, and assisting the body's own healing process.

The best way to undergo reflexology is in the hands of a trained therapist who will usually massage the reflex areas - primarily the feet, via specific finger and thumb manipulations, often with the tiniest movement, concentrating on any tender areas that correspond to the part of the body that is ailing. Several treatments may be necessary to obtain maximum benefit.

If you would like to find out more then please contact Diane on 016973 32729, via www.reikicumbria.co.uk, or email: reikidee@gmail.com.

Go Green with GoLakes Travel

The growing number of ways to visit the most popular areas of the Lake District without relying on your own car has gained political recognition at the top level, with the transport minister visiting Cumbria to find out more about the exciting new initiatives being delivered through the GoLakes Travel programme.

Norman Baker MP paid a trip to Windermere train station to see the range of sustainable travel alternatives on offer after travelling up by train from London. After hopping onto a First TransPennine Express train from Oxenholme to Windermere, the minister launched the new sustainable Mini Clubman pay-as-you-drive service now available from Windermere station through CoWheels and delivered in partnership with First TransPennine Express.

The low-emission (under 100g CO₂/km) hire car is designed for people needing to make the last leg of their journey by hire car if the other options of bus, boat, bike or electric bike aren't suitable for their final holiday destination.

The vehicle is one of the growing fleet of sustainable short-term hire vehicles being rolled out by GoLakes Travel - all of which are either zero- or low-emission. For this tourist season, there will be eight vehicles available for hire in the central Lake District's most popular locations, including Ambleside, Coniston, Hawkshead and Staveley. As well as the Minis, visitors can also hire fun-to-drive electric Twizys, while local businesses are being encouraged to consider hiring an electric Kangoo van for their short-term needs.



As well as offering vehicles for hire, GoLakes Travel is also establishing a network of electric charge points, with 12 now coming on stream. The total sustainable hire fleet is predicted to expand to 15 vehicles by 2015, and will be operated as viable standalone businesses that will then expand across the county.

After launching the Windermere pay-as-you-drive service, the transport minister also had a go on an electric bike - another important element of the GoLakes ethos of giving people more choice and more sustainable alternatives to car travel. GoLakes is working with the Electric Bicycle Network to offer more people more opportunity to try out this fun way of getting around and take the sting out of some of England's steepest roads.

The minister's visit was another key step in the GoLakes Travel programme, which is being delivered in partnership by Cumbria County Council, Lake District National Park Authority and Cumbria Tourism. The £6.91m programme is being funded through the Department for Transport's Local Sustainable Transport Fund (£4.89m) and local partners (£2.02m), with the funding available until March 2015. It is hoped that it will create a step change in the way people travel around the Lakes,

with a lasting legacy for years to come taken up by local businesses and tourist operators.

The key aim of the initiative is to cut the carbon footprint of the Lakes and grow the local economy by encouraging more people to visit one of England's best loved tourist destinations using public transport and alternatives to the car. Currently 14% of the Lake District's carbon footprint is accounted for by visitors travelling by car.

As well as offering a wider range of alternative ways of getting around, GoLakes Travel is investing in better transport infrastructure, such as building new cycle routes and making existing routes more cycle-friendly, increasing the number of bus routes and bus stops, encouraging more bike-carrying buses, improving the number of hop on/off boat stops and addressing parking issues.

Transport Minister Norman Baker MP said: "We have now launched the Government's Strategy for a joined-up transport system, so it was pleasing to see first-hand how this vision is already being delivered in the Lake District. I am convinced the Go Lakes initiative offers holiday makers the opportunity to make real sustainable travel choices and I urge other towns and cities across the country to follow their example."

Jim Savege, Cumbria

County Council's corporate director for environment, was among the group meeting the minister, he said: "GoLakes is entering an exciting stage of project delivery, with a number of new initiatives coming on stream this year. We're within grasp of the Lakes having a completely integrated and joined up cycling network, and I think it can become world famous as an incredible place to explore on two wheels. It was great to hear how supportive the minister was of all our initiatives."


Richard Leaf, Chief Executive of Lake District National Park Authority, also met Norman Baker MP. He said: "GoLakes is a once in a generation opportunity to help create a step change in visitor behaviour and build a platform for sustainable travel that can grow and grow. It's just the beginning of a journey which can lead to a significant reduction in carbon emissions."

Richard Greenwood, Cumbria Tourism's Head of Policy & Research, welcomed the minister to Windermere. He said: "From bus to boat and from bike to boot, our slogan is Drive Less, See More. The minister certainly saw more of the opportunities to get around when he visited. We're seeing more and more local hotels and tourism businesses embracing GoLakes and all it stands for. It underlines what the Lake District is renowned for - a healthier, happier visitor experience."



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Clive Carroll at Mawbray

Report by:
Frank Devine



On a bitterly cold March evening there was a warm and intimate atmosphere in the village hall where the audience could sit back in comfort and luxuriate in the experience of seeing a master of the acoustic guitar performing at very close quarters.

On 23rd March Culterham Hall, Mawbray, provided the setting for the extraordinary musical talent of Clive Carroll. This good-humoured, modest but self-assured man had his audience spellbound by his technique and constantly surprised by the variety of his repertoire. He could cover any musical genre that took his fancy at the drop of a hat, from sizzling bluegrass licks to sedate Renaissance suite parts, blistering Irish jigs and reels to sophisticated pieces of jazz and tongue-in-cheek 'pop' and 'country' quoting. Clive's own compositions were exquisite; one entitled 'Oregon' just had to be seen and heard to be believed! Wide open North American spaces described by a combination of atmospheric chords, soaring notes and haunting percussion played

simultaneously on various surfaces of the guitar, (catch it on YouTube ... you will love it). 'Eliza's Eyes' was a beautiful piece dedicated to his young daughter while 'Sid The Squid' was a brain-tickling rhythmic cameo inspired by the style of Ian Drury.

This musical giant has been soaking up all kinds of music like a great sponge since he was a baby and now he wrings it all out in concert and showers his audience with a rare warmth and generosity of musical spirit.

The sense of occasion was huge! Having such an amazing guitar virtuoso right on your doorstep just felt a bit crazy but it happened at Mawbray! I was so knocked out by the performance that I went, the very next night, to the final concert of his mini Cumbrian tour over thirty miles away ... two days later he was in Washington

Director Prosecuted

Following an investigation by Cumbria County Council's Trading Standards team, a Director of a roofing company pleaded guilty to adopting aggressive practices and giving misleading information to consumers.

John King of Global Park Homes Ltd, Coventry was sentenced for offences relating to the Consumer Protection from Unfair Trading Regulations 2008, on two counts, for work carried out in November 2011. The regulations protect consumers from unfair or misleading trading practices. The regulations also ban aggressive sales practices.

King pleaded guilty to engaging in a commercial practice which was aggressive, after an 85 year old female consumer entered into a contract for maintenance work on her home. The second charge was for an offence of engaging in a commercial practice which was a misleading in respect of a brochure given to a 75 year old female, which stated that Global Park Homes Limited had twenty years experience in the repair of

such chalet type properties, when the company had in fact only been incorporated since November 2008.

King was fined £250 for each offence, £15 victim surcharge and £4,000 costs.

The offences came to the attention of Trading Standards when one of the victims contacted the team following the setting up of a no cold calling zone at the site to prevent such incidents from occurring. Angela Jones, Trading Standards Manager, said: "We will prosecute traders who adopt aggressive or misleading methods in contravention of the Regulations. We advise all residents to be cautious if approached by cold callers and no-one should feel pressured to buy goods or services on the doorstep. We also recommend that you obtain at least three quotes making sure that you clearly specify what needs to be done and if in doubt contact Trading Standards for advice."

Anyone with concerns about trading practices can call Trading Standards via Citizens Advice Consumer Helpline on 08454 040506.

Abbeytown MU

Report by: Gladys Temple

Branch Leader Brenda Sim welcomed everyone and gave apologies from Muriel Studholme, Elaine Atkinson, Mary Mattinson, Margaret Thompson, Connie Brown, Lynne and David Tembey. Noelene Foster led the prayers and included prayers for Lady Day while Maureen Gibson read the prayers of Overseas Members.

Nurses. She is a fund raiser for this Charity and gave us an insight into all the various aspects of the work they do. They provide a listening ear when people with cancer need to talk and they also provide information about any treatments and benefits needed. They fund nurses and GP's to spread information. There are approximately 869 people

Mothers' UNION

Christian care for families

Sympathy was extended to Mary Mattinson and her family and thanks were extended to all who helped with the Mothers Day flowers. Several members attended the Women's World Day of Prayer at Bowness and helped with the readings. An Easter card was received from Mary Banks, Deanery President and a card from Helen Armstrong thanking members for making Wigton members so welcome at last months meeting.

Sue McDonald was introduced to speak about the work of Macmillan

diagnosed with cancer every day in the UK and it will be more and more each year so their work is essential. There were lots of different ways they help and if anyone needs help they can find the phone number on the internet or in the phone book. The majority of their money is raised by public donations and a small but important part is from the interest on legacies.

Anita Norman thanked Sue for a very informative talk.

Refreshments were served by Eileen Todhunter and Margaret Hocking. Judith Bryant agreed to organize the drawings when we have visitors and a Gift Voucher has been purchased to thank her for all her years as treasurer. Members were reminded to think about items to sell at the May Market on Friday 24th May. Our trip out for our birthday will be to Wreay Church followed by a meal to be arranged. The April meeting will be held in the Abbey Coffee Shop on Monday 22nd when the subject will be gardening.

SOSCS Donations

At the recent meeting of the SOSCS Committee the following donations were made to local good causes.

Friends of Silloth Primary School	£500
Silloth Football Club	£500
Silloth & District Transport	£500
Silloth Primary Art Club	£400
Silloth Vintage Rally	£300
Friends of the Green	£200
Silloth Rugby Club (Junior Section)	£200
Soldiers in Silloth	£500
Silloth Carnival	£500
First Responders	£500
Silloth Kite Festival	£200

This is a total of £4,300

Once again we would like to thank the residents of Silloth and surrounding areas for their kind generosity in supporting our shop, both in donations of clothing, books, bric-a-brac, toys etc.

Without this support we would be unable to make these awards.

D.C.

Thanks, Clive, for such a wonderfully inspiring concert, and thanks Culterham Hall for booking such a brilliant act; not an easy one to follow but I know you'll do your best.

Culterham Hall committee would like to Thank all that attended and also Thank the Arts Out West, Rural Tourism Scheme who provided this world class guitarist and we look forward to providing top class entertainment throughout the year.



Buzz Bee
by
Alia Brooks
from
Holme St Cuthbert School

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- * Local people working for local causes *
- * All proceeds go back into the community *
- * Please continue donating *
- * Collection can be arranged *

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Arthritis Support Group

Report by: Gladys Temple

Christine Smithson welcomed fifteen members of the Arthritis Support Group to Loveday House. Apologies were received from Brenda Earl, Anne Graham, Heather Hadley, Eleanor Hodgson and Mary Thompson.

Christine read out a letter requesting volunteers from the Cumberland Infirmary to allow trainee third year Doctors to examine them. She read out a list of ailments you needed to have to take part and gave details to get in touch. Age UK are holding swimming sessions on the fourth Monday of each

month at Stanwix Park and the first was held in March but more people are needed to make it viable so anyone interested phone Sarah on 01697342279.

Pauline Mole is one of our members so needed no introduction. She read out an introduction explaining that she does not write poems with the correct grammar or pronunciation in mind but just how she feels. Pauline then went on to entertain us with readings ranging from Peacocks, Sheep, Lakeland, God, Friends, False Teeth, Snoring, Car Booters, Arthritical Back, and lots more keeping us laughing for

most of the time and ending with a Poem for Peace and a list of hilarious ailments.

She was thanked by Christine and everyone had enjoyed it so much she was asked to read more next year.

Catherine Cheetham, Mary Piele and Valerie Robinson served the refreshments and Pauline drew out her own number in the raffle. There was such a buzz of enjoyable conversation that the relaxation tape was not heard. The next meeting will be on 3rd May when Andrew Hoy the Physio from Wigton Hospital will be the Speaker

Easter Bonnets



L-R: Natalie Wood, Leah Stoddart, Ella Baker, Darci Slack, Holly Smith

Report & Photo by: Lawrence Marshall

There was a good attendance at the Easter Saturday coffee morning in Christ Church Hall which was opened Canon Bryan Rothwell.

The various stalls were very busy and all together the sum of £425 was raised, which is welcomed for the important repairs to the church roof.

All the children who

took part in the various competitions paraded round the hall to the appreciation of everyone.

Many thanks to all the people who produced the food for the coffee and for sale on the stalls.

Also for the donation of goods for sale and prizes for the drawing.

Results:
KS1 (Key stage 1, infants)
Eggs, Jackson Slack

Painted card, Jackson Slack.
KS2 (Key stage 2, juniors)
Easter bonnets,

1, Natalie Wood
2, Holly Smith

3, Darci Slack.
Painted card,
1, Kieron Oliver
2, Natalie Wood
3 Equal, Darci Slack &
Holly Smith

Decorated egg,
1, Natalie Wood
2, Kieron Oliver

Coffee Morning

Report by: Pat Froggatt

Saturday 6th April was a bright sunny day despite the early morning frost and many of our regulars came to enjoy their monthly Coffee Morning. We were also pleased to welcome visitors from the caravans who, when they are in Silloth, attend these coffee morning. We should like to express our thanks to them for their continued support at these events.

All the stalls did a brisk trade and everyone supported our raffle. It was a pleasure to us all to hear so many happy voices and laughter coming from all our visitors old and new. The Committee look forward to these morning and the pleasure it gives not only to us, but all who attend.

Coffee, tea, scones, jam and biscuits were served to everyone by the Committee members and their helpers - with top-ups if required.

The drawing took place and the lucky winners were as follows: Margaret Gate, Doreen Matthews, Margaret Durham, Jerry Thorogood, Maureen Grey, Margaret Twentyman and Diana Shaw.

The amount raised on the morning was approximately £193 - thank you all for your support.

Silloth Green Day Sunday 26th May

Report by: Anna Malina

GET READY for the next big event on Silloth Green.

Silloth Green Day on 26th May, organised by 'Friends of the Green' (FOG) and strongly supported by Silloth Tourist Action Group (STAG), will provide entertainment for the whole family. The splash pad will be switched back on - hopefully so will the sun - so bring the kids swim-suits or a change of clothes. Nearby will be Punch and Judy, a Magician, kids DJ, Balloon Man, Face-painting, Glitter Tattoos, donkey rides and a Funfair.

A number of bands will be performing on the big trailer (courtesy of Music and Beer Festival organisers), plus music from the school, and a Moky Fit display. There's mouth watering food demos from celebrity chef John Crouch, using ingredients from Silloth, plus bread making demos from Carrs.

And the Romans are coming back along Hadrian's Wall to Silloth, including a Roman storyteller, soldier, potter, spinner and weaver, bringing history alive and displaying what was happening in the area far back in Roman and pre-Roman times.



Still on the heritage front, the Holme St Cuthbert History Group will be bringing some of their information along. There's an open invitation for people to bring their own old pictures of Silloth to the 'Community Memories' corner to share a trip down memory lane!

Stories that involve Silloth Green can be recorded for posterity and, with permission, can go on the Silloth Green website, soon to be launched.

Events scheduled for the coming year will be showcased, e.g. advance displays of vehicles for the Vintage Rally, the Kite Festival, the Carnival and the Music and Beer Festival. Silloth RNLI will also be demonstrating what they get up to.

If anyone in Silloth still wants to get involved in showcasing what they do, get in touch and we'll make space for you, call me on 07900 922818. It'll be a great day so bring the kids and a picnic - though you won't starve since there will be food a-plenty on the Green and close by!

Bunny Bee by Evie Allen from Silloth Primary School



Weather Bee by Kim Curran from Holm Cultram Abbey School



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County Council Elections - Boundary Changes

Editors note: It was hoped that statements would have been submitted by all candidates, we can only publish the statements we are supplied with.

Election Statement by Tony Markley

I have had the privilege of serving as your local Cumbria County Council member for the Solway Coast division.



Tony Markley

Due to Government boundary changes the division will now change. The new division will incorporate parts of Bowness on Solway Wampool, and Waver parishes; losing Beckfoot, Mawbray, Allonby and Prospect areas. With your continued support at the forthcoming election on Thursday 2nd May I will hope to continue as your elected member.

In the last four years I have been able to deliver some important local projects for you. These include:

- Parts of the footpaths along Criffel Street and Anthorn have been upgraded.
- Local roads to Aspatria, Maryport, Kirkbride and Wigton have been repaired and resurfaced.
- This summer Solway Street is due to be repaired.
- Sea defences at Beckfoot and Dubmill have been strengthened, allowing the main road between Silloth

and Maryport to stay open. Using my discretionary CCC members capital allowance scheme, I have been able to grant money for the following

- Refurbishment at Silloth Community Hall.
- STAG, and Friends of Silloth Green.
- Silloth Christmas lights.
- Refurbishment at various Youth and Sports clubs.
- Work at play areas in Allonby, Mawbray and Abbeystown.
- The rebuilding of Abbeystown's new football pitch and changing facility.

One of my proudest moments came when I proposed the removal of Silloth, the Solway Plain and Allerdale District, from any further site investigations for a Nuclear Geological Disposal Facility for

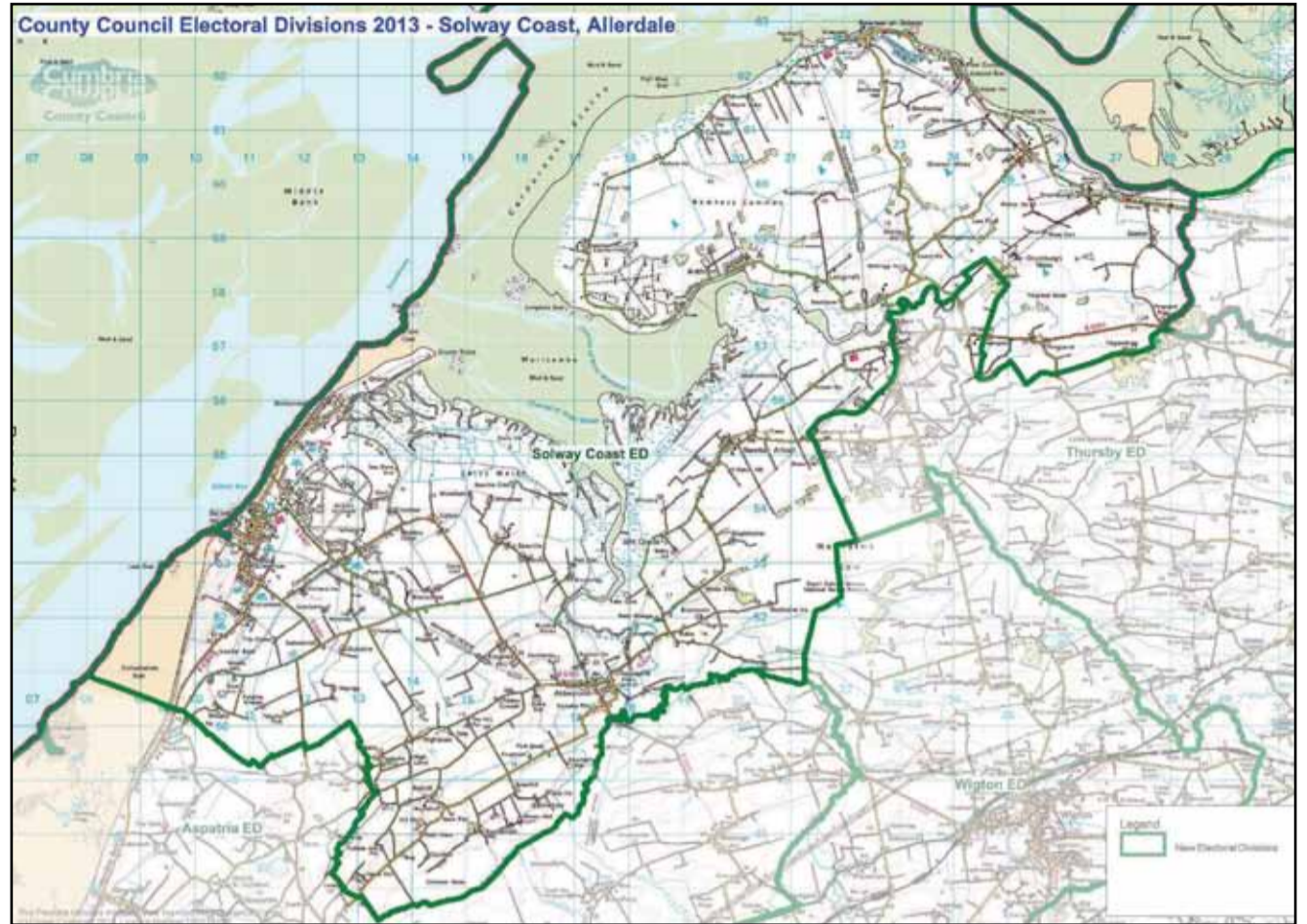
radioactive waste. At the CCC Cabinet meeting in January, this proposal was carried unanimously by all Cabinet members. They then went on to vote against progressing to Stage 4 of the MRWS process. I believe that efficient and effective local government exists to improve the quality and standards of life for local people. As your local County Councillor I have played a major role in keeping the County Council's share of Council Tax down to 0% for a 3rd consecutive year. Despite this we have been able to protect front line services for the Cumbrian community during these times of austerity

Many of you will know

that I was admitted to hospital in early April for some minor surgery. This means that getting around visiting people during the weeks before the election on Thursday May 2nd will be even more of an issue to me than normal. Please accept my apologies if I don't get to see all of you personally, but I

hope to meet as many people and places as possible. Working enthusiastically to represent you comes naturally to me and, if re-elected, I will continue to deal with all your issues promptly and efficiently with a common sense approach and to the best of my ability. It will be a privilege to

continue representing you as your County Councillor for the Solway Coast Division, and I would ask for your continued support by Voting for me on the 2nd May. I am Tony Markley - a local man working to address local issues by serving the Solway Coast community with a common sense approach.



The new boundary map for the Solway Coast division in Allerdale



Chocolate Bee by Millie Harrison from Holme Cultram Abbey School



Baby Bee by Maia Richardson from Holme St Cuthbert School



Come and spend an evening with the Border Concert Band

Christ Church, Silloth

11th May 2013

7.30pm

Tickets £6 (including refreshments)

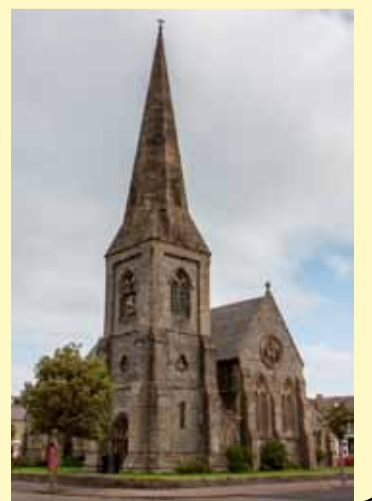
Under 16s free accompanied by an adult

The "Border Concert Band" is a 30 piece community based wind band from Carlisle playing a wide variety of music from military to Big Band

Carlisle and District Concert Band Winners 2010.

The band is sponsored by Carrs Milling Industries plc

**For further information contact
Revd Bryan Rothwell 016973 31413**



Cumbrian Hotel Websites Approved

Cumbria County Council's Trading Standards team have recently carried out a survey checking the accuracy of the information provided on websites advertising hotel and other similar types of tourist accommodation in Cumbria.

Ninety websites were examined and follow up visits made to all of the associated premises to ensure that: Any statements that could be potentially misleading such as AA or RAC Star ratings, details regarding the distance of the accommodation from tourist attractions such as lakes and shopping areas and any claims as to the facilities provided within the accommodation were accurate.

Checks were also made

to ensure that rooms were actually available at the advertised price, that cancellation policies were clearly stated and fair and that the website itself was compliant with all relevant trading standards legislation.

Trading Standards are pleased to report that all the websites examined gave a clear, realistic description of the quality of accommodation provided and the services available with only some minor non-compliances which have been addressed.

Angela Jones, Trading Standards Service Manager said: "The internet is becoming an increasingly popular medium for booking holiday accommodation and visitors to the region should reasonably expect

to be able to make a clear and considered choice of accommodation based on the information presented. We are pleased that the overall compliance levels were high and the websites gave a clear, accurate picture of the quality of accommodation available."

Ian Stephens Managing Director of Cumbria Tourism said: "Cumbria Tourism has worked tirelessly for many years encouraging high quality standards and I'm sure those successive initiatives and the Annual Tourism Awards have played a key role in improving standards and business practice. We are delighted that Cumbria County Council's Trading Standards team have given tourism businesses a clean bill of health, and that the industry is delivering what they claim on the increasing number of websites and marketing materials that they now use. Accurate information and high standards are key cornerstones of a successful tourism industry, and once again Cumbrian tourism businesses have a right to be proud of their efforts."

Anyone who has experienced any issues with their holiday accommodation in Cumbria is advised to contact Trading Standards via the citizens advice consumer helpline on 08454 040506.

RNLI Push the Boat Out for Mary



Pictured are Mary Kelletts daughter and son, Anne Bryson and Ian Kellett, with members of their families meeting some of the Silloth lifeboat crew

Report by: Sue Kent

Mary Kellett, died in Carlisle on 25th February this year aged 89, she was born in Cleckheaton, Yorkshire but lived most of her life in Carlisle.

She had asked for the collection at her funeral service to be donated to her favourite charity, the RNLI (Royal & National Lifeboat Institution). The sealed

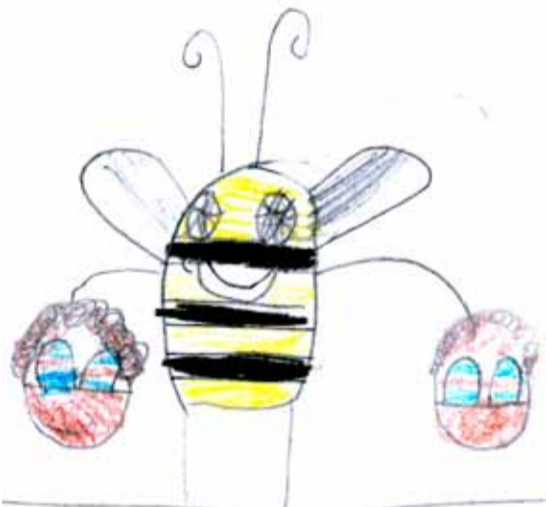
collection box was handed to her son, Ian Kellett, at the end of the service.

The family visited Silloth lifeboat station to hand over the donation on Easter Sunday, where the sealed box was opened by Sue Kent and other members of the lifeboat crew.

They were thrilled to discover that a total of £405 had been collected by

relatives and friends of Mary.

"It was a lovely surprise," said Eddie Studholme (Lifeboat Operations Manager) "Contributions like this are a lifeline to maintaining the vital service that the RNLI provides. The lifeboats and lifeboat stations around the country are all manned by volunteers who rely on the generosity of the public."



Easter Bee by Scott Wilson from Holm Cultram Abbey School

Grass Drier Remembered



Report by: Lawrence Marshall

This photo was taken near Silloth. The reason for it is that Bill Allan and Lawrence Marshall are researching the history of the MMB (Milk Marketing Board) grass-drier at Blencogo which operated from 1948 to 1953. The whole operation was done by MMB staff. The baled dried grass, which was returned to the same farmer, was very popular with farmers as it improved milk production.

The photo shows the first stage, ie cutting and transporting the grass to Blencogo for drying. The

"green crop loader" above has been excellently restored by Bill Allan and friends. The two loading the grass are Karl Sharp and myself. I worked at the grass-

drier and relived the experience which I enjoyed.

If anyone has photos or memories of the grass drier, etc., please give Lawrence a ring on 016973 31257.



Photo of one of two Bedfords used at the drier kindly supplied by Margaret Marr whose late husband was one of the staff, the driver Bill Holliday is second from left



Silloth Green Day

26th May 2013

11.00am – 4.00pm



Showcasing Silloth and Forthcoming 2013 Events
Plus
Family Fun and Entertainment

Cooking Demonstrations ~ Local Produce ~ Donkey Rides
Face-painting and Glitter Tattoos ~ Punch and Judy ~
Balloon Man ~ Magician ~ DJ ~ Live Music ~ Moky Fit ~ FunFair
Old Photos + Great Memories = Good Craic!



Letters

Dear Buzz,
Silloth First Responders Charity Event

On behalf of the Silloth First Responders we would like to thank all for the prize donations that we received for a raffle on our charity night that was held in the Silloth Social Club on 9th March. The night was a massive success and in total we raised £1,000. The money that we raised is to be put towards the upkeep of our kits and the general running costs. Thanks again. Yours faithfully,

Chantelle Satterthwaite & Nicola Szandurski
Silloth First Responders

Dear Buzz,
I'd like to congratulate the organisers and volunteers of the Silloth Music and Beer Festival at yet again organising the 13th festival, for which tickets have just gone on sale.

Each year since 2001 I've arranged a Citroen 2CV "A Series" camp to coincide with the festival and we have a group of regulars from Scotland, Northern Ireland, Leicester, Bradford, Derbyshire and Sheffield as well as my local club members from Lancaster. We usually have about twenty cars turn up and all the club members have come to love Silloth, Cumbria and the festival - and of course - these people all bring money into the area.

I believe there have occasionally been objections to the festival from local people and I'd say the following to those people: As an outsider visiting Silloth over the past twenty years or so I've seen an up turn in Silloth which has coincided with

the time the festival has been running. Each year I've been running our camp, at least 30 people have attended and all those people have spent money in the town - they - and all the other people from outside the area who visit the festival only come to the town because of the festival. You have a lovely little town, make the most of it, celebrate it and welcome as many visitors as you can get. In the twelve years I've been organising our camp and attending the festival I've found all the local people friendly and welcoming and never seen even a hint of trouble - this is an amazing achievement and you should be proud. So thanks again to the organisers and we'll see you on the first weekend in September. If you see us driving past give us a wave, you may get a "parp" back!

If anyone is interested in Citroen 2CV's please visit www.2cvgb.com and www.sillothbeerfestival.co.uk for tickets.

Keith Bewley
"Lancaster Bombers"



Olympic Bee
by Ella Bosward
from Silloth Primary School



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 Jemma from Holme Cultram Abbey School with a bee called "Easter Bee". Well done!



Poem

Food Glorious Food
by Joan Bennett

*I must stop indulging or will go pop,
This is a promise I make when I shop,
I'm full of intensions, all of them good,
That is until I see wonderful food.
I enter the supermarket, determined and brave,
I buy vegetable and fruit, I'm good, I behave,
I then pass the tinned goods, I'm doing so well,
The Bakers is next, what a beautiful smell.
There are bread rolls and loaves and a lovely big cake,
If I loiter here long it will be a mistake,
I approach, I'm determined that I wont cave in,
But perhaps one small doughnut would not be a sin.
I look at the notice, I like a bargain you see,
It says buy four cream doughnuts and you'll get two free,
The offers so tempting that I can't resist,
I'll share them at home, just have one, I'll insist.
The Butchers is next, roasting pork on a spit,
He offers me crackling to taste, a large bit,
The biscuits and chocolates sit there on the shelf,
I just can't resist, I'm ashamed of myself.
I'll do better tomorrow, I'll be good, I'll be strong,
I'll try even harder, I won't get it wrong,
When I reach the checkout there's tubes of nice sweets,
Well they won't put fat on, we all deserve treats.
When I arrived home my husband did say,
I've just got my wages, they've risen my pay,
The rise that they gave me is an excellent deal,
Tonight we'll get out for a nice slap up meal.*

Volunteering in Libraries

Are you aged 14-24? Do you get bored during the long summer holiday? Would you like to help children aged 4 to 12 develop their reading skills?

If you answered yes to any of those questions volunteering to help run this year's Summer Reading Challenge, Creepy House, may be for you.

Creepy House will challenge children to read six books over the summer holiday. As they go they collect stickers and other rewards, getting a medal and certificate when they finish. We would like you to talk to them about what they have read, help them find what they would like to read and encourage them to complete the challenge. We run activities linked to the theme during the holiday and would like help doing that too.

If you would like to find out more ask for an information pack from your local library, this also includes an application form. Or visit www.cumbria.gov.uk/libraries/childrenservices/reading_challenge.asp and apply online.

The closing date is Wednesday May 15th.

Make a Noise in Libraries



supporting blind and partially sighted people

Make a Noise in Libraries fortnight will run in libraries from the 3rd - 14th June.

This year's theme will be "signposting" which will look at partnership working to enable blind and partially sighted people to obtain books, newspapers, magazines and information in accessible formats.

Winter Reads

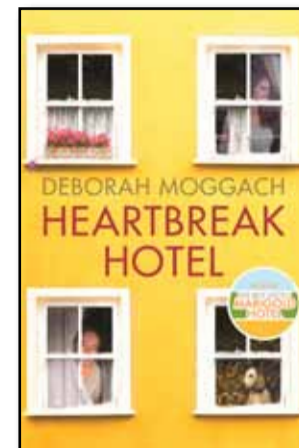
Why not curl up with a good book?

Supported by Anne Carruthers
Cumbria Library Service

Heartbreak Hotel
by Deborah Moggach

At Myrtle House, the twin beds have never been so busy... The irrepressible Russell 'Buffy' Buffery has upped sticks from London and moved to a decrepit B&B in rural Wales. He needs to fill the beds, and what better way than with 'Courses for Divorces', his new money-making wheeze.

A novel from the author of The Best Exotic Marigold Hotel which sold nearly 300,000 copies and was made



into a successful film.

Skios
by Michael Frayn

The Fred Toppler Foundation's annual lecture is to be given by Dr Norman Wilfred, the world-famous authority on the scientific organisation of science. He turns out to be surprisingly young and charming - not at all the intimidating figure they had been expecting.

This is a dazzling story of mislaid identity, misdirected passion and miscalculated consequences, set on the sunlit Greek island of Skios.

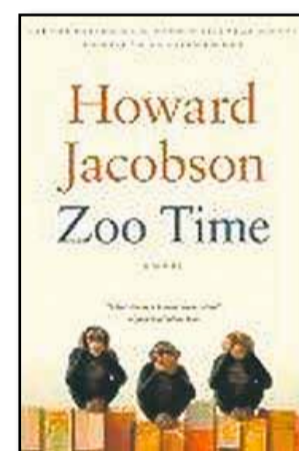


Zoo Time
by Howard Jacobson

The latest novel from the author of The Finkler Question comically follows the story of a frustrated novelist who desires his mother-in-law...

Novelist Guy Ableman is in thrall to his vivacious wife Vanessa, beautiful but contrary, highly strung and blazingly angry. The trouble is, he is no less in thrall to her alluring mother, Poppy. Their provocative presence fills Guy's head with stories so wild he can't concentrate to write them.

Vanessa, however, is writing her own novel. Guy



dreads the consequences... A novel about love: love of women, love of literature, and love of laughter.

Local and Community History Month

May is Local History Month. The aim of the month is to increase awareness of local history, promote history in general to the local community, and to encourage all members of the community to participate. It's a great way for groups to highlight local history, and for local people to get involved.

Several libraries will be holding local history events and displays - Why not check your local library and see what's on?

Adult Learners Week

Ever wondered about how to start researching your family tree? Free Find My Past and Ancestry taster sessions for those new to family history research. Contact your local library to book a place.

Wodehouse Prize for Comic Fiction

The quest to be named the UK's funniest author begins as novels from the likes of Howard Jacobson and Michael Frayn compete for the Bollinger Everyman Wodehouse prize for the book which best "captures the comic spirit of PG Wodehouse."

The shortlist:

Zoo Time by Howard Jacobson (Bloomsbury)
Skios by Michael Frayn (Faber & Faber)
England's Lane by Joseph Connolly (Quercus)
Heartbreak Hotel by Deborah Moggach (Chatto & Windus)
Lightning Rods by Helen DeWitt (And Other Stories)

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Silloth Green Website

Report by: Anna Malina

A new website for Silloth Green – sillothgreen.co.uk - will be launched on 16th April.

The idea behind it is to provide information about the Green for local people, so everyone knows what's happening on the Green. It's also for people outside the town to draw them into Silloth for events and, hopefully, boost the local economy. If anyone knows of newsletters, magazines or websites that we could post a link to the website in, please let me know. Silloth is very lucky having such a fantastic local green, and good publicity will help to bring more visitors to the town.



The website will describe all the features on the Green, the history of the Green, and also the recent refurbishment. There will be an events page where all the new events will be listed and described and old ones archived. There are many new opportunities for people to help, so there will be information about volunteering to help develop the Green and its use. Friends of the Green (FOG) and Silloth Tourist Action

Group (STAG) are planning for the future, and could do with more support, so don't be shy in getting in touch to lend a hand.

Photos and videos from events will also be uploaded to the site, creating a 'Community Memories' section that will be fully searchable. I'm working with 'Friends of the Green' to set up a photography and video making group; also a group who can digitally record stories covering peoples' memories of the Green from times past (even the recent past). Anyone who wants to help with this or any of the above please get in touch on 016973 31816.

Your Green Needs You!

Watch Out - Burglar About

Report by: Inspector Kelly Allerdale Neighbourhood Policing Team

Cumbria Police are urging householders to keep doors and windows locked to prevent 'sneak-in' thefts.

Recently there have been a few sneak-in burglaries at homes in Allerdale and some have been in the Silloth area. Offenders have entered houses by insecure doors and windows and have stolen property including handbags, cash, mobile phones, laptops and keys.

Most have happened during the evening or overnight, at houses where doors have been left unlocked or windows open. In some cases occupants have been at home but unaware of the burglary until later.

It would appear that some offenders are wandering the streets looking for insecure doors and windows. Nationally, over 40% of domestic burglaries are committed by opportunist thieves taking advantage of open or unlocked doors and windows.

Crime levels have fallen recently and dwelling burglary remains a



relatively rare crime, but there are still some thieves out there looking for easy opportunities.

The good news is that by taking a few basic precautions, homeowners can reduce the chances of becoming a victim.

Crime prevention tips

- Whenever possible keep your doors locked and windows closed, especially if you are upstairs, or in another part of the house, or in the garden. Also we encourage people to fit, and most importantly use, good locks on ground floor and accessible windows.
- Remember to lock up even if you are only going out for a couple of minutes - that is all the time a thief needs.
- Before going to bed, close all ground floor and accessible windows and remember to lock all of your doors.
- It is worth remembering that most household

insurance policies do not cover the theft of property from within a home that has been left insecure.

• Postcode all types of property to deter thieves and improve the chances of tracing the stolen items. 'Postcoding' can be done with ultra-violet marker pens, engraving, stamping or even paint. Property can also be made identifiable by other unique systems, such as 'Smartwater'. Further details are available at www.smartwater.com or from your local Neighbourhood Police Officer or Crime Prevention Officer.

• If you have an intruder alarm - use it. Set it at night to protect vulnerable zones.

Report anything suspicious. Please let us know as soon as possible if you see anyone behaving suspiciously; many criminals are apprehended due to information from members of the public. Simply telephone 101, or if a crime is in progress, 999.

If you have information regarding crime you can also contact Crimestoppers anonymously on 0800 555 111. You will not be asked for your name.

Nuisance Fires

A spate of deliberate fires in west Cumbria continued with firefighters being called to tackle around thirty grass and rubbish blazes across Allerdale and Copeland.

This spike has led to a renewed warning from Cumbria County Council's Fire and Rescue Service that lives are being put at risk.

Firefighters attended incidents at areas including Frizington, Workington, Cleator Moor, Seaton and Maryport to extinguish burning grass and rubbish that had been deliberately set alight.

Adrian Holme, station manager at Cockermouth, Keswick, Wigton and Workington fire stations, said: "These fires are putting lives in danger and I'd urge anybody considering creating a blaze of this nature to think of the potentially fatal consequences of their reckless actions. Dealing with so many avoidable incidents over the weekend really stretched our resources and meant that we were needlessly tied up rather than being available for more serious emergencies. Deliberate fires, particularly those involving grass and gorse, can spread rapidly and quickly get out of control endangering lives and

property."

Siddick Fire

Environmentalists and leaders at Allerdale Borough Council have condemned the actions of those who are believed to have started a fire at one of West Cumbria's most important nature reserves. Firefighters say the blaze at the Siddick Ponds Nature Reserve at Workington was probably started deliberately. The Council is now reviewing security at the site.

Owned by Allerdale Borough Council, the reserve is managed in conjunction with Natural England and the Friends of Siddick Ponds Nature Reserve, with the assistance of the RSPB and local wildlife groups. The reserve is also a Site of Special Scientific Interest (SSSI) due to the many species of bird life it supports. The large reed beds and extensive open water habitat attract rare and endangered bird species including bittern, which are protected by European law due to their low breeding numbers, as well as reed warbler, water rail, and reed bunting.

The Friends of Siddick Ponds are a group of volunteers who give thousands of hours of their time to conserve

and maintain the site. Volunteers have helped with conservation tasks including wetland planting, scrub coppicing, reed cutting, meadow cutting and footpath construction as well as interpretation for visitors. They also receive support from organisations such as Connexions, West House, which helps people with learning difficulties, and the Fairburn Trust, as well as via community payback schemes.

Cllr Michael Heaslip, Allerdale Borough Council's Executive Member for Locality Services, said: "This is devastating for the nature reserve and it is heartbreaking to see the damage that has been caused. It's nesting season so this is the worst possible time of year for this to happen. We will be looking closely at our bird populations to see what the lasting impacts are. The vegetation will regrow and repair itself over time but it is going to take many months before that happens."

Kirsten Mawby, Allerdale Borough Council's Parks and

Open Spaces Officer, said: "If it wasn't for the work of the Friends, Siddick Ponds would not be such a beautiful wildlife haven. They do an amazing job and give up many hours of their time to help conserve this site for the benefit of the wildlife, but also the thousands of people who come to enjoy it every year."

The Friends of Siddick Pond are always looking for new volunteers. Anyone who can help is asked to email parks.development@allerdale.gov.uk or call 01900 702702 and ask to be put through to the Parks and Open Spaces Team.



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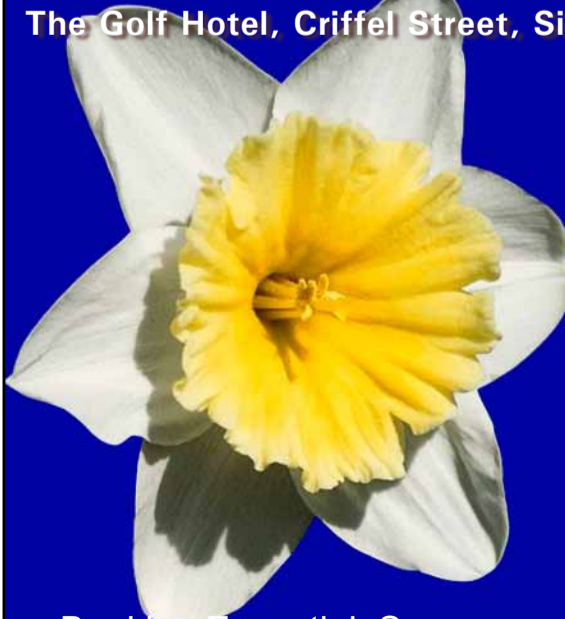
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Solfest Has Booked Even More Bands

Cumbria's biggest, brightest and best music and arts festival running from 23rd to 25th August, Solfest is delighted to announce a second wave of headline bookings.

Just added to the Solfest line up and booked to appear on the mainstage this year are New Model Army, Deaf School, The Joy Formidable, Twisted Wheel, our 'Very Special Guests' Alabama 3, plus Jakarta Club, Ahab, Delhi 2 Dublin, N.U.M.B, By The Rivers and Victorian Trout Conspiracy,

New Model Army played their first gig in Bradford on October 1980, after deciding to form a stripped-down three-piece. Their music draws on a wide collection of influences and is fuelled by their passion for punk, northern soul and the incendiary atmosphere of the times.

Early in 1984, the producer of The Tube, the most important live music show on TV at the time, invited New Model Army to appear on the programme. Having originally asked the band to perform their provocative anti-anthem, 'Vengeance', Channel 4 suddenly got cold feet about the song's lyrics minutes before broadcast and asked the band to change songs. It made no difference. Somehow twenty to thirty followers had managed to get into the TV studio and when NMA began with 'Christian Militia' the audience went wild and the electric atmosphere was transmitted around the country. Consequently their first mini-album, Vengeance knocked the debut album by The Smiths from the top of the Independent Charts.

Soon after the band were signed by EMI with a contract that stipulated complete artist control. Their debut album, No Rest For The Wicked and the single 'No Rest' both reached the UK top 40, but this success did little to soften NMA's confrontational attitude. They appeared on Top Of The Pops wearing T-shirts with a motif reading 'Only Stupid Bastards Use Heroin'

(a reaction against the fashionable drug of the time) and were never subsequently invited back.

Since then New Model Army have left EMI, signed to Epic, left Epic and started their own management and label Attack Attack, lost their manager suddenly, had several line-up changes, fought illnesses, survived devastating fires and the theft of all their equipment. Throughout it all they have sustained the interest of tens of thousands of devoted fans in the UK, Europe, North and South America and the Far East with album after album of critically and commercially successful albums and intensive touring of their dynamic live show.

Deaf School formed in Liverpool in 1973. Between 1976 and 1978 they recorded three albums for the Warner Brothers label, in an art rock style that had its roots in cabaret, moving towards a harder punk rock sound. The band split in 1978 but have since been recognised as an important influence on many British musicians. Nearly all its members went on to enjoy successful careers afterwards, notably guitarist Clive Langer, who would produce Madness and Dexys Midnight Runners (two non-Liverpool acts who cite Deaf School as an influence). He would also co-write (with Elvis Costello) the song 'Shipbuilding'. Frontwoman Bette Bright married Suggs frontman of Madness!

The Joy Formidable formed in 2007 in the Welsh town of Mold. The three-piece released their debut single in July 2008, 'Austere' and through continuous hard touring and their explosive live shows the band have continued to build an audience with their own brand of big and noisy alternative rock that falls somewhere between the work of The Breeders and UK bands like Echobelly and Catatonia. Basically what they produce is high octane pop-rock fired by great hooks and riotous choruses.

Twisted Wheel hail from Greater Manchester and since coming together in



Alabama 3

early 2007 have been booked as one of the support acts for Oasis's 2009 Heaton Park concerts, supported heavyweight rock bands like Kasabian and The View and played Reading, Leeds, T In The Park, Glastonbury and other large UK festivals. Embraced for their strong melodies, psychedelic themes

the gloriously over the top combination of ska, funk and urban ghetto attitude that is Edinburgh ten-piece, Victorian Trout Conspiracy plus Cumbrian indie four-piece, Jakarta Club.

Don't forget our other mainstage attractions including, Los Angeles based Celtic-punk band, Flogging

available from the over-the-counter outlets so make sure you get yours right away

All our tickets are for the full weekend. Day tickets are not available.

Young Person tickets can only be purchased with at least one Adult ticket. Children five years old and under will get their tickets

advance Thursday Camping Pass per vehicle (not per person). This is a £15 vehicle permit that applies for any vehicle with two or more axles. It does not apply to motorcycles.

Tickets prices: Adult Online Early bird - £99 (Limited to the first 1000)

Adult Standard - £109

Young People (age 12-16)

Early bird - £65 (Limited Number)

Young People Standard (age 12-16) - £70

Child Tickets (age 6-11) - £30

Babies & Toddlers (age 0-5) - FREE but still need a ticket.

Thursday Camping (per vehicle) - £15

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Tickets are available to purchase right on our very own website www.solfest.org.uk.

This is the only place you can buy the cheaper Early Bird tickets.

By Phone: Tickets are available to purchase by telephone from from the Carnegie Theatre Box Office on 01900 602 122 between 9am and 5pm Monday through Saturday.



New Model Army

and Brown's irreverent poignant lyrics, Twisted Wheel cite Bob Dylan, The Stooges The Small Faces, The Who, The Rolling Stones and Oasis among their main influences.

Also appearing on the mainstage are the Kings of UK Americana, Ahab, the superb Canadian Celtic/bhangra fusion act, Delhi 2 Dublin, and the fascinatingly titled alt-hip hop four-piece Never Underestimate Musical Belief, known simply as NUMB. We've also By The Rivers, the much praised six-piece contemporary reggae band from Leicester,

Molly, UK indie-rock giants, Maximo Park, the perfect Celtic and dance musical storm of Afro Celt Sound System and UK folk-rock institution, Oysterband.

And of course that's just the mainstage! For updates, other stages, latest news, line-ups etc, visit our website www.solfest.org.uk.

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Enter Now for the Jennings River Ride

Entries Now Open for Jennings Rivers Ride on Sunday 15th September 2013

You can enter the third annual Rivers Ride which rolls in and out of Keswick on Sunday 15th September 2013 via www.cumbriafoundation.org

This year the Rivers Ride has its very own new website. The website has been sponsored by Ulverston based Bender UK, a globally operating technology leader.

The new website has all the event information on including routes, start times, volunteering opportunities and tips on fundraising, to entering the ride and also allows people to make a donation to the Foundation.

People of all ages and abilities can choose between four different cycle challenges - from a 10 mile treasure hunt for families, a 38 or 55 mile adventure or a massive 75 miles over three Lake District passes!

The inaugural Jennings Rivers Ride in 2012 attracted 1,050 riders who tackled everything from a family fun ride to a gruelling 75 mile slog over three Lake District passes with rain coming from every direction, but that didn't stop people turning out to pedal for a good Cumbrian cause.

This year, we are hoping it will be even bigger and better and raise more money for Cumbria Community Foundation in the process.

Entry is via the Cumbria Community Foundation website www.cumbriafoundation.org/riverside - choose between:

FAMILY CHALLENGE RIDE

(£16 Per Family)

Route sponsored by Nuclear Management Partners.

This is a new all-inclusive event that challenges youngsters (and their



parents or guardians) to ride a distance of 10 miles out along the old railway line searching for treasure and back in a loop to Keswick.

COMMUNITY CIRCUIT (£30)

Route sponsored by NSG Environmental Ltd

This is an achievable challenge for novices or those returning to cycling after a break, with some preparation. 38 miles of lovely Lakeland roads heading west to Cockermouth via Ouse Bridge, returning to Keswick via the rebuilt Lorton Bridge and finishing with a climb over Whinlatter Pass.

FOUNDATION FLYER (£30)

Route sponsored by Armstrong Watson.

This new route is a step up for those riders who are looking for a greater challenge or who have already successfully completed the Community Circuit ride. It's a cracking 55 mile route, which after an easy start takes in the triple challenge of Whinlatter (twice) and Newlands Pass.

BIG DAY OUT RIDE (£30)

Route sponsored by Cumberland Building Society.

This is THE BIG ONE! A challenging ride for the more experienced rider. Don't be deceived by the flat start which heads out to the Irish Sea at Workington. The route returns to Keswick via three of the Lake District's major road passes:

Whinlatter, Newlands and finally Honister - to complete an epic ride of 75 miles with a sting that is most certainly in the tail.

The Jennings Rivers Ride is a series of four stunning cycle sportives with routes to suit all abilities. The rides start and finish in Keswick and reveal some of the UK's finest scenery from the heart of the Lake District all the way out to the Irish Sea.

It's held annually to raise money for the work of Cumbria Community Foundation. The Foundation is at the heart of community life and it makes grants to local charities and people in need. The grants help young people and older people, those living with disabilities and those recovering from illness.

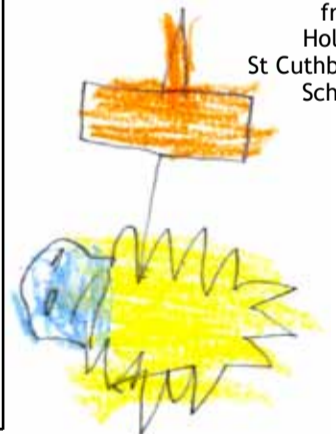
The Jennings Rivers Ride is made possible by the generous support of the sponsors and the involvement of more than 80 volunteers.

The entry fee covers



the cost of staging the event and helps to raise a small amount for the charity - riders can help by asking friends and family to sponsor them for the challenge and raise money for good causes in Cumbria.
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