



Page 3
Get down to the beach



Page 5
More bands booked



Page 6
Check out the Carnegie



Page 7
Have you got your tickets yet?



Page 8
There's a lot of horsing around



Page 9
Big turnout at Nativity



Page 16
Greg & Ryan get the Trophy



Page 16
Panda gets the Eden Shield



Lifeboats' First Shout of the Year



Report by:
Chantelle Satterthwaite
Photo by: Kev Irwin

Silloth Lifeboat was requested to launch at 01.10 by Belfast coastguard on the morning of 3rd January to assist other emergency services at Bowness on Solway due to the severe flooding.

Emergency services could not reach a property along the shoreline where it was believed some elderly residents were stranded. Silloth RNLI lifeboat was tasked to try and approach the property from the seaward side. The weather conditions were extremely dangerous and the lifeboat

was operating in very shallow water. A depth of approximately 3ft with 10ft waves. The ebbing tide was at full flow by this time and the conditions began to compromise the safety of the lifeboat crew.

After discussion with Belfast coastguard the lifeboat was stood down and returned to station. Burgh coastguard team could not establish if anyone was in the property and it was decided that the Police would follow up later in the morning to check the property.

Crew and lifeboat got back safely to station.

The elderly gentlemen it turned out were fine.

2018 Events
27th May
Silloth Green Day
9th + 10th June
Silloth Vintage Rally
16th June
Abbeytown Family Fun
24th to 26th August
Solfest
27th August
Silloth Carnival
6th to 9th September
Music & Beer Festival

Vote For Max

My name is Max Brough and I am a year 10 pupil at Solway Community Technology College Silloth.

I was nominated by my school to run for election in the United Kingdom Youth Parliament. I am hoping to become the Youth Parliament member from Allerdale and Copeland this year.

As a nominee I need to chose issues to campaign on that will help the lives of the young people in Allerdale and Copeland. I have chosen: First Aid Education for everyone because not enough people know what to do if they need to help someone who may have had a heart attack or collapsed and I feel that this should change. Mental Health in Schools because 1 in 3 people experience mental health issues in their life and they are afraid to speak about it and a study by the Mental Health Foundation says that half of mental illnesses are established by the time of 14 years old. Young people need help and security and that's



what I want to happen. I have also chosen Curriculum for Life because you won't need most of the things you learn at school so we need to be taught what we will need like buying a house or how insurance works.

In order to become the Youth Parliament member I need to win votes. Only

11-18 year olds who attend schools, academies or colleges can vote in the election that opens on 26th February 2018 (your place of education needs to be registered to vote first).

To find out more about the Uk Youth Parliament visit: ukyouthparliament.org.uk



Be a Homestay Carer



Angel with Eileen Binstead

Cumbria County Council has around 80 Homestays carers across Cumbria who support young people on their journey to independent living.

The Homestays initiative, which launched in Cumbria in 2012, offers a home environment for young people, aged 16-25, who are in need of support for a variety of reasons; including leaving foster care or due to an adoption breakdown. To be considered for a Homestays placement, young people must be in education, training or employment. As most young people tend to stay in Homestays placements for up to three years there is an urgent need to recruit 30 more carers for the initiative during the next 12 months.

Retired foster carers, Eileen and Richard Binstead, who live near Workington, have been Homestays carers for four years. Eileen said: "We fostered for 16 years and then decided to have a break and go back as Homestays carers, which we felt would be more flexible for us. Since then we've had six young people come to live with us and have found it very rewarding helping older children coming into care to prepare for independent living. We've raised three sons of our own and I wouldn't have liked to see them embark on an independent life without some help, so I can see how essential this support can be for young people in care. I think our experience as parents and of fostering gave us a very good grounding to

take on Homestays caring and it's worked well for us."

The couple are currently Homestays carers for 19-year-old Angel, who's been living with them since she was 16. Eileen said: "It's been very gratifying to see how she's developed in her time with us. She suffered a lot of rejection in her life and it was very difficult at first trying to connect with her. But, with our support and reassurance, she has flourished and achieved so much; completing a college course and recently starting her first full-time job. She's an excellent example of what Homestays can help young people achieve."

Angel is also very positive about her Homestays experience. She said: "I was placed with Eileen and Richard when my adoption broke down and I have never looked back. I now see them as my family because they give me the support that I never received when I was adopted and they have encouraged me to take on new things."

Team Manager, Homestays & Fostering Supervision & Support, Margaret Brennand, said: "As one of our Homestays carers you have the opportunity to support a young person on their road to independence; helping them to learn new skills and reach their potential, while all the time being fully supported by our Homestays advisors. With a time commitment of seven to 10 hours each week, many people find this a more flexible alternative to fostering, as they can

continue to work full time, while still having the satisfaction of knowing they are helping a young person take their first steps to independent living in a safe, caring environment."

Interested in becoming a Homestays provider?

Ideally you are a person who understands and likes teenagers and has an insight into the unique pressures and needs of young people. If so then Homestays could be for you:

Providers go through a formal approval process where DBS checks are sought. The process takes between 5-8 months. You will be required to offer 7-10 hours of your time to supporting a young person in developing independent living skills such as budgeting, laundry and cooking.

You must have a spare room in your home, though where a Homestays carer is unable to accommodate a young person they may still be considered to offer support for a young person who is living independently, in their own accommodation.

Homestays carers are offered the opportunity to develop their skills through the Fostering Service training programme and to be involved in support groups. Carers are also fully supported by a dedicated Homestays Advisor.

For more information go to www.cumbria.gov.uk/childrensservices/homestays or email homestays@cumbria.gov.uk.

Causewayhead Women's Institute

theWI
INSPIRING WOMEN

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We now meet in the Community Hall, Petteril St, Silloth, CA7 4NJ

On the 2nd Thursday in the month October to March at 2pm

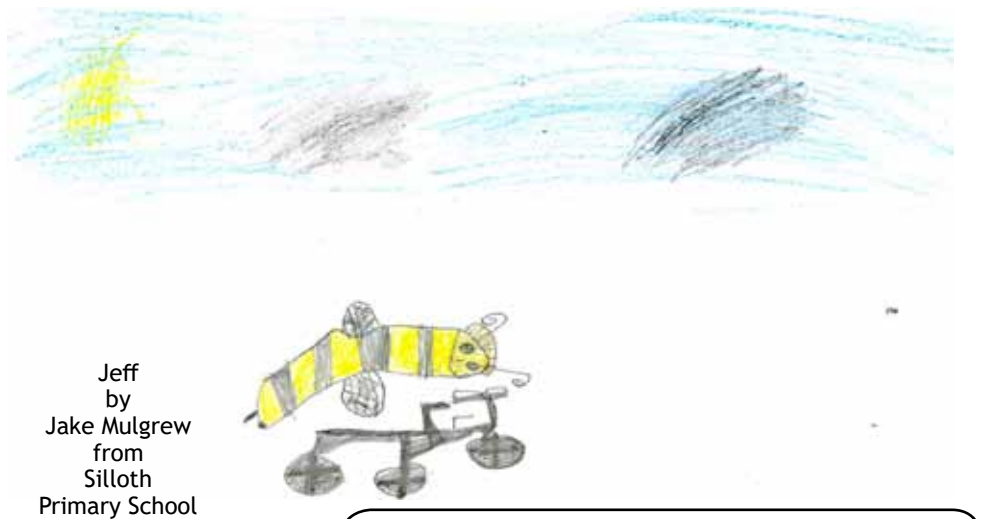
2nd Wednesday in the month April to September (except August) at 7:15pm

You are most welcome to come and join us for up to two meetings before deciding if you would like to become a member. We have a charge of £3 for visitors.

Light refreshments are included but please bring your own mug.

The Programme for 2018

11th January 2018 @ 2.00pm MEMBERS AFTERNOON Competition: - who kept last year's New Year Resolution the longest.	Thurs. 8th February 2018 @ 2.00pm Slides & Talk: - Wasdale a Winter Wonderland Speaker: - Norman Godfrey Competition: A Winter Scene	Thursday 8th March 2018 @ 2.0pm Talk & Slides: - Grace Darling & The Northumberland Coast. Speaker: - Paul Heslop Competition: - A Sea Shell	Wednesday 11th April 2018 @ 7.15pm Talk:- The Work of The Calvert Trust Speaker: - A Trust Member Competition: - An Outdoor Pursuit Ornament
Wed. 9th May 2018 RESOLUTION MEETING Competition: - The most buttons in a standard sized matchbox (not Swan Vestas)	Wed. 13th June 2018 @ 7.15pm Open Evening Venue St Andrew's Church Hall Talk: - The World of Herbs Speaker: - Helen Shipton Smith Competition: - A Herb Posy	Wed. 11th July 2018 @ 7.15pm Talk: - Downing as in Downing Street Speaker: - Mrs Rosalindie Downing Competition: - A Political Item	AUGUST 2018 No Meeting
Wed. 12th September 2018 @ 7.15pm Talk: - On being a member of Cockermouth Mountain Rescue Speaker: -David Blandon Competition: - An Old Map of Cumberland or Westmorland	Thursday 11th October 2018 @ 2.00pm Talk: - Country Dancing Speaker: - Audrey Dorman Competition: - An Associated Dance Item	Thurs. 8th November 2018 @ 2.00pm Talk: -The Solway Coast AONB Speaker: - Naomi Hewitt Competition: - The most unusual small piece of Driftwood	Thurs. 13th December 2018 @ 2pm A.G.M Competition: - Tba
Thurs. 10th January 2019 @ 2.00pm Members Afternoon Competition: - Tba			



Jeff by Jake Mulgrew from Silloth Primary School

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Causewayhead WI

Report by: Jenny Stride

At our January meeting we welcomed four new members to the group.

We did not have a speaker planned for the meeting but one of the members Olga Hetherington gave a very interesting talk on the History of Medicine. The First World War was the start of modern medicine, although the ancient Egyptians were ahead of their time with trappanning and cataract removal. Caesarians were also very common in ancient Rome, where herbalsedatives were used.

In Medieval times alcohol was the most common form of anaesthetic when dealing with battle wounds. Although some of the cures used by medicine men and women, witches and healers were to our modern eyes rather revolting we can at least believe they were intended to do good. For example: to stop bleeding, take a hounds turd and heat on hot coals and place on the wound. For earache, make a decoction of sage in the urine of a healthy male and with a small piece of roasted onion place in the ear. To cure bad breath, use the ashes of burnt mouse dung. For bruises: take a fat puppy and dress for the table, putting a mixture of nettles, eggs, turps and saffron in the belly and roast. Use the fat

that drains as a liniment.

In AD 779 Pliny recommended using the blood of a tortoise as a mouthwash three times a year to prevent toothache. He also suggested riders using the foam from a horse's mouth to ease chafing on the inner thighs.

Olga had also organised a three part quiz comprising of a Call my Bluff, Mental arithmetic and pictures of TV sitcoms. Margaret Graham and Jenny Stride won this and received a small prize.

The raffle was won by two of our new members Joyce Bailey and Pauline Parr.

Flower Competition

1st Jean Graham
2nd Mona Kent

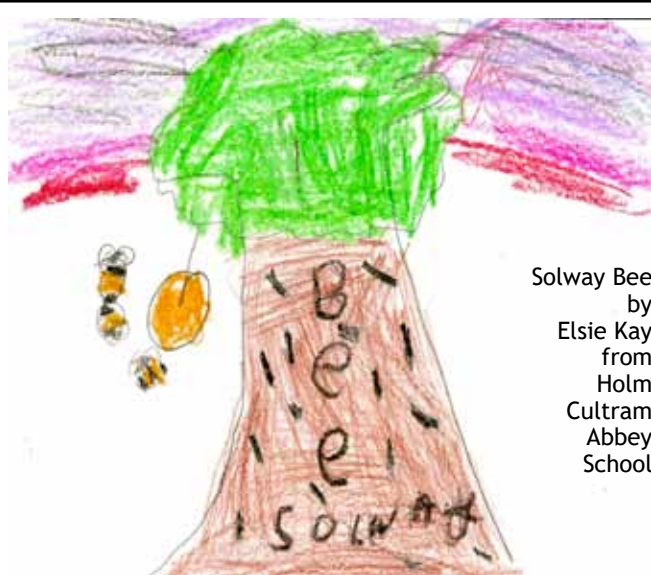
Churches Lunch Together

Report by: Penny Stimson

On the 17th December all the Churches of Silloth joined together in St Andrews Hall to have a bring and share Christmas meal.

It was a lovely afternoon with all the churches being represented. The tables were full of food with some heavenly puddings. The fellowship in the hall was lovely, and everybody enjoyed themselves.

This is something we hope to continue each year as all the Churches in Silloth work so well together in Christian Love.



Solway Bee
by
Elsie Kay
from
Holm
Cultram
Abbey
School

Have Fun at Beach Clean



Report & Photo by:
John Gorrill

Rubbish arrives on every tide, so local volunteers are busy cleaning beaches from Bowness on Solway to Crosscanonby.

After eleven events up to the end of 2017, the group called Fix the Firth has collected 242 black bags of rubbish, 11 tyres, 2 fridges, 2 broken wheely bins, a vacuum cleaner, a burnt-out motorbike and half a sailing dinghy. Organiser John Gorrill comments, 'It's funny to think of the odd things we find but all of it is avoidable - people treat the sea as a liquid landfill site.'

Where does the rubbish go? Allerdale Borough Council collect it from beside the B5300 coast road. It is processed at Carlisle's Hespian Wood Mechanical Biological Treatment Plant which claims to recycle about 85% of rubbish received. Some is sold as recyclable plastic, metal and glass. Some is converted into fuel pellets which are burnt elsewhere to generate electricity. The rest - about 15% - goes to landfill. This is good for the Cumbrian coast and for local council tax payers. The Landfill Tax takes money from any council that exceeds its government quota for burying rubbish.

In 2018 the group will hold one beach clean per week. 'On average we get eleven volunteers but it has

The Carter family of Wigton

been twenty people on a sunny day and four during a hail-storm,' says John the organiser. 'Most people stay for two hours but a few stay longer - we don't force anyone to do more than they want to.' The group provides work gloves, litter-pickers, black bags and metal hoops to keep the bags open. 'All you need is warm clothes, strong shoes or wellies and energy - it's as simple as that,' adds John.

Fix the Firth does not have its own website but details of coming beach cleans are in the Solway Buzz. You can also check the What's On pages of Cumbriawildlifetrust.org.uk, the Events Calendar at Lovemybeach.org or join the email list of the

Solway Area of Outstanding Natural Beauty. 'We're an independent local group,' explains John, 'but many people have helped and trusted us. It's like pushing on an open door.'

Many beach-cleaners are regular volunteers but new helpers are always welcome.

Coming events:

Times vary in order to avoid high tides.

Saturday 27/1/18 10 - 12 noon Mawbray Banks.

Thursday 1/2/18 1.30 - 3.30pm Crosscanonby Beach.

Saturday 10/2/18 1.30 - 3.30pm Allonby North Beach.

Thursday 15/2/18 1.30 - 3.30pm Wolsty Banks.

Thursday 22/2/18 10 - 12 noon Silloth West Beach.



You could join the Beach Cleaners at Mawbray Banks

STANWIX PARK

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Meet More People

Are you looking for a way to shake off those midwinter blues? Then why not make 2018 the year you get involved with volunteering for West Cumbria Carers?

West Cumbria Carers are a registered charity, and, as the name implies, they're local, supporting carers in Copeland and Allerdale. Not only that, they're also very friendly people! (Great if "expand my social circle" is on your New Year wish list!)

The charity currently has opportunities in the Solway area for the following:

Sitters regularly visit the cared for. This allows the carer to have a valuable break for a few hours with the peace of mind that comes with knowing the person they care for is being safely looked after. However, this does not include personal care needs.

Drivers help carers to attend vital health appointments or a support session/activity/event that otherwise would be missed.

Counsellors provide this specialist form of therapy to those that need it as a result of their caring role.

Carer Supporters can regularly visit or contact someone who needs help in building confidence or becoming socially active again.

Carers Champions raise awareness of the charities services with carers in the workplace and the public.

They assist in identifying carers who may wish to receive support.

West Cumbria Carers want you to enjoy your volunteering experience, they highly value and appreciate all their volunteers and the time they give. All volunteers are offered free training when they join along with ongoing support and refresher training going

forward.

Further, more detailed, information can be found on the website along with an online application form. Alternatively, if you would prefer to complete an application form in writing or talk to someone just call 01900 821 976.

If you'd like to talk to a current volunteer about their experience just ask.



Robber Bee
by
Phoebe Hoodless
from
Silloth
Primary
School



School Bee
by
Charlotte Wilson
from
Holm
Cultram
Abbey
School

Fraudsters Claim to be from HMRC



Police are continuing to receive calls from members of the public regarding a scam which attempts to gain money.

The scam relates to a member of the public receiving a call from someone purporting to be from HMRC, stating that they had an outstanding tax bill.

The latest incident reported to police was on December 12th, when a woman from the Millom area, was instructed to pay the £597 bill in iTunes vouchers. She went to a local supermarket and purchased the vouchers – the details which she handed over the phone to the fraudster.

A Cumbria Constabulary spokesperson said: "We want to advise people to be vigilant to prevent them from falling victim. Our advice for such scams is to disregard the message. Do not contact them on the number they request you to call on and do not hand over any money. If possible record the details and if you are in any doubt, contact HMRC to verify the information. The HMRC website states they would never use these methods to tell you about a tax rebate, a penalty or even to get personal payment information, and they would not request overdue tax to be paid in iTunes vouchers or similar. We'd also like to take this opportunity to alert retailers to the fact that this is happening. If you get a customer attempting to buy high value amounts of iTunes vouchers, please help that customer by checking it is not being purchased to pay a HMRC tax bill or other debt, and report this matter."

Anyone who comes across such a scam should contact Action Fraud at www.actionfraud.org.uk or contact the Action Fraud Hotline on 0300 123 2040 as they are the investigatory body for offences of this type.

Cumbria County Council adopts MND Charter

Cumbria County Council has agreed to adopt the motor neurone disease (MND) Charter in support of local people living with this terminal disease and their carers.

MND is a fatal, rapidly progressing disease that can leave people locked in a failing body, unable to move, talk and eventually breathe. It kills around a third of people within a year of diagnosis, and more than half within two years. There is no cure.

Unfortunately, MND is still little understood and this contributes to many people with the disease not receiving the care and support they need. The MND Charter was launched to change this.

Councillor Peter Thornton, Cabinet Member

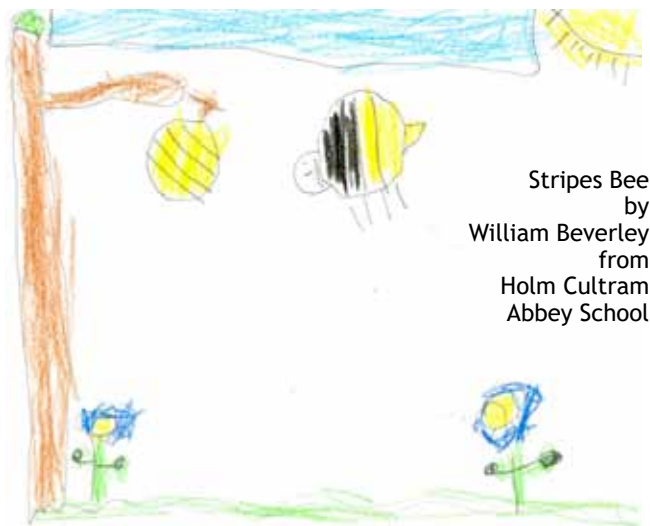


for Health & Care Services, said: "I am delighted our council has agreed to adopt the MND Charter. It is vital that more people

are aware of the needs of people with MND so those living with this devastating disease can maximise their quality of life and die with dignity."

Chris James, Director of External Affairs for the MND Association, said: "The importance of the MND Charter is undeniable. We want everyone to be clear that access to the right care, in the right place, at the right time, as set out in our Charter, can transform lives."

For further information please visit www.mndassociation.org/mndcharter.



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by
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from
Holm Cultram
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by
Billy Morris
from
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Better Internet Security

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Domain Name System What you need to know

DNS - What is it?
Domain Name Systems (DNS) are like public phone books for the web. They're the reason you only need to remember a website's name and not its IP address (think of these as phone numbers for computers). When you type "www.youtube.com" into a browser, a DNS service translates that into the associated IP address (199.223.232.0) for you.

Quad 9 - A free DNS service
Imagine a phone book that automatically filters and removes phone numbers known to be used for fraud. That's what Quad9 does for websites. Quad9 provides an automated way to protect yourself and your business by blocking access to known malicious websites, like phishing sites designed to steal personal or banking details.

* Quad9 checks the website to determine if it's malicious.
Quad9 does not collect any personally-identifiable information about you and your IP address is not stored.

Visit Quad9.net for a step by step guide on how to improve your online security in two minutes.

If you're a business you may have to stop website traffic. Visit www.quad9.net for more info.

Action Fraud
National Fraud & Cyber Crime Reporting Centre
0300 123 2040

Better internet security in two minutes for free!

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Imagine a phone book that automatically filters and removes phone numbers known to be used for fraud. That's what Quad9 does for websites. Quad9 provides an automated way to protect yourself and your business by blocking access to known malicious websites, like phishing sites designed to steal personal or banking details.

Quad9 checks the website to determine if it's malicious.

Visit Quad9.net for a step-by-step guide on how to improve your online security in two minutes.



Silloth Beer Festival Latest Band Bookings



The latest additions to the lineup at the Silloth Music & Beer Festival are the fantastic soul motown show **SOUL JUNCTION**.

Early bird tickets are nearly sold out, get yours asap and save a fantastic £20.

This promises to be the strongest line up yet many fantastic additions to the stage show.

Soul Junction is an eight-piece soul band. It's a classy, classic soul line-up of experienced musicians who love soul. The band comprises: sassy lead singer Clare Torn, a sizzling horn section with Jon Skelton on saxophone and Chris Torn and Rebekah Gall on trumpets, the super-tight rhythm of Tony Atkinson and Bill Turner on guitar and bass, Alice Sheppard's rich sound on keyboard and the energetic Nick Thomas's one-man work-out on drums. Male vocalists are Jon, Bill and Nick. The band loves recreating

the authentic sound of the classic soul singers such as Otis Redding, Sam and Dave, Aretha Franklin, Dusty Springfield, Wilson Pickett, James Brown, also Amy Winehouse, and Plan B... in Soul Junction style!

The band is in its second year and has had huge success playing at festivals, pubs, clubs and private events throughout the country.

Mama-Sang & The Robot are a three piece west Cumbrian band. They pride themselves on writing original Rock and Blues, playing live shows and covering some of the worlds biggest songs. Their sound is recognisable by bold guitar riffs, catchy melodies, solid backing section and some big guitar solos.



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Cumbria County Council



National Time to Talk Day 2018

At Moorclose Community Centre,
10am to 12pm,
Thursday 1 February 2018

<p>Mental health problems affect 1 in 4 of us in any year.</p>	<p>Surprisingly common, isn't it?</p> <p>Yet too many people are still made to feel isolated, ashamed and worthless.</p>	<p>Being open to mental health problems is good for all of us.</p> <p>And it's easier than you might think.</p>	<p>Your conversation matters.</p> <p>Any time, any place. You don't need all the answers.</p>
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Lots going on. Free activities, Freebies, Free advice and information or just come along grab a free cuppa and have a chat with like-minded people. Exercise is great for your mental well-being so get involved in Cumberland FA, fun sessions and have a kick around with your friends if you are feeling energetic or try a relaxation class. Booking not essential just turn up on the day.

To find out more contact Russell Maddams from Cumbria County Council on 07909 537638

Sign up, get involved and get active.

Active Cumbria and Cumbria County Council are a County Sports Partnership



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Spring Season at the Carnegie Theatre

West Cumbria's Carnegie Theatre & Arts Centre has launched its new season of events, bursting at the seams with entertainment and cultural excellence for every taste.

Comedy legends are top of the list as David Baddiel brings his Olivier nominated one man show, **My Family Not The Sitcom**. Described as a massively disrespectful celebration of his late sex-mad mother and dementia-ridden father. Described as side splitting and also moving, this is the must see event of the year in Workington.

The Not The Nine O'Clock News and Three Men in a Boat star, Griff Rhys Jones will also be coming to the theatre on 25th January with his reminiscences, stories, anecdotes and "outright lies" in **"Where Was I?"**

Local theatre companies, WADAMS, WAOS Jrs & MAODS bring the West End to Workington with three magnificent musicals. Tony Award winning, **Barnum** will bring circus to life in February, family favourite, **The Wizard of Oz** will warm hearts over the Easter break and hit jukebox musical, **Rock of Ages** promises to raise the roof in May!

Live music is huge part of the Carnegie's heritage and this season ramps up the ante on that score! **The South** return to Workington with their brilliant back catalogue of chart topping hits and the **Lancashire Hotpots** bring their unique jamboree to satisfy both the ears and the funny bone! World famous brass band and the



real stars of **Brassed Off**, **Grimethorpe Colliery Band** will be appearing in March. For local folk fans, BBC Radio 2 Folk Award winners, Kathryn Roberts and Sean Lakeman will be bringing their distinct and eclectic sound to the stage.

Tribute and nostalgia fans will also be well catered for with **Foreigners Journey**, **Limehouse Lizzy**, **The Quo Experience** and **Explosive Light Orchestra** covering the rock base and **One Night of Adele**, **The Tina Turner Experience** and **Black Magic - The Little Mix Show** showcasing brilliant female talent!

Dance is also there, with Strictly stars, Kristina Rihanov and Robin Windsor bringing their new show, **Dance to the Music** to the Workington venue and Ballet Theatre UK's **The Little Mermaid** being performed in April.

CBeebie's BAFTA winning show is transported to the stage with Sarah and Duck's **Big Top Birthday**, a brand new stage show for children.

Theatre Manager, Karen Thompson said, "I'm really proud of the diversity of programming we are able to bring to West Cumbria and can't wait to welcome



Test Your Smoke Alarms Every Month in 2018

With 2018 underway, Cumbria Fire and Rescue Service (CFRS) is urging people to make testing their smoke alarms at least

once a month a New Year's resolution. Why not circle the first of every month on your new calendar and tick it off when you have tested your alarms? Or program your electronic diary on your mobile phone to remind you on the first Tuesday of every month with a 'Test it Tuesday' message?

Many people see January as an opportunity for a fresh start, and safety should be at top of the list. So this January, CFRS is encouraging everyone to make sure they have enough smoke alarms in their home and that they work. It only takes a few seconds and can save lives.

Smoke alarms can give someone the few extra

local audiences in 2018! Its shaping up to be a cracker of a year!"

Lee Martin-White, chairman of the Carnegie Theatre Trust, the charity which operates the theatre said, "It's great to see such a mix of entertainment, arts and events coming up and I am sure audiences will find something to entertain and delight all the family. We will continue to bring you the very best from the touring circuit and also support local performers, who always astound audiences with the breadth of their talent."

The full programme can be found and tickets can be booked at the theatre's website www.carnegietheatre.co.uk.



seconds they need to escape in a fire. While the majority of homes across the country now have an alarm fitted, most

people are not aware that the average alarm has a life-span of only 10 years and then it needs to be replaced.

For people who live in a larger property, a single smoke alarm is not enough. The recommendation is for least one alarm on every level of a property. Last year, in nearly half of all fires in the home where the smoke alarm did not give a warning, the reason was that the alarm was not close enough to detect the fire. Missing or flat batteries were another major cause.

Cumbria Fire & Rescue Service is urging people to make sure that their alarms are up to date and are up to the job.

To keep your alarms in working order:

Make sure there is at least one smoke alarm on every level of your home

Test your smoke alarms by pushing the button every month

Check that your smoke alarms are less than 10 years old

Fit smoke alarms on landings and hallways and near bedrooms. Also consider in rooms which have electrical appliances – eg a heater or charger

Take a moment to check on your loved ones or elderly neighbours who may need help to ensure they're fully protected

Station Manager Mark Ducie from CFRS's Prevention department said: "At this time of year, many people will be thinking of what they can do – big or small – to make a fresh start and improve their lives, homes and wellbeing. Smoke alarms can offer vital protection for you and your loved ones, but most people simply fit and forget – they don't know if it might be coming to the end of its life-span or even if it's working at all. For most of us, there is nothing more important than keeping our loved ones safe and secure. So if your alarms are getting past their best or your top floor is missing an alarm of its own, make your New Year's resolution to fit new ones, test them on the first of every month and protect your loved ones in 2018."

To arrange a free Safe and Well visit from Cumbria Fire and Rescue Service at your property or business premises, contact us on 0800 358 4777.

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Skip Hire: 016973 31000 RMC: 016973 61777
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Silloth, Wigton, CA7 4NS

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Silloth on Solway Community Shop

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

S.O.S.C.S.

Open every day
10am to 3:30pm
Tel: 32452



S.O.S.C.S.
12 Criffel Street
Silloth

Waver Wine Circle

Report by: Stuart Jones

Chair, Bill Henderson, welcomed nine members to an evening of red wine tasting. Three apologies received, two of whom were skiing in France.

Five red wines were tabled and after an enjoyable and varied tasting the winner was Bill Henderson with 25 points, with a South Australian Cabernet Sauvignon from the Limestone Coast, followed by Rod Bray's entry, a bottle of Torbreuna from Italy.

Vice-chair Graham Stukins congratulated Bill on winning the Red Wine trophy for 2017/18.

Our programme this year has been somewhat disrupted, next year's programme will be adjusted at our AGM in April.

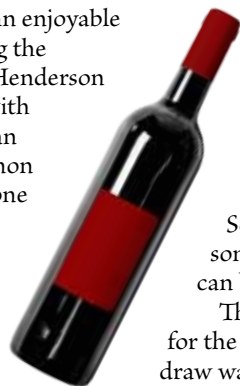
In 2018 the Circle

celebrates 25 years since its inauguration and members were asked for the names of any original members they may know. Stella will research some original papers she has.

These former members will be invited, along with others who support the Circle, to an evening buffet to be held at the Village Hall on Friday 7th September. Perhaps some entertainment can be arranged.

Thanks again to Stella for the refreshments. The draw was won by Janet Stukins.

Our next meeting on Wednesday 14th February will be our annual Cheese, Wine and Games Evening, to be held in the main hall. As usual Janet and Graham will arrange the games. Will everyone please bring a draw prize.



Rock Stick
by
Megan Piele
from
Holm
Cultram
Abbey
School

Carers: Visit This Event



Dementia Services Development Centre (DSDC) are running workshops for carers and those you are caring for.

DSDC are an International Centre of knowledge and expertise, dedicated to improving the lives of people with dementia. They are based at Stirling University and will be visiting Workington on Wednesday 7th February 2018 to present two half day workshops for carers and their loved ones.

Carers are invited to come along to find out about practical ways of coping with their loved ones, meet other carers, ask questions and enjoy a free lunch. They can bring those they are caring for who will be looked after in another room close by.

There are twenty available places for each session with free lunch and refreshments. Please see advert below for further details.

If you would like to book a place please contact Elaine Lewis (Community Services Officer) on 07900 053041 or Elaine.lewis@cumbria.gov.uk

Football Fundraiser Tickets Selling Well



Tickets have sold so well that this event has now moved downstairs in Stanwix Park to the larger Sunset Inn.

BOOMIN are headlining, along with special guest singer Superfly (Stevie Huddart).

Tickets are only £9, from Carol at Winters Newsagents, or Stanwix Park reception or any committee member.

Please note: no ticket - no entry. Come on down and support the Silloth Seagulls Football Club, its going to be a cracker.

My Dad Bee
by
Thomas
Thompson
from
Holme
St Cuthbert
School



SILLOTH CAFE Traditional Fish & Chips

Sit-In or Take-Away
Special Wheat Intolerance Gluten Free Option

Pensioners Meal Deal: Monday – Friday
Closed Wednesdays

Station Road, Silloth, Tel: **016973 31319**

What a Year for Silloth Horse Racing Connections

Report by:
Christine Previtali
Photos by:
David Montgomerie

Silloth Horse Racing Connections have been having a 'Purple Patch' over the last six months.

The successful period began in late July when Champagne Rules won over the flat at Nottingham and went on to have wins at Newcastle and Kempton, plus several places before going out to grass for the winter. The horse is owned by The Rosey Hill Partnership, run by Bill Watt, husband of trainer Sharon Watt based near Richmond, North Yorkshire. Local members of the syndicate are David and Beth Montgomerie, also Fausto and Christine Previtali.

Arctic Vodka is a hurdler and has taken over for the winter having had two

seconds and a third since the end of October.

The most welcome result was the return to form of local favourite Madam Lilibet owned by David and Beth Montgomerie who had her tenth win

at her favourite course of Pontefract in October. Lilibet is also out to grass for the winter.

The fourth success has been Too Many Chiefs, owned by Bill Watt as well as David and Beth. The hurdler

started the winter campaign with a 8th at Hexham followed by a 4th and a 2nd and won at Ayr in December. Chief then gave an excellent start to the New Year by winning at Ayr again on 2nd January.

Sharon Watt, previously a successful eventer, now runs a small yard with a good team behind her and Connections are delighted with her recent successes.

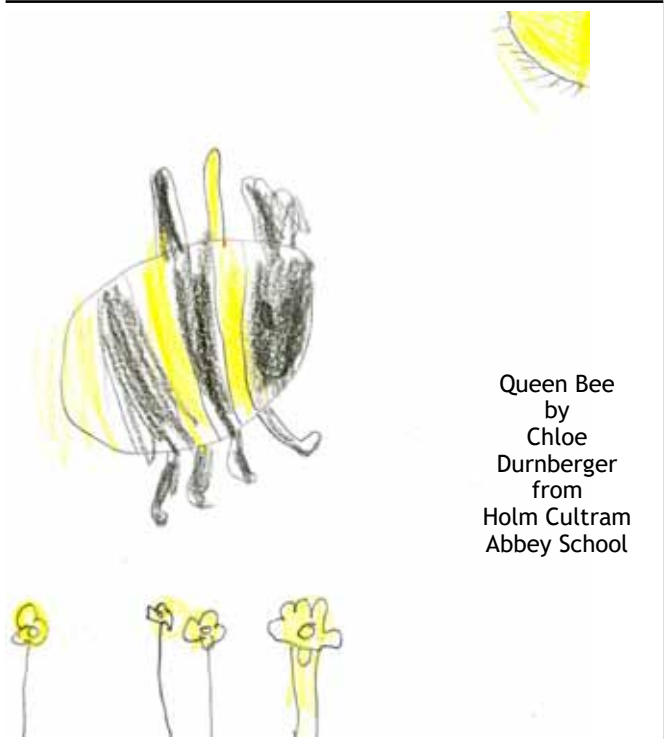
Photos clockwise from top left:


Arctic Vodka

Madam Lilibet

Too Many Chiefs

Champagne Rules





Holme Cultram Abbey


Lent Lunches

Thursday 15th February
Thursday 22nd February
Thursday 1st March
Thursday 8th March
Thursday 15th March
Thursday 22nd March

12.00 pm - 1.00 pm
In the Abbey Tea Room

Soup, bread, tea/coffee, cheese & biscuits

All welcome



SILLOTH GREEN DAY 2018

SUNDAY 27TH MAY 11AM-4PM



FUNFAIR - CRAFT STALLS - FOOD STALLS - LIVE MUSIC
FAMILY DOG SHOW - KIDS ENTERTAINMENT - DONKEY RIDES
ROTARY SHOWCASE - FACE PAINTING & GLITTER TATTOOS
FOOD STALL - FREE ENTRY - & MUCH MUCH MORE







SAVE THE DATE!

Abbeytown Carnival Committee



And

Family Fun Day

Saturday 16th June 2018

More details to follow but this will be instead of this years carnival.

Well Attended Nativity Service at Christ Church



Report by:
Lawrence Marshall

The Crib and Nativity service took place at Christ Church on Christmas Eve at 6 pm. It was a very wet night but that did not deter a large audience of relations and friends of the young people who acted out the nativity story.

Canon Bryan Rothwell conducted the various sections of the story. Between the scenes popular carols were sung. Little

Harper Benson was the baby Jesus and he was on his best behaviour in his cradle which lay on the hay in the manger. The young people who dressed as shepherds and wise men paraded round the church looking for sheep and gifts which had been hidden for them to look for.

It was good to see all the young people assembled round the baby Jesus lying in his cradle.

The large audience was well pleased with the Crib and Nativity service.



Copy Date ➡

Copy date for the April issue is: 1st March 2018

If your organisation has an event to promote or you have something to say, please note the next copy date.

Please let us know of any changes within this section

Doors Open Lunch

'Our Doors Open' meets in St Andrews Church every Tuesday from noon to 1pm for a light lunch with good fellowship for a donation only.

First Responders

Silloth Community First Responders train on the first and third Tuesday of every month in Silloth Community Centre at 7pm.

NatWest Mobile

The NatWest Bank mobile van will be outside Silloth Community Centre on Fridays only from 9:50am to 11am

Blencogo Art Group

Every Monday from 1:30-4:30pm in Blencogo Village Hall where members help each other. Refreshments provided, regular outings, tel 016973 61158 or 61327

Bridge Group

Meet on Wednesday evenings from 7 till 9pm, at the Golf Club to play Duplicate. Information from mike.md@btinternet.com.

Are these entries all up to date

If not - please let us know

Christ Church

For Christ Church baptisms and other church related business please contact: Rev Bryan Rothwell The Vicarage, Wigton Road Tel: 016973 31413

Civic Amenity Sites

Operated by Cumbria County Council. Tel: 01228 606060 Maryport Tip, tel 01900 66922 open daily 8am to 6pm Wigton Tip, tel 016973 45617 open Tuesday, Thursday, Saturday & Sunday, 8am to 6pm

Abbaytown Library

Abbaytown mobile library will stop outside the Wheatshaf Inn at 1pm for an hour every Monday

Production Team

Proprietor: Peter McRobert Barn Cottage Skinburness, CA7 4RA Tel: 016973 32180 Email: office@solwaybuzz.co.uk

Editorial Content This is down to you, we can only publish items if you send them to us. When sending articles in, please supply a contact name and number in case something requires clarification. Published by: Peter McRobert with the support of the whole community and an army of volunteers.

Silloth Tots/Toddlers

Silloth Tots & Toddlers meet in the Children's Centre, Silloth and is open to all children aged from 0 to 4 accompanied by a parent/carer.

Sessions are on Wednesdays: 10pm to 11:30am term time only. Entry is £1 per family and this includes refreshments All Welcome Call in for a friendly chat

Sewing Circle

Have you clothes you don't wear - don't like or don't fit properly? Come along to Silloth Sewing Circle on a Thursday afternoon from 12pm to 4pm at St Andrews Church Hall opposite the Co-op. We will teach you to alter and make cloths and furnishings for the family. Just £2 and you get tea/coffee and biscuits. 016973 31915

Clubbercise Dance

Stanwix Park Holiday Centre The Sunset Inn, Every TUESDAY 5:45pm to 6:45pm. Glow sticks, 90's to present day dance hits. Just Show up! Call Gayle 07725 990062 for more information.

Friendship Hour

Silloth Evangelical Free Church, Eden Street Friendship Hour is on alternate Thursdays at 1:45pm. Warm fellowship, refreshments, and good speakers. All welcome

Football Training

Silloth Football Club

Juniors in Silloth Sports Hall (Mini Gulls under 7 years) Sundays at 10:30 to 11:30am Contact

Geoff Grainger 016973 43370 Under 11's Training Tuesdays 5:30pm to 6:30pm in Sportshall Contacts Martin Slack & Paul Mulgrew 07526 665759

Open to boys and girls. Cost £2 Membership forms available from all coaches.

Men's Team

Saturday Men's Team training Every Tuesday in Sports Hall 6:30pm to 7:30pm Saturday & Sunday 7pm to 8pm Colin Baty: 07754 890297

Sunday Team Training Tuesdays 6:30pm at Silloth Sports Hall 7:30pm to 8:30pm. Contact: Richard Shaw 07789 557118.

Abbaytown Girls

Abbaytown Sports Field Wednesdays 4-5pm

Abbey Monthly Munch

Holme Cultram Abbey Monthly Munch on first Thursday each month at 12 noon, only £4

Dementia Cafe

To be held in WIGTON METHODIST CHURCH 1st Monday in month 10am - 12 noon For people with dementia and their carers Coffee, cake, chat....and more

Dates for the Diary

Send Your 2018 Dates in NOW

January

31st Police Drop In at Silloth Local Links 2pm-4pm

February

1st Beach Clean at Crosscanonby Beach 1:30pm to 3:30pm with Fix the Firth

2nd RNLI Quiz Night in Mrs Wilsons at 7:30pm, teams of 4 at £2 perhead inc light supper, book on 016973 31155

3rd Silloth & District Pensioners Coffee Morning, all welcome

3rd Silloth Tigers away at Egremont

5th Silloth Town Council meeting in Community Hall 7pm

6th Solway Tea Dances in Westnewton Village Hall 1:45-3:45pm, Tel 07765 961822

7th Parkinson's UK meeting at Wheyrigg Hall at 11am, lunch at 12:15pm, all welcome, speaker George Cairns on Driving for Safety Tel: 016973 52527

8th WI Meeting in Community Hall at 2pm

10th Pancakes in St Andrews Hall, 10am to 1pm

10th Beach Clean at Allonby North Beach 1:30pm to 3:30pm

13th Holme Low Parish Council meeting in Silloth Community Hall @ 7:30pm

14th Waver Wine Circle in Blencogo Village Hall

15th Lent Lunch in Holm Cultram Abbey tearoom noon to 1pm, all welcome

15th Beach Clean at Wolsty Banks 1:30pm to 3:30pm

17th Crunch Service at Skinburness Road Car Park from 8am to 9:45am

17th Silloth Tigers v Windermere

20th Solway Tea Dances in Westnewton Village Hall 1:45-3:45pm, Tel 07765 961822

20th Thwaite U3A Group meeting in All Hallows Community Centre, Fletchertown from 2pm to 4pm, talk: Our favourite cake or pudding - members meeting to share recipes and sample some. Tel Pauline 016973 49943

22nd Lent Lunch in Holm Cultram Abbey tearoom noon to 1pm, all welcome

22nd Beach Clean at Silloth West Beach 10am to noon

Errors do occur in Dates for the Diary Please check before attending an event

Crafting Group

Interested in crafting? come along to Silloth Crafting Group on Wednesdays from 1:30 to 3:30pm at St Andrews Church Hall.

We are a well established group, friendly people with a variety of crafting talents-willing to share their knowledge. Enjoy the chat and learn from the other crafters , or just sit and chat.

March

1st Lent Lunch in Holm Cultram Abbey tearoom noon to 1pm, all welcome

2nd Country & Western Festival at Stanwix Park

3rd Silloth & District Pensioners Coffee Morning, all welcome

2rd Country & Western Festival at Stanwix Park

3rd Silloth Tigers away at Cockermouth

4th Country & Western Festival at Stanwix Park

5th Silloth Town Council meeting in Community Hall 7pm

6th Solway Tea Dances in Westnewton Village Hall 1:45-3:45pm, Tel 07765 961822

7th Parkinson's UK meeting at Wheyrigg Hall at 11am, lunch at 12:15pm, all welcome, speaker Will Stevens on Family History Tel: 016973 52527

7th Police Drop In at Silloth Local Links 2pm-4pm

8th Lent Lunch in Holm Cultram Abbey tearoom noon to 1pm, all welcome

8th WI Meeting in Community Hall at 2pm

9th Retro Music Weekend at Stanwix Park

10th Crunch Service at Skinburness Road Car Park from 8am to 9:45am

10th Silloth Tigers v Workington

10th Retro Music Weekend at Stanwix Park

11th Retro Music Weekend at Stanwix Park

15th Lent Lunch in Holm Cultram Abbey tearoom noon to 1pm, all welcome

15th Thwaite U3A Group meeting in All Hallows Community Centre, Fletchertown from 2pm to 4pm, talk: Solway coastline and area by Phil Brown Tel Pauline 016973 49943

20th Solway Tea Dances in Westnewton Village Hall 1:45-3:45pm, Tel 07765 961822

22nd Lent Lunch in Holm Cultram Abbey tearoom noon to 1pm, all welcome

24th Silloth Tigers v Furness

24th Cream Tea in St Andrews Hall, 2pm to 4pm

24th MOROCCO comes to Mawbray Village Hall, see poster, tickets 01900 881737

Do you have an event in the area bounded by Abbeytown, Mawbray, Silloth, Skinburness, if so please let us know.

RNLI Shop

SILLOTH LIFEBOAT STATION SHOP OPENING HOURS

The Shop has now closed for the season

Thank you to all our customers who have supported us this year. We look forward to seeing you again in 2018.

April

4th Parkinson's UK meeting at Wheyrigg Hall at 11am, lunch at 12:15pm, all welcome, speaker Joe Kewin on Making Stained Glass Tel: 016973 52527

7th Silloth Tigers away at Upper Eden

9th Silloth Town Council meeting in Community Hall 7pm

11th Police Drop In at Silloth Local Links 2pm-4pm

11th WI Meeting in Community Hall at 7:15pm

14th Crunch Service at Skinburness Road Car Park from 8am to 9:45am

14th Silloth Tigers v Millom

17th Thwaite U3A Group meeting in All Hallows Community Centre, Fletchertown from 2pm to 4pm, Annual General Meeting & refreshments Tel Pauline 016973 49943

21st Beetle Drive in St Andrews Hall with Pie & Peas, 7pm to 9:30pm

May

2nd Parkinson's UK meeting at Wheyrigg Hall at 11am, lunch at 12:15pm, all welcome, speaker Rosalind Smith on Tai Chi Exercises Tel: 016973 52527

8th Holme Low Parish Council meeting in Silloth Community Hall @ 7:30pm

9th WI Meeting in Community Hall at 7:15pm

14th Silloth Town Council meeting in Community Hall 7pm

16th Police Drop In at Silloth Local Links 2pm-4pm

19th Crunch Service at Skinburness Road Car Park from 8am to 9:45am

27th Silloth Green Day 11am to 4pm on Silloth Green

June

4th Silloth Town Council meeting in Community Hall 7pm

6th Parkinson's UK meeting at Wheyrigg Hall at 11am, lunch at 12:15pm, all welcome, speaker Steve Viney on Muical Extravaganza Tel: 016973 52527

8th Funky Town Festival at Stanwix Park

9th Silloth Vintage Rally

Arthritis Support

Wigton Area Arthritis Support Group meet on 1st Friday each month at Fair View Court, Wigton @ 1:30pm

Breast-feeding Group

Mondays 10am to 11:30am Wigton Bowling Club, West Road, Wigton Have a cup of tea and meet other breast-feeding mums. Support and advice is available from trained Breast-feeding Peer Supporters and from Health Visitors or Midwives. For more information call Wigton Health Visitors: 016973 66608

June cont'd

9th Quiz Night in St Andrews Hall with finger buffet

9th Funky Town Festival at Stanwix Park

9th Silloth Vintage Rally

10th Funky Town Festival at Stanwix Park

13th WI Meeting in Community Hall at 7:15pm

16th Crunch Service at Skinburness Road Car Park from 8am to 9:45am

16th Abbeytown Family Fun Day and Duck Race

20th Police Drop In at Silloth Local Links 2pm-4pm

Please note that articles, letters and virtually all content of the Solway Buzz are contributed by YOU, the local community. The Editor reserves the right to control what is included, however, no responsibility whatsoever for the content of the Solway Buzz can be accepted by the Editor, or the Publishers.

Have You Sent In Your Dates Yet?

Coast Bus Timetable

60E Maryport to Skinburness the current timetable is available from Silloth Tourist Office or Winters Newsagents or www.ellenvalecoaches.co.uk/service-60e.html

Silloth Tennis Club

For coaching information call David Wise on 07742 547767

Children's Centre

Opening hours are 9am to 3pm on a Tuesday and Thursday, when a member of staff would hope to be present. Other Room usage is subject to fulfilling certain criteria and must be arranged and pre booked.

Contact numbers: Silloth 016973 31509 Wigton 016973 43870 Aspatria 016973 23401

Wigton Cancer Support

Open to anyone who has/is living with cancer or anyone caring for someone with cancer. Feel free to drop in for a chat and refreshments any time between 2pm and 5pm on the second Wednesday of each month, at Wigton Bowling Club. For further information please contact: Gill Edmondson Tel: 016973 71696

Martial Arts

Silloth Dragons Mixed Martial Arts Club train in Christ Church Hall on Thursdays under 12's 6:45pm to 7:30pm 12's & over 7:30pm to 8:30pm Keep Fit 8:30pm to 9pm NEW MEMBERS WELCOME For further details contact Stephen on 07811 761033

Buzz Letters

Dear Buzz,

I would like to thank all of my very dear friends for the many sympathy cards and flowers that I received on the sudden death of my son, just before Christmas. At times like this people don't know what to say, but just a hug means a lot. When the cards started to arrive I looked to see who had sent them but I wasn't able to take in what was written inside, but when putting them away I read everyone and the words that you couldn't say were all in there in the cards. So once again my heartfelt thanks to you all.

With great fondness
Margaret Durham

Dear Buzz,

I would like to thank all customers for their continued support and thank-you to my wonderful volunteers, Les, Pauline, Francis and Carol for their hard work and the extra hours they put in to support the Good Causes Charity Shop. We've had a good year and once again our Christmas buffet was a great success. Thank you to Judith, Jane, Anne, Colin and Frank for their help.

Happy New Year to everyone.

Denise Poland
(Manager of Good Causes Charity)

Dear Buzz,

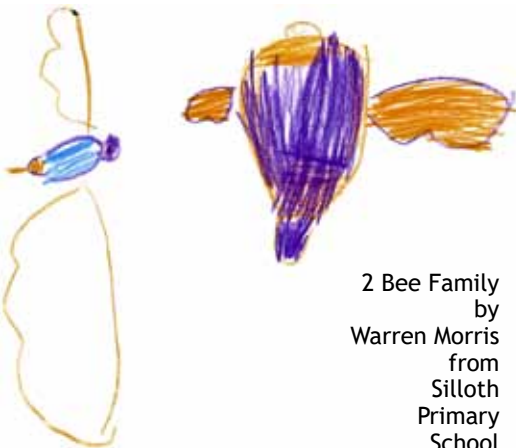
With reference to the letter from Jean and Sheila published in the January edition who are no longer working at Good Causes (Macmillan) Charity Shop - I was reminded of all the happy times I had with wonderful staff and such generous customers. Their loyal support enabled us to distribute over £300,000 to our chosen Charities over thirteen years. I have lived in Yorkshire for three years now but hear news of Silloth occasionally from my ex neighbour and friends.

Lynne Chamberlin
Selby, North Yorkshire

Do you have a poem or letter for the buzz?

We welcome all submissions, there is no charge.

Please remember to include your contact information.



2 Bee Family
by
Warren Morris
from
Silloth
Primary
School

Poem

The Christmas Present
by Penny Stimson

For Christmas my husband had a hacksaw
which was just as well
because the Christmas cake he made
was as hard as hell.

We did not say anything
as he tried to cut a slice
but we knew there was a problem
when we could not entice the mice.

They ran out to the crumbs
expecting a tasty delight
but spat it out, wrinkled their nose
and disappeared out of sight.

The cat he sat purring
waiting his yearly piece,
but my husband could not cut it
so we told him to de cease.

But he would not be beaten
out came his new hacksaw,
we waited with expectance
but the cake fell on the floor!

He picked it up and tried again
determined to cut through.
at last he sliced a little bit
that none of us could chew.

But we were all delighted
that he had that hacksaw,
he cut the cake in blocks
and built an outside wall!



Silloth from the East with Criffel in the haze
Photo by: James Smith Photography
This and many more wonderful images can be purchased
from: www.jamesmithphotography.com

We are still looking for deliverers for parts
of Abbeytown if you feel you can help
Contact Peter or Kath
on 016973 32180.

Solway Buzz
Volunteers

Non-Commercial Tourism Websites

solwaybuzz.co.uk
sillothgreen.co.uk
sillothonsolway.co.uk
sillothgolfclub.co.uk
vintagerally.co.uk
sillothbeerfestival.co.uk
silloth-on-solway-tc.gov.uk
visitcumbria.com/wc/silloth
soldiersinsilloth.co.uk
solwayplain.co.uk/silloth1.htm
facebook.com/sillothgreen
facebook.com/silloth-carnival

Any other suggestions of sites useful for our visitors, please
send them to the Buzz at: office@solwaybuzz.co.uk

Masthead Bee Winner

Carlisle Embroidery are generously donating a Solway Buzz embroidered Kids Rucksack 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. Return to your school, or the Discovery Centre, or post to the address on page 10 (large stamp) and a quality Solway Buzz embroidered Rucksack 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. Pick up a form from Silloth Tourist Information and return it there or send it to the Buzz, our address on page 10.

This month
the winner is
Alfie Allinson
from Silloth
Primary School
with a bee
drawing called
"Superbee".

Well done!



Remember –
you can join
the library,
search the
library
catalogue,
renew and
request books
online at
cumbria.gov.uk/libraries
Visit Silloth
Library in the
Discovery
Centre

MOROCCO

COMES TO MAWBRAY VILLAGE HALL

Join us for a Traditional Moroccan Evening
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Please, let us know what you want included, also any changes to numbers.		

Skills Website Updated



The Community Learning and Skills Website has now been updated with courses starting from January 2018, you can access our website by clicking on the following link: www.cumbria.gov.uk/learningandskills

Please click on "Allerdale" under the find a centre area on the right hand side of the page. All of the available courses will then be listed.

Our @allerdalelearning

Facebook page is our newest method of delivering up to date information about courses and events we offer throughout Allerdale. We also use Facebook to provide updates for learners on our current courses. Our mission is to connect with potential and current learners.

You can search for us on Facebook by searching "Allerdale Community Learning and Skills".

Books Wanted!

Ghyllmount Dental Practice in Penrith is pleased to support its new charity for 2018; The Fire Fighters Charity - actively supporting local firefighters in need at Jubilee House, Eamont Bridge and nationally.

Celebrating their 75th anniversary, whether injured, ill or in need of psychological support to come to terms with the life and death situations they face on a daily basis, The Fire



Fighters Charity exists to support the everyday heroes of the UK fire community. Please donate your unwanted books for the Ghyllmount book corner in support of this local and national charity; you are of course welcome to come and buy them too! We can't do it without you.

Books can be left at the reception at Ghyllmount or at Penrith and Carlisle fire stations.



Meltdown & Spectre

'New security attack is the latest IT threat to businesses'

A security flaw has been found in a vast majority of Intel processors, with developers working tirelessly behind the scenes to fix this loophole.

Now known as 'Meltdown' and 'Spectre', these hardware bugs allow programs to steal data from Intel processors. This might include your passwords stored in a password manager or browser, your personal photos, emails, instant messages and even business critical documents.

Intel processors account for 82% of all processors found in PC's and servers worldwide, including Apple Mac. The security flaw also affects cloud server providers including Amazon Web Services, Microsoft and Google.

While the risks to business customers has not fully yet been publicly disclosed, the actions being taken by the various operating system developers to fix something indicates that they view it as a serious problem. This has been further evidenced as we have already seen a number of vendors take servers down to perform emergency patching since the news was announced.

At David Allen IT Solutions we have already completed an update to keep our customers safe.



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Cumbria's Public Health Supports New Smokefree Campaign

Smoking contributes towards approximately 2,800 deaths in Cumbria each year in people aged 35+.

In Cumbria, 64,000 people over the age of 16 smoke, that's 15.5% of the population. The estimated annual cost of smoking to the Cumbria economy is £6.7 million. 12.3% of mothers in Cumbria say they smoke when asked about their smoking habits at the time of giving birth (national average 10.6%). Every year smoking causes around 96,000 deaths in the United Kingdom and further data reveals one person in England is admitted to hospital every minute with a smoking related illness.

Public Health England's new Smokefree campaign uses a hard hitting TV advert to highlight the dangers of tar in cigarettes, showing how poisons from tar in cigarettes enter the bloodstream, spreading around the body within seconds and causing damage to major organs.

To support people in Cumbria to quit, local services and pharmacies are available to provide free, expert support and guidance. People who quit with the support of a stop smoking service adviser are four times more likely to successfully stop for good. Members of the public can contact Cumbria's stop smoking service by calling 0300 013 3000, going online at po.st/HHCumbria or by dropping into a local pharmacy for a chat.

Colin Cox, Cumbria County Council's Director of Public Health said: "We hope as many smokers as possible

will see the New Year as the perfect opportunity to quit. Every cigarette a person smokes causes real harm and quitting smoking or switching to e-cigarettes is healthier for you and your family. People can choose what works best for them: face-to-face help, stop smoking aids, a quitting app, email, social media, and SMS support. E-cigarettes are also particularly effective when combined with support from pharmacies and people who choose this route have some of the highest quitting success rates. It doesn't matter if you have tried before and it didn't quite work out, you can access support as many times as you need. Make 2018 the year you became smoke free."

Cllr Deborah Earl, Cabinet Member for Public Health and Community Services, said: "Our vision is to create a smoke free generation in Cumbria by 2022, to support our vision, and the national tobacco control plan, we are kick-starting our efforts by making 2018 the year when we join forces with our health partners to help Cumbria to become smoke free. We would like to see everyone across the public, private and third-sector pledging to do at least one thing to help people to stop smoking and help achieve our vision for a smoke free Cumbria."

Professor John Howarth, Deputy Chief Executive at Cumbria Partnership NHS Foundation Trust and GP, said: "Giving up smoking is the biggest single thing you can do to improve your health. Breathing easier is

one of the first things that people notice but within just a year your risk of having a heart attack drops by half and you are likely to live longer with a much better quality of life. By working together across the health system we can support more people in Cumbria to lead healthier, smoke free lives."

Carlisle GP Colin Patterson, Clinical Lead for Primary Care for NHS North Cumbria Clinical Commissioning Group, said: "If we could encourage the next generation to truly be a smoke-free generation – making a positive decision to avoid this harmful addiction – we could make a significant difference to the lives of Cumbrians. Smoking is responsible for so many health problems that we see as GP's and costs our health economy a huge amount. It really is clear that smoking is bad for us as individuals and as a community. Even if you have tried to stop before, don't be put off trying again, the health benefits when you stop are enormous."

Smokefree provides motivation, information and free support for smokers who want to stop. Just search 'Smokefree' for free support and advice to help you quit smoking.

Queen Bee
by
Sofia Savelio
from
Holme
St Cuthbert
School



Register Your Appliances

Cumbria Fire & Rescue Supports Register My Appliance Day

Safer in seconds: Smart registration @ www.registermyappliance.org.uk

People are reminded to improve their home safety by taking the simple step of registering their fridges, freezers and washing machines on the new streamlined version of www.registermyappliance.org.uk.

Developed by the Association of Manufacturers of Domestic Appliances (AMDEA), the portal, now optimised for smartphone, makes registration of over sixty leading brands of old and new appliances faster and easier via mobile, tablet or PC.

As part of the national fire safety campaign, Cumbria Fire & Rescue Services, is keen to ensure that every UK household is encouraged to take this very simple step, and made aware of how it can help to protect their homes and families.

Many brands are running prize draws to encourage owners to look around their kitchens and register their older appliances too. Every registration increases the chances of winning a luxury prize and ensures the traceability of these products. Most makes accept registration of large



appliances up to 12 years old.

For manufacturers and fire and rescue services increasing home safety has never been more important. With an estimated 93 million (92.7m.) wet and cold appliances currently in use in our homes, keeping track of our fridges, freezers and washing machines is a crucial safety precaution. By taking just a few minutes to register domestic appliances directly with the manufacturer, via the user-friendly portal www.registermyappliance.org.uk, householders can be contacted quickly if a recall or free safety repair is ever needed.

Despite intensive efforts by the campaign's many influential supporters, accurate ownership data on white goods remains sparse. New YouGov research, shows that less than half of owners (46%) register the fridges they have bought, primarily appliances aren't registered because they don't think it's necessary (39%). Similarly, almost a third (29%) of households found a fridge in situ when they moved into their current property, and although they continue using it, the great majority (80%) have no idea if it is registered. Very few people (15%) realise that they can register an appliance with the manufacturer, even if they acquired it second hand or inherited it.

The latest YouGov

survey also revealed that our most important material possessions are our phones and cars, followed closely by our fridges and washing machines. Yet, unlike our 32 million cars, the majority of the large white goods, that we keep running for years without a health check, are untraceable. Women placed a higher importance on their washing machine than their car. Despite this, only half (52%) of these prized purchases were registered.

Station Manager Mark Ducie urges the public to register products they may have bought in the sales and not to forget the older appliances they have been using for many years: "We have been working hard to help our local community to understand why registration is so important. In the new year we also plan to help the elderly and more vulnerable to register their appliances, to ensure they are first in line if a safety modification is ever needed. These large powerful machines are indispensable, yet we tend to take them for granted and forget they are there. It is also vital that they are installed and used according to the instructions, and advice on safe usage is also available on the Register My Appliance portal."

On Register my Appliance Day manufacturers are sending reminders to over 4 million consumers to register their products. While supporters, the Local Government Association, RoSPA, Trading Standards, Citizens Advice, Electrical Safety First, leading private and social landlord groups are using internal communications, regional press and social media to promote www.registermyappliance.org.uk



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Silloth Seagulls Oldies Still Have It!

Report by: Mr C Gull

The final league game of 2017 was a trip to Netherhall and the chance to avenge the previous meeting which ended 3-3 when the Seagulls let slip a three goal half time advantage. If that wasn't motivation enough there was also the chance to haul themselves out of the relegation zone at the expense of a side also struggling for league points and it was an opportunity that Silloth would not squander.

Going up against their fierce Maryport rivals the Seagulls fielded a side that blended both youth and experience. Veterans Robbie Carter and Gareth Lewis were both drafted back into the starting eleven alongside young gun Spencer Irving who was making his competitive debut for the club. Silloth set the tone for the game from the first whistle being competitive in the tackle, incisive with their passing and playing with a general air of confidence that had been sorely lacking for the majority of the season. It was young Spencer who was the catalyst for a lot of this great play as his pace and trickery on the left flank was causing the opposition defence all sorts of trouble. The Seagulls had gone close to on a number of occasions when the flying winger latched onto a through ball and without breaking stride swept the ball in off the underside of the bar to open the scoring. To mark your Silloth debut with a stunning goal is what dreams are made of but it was no more than Spencer deserved for a fantastic overall performance that won him plaudits from teammates and spectators alike.

Now in the ascendancy the Seagulls pushed hard for a second goal and it was not long in coming as Ellis Gardhouse showed his natural poachers instincts to fire the ball home from six yards. With a two goal lead going into the break Silloth had the game under control but this was to be a test of their resolve to ensure that history would not repeat itself. Any hint of complacency would be pounced upon by Netherhall



who still had the weapons to hurt the Seagulls if given the chance. Silloth were in no mood to be generous though.

The Seagulls started the second period on the front foot looking to find that third goal that would kill off the game. Despite all their efforts it just would not come and as the half wore on the heavy nature of the pitch began to take its toll. With only three substitutes at his disposal manager Colin Baty managed his squad wisely and despite conceding territorial advantage the Silloth defence stood firm. It was a great display from what was a makeshift back line with a pair of full-backs (Calum Casson and Dan Dobson) who are both central midfield players by trade. It is a testament to their will to win that both can be very proud in the way they snuffed out any threat of danger from the flanks. Netherhall did bag a late consolation goal when Andrew Lowes (a former two-time cup winner with the Seagulls) finished expertly from the edge of the box but the result was never in doubt. A deserved victory and a much needed three points for Silloth which saw them end the year in the relative safety of mid-table. The relegation fight is far from over but this win gives the Seagulls a great platform to build on in 2018.

To pick a 'man of the match' from a game in which every single member of the squad ran themselves into the ground for the cause seems like a fool's errand but even in the midst of a multitude of great performances there was one that stood out for singular praise. Shaun 'the Sheep'

Clark was like a machine in the middle of the park and must have covered every blade of grass on the pitch. His work rate in both attack and defence was phenomenal and even after breaking three bones in his hand with twenty minutes to play he could not be stopped! Remarkable dedication that summed up a superb Silloth performance which is now the benchmark for the remainder of the season.

With the competitive games out of the way for the festive period next up would be the annual 'young boys' versus 'old boys' match for the Michael Aird Memorial Trophy. With a fantastic turnout of 31 players (from Silloth Seagulls, Silloth Albion and Silloth Tigers) the Eden Street Bastion was treated to a seven goal thriller that was fitting tribute to club legend Michael but which side lifted the silverware and claimed the bragging rights for the next 12 months? Such is the demographic of players that play both football and rugby in the town that being over 25 is what now constitutes being an 'old boy' much to the dismay of Andy Hardman who protested that he had a good two years in him before he picks up his bus pass! Still he wasn't complaining as the old boys got off to flyer and were playing the youngsters off the park. Attacking the bridge end to take advantage of both the slope and blustery wind the veterans dominated both possession and territory to take a deserved 1 nil lead into the break thanks to a confidently taken Lee 'Coco' Coulthard penalty.

The young boys still looked shell shocked from the mauling they took in

the first 45 minutes and things would only get worse as the old boys introduced the firepower of Brain Hayhurst and Adam Carr for the second period. Both substitutes lived up to their billing in front of goal and at 3-0 the match looked over as a contest. When Mark Campbell used his pace to capitalise on hesitation in the veteran's defence it still looked like his goal would be a consolation at best. However fortunes would turn on the second spot kick of the contest and it gave the youngsters a ray of hope of getting something from the game. Reece Blake stepped up and was clinical from 12 yards. A great effort for the pacey winger whose Seagull career is on hold as he indulges in a spot of 'egg chasing'!

With their tails up and the conditions now to their advantage the young guns where on the march. The pressure on the old boys was relentless but with David Minnican and Andrew Pearson together once more at the heart of defence there was still a formidable barrier for the young boys to breach if they wanted to win the game. Minnie and Panda did what they do best and it looked like they would guide the veterans to yet another victory until Sean Little popped up with a powerful header to level the tie. Game on as both sides threw caution to the wind in the search of what surely would be the winner. This was football at its most open with chances at either end but in the dying minutes the young boys would clinch the game from the most unlikely of sources. Current Silloth Tiger, and

former team mascot for the Seagulls, Tommy Dixon fulfilled his lifelong dream to score the winning goal on the Bastion and with it put the exclamation point on this seven goal thriller.

A dramatic end to a superb game and the young guns were crowned champions. Shelley Aird was on hand for the presentations and Greg 'young Ramma' Ramsay was the proud recipient of the Michael Aird Memorial Trophy on behalf of the young boys. No surprise with the Eden

Top: Old Boys v Young Boys

Shield man of the match award (provided by friend of the club Lyndsey Scott) as Andrew 'Panda' Pearson proved yet again why he owns the number 5 shirt as one of the greatest defenders to ever take the field for Silloth. So we will see you all in a years time to see if the old boys can avenge this defeat as the football and rugby clubs once again come together to pay tribute to their good friend Michael Aird.



Above: Eden Shield winner Andrew 'Panda' Pearson

Below: Greg Ramsay & Ryan Hanley with the Michael Aird Memorial Trophy



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