



Rainbow Bee  
by Lucy Anson  
from Holme St Cuthbert School

# Solway Buzz

www.solwaybuzz.co.uk

February/March 2014

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

FREE PAPER

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# January Storms!



More storm pictures on page 8

# Japanese Learn From SPAND

Representatives from The Hokkaido Shimbun Press recently met with members of SPAND. Toru Shikoda san, London Bureau Chief and Steven Ivings, London Correspondent had contacted SPAND as they were interested to learn how the new campaign against the siting of a nuclear dump on the Solway Plain was progressing.

John Haywood, Kath Ostell, Vivian Russell and Don Graham met with Toru Shikoda san and Steven Ivings to give them an opportunity to see an Area of Outstanding Natural Beauty whose very existence could be threatened by the siting of a nuclear dump on the Solway Plain. The group spent some time walking out to Grune Point to see the landscape and the wildlife that depends on the environment remaining as it is.

Both visitors were taken by surprise at the sheer beauty of the marshland and expressed their understanding as to why SPAND and local residents were fiercely campaigning. They were particularly interested in the process that was being applied in the UK to find a suitable site. They were dismayed to learn that Government was not placing geology at the top of the selection criteria.

They were keen to learn about the activities of small local groups and wanted to know the details of how

the SPAND campaign had been conducted. They were impressed to hear that these groups had helped influence Cumbria County Council into saying no in January 2013 to proceeding further

down the route to the siting of a nuclear dump in West Cumbria.

Having spent some time on the marsh the group retired to the Golf Hotel for refreshments and to continue

their discussions. Whilst in Silloth they took many photographs and commented on the beauty of the Green and the local architecture. In fact, they described Silloth as 'a hidden gem.'



Photo by: Vivian Russell of a Japanese journalist photographing SPAND activists on Skinburness Marsh

# Who Deserves an Award?



Jimmy Lettice receiving his British Empire Medal from HM Lord Lieutenant Claire Hensman

As the New Year begins, HM Lord-Lieutenant of Cumbria, Mrs Claire Hensman, is encouraging Cumbria's residents to consider putting forward nominees from across the county for a UK Honour.

The Honours system recognises people who have made achievements in public and community life, and are committed to making a difference to those around them.

Anyone can nominate someone for a UK Honour through the 'open access' system and these are awarded to people from all walks of life.

The final decision as to who receives an honour is first decided by an Honours Committee and their recommendations will then go to the Prime Minister and finally to HM The Queen.

On approval, and the whole process can take up to two years, an announcement of recipients will be made in HM The Queen's New Year's Honours List and HM The Queen's Birthday Honours List in June.

For all the details on putting forward a nomination please go to [www.cumbria.gov.uk/Lord-Lieutenant](http://www.cumbria.gov.uk/Lord-Lieutenant) Claire Hensman,

Cumbria's Lord-Lieutenant, said: "I would encourage people to think about someone that they know who always goes the extra mile for others and who has made a special contribution to their community or to their area of work over the years. These awards are special and for me they are the highest possible recognition of a job well done."

# Volunteer to be a Friend

Did you know it is worse for your health to be lonely than to smoke or be overweight? At this time, with dark nights and poor weather, spare a thought for an older person in your local community who is lonely.

Across Wigton and the Solway Plain Age UK West Cumbria is working hard to support the needs of people in all our local communities. We run a variety of groups and activities and also provide support in enabling people to live independently at home for longer.

We are in need of more volunteers to support both individuals and activities and would love to hear from you if you can spare a couple of hours a week. You may feel you have nothing to offer but just a friendly face and some time is all that is needed in some situations.

We also want to find volunteers who can support people to access the internet in an accessible and unthreatening way. We have ideas of how we want to support the needs of older men in particular but need volunteers to help us.

Full support, training and expenses are provided. Why not pick up the phone and make a positive step to support older people in your local community in 2014?

If you can help, please contact Hazel Stewart on 016973 42279. To access our Neighbourhood Care Independence Helpline, ring 08443 843 843.

# Mothers Union

Report by: Gladys Temple

Rev. David Tembey began the December meeting of Holme Cultram Abbey Mothers Union with a service in the Ambulatory taking Joseph the father of Jesus as his subject.

It was interesting to hear the Nativity Story from his point of view rather than from the usual one of Mary. Then the members moved into the coffee shop for a delicious supper provided by

all the members.

Apologies were received from Brenda Sim, Muriel Studholme, Elaine Atkinson and Connie Brown. Joan Winter read the record of the November meeting and Freda Garner read out various notices including reminding members that hopefully the Deanery Summer Festival will be held in the newly opened Abbey in June. Freda, Elsie Donald and Gladys Temple read out poems and carols were sang.

# Heating Help

More support is now available to vulnerable adults below pension-age in Cumbria who may be struggling with heating bills.

Cumbria County Council has set aside £47,000 this winter to help low income families with children aged under-5 years, disabled people and people with long-term health conditions that are made worse by cold. One-off grants of £125 will be available to vulnerable households which meet the criteria, from December 2013 until end of the end of February 2014.

The funding comes from the council's Ways to Welfare programme which provides support and advice to working-age people throughout the year who are experiencing severe hardship. The winter help will compliment support already available for pensioners in Cumbria through Cumbria Community Foundation's Winter Warmth Fund and other government schemes.

Families with children under-5 years can apply for Cumbria County Council's new cold weather grants through the following organisations:

For Barrow, Millom Keswick, Workington Cockermouth and surrounding areas, contact Action for Children on: 01900 325251.

For Maryport, Aspatria, Wigton, Silloth, Carlisle, Brampton, Penrith, South Lakes, Kendal and surrounding areas, contact Barnardos on: 01900 898040 or email [debbie.young@barnardos.org.uk](mailto:debbie.young@barnardos.org.uk)

[barnardos.org.uk](http://barnardos.org.uk).

For Whitehaven Cleator Moor, Egremont, Seascale and surrounding areas, contact the Howgill Children's Centre on 01946 62681 or email Diane. [kenmare@howgill-centre.co.uk](mailto:kenmare@howgill-centre.co.uk)

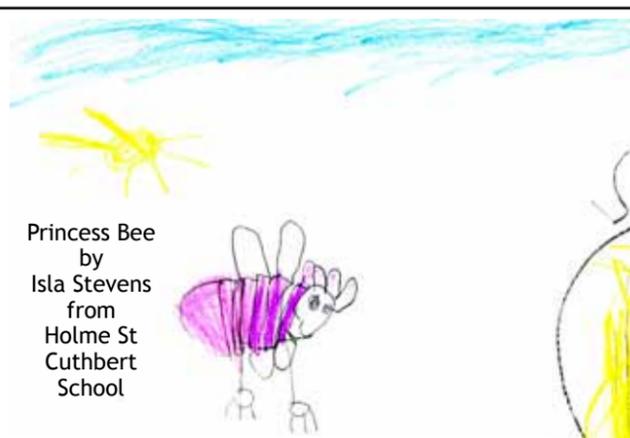
Adults below pension-age with disabilities, or a long-term health condition made worse by cold, can apply for support by contacting Thelma Waite at DACE on 01228 674882.

For all other enquiries, people should contact Cumbria County Council's Ways to Welfare programme on 01228 221100 or email [communitysupport@cumbria.gov.uk](mailto:communitysupport@cumbria.gov.uk)

Councillor Beth Furneaux, Cumbria County Council's cabinet member for Adult and Local Services, said: "This is one-off funding of £47,000 which the county council is making available to help vulnerable people stay warm this winter.

The latest figures show that there are around 190 more deaths in Cumbria in winter compared to non-winter months. Keeping warm is a basic human need and this one-off help is there to help vulnerable working-age adults to stay safe and well this winter. Although times are tough for local government, we are determined to make sure that the vulnerable receive the help they need."

Information on other forms of support and advice available to Cumbrians this winter, can be viewed online at: <http://www.cumbria.gov.uk/brrr/>.



Princess Bee by Isla Stevens from Holme St Cuthbert School



Girl Bee by Evie Bosward from Silloth Primary School

## Silloth on Solway Community Shop

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# Portable Heater Warnings

With plunging temperatures predicted to follow the fierce winds and flooding, fire chiefs are warning of the potential dangers posed by portable heaters.

While an electric or gas heater might seem an unlikely fire hazard, if not used carefully it can be a serious risk.

Faulty devices, negligent use of equipment, overheating and placing combustibles too near a heat source can all be factors that contribute to the increased risk.

To help residents keep safe and minimise the dangers of electric heater fires, Cumbria Fire and Rescue Service is warning people to take extra care and follow this advice: Buy a heater that carries the British Standard Institution (BSI) kite mark and read the manufacturer's instructions and warning labels before use.

- DO NOT leave heaters unattended
- DO NOT use your heater with a power strip or extension cord. Overheating of a power strip or extension cord could result in a fire.
- Keep combustible materials, such as furniture, pillows, bedding, papers, clothes and curtains at least one meter from the front of the heater and away from the sides and rear.
- DO NOT block the heater's air intake or exhaust source.
- Keep flammable materials away from the heater.
- Unplug the heater when not in use
- DO NOT use a heater with a damaged cord.
- DO NOT plug any other electrical device into

the same outlet as your heater. This could result in overheating.

- Heaters should be kept away from children and not be placed in a child's room without supervision.
- Place heater on a level, flat surface. Only use the heater on table tops when specified by the manufacturer.
- DO NOT place your heater on furniture. It could fall, dislodging or breaking parts in the heater or fall and ignite furniture.

Advice for the safe use of portable gas heaters is as follows:

- Ensure the appliance is serviced regularly. If it develops a fault it can emit Carbon Monoxide.
- Always install a Carbon Monoxide alarm when using gas appliances.
- Ensure there is adequate ventilation when using the appliance.
- Check that the valve on the empty cylinder is closed before disconnecting from the heater. Do not turn on the valve of the new cylinder until the cylinder is securely connected to the heater.
- Ensure that the pierceable cartridge is empty before removing. Check that the valve on the heater is closed, the sealing washer is in good condition and correctly located before fitting a new cartridge.
- Store spare cylinders outside whenever possible. Never store them in basements, near drains, under stairs or in cupboards containing electric meters or equipment.
- Spare cylinders must be stored upright.
- Never use a lighted match or any other flame to test for leaks.

Cumbria's Chief Fire Officer Ian Cartwright said:

"Portable heaters can be a quick and effective way of warming the home, but I'd urge anybody using them to take a few simple safety precautions first. People are becoming increasingly aware of the dangers of chimney fires and the importance of getting chimneys cleaned, but the potential dangers of portable electric and gas heaters can be overlooked. Rising fuel prices mean more people may start using portable heaters as an alternative to central heating so the safety messages are likely to apply to an increasing number of households this winter."

By targeting resources at prevention activity Cumbria Fire and Rescue Service has brought about a 34 per cent reduction in the number of incidents across the county in the last six years.

As a result the county council is currently consulting on proposals for better reflecting risk patterns and shaping the Service to the dangers that actually exist.

To have a say on the Fire Service budget proposals, and others within the council's public consultation, visit [www.cumbria.gov.uk/ourfuture](http://www.cumbria.gov.uk/ourfuture) or pick up a copy of the consultation document available in local libraries and other public buildings.

# Nursing Homes Visited by Mayors of Silloth & Allerdale at Christmas



Mayor of Silloth and Mayor of Allerdale with staff & residents at Silloth Nursing Home

Report by: Cllr Tony Markley Mayor, Silloth on Solway

Saturday 14th December was another great day for Silloth with the opening of the new BMX track. The event was extremely well attended, especially by eager young BMX riders who had been waiting patiently for this fantastic new attraction on Silloth Green to be opened.

The Mayor and Mayoress of Allerdale Cllr Bill Bacon was in attendance at the event, after the normal introduction speeches and vote of thanks to all who had assisted in this worthwhile

project The Mayor of Silloth and Mayor of Allerdale held a ribbon which was cut by the young riders who had approached Silloth Town Council asking for this track to be built.

A group of BMX Stunt event riders from Scotland called The Clan then proceeded to give a fantastic riding exhibition on the new track quickly followed by the young local BMX riders who stayed all day through wet and windy weather to use and enjoy this great new facility.

After the opening of the new BMX track, myself as Mayor of Silloth and the

Mayor and Mayoress of Allerdale visited the four residential care homes in Silloth.

Our visit was extremely well accepted by the staff and residents of all the homes. It was a pleasure to visit the residents and have a brief talk about local topics from the past and present, some of the residents I hadn't seen or spoken with for years. We enjoyed mince pies with a glass of sherry then left wishing everyone a Merry Christmas and a Happy New year.

We both enjoyed our visit and look forward to returning later in the year.

## Belly Dancers Having Fun!

Silloth has its very own Belly Dance Group, they meet on Tuesday mornings at the RAFA Club.

They are a mixture of all types of friendly ladies who enjoy having a go at belly dancing. This is not

about learning to perform, it is an hour or so of fun and exercise.

It's well known that music and dance lift the spirits, improves wellbeing and is good for your health, so why not give it a go.

If you want more information phone June on 01900 816381.



Moving House Bee by Elizabeth Dixon from Holm Cultram Abbey School

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### Portraits and Commercial Photography

## Photography by Peter

Tel: 016973 32180

# Men's Choir Winter Concert



Photo by: Kevin Anderton

Report by:  
Lawrence Marshall

Christ-church and St. Pauls men's choir winter concert was held in the church hall on Friday 13th December.

As usual, it was very well received and of course the supper of pie, peas, trifle and mince-pies with coffee was an attraction.

The church team rector Canon Bryan Rothwell

delivered grace to allow the meal to begin. Following the meal the Rev. David Tembey welcomed everyone.

The choir's music director Derek Shaw had put together a programme of twenty-five songs and carols with a break to hold the large drawing. The large number of prizes are donated by the choir members and many are from friends of the two churches. Soloist Jim Brough

sang 'My Way' and Barry Lodge sang 'On the road to Mandalay', both to rapturous applause. The variety of the programme music director Derek Shaw had put together was a great success.

The vote of thanks was given by Mrs. Lynn Tembey the president of the World-wide Mothers-union. Mrs. Tembey thanked all concerned for a very entertaining evening. The

sum of £1,018 raised a record for this annual event and goes to church funds.

The following week the choir sang a shortened programme at Littleacre Care Home and the Silloth Nursing Home.

On Sunday 22nd December the choir joined the congregation at St. Pauls at Causewayhead for their service of carols and readings.

# Cook Carefully

A call for careful cooking is being issued after a spate of kitchen fires around the county.

New figures from Cumbria Fire and Rescue Service show that between 1 April 2013 and 31 October 2013 there were a total of 61 cooking-related incidents county-wide - with the Workington locality (which covers Allerdale and north Copeland) topping the chart with 26 incidents.

The Barrow locality (covering Barrow, south Copeland and part of South Lakeland) has seen 14 incidents, Carlisle (covering Carlisle and north Eden) 17 and Kendal (covering South Lakeland and southern Eden) four.

While the number of cooking-related fires has been lower over this period than the same time last year, firefighters are calling on residents to show more care.

Cumbria's Chief Fire Officer Ian Cartwright said: "More than half of all accidental house fires start in the kitchen so it's absolutely crucial that people are aware of the dangers when cooking and take steps to keep themselves and their families safe. Getting distracted is often the cause of cooking fires. It's very easy to forget you've got something boiling in a pan or roasting in the oven, so just ensuring you're switched on and paying attention to what you're doing in the kitchen can go a long way towards reducing the fire risk. Just about every piece of kitchen equipment from chip-pans to toasters and hot-plates to microwaves can be a potential fire hazard if not treated with care. As well as being aware of cooking fire safety in your own home, I'd encourage people to look out for their friends, family and neighbours, especially if they're vulnerable through age or disability and living alone."

Cumbria Fire and Rescue Service is encouraging people to follow these hints and tips for staying safe:

- Keep handles of pans turned to the back of the hob and away from other gas burners/electric rings.
- Take care when cooking with oil - it sets alight easily.
- Take pans off the heat and

turn off the hob and/or grill if you have to leave the kitchen while cooking, and make sure the oven, hob and grill is turned off when you have finished cooking.

- Don't overfill a chip pan with oil - never fill it more than one third full.
  - Avoid cooking if you are tired, have been drinking excessive amounts of alcohol or are taking medication that can make you drowsy.
  - Keep electrical leads, tea towels, cloths, loose clothing and anything else that may catch fire away from the oven and hob.
  - Keep the oven, hob and grill clean - a build-up of fat and grease can easily catch fire.
  - Keep your toaster clean, free of crumbs and away from curtains, kitchen rolls and anything else that could catch fire.
  - Never put anything metallic inside your microwave.
  - Never attempt to sterilise dish cloths or sponges by heating them in the microwave.
  - Never overload sockets - use one plug in each socket. If you have to, use a fused adapter and keep the total output to no more than 13 amps (a kettle alone uses 13 amps). Remember, high-rated appliances such as washing machines always need their own socket.
  - Make sure plugs have the correct fuse for the appliance being used. If in doubt, refer to the manufacturers instructions.
  - Turn off electrical appliances when not being used and have them serviced regularly.
  - Keep electrical leads and appliances away from water.
  - Use a spark device to light gas cookers as this is safer than using matches or lighters.
  - Never leave children alone in the kitchen. Keep matches, lighters and pan handles where children can't reach them. Fit a child safety catch to the oven door.
- By educating people about fire dangers and promoting prevention rather than cure, CFRS has brought about a major decrease in fire incidents across Cumbria in the last six years - a 47 per cent reduction between 2007-08 and 2012-13.



Shark Bee

by Grace Hodgson from Home St Cuthbert School

## Arthritis Support Group

Report by: Gladys Temple

18 Members and Friends gathered at Denton House for the Annual New Year Lunch. Unfortunately several members were ill and unable to come but a lovely Lunch was enjoyed by all including Peter who drove the Community Bus.

Every member had

brought a parcel and these were raffled with everyone receiving one.

Anne Graham thanked Gladys for arranging a very enjoyable afternoon. The next meeting will be at Loveday House at 1:30pm on 7th February when Leo Holden will tell us more about Old Wigton.



**Mercury**  
Saturday 8th February @ 8pm  
Tickets £15.00



**Sing-a-long Songs of War Time**  
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Tickets £12.50



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# Rotary Charter Night

I am recovering from a fantastic Rotary Club Charter (birthday party) celebration dinner last night. Well done to President Tom's team! Thank you to all those who helped make it a successful evening, in particular to Gary Conlon and his staff at the Golf Hotel in Silloth, the meal there once again, was second to none. During the course of the evening a Community Service Certificate was presented to Rotarian Colin Smithson. During the floods at the beginning of the month, Colin went to the aid of a stranded driver wading through freezing waist high flood water to reach her and bring her to safety. He'd spotted her vehicle from the balcony of his home in



Mayor Tony Markley, President Tom Osowski, Rotary 1190 District Governor Kevin Walsh, guest speaker author, songwriter and filmmaker Joe Stretch and MC Tim Barker

Kirkbride in Cumbria, while taking photos of the flooding. Colin said "She was obviously very frightened, she said she'd rang people because she thought she was going to drown because by that time the water in the car was up to her chest". However he says he's not a hero and says

he was just doing what he needed to do.

Whatever he thinks, we think it was a job well done Mr Smithson!

For more information about the club at Silloth or Rotary in general please contact the club P.R. Chairman on 0774 8098081.

# Luncheon Club Dinner



Report by: Lawrence Marshall  
Photos by: Geoff Betsworth

On December 9th the Monday Luncheon Club had their Christmas dinner at Wheyrigg Hotel.

The fourteen club members were joined by the ladies who serve the food to the diners throughout the year which comes from the Solway Technology College.

The meal and service was excellent. We were transported to Wheyrigg in the Community Bus which was driven by volunteer driver Geoff Betsworth and our other volunteer driver Liz Elliot also attended.

After the meal one of



our senior members Lily Langford entertained us by leading a sing-along which was very well received. On the return journey the bus

took us to have a look at the very well decorated Abbey in Abbeytown. All enjoyed a very satisfying Christmas dinner celebration.

# Teddy Bear Collection

Rotarian Colin Smithson reports that the latest news on the Teddy Bear and cuddly toy collection for children in the Philippines, is that following a Christmas

stopover in the departure lounge on the airfield here in Silloth, they are being tucked into watertight bags and packed in cardboard boxes ready for the long

journey to the other side of the world.

Thank you to everybody who responded so generously to this slightly more unusual call for help.

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# Can You Find the Place?

## Anagram Quiz

From the following list of anagrams see if you can discover some of our local hamlets, the answers are on page 9. There is no prize, just have some fun juggling the letters, Enjoy.

1. LWOYTS \_\_\_\_\_
2. GNIGBORRW \_\_\_\_\_
3. HLATDO \_\_\_\_\_
4. BRYA \_\_\_\_\_
5. WYESUCAEAHDA \_\_\_\_\_
6. KLEYKACBD \_\_\_\_\_
7. EBKOFTOC \_\_\_\_\_
8. LCESSA \_\_\_\_\_
9. DEDRIDESE \_\_\_\_\_
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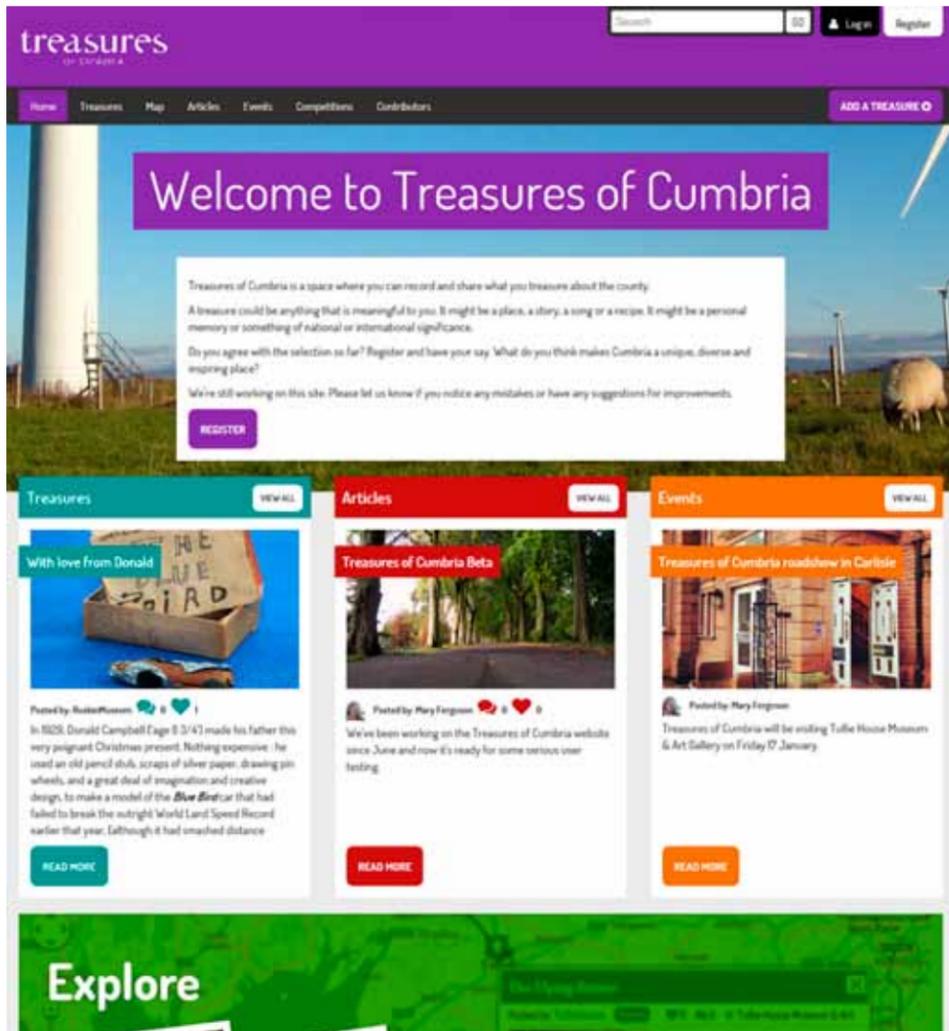
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# Tell the World about Silloth Attractions & Events



Treasuresofcumbria.org.uk is a new website, it has just been launched to tell everyone about what is happening in Cumbria. It is for anybody who lives, works, visits or is interested in Cumbria. It

has been developed and is managed by the Cumbria Museum Consortium as an online space for people to record and share what they treasure about Cumbria. Everyone can feed information on to the site

so that we can all see what is available all around us. At the time of writing there was nothing about the Silloth area so hopefully there will be plenty more on there before the tourist season gets busy this Spring.

# Money Advice Service

Advice on managing money, benefits and other finance-related issues is just a mouse click away thanks to Cumbria County Council's library service.

The new online resource is a one-stop-shop for links to tried and tested websites that contain a wealth of information relevant to work, welfare and finances, and can be accessed by following the 'Business, Welfare and Lifestyle Information' link at [www.cumbria.gov.uk/libraries](http://www.cumbria.gov.uk/libraries).

Statistics show that one in six Cumbrian households have an annual income of less than £10,000, over 42,000 people of working age claim benefits, and 16 per cent of children live in poverty.

For those in work, wages and salaries in Cumbria are relatively low with earning in some parts of the county significantly lower than national and regional averages.

The new online resource from the county council's library service is intended to provide more information in one place for people who need help and advice.

Councillor Beth Furneaux, Cumbria County Council's cabinet member for Adults and Local Services, said:

"The tradition of municipal libraries, and the social movement to provide access to free information for everyone, stretches back to Victorian times. Access to free information remains as important today as it was a century ago. It improves social mobility, helps develop the skills needed for a job, and enables us find the support and advice we need at various points in our lives. The county council library service is using its growing online presence to provide information and advice from a range of different sources for people who need information on money-related issues."

# Support Spinal Injuries with a Fish Supper

**Great British Fish and Chip Supper Friday 16th May 2014**

"Hold a Fish and Chip Supper to help spinal cord injured people rebuild lives after injury"

Want to eat Fish and Chips, while raising money for charity? Hold a fish and chip supper on Friday 16th May 2014 whilst raising awareness of spinal cord injury and supporting SIA's vital services.

You can hold a fish and chip supper in your own home, at work or hold a larger supper at your local community centre.

SIA will provide a fundraising pack containing hints and tips, recipes, invitations and donation envelopes. By inviting 8 friends and asking them to donate an additional £5.00 means you will raise at least £40.00 from your supper but we will also give you additional fundraising ideas to raise even more money for SIA.

In 2014 SIA is celebrating its 40th anniversary and so we want to make the matter and raise £25,000 from everyone holding suppers. Last year we raised £12,500 from the suppers.

The money raised from the suppers will help the

Spinal Injuries Association offer support to individuals who become paralysed and their families, from the moment a spinal injury occurs, and for the rest of their lives by providing services and publications which enable and encourage paralysed people to rebuild lives after spinal cord injury.

Every year in the UK over 1,000 people experience a spinal cord injury and there are an estimated 40,000 spinal cord injured people in the UK alone.

Community Fundraising Manager, Elizabeth Wright, says, "The Fish and Chip Supper is a wonderful opportunity for a great evening with friends and family. We are also encouraging people who work to hold a Fish and Chip Lunch in their work places to raise even more funds. You may be even a local community group wanting to run a fun evening with your group."

For more information or request a fundraising pack call Elizabeth Wright on 0845 071 4350 or email [fundraising@siafishandchips.co.uk](mailto:fundraising@siafishandchips.co.uk) or visit [www.siafishandchips.co.uk](http://www.siafishandchips.co.uk)

# Christmas at Nursing Home

Report by: John Molyneux

The residents, their families and staff all had a great time at Silloth Nursing Home.

Following a lovely Christmas dinner and a glass of wine for everyone they were entertained by Roe Valley who played folk dancing tunes from the 60s and 70s.

On Christmas day Santa Claus arrived with a little present for everyone.

This really was a credit to matron Anne and all her lovely staff.



## 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**



**Make the batter matter**

Hold a Great British Fish and Chip Supper to help raise money to support our outreach services.

To request a fundraising pack:  
Call 0845 071 4350  
Email [fundraising@siafishandchips.co.uk](mailto:fundraising@siafishandchips.co.uk)  
Visit [www.siafishandchips.co.uk](http://www.siafishandchips.co.uk)

**Booking Essential**  
**016973 31438**  
[www.golfhotelsilloth.co.uk](http://www.golfhotelsilloth.co.uk)

**Valentines**  
**3 Course Dinner**  
Friday 14th February  
includes a bottle of house wine & Disco  
£29.95 per couple

**Mothering Sunday**  
Sunday 30th March  
**Special Menu**  
Noon to 3pm & 6pm to 8:30pm  
**Afternoon Tea 3pm to 5pm**  
£7.95 per person or 2 for £14

- Breakfast
- Morning Coffee
- Lunches
- Traditional Sunday Carvery
- All Local Produce
- Afternoon Teas
- Evening Meals

# Do You Have One Of These?

For advice on product safety please contact Trading Standards via Citizens Advice Consumer Helpline on 08454 04 05 06 or visit [www.adviceguide.org.uk](http://www.adviceguide.org.uk).



For advice and information on our new Home Safety Visit Assessments please visit [www.cumbriafire.gov.uk](http://www.cumbriafire.gov.uk) and follow the link at Home Safety Visit Assessment.

## Gainsborough Showers Electric Shower

Gainsborough Showers is recalling some of their electric showers because of a risk of an electric shock. Gainsborough Showers say the fault only occurs where there is exceptionally high water pressure and only shower units that are leaking from the base of the shower unit are affected. There have been no reported incidents.

The Gainsborough showers affected by this recall are:-  
Gainsborough GSX Plus Electric Shower  
Gainsborough GSX Deluxe Electric Shower

If you have one of the affected electric showers Gainsborough Showers will supply and fit a replacement free of charge.

What Should You Do If You Have An Affected Gainsborough Electric Shower? If you have one of the affected Gainsborough Electric Showers you should contact Gainsborough Showers on 01959 560093 or email them on [productrecall@gainsboroughshowers.co.uk](mailto:productrecall@gainsboroughshowers.co.uk)

## HP Chromebook 11

HP is recalling the charger unit on some HP Chromebook 11's because it can overheat and may melt during use.

HP say that any customer who purchased an HP Chromebook 11 before 1st December 2013 should stop using the original charger.

HP Chromebook 11 chargers affected by this recall are: Chargers sold with all HP Chromebook 11's sold prior to the 1st December 2013. If you have an affected HP Chromebook 11 you should stop using the charger supplied with it.

HP say you may continue to use any other certified micro-USB charger, for example one provided with a tablet or smartphone.

What Should You Do If You Have An Affected HP Chromebook 11? If you have one of the affected HP Chromebook 11's you should stop using the charger supplied with it. You can register your HP Chromebook 11 for a charger replacement at Charger Replacement Request. HP say that it may take up to 6 weeks to get your replacement charger.

If you have any questions or concerns about this recall please contact HP on 0800 026 0613.

## Tanaka Brush Cutter Recall

Overheating presents a burn hazard and may lead to the Brush Cutter catching fire.

Tanaka is recalling a number of Brush Cutter models because of a manufacturing defect. This can cause the exhaust to become very hot leading to a potential burn hazard and, in some cases, the Brush Cutter may catch fire.

The term Brush Cutter covers Tanaka Brush Cutters, Pole Saws, and Pole Hedge Trimmers.

The Tanaka Brush Cutter models affected by this recall are: TCG22EAS sold from February 2010

TCG22EAD sold from April 2010

TCG22EAB sold from April 2010

TCG24EASP sold from December 2011

TCG27EASP sold from December 2011

TCS27EPAP sold from July 2013

TCH27EPAP sold from April 2013

What Should You Do If You Have An Affected Tanaka Brush Cutter?

If you have one of the affected Tanaka Brush Cutters you should contact Tanaka (Hitachi) on 0800 148 8643 to arrange to have it collected and repaired.

## Aqualisa Electric Shower Recall

Aqualisa is recalling some Aqualisa Electric Showers because of a risk of an electric shock. They say the fault only occurs where there is exceptionally high water pressure and only shower units that are leaking from the base of the shower unit are affected. There have been no reported incidents.

The Aqualisa showers affected by this recall are:-

Aqualisa Vitalise SL Electric Shower

Aqualisa Vitalise SLX Electric Shower

Aqualisa Energy 200 Electric Shower

If you have one of the affected electric showers Aqualisa will supply and fit a replacement free of charge.

What Should You Do If You Have An Affected Aqualisa Electric Shower? If you have one of the affected Aqualisa Electric Showers you should contact Aqualisa on 01959 560093 or email them on [vitaliserecall@aqualisa.co.uk](mailto:vitaliserecall@aqualisa.co.uk)

## Broseley Fires Gas Stove Recall

Risk of carbon monoxide poisoning

Broseley Fires is recalling some of their gas stoves because of a carbon monoxide safety hazard. If the gas stove flue becomes completely blocked dangerous levels of carbon monoxide may leak into the room and pose a serious health hazard to the occupants.

If you have one of the affected Broseley Fires Gas Stoves you should stop using it immediately.

The Broseley Fires Gas Stoves affected by this recall are:

Broseley Winchester NG Stove

Broseley Winchester LPG Stove

Broseley York NG Stove

Broseley York LPG Stove

They were sold between January 2003 and March 2013

What Should You Do If You Have An Affected Broseley Fires Gas Stove? If you have one of the affected Broseley Fires Gas Stoves you should stop using it immediately.

You should call Broseley Fires on 0800 138 8010 or email them at [technical@broseleyfires.com](mailto:technical@broseleyfires.com) to arrange for your gas stove to be repaired. When communicating with Broseley Fires please include your full model number.

# Mogwai Want Your Poem

Budding poets in Cumbria have been asked to pen an ode to lift the lost village of Mardale Green from the bed of Haweswater and win the chance to have their work set to music by rock royalty Mogwai.

The competition has been launched by CultureNL, a charity that runs North Lanarkshire Libraries, which has invited libraries in Cumbria and Gwynedd in Wales to take part in the event that centres on the theme of drowned villages.

Open until 24th February, all entrants must be aged 14 or over and library members. Entries can be emailed or handed in to libraries. Entrants in Cumbria should send entries to [libraries@cumbria.gov.uk](mailto:libraries@cumbria.gov.uk). All entries should have subject heading Drowned Village Poetry Competition and include a name, age, contact details and library card/membership number.

The best poem will be put to music by cult Scottish band Mogwai.

The judging panel is Scotland's national poet, Liz Lochhead and Nicky Wire, bassist in Manic Street Preachers. There is also to be a judge representing

Cumbria.

The competition was born once Jane Graham, the current Reader in Residence for libraries in North Lanarkshire, discovered the history of the lost village of Bothwellhaugh in Lanarkshire. Bothwellhaugh was deliberately flooded in 1965 for the development of Strathclyde Country Park.

Inspired by the story, Jane decided to link up with libraries in Cumbria and Gwynedd in north Wales, both of which have their own drowned village.

Mogwai's Stuart Braithwaite said: "The drowned village poetry competition really appealed to us on many levels. I think that inspiring people to write poetry is wonderful and the opportunity to accompany it with my music was too good to pass by. I also feel that supporting libraries is absolutely essential. They are vital for our communities and have to be cherished and protected."

Regional winners will be announced mid-April and the overall winner's Mogwai collaboration will receive an exclusive play on BBC radio.

For more details visit [www.facebook.com/events/1439443286286844/](http://www.facebook.com/events/1439443286286844/)

## Samsung Fridge Freezer Recall

Internal sparking can lead to a fire.

In 2009 Samsung launched a recall of some of their Fridge Freezers. In the last 4 years this recall has been extended. This is the latest information. Samsung is recalling some of their Fridge Freezers because a defect in the defrost system can cause internal sparking, which can result in a fire. There were originally 107,000 Samsung Fridge Freezer affected.

The Samsung Fridge Freezer models affected by this recall are: Series RS21 – All model numbers starting RS21A, RS21D, RS21E, RS21J, RS21K, RS21N, RS21W

Series RS60 – All model numbers starting RS60D, RS60J, RS60K

Series RSE8 – All model numbers starting RSE8D, RSE8J, RSE8K

Series RSH1 – All model numbers starting RSH1D, RSH1E, RSH1J, RSH1K, RSH1N

Series RSJ1 – All model numbers starting RSJ1E, RSJ1J

Series SN62 – All model numbers starting SN627, SN629  
Note – The original recall only covered RS21 and RS60 models sold between March 2005 and June 2006. The recall has been extended to include all of these models regardless of when they were sold.

What Should You Do If You Have An Affected Samsung Fridge Freezer? If you have one of the affected Samsung Fridge Freezers you can arrange for a free repair by contacting Samsung on 0800 988 0123.

## The Queens Bed & Breakfast

Full en-suite rooms ~ Sea Views

Call: 016973 31373, Mob: 07753 859403

email: [moregain@tiscali.co.uk](mailto:moregain@tiscali.co.uk)

The Queens, 1 Park Terrace, Silloth

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We are your local specialists for:

Internet Problems  
Printer Problems  
Wireless Networking  
Computer Running Slow  
Advice for New Computers

Mark Hansford  
Computer Services  
016973 32089

# Rotary News & Santas Sleigh



President Tom and members of the Rotary Club of Silloth-on-Solway wish the people of Silloth and the surrounding areas a happy new year.

This is the time when Rotary decide on their charitable donations. The charities and organisations listed below are the worthy recipients on this occasion:

Abbeystown Pre School, Calvert Trust, Alzheimer's Society, Chrysalis, Cumbria Deaf Association, Eden Valley Hospice, Hospice at Home, Jaipur Limb Project, Macmillan Cancer Support, Silloth RNLI, Sightsavers, James Rennie, Holme St. Cuthbert, Holme Cultram, Silloth Community & Silloth Primary Schools, WaterAid, Jubilee Sailing Trust, Silloth First Responders, British Heart Foundation, Hearing Dogs for the Deaf, Silloth Open Door Group, Riding



for the Disabled, Carlisle Special Care Baby Unit, Silloth Nursing Home and Silloth Junior Football Club.

One of the most rewarding events in the Rotary calendar here in Silloth, is the annual visit of Santa Claus to the town. There was as usual on these occasions, a good turn out of Rotarians and friends to help hand out gifts to the youngsters, and also consume one or two mince pies and glasses of amber nectar, and

the people of the town gave very generously when Santa's helpers passed by with the Rotary donation buckets. Santa would like to thank everyone for the mince pies, sherry and other seasonal comestibles. The Rotary Club would also like to thank Malcolm Edmondson and Angus Emmerson for the use of the trailer and their assistance yet again in assembling the "Grotto" which was used for Santa's transport on the night. Also, thanks to Alison Henderson for her continuing support and refreshments on the night, and last but not least to Paul Gilmour for supplying the sound system and Richard Emmerson for his general help with the Sleigh.

## Words by the Water Free Tickets

Words by the Water is a Festival of Words and Ideas from 7th- 16th March at Theatre by the Lake, Keswick and offers free tickets for young people aged between 17-25.

The 'Enquire and Inspire' bursary scheme offers young people the chance to attend this popular ten-day festival, and listen to some of most interesting and eminent writers, politicians, broadcasters and commentators around, for free.

2013 Participant, Rachel, explained that "It was a fantastic experience, with a fascinating range of speakers covering some really interesting topics. I would highly recommend that others take part in it."

The project's organiser Charlie Ansell added "This is a great opportunity for young local people and we hope attending the festival can go a long way to inspire them for the future, whether that be to write, study or follow a particular vocation. He continued "The varied nature of the programme allows young people to come and hear talks on history, politics, the environment, science, philosophy and much more. After two years of the scheme, we hope to see even more young people take up the offer this year."

Successful applicants will be given tickets to see up to ten events of their choice.

The 'Enquire and Inspire' bursary scheme will allow successful applicants the opportunity to hear a wide range of speakers at the festival including Jeremy Paxman, Michael Rosen, Ann Widdecombe, Jeremy Hardy, Germaine Greer and Kirsty Wark to name a few. There are also themed days on a range of topics including The Environment, History, Science and The Art of Writing.

The full programme and a downloadable application are both available online at [www.wayswithwords.co.uk](http://www.wayswithwords.co.uk). General booking is also now open to the public, and tickets can be purchased via the Theatre by the Lake Box Office: 017687 74411 or online at [www.theatrebythelake.com](http://www.theatrebythelake.com).

# January Storms



Sea defences exposed on Grune Point



The first field on Grune Point lost its dyke and hedging



Getting to the top of the defences at Skinburness Marsh



Looking from the Green towards the lighthouse up Skinburness Road



## ENQUIRE and INSPIRE

Free Tickets for 17 - 25 year olds

to listen to and engage with a variety of leading writers, politicians, broadcasters, comedians and much more...

Words by the Water 2014 Festival of Words and Ideas Theatre by the Lake, Keswick 7-16 March

Visit [www.wordsbythewater.org.uk](http://www.wordsbythewater.org.uk) for the full programme t. 01803 867373 or e. [charlie@wayswithwords.co.uk](mailto:charlie@wayswithwords.co.uk)

## SILLOTH LIBRARY

### Blind Date with a Book

Looking for Love this Valentine's Day? Fancy something new and exciting? How about a blind date with a book?

During the month of February, check out a specially wrapped book from our display. Take it home, unwrap it, read it and enjoy!

Fill in and return the *Rate your Date* slip in order to be entered into a prize draw for a pair of cinema tickets. Closing date for entries is Friday 28th February.

You never know, you might get lucky in literature!

# Silloth Music & Beer Festival

**Silloth Music and Beer Festival 2014 is from the 4th to 7th September.**

Earlybird tickets for the full four days go on sale on 1st March, they are priced at £35 for the first 200 then reverting to £48.

Individual days can also be bought from the usual outlets. The lineup this year promises to be the best ever. There is Country, Folk, Rock, Blues, Motown, Soul, Punk, plus lots more in-between the headliners.

On Friday evening headliners are the Roy G Hemmings Motown Show. Saturday night sees the Quireboys making their Silloth debut. The four days have 26 hours of non stop top class entertainment so get your earlybird tickets fast as they sold out rapidly last year. Many other acts yet to be confirmed.

The Roy G Hemmings MOTOWN HITS SHOW: Original Drifters member Roy G Hemmings' "Reach Out To Motown" show is a celebration of timeless Motown and Soul songs. With hits by The Supremes, Four Tops, Temptations and Marvin Gaye to name but a few. This electrifying show features such classic hits as 'Baby Love', 'Dancing In The Street', 'My Girl', 'I Can't Help Myself' and 'I Heard It Through The Grapevine' to name a few. The show is fronted by Roy G Hemmings, the longest serving member of the Drifters. He sang at the Royal Albert hall to name just one of the prestige venues he has appeared at around the world.



# We Didn't Have This 'Green Thing' In Our Day!

This arrived by email, author unknown, but very true for all of us oldies. We know that it's not all our fault.

Checking out at the supermarket, the young cashier suggested to the much older woman, that she should bring her own grocery bags because plastic bags weren't good for the environment.

The woman apologised and explained, "We didn't have this 'green thing' back in my earlier days."

The young cashier responded, "That's our problem today - your generation did not care enough to save our environment for future generations."

She was right - our generation didn't have the 'green thing' in its day.

Back then, we returned milk bottles, lemonade bottles and beer bottles to the shop. The shop sent them back to the plant to be washed and sterilised and refilled, so it could use the same bottles over and over. So they really were recycled.

But we didn't have the "green thing" back in our day.

Grocery shops bagged our groceries in brown paper bags, that we re-used for numerous things, most memorable besides household bags for rubbish, was the use of brown paper bags as book covers for our schoolbooks. This was to ensure that public property (the books provided for our use by the school), was not defaced by our scribbblings.

February's meeting will be the annual Cheese, Wine and Games evening to be held in the Main Hall of Blencogo Village Hall on 12th February starting at 7:30pm. All are very welcome.

Contacts: Stella Graham 61393 or Stuart 61006.

But too bad we didn't do the "green thing" back then.

We walked up stairs, because we didn't have a lift in every supermarket, shop and office building.

We walked to the local shop and didn't climb into a 100 horsepower machine every time we had to go half a mile.

But she was right. We didn't have the "green thing" in our day.

Back then, we had one radio or TV in the house -

not a TV in every room and the TV had a small screen the size of a big handkerchief (remember them?), not a screen the size of Scotland. In the kitchen we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn petrol just to cut the lawn. We pushed the mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

But she's right; we didn't have the "green thing" back then.

We drank from a tap or fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the "green thing" back then.

Back then, people took the bus and kids rode their bikes to school or walked instead of turning their Mums into a 24-hour taxi service in the family's £30,000 'People Carrier' which cost the same as a whole house did before the "green thing." We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances and we didn't need a computerised gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest Pub!

But isn't it sad that the current generation laments how wasteful we old folks were just because we didn't have the "green thing" back then?

Please forward this on to another selfish old person who needs a lesson in conservation from a smart-arse young person...



## Quiz Answers

Anagram Quiz Answers from page 5.

- |                 |              |
|-----------------|--------------|
| 1. WOLSTY       | 6. BLACKDYKE |
| 2. BROWNRIGG    | 7. BECKFOOT  |
| 3. ALDOTH       | 8. SCALES    |
| 4. RABY         | 9. EDDERSIDE |
| 5. CAUSEWAYHEAD | 10. HAYRIGG  |

## Wine Circle

The December meeting of Waver Wine Circle took the form of our Annual Xmas Dinner, held again at the Wheyrigg Hotel, where Joe and Helen, as always, did us proud. Twenty-four members, friends and guests enjoyed a great evening which included the usual quizzes organised by George and Bill and a draw.

January's meeting was our Beer Tasting evening and

from the many entries the favourite by some margin was English Pale Ale (EPA)

February's meeting will be the annual Cheese, Wine and Games evening to be held in the Main Hall of Blencogo Village Hall on 12th February starting at 7:30pm. All are very welcome.

Contacts: Stella Graham 61393 or Stuart 61006.

Cumbria County Council

**A Local History Day with Dr Alan Crosby**

**Cumbria's Home Front in the First World War**

**Saturday 22 March 2014**  
**9.45am - 4pm**  
**at Moorclose Lecture Theatre**  
**Workington CA14 3SE**

**Tickets £12.50 Booking required**  
**Forms available at Libraries and Archive Centres and online**  
**Ring 01946 506400 or 506420 for enquiries**

Serving the people of Cumbria cumbria.gov.uk



Angel Bee

by Millie Harrison from Holm Cultram Abbey School

**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 Gladys 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

**Abbeystown Library**

Abbeystown 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**

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**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**

**Sports Hall**  
under 7 years  
Wednesdays 4-5pm  
over 7s years  
Wednesdays 5-6pm

**Men's Team**  
Wednesday 7pm to 8:30pm at Stanwix Park

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

**Whist Group**

Age no barrier. Anyone interested please come along on a Tuesday at 1:30pm until 3:30pm, entry is £2 - if you require any more information please ring Susan Kenny on 016973 32450.

**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

**Kettlebell Fitness**

Kettlebell Total Body Blast is at Silloth Sports Hall every Wednesday night from 7pm to 8pm. Rapid results, Unisex, Suitable for all levels of Fitness. To Book Call or Text Gayle on 07725 99 00 62

**Metafit Fitness**

30 Minute Body Weight High Intensity Training on Wednesdays in Wigton Market Hall at 5:30pm, Silloth Sports Hall at 6:30pm. Just turn Up!  
For more info Call Gayle 07725 990062

**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

**January 2014**

31st Quiz night in aid of the RNLI in the Golf Hotel @ 7:30pm

**February**

3rd Silloth Town Council meet, 7pm in Community Hall

5th Parkinson's Group meeting in Wheyrigg Hotel from 11:45am to 2:30pm. O.T. link with Wigton Hospital, all welcome

6th Coffee Morning in the Recreation Hall with Silloth & District Pensioners

7th Arthritis Support Group meet in Loveday House at 1:30pm

8th National Libraries Day

8th Mercury at the Wave Centre, Maryport, 8pm, tickets £15, tel: 01900 811450

11th Holme Low Parish Council meeting in the Community Hall, Silloth at 7:30pm

13th Causewayhead WI Close Shave Quartet, Competition: Wind Chimes

15th Crunch Service in Skinburness Road Car Park from 8am to 9:45am

28th Whitehaven Male Voice Choir are performing in Waverton Village Hall at 7pm

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

**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

**Abbeystown Lunches**

Holm Cultram Abbey C of E School are providing Community Lunches every 2nd and 4th Friday of the month. Two courses and a drink for only £3.50! (we can deliver locally too!)

**Silloth Open Door**

Free Lunch 12noon - 1pm Every Tuesday in St Andrew's Hall (Opposite Cop). Donations Welcome

**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

**RNLI Shop**

The Silloth Lifeboat Station shop has now closed for the season. Thank you to all our customers for your support during 2013 and we look forward to seeing you again in 2014. The shop will reopen in Spring.

Please let us know of any changes within this section

**Dates for the Diary**

**March**

1st Coffee Morning in the Recreation Hall with Silloth & District Pensioners

3rd Silloth Town Council meet, 7pm in Community Hall

4th Neighbourhood Forum Meeting, tel 01900 706009

5th Parkinson's Group meeting in Wheyrigg Hotel from 11:45am to 2:30pm. A day in the month, all welcome

7th Silloth Master Quiz at 7pm in Christ Church Hall

12th Causewayhead WI "Of Samurais & Geishas" Speaker:- Pax Garabedian Competition: A Fan

13th Sing-a-long Songs of Wartime at the Wave Centre, Maryport, 2:30pm, tickets £12.50, tel: 01900 811450

15th Crunch Service in Skinburness Road Car Park from 8am to 9:45am

15th Lakeland Dialect Society meeting in Christ Church Hall at 12:30pm, speaker Tim Barker, all welcome, bring & share lunch

20th Wigton Medical Practice closed for training from 1pm

**April**

2nd Parkinson's Group meeting in Wheyrigg Hotel from 11:45am to 2:30pm. Anyone can paint a Horse! all welcome

3rd Silloth Green market starts for the season

5th Coffee Morning in the Recreation Hall with Silloth & District Pensioners

7th Silloth Town Council meet, 7pm in Community Hall

9th Causewayhead WI The Work of Barnardo's Locally Speaker: Racheal Head Competition: A Coaster

12th Counterfeit Sixties at the Wave Centre, Maryport, 7:30pm, tickets £16/£14, tel: 01900 811450

**May**

7th Parkinson's Group meeting in Wheyrigg Hotel from 11:45am to 2:30pm. Pill's & Parkinson's, all welcome

8th Causewayhead WI RESOLUTION MEETING Competition: to be decided

12th Silloth Town Council meet, 7pm in Community Hall

13th Holme Low Parish Council meeting in the Community Hall, Silloth at 7:30pm

25th Silloth Green Day from 10:30am to 4:15pm



Send Your Bees to the Solway Buzz There is a Bee Shortage and we Need Yours!

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

**June**

2nd Silloth Town Council meet, 7pm in Community Hall

7th Parkinson's Group meeting in Wheyrigg Hotel from 11:45am to 2:30pm. Don't give up on young people, all welcome

11th Causewayhead WI "Tales in Verse", Speaker: Joan Bennett, Competition: A Four line verse About W.I.

**July**

2nd Parkinson's Group meeting in Wheyrigg Hotel from 11:45am to 2:30pm. Eden Valley Hospice, all welcome

7th Silloth Town Council meet, 7pm in Community Hall

9th Causewayhead WI Safer Driving Speaker: Peter Logan, Competition: A Car (Toy or ornament)

26th Abbeystown Carnival

**August**

6th Parkinson's Group meeting in Wheyrigg Hotel from 11:45am to 2:30pm. NIA, all welcome

12th Holme Low Parish Council meeting in the Community Hall, Silloth at 7:30pm

15th Theatre on the Green presents TREASURE ISLAND by the Rain or Shine Theatre Company at 7pm, Details TBC

17th Silloth Beach Half Marathon @ 11am, also 10k race at 11:30am, book online by visiting www.q-buster.co.uk

25th Silloth Carnival

**September**

1st Silloth Town Council meet, 7pm in Community Hall

3rd Parkinson's Group meeting in Wheyrigg Hotel from 11:45am to 2:30pm. Sing along with Mary Kipling & her guitar, all welcome

4th Silloth Music & Beer Festival

5th Silloth Music & Beer Festival

6th Silloth Music & Beer Festival

Send 2014 dates for local events to the Solway Buzz now! The Diary is filling up fast.

**September cont'd**

7th Silloth Craft Show

7th Silloth Music & Beer Festival

10th Causewayhead WI Cycling through Scandinavia to Russia, Speaker: Norman Godfrey, Competition: A Fridge Magnet

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.

**Sewing Circle**

Silloth Sewing Circle has moved! As from Thursday 23rd January, they will be meeting at Pennine View Community Centre on Pennine View in Silloth. They meet every Thursday from 1pm to 3pm for sewing (with expert tuition, if required, from Penny), chat and a cuppa, so come along and find out what they are up to and have a go yourself, you never know what you can do 'til you try. They have everything you need to get you started. If you want to know more, ring 016973 31915 and either ask for Jennifer or leave a message and she will get back to you.

NEW SERVICE STARTING WED 5th FEB 2014

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On: 1st Wednesday of every month  
Time: 10am -1pm  
Place: Silloth Library, The Discovery Centre, Liddell Street

Further Details: [KNewham@britishlegion.org.uk](mailto:KNewham@britishlegion.org.uk)  
Or Tel: 0808 802 8080  
Registered Charity No 219279

Copy Date

Copy date for the April issue is: 1st March 2013  
If your organisation has an event to promote or you have something to say, please note the next copy date.

# Your Letters

Dear Buzz,  
 HAPPY NEW YEAR to all at the Buzz.  
 You move to Silloth and settle in and then what happens - YA GET TO BE A PARTY ANIMAL!!  
 Two Christmas lunches and a Christmas dinner in just one week and then my first ever Hogmanay to bring in 2014. Although, when you read this, it'll all be over (or just beginning depending on how you view a new year!) and I'll be trying to live up to my resolutions! Will I make it? More on that at a later date ...maybe.  
 The festivities began for me with a dozen or so members of the Silloth Patchwork Heaven group attending lunch at The Golf Club, a delicious meal, expertly presented and served was enjoyed by all. The group, lead by Mrs Brenda Dowdell, meets each week in Silloth and will be resuming during January 2014, more on dates and times in a later edition.

We all assembled in the bar and had a sip of festive cheer and then on to the dining room, where we had our Christmas lunch, there were different dishes, all pre-chosen by each person to include two or three courses. Plenty of food, plenty of chatter and plenty of merriment made for a most enjoyable time.  
 The second lunch I attended was at Bank Mill Nursery at Mawbray for around 30 members of the Silloth Drop In Craft Group that meets on Wednesday afternoons at the Methodist Church Hall on Solway Street.  
 The food and service was of the usual very high standard which we've come to expect at Bank Mill and when pudding time arrived, there were some amongst us who were rendered speechless, by their choices!

The tables were all festively decorated and the service, for so many people, not to mention the additional customers who were accommodated in another dining area, was exemplary, good natured and very patient. Once again, a big thank you and very well done to Shirley and her team, also to Mrs Robina Bond for getting the event organized for us all to enjoy.  
 My overindulgent week concluded with another visit to Silloth Golf Club for dinner with the members of The Solway Woodcarvers Group. The evening was enjoyed by all with plenty of good humour and comical quips circulating at lightning speed, they're a lively group these woodcarvers and turn out some incredible work - visit the groups Facebook page to see some of the things they get up to. Clive Firth (founder and Chair of the group) was presented with gifts on behalf of the membership by Alison Robertshaw, who also organized the event, as an expression of thanks for his very hard work and encouragement within the group and Clive's wife Carol Ann was presented with flowers.

Jennifer Bailey

Dear Buzz,

I would be grateful if you could pass on our heartfelt thanks to everyone who sent cards and kind messages of sympathy during our recent sad loss of Dougie. Also a big thank-you for the generous donations received in his memory in lieu of flowers. The sum of £510 has now been forwarded on to Knoxwood Wildlife Rescue Trust.  
 Thanks again to you all for your kindness and generosity.

The Warwick Family



# Poem

99 Pence  
 A Poem by Joan Bennett

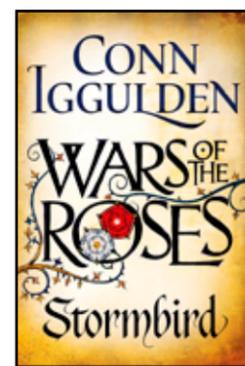
*I wish you were here, instead of me,  
 I'd booked a flight for 99p,  
 You told me to book on the internet,  
 You said booking on line was a very safe bet.  
 I needed a break so to Spain I would go,  
 It had to be cheap as my funds were so low,  
 I took your advice and on line I went,  
 I'd have been better off, at home in a tent.  
 The airline's ad said, to Spain it is cheap,  
 Only 99 pence but you can't book a seat,  
 The ad didn't say that you paid to come home,  
 One hundred pounds shaved my cash to the bone.  
 I arrived in Spain and the weather was hot,  
 My taxi's on time, arrived dead on the dot,  
 Where are you going? The nice driver asked,  
 When he saw the address, he winked and he laughed.  
 Is this your first visit? asked he, hand on the lock,  
 If it is I'm afraid you are in for a shock,  
 The car stopped, I thought, we're in the wrong place,  
 This old run-down building, is a shocking disgrace.  
 That's twenty five euros, the nice driver said, please,  
 If I spend much more money, I'll be down on my knees.  
 I entered the building, once more had a shock,  
 I hadn't booked an hotel, but an apartment block.  
 I found my apartment, it's not very clean,  
 The tiles round the bath are all mouldy and green,  
 More money I spend, buying flannel and soap,  
 By now I'm beginning to feel a right dope.  
 I looked out of the window, I could see a pool,  
 At last, something nice that would keep me cool,  
 I unpacked my bikini, to the pool I went,  
 Only to find that the towels I must rent.  
 More money I spend and I must buy some food,  
 I'm losing my patience I don't mean to be rude,  
 But from now on my friend you can keep your advice,  
 I'll book through travel agents, go somewhere nice,  
 I'll save a bit longer, then for sure I will know,  
 That the places I go to will put on a show,  
 Luxury, and comfort, is what I adore,  
 In this life my friend, you get what you pay for.*

# Winter Reads

Supported by  
 Anne Carruthers  
 Cumbria Library Service

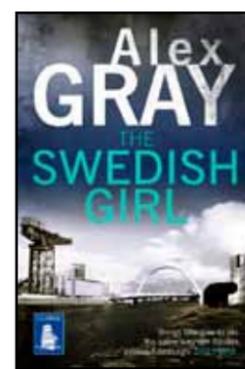
Why not curl up with  
 a good book?

Wars of The Roses: Stormbird  
 by Conn Iggulden  
 King Henry V – the great Lion of England – is long dead. In 1437 the pious and the gentle Henry VI, the Lamb, comes of age and accedes to the throne but his poor health and frailty of mind render him a weakling king. With England's territories in France under threat, and rumours of revolt at home, fears grow that Henry and his advisers will see the country slide into ruin.  
 As storm clouds gather over England, King Henry and his supporters find themselves



besieged abroad and at home. Who or what can save the kingdom before it is too late?

The Swedish Girl  
 by Alex Gray  
 Eighteen – year – old Kirsty Wilson can't believe her luck when she lands a room in the luxury Glasgow flat owned by the beautiful Eva Magnusson. Her initial delight turns to terror when Kirsty finds Eva lying dead in their home and their male flatmate accused of her murder. Kirsty refuses to accept that he is guilty and sets out to clear his name.  
 It is not long until another woman is brutally murdered. Horrified, the police realise that Kirsty could be right. Is it



possible that they've put the wrong man behind bars?

Jessi-cat  
 by Jayne Dillon  
 Lorcan was seven years old when his mother first heard him say "I love you." The words were not directed at her, but at Jessi-cat, the family pet.  
 Lorcan suffers from autism and selective mutism, rendering him unable to speak in certain situations. This all began to change with the arrival of a kitten named Jessi-cat. This is the stirring tale of how the affection and attention of a constant loving companion allowed a little boy to start to



connect with the world around him.

## National Libraries Day, Saturday 8th February

"National Libraries Day is a celebration of what is great about our libraries"  
 Come along and see what your local library has to offer – from Internet access: where you can job search or update your C.V. to a range of online services including magazines and downloadable audio books, as well as information on welfare issues or even the Driving Theory Test!



There will be displays in all libraries to advertise our services  
 Check out your local library.

Remember – you can join the library, search the library catalogue, renew and request books online at [cumbria.gov.uk/libraries](http://cumbria.gov.uk/libraries)

### Non-Commercial Tourism Websites

- [solwaybuzz.co.uk](http://solwaybuzz.co.uk)
- [sillothgreen.co.uk](http://sillothgreen.co.uk)
- [sillothonsolway.co.uk](http://sillothonsolway.co.uk)
- [sillothgolfclub.co.uk](http://sillothgolfclub.co.uk)
- [vintagerally.co.uk](http://vintagerally.co.uk)
- [sillothbeerfestival.co.uk](http://sillothbeerfestival.co.uk)
- [silloth-on-solway-tc.gov.uk](http://silloth-on-solway-tc.gov.uk)
- [visitcumbria.com/wc/silloth](http://visitcumbria.com/wc/silloth)
- [soldiersinsilloth.co.uk](http://soldiersinsilloth.co.uk)
- [solwayshorestories.co.uk](http://solwayshorestories.co.uk)
- [solwayplain.co.uk/silloth1.htm](http://solwayplain.co.uk/silloth1.htm)
- [facebook.com/sillothgreen](http://facebook.com/sillothgreen)
- [facebook.com/silloth-carnival](http://facebook.com/silloth-carnival)

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

# 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 Lucy Anson from Holme St Cuthbert Primary School with a bee called "Rainbow Bee".  
 Well done!



Sandra Hickebottom  
 MCFHP DipFHT MAFHP

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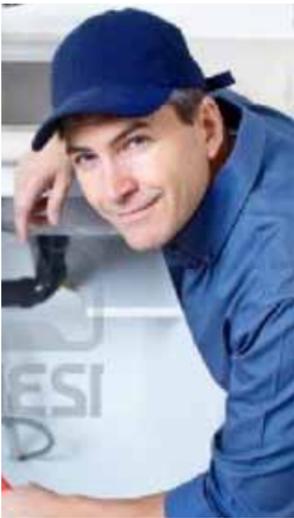
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# On the Water Front

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

December 2013  
1st. Hav Zander from Ghent with fertilizer, then in ballast to Bird Port (Newport).  
12th. Ben Varrey from Liverpool with wheat, then in ballast to Kilroot.  
16th. Swedica Hav from Hamburg, then in ballast to Rekeford.  
17th. Hertfordshire from Rouen, then in ballast to Buckie.

is unchanged, the funnel colours now bear the badge of their new owner.

Angel Shipping Co. Ltd already owns a small but expanding fleet of coastal dry cargo vessels, most of which have called at Silloth in the past under previous ownership. These ships are the 'Falcon', ex 'Hoo Falcon', the 'Swift', ex 'Hoo Swift' and the 'Martin', ex 'Hoo Martin', plus the 'Pluto', ex 'Union Pluto'.

Here at Silloth, we look



Photo by: John Forrester

It is with much regret and sadness that I have to report the demise of the Ramsey Steamship Company, (RSSCo), which occurred on 28th November 2013. This well-known and respected shipping company, based at Ramsey on the Isle of Man, was formed just over 100 years ago, in April 1913 and traded mainly to and from ports around the Irish Sea, including Silloth. My report in the January 2013 edition of the Solway Buzz detailed the company history. The downfall of the RSSCo was reportedly due to unfavourable trading conditions and the overwhelming burden of company pension obligations.

The last remaining ships owned by the company were the Ben Varrey (4) 997GT and the Ben Maye (2), 548GT, both of which have now been sold to the Kent based ship owner, Angel Shipping Co. Ltd and will be managed and operated by its wholly owned subsidiary Absolute Shipping Co. Ltd, incorporated on 30th April 2013. Both these ships have been frequent visitors to Silloth and will continue to do so under the new management company, retaining their existing names for the time being, but ship spotters will notice that, whilst the hull colour

forward to many future visits of the two 'Ben boats', along with the other vessels in the 'Angel Fleet' when cargo opportunities arise.



Goodbye to RSSCo and hello to Angel Shipping



On a totally different topic, you may remember that back in the September 2013 edition of the Solway Buzz, I wrote about the opening of a new branch of the Mission to Seafarers, here at Silloth. Also about what you could personally do, along with a small team of knitters, to make life a little easier for the seafarers visiting Silloth. Liz Elliott, who runs the local branch, has received a very nice email from the 2nd Officer of a ship called 'Scot Venture', which has called both at Silloth and Workington in recent months. Liz Elliott



# Tide Tables

FEBRUARY 2014		SILLOTH							
		DEPTH ON NEW DOCK GAUGE							
		High Water				Low Water			
Date		Morning		Afternoon		Morning		Afternoon	
		Time	m	Time	m	Time	m	Time	m
1	SA	00 18	7.8	12 35	8.3	07 25	-1.4	19 54	-1.6
2	SU	01 04	7.8	13 23	8.3	08 10	-1.4	20 40	-1.6
3	M	01 49	7.7	14 08	8.1	08 54	-1.3	21 20	-1.4
4	TU	02 33	7.4	14 51	7.6	09 33	-1.0	21 59	-1.0
5	W	03 16	6.9	15 37	7.1	10 14	-0.6	22 39	-0.5
6	TH	04 02	6.3	16 28	6.4	10 57	-0.2	23 22	-0.1
7	F	04 55	5.7	17 27	5.6	11 48	0.2		
8	SA	06 03	5.2	18 41	5.2	00 16	0.4	12 56	0.5
9	SU	07 24	5.1	20 02	5.1	01 29	0.6	14 17	0.6
10	M	08 41	5.3	21 13	5.4	02 47	0.6	15 33	0.4
11	TU	09 40	5.7	22 05	5.9	03 54	0.4	16 32	0.1
12	W	10 23	6.2	22 46	6.2	04 46	0.1	17 20	-0.2
13	TH	11 01	6.6	23 20	6.5	05 28	-0.2	17 59	-0.4
14	F	11 34	6.9	23 51	6.7	06 05	-0.4	18 35	-0.6
15	SA			12 05	7.1	06 38	-0.6	19 07	-0.8
16	SU	00 21	7.0	12 35	7.2	07 10	-0.7	19 39	-0.9
17	M	00 53	7.0	13 06	7.2	07 43	-0.8	20 12	-0.9
18	TU	01 25	7.0	13 37	7.1	08 18	-0.8	20 45	-0.8
19	W	01 56	6.9	14 09	7.0	08 52	-0.6	21 16	-0.6
20	TH	02 30	6.7	14 43	6.7	09 25	-0.5	21 47	-0.4
21	F	03 08	6.4	15 25	6.4	10 00	-0.3	22 24	-0.1
22	SA	03 54	6.1	16 16	6.0	10 43	-0.0	23 13	0.1
23	SU	04 56	5.7	17 29	5.5	11 42	0.2		
24	M	06 19	5.4	19 01	5.4	00 25	0.4	13 06	0.3
25	TU	07 44	5.6	20 26	5.7	01 57	0.3	14 36	0.1
26	W	08 57	6.2	21 35	6.4	03 18	-0.1	15 55	-0.4
27	TH	09 56	7.0	22 30	7.0	04 27	-0.5	17 01	-0.9
28	F	10 48	7.5	23 18	7.5	05 26	-0.9	17 58	-1.3

MARCH 2014		SILLOTH							
		DEPTH ON NEW DOCK GAUGE							
		High Water				Low Water			
Date		Morning		Afternoon		Morning		Afternoon	
		Time	m	Time	m	Time	m	Time	m
1	SA	11 34	8.1			06 19	-1.1	18 49	-1.5
2	SU	00 02	8.0	12 18	8.3	07 07	-1.4	19 34	-1.6
3	M	00 43	8.0	13 01	8.3	07 50	-1.4	20 16	-1.6
4	TU	01 26	7.8	13 43	8.1	08 31	-1.4	20 55	-1.3
5	W	02 05	7.5	14 24	7.6	09 09	-1.1	21 30	-0.9
6	TH	02 43	7.1	15 05	7.1	09 45	-0.6	22 03	-0.4
7	F	03 23	6.5	15 49	6.4	10 23	-0.2	22 39	0.1
8	SA	04 11	5.9	16 43	5.6	11 07	0.2	23 24	0.5
9	SU	05 13	5.3	17 54	5.1			12 08	0.6
10	M	06 35	5.0	19 22	4.9	00 31	0.9	13 34	0.7
11	TU	08 00	5.1	20 41	5.2	02 02	0.9	14 56	0.6
12	W	09 07	5.5	21 38	5.6	03 18	0.6	15 59	0.2
13	TH	09 54	6.1	22 20	6.2	04 16	0.3	16 48	-0.1
14	F	10 33	6.5	22 54	6.5	05 00	-0.1	17 28	-0.4
15	SA	11 07	6.9	23 25	6.9	05 37	-0.4	18 06	-0.6
16	SU	11 39	7.1	23 55	7.1	06 13	-0.6	18 40	-0.8
17	M			12 09	7.3	06 48	-0.8	19 13	-0.9
18	TU	00 25	7.3	12 39	7.3	07 23	-0.9	19 48	-0.9
19	W	00 58	7.3	13 12	7.3	07 57	-0.9	20 21	-0.9
20	TH	01 32	7.3	13 47	7.2	08 32	-0.8	20 55	-0.7
21	F	02 08	7.1	14 24	7.0	09 07	-0.6	21 27	-0.5
22	SA	02 47	6.9	15 08	6.6	09 43	-0.4	22 05	-0.2
23	SU	03 36	6.4	16 03	6.2	10 27	-0.1	22 54	0.1
24	M	04 39	6.0	17 17	5.6	11 27	0.1		
25	TU	06 02	5.6	18 50	5.5	00 04	0.4	12 50	0.2
26	W	07 27	5.9	20 12	5.9	01 36	0.4	14 20	-0.0
27	TH	08 40	6.3	21 21	6.4	02 59	-0.0	15 37	-0.4
28	F	09 39	7.0	22 14	7.1	04 08	-0.4	16 42	-0.8
29	SA	10 29	7.5	23 00	7.5	05 08	-0.8	17 38	-1.1
30	SU	11 14	7.8	23 42	7.7	05 59	-1.1	18 26	-1.4
31	M	11 57	8.1			06 45	-1.3	19 09	-1.4

Tide Tables supplied by ABP Port of Silloth  
Times shown in UTC. Add 1 hour for British Summer Time.

visited the ship and handed over some Christmas parcels for the crew, which included a few woollen hats knitted by local people.

The email from the ship stated, "The 'Scot Venture' is one of a small fleet that plies between the UK and Northern European ports. It can get pretty cold in that area, especially in the Baltic Sea, with the sea being frozen over for much of the winter. The Scot Line crews, (along with many other crews visiting Silloth), are nearly all from the Philippines and when joining their ships in Europe they experience a considerable drop in temperature from 30 degrees Celsius at home, to whatever it is in their new area of operation. Even in the spring

and occasionally the summer months, it will be a huge shock and acclimatization can take some time. The crew would not bring their own hats with them, because where could you get, or possibly need, a woollen hat in the Philippines? On arrival at Silloth or Workington, to be presented with a warm, woolly hat is a Godsend. Heartfelt thanks go to all the knitters, from seafarers across the world. Sterling work ladies and please keep it up."

So there you are, an example of how the work of local volunteer knitters, in association with the Mission to Seafarers, is really appreciated by those who's working life takes them far from home.

# Phone Book

This section recognises those whose financial help keeps us going. If you wish to contribute in this way without taking an advert, please contact the Buzz, it costs only £45 a year.

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- Please, let us know what you want included, also any changes to numbers.

# New Service!



Jackie Thompson has spent most of her life in Silloth, as she says, she hasn't ventured far!

She has been working as a nurse for over thirty years, the last fourteen of which have been spent as a practice nurse at Wigton Surgery. An enjoyable part of her daily workload involves the assessment and wound care of patient's feet, including those with diabetes for whom it is of the upmost importance that they closely monitor and care for their feet.

If you have ever suffered from sore feet you will know how it can affect your mobility and whole wellbeing, therefore having the ability to sort out a foot problem and improving someone's quality of life brings a great deal of job satisfaction to Jackie.

Regularly working alongside a podiatrist in the surgery gave her the incentive to become a fully accredited foot health practitioner. The transition

into foot care was a natural and exciting progression for Jackie and the course and practical training she undertook, she funded by herself, enabling Jackie to pursue an area of special interest with enhanced knowledge, enthusiasm and expertise.

Jackie is now working as a private mobile practitioner under the name of 'Jackie's Footcare' in Silloth and the surrounding area, caring for feet in the comfort of your own home. See her advert on this page

# Go Green

Coming soon - chance for households to become greener.

Households looking to become even greener in the New Year will be able to get heavily discounted home food waste digesters, thanks to a new initiative by Cumbria County Council.



Residents in Allerdale, Barrow and Eden will be able to start ordering the units in February 2014 after the council successfully bid for funding from the Department for Communities and Local Government's Weekly Collection Support Scheme.

The three districts chosen are being targeted specifically in the £606,000 project as they still operate a weekly waste collection. The food digesters will reduce the need to collect and treat up to 1,300 tonnes of waste per year, and will reduce carbon emissions by approximately 4,600 tonnes per year.

Around 6,500 households will have the

opportunity to receive a food digester. There are two types of units, one producing a rich compost and the other a minimal residue, which can handle all types of food waste (including cooked or uncooked meat, fish and dairy). They will be available for households to purchase at a discount of 75% - approximately £15-£20 each.

Following a procurement exercise, the council has appointed Great Green Systems Ltd to carry out order fulfilment and delivery of the units to properties.

Councillor Clare Feeney-Johnson, Cumbria County Council Cabinet member for Environment, said: "I'm delighted we have secured funding for this exciting initiative, which will offer fantastic savings for households looking to compost all their food waste at home. I would encourage residents to take advantage of this scheme, which will have a really positive impact on the environment and also help reduce the council's waste treatment costs."

Full details of how to apply for discounted units will be made available when the scheme is officially launched in the New Year.

For more information on how households can make savings by reducing the amount of food they throw away, visit [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com).

# Astrology

## SCORPIO

October 23rd to November 21st

'Who keeps an arrow in his bow?

And if you prod, he lets it go?

A fervent friend, a subtle foe -

That's SCORPIO



This is the sign of the Scorpion - with a pronounced sting in his/her tail! Powerful feelings and emotions are at work here and subtle shifts in attitude abound. The Scorpion heart 'has its reasons which the mind knows nothing of' but ultimately, it's either all or nothing!



### The Bright Side:

Although they often get a bad press astrologically, Scorpios (with their very intense personalities) also possess hidden depths of perspicacity and compassion. Being deeply emotional themselves, Scorpios understand and accept the feelings and pain that others

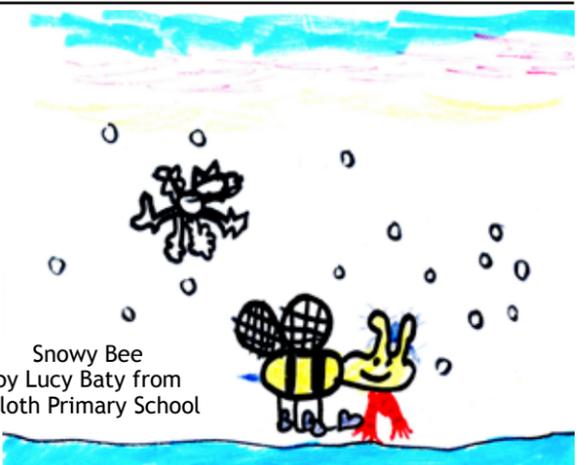
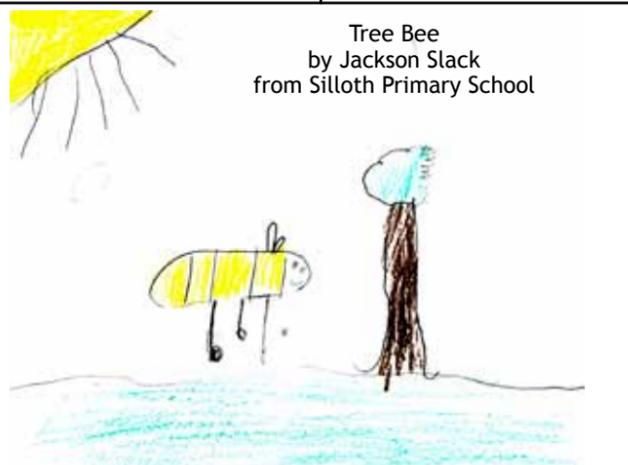
often find they cannot handle. Imaginative and discerning, they make loyal and committed friends and demonstrate a determined and persistent approach to achieving their goals in life.

### The Dark Side:

Scorpios have a hidden and secretive side and are not averse to using their very deep understanding of people for their own ends - usually directed towards gaining power. At their very worst, Scorpios never forget a grudge and can be quite vindictive (and physical) in 'getting even' So...don't upset them to begin with!

Scorpion metal is cold, hard steel and their 'personal' colour is deep (blood!) red; plants associated with this sign include briar, cactus and furze - all a little prickly! Scorpios often have an interest in the Occult, and Tarot Cards appeal to their mysterious side. All in all - an extremely intense sign!

For more information on your Star Sign, please contact Diane on 016973 32729, or email: [reikidee@gmail.com](mailto:reikidee@gmail.com)



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# Under 25? Get Going with Junior Cardio Sessions

The brand new junior cardio tennis sessions for ages 11 to 25 have really taken off over the winter season. Billed as "tennis fitness to music where you don't have to be any good" the free sessions have regularly attracted over 15 players each week and apart from the fitness the improvement in skills has been dramatic!

The sessions run on Tuesday evenings from 7:30pm to 8:30pm and anyone interested should contact David Wise on 07742 547767.



# Silloth Tigers Romping Home

Silloth Tigers Rugby Club started the new year with a bang!

The first game of 2014 saw Silloth welcome local rivals Wigton, the game was dominated start to finish by Silloth who were worthy 71-0 winners. Next up was a trip to Millom and again a dominant Tiger team came away with a 41-0 win. Next up was a stronger test against Penrith at home.

Coach Mark Orchard said: "In the last three games we have scored 160 points and conceded only 7 while keeping two clean sheets. Ricki Sutcliffe joins Dean Scholey in breaking the 100 point barrier, he has scored 22 tries so far this season and 10 in his last three games. When Sam Winter scored on Saturday he became the 25th Silloth player to do so this season."

Silloth welcomed a strong Penrith side to the Jim Brough rugby park, with Penriths 1st team without a game and Millom 2nd



Forward Lee Tinkler breaking out of a tackle on another solid run

team crying off against the vagabonds Penrith coach Bill Laidlaw brought a solid mixed team,

Silloth as usual started strong and their constant pressure resulted in Silloth gaining both possession and territorial advantage which were eventually turned into points. Silloth turned over the Penrith scrum and their switch play caught out the Penrith defence and Stoddart put Winger Ricki Sutcliffe clear to score in the corner, Dean Scholeys conversion. Silloths lead was extended almost immediately when Flanker Jonathan Burnyeat ran over half the pitch to score under the posts, 12-0. Silloth were now well on top.

Penrith, who seemed to be shell shocked from Silloths constant pressure were eventually starting to settle and put some good phases together. With half time approaching Silloth lifted their game again and got back on top and with this came their third try, from a scrum Nixon again got the better of his opposite man John Sealby and broke clear, his pass found Stoddart who crashed over in the corner, 17-0 HT.

Penrith started the 2nd half knowing they must score to have any chance of staying in the game, they were putting Silloth under pressure and this pressure frustrated the Silloth pack into giving away needless penalties. Penrith were capitalising on this and a quick penalty saw Penrith hooker Craig Price catch

Silloth off-guard and crash through the defence and touch down for a deserved try, Rylands conversion made it 17-7.

Silloth looked shocked and were now on the back foot as Penriths try lifted them. Silloth made changes and responded, some great kicking from Stoddart and Scholey was keeping Silloth in the Penrith half and frustrating the visiting side. Back flanker Sam Winter was quickest to react and sprinted to touch the ball

down and score the all important bonus point try, his try made him Silloths 25th different try scorer this season, 22-7. This knocked the wind out of Penriths sails. The Tigers extended their lead, another dominant turnover scrum from Silloth saw the ball passed from right to left and winger Ricki Sutcliffe raced clear to score his third hat-trick in 3 games, Scholey added the extras 29-7. Penrith were now down and out and Silloth were producing some outstanding rugby. Captain Jamie Baxter next to score a well deserved try, 36-7. It was now one way traffic and Silloth were



Winger Ricki Sutcliffe racing to score another Silloth try

on fire. Next, Barker scored a fantastic try that even the Penrith side applauded 43-7. Man of the Match Ricki Sutcliffe sliced through two defenders and scored his fourth try of the game and his 10th in three games, a Scholey kick hit the post but it was all over as the referee blew his whistle

Silloth 48-7 Penrith.

Silloth 2nd team (The Sharks) played their first game of 2014 away to Wigton against an experienced Wigton Wizards side, Silloth won 93-7. Man of the Match was 17 year old captain Tommy Dixon who lead by example.



Standoff Steven Stoddart leading the attack with Dan Yeoman and Dean Scholey in support

# Silloth Football

Report by: Stephen Hart

Silloth AFC have two new teams on the horizon.

The over 35s are returning after a year out. If you would like to play contact Lama in Jaybees. All players new and old are very welcome, the first game is on 1st April.

The u-7s will also be starting soon under the guidance of Liam Wilson with Martin Slack and the parents. Training is in the Sports Hall on Wednesdays from 4-5pm for the u-7s, then 5-6pm for the u-11s.

The club are looking to send interested people on a coaching course this spring, if anybody is interested please contact Liam or any committee member.

Silloth AFC is a community club, with our heart in the community. It is nice to see some good young talent being brought on by the management.

Good luck to the lads in their quest for promotion and success in the cups. There is a big quarter final coming up in the Cumberland Cup tie against Aspatria at Eden Street playing fields on the 1st of March with a 2pm kick-off.

To coincide with this game we are inviting all Silloth old boys to come down. There will be refreshments for all. It would be nice to see all the old faces so please come down, support the lads and enjoy the day.

# Abbeytown Bowling Club

Report by: Gladys Temple

Abbeytown Bowling Club were at home to Wigton for the first match of 2014. Michael Faulkner welcomed everyone and the first half began with 4 games of 5 ends. The score at half time was Abbeytown 21 Wigton 16.

A delicious buffet supper was served and a raffle with the winners being Alan Wills. Martin Kirkby, Callum Hodgson and Christine Forder from Wigton and Gladys Temple, John Crawford and Alan Litt from Abbeytown. After a hard fought fight Abbeytown won by 38 to 36.

Monica McClintock thanked the Abbeytown members for a very interesting and friendly evening with a lovely supper.

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# Silloth Tennis Club Junior Championship



Yusuf Brooks & Luke Eilbeck



Kirsty Whitfield



Jackson Slack & Luke Eilbeck



Abigail Mossop & Libby Millican



Darci Slack & Sophie Hetherington



Ella Thompson & Darci Slack

Silloth Tennis Club held their annual under 8 and 9 Championships during the festive break with a few first time winners taking home the silverware.

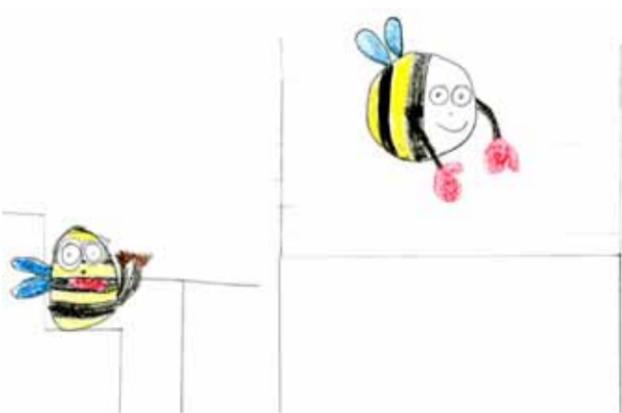
The events were started during the summer months of 2003 and the trophies have the names of many fine tennis players and County Champions etched on them. Adding to those names on the under 8 cups are Ella

Thompson and Luke Eilbeck who triumphed over brother and sister Darci and Jackson Slack in their respective finals with Charlotte Harrison winning the consolation event.

In the under 9's it was Abigail Mossop and Yusuf Brooks who came out on top in a mixed singles event (runners up were Libby Millican and Luke Eilbeck) with Kirsty Whitfield taking

the consolation. In the under 8 doubles Darci gained some revenge by winning the final with partner Sophie Hetherington against Charlotte Harrison and Kirsty Whitfield.

With good performances all round it was great to see many players making their competitive debuts, getting their feet on the ratings ladder and hopefully being bitten by the competitive bug.



Boxer Bee  
by Jake Walker from Silloth Primary School

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