



World Peace Bee by Jenny Harrison from Holm Cultram Abbey School

Solway Buzz

www.solwaybuzz.co.uk

January 2013

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

FREE PAPER

Issue 111

Merry Christmas and a Happy New Year to all our Readers

Page 2
SPAND Update



Page 5
Your chance to join Cats



Page 6
Visit to Tullie House



Page 8 + 9
SCTC Prize Giving



Page 16
Girl Footballers do well



Page 16
Oh no - not that MO



Best Switch On Ever

Report on page 14



Coastal Road Defence Starts

Work has started on repairing an important section of the coastal road near Silloth to save it from erosion.

The scheme, on the B5300 Maryport to Silloth road, will see a 280 metre length of Rock Armour constructed to protect the sand and gravel bank on which the road runs at Castle Corner between Mawbray and Beckfoot.

The start of work follows approval from Cumbria County Council's Cabinet to fund the project for a new sea defence built from 5,000 tonnes of stone in large pieces and 2,000 tonnes of smaller material.

This vulnerable area of coast has eroded by approximately 20 metres at this location in the last two



Cllr Tony Markley

years as part of the natural erosion processes in the Solway Firth. Because of the erosion getting closer to the road, temporary traffic lights have been in place since the

spring to keep traffic away from the seaward edge of the road.

Both Allerdale Borough and Natural England have taken great care to ensure that no detriment is caused to the environmentally sensitive area by the scheme either during construction or while it is in place. This has required a lot of extra technical work beyond simply designing an engineering solution.

Preliminary work has already started with the construction of a site compound and access road, and the full work programme has begun, with the delivery of the protective boulders. Short daylight hours and the restrictions of the tides mean there will be floodlight working, and

work is expected take five weeks from the first delivery of stone.

The road is expected to remain open to traffic while the work is underway under the single-lane traffic light restrictions already in place.

Cumbria County Council's in-house highways team is carrying out the work using local stone in a capital project costing around £320,000.

Cllr Tony Markley, Cumbria County Council's Cabinet member for Highways, said: "The road from Silloth to Maryport is a vital link for communities along the Solway coast and as the local member who has been underlining the importance of keeping the road open, I'm pleased that engineers are now pulling

out all the stops and getting the vital work started before Christmas. Without this work starting immediately, there was a very real risk that part of the road would simply have disappeared into the sea and I was all too aware of the consequences that would have had for the local road network. This is an important erosion control project at a particularly vulnerable point on the road. We all need to be aware of the long-term issue of coastal erosion that will keep coming back on this section of coast. Cumbria County Council will be working with Natural England and Allerdale Borough Council to make sure that we are all able to build on the work that is being put in place here."

Solway Plain Against Nuclear Dump Update



Stuart Haszeldine, Professor of Geology

SPAND's campaign continued with two very lively and well attended public meetings. Around 650 people attended these meetings which were held on 21st November 2012 at the Wave, Maryport and on 22nd November 2012 at the Silloth Community Technology College. At both of these sessions David Smythe, Emeritus Professor of Geophysics and Stuart Haszeldine, Professor of Geology were in attendance. They shared their knowledge on the storage of high level nuclear waste and how this would impact on the environment. Their presentations showed the risks of housing a 23 square kilometre high level nuclear waste site on the Solway Plain and why the Government should be looking elsewhere in the UK to store its nuclear waste. Attendees heard how the residents of the Solway Plain have found themselves volunteered into this position by their elected councillors and the importance of us all taking action now before we are forced into Stage 4 where

there is less likelihood of us being able to withdraw from the process.

It should be noted that Dr Dearlove the geologist advising the MRWS on possible sites in Cumbria for siting the nuclear dump was invited to the meetings to put his arguments forward. Unfortunately he declined to attend.

Media interest was high with reporters at the Maryport meeting from the Times and Star and the Guardian. Interestingly, a Japanese television film crew recorded the whole meeting and interviewed the professors and members of SPAND as well as other individuals.

The Silloth meeting was recorded by an ex Border TV reporter and cameraman.

In addition to the media coverage at the public meetings a number of SPAND members have been interviewed by Radio 4, Radio Cumbria, and the Times and Star during the last month.

The campaign continued with a further drop in session at the Golf Hotel, Silloth on

Friday 14th December.

Look out for the Nuclear News issue 1 which will be coming through your letter box. Through this SPAND can keep you informed of developments particularly if you don't have on-line facilities to access the SPAND website.

SPAND is widening its campaign beyond Silloth by distributing the newsletter to the villages on the Solway Plain and the towns of Wigton and Aspatria. We continue to be amazed at the number of people in the outlying districts of the Solway Plain who have no knowledge of the nuclear dump issue.

Even more worrying is the number of people in Silloth who continue to bury their heads in the sand refusing to believe that it can happen here!

SPAND will continue to keep you informed in spite of those who accuse us of scaremongering. Our message to them is read the MRWS report and refer to page 90 where there is a map showing areas that have not been excluded from the search for a nuclear dump site. This map quite clearly shows the Solway Plain falls into this category.

What can the people of Silloth and the Solway Plain do?

We need to send a message to the Councils, the Government and the Media to show everyone that we will fight to save our town and the Solway Plain.

Write to your councillors. Tell them you object to the dump and why. It will put our health at risk, it will kill our town, it will destroy our house prices, it will ruin the



David Smythe, Emeritus Professor of Geophysics

environment and it will lose more jobs than it provides.

Please respond to our survey. Those in favour of the dump are telling the world that the people of Cumbria are in favour of the dump. We know that this is not true and our survey is the first stage in proving that Cumbria is against a nuclear dump. Do watch out for it (we will be turning up on your doorstep) and support us by answering the questions.

You can keep up to date with activities and developments through the SPAND website.

SPAND was set up by a small group of residents using their own money to fund the production of publicity materials, hire of venues, etc. If you would like to help us to continue the fight to save the Solway Plain please give what you can via PayPal link on our website. Alternatively you can send a donation to our Treasurer,

Don Graham, at 2 East Cote Farm, Skinburness Road, Silloth, CA7 4QH.

We would like to thank all those who have made donations so far to help us fight this potential blight on our community.

SPAND is committed to continuing with its campaign right up to the Cabinet and Executive Committee votes on the 30th January 2013, and beyond if necessary. Keep up to date on www.spand.org.uk.



Converse Weight Watchers Bee by Sally Weightman from Silloth Primary School

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rnl.org.uk

Lifeboats

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WI News



Women's Institute

Report by Pat Froggatt

After welcoming members old and new President, Olga Hetherington, welcomed a representative from Wiltshire Farm Foods who came to give us a talk and demonstration of their products.

Wiltshire Farm Foods had been providing a service for 21 years. They began by providing meals for their local area and gradually this has spread nationwide. All the products are made and laboratory tested in Trowbridge - their aim to provide healthy and nutritious foods not only for customers who have difficulty in cooking for themselves but also as a standby on days when a quick and nutritious meal is required. They also are able to cater for those of us who require special diets. These meals can be small or large whichever is required by their clients. A new venture is to supply hospitals - the West Cumberland being one of the hospitals which benefit from their services.

One of their success stories is that they have receive a Queens Award for quality and service. Part of their service is to send

Save a Life!

Save a Life for Your New Year's Resolution People from Cumbria are being asked to consider saving a life or three for their New Year's resolution by giving blood in 2013.

As the festive cheer leaves us and people ponder how to make the New Year better than the last, NHS Blood and Transplant (NHSBT) is challenging people to spare an hour of their time to donate blood.

The New Year's resolution message comes at a time when there's a need to recruit new donors after a dramatic decline in the number of younger donors signing up in 2012. NHSBT aims to recruit 100,000 new donors in 100 days to counteract this drop and protect future blood stocks.

With blood donation sessions available for people to book an appointment throughout 2013, it is important that people from Cumbria help to maintain stocks as hospital demand for blood remains high at the start of the year.

NHSBT's lead donor relations manager for the Cumbria area said:

"New Year's resolutions have become a bit cliché over the past few years as people always set themselves

birthday and Christmas cards to their regular customers together with presents for Christmas. All meals have been checked on a regular basis with a thermometer to ensure that they are in perfect condition.

Whilst the talk was in progress meals were being cooked and on completion of their cooking all members were invited to sample them. This proved a great success and approved by all of us. They were extremely tasty and appetising.

The whole talk and

up for big challenges they are unable to complete. Our challenge is a simple one plus we can guarantee donors a warm welcome, a hot cup of tea and a biscuit to help boost their sense of achievement not to mention the satisfaction of knowing that they are helping sick and injured people in local hospitals with each and every donation they make."

For those keen to take up the challenge, they can do so at one of the following donor sessions:

Anyone aged between 17-65, weighing more than 50 kg (7 stone 12lbs) and in general good health could potentially start saving lives by becoming a blood donor. There is no upper age limit for donors who have donated in the last two years.

For more information or to book an appointment, call 0300 123 23 23 or visit www.blood.co.uk

demonstration and sampling was applauded by the members and this was reflected in the vote of thanks given by Jean Graham.

The Competition of three mince pies was won by Ann Harrison.

The flower competition was won by Jean Vorley with Ann Harrison second.

The raffle was won by Pat Froggatt, 2nd Maureen Irving, 3rd Olga Hetherington, 4th Mary Dougan, 5th Audrey Dunbar and 6th Janice Wilkinson.



EVERY DROP COUNTS

Craft Show At Bank Mill



Just over thirty craftsmen and craftswomen met at Bank Mill Nurseries and Visitor Centre at Beckfoot on Saturday 1st December for a Craft Extravaganza.

On offer was a wide selection of gifts suitable for Xmas presents. Also

at the gathering we were graced with a selection of 'car booters' with an amazing collection of goodies.

At one o'clock a group of excited children were there to welcome the arrival of Father Christmas and his favourite Elf. The children

formed an excited queue as Father Christmas and his Elf took their seats just outside the Tropical butterfly house surrounded by our collection of furry animals.

Keep an eye open, our next craft gathering will be held early next year.

Selling Like Hot Cakes and Creating Confusion

Since its launch the new book 'A Century Around Silloth' has been a sell-out success.

Many lost or forgotten parts of Silloth are featured. There are a lot of photos in the book, and a lot of familiar faces.

Locally the book is available at Winters Newsagents in Silloth, Harrisons shop at Abbeystown and the Gincase, plus various other stores further away.



This photo was taken in 1947 on Lawn Terrace.

We asked - Do you know who the children are? And guess what - we received two totally different answers, so confusion reigns.

According to Kim Baxter "they are, I believe, from left to right, Joey Baxter, Jean Baxter (my mam aged about 12 years), Joan Dixon and Ann Dixon."

However, we had already been told by Frank Pattinson that "the children on the photograph are from left to right, Frank Pattinson, the next girl I do not know, Christine Routledge and Pamela Dacre."

So there you are - a difference of opinion so now the matter is as clear as mud. Of course, if the Frank Pattinson is the same Frank as in the postcard - his personal memories may just tip the balance. The Solway Buzz does thank both contributors for their help.

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Donkeys on the Green



Mrs June Fraser sent this interesting postcard she believes is one of the oldest photographs taken of the donkeys on Silloth Green. The donkeys first came to Silloth in 1923.

Charity Shop Ladies Celebrate



The volunteers at the Charity Shop on Criffel Street celebrated another successful year by having a Christmas lunch at the Gincase. The Charity Shop supports Eden Valley Hospice, Cumbria Air Ambulance, Marie Curie Care, Macmillan Cancer Support, North Lakeland Hospice at Home and Silloth Nursing Home. The Charity Shop thank everyone for supporting them and are delighted to receive any donations of unwanted items.

County Council Closures

Cumbria County Council will continue to provide key services over the Christmas and New Year period, but some of its offices - including the head office in The Courts, Carlisle - are closed for the entire Christmas week including Monday 24th December and will reopen on Wednesday, 2nd January 2013.

Recycling: Household Waste Recycling Centres (HWRCs) will all be open as usual throughout the festive season with the exception of Christmas Day, Boxing Day and New Year's Day, when they will all be closed. They will all be closing at the



slightly earlier time of 4pm on Christmas Eve and New Year's Eve. Wigton, Syke Park 8am - 6pm, Tuesday, Thursday, Saturday, Sunday. The HWRC permit helpline 0845 055 1118 will be closed on bank holidays and weekends but open between 9am and 3.30pm on 27, 28 and 31 December. For lots of festive recycling information visit resourcecumbria.org or the helpline 0845 055 1118.

Cumbria Highways:

The Highways Hotline will be provided by Cumbria Highways throughout Christmas and New Year on 0845 609 6609 for reporting highways problems or via the email highways@cumbria.gov.uk. During public holidays over the Christmas period, calls should be limited to serious highways problems such as flooding, landslips and severe weather. Supervisors will be on duty day and night at the county's main highways depots and dozens of other staff will be on-call throughout the holiday period to deal with highways issues such as

Bogus Charity Collectors

Allerdale Borough Council is urging householders to check that the charity they are donating to is legitimate. Charities collecting money on the streets or collecting goods house-to-house must be registered with Allerdale Borough Council.

Councillor Philip Tibble, Executive member with responsibility for licensing, said: "If you are in doubt as to whether the collection is for a charity or for a business, then check if the collection is for a registered charity? Registered charities will have a charity number and this can be checked with the Charity Commission. If the organisation only has registered company number and not a charity number, it means that the organisation is registered as a business with Companies House, not that it is a charity. Does the collection refer to the charity name in full? Collections that refer to vague causes such as 'third world countries' or 'homeless people' should be investigated further. Is there a contact address or land line telephone number? If the collection only refers to a mobile number this might mean that it will be difficult to contact the organiser. Collections, both door-to-door and on-the-street, require permits from Allerdale Borough Council and legitimate collectors will be able to show you the collection permit on request."

For more information, contact Allerdale Borough Council's Licensing team on 01900 702720 or visit www.allerdale.gov.uk/licensing.

severe weather problems.

Libraries: This year all libraries will be open at their usual times between Christmas and New Year apart from Christmas Eve and New Year's Eve when most libraries will close at 1pm.

All libraries will be closed on bank holidays.

Essentially, if a library is usually open on those days that fall between Christmas and New Year - Thursday, Friday, Saturday, Sunday and Monday - it will open its normal hours with the exception of Christmas Eve and New Year's Eve when libraries will close at 1pm.

Christmas Closures

Allerdale Borough Council's closure and bin collection arrangements for the Christmas and New Year period are as follows:

Office closure dates:

All telephone lines and Council offices (including Allerdale House, Workington and all Customer Service Centres in Cockermouth, Keswick, Maryport and Wigton) - Closed from 4.30pm, 21 December 2012

Normal opening times resume: 9am, 2 January, 2013.

Tourist Information Centres:

Tourist Information Centre, The Wave, Maryport - Closed: 23, 24, 25, 26, 27, 30, 31 December 2012 and 1 January 2013.

Open: 28, 29 December 2012 (both days 2pm to 10pm)

Normal opening times resume: 10am, 2 January 2013

Tourist Information Centre, Local Links, Solway Coast

Discovery Centre, Silloth -

Closed: 25, 26, 27, 30 December 2012 and 1 January 2013.

Open: 24 December 2012 (10am to 1pm); 28 December 2012 (10am to 4pm); 29, 31 December 2012 (10am to 1pm).

Normal opening times resume: 10am, 2 January 2013

Mothers Union

Report by: Gladys Temple

Branch Leader Brenda Sim led the prayers to open Abbeytown MU November meeting and Maureen Gibson read the Overseas prayers.

Apologies were received from Muriel, Judith, Lynne and David. Elaine Atkinson read the record of the October meeting and the new Programmes were distributed.

Freda Garner reminded us we need a new treasurer in January and Brenda has managed to get 'Zing' to come and give a concert in the Assembly Rooms for Abbey Funds on 19th January. Congratulations to Wendy Houghton as new Diocesan President and those who attended the Service in Manchester Cathedral for the end of Lynne's time as York Provincial President told of what a wonderful and inspiring Service it was. We are very proud to have the new Worldwide President of the Mothers Union as a member of our Branch at Holm Cultram Abbey.

The subs next year will be £14.50 and ideas for the Diocesan Trip on May 13th were requested.

There was a letter from Kathy Howe apologising for missing our meeting last month and asking to be invited next year. Brenda has patterns for the crosses and knitting for the premature baby unit.

Cherry Asbury was welcomed to speak of Praying and the Gift of Healing.

We began with the hymn 'Loving Lord' and she reminded us that Reg Bailey says the most important part

at the heart of the Mothers Union is the active prayer we say each day. Some say I cannot do anything to help but praying for your fellow members is the most important thing you can do. Cherry was brought up in a non Christian household but her parents divorced when she was 3 and at 11 both parents got married to new partners and she was sent to boarding school where she joined the Christian community and was confirmed at 13. When she went to be trained as a nurse she joined the Christian nursing fellowship where she knew God is with us at all times and in Christ we live and move as he is with us always. God called her to be a Missionary and she did seven years training. First three years as a nurse then one year as a midwife then Theological Training and one year at Knutsford waiting for word to go to Brazil. Her letter of application had got lost but eventually it was found and she only had two weeks to get prepared but she felt this was Gods will as she met Bill (her husband) on the boat going out and though he was sent to Rio and she went to the centre of Brazil hundreds of miles away they managed to get married and had four children out there staying 22 years. They had to come back because of Bills health and right through her talk was the message trust God for everything in your life.

Maureen thank her for a very interesting and inspiring talk.

Refreshments were served by Elaine and Noeline.



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Want to be Part of Cats?



Workington & District Amateur Musical Society Next Generation are very pleased to announce that in September 2014 we will be bringing to Cumbria the Premier of Sir Andrew Lloyd Webbers fantastic Musical CATS.

Cats is a musical composed by Andrew Lloyd Webber, based on Old Possum's Book of Practical Cats by T. S. Eliot. It introduced the song standard "Memory". Wikipedia

Composer: Andrew Lloyd Webber
Adapted from: Old Possum's Book of Practical Cats
Characters: Rum Tum Tugger, Mr. Mistoffelees, Macavity, Grizabella, More Playwrights: Trevor Nunn, Gillian Lynne, Andrew Lloyd Webber
Lyricists: T. S. Eliot, Trevor Nunn
Orchestrators: Andrew Lloyd Webber, David Cullen

Since Cats first opened on the West End stage in 1981, it has become one of the world's best known and best loved musicals. With a plot based on T.S Eliot's Old Possum's Book of Practical Cats and award-winning music composed by Andrew Lloyd Webber; Cats, originally directed by Trevor Nunn, has since been presented in over 20 countries and in about 250 cities, including such diverse destinations as Buenos Aires, Seoul, Helsinki and Singapore..

This is the first time any group in Cumbria has produced CATS and WADAMS Next Generation are very proud to be the first. The cast will be made up of young people under the age of 21. This will be a full scale production that will transform the Carnegie Theatre Stage in Workington into very realistic ally where lots of magical cats live.

Philip Martin-White Promotion & Publicity Manager for Workington & District Amateur Musical Society said that we are extremely proud to be bring this much loved musical to Cumbria. It's a very unique musical with some

very unique challenges however this will not stop us producing a fantastic show with a fantastic set and some brilliant special effects.

We have a very talented group of youngsters and this is a big project for them we are very confident that they can put on a show the whole of Cumbria can be proud of.

We will be welcoming new and old members under the age of 21 to join us. We anticipate that rehearsals will start in the summer of 2013.

Performance dates 10th September 2014 until 14th September 2014.

For more information please contact Philip Martin-White on 07871872198 or p.martinwhite@gmail.com.

More information will be on our website at www.wadams.org.uk

Rotary Activities



Report by: Geoff Betsworth

I reported last month that the Rotary Club of Silloth on Solway is involved with various projects at the Solway Community College. I have just spent the morning judging the local heat of the "Rotary Young Chef" competition in Silloth. I know, it's a difficult job, but somebody has to do it and as President I am determined to lead from the front.

I like to do a bit of photography and usually take a camera with me to these events. The problem on this particular occasion was choosing the best image from such a delightful selection. As a result, I made a collage of the standard we had to endure! Well done to all the

year 10 students.

There have to be winners in these things, but the overall standard was extremely high. In the end we chose Stacey Strick and Amy Armstrong to go through to the next heat. The next event is the Young Artist Competition and this will be followed in the New Year by the Young Photographer Competition. The President and members of the club would like to take this opportunity to wish all students taking part in these events the very best of luck.

Regular readers will be aware, that at this time of the year the Rotary Club decides which local and national charities and other worthy causes should receive a donation from the club. It is largely due to the generosity of the people of Silloth and the surrounding areas when they put their donations in the tins or buckets, that we are able to continue making these donations. Among the recipients this year were: Abbeytown Pre School, British Heart Foundation, Calvert Trust, Carlisle Special Care Baby Unit, Chrysalis, Cumbria Deaf

Association, Eden Valley Hospice, Great North Air Ambulance, Hearing Dogs for the Deaf, Holme Cultram School, Holme St. Cuthbert School, Hospice at Home, James Rennie School, Jigsaw, Macmillan Cancer Support, Prostate Cancer Research, Riding for the Disabled, Silloth RNLI, Sightsavers, Silloth Community Technology College & Silloth Primary Schools, Silloth First Responders, Silloth Community Bus Group, Silloth Junior Football Club, Silloth Nursing Home, Silloth Open Door Group, Silloth Youth Club and WaterAid,

Finally, don't forget to look out for Father Christmas who will be visiting Silloth very soon. The local children were treated to a visit from Santa last year and enjoyed the gifts of selection boxes which were handed out by his team of helpers. This years visit is planned for Sunday 23rd December and will follow the same route as last year which takes Santa from Skinburness to the town via Skinburness Drive and Fellside and he finishes up in West Silloth at The Crofts. If Santa looks as though he is wasting away, feel free to offer him a mince pie and a glass of sherry and let's hope for some drier weather.

That's all from Rotary for this year so on behalf of our members may I wish you a very merry Christmas and a happy and peaceful new year.

Trading Standards on Twitter

Cumbria County Council's Trading Standards Service has joined the social media giant Twitter to reach out to members of the public and keep them updated with the latest scams and Trading Standards incidents across the county.

Trading Standards will be using Twitter to alert consumers and business of product safety recalls, court cases and scams. Trading Standards will also use the social media site to provide expert advice on consumer

rights and inform consumers of education campaigns such as Scamnesty and National Consumer Week.

Angela Jones, Trading Standards Service Manager said "Trading Standards priority is to protect consumers and business from financial detriment and harm caused by scams and unfair trading. Through social media sites such as Twitter we can interact with the public and ensure important advice and messages reach as many people as possible, as

quickly as possible."

To follow Cumbria Trading Standards on Twitter search for @cumbriats.

You can also follow Cumbria County Council's Twitter page @cumbriacc.

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Abbey Kids Go To War



Report & Photos by: Rachel Fleming

The children of Holm Cultram Abbey thoroughly enjoyed a visit to Tullie House museum in Carlisle on Tuesday 13th November where they learned about the home front during WWII.

They handled lots of primary evidence including real gas masks, clothing and children's toys!

Andrew Nixon (year 5) enjoyed wearing the uniform of an air raid warden and was even allowed to sound the air raid siren!



Waste Collection

Allerdale Borough Council has been successful in its funding bid to Government to extend its recycling collection.

The Department for Communities and Local Government (DCLG) has offered the Council £473,618 to enable the Council to deliver additional recycling services to approximately 4,000 rural homes spread across the borough that are either not served, or are served only in part by existing recycling schemes. Based on historic data, the scheme will reduce the amount of paper and card disposed by 125kgs per property per year.

Councillor Michael Heaslip said: "We are delighted. This funding allows us to extend our recycling collections, in support of our weekly refuse collection, to areas where we have found it difficult to reach with our current resources. Our successful bid anticipates an increased recycling rate of 3% on the current levels of household waste that are recycled from the kerb side."

Arthritis Support Group

Report by: Gladys Temple

Many members were unfortunately unable to attend the December Meeting of the Arthritis Support Group so it was a very sparse gathering.

The members who did attend were entertained to a wonderful flower demonstration by Mary Watson.

She began with an impressive array of greenery and added white chrysanthus interspersed with yellow ones and finished off with fir cones. She told us of some of the places she had done demonstrations in including Chelsea. She showed us various wreaths, telling us how easy they are to make, some were done with ribbons and others with glittery tinsel. She then filled a glass bowl with baubles topped with a small Santa which made a very simple table decoration anyone could make. The next was another array of greenery with pink and white flowers finished off with silver apples. The last

Firework & Bonfire Night

Further to the report in the last issue STAG wishes to correct an omission from last month's report on the Firework and Bonfire display.

In expressing our thanks to those who lent their support we omitted to thank Mrs Holliday. Without her permission to use the airfield the event could not have taken place. Her support was invaluable.

Thank you Mrs Holliday.

one was greenery with red carnations white and yellow chrysanthus finished with red silk poinsettias. This was added to a smaller matching one she had made earlier.

Mary Peile thanked Mary for a lovely demonstration of flower decorations which were simple but very artistic.

The lucky raffle winners were:

Mary Thompson, Mary Peile, Anne Graham, Margaret Armstrong and Anne Fee.

Margaret Armstrong and Anne Graham served tea, coffee and mince pies while names were put down for the Lunch at Denton House on Friday 11th January.

The Community Bus will leave the Stocksman at 11:45am.

Allerdale's Commitment to Town Centres

Allerdale Borough Council is highlighting the work undertaken in recent months to support 'thriving town centres that are attractive and welcoming'.

Projects and actions in support of the Council's 'town centres' priority include:

- Two town centre managers, Joe Broomfield and Toni Magean, were appointed and are now working with businesses in Aspatria, Cockermouth, Keswick, Maryport, Silloth, Wigton and Workington
- A 'virtual' town centre team is now in place comprising of officers from each service area within the council, working to more effectively co-ordinate the delivery of Council services across town centres and

improve links with local partners

- Action groups are being established in each of the seven towns in Allerdale to co-ordinate 'streetscene' (street environment) issues; as well as council officers, these groups include representation from the relevant town council, housing associations and Cumbria Highways
- Cockermouth was selected by Government as a pilot to test the new neighbourhood planning regulations; with support from Allerdale Borough Council, Cockermouth Town Council is currently preparing a series of Neighbourhood Development Orders around, for example, replacement shop fronts and residential

flats above commercial properties

- The Council has been awarded over £220,000 by the Homes and Communities Agency to bring 45 empty homes back into use in Cockermouth and Maryport. As well as long term empty homes, empty commercial properties, where they can be brought back into use as housing, can also be considered. The intention is to offer a £7,500 interest free loan to encourage empty property owners to bring properties back into 'housing' use
- The Ways into Successful

Enterprise (WiSE) team are working with Cumbria Chamber of Commerce and JobCentre Plus to deliver taster sessions, open to anyone who has expressed an interest in discovering more about self-employment.

Councillor Mark Fryer said: We have made a clear commitment to residents, businesses and visitors about developing our town centres. Town centres are at the heart of communities; their importance is not simply about 'shopping', but are vital in terms of job creation, community and transport hubs, visitor attractions,

venues for arts and events, and places to live."

The Council's Commitment to Local Communities is available at www.allerdale.gov.uk/councilplan or from one the Council's Customer Service Centres.

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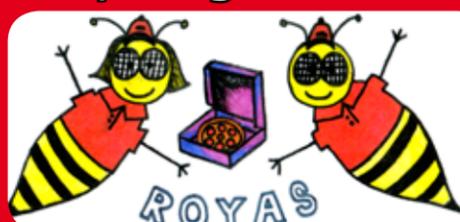
Tel/Fax: 016973 61231, M: 07972 805074
E: harrisonsstore@orangehome.co.uk

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TAKEAWAY MENU



Spicing up the Solway
Welcome to Mr Sukur Ali's Sonali Bangladeshi Takeaway. Enjoy the spicy delights of traditional Asian cuisine brought from Sylhet to Silloth specially created for your enjoyment by a team of award-winning chefs. Mr Ali is bringing curry to Cumbria and is confident that his new dishes will not disappoint. So indulge yourself from our mouthwatering menu and savour the delights of Asia here on the Solway

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31 Wampool Street
Silloth on Solway
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Alternative Therapies

In the coming editions of the Buzz throughout 2013, I shall be introducing you to 'Alternative Therapies' - complementary methods of bringing the body, mind and spirit 'back into balance', using the energy fields surrounding each person.

Working with these energy pathways can bring positive results and there are now many complementary therapies available to try. However, should you wish to consider an alternative therapy, please be advised that you should not discontinue any medication or treatment régime prescribed by your GP, or other medical professional, without their prior knowledge.

The first therapy we'll look at is: REIKI (pronounced ray-key) - and the first question many will ask is, 'What is 'Reiki'? 'What can it do?' The word 'Reiki' is Japanese and means 'free passage of Universal Life-Force Energy'. It was first experienced by a certain Dr. Mikao Usui in the latter part of the 20th century and following his death in 1926,



his students brought Reiki to the West.

Everything, including ourselves, consists of energy vibrating at different frequencies and when the free flow of this energy is disrupted in any way disease, or 'dis-ease', is the result. We then need to re-balance our energies and support the body's own self-healing ability. Reiki can do this: it is not associated with any religious beliefs and you do not have to be a 'believer' to experience its positive effects. It is suitable for healthy or sick people of all ages, is extremely relaxing and helps

to reduce stress levels.

Reiki is given by a trained Reiki Practitioner and cannot be learned from a book or via the Internet! Universal energy is drawn down by the practitioner and is passed, or 'channelled' to the client via either light touch, or with hands not touching the client at all. It is gentle, non-invasive (you don't need to remove any clothing!) and is not rooted in 'magick' of any kind - 'Black', or otherwise!

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

Learn to Make Music!

As local music maestro Geoff Betsworth said "I've been playing various types and styles of guitar for over 45 years now", so he knows what he is talking about.

The guitar he started playing back in the last century was given to him by his parents, who at the same time made him promise not to give up piano lessons. Sorry mum, but I just couldn't get the hang of all those dots. At that time he was inspired by acoustic guitar virtuosos such as Ralph McTell, Bert Jansch, Paul Simon, John Fahey, etc. These guys were fingerpicking Gods to Geoff in his youth and he spent hours trying to emulate their styles. Geoff plays predominantly by ear although he obviously has a working knowledge of standard guitar tablature. He is more than happy to teach whichever works best and feels more comfortable for the individual student.

The Slide Guitar also known as "bottleneck" is usually played using a glass, brass, steel or copper bar across the strings of a guitar. The guitar can be of the acoustic or electric variety and Geoff has on occasions actually improvised with a beer bottle when caught without a proper bar and wanting to jam in with other players!

The Dobro or Resonophonic Guitar is traditionally played in a very similar way to the slide guitar but has a totally unique sound which is



created by the construction which includes the use of a metallic resonator which also increases the volume of the instrument. British guitarist Mark Knopler brought the National/Dobro guitar to the fore in the UK with the cover of the Dire Straits "Brothers In Arms" album and he can be heard playing one on the likes of "Romeo & Juliet"

The Pedal Steel Guitar is still a bit of an enigma to a lot of musicians, never mind the average guy in the street and Geoff believes it is an instrument that is as versatile as it is mysterious. The intriguing sound of the Pedal Steel can be heard on

recordings from folk through country to pop and modern jazz. In addition to using a slide in one hand and the thumb and fingers of the other, the unique sound is created by using a selection of pedals and knee levers to raise and lower the tone of various strings in order to modulate between various chords.

If you think you would like to investigate the possibility of learning to play one of the above instruments, get in touch with Geoff and he will be happy to discuss a tuition plan. Check out: www.cumbriaguitars.co.uk or call him on 016973 31651.

Pensioners Christmas Party

Report by: Pat Froggatt

On Saturday 1st December the Annual Pensioners Christmas Party took place at Stanwix Leisure Centre and everyone was welcomed by Chairperson, Maureen Irving. After the grace was said a buffet tea was served by members of the committee and their helpers. A splendid array of food was available for all to enjoy.

The tea was followed by entertainment by Billy Bowman, a well known personality in Cumbria who delighted everyone with his songs and comedy. He particularly singled out John Graham to bounce his jokes off causing a great deal of amusement. His songs were delightful and they were the type of songs that everyone knew and he also encouraged them to dance. I am sure that everyone enjoyed his

performance.

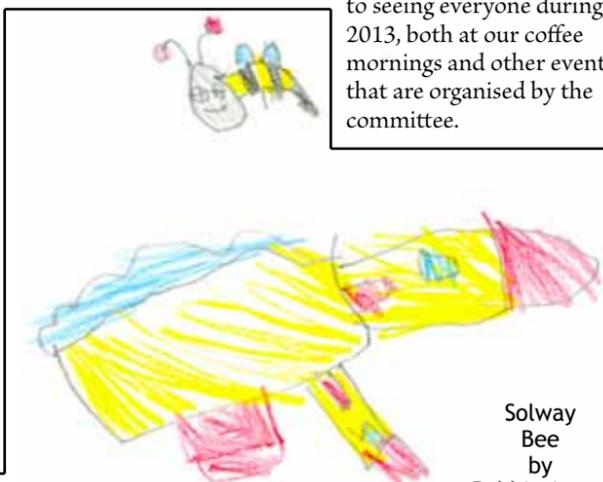
During the interlude the free raffle took place followed by members of the committee and some friends to give their special version of Snow White which was a really amusing and entertaining piece of pantomime. After this Billy took over again to entertain everyone. Later in the

evening the main drawing took place with a magnificent selections of prizes.

The Committee were also pleased that two of our local homes graced us with their presence.

The whole evening was a huge success and created a great atmosphere.

Thank you to all our helpers, and we look forward to seeing everyone during 2013, both at our coffee mornings and other events that are organised by the committee.



Solway Bee by Robbie Anson from Holme St Cuthbert School

SOS - It's Quiz Time

RNLI SOS day is the charity's biggest fundraising day and it's a great way to raise funds for our dedicated volunteer lifeboat crews.

With this in mind, the Silloth & District Fundraising Branch of the RNLI are holding their fourth Quiz Night in the function room of the Golf Hotel, Silloth on Friday 25th January.

Doors open at 7pm with the quiz to start at 7:30pm.

Teams of four are invited to pit their wits to solve the themed rounds of questions set by Sarah, with quiz master Geoff doing his stuff!

As the evening is to support the RNLI's National 'SOS' Fundraising Day please



come along and **Sample Our Spuds (!)** as there will be a chip supper served in the interval. Entry to the quiz is £4 per person which includes supper.

Please come along and support the RNLI for what has become a popular and fun evening. All money raised will go towards the Royal Lifeboat Institution.

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Cumbria Air Ambulance
Marie Curie Cancer Care
Macmillan Cancer Support
North Lakeland Hospice at Home
Silloth Nursing Home

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 *
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Open every day 10am to 3:30pm
Tel: 32452
S.O.S.C.S.
12 Criffel Street
Silloth

Solway Community Technology College

Mrs Baird was delighted to welcome pupils, parents, Governors, ex pupils and guests to the annual Prize Giving evening, despite the weather and an awful incident on the Wigton/Abbeytown Road delaying some guests. Last year there were severe winds and the year before dreadfully icy roads; perhaps they should reschedule for better weather.

Mrs Baird spoke of the achievements of last year's Year 11 pupils who achieved the highest number of A*-C GCSE, 70%, ever at the school. A fabulous achievement with 79% of them meeting or exceeded their personal target, which could not have happened without the dedicated staff and the hard work of pupils supported by their parents.

100% of pupils achieved 8A*-G grades including English and Maths

100% of pupils achieved at least 1 GCSE at grade B or above

50% of pupils achieved at least one GCSE at grade A* or A

Over a quarter achieved at least 3 A*/A grades

79.3% of pupils achieved better than his or her own personal target for 8 GCSEs

No pressure then for our current Yr11s!

Solway school does not concentrate solely on academic achievement, we enable pupils to take on leadership roles and responsibilities, Head Girl and Boy, Prefects, Lead Learners, Sports Leaders & Captains, House Captains, School council members and Peer mentors. We provide opportunities for them all to shine and develop into well rounded human beings, with empathy for others and a sense of enjoyment of life.

Last year pupils went to Dunolly in Scotland on a water sports adventure weekend, almost a third of the school went to Barcelona in the summer, Sports teams travel all over the region achieving fabulous results and the Year 7s had a residential experience in Borrowdale. Many pupils are off skiing next February to Bormio in Italy and the Mexico exchange is scheduled for Easter 2014.

Recently the Yr11 Hospitality & Catering class provided a fabulous banquet as part of their coursework. They were not fazed by catering for over 100 guests.

Pupils have worked with the local Green Development officer, spoken at the Neighbourhood Forum, taken part in the National Citizenship scheme, volunteered and played fabulous music at the



Head Boy: Ellis Coulthard, Head Girl: Tabby Graham, and Guest Speaker: Caroline Thomson



Mrs. Lois Baird B.A. Head Teacher



Local Links opening of the new library.

They have suffered too! We have coaxed our boilers for years now but they finally gave up the ghost and had to be replaced. The

Local Authority spent £300k on a new heating system and though there are one or two teething issues I am reliably informed they will be sorted. The Local Authority is spending £150k on the new

roof and ceiling imminently. Our catering team is now providing meals to the Primary school and are getting rave reviews. Come and see for yourselves at our ½ term community lunch.

It was a great privilege to have such a high profile speaker as Caroline Thomson as our Guest of Honour. Caroline began her career in broadcasting over 30 years ago becoming

deputy Director General of the BBC in 2006 until quite recently, overseeing a staff of 2,400 with a budget of £800 million. She is also Deputy Chair of The National Gallery, a trustee of Tullie

Prize Giving Awards 2012



House, a non executive director of the CN group and Chair of Digital UK.

Caroline spoke warmly of the fantastic achievements of the school, congratulating pupils

on all their wonderful qualifications and pointed out to the audience how this was so dependent on good leadership from the Headteacher. She then described how she splits her

time between London and Abbeytown and appreciated that her husband loves to visit Silloth in the summer. She then went on to describe how much the community support she received when

she had been involved in the Greyrigg train derailment meant to her. How pupils should put back what they can into their community, they would be all the better for it.

Head Girl, Tabby Graham and Head Boy, Ellis Coulthard made their speech of thanks before presenting Caroline with a beautiful bouquet of flowers. The evening was

rounded off as Guest and prize winners moved into the meeting room for seasonal refreshments and a chance to admire the tremendous GCSE Art work on display.

Almost every pupil was photographed on the evening, not all are shown here, check the web site

Children's Centre

Opening Hours:
Monday 9:30am to 12:30pm
fortnightly for the
Childminders group also
Monday 1pm to 3 pm term time
Tuesday 1pm to 3 pm term time
Wednesday 9:30am to 12:30
for Tots n Toddlers

Open at other times when the
rooms have been booked, if you
wish to use the Centre please
call to make arrangements. We
are more than happy to show
people around, chat on a one
to one basis or in small groups.

Contact Numbers:
Silloth CC - 016973 31230
Aspatia CC - 016973 22777
Wigton CC - 016973 49555

Arthritis Support

Wigton Area Arthritis Support
Group meet on
1st Friday each month at
Loveday House, South End,
Wigton @ 1:30pm, details from
Glady's 016973 43964

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

Abbeytown Library

Abbeytown mobile library
will stop outside the
Wheatsheaf Inn at 1pm for an
hour every Monday

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

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.
We will accept letters or
emails, but we do prefer emails
as we have to have your letters
typed out.
Published by:
Peter McRobert with the
support of the whole
community and an army of
volunteers.

Football Training

Silloth Football Club

Times 2012/2013
Eden St Playing Field
Under 9's
Monday 5pm to 6pm
Contact Carl Stanford 31868
Under 18's
Fridays 6pm to 7:30pm
Contact Andrew Murphy 32434
Saturday Men's Team
Tuesday & Thursday
6:30pm to 8pm
Contact John Slack 33192
Sunday Men's Team
Wednesday 6:30pm to 8pm
David Brough 07584 687272
Open to boys and girls.
Membership forms available
from all coaches.
Secretary: Stephen Hart 32706

Karate Club

From Monday 9th January
Silloth Karate Club will be
moving to Solway Community
School Hall.
under 12's 6:30 to 7:30pm
12's and over 7:30 to 9pm
NEW MEMBERS WELCOME
For further details contact
Stephen on 07811 761033

Ballroom Dancing

In Mawbray Village Hall every
Wednesday from 7:30pm to
9:30pm for both beginners and
improvers, entry £2.
All welcome,
Telephone Gerry & Susan on
016973 32956

Kickboxing Club

The Kickboxing Club is held
in Christ Church Hall every
Thursday night from 6:30pm to
7:30pm. All welcome.
www.solwaykickboxing.
webeden.co.uk

Ladies Fellowship

Silloth Evangelical Free
Church, Eden Street Ladies
Fellowship starts Thursday,
26th September at 1.45pm.
Thereafter alternate weeks.
Warm fellowship, refreshments,
and good speakers.
All welcome

Bridge Group

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

Breastfeeding 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

Copy date for the
February/March issue is:
1st January 2013

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

Dates for the Diary

December

20th Open Day at Silloth
Fire Station, you can be an
On-Call firefighter
22nd Rugby
TBA
23rd Santas Sleigh ride
around Silloth with presents
for the children organised
by Silloth Rotary Club leaves
Skinburness just after 3pm
29th Rugby
TBA
29th Silloth AFC Christmas
Extravaganza @ 7pm in Rugby
Club, tickets £5

January 2013

2nd Parkinson's Group
Meeting in Wheyrigg Hotel at
12:30pm for lunch and a natter,
all welcome. 016973 52527
4th Skinburness Residents
Association Coffee Morning in
Chichester Hall 10am -11:30am
new members welcome
5th Rugby
Silloth Tigers v Furness
9th Causewayhead WI
meeting in Trinity Methodist
Church Schoolroom at 7:15pm,
members night

12th Crunch Service in
Skinburness Road Car Park
from 9am to 11am

12th Rugby
Hawcoat Park v Silloth Tigers
19th Rugby - Silloth Tigers
v Carlisle Crusaders 2nd XV

23rd Blood Donation
Session at Solway Community
School from 3pm to 7pm

25th RNLI Quiz Night
in the Golf Hotel at 7pm for
7:30pm. Teams of four, entry £4
per person

February

1st Skinburness Residents
Association Coffee Morning in
Chichester Hall 10am -11:30am
new members welcome

6th Parkinson's Group
Meeting in Wheyrigg Hotel at
12:30pm for lunch then talk by
David Hopkinson "Who needs
financial advice?". All welcome.
016973 52527

9th Crunch Service in
Skinburness Road Car Park
from 9am to 11am

March

1st Skinburness Residents
Association Coffee Morning in
Chichester Hall 10am -11:30am
new members welcome
1st Silloth Master Quiz in
Christ Church Hall at 7pm
6th Parkinson's Group
Meeting in Wheyrigg Hotel at
12:30pm for lunch then talk by
Margaret Rees "Music - Have
a go". All welcome. 016973
52527
9th Crunch Service in
Skinburness Road Car Park
from 9am to 11am
9th Charity Night in aid
of Silloth First Responders

April

3rd Parkinson's Group
Meeting in Wheyrigg Hotel at
12:30pm for lunch then talk by
Gilly Fraser "Great Clydesdale
Migration". All welcome.
016973 52527

5th Skinburness Residents
Association Coffee Morning in
Chichester Hall 10am -11:30am
new members welcome

May

1st Parkinson's Group
Meeting in Wheyrigg Hotel at
12:30pm for lunch and a natter,
all welcome. 016973 52527

3rd Skinburness Residents
Association Coffee Morning in
Chichester Hall 10am -11:30am
new members welcome

June

5th Parkinson's Group
Meeting in Wheyrigg Hotel at
12:30pm for lunch then talk
by Gilda Wells "DEWODE". All
welcome. 016973 52527

7th Skinburness Residents
Association Coffee Morning in
Chichester Hall 10am -11:30am
new members welcome

20th Solway Plain Artists
Windows Displays

21st Solway Plain Artists
Windows Displays

22nd Solway Plain Artists
Windows Displays

23rd Solway Plain Artists
Windows Displays

24th Solway Plain Artists
Windows Displays

25th Solway Plain Artists
Windows Displays

26th Solway Plain Artists
Windows Displays

27th Solway Plain Artists
Windows Displays

28th Solway Plain Artists
Windows Displays

29th Solway Plain Artists
Windows Displays

30th Solway Plain Artists
Windows Displays

July

1st Solway Plain Artists
Windows Displays
2nd Solway Plain Artists
Windows Displays
3rd Parkinson's Group
Meeting in Wheyrigg Hotel at
12:30pm for lunch then talk by
Louise Miles "Calvert Trust". All
welcome. 016973 52527
3rd Solway Plain Artists
Windows Displays
4th Solway Plain Artists
Windows Displays
5th Skinburness Residents
Association Coffee Morning in
Chichester Hall 10am -11:30am
new members welcome
5th Solway Plain Artists
Windows Displays

August

2nd Skinburness Fete &
Chichester Hall Open Day
1:30pm to 4:30pm Free entry
3rd Skinburness Fete &
Chichester Hall Open Day
1:30pm to 4:30pm Free entry

4th Skinburness Fete &
Chichester Hall Open Day
1:30pm to 4:30pm Free entry

7th Parkinson's Group
Meeting in Wheyrigg Hotel at
12:30pm for lunch then talk by
Rosalind Downing "St. Bega's
Way". All welcome. 016973
52527

September

1st Silloth Craft Show

4th Parkinson's Group
Meeting in Wheyrigg Hotel at
12:30pm for lunch then talk
by Dr John Morris, Consultant
Clinical Neuropsychologist. All
welcome. 016973 52527

5th Silloth Music & Beer
Festival on Silloth Green

6th Skinburness Residents
Association Coffee Morning in
Chichester Hall 10am -11:30am
new members welcome

6th Silloth Music & Beer
Festival on Silloth Green

7th Silloth Music & Beer
Festival on Silloth Green

8th Silloth Music & Beer
Festival on Silloth Green

October

2nd Parkinson's Group
Meeting in Wheyrigg Hotel at
12:30pm for lunch then talk
by Brian Irving "Solway Coast
Area of Outstanding Natural
Beauty". All welcome. 016973
52527

4th Skinburness Residents
Association Coffee Morning in
Chichester Hall 10am -11:30am
new members welcome

25th Halloween Bonfire
& Fireworks Display on Silloth
Airfield

November

1st Skinburness Residents
Association Coffee Morning in
Chichester Hall 10am -11:30am
new members welcome

6th Parkinson's Group
Meeting in Wheyrigg Hotel at
12:30pm for lunch then talk
by Annette Gibbons "ready
Salted". All welcome. 016973
52527

December

4th Parkinson's Group
Meeting in Wheyrigg Hotel
at 12:30pm for christmas
lunch then Susan Allison and
her "Christmas Cracker". All
welcome. 016973 52527

6th Skinburness Residents
Association Coffee Morning in
Chichester Hall 10am -11:30am
new members welcome

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

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

Check out
SolwayBuzz.co.uk
for photos of
local events



Worlds Greatest Bee
by Atlanta from Holm Cultram Abbey School

Advertise
in the
Tradesmens
Section
only **£105**
for
ten issues
or a 7cm box
for only
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for
ten issues

Wednesday Bunch

Silloth Evangelical Free Church,
Eden Street Wednesday Bunch.
at 5pm every Wednesday,
(except in school holidays)
Fun, bible stories, quizzes,
craft, games for 5-11s

Please note that
articles, letters and
virtually all content of
the Solway Buzz are
contributed by YOU,
the local community.
The Editor reserves the
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accepted by the Editor,
or the Publishers.

Copy Date



Letters

AN APOLOGY

These two letters were omitted from the last issue. We apologise for any upset this may have caused.

Dear Buzz,

We would like to thank everybody for all the cards and flowers we received and expressions of sympathy, on the sad loss Angeline Pearson. Also all the donations to the Eden Valley Hospice.

Hazel, Frank & Family

Dear Buzz,

Just to say thank you to all those who have sent cards and get well messages, it is much appreciated.

Ruth Blackburn

Dear Buzz,

After receiving my latest copy of the Buzz I was appalled at the suggestion of placing a nuclear waste disposal site at and around Silloth. A lovely wee tourist town.

It begs the question, is this why Allerdale Council have spent nothing on Silloth over the past few years, whereas, Whitehaven, Workington and Maryport have all had a face lift!!

Why all the secrecy? One concludes, if not illegal it has certainly been deceitful and unethical of Allerdale Council to hide this monumental decision from Silloth residents.

I no longer reside in Silloth, but I am and always will be a Sillothian. However, I still have family there and visit at least once a year. Every time I come I am distressed to see areas of neglect.

I brought a friend with me on my last visit and could not believe the state of the public toilets on the front street. We could not use them, and went to the Golf Hotel for a coffee in order to use clean fresh toilets. I felt so ashamed after telling her what a lovely clean wee town we

had. I am sure that Health & Safety officers would close the offending toilets down if they saw them.
Yours Sincerely

Mary McKay (nee Bosward)

Dear Buzz,

Radioactive Waste Disposal I was at the meeting at the Golf hotel recently and was pleased to see so well attended and to hear the strong views of so many.

I have attended several meetings over the past months in Allerdale including the presentations by Professor Smythe and others, and having been involved in various nuclear issues over many years, I feel very strongly about the lack of foresight by those in authority when "nuclear" was deemed to be the answer to all energy problems!

I run a poetry group in Maryport and we study the works of many poets but in particular William Wordsworth. He was a lover of Cumberland and Westmorland and wrote much about their beauty and vulnerability so much so, earlier in the year, my poetry group used some of his work to discuss how he would have reacted to the plan to destroy so much of the land.

In view of the present situation I thought you might like to print the short poem they wrote?

"Wordsworth is Watching....."

I wonder lonely as a nuclear cloud
That floats mysteriously over my head.
Wimpering animals scamper away
Into the blackened undergrowth ahead.

Nowhere to go now in these fields of destruction.

Onwards I walk,
Softly I tread,
As under my feet,
The daffodils are dead.

With kind regards,
Judy Rochester

Dear Buzz,

I would like to thank everyone who came to my 'open house' birthday on 4th December.

As everyone knew it was a no presents day, but any donations would go to charity. My chosen charity was the Children's Heart Unit at the Freeman Hospital, Newcastle. I will be talking to the mother of the little boy who is having treatment there to decide which department we should allocate the money to. To date I have received £472. Thank you everyone who came, also those who couldn't come but sent donations.

Robina Bond

Dear Buzz,

A number of our volunteers and customers at the SOSCS shop have complained recently of the amount of dog faeces that are being deposited on the pavements and footpaths that has not been cleaned up by their owners.

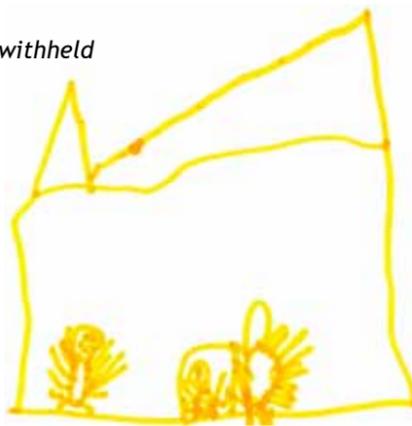
Most owners are responsible people who clean up after their animals but recently a small minority are neglecting to do this and we would appeal to them to rectify this problem.

As the evenings are drawing in it is not always possible, especially by people who have sight difficulties, to see what has been deposited - so please be responsible and clean up after your animals.

Thank you.

Name withheld

Buzzy Bee Bee
by
Liam Keaveney
from
Holme
St Cuthbert
School



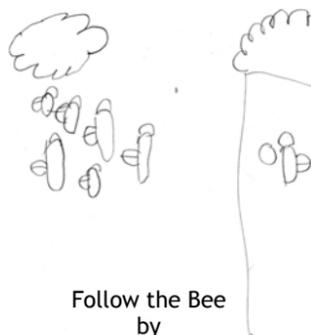
SOSCS £3,250 Donations

At their recent meeting SOSCS made the following donations to good causes in Silloth. They are:

£50 to Solway School Silloth for prize giving books
£200 for Netball Club
£300 to Christ Church PCC for repair to church clock
£500 to Silloth Christmas

Lights
£500 to Silloth Life Boat
£500 to Silloth AFC
£200 to Silloth Craft Show
£500 to First Responders
£500 to Solway School for generator and accessories
A total of £3,250

We should like to thank all our customers for their continued support and to those of you who donated unwanted items of all categories for helping to make these donations possible.



Follow the Bee
by
Scarlett McAvoey
from
Holme
St Cuthbert
School

Winter Reads

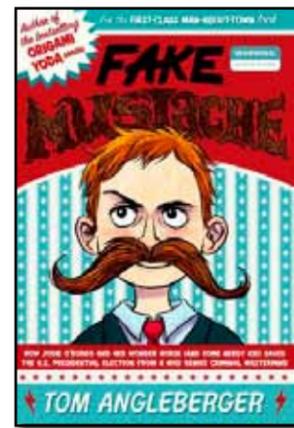
Why not curl up with a good book?

Supported by Anne Carruthers Cumbria Library Service

Fake Moustache by Tom Angleberger

Award-winning author Tom Angleberger flexes his comic muscle in this hairy adventure story with twists at every turn.

Regular kid Lenny Flem Jr. is the only one standing between his evil-genius best friend—Casper, a master of disguise and hypnosis—and world domination. It all begins when Casper spends money from his granny on a spectacularly convincing fake moustache, the Heidelberg Handlebar #7. With it he's able to rob banks, amass a vast fortune, and run for president. Is Lenny the only



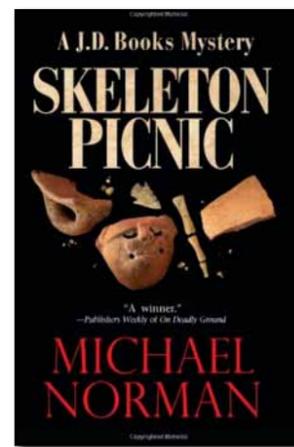
one who can see through his disguise? And will he be able to stop Casper from taking over the world?

Skeleton Picnic by Michael Norman

Rolly and Abigail Rogers come from a long line of dedicated pot hunters who scour the desert southwest in search of valuable antiquities. When the Utah couple fails to return from a weekend skeleton picnic, (pot hunting trip) along the desolate Arizona Strip, local Sheriff Charley Sutter turns to BLM Law Enforcement Ranger J.D. Books for help.

When Books searches the missing couple's home for clues about their disappearance, he discovers the house has been burglarized and a valuable collection of ancient Anasazi and Fremont Indian antiquities stolen. Soon a search and rescue operation finds the Rogers' truck and trailer at an abandoned campsite near an ancient Anasazi ruin that has been recently excavated. Footprints and other evidence lead Books to conclude that the couple may have been overpowered by a small group of unknown assailants.

Sheriff Sutter assigns an attractive young deputy, Beth Tanner, to investigate the burglary of the Rogers' home under the watchful eye of



Books. Together they track some of the stolen property to a pawn shop in St. George, and ultimately to a young Navajo man with a criminal record.

Books and Tanner soon learn of a shadowy group of armed Indian police who patrol vast swaths of tribal and federal lands in search of anyone desecrating ancient Native American burial sites. Could the disappearance of the Rogers, and others, be the responsibility of this group?

As Books and Tanner close in on those responsible, Books' own survival skills will be tested when he is unwittingly drawn into a remote part of the Grand Staircase Escalante National Monument.

CORRECTION

In the last issue of the Solway Buzz we had a lovely story about three children having a birthday party where they asked for no cards or presents, instead they asked for donations towards the upkeep of two rescue ponies.

Unfortunately, two of the children's names were incorrectly reported.

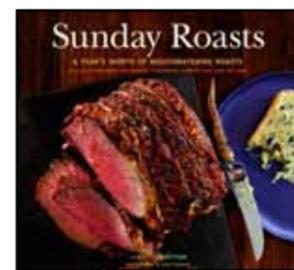
Their correct names are Taylor Carruthers and Sadie Carruthers.

The Solway Buzz unreservedly apologises for any upset this may have caused. We were supplied with the information and we printed it in good faith.

Sunday Roasts by Betty Rosbottom

Sunday Roasts is a collection of more than 75 recipes, including old-fashioned pot roasts, turkeys, racks of lamb, oven-roasted salmon, and more. There is a chapter on side dishes and another on seasoned butters, chutneys, and relishes.

You'll savour Bistro Roast Chicken with Garlic, Onions, and Herbs or Lamb Shanks with Dates and Olives. Elegant dishes include a Standing Rib Roast with Porcini Mushroom Sauce or Scallop Gratin with Lemon-Garlic Bread Crumbs. Golden Cider-Roasted Turkey should bring family and friends



running to the table. Crown Roast of Pork with Tarragon Mustard Butter would be a show-stopper Christmas entrée. Butternut Squash with Walnut-Goat Cheese Crumble or Honey-Glazed Carrots and Parsnips, or Wild Rice with Roasted Grapes and Walnuts are just a few of the sides that complement these roasts.

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 Jenny Harrison from Holm Cultram Abbey School with a bee called "World Peace Bee". Well done!



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On the Water Front

Report by: Captain Slog
(Assisted by Liz at John Stronach Shipping Agency)

November 2012
7th Ben Varrey from Liverpool with wheat, then in ballast to Belfast.
8th Sandettie from Hamburg with potash, then in ballast to sea for orders.
13th River King from Rouen with wheat, then in ballast to sea for orders.
16th Ben Maye from Liverpool with wheat, then in ballast to sea for orders.
17th Konstantin Paustovskiy from Klaipeda with fertilizer, then with part cargo to Ayr.
21st Leonid Leonov from Vyborg with fertilizer, then in ballast to Gudvangen.
25th Ben Varrey from Sharpness with wheat, then in ballast to Kilroot.
26th Hav Snapper from Ghent with fertilizer, then in ballast to Newport.
27th Celtica Hav from Vierow with wheat, then in ballast to Warrenpoint.
30th Zapadnyy from Liverpool with molasses, then in ballast to Liverpool.

'Starling', renaming it 'Ben Rein', and a third in 1917 called 'Whitstone', which was renamed 'Ben Varrey'.
Between the wars the company continued to prosper, buying and selling several small but hardworking coasters, that plied between ports on both sides of the Irish Sea and to the Isle of Man. At the outbreak of WWII they had five vessels including the 'Beg Veg', now 25 years old, the 'Ben Varrey', 'Ben Ellan', 'Ben Voor' (2), and the 'Ben Ain'. Traffic to and from the Isle of Man increased beyond normal peacetime demands, due significantly to the densely populated military training camps, the Internee camps and the expanding Prisoner of War camps. Although no company ships were lost to enemy action during the war, the old 'Ben Veg' was sunk in 1941, at night in a collision with another vessel off the Isle of Man, due to the existing blackout conditions both ashore and at sea.



Frequent visitors to the Port of Silloth for many years now, have been the vessels of the Ramsey Steamship Company Ltd. Based on the Isle of Man, it is a company which next year will be celebrating its 100th birthday. It was founded in April 1913 by a group of Manx businessmen, with the head office being located at the Port of Ramsey.

When first established and for insurance purposes, the company's trading limits were restricted to the northern Irish Sea, bounded in the north by a line between the Clyde and Londonderry, and in the south by a line between Bardsey Island and Arklow. Their first vessel was the newly built 'Ben Veg' of 159 tons gross and completed in August 1914. (All of their ship's names, right up to the present day, commenced with the Manx-Gaelic word Ben, meaning girl, or woman. Consequently, the fleet became known as 'The Ben Boats'). With improving freight rates during WWI, they were able to purchase a second vessel in 1916 called

After the war the fleet was again increased to five vessels with the replacement of the 'Ben Varrey' by the 'Ben Jee' and the purchase of another ship, to be renamed 'Ben Veen'. During and after WWII, trading conditions were good, with favourable financial returns for the company shareholders. In 1956, the company purchased its first motor-ship, the 'Tamara', which they renamed 'Ben Rein' (3). By

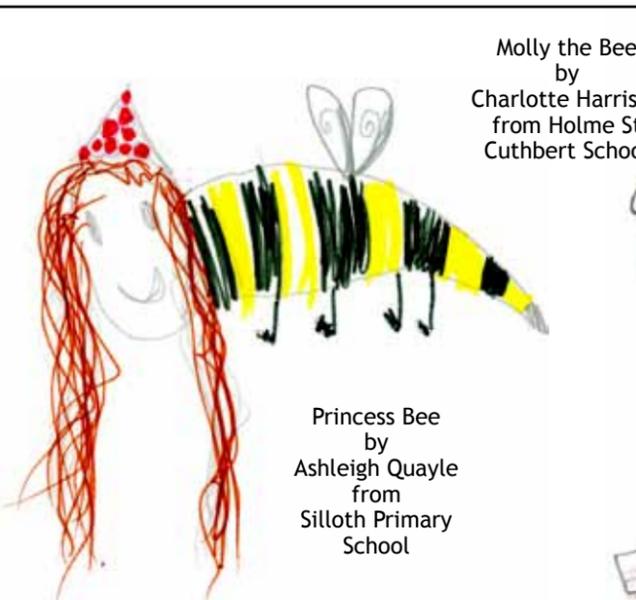
Tide Tables

JANUARY 2013		SILLOTH							
		DEPTH ON NEW DOCK GAUGE							
		High Water				Low Water			
Date		Morning		Afternoon		Morning		Afternoon	
		Time	m	Time	m	Time	m	Time	m
1	TU	01 40	6.7	13 53	7.0	08 29	-0.4	21 02	-0.5
2	W	02 17	6.6	14 29	6.7	09 07	-0.4	21 37	-0.4
3	TH	02 57	6.4	15 10	6.6	09 44	-0.2	22 16	-0.2
4	F	03 41	6.2	15 57	6.4	10 25	-0.0	23 00	-0.1
5	SA	04 33	6.0	16 54	6.1	11 15	0.1	23 55	0.1
6	SU	05 37	5.7	18 06	6.0			12 16	0.3
7	M	06 53	5.7	19 24	6.0	01 05	0.1	13 33	0.3
8	TU	08 06	6.0	20 38	6.2	02 24	-0.0	14 52	0.1
9	W	09 12	6.5	21 42	6.6	03 37	-0.2	16 06	-0.3
10	TH	10 09	7.1	22 39	7.1	04 41	-0.5	17 12	-0.7
11	F	11 02	7.5	23 31	7.4	05 40	-0.9	18 11	-1.1
12	SA	11 50	7.8			06 34	-1.1	19 05	-1.3
13	SU	00 19	7.6	12 35	8.1	07 24	-1.1	19 54	-1.4
14	M	01 05	7.6	13 23	8.0	08 09	-1.1	20 40	-1.4
15	TU	01 50	7.4	14 06	7.7	08 52	-1.0	21 20	-1.1
16	W	02 32	7.1	14 49	7.4	09 32	-0.7	21 59	-0.8
17	TH	03 14	6.6	15 33	6.9	10 10	-0.4	22 36	-0.4
18	F	03 57	6.2	16 19	6.3	10 49	-0.0	23 16	-0.0
19	SA	04 46	5.6	17 14	5.7	11 34	0.4		
20	SU	05 46	5.2	18 20	5.3	00 04	0.4	12 33	0.6
21	M	07 00	5.0	19 34	5.1	01 07	0.6	13 49	0.7
22	TU	08 17	5.1	20 47	5.2	02 20	0.6	15 02	0.6
23	W	09 20	5.5	21 44	5.6	03 25	0.5	16 04	0.3
24	TH	10 07	6.0	22 28	6.0	04 20	0.2	16 54	-0.0
25	F	10 47	6.4	23 07	6.4	05 05	-0.1	17 39	-0.3
26	SA	11 21	6.7	23 41	6.6	05 46	-0.3	18 19	-0.5
27	SU	11 54	7.0			06 24	-0.5	18 56	-0.7
28	M	00 13	6.9	12 26	7.2	07 01	-0.6	19 33	-0.8
29	TU	00 45	7.1	13 00	7.3	07 38	-0.8	20 10	-0.9
30	W	01 20	7.1	13 34	7.3	08 15	-0.8	20 46	-0.9
31	TH	01 56	7.1	14 10	7.2	08 52	-0.7	21 19	-0.7

Tide Tables supplied by ABP Port of Silloth
Times shown in UTC.

the end of 1963, the fleet consisted of three motor-ships and the one remaining steam-ship 'Ben Maye', which continued on until sold in 1964. In 1971, one of the company's fleet, the 'Ben Voor', was attacked by the IRA in Cork harbour. They placed a bomb on board which exploded but failed to sink the vessel. The damage, although substantial, was repaired in eleven days and the ship resumed trading.
The 1970's and early 1980's were particularly difficult trading times, resulting in the fleet being reduced to just one ship, the 'Ben Ain' (2). By 1988 things were looking up again and by 1990 the fleet had increased again to three vessels, the 'Ben Ain' (2) along with the recently acquired 'Ben Vane' and 'Ben Ellan' (2). The ageing 'Ben Ain' (2) was finally sold in 1991, leaving just two vessels until the 'Ben Maye' (2) was purchased in 1995. Those three ships worked hard for the Ramsey Steamship Company, with 'Ben Maye'

(2) being employed taking regular shipments of cement powder from Silloth to Magharamorne in Northern Ireland for Blue Circle, whilst 'Ben Vane' and 'Ben Ellan' (2) brought shipments of wheat to Carrs Flour Mill from Liverpool. They were joined in 1999 by the 'Ben Varrey' (4), a slightly larger vessel than the rest of the fleet. 'Ben Vane' was sold in 2001 when the Silloth cement business finished, her work being taken up by the remaining three ships. At the end of 2010, the ageing 'Ben Ellan' was due for extensive and costly survey work and repairs and so was sold for scrapping, now leaving just the 'Ben Maye' (2) and the 'Ben Varrey' (4) to continue, in what are currently increasingly difficult trading conditions for these small ships.



Princess Bee
by
Ashleigh Quayle
from
Silloth Primary
School



Molly the Bee
by
Charlotte Harrison
from Holme St
Cuthbert School

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Lights Switch-On and Dash



Report by: Lights Committee

The Silloth Lights Committee would like to thank all the people who supported the events and turned up to the switch-on party on the 30th November. Special thanks to Santa and the great team in the Silloth Cafe who have fully supported the committee and housed Santa's Grotto. Thanks also to Rayner Fletcher and his lovely team for bringing the fair into the town.

Children of all ages and many of the grown-ups were fascinated by Mary the Faerie who graced us with her fairy dust and Christmas Wishes, she will be back in Silloth very soon we hope with her friends, she had a great night and loved the reception she got from the townspeople.

We have sadly had to discard many of the lights due to irreparable damage. Our focus this year has been to get the lights up and raise money to increase the lights in 2013. Iggusund Paperboard provided Silloth with two HUGE trees one of which we managed to take into the church which was fun! The tree has been battered by the wind but we will be trying to keep it looking nice over the festive period. We are already in discussion with the Wood Carving Group and the local needlework classes to make a new life size nativity for 2013. If you would like to help in any way we would like to hear from you. Plans for 2013 are in the pipeline and we are looking forward to the 2013 lights switch on party already and of course the Silloth Santa Dash, held in the social club.



Although it was very cold, it was a perfect night for the party, the Silloth Primary School Choir and Dance Club were fantastic all performing in such cold conditions. Thanks to Jazzy Jim for providing the music, Bill Amyes for switching on the lights and Silloth Primary School. The children of the school have each made a bauble which can be found on the huge Christmas Tree in Christ Church. We look forward to seeing the children and their families at the crib service on Christmas Eve at 6pm where you will be able to see your wonderful creations on full display.

All that's left to say is we wish everyone a very merry Christmas and we are glad the lights are on again, thanks for your support Silloth!

Turkey Tips

Allerdale Borough Council is offering top tips for a trouble free Christmas dinner.

The Council's Environmental Health team has re-written the popular carol "The Twelve Days of Christmas" with handy hints for cooking hygienically. Re-named "The Twelve Top Tips of Turkey", the song features advice on how to avoid food poisoning this Christmas by preparing and cooking meals safely. The festive verses include the lines: "The fifth top tip of Christmas Allerdale Council gave to me: Check your cooking times! Just because it's burnt it doesn't mean it's cooked – so take a proper look; to ensure that you keep feeling fine."

Allerdale Borough Council's Environmental Health team has also prepared an information leaflet – packed with Christmas food hygiene tips – which people can pick up from butchers shops across the borough.

Councillor Philip Tibble, Allerdale Borough Council's Executive member with responsibility for Food Hygiene, said: "We want residents to have a very happy Christmas – and to avoid trouble with the Christmas turkey. We ask residents to note our advice and have a wonderful Christmas dinner."

The council advises you to:

Make sure your turkey is properly defrosted before you cook it and remember it's very important to keep raw poultry away from food that is ready to eat. If raw meat touches or drips onto these foods, bacteria will spread. Also, don't wash your poultry as bacteria can splash onto worktops, dishes and other foods. Proper cooking will kill any bacteria.

There are three main ways to tell if your poultry is cooked: the meat should be steaming hot all the way through; none of the meat should be pink when you cut into the thickest part of the meat; and juices should run out clear when you pierce the turkey or press the thigh.

It is very important to keep leftover cooked meat and poultry in the fridge. If they are left out at room temperature, food poisoning bacteria can grow and multiply. Therefore cool any leftovers within one to two hours cover them and put them in the fridge.

For more information, or to request a copy of the Christmas food hygiene leaflet, call Allerdale Borough Council's Environmental Health team on 01900 702590, email environmental.health@allerdale.gov.uk or visit www.allerdale.gov.uk/foodochealth.

Huge Thank you to our Main Sponsors: Atlas Concrete, Caltec, Clives Hairdressers, D A Harrison, The Pegram Family, Enkev, Silloth Football Club, Solway Private Hire, Lightfoots Haulage, Pat Scotts Furnishers, Silloth Rotary Club, Royas, SOSCS Charity Shop, Silloth Tourism Action Group (S.T.A.G.)

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Indoor Bowls

Report by: Gladys Temple

Ireby were the visitors to Abbeytown Assembly Rooms for the first match of the Winter Season but the home team were rather short on numbers.

Malcolm Temple welcomed everyone and there were 4 matches of 5 games played leaving the scores very even. A lovely supper was served and the Grand National Game was played with the winners being Jeff Clark, John Chester and Hazel Herbert from Ireby and Malcolm Temple and Alan Litt from Abbeytown. The second half of 4 more matches of 5 games brought a change

of fortune and Abbeytown came out winners 42 to 22. John Chester thanked the members from Abbeytown for a very friendly and enjoyable evening with a delicious supper. We look forward to a return match in the New Year.

If anyone would like to join the Abbeytown Club they would be very welcome each Monday evening 7 pm in the Assembly Rooms.

The visitors from Plumbland arrived at Abbeytown Indoor Bowling Club to a cold wet foggy evening but received a very warm welcome from Michael Faulkner.

The usual format of 4 games of 5 ends was played

and the visitors found the mats a challenge but enjoyed the fun and banter.

A lovely buffet supper was served with the winners of the Grand National Game being Dixon Barwise, Les Armstrong and Jeff Irving from Plumbland and Michael Faulkner, Abbeytown. The second half Plumbland found much easier and caught up a bit with the score ending Abbeytown 52 Plumbland 19.

Tony Dixon thanked Abbeytown for their friendly welcome and good supper, everyone had enjoyed the evening and look forward to meeting at Plumbland in January.

Sponsorship for Bethan

A West Cumbrian deaf athlete has received an early Christmas present, following the promise of sponsorship from Allerdale Borough Council – enabling her to achieve her dream of attending next year's Deaflympics.

Bethan Lishman, who works for Carlisle Leisure Limited, is the best deaf female hammer thrower in the country and a medal contender at the Olympic games for deaf people, which is to be held in Bulgaria in 2013. Deaf athletes have to fund themselves to represent Team GB at the Deaflympics; currently the cost is £3,200 for each athlete. Bethan, therefore, had to start fundraising in order to compete in the games.

Bethan would have missed out on her dream of attending the Deaflympics had it not been for Allerdale Borough Council agreeing to fund the shortfall in finance for her to be able to book her place in the British team.

Councillor Alan Smith, who has championed the support for Bethan, said: "The London 2012 Olympic and Paralympic Games showcased 'the best of British' – almost! I was shocked to learn that there



are some athletes with disabilities that are excluded from participating in the Paralympics, specifically those with hearing impairment. In the light of the success of both the Olympics and Paralympics held in London, and the financial gains made from these events, it seems unfair to ask deaf athletes to have to fund their version of the Olympics. I am delighted that we are able to support Bethan and help her achieve her dream."

Martin Horne, CLL's Area Manager for Allerdale, said: "CLL are extremely proud of Bethan Lishman and are delighted to hear of this support from Allerdale

Borough Council. We are totally committed to supporting Bethan in any way we can now and in the future."

Deaf people do not have a specific classification at the Paralympic games and can only compete if they have an additional disability which meets the Paralympic criteria. Deaf athletes can compete in the Olympics but face communication problems with event officials, which is why the deaf athletes hold their own games. The Deaf Athletics Association holds a separate Deaflympics for athletes with hearing impairment, which is being held in Sofia, Bulgaria next year.



Happy Bee by Zaynab Brooks from Holme St Cuthbert School



Queen of the Bee Hive by Bethany Dockeray from Holm Cultram Abbey School



Jackie Chan Bee by Stephen Hodgson from Holme St Cuthbert School

Pupils Cleaning Up!



Report & Photos by: Jennifer Rowlands Business Manager, SCTC

Pupils from Solway Community Technology College were delighted to take part in an Enterprise Workshop.

The workshop, run by Innovative Enterprise

and funded by the Transformation Trust, involved all pupils from years 7 to 10 working together to make and market soaps.

The day included identifying the target market and customers,



coming up with branding and a name for their soap, creating attractive packaging as well as manufacturing, wrapping and presenting the soaps for sale.

As well as learning how to be innovative and enterprising, the pupils had

fun working together and choosing the shapes, colours and scents of the soap to suit their target customers. All pupils took part in the final 'Dragon's Den' style presentations, and prizes were awarded to the best team.

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Cumbria Schools Football



Report by: Andrew Brooks

On Saturday 17th November, Solway Primary School Girls' Football team participated in the finals of the Cumbria Schools Football Association's under 11 Girls competition. This in itself was a fantastic achievement considering the girls had only been playing since September.

I had set the team three targets for the morning's competition: to score a goal, to win at least one game and to keep a clean sheet.

Our first game was against St. Columba's School from Barrow-in-Furness. The team showed great skill, determination and above all, super team work. As a result, the girls won by two goals to nil with the goals coming from Lana Maddison and Chloe Aird.

Superbly, all three targets had been achieved in the very first game. The instruction that followed was for the girls to have confidence now, to go out and have a go and enjoy

themselves as you never know what could happen.

Next, we faced Jericho Primary School, Whitehaven. This was very much an even match, especially since the girls were playing immediately after the first game. The score finished nil each and another point had been collected.

Our final group game was against red hot favourites, Kingmoor Junior School, Carlisle. This is a very strong team, some of whom play for Blackburn Rovers. It was obvious they were expecting to record an easy victory having previously recorded six and seven nil whitewashes. However, they very much underestimated Silloth's very strong team ethos of tackling hard and supporting each other. The game finished two nil to Kingmoor and although this was a defeat, it was quite possibly our best performance.

The team's four points meant that we had reached the semi-finals. We would

now face another strong and confident team in the form of Stanwix Primary School, Carlisle.

This was another awesome display of team work, commitment, tracking back and tackling. After full time and extra time the match had finished with neither side scoring. Penalties! This is always a cruel way to go out and unfortunately they didn't go in our favour.

Surprisingly, we were told that there would be a third place playoff. The girls had played well all morning and although exhausted, they were feeling up to the final challenge.

We faced St. Beghs School, Whitehaven, in what would be another tough encounter. The scores were level at half-time, with no goals being scored. The ingenious decision to move our defender and captain, Jessica Scott, up front would prove to be a master stroke. With full-time approaching, Jessica took control of the ball inside her own half,

No, Not for the MO!



Tom Henderson, pictured above, gratefully received the Butler Cleek Trophy which was presented, along with many others, on Saturday 1st December at Silloth on Solway Golf Club presentation evening.

Golf Club Captains Michael Cowen and Glenys Aucott presented this years winners with their silverware, and the cream of Silloth's golfers were commended for their achievements.

Tom's moustache, however, won no plaudits.

He grew it, as with many other 'Mo-bros' around Cumbria, as part of Movember, a charity to generate funds for mens health issues, including Prostate Awareness and Testicular Cancer research.



Tom, along with fellow Vet David Hollinshead, and local dairy farmer Alan Fisher, suffered the laughter and itchy lips for a month in order to raise £111.72, much of the good work done by Alan and his wife Julie. Thank-you for everyone who

supported them.

Next year Beacon Vets invite to you to become a Mo-Bro and grow your own moustache, or become a Mo-sister for a month in support of your 'macho' man. Visit them in October to discuss mo-styles, or register online.

turned and went on a mazy run through helpless defenders before smashing the ball into the back of the net. Third place belonged to Silloth Primary School!

There quite simply aren't enough superlatives to describe the girls' performance throughout the competition. They played well as a team, they smiled and had fun, they showed heaps of determination and always displayed great sportsmanship during and after games. We easily won

this side of the competition hands down.

Finally, I would just like to say thank you to the girls that took part. You did yourselves and the school, proud. Big thanks to Mary Hillhouse who continues to support the development of girls' football. Thank you also to the parents and other relatives that transported the children to the venue. You cheered the team on spectacularly and your support is greatly appreciated.



Ellabee by Ella Burns from Jellytots Day Nursery

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