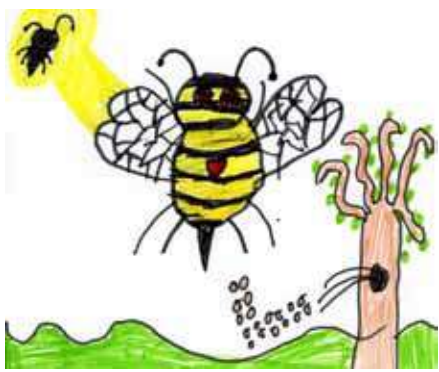




Solway Buzz

Super Buzz
by Kian Watson from Holm Cultram Abbey School

www.solwaybuzz.co.uk

May 2015

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

FREE PAPER

Issue 134

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Walking the Coast to Silloth



Report by: Sue Kent
Silloth RNLI

Adventurer Adam Short (42) is taking a long walk round the coastline of the UK. He has recently completed Scotland and has now re-entered England passing through Silloth on his way to Workington.

Adam is attempting to stay as close to the waters-edge on his epic 6,600 mile challenge that he started on March 6th 2014 in aid of RNLI and Save the Children. Having left Southampton over a year ago he has endured every season and hopes to complete his journey within the next six months.

Since his tent broke just before Christmas Adam has been wild camping under a tarpaulin sheet and hopes the good weather will continue to follow him throughout Cumbria. Adam has also been carrying an inflatable kayak to allow him to cross rivers, estuaries and while in Scotland, lochs.

On Friday Adam arrived at the Silloth RNLI lifeboat station and was warmly greeted by Sue Kent and the rest of the crew. On Saturday morning instead of continuing with his mammoth hike he took some time out to experience lifeboat operations of the



crew first hand by joining the team on their weekly exercise and volunteering to be rescued alongside crew member Melanie Irvine.

"I've wanted to experience what it would be like to get rescued by the RNLI," said Adam, "it's been a trek ambition I can now cross off my list. The volunteers of the RNLI do a fantastic job saving lives at sea."

While hiking the coast Adam regularly posts blogs, photos and produces short videos bringing followers of the challenge closer to the

action and raising awareness about sea safety.

To follow his progress and donate to his selected charities visit <http://uk-coastal-trek.com> or find him on Facebook (UK Coastal Trek) and Twitter (@AdamDShort). Short films filmed and edited on his mobile phone can also be seen by visiting his YouTube channel <http://YouTube.com/UKCoastalTrek>.

Link to RNLI Silloth Video <https://www.youtube.com/watch?v=5Wyo5rdilxk>.

Our Parliamentary Election Candidates Statements on page 9

2015 Events

**24th May
Silloth Green Day**

**13th + 14th June
Silloth Vintage Rally**

**25th July
Abbeytown Carnival**

**26th July
Theatre on the Green**

**23rd August
Silloth Half Marathon**

**9th August
Fairy Day on the Green**

**31st August
Silloth Carnival**

**10th to 13th Sept
Music & Beer Festival**

Buzz Bee has been Flying High



Thanks go to James Smith for yet another excellent aerial view of Silloth. You can see more of his wonderful photographs at: www.jamessmithphotography.com

Silloth Airfield Project Celebration Evening

Silloth Tourism Action Group (STAG) are arranging a 'Celebration Evening' to mark the end of the Silloth Airfield Project, funded by Heritage Lottery in March 2014.



The event will be held in the Solway Community Technology College on 24th April 2015 at 7pm. A live 40's Big Band will provide music, and refreshments will be available. Also during the evening, STAG are pleased to present the following:

- A drama about the Airfield performed by pupils from the College
- A short Film (covering Silloth Airfield's use and significance during WWII and stories from those who served there
- The Silloth Airfield Website <https://sillothairfield.wordpress.com/> (still in development)
- A diorama of Silloth Airfield and model planes from WWII
- Exhibition of Airfield Artefacts
- Exhibition of information

and photos

- Simulator (specially written to land a WWII 'Beaufighter' on Runway 21, Silloth Airfield)

Members of the audience will receive a newly designed leaflet describing the airfield's history and significance and a souvenir 'heritage style' programme for the celebration event. Items from the WWII era will be displayed and the Solway Aviation Museum will also have a table display. The hope is that the current project will lead to further action to preserve the history of the airfield and bring new visitors to Silloth, where they can also share in the town's many other attractions. STAG hopes people who are interested can come along and celebrate the airfield's heritage with them.



Gullen Crew, supplied by Peter Ostle

Contact Details for anyone who wishes to offer further information, artefacts or help.

Anna Malina, The Community Hall, Petteril Street, Silloth, CA7 4EA

Email: anna.malina@silloth-on-solway.co.uk

Office Tel: 016973 31816

STAG Email: info@sillothonsolway.com

Passing Through



The gannet was resting on the beach by Dicktrod Lane, Skinburness having been blown off course on its way north on 1st March.

Thanks to Paul Eversham for sending this to the Buzz.



Joey

by John Mason from Silloth Primary School

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Saturday 23rd May
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£16.50/£14.00



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£16.00/£14.50



The Wave Centre, t: 01900 811450
Irish Street, Maryport CA15 8DN
www.thewavemaryport.co.uk



Rogue Fish Sellers

Cumbria Trading Standards would like to warn residents in this area to be wary and report any uninvited fish salesmen knocking on your door.

Fish sellers visiting Cumbria are known to engage in cold calling activities asking residents to purchase large amounts of frozen fish on the doorstep. This fish is generally of poor quality, unrefrigerated and short weight. Doorstep sellers often demand a cash or cheque payment and can be very persuasive in their selling techniques.

Cumbria Trading Standards' advice is simple; don't let uninvited doorstep sellers of any kind into your home. Often these sellers prey on the most vulnerable who are less likely to refuse

what may appear to be a bargain. For all your goods and services it is better to deal with reputable traders operating out of fixed premises who you know and trust.

If you or someone you know is faced with fish sellers or other cold callers please contact Trading Standards via the Citizens Advice Consumer Helpline on 03454 04 05 06 or visit www.adviceguide.org.uk

Follow us on Twitter at www.twitter.com/cumbriats.

We are now on Facebook, like our page for up to date information on reports such as these and all the latest scams at www.facebook.com/cumbriats.

There are local fish retailers on Station Road in Silloth and in Wigton.

Melanie is a Winning Loser!

A super slimmer is proving to be a winner at the losing game and being named Silloth's Slimming World 'Greatest Loser' 2015.

Melanie Hetherington says her weight loss has changed her life: "I feel like a new woman since losing weight – in fact, I look so different that people who I haven't seen for a while often can't believe I'm the same person. For me though it's the change on the inside that's been the biggest – I'm happier, healthier and much more confident now."

The proud 35-year-old was a size 24 when she joined the Maryport group in march 2013, in January she transferred to Denise's Group in Silloth and has since lowered her target weight and achieved her chosen target weight and is now a size 12. She says:

"Before I lost the weight I always tried to shrink into the background and avoid drawing attention to myself. I'd pretend it didn't bother me that I was bigger than most other people, but that was far from the truth. I hated shopping for clothes and found playing with my children/just climbing up stairs/doing simple everyday tasks would leave me tired and out of breath."

Melanie's weight was also putting a huge strain on her health. People who are severely overweight, with a BMI* above 30, are more likely to suffer from health problems like coronary heart disease, arthritis, diabetes and cancer, and obesity is linked to a reduction in life expectancy of between seven and nine years.

After Melanie read Denise's story in the Cumberland News of how Slimming World had changed her life she decided to transfer to the Silloth Slimming World group at the Rugby Club on a Saturday



Melanie before losing weight



Melanie receiving her certificate from Denise

morning at 9am to help inspire other local residents.

She says: "Walking through those doors is one of the hardest things you will ever have to do, you needn't worry though, everyone there is so friendly especially my Consultant Denise you will be relieved that your weight is confidential between you and her. Since then I've made so many friends at the group and I honestly don't think I could have done it without their support each week. They helped me with recipes and tips and if I was ever struggling they were always there to remind me why I'd wanted to lose weight in the first place and how far I'd come since first stepping through the doors."

Melanie followed the club's Food Optimising eating plan and swapped takeaways for Pasta dishes, slimming world Chips, cooked breakfasts and overnight oats. She says: "People think slimming means going hungry, eating nothing but

salad or obsessively counting every calorie you eat, but it's not like that at all at Slimming World. I love food and it's never once felt like I was on 'a diet' – in fact, people are always surprised at how much food I have on my plate and can't believe I'm losing weight eating so much delicious food and without ever feeling hungry. I still enjoy all my favourite meals like burgers and chips and roast dinners but I've learned how to make small changes like using lean meat or cooking with low calorie spray instead of oil or butter. It fits in really well with the rest of my family and we can all eat the same meals."

Now Melanie has gone from a size 24 to a size 12. She is also more active nowadays and regularly runs 8 to 10 miles 3 times a week, this year she is taking part in the Cumbrian Run something she would never have dreamed of doing.

Denise, who runs the Silloth Slimming World group, says: "The changes

we've seen in all our new members are incredible, It gave me great pleasure to award Melanie with the Greatest loser 2015 Title. In January Silloth group entered the Diamond Century Club, then in February Silloth Slimming world won top joint group in the west division, Melanie hopes her success will inspire other people in Silloth who'd like to lose weight by forming new lifestyle habits and become happier and healthier to take action. There's a warm welcome waiting at Slimming World and, just think, if you start today you could feel like a completely new person just like Melanie."

The Silloth group meets at 9am every Saturday at Silloth Rugby Club. To join call Denise on 07799 708465 or pop along.

Coffee Morning

Report by: Pat Froggatt

A coffee morning was held in the Recreation Hall off Eden Street on Saturday 7th March and the committee were pleased to welcome so many of you.

All the usual stalls were in place and most people attending took advantage to purchase some of the items on offer. The bric-a-brac and cake stalls doing extremely well. Again tickets for the monthly draw were very popular.

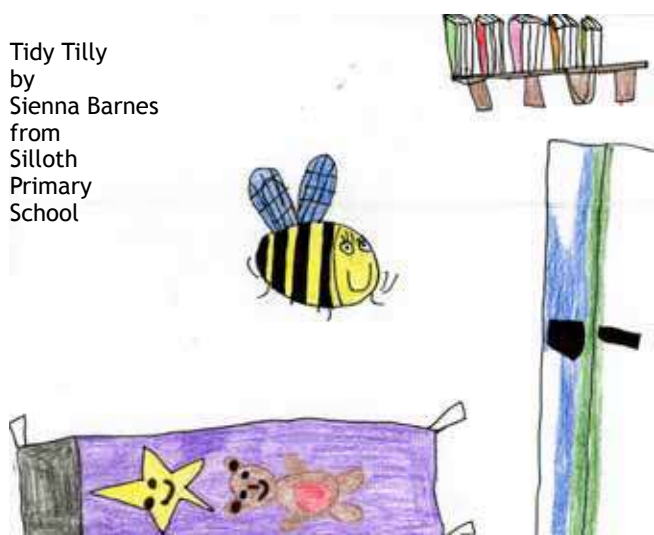
Coffee, tea, scones and biscuits were provided

- coffee and tea being served by members of the committee. Everyone seemed to enjoy the morning and meeting up with their friends to catch up on all the local news.

The lucky winners of raffle prizes were: Joan Bennett, Joan Bowe, Pauline Mole, Margaret Mattinson, Enda Keaveney, Betty Johnston, Jean Graham, and Jennifer Ostle.

We hope you all enjoyed the morning and look forward to seeing you at the next coffee morning.

Tidy Tilly
by
Sienna Barnes
from
Silloth
Primary
School



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Join the Yellow Wellie Trail



Silloth RNLI crew members plus some visiting kids show off their yellow wellies!

From the 1st to the 5th of May you can take part in the Silloth RNLI Yellow Wellie trail and help to raise funds for the RNLI. Posters of Yellow Wellies will be displayed in several locations in Silloth. Clues for the trail will be £1 per sheet available from 1st May from the RNLI shop, Winters, Little Gems, Mrs Wilson's, Solway Village and Stanwix Holiday Park. Submit your completed answer sheets to Little Gems in Station Road. There is a prize of a RNLI Hamper for the winner.

Beware Phone Scammers

The Police have received a report regarding a suspicious phone call, which was received by a resident in the Cockermouth area. The call was from a Scottish sounding male, who gave his name as Andrew and stating that he was calling from the Fraud Squad. He asked for the females contact details from the back of her bank card and the bank contact number (if she was to report the card lost or stolen). When the male was asked, who he was, and why he needed the bank details, he has immediately hung up. On checking the callers telephone number; it was discovered as withheld. Please follow this advice to prevent becoming a victim of telephone scams: How to avoid becoming a victim of a telephone scam:

- stop, think and be sceptical. If something sounds too good to be true it probably is
- do not give personal or financial information or pin numbers to anyone, however plausible they might sound and even if they claim to represent a business or organisation you have heard of or where an approach is personalised
- genuine businesses or organisations will never telephone you and ask you for personal or financial information

surprisingly a large amount of snoring after such a busy day. Huge thanks go to those who organised it and to those who attended to make it possible. If you are interested in becoming a Beaver/Cub/Scout or a leader/helper, please feel free to have a chat with Tania Irwin, Jen Henderson, Andrew Stanley or Angela Ellwood for more information.

Causewayhead WI Grow a Tenner Quiz Prize £10 The Answers

Section 1.		Section 2. Jumbled Towns & Villages in Cumbria	
1.	Comedian / Clown	1	CAUSEWAYHEAD
2.	Amber	2.	WORKINGTON
3.	Urchin	3	WHITEHAVEN
4.	Swans	4	CARLISLE
5.	Elgar	5	WABERTHWAITE
6.	Wainwright	6	THURSTONFIELD
7.	Ainsley	7	KIRKHAMPTON
8.	Yarns	8	SKINBURNESS
9.	Heelis (William)	9	KIRKBY STEPHEN
10.	Edinburgh	10	CASTLE CARROCK
11.	Ambrosia	11	GREYSOUTHEN
12.	Dvorak	12	COCKERMOUTH
13.	Wembley	13	BOWNESS- ON -WINDERMERE
14.	Illusionist	14	BARROW- IN- FURNESS
15.	Sapphire	15	BASSENTHWAITE
16.	Illinois	16	TORPENHOW
17.	Lancashire	17	ASPATRIA
18.	Lincolnshire	18	BLENNERHASSET
19.	Obama	19	FLETCHERTOWN
20.	Tutbury	20	CALDBECK
21.	Hill Octavia also Hunter Robert Hardwicke Rawnsley	21	RAVENSTONEDALE

Mary Bragg was the winner drawn from four correct sheets returned and received the £10 prize.

NB: Question 18 Section 1 It was pointed out to us that the correct answer is Cambridgeshire but as a county beginning with L was asked for; the committee felt that the question should be discounted from all sheets returned. Causewayhead WI apologise for the error.

Abbeytown MU

Report by: Gladys Temple Freda Garner led the meeting and apologies were given from Brenda Sim and Mary Mattinson. Anita Norman led the prayers and included the special prayers for Lady Day while Maureen Gibson said the prayers for the Overseas Members. Joan Winter read the minutes of the February meeting and reported that several members had enjoyed the Women's World Day of Prayer Service at Newton Arlosh and the Lenten Link was going well. Seven members expressed a wish to attend the Lady Day Service at St. Marys Maryport. Details of the Diocesan trip to Liverpool on Monday 11th May were given out. Unfortunately Mary Heslam was unable to attend so Margaret Thompson stepped in and gave a very interesting and humorous talk of dialect poems and tales. She started reading Cumbrian Dialect 27 years ago so has quite a collection. She began with Rene Roberts poem 'Looking for wark' then 'Thoughts of a small boy' followed by 'Thoughts of a cow'. Tommy Coulthard wrote 'Dawn Chorus' and Ian Pearson 'The Cowman' and 'Tatie Pot Supper' finishing with Rene Roberts 'Turkish Bath'. Margaret was thanked by Elsie Donald for stepping in at short notice and entertaining us so well and pointing out that a laugh is good for everyone's health. Refreshments were served, everyone enjoyed a good natter, the meeting ended with The Grace.

Beaver Sleepover

Saturday 14th March saw some of our Beavers embark on their first official 'Sleepover.' Our Beavers were among 70 from our District who came together at Beacon Hill School for a 24 hour Space themed sleepover. The day started at 10am and every half hour the Beavers took part in an activity related to Space. This ranged from creating a 'Solar Mobile' to having a 'Meteor' fight and learning about why eclipses happen. The Beavers also had opportunity to view Jupiter along with some new stars, through a telescope. We also made Moon Buggies from junk and did Zumba the way aliens do - the day was jam packed with fantastic activities. The highlight of the event was sleeping under canvas in the Sports Hall - 70 Beavers, in 30 tents with



Spring Plant and Craft Fair

At Culterham Hall, Mawbray On Sunday 17th May from 10am to 4pm Bedding plants. Shrubs. Candles. Jewellery. Cards. Watercolours. Linocuts. Textiles. Stained glass. Wood crafts. Jams and Cakes.

At last its time to think about summer and gardening, we have a fantastic variety of plants to show you. Along with beautiful crafted items on our gift stalls. Delicious homemade cakes, light lunches, tea and coffee served in our tearoom.

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One of the Best!

Solway Community Technology College has received national recognition for the value it adds to students' achievements at GCSE.

SSAT, the Schools, Students and Teachers Network, recently undertook its annual in-depth analysis of official Department for Education data on all state-funded schools in England and identified Solway Community Technology College's success.

The school has qualified for an SSAT Educational Outcomes Award by being in the top 10% of schools nationally for progress made by pupils between their key stage 2 results at primary school and their GCSE results at age 16.

The school has been invited to receive their award at a regional celebration ceremony hosted by SSAT at St John Bosco Arts College in Liverpool on 30 April.

Sue Williamson, Chief Executive of SSAT said: "Solway Community Technology College should be congratulated for their



Head teacher Mrs Lois Baird B.A.

exceptional achievement. They have proved themselves to be leading the field in improving GCSE outcomes for their students. There is so much good practice that this school could share, and I hope they will join us at the celebration evening for the chance to network and share strategies with award-winning schools. These results are testament to the commitment and hard work of the students, teachers and leadership team at Solway Community Technology College, and show what can be achieved when skilled teachers have high expectations and ambition for every young person. I am proud that this school is a member of the SSAT network."

Rotary Photography Competition

Solway Community Technology College have entered the Rotary Young Photographer competition which is on the theme of 'Light up the Community'.

Entries were eligible in two age groups, 11-13 years and 14-17 years. The entries submitted by pupils were then judged by Geoff Betsworth representing Rotary, Julie Cooper representing the school and local photographer Peter McRobert.

Lucy Penrose won the 11-13 year group and her picture of Bassenthwaite Lake (see right) was also deemed to be the overall winner from all the photos submitted. Lucy said: My pictures show how the light shining over our landscape changes how we see our surrounding. My mum got me started walking. I took my phone to grab as many picture moments as I could. I like the ones from the top of our walks where we can look down on our environment."

Madeleine Yarnold won the 14-17 year old group. Madeleine said "The sea is an important part of the Solway, and the view from my local beach is inspiring. I think I am incredibly lucky to live by the sea, so



The winning photograph by Lucy Penrice



I incorporate it into my photos.

Three photographs from each of the winners have now been entered into the District Heats



Judges at work, Geoff Betsworth & Julie Cooper

Tax Refund Scam

Trading Standards reports that Cumbrian residents are being targeted via an email scam that purports to come from HM Revenue and Customs.

The message is titled 'Overpaid Tax Refund' and claims that the recipient is entitled to a refund. It also asks for personal details.

The advice from Trading Standards is that HM Revenue and Customs do not contact residents this way and personal details should never be provided.

If you think you have been targeted in this way please report the matter to Action Fraud at www.actionfraud.police.uk or



telephone 0300 123 2040.

If you have been a victim of a scam or require further information contact Trading Standards via Citizens Advice Consumer Helpline on 03454 04 05 06 or visit www.adviceguide.org

Follow us on Twitter at www.twitter.com/cumbriats or join us on Facebook for up to date information on reports such as these and all the latest scams at www.facebook.com/cumbriats

Support Susan's Fundraising

On Sunday 13 September, Susan Irwin will be taking part in the iconic Great North Run as she raises money to help the care, support and activities provided at Eden Valley Hospice and Jigsaw, Cumbria's Children's Hospice.

Susan, from Silloth, explains "I needed a personal challenge and had a wonderful experience last year doing the Great North Run. I turn 40 in September and this year I wanted to do it again to raise money for Eden Valley Hospice and Jigsaw. I have chosen this charity because over



the past couple of years friends of my family have had care and support from the wonderful staff in Eden Valley Hospice."

Susan will be joined at the start line by thousands of other runners each with their own reason, memory and personal challenge for undertaking the 13 mile challenge through the streets of Newcastle.

Eden Valley Hospice and Jigsaw are encouraging the local community to join Susan and undertake the half marathon challenge in aid of the Hospice. The local charity have a number of guaranteed, charity places

left for this year's Great North Run and are looking for people ready to undertake the challenge, contact the Fundraising Team on 01228 817613.

"I am most looking forward to the atmosphere and the friendliness of everyone involved. The only thing that I'm worried about is if the weather is bad, I don't like running in the wind and rain." Continued Susan.

The money raised by Susan will allow Eden Valley Hospice and Jigsaw's team of nurses and doctors to provide the highest standards of care, support and activities to local adults and children with life limiting illnesses. This care and compassion



Susan Irwin

is extended to all of the patient's family, friends and carers.

If you would like to sponsor Susan as she supports Eden Valley Hospice and Jigsaw by pounding the streets of Newcastle at the Great North Run please visit www.justgiving.com/Susan-irwin2/.



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Two Years - Going Strong



Paul and Debbie Howes at their Station Road premises

Paul and Debbie would like to thank all their customers who have supported them over the past two years. The last 12 months based at their premises at Unit 3B Station

Road, Silloth have just flown by. Their opening hours are now: Monday closed, Tuesday by appointment only, Wednesday to Saturday 9am to 5pm and Sunday 10am to 5pm.

They look forward to seeing you soon for their full car valet services and hot hand car wash and dry. Contact Paul and Debbie on: Tel 016973 32696, Mobile 07734 238617.

Do You Have Solar Panels?

Report by: Edward McNamee

Some electrical suppliers have problems with supply meters when your panels feed into the grid. Check www.ofgem.gov.uk website 'backwards supplies meter problems' to check if you may be affected. The author takes no legal responsibility for the following.

Do you have a Digital electricity meter for your supplier to take readings (often outside your house) to charge you for electricity.

1. Read your generation meter supplied by the panel installer – divide this reading by the number of days your panels have been installed to get Kwh/per day.
2. Some, but not all suppliers meters add on your exported electricity sent to the grid by the panels.
3. To check this look up an

electric bill for a previous year at this time – check kWh for day or week and note this.

4. Check your supply meter for the required period Day or Week, note kWh.
5. Compare with calculation at (3), if it is higher you have a problem provided you have not used more electricity during this period compared with (3).
6. Do several checks to see if readings are consistently higher.
7. Contact your supplier and record with them you appear to have a problem.

If you do not have records as called for in (3) above a more technical procedure is required involving some expenditure.

Purchase an "efergy" - e2wireless electricity monitor (about £40 from MAPLINS).

This has a sender which clips to the positive incoming cable in your meter cupboard, it sends information wirelessly to a monitor in your house which is small and portable, it can also record on your computer.

You will only need the HISTORY records. Check as in (4) above and follow the instruction to check HISTORY. This monitor adds incoming electricity to exporting from your panels (remember you will have used some power from your panels) so export will only be a percentage of reading at (1). Proceed as (5) onwards above. The monitor gives you an instant reading so with practice you could decide when to use your washing m/c dish washer etc to make maximum use of free electricity from your panels.

Arthritis Support Group

Report by: Gladys Temple

Chairman Margaret Armstrong welcomed thirteen members to Loveday House for the April meeting of the Arthritis Support Group and apologies were received from Edna Marper and Eleanor Hodgson.

The speakers for the afternoon were Liz Bell and Gillian McFarlane from 'Heart Start'. They began with a video showing several types of emergencies which take place every day and showing us how to deal with them. Liz talked about what had happened during each part of the video and emphasised that the essential thing to do was to phone 999 as soon as the patient has been assessed. If there are other people about shout for help and get them to phone while you get the patient into the recovery position or start CPR when you have assessed that you yourself are not in danger. We were shown how to give CPR and after a question and answer session were each given a certificate to say we had attended the Course in Emergency Life Support.

Heartstart is an initiative coordinated by the British Heart Foundation to teach members of the public what to do in a life-threatening emergency. Margaret thanked Liz and Gillian for a very interesting and helpful afternoon.

Pauline Mole and Anne Fee served refreshments while more questions were answered. The next meeting will be on 8th May when Glynis McKie will demonstrate Spinning.



Plug In, Charge Up, Switch Off

Cumbrian e-smokers who leave their chargers plugged in are being warned to unplug them after a fire started by an e-cigarette charger (see below for link to photo).

The fire, which started in a flat as a result of a charger being left in and switched on at the socket, caused significant burning to the charger, clothes and a chest of drawers. Due to the prompt actions of the occupier, the fire was extinguished quickly.

It is estimated that over 100 fires started in the UK last year due to e-cigarette chargers.

Jim Onions, Chief Fire Officer for Cumbria Fire & Rescue Service, said: "Chargers such as these burn out very easily and people need to remember to switch them off once their device is fully charged. If the flat had been unoccupied at the time of ignition the incident would have been far more serious."

Electronic cigarettes are currently regulated as consumer products in the UK and some types of electronic cigarette have a rechargeable battery.

Angela Jones, Assistant

Director of Environment and Regulatory Services, said: "When purchasing electronic cigarettes, whilst price may not always be a good indication of quality, we would advise to avoid cheap unbranded products supplied with little or no instructions for use."

Cumbria Trading Standards and Fire and rescue Service advise that people -

- Ensure they are using the correct USB charger or adaptor for the battery
- Check there are specific instructions with the product to give guidance on recharging and how long to charge for.
- Don't leave electronic cigarette battery cells unattended whilst they are charging
- Remove batteries from the charger immediately when the light turns green
- Turn off and unplug electronic cigarette battery cells that are charging before you go to bed.
- Always charge the battery on a fire retardant surface
- Discontinue using if the battery or cables become damaged, or if the battery becomes hot or changes shape or begins to smell.



Can You Help Me?

If you are within our delivery area and have not received a Solway Buzz paper through your letterbox it is because we do not have a volunteer deliverer or reserve available.

To join our team of volunteer deliverers and reserves please phone 016973 32180 for details.



Princess Bee by Lexie Rose Rumney from Silloth Primary Juniors



Spy Bee by Hannah Nichol from Silloth Primary School

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Silloth Music & Beer Festival

The line-up for the 2015 Silloth Music & Beer Festival is now complete.

Get the full details on their website: www.sillothbeerfestival.co.uk.

Headliners for Thursday 10th September are the talented HIGHLY STRUNG doing covers in their own inimitable style. The latest addition to the lineup are THE FICTION. Four talented Carlisle lads who regularly play on Radio Cumbria and have featured on Radio 1.

As part of our ongoing music night throughout the year we have a new band from the lakes SIDETRACK playing in the Albion on Saturday 23rd May from 7pm-late, free admission. They are a three piece blues band who will also open this years festival, so get yourself along for what will be a cracking night.

THE REAL THING are Britain's No.1 Soul band, celebrate an incredible 40 years in the business. The three original vocalists, Chris and Eddie Amoo and Dave Smith perform with their own five piece band in a performance that includes all their million selling hits. They had three million selling hit singles in the 70's "You To Me Are Everything" "Can't Get By Without You" and "Feel The Force".



WIN 2 Tickets to 'THE REAL THING'

To win a pair of tickets to see THE REAL THING on Friday 11th September, send your answer to the question along with your name and address to: S Hart, 10 Solway Street, Silloth CA7 4AR by 15th May 2015.

Question:
Name a number 1 hit in the British Charts by The Real Things



Brownies Easter Visit



Report by: Emma Reeves

1st Silloth Brownies held their annual Easter visit to Silloth nursing home on Monday 23rd March. They have made this visit for many, many years and normally the Brownies would decorate an Easter bonnet to parade for the residents but the last couple

of years we have been trying new ideas out. Last year we made Easter baskets and on this visit the girls made Easter collages. As we did on our previous visits the girls sang new and old songs for the residents which always goes down well.

We would like to thank

all the staff at Silloth nursing home for accommodating us every year and for their generosity of buying all our girls Easter treats.

We had three worthy winners:
1st place Lauren Strick
2nd place Katelyn Hepar
3rd place Emily Graham.



Buzz the Bee
by
Jayden Cole
from
Holm Cultram Abbey School



Superhero Bee
by Bethany Henderson
from
Silloth Primary School



Help someone with dementia to do the things they love

Being a Side by Side volunteer is a flexible way to volunteer your time and helps people with dementia to keep doing the things we take for granted.

Get in touch to find out more:
E: volscumbrialancs1@alzheimers.org.uk
T: 01539 742631

alzheimers.org.uk/sidebyside

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SOLWAY RED SQUIRREL GROUP

working to promote the preservation of our native red squirrel population

You can help by reporting all sightings of red or grey squirrels to
01228 711520
marion.grave@hotmail.co.uk
Thank you

The Lowther

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Quality, home cooked food using the freshest local ingredients served Wednesday to Saturday 6-9pm and Sunday Lunches 12-3pm

Bar open seven nights a week with choice of 3 real ales

Children and well behaved dogs welcome

Large beer garden, real fire, quiz nights, music sessions

The Lowther, Mawbray, Maryport, CA15 6QT
Tel: 01900 881750 www.mawbraypub.co.uk

An Outsiders View of Silloth



Report by: Mike Madden
Photos by: Ray Graham
Model of Burgh-by-Sands Railway Station in Carlisle Library

What I like:

- The emptiness as compared to London and Essex, low traffic, very little in the way of jams.
- The friendliness of the people, everyone is very sociable.
- The historical aspects.

I was very impressed with the layout of Silloth, having initially come up for a visit in 1997. (My daughter was to marry a Silloth man). With an interest in local history, we first investigated the cottage, a farm attachment originally, where she was living. (According to the census details there were 35 people living there in the early nineteenth century! I'm not sure how they all managed). Next we looked at Abbeytown, the Cistercian monastery/church, which could be traced back to the twelfth century.

We also explored the Silloth airfields, as later my daughter had moved to the Air Warden's house in Causeway Head. The Roman Museum in Maryport was visited and very interesting and finally, we looked at the docks and Silloth station (which was still standing at the time but without the rails). It was soon to be knocked down and houses were built on the site.

I also liked visiting Carlisle, my ideal size for a city, the castle, cathedral, shops, and library. When



Silloth railway sidings, Silloth Docks and Mill (with apologies for reflections off glass cover)

looking round the library last month I noticed a superb model of the Silloth railway system which I thought is worth a photo in the Buzz.

A fellow bridge player, Ray Graham is also an amateur photographer, and was most helpful in taking some pictures of the

model, also with thanks to the assistance of the library staff. These are shown above, however it's well worth a personal view if you can get to the library.

Just to even things up, there are a few things I dislike:

- The weather is a bit rough

most of the time, especially the wind.

- Also, I have to travel 14 miles to the nearest bridge club, although we have a meeting at the golf club on Wednesday evenings. (In Essex there were five bridge clubs within a six mile radius!)

Smoking is a Fire Killer

Smokers are being warned to wake up to the deadly dangers of smoking - especially when tired - as Cumbria Fire & Rescue Service, Fire Kills campaign, highlights that a third of all deaths in fires in the home are caused by cigarettes.

Smoking is the single biggest killer in accidental fires in the home, often because of careless behaviour such as smoking in bed or not taking care after drinking alcohol.

And when smokers fall asleep with a lit cigarette in hand, their proximity to the resulting fire seriously lowers their chance of making an escape.

Cumbria Fire & Rescue Service is reminding smokers to 'Put it Out, Right Out' whenever they light up; to install smoke alarms on every level of the home; and, to test them on the 1st of every month. Without a working smoke alarm you are at least four times more likely to die in an accidental fire in the home.

These simple steps can help prevent a cigarette fire in the home:

Never smoke in bed. Take care when you're tired - it's very easy to fall asleep while your cigarette is still burning and set furniture alight

Never smoke when under the influence of drugs or

alcohol. If your lit cigarette starts a fire you could be less able to escape.

Put it out, right out! Make sure your cigarette is fully extinguished

Fit a smoke alarm and test it weekly. A working smoke alarm can buy you valuable time to get out, stay out and call 999

Never leave lit cigarettes, cigars or pipes unattended - they can easily overbalance as they burn down

Use a proper, heavy ashtray that can't tip over easily and is made of a material that won't burn.

Every six days, someone dies from a fire caused by cigarettes or smoking materials. Despite a fall in the overall number of fires caused by these products, it's still the biggest killer in accidental fires in the home across the country.

Every smoker should wake up to the risks they take every time they light up, and drop the habit of smoking whilst in bed or under the influence of alcohol. The risk of falling asleep before you 'put it out, right out' is just too great.

Make sure you have at least one working smoke alarm on every level of your home and test them monthly. A working smoke alarm can give you the extra time you need to escape if the worst should happen.



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HEARTBREAK REMEDY
THE REAL THING
CINDY HOTEN
FROM THE JAM
AWOL
SUPERFLY
BROKEN ENGLISH

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CELEBRATING OUR 15th YEAR

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43 Eden St, Silloth

Strawberry Teas

Saturday 11th July and Sunday 12th July

2.00pm - 5.00pm

at Holme Cultram Abbey, Abbeytown

Raffle and Various Stalls All Welcome

Fashion Show

By *Bron-ja* of Wigton

With Fruit & Fizz

In Holme Cultram Abbey

Sunday 7th June 2015

At 2pm



Tickets £10

Available from
Bron-ja - 016973 43312
Brenda - 016973 61224
Anita - 016973 61113

Workington Constituency Election Candidates

Jill Perry Green Party

I was born and brought up in West Cumbria, and was a founding member of the local Green Party group in 2006. I was part of the team that defeated Nirex' plans to bury nuclear waste near Sellafield in 1997 and also part of the campaign to defeat the more recent plans which put the Solway Plain at risk.

The Green Party continues to oppose the burial of nuclear waste and fracking (which also threatens the Solway Plain), and believes in a local sustainable, low carbon energy future for West Cumbria.

I will fight

- against speculative housing developments and for social housing, so that everyone has a decent place to live.
- to reverse the creeping privatisation of the NHS
- to reverse the cuts in public transport, so recently



imposed, returning the railways to public ownership and ending the mad ticket pricing schemes by introducing simple pricing that everyone can afford.

- to end austerity, creating good jobs in low carbon industries and public services.

Workington constituency has a proud history and can have a proud future if we work together for a fairer society, with good public services and locally-owned businesses paying living wages.

Sue Hayman Labour Party

I live in a village near Workington and am a Cumbria County Councillor and a self-employed community relations consultant. I'm married with two grown-up children.

Living and working locally, I understand the issues facing West Cumbria. Our local health service faces huge problems, and there is a great need for better housing and further investment into our local economy through the nuclear industry. We need improvement to our vital transport links, more better-paid jobs, and high-quality education and skills training for our young people.

Only Labour will provide our local NHS with the resources it needs - more doctors, nurses, and midwives, and better access to GPs' surgeries. We will repeal the Coalition's damaging NHS reforms and join up care from home to hospital.



I am hard-working and dedicated to bringing social change and improvement for all in Workington constituency. I have the experience, passion and determination to get things done and bring change.

If elected, I will be an accessible MP, providing leadership and working with local councils, the private and voluntary sectors to bring investment and regeneration. I will hold regular advice surgeries across the constituency, including in Silloth and the surrounding villages.

Roy Ivinson Independent

Fellow constituents, I am offering you a cure for global warming and financial prosperity and in the world of political promises it doesn't come any better than that.

I am against rising sea levels and the burning of fossil fuels. One of them puts money into the hands of people that don't live here and the other one will come crashing through your living room sooner than you think.

What is to be done? We need three more nuclear power stations and a lot more wind turbines and solar panels, we also need a barrage across the Solway estuary to generate clean power.

Education should be privatised with the government paying for it on the basis of the results achieved.

NHS - without compromising the principle of free health care we need to introduce private money into



the system.

All of my political opponents have one thing in common, they are all in favour of burning fossil fuels and leaving the economy of west Cumbria to stagnate in a world of rising sea levels.

A neighbour of mine has suggested that no-one will vote for me, well, I need your vote a lot less than you need me.

By voting for Roy Ivinson you are stating that you care about rising sea levels and what it will do to your community.

Phill Roberts Liberal Democrats

Phill has lived on the Solway Plane at Bromfield for 30 years with his wife Susan and their family. Phill has been a Bromfield Parish Councillor for 15 years and is therefore aware of the many challenges for rural communities.

Phill Roberts Parliamentary Candidate for the Workington Constituency said "Rural communities have seen the closures of Village Pubs, Post Offices and the withdrawal of rural bus routes when they become financially unviable leaving many people and communities isolated from services located miles away.

As a Parish Councillor in a rural community and Chair of Aspatria Community Transport Group I am only too aware of the impact that the withdrawal of services has on our rural communities.

Our rural Communities



need to be sustainable places where people want to live and work, now and in the future. They must offer decent homes that people can afford and access to schools, hospitals and shops.

The Solway is a long way from Westminster and we therefore need an MP who will support all who live in the Workington constituency not just the few, an MP who will make a difference and ensure your voice is heard all the way down in Westminster."

Mark Jenkinson UK IP

Born in the West Cumberland Hospital in 1982, I have lived, gone to school, and worked in the area all my life. I am married to Dawn and have four children, the eldest being 10 years old and the youngest born in this February.

Leaving school at 16 I attended Newton Rigg studying Hill Farming, a childhood passion, before taking up an apprenticeship with British Steel. After a number of years in sales and hospitality training & management, I updated my qualifications and settled back into my trade as an electrician within the construction industry, and now a Technical Author.

You, in the North of the constituency, often get a raw deal locally, often losing out to the larger townships. I would fight to ensure that the whole constituency gets a fair deal. UKIP policies



are rooted in democracy and putting power back into people's hands - like giving you the power to sack your MP or councillor; or allowing large scale developments being able to be overturned by binding local referendum.

A full complement of our fully-costed, independently verified policies and proposals can be found at www.workingforsilloth.co.uk, from where you can also contact me.

Rozila Kana Conservative Party

For Conservatives, our rural countryside is our national identity and we want to protect it for future generations. In addition to strengthening the national economy, supporting businesses, apprenticeships, jobs and rural transport, we are committed to supporting rural communities and we will: Provide superfast broadband. Secure 3,000 rural Post Offices. Preserve community assets such as pubs, town halls and sports facilities. Spend £3 billion to maintain the countryside. Introduce Fixed Penalty Notices for littering. Support tourism. Build 1,400 flood defence schemes. Invest £100 billion in infrastructure. Take the family home out of Inheritance Tax. Protect free bus pass, TV licences and Winter Fuel Payment. Freedom to use pension savings as you want and pass them on tax-free.



Cap residential care charges and increase state pension. 7 day a week NHS. Integrate health and social care. Lead in fighting cancer and dementia. Smooth profits over 5 years, to counter income volatility for farmers. Support science-led approach on GM crops, pesticides and eradicate bovine TB. Cut red tape with single Farm Inspection Taskforce. Reform EU's Common Agricultural Policy. Promote British food locally and by opening up export markets.

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A contemporary singing group based in Carlisle

In Holme Cultram Abbey, Abbeytown

On Friday 8th May 2015

At 7.30pm

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Available from
Anita - 016973 61113 Brenda - 016973 61224

Or pay on the night
All Welcome

All proceeds in Aid of Holme Cultram Abbey

Silloth Green Day

24th May 2015 11.00am - 4.00pm

Live Music - Fun Fair - Donkey Rides
Face Painting - Local Crafts
Vintage Vehicles
Circus Skills - Balloon Modelling
Family Dog Show - Bring Your Dogs
Silverband Falconry Display

Silloth

Fairy Day goes to The Seaside

Join us flying around
Silloth Green
Sun 9th August
11-4

Things to see and do: Wear your wings or pirate under an even just a flower in your hair...
Crafts-Cake-Make-Dance-Sing-Picnic
Pirate Hunt-Stalls-Storytime-Characters

PEL MOMENTS

ABBETOWN CARNIVAL COMMITTEE
ANNUAL

DUCK RACE

At 1.00pm
Sunday 3rd May 2015
At The Big Beck
BBQ at the Wheatsheaf Inn
Afterward:

Duck \$ £1 each
and are available to buy from
Harrisons Store,
The Post Office and
Carnival Committee Members

(Emma Bennett, Catherine Penrice, Laura Sim, Beeby Bell, Ryan Carr, Steven Pattinson & Graham Little)

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
Aspatria CC - 016973 22777
Wigton CC - 016973 49555

Arthritis Support

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

Silloth Tots/Toddlers

Silloth Tots & Toddlers meet in
the Children’s Centre, Silloth
and is open to all children aged
from 0 to 4 accompanied by a
parent/carer.
Sessions are on:
Wednesdays:
10pm to 11:30am
term time only
Entry is £1 per family and this
includes refreshments
All Welcome
Call in for a friendly chat

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

Proprietor:
Peter McRobert
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Skinburness, CA7 4RA
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Email:
office@solwaybuzz.co.uk

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

Please let us know
of any changes
within this section

Copy
Date

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

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

Secretary: Stephen Hart 32706

Martial Arts

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

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

Kickboxing Club

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

Ladies Fellowship

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

Breast-feeding Group

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

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 at 12:30pm
(we can deliver locally too!)
to book tel: 016973 61261

Bridge Group

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

Dates for the Diary

April

24th Silloth Airfield Project
celebratory launch event in
Solway Communtty Technology
College from 7pm to 11pm to
see a drama, video, exhibition
plus refreshments and live band
1940’s entertainment by the
Cumberland Hotshots, **ALL FREE**

May

1st RNLI Yellow Wellie
Trail around Silloth

2nd Coffee Morning in the
Recreation Hall at 10am with
Silloth & District Pensioners

2nd RNLI Yellow Wellie
Trail around Silloth

3rd RNLI Yellow Wellie
Trail around Silloth

3rd Abbeystown Duck Race
1pm at the Big Beck

4th RNLI Yellow Wellie
Trail around Silloth

5th Solway Tea Dance
in Westnewton Village Hall
1:45-3:45pm, Tel: 016973 51603

5th RNLI Yellow Wellie
Trail around Silloth

8th **GIVE BLOOD at
Solway School from 3pm to
6:30pm, all welcome**

8th An Evening Of Music
With Zing! at Holme Cultram
Abbey, 7:30pm, tickets £10

11th Silloth Town Council
meet, 7pm in Community Hall

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

13th Causewayhead WI
meeting in Methodist School
Hall at 7:15pm with Cookery
Demonstration by Sarah
Keaveney

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

16th Guided Shore Walks
meet at 5pm, must be booked,
tel Ann 016973 21967

16th Silloth-A Craft Trail,
call 016973 31816

17th Spring Plant &
Craft Fair at Culterham Hall,
Mawbray from 10am to 4pm

19th Solway Tea Dance
in Westnewton Village Hall
1:45-3:45pm, Tel: 016973 51603

24th Silloth Green Day

Blencogo Art Group

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

Slimming World

Saturday Slimming World group
meet in Silloth RUFC at 9am.
Every Saturday all year.
Tel Denise on 07799 708465.

Crafting Group

Interested in crafting?
come along to Silloth Crafting
Group on Wednesdays from 1:30
to 3:30pm at the Methodist
Church Hall.
We are a well established
group, friendly people
with a variety of crafting
talents-willing to share their
knowledge. Enjoy the chat and
learn from the other crafters ,
or just sit and chat.

June

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

2nd Solway Tea Dance
in Westnewton Village Hall
1:45-3:45pm, Tel: 016973 51603

5th Pizza & Pasta Night in
Abbeystown Tearomm (next to
the Abbey) from 5pm to 9pm.
To book Tel Debbie 016973
61249

5th Auction of Promises
by Solway Community School
PTA in the Golf Hotel, donations
to Avril Quinn 016973 31234

5th SSW5 The Summer
Weekender at Stanwix Holiday
Park

6th Coffee Morning in the
Recreation Hall at 10am with
Silloth & District Pensioners

6th SSW5 The Summer
Weekender at Stanwix Holiday
Park

7th Guided Shore Walks
meet at 9:45am, must be
booked, tel Ann 016973 21967

7th Fashion Show By
Bron-ja’s of Wigton at Holme
Cultram Abbey, 2pm, tickets
£10, tel: 016973 43312

7th SSW5 The Summer
Weekender at Stanwix Holiday
Park

10th Causewayhead
WI meeting in Methodist
School Hall at 7:15pm with
Woodturning Demonstration by
Jimmy Jackson

13th Crunch Service in
Skinburness Road Car Park
from 8am to 9:45am

13th Silloth Vintage Rally

14th Silloth Vintage Rally

16th Solway Tea Dance
in Westnewton Village Hall
1:45-3:45pm, Tel: 016973 51603

28th Open Garden
afternoon in aid of RNLI at
Lilac Cottage, Blitterlees from
1pm to 4pm. Entry £5 includes
refreshments, children free

30th Solway Tea Dance
in Westnewton Village Hall
1:45-3:45pm, Tel: 016973 51603

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

RNLI Shop

SILLOTH LIFEBOAT STATION
SHOP OPENING HOURS
Saturday 11am - 4pm
Sunday 11am - 4pm
Bank Holiday Monday
1pm - 4pm

Our shop is entirely staffed by
volunteers and may not be
open at the advertised times,
we do apologise for any
inconvenience that this may
cause.

Tourist Information & Library

Silloth Local Link Opening Times

Monday 10-1pm 2-5pm
Tuesday CLOSED
Wed 10-1pm 2-5pm
Thursday CLOSED
Friday 10-1pm 2-5pm
Saturday 10-1pm
Tel: 016973 31944

July

4th Coffee Morning in the
Recreation Hall at 10am with
Silloth & District Pensioners

4th Country & Western
Night in St Andrews Church Hall
with singing, games, and lots of
American food

5th Guided Shore Walks
meet at 8:45am, must be
booked, tel Ann 016973 21967

6th Silloth Town Council
meet, 7pm in Community Hall

8th Causewayhead WI
meeting in Methodist School
Hall at 7:15pm with talk by
June Gerrard about Belly
Dancing

11th Community BBQ and
Fun Day at Holm Cultram Abbey
School from 11am to 3pm.
Tickets from Debbie 016973
61249

11th Strawberry Teas at
Holme Cultram Abbey 2 to 5pm

12th Strawberry Teas at
Holme Cultram Abbey 2 to 5pm

13th Guided Shore Walks
meet at 4:30pm, must be
booked, tel Ann 016973 21967

14th Solway Tea Dance
in Westnewton Village Hall
1:45-3:45pm, Tel: 016973
51603

18th Crunch Service in
Skinburness Road Car Park
from 8am to 9:45am

25th Abbeystown Carnival

26th Theatre on the Green
presents Shakespeare’s THE
TEMPEST at 3pm by ‘The Rain
or Shine Theatre Company’

28th Solway Tea Dance
in Westnewton Village Hall
1:45-3:45pm, Tel: 016973
51603

August

9th Fairy Day Goes to the
Seaside on Silloth Green
from 11am to 4pm

11th Solway Tea Dance
in Westnewton Village Hall
1:45-3:45pm, Tel: 016973 51603

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

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

23rd Silloth Half Marathon
+ 10k races

25th Solway Tea Dance
in Westnewton Village Hall
1:45-3:45pm, Tel: 016973 51603

31st Guided Shore Walks
meet at 7:45am, must be
booked, tel Ann 016973 21967

31st Silloth Carnival

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

First Responders

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

NatWest Mobile

The NatWest mobile van will
be outside Silloth Community
Centre on Mondays from 1pm
to 2:15pm and Fridays from
9:45am to 11:30am.

September

5th Coffee Morning in the
Recreation Hall at 10am with
Silloth & District Pensioners

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

8th Solway Tea Dance
in Westnewton Village Hall
1:45-3:45pm, Tel: 016973 51603

9th Causewayhead WI
meeting in Methodist School
Hall at 7:15pm with talk by
Pauline Mole about Poems and
Rhymes

10th Silloth Music & Beer
Festival

11th Silloth Music & Beer
Festival

12th Silloth Music & Beer
Festival with The Jam

13th Silloth Music & Beer
Festival

15th Blencogo & District
Village Hall Produce Show

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

22nd Solway Tea Dance
in Westnewton Village Hall
1:45-3:45pm, Tel: 016973 51603

October

3rd Coffee Morning in the
Recreation Hall at 10am with
Silloth & District Pensioners

5th Silloth Town Council
meet, 7pm in Community Hall

6th Solway Tea Dance
in Westnewton Village Hall
1:45-3:45pm, Tel: 016973 51603

10th Cumbrian Dialect
Competition in the Golf Hotel

14th Causewayhead WI
meeting in Methodist School
Hall at 7:15pm with talk by
Paul Heslop about The Jacobite
Rebellions of 1715, 1745 and
Bonnie Prince Charlie

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

20th Solway Tea Dance
in Westnewton Village Hall
1:45-3:45pm, Tel: 016973 51603

24th Bonfire Night on
Silloth Airfield

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.

Doors Open Lunch

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

Metafit Training

3o Minute MetaFit sessions,
designed to push you to the
Max, combines traditional
body weight exercises with
the latest interval and
Tabata techniques to set the
metabolism on fire! Every
Wednesday at Silloth Sports
Hall, 5:30pm, for more info
Call Gayle 07725 990062.

Letters

Dear Buzz,

Could I express my thanks to all the pupils parents and staff from both the local schools for all the gifts cards and good wishes on the occasion of my retirement from school crossing patrol, (lollypop lady to you and me!). I was totally overwhelmed by the fond thoughts of everyone. I will miss you all very much. Once again thanks very much.

Best Wishes
Jean Oliver

Dear Buzz,

Barbara & Margaret would like to say a huge Thank You to everyone who contributed in Silloth Library to help us make £95 for Comic Relief's Red Nose Day. The cakes sold out each day and the winning name of the bear was BAXTER. This was won by David Catton - Congratulations. We really appreciate all the support we receive from our library friends in our fund-raising efforts.

Barbara & Margaret

Dear Buzz,

The Town Council have received a letter from an allotment holder about a recent theft from the allotments at Eden Street. A shed was broken into and tools were stolen. It is important that people are vigilant. Make sure sheds are kept secure and tools are out of sight. If you see anyone at the allotments who should not be there or is acting suspiciously, then report it.



Wendy Jameson
Town Clerk



Beware Ticket Scams

Action Fraud, together with the National Fraud Intelligence Bureau and the City of London Police, are working in partnership with Rugby World Cup 2015 organisers to disrupt those entities seeking to sell Rugby World Cup 2015 tickets without permission from the official provider.

We would like rugby fans and the general public to be aware that they should only purchase tickets from official sources to being scammed.

England Rugby 2015 Limited ("ER2015") is the organising committee of Rugby World Cup 2015, due to take place in England and Cardiff from 18th September until 31st October 2015. Rugby World Cup Limited ("RWCL") is the Tournament owner of Rugby World Cup 2015.

RWCL/ER2015 wants to ensure that the public is not misled, by unauthorised ticket sellers, into believing they have purchased genuine Rugby World Cup tickets.

Where can you buy official match tickets? Tickets for the general public may only be purchased from ER2015 via official website at: <https://tickets.rugbyworldcup.com>. Where can you buy Official ticket-inclusive hospitality packages? These can only be purchased through the official hospitality programme, operated by Rugby Travel & Hospitality Ltd ("RTH") at www.rugbyworldcup.com/travel_agents_list.aspx.

Where can you buy Official ticket-inclusive Supporter Tours (i.e. travel packages)? RTH has appointed a number of Official Travel Agents ("OTAs") and they are listed here: http://supportertours.rugbyworldcup.com/travel_agents_list.aspx.

Auction of promises

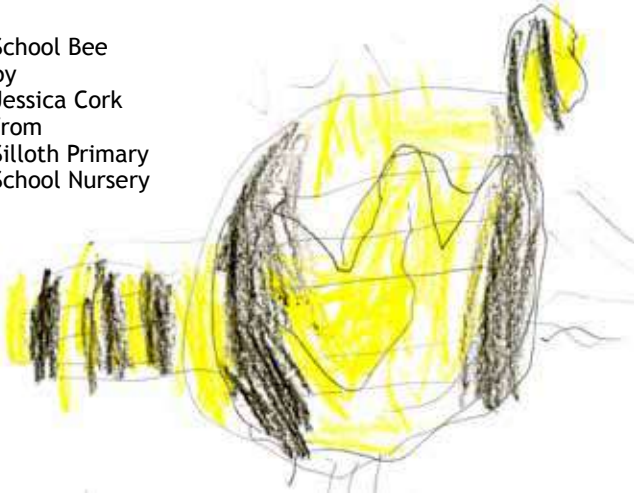
What will your promise be?
Solway Community School PTA
Auction of Promises

Friday
5th of June
the Golf Hotel
at 7:30pm



Promises to Avril Quinn 016973 31234

School Bee
by
Jessica Cork
from
Silloth Primary
School Nursery



Non-Commercial Tourism Websites

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

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

Cumbrian Reads

Supported by
Anne Steele
Cumbria Library Service

Relax with a good
book this Spring

The Queen's Houses: Royal Britain at Home
by Alan Titchmarsh
Buckingham Palace, Balmoral, Windsor, Sandringham and Holyrood. Alan Titchmarsh explores both the history and the human stories behind these five famous royal residences. He takes the reader on a guided tour through each of the historic buildings, painting a picture of their fascinating history and of royal domesticity. There is a



lovely selection of photos throughout the book. Well worth a read.

How Baking Works
(and what to do if it doesn't)
by James Morton

James Morton was a contestant on the popular TV show The Great British Bake Off.

His book consists of a wide range of biscuit and cake recipes with clear instructions and a photo of the finished product. At the beginning of each chapter he gives you an idea of what to look for in your final bake. The trouble shooting section is full of advice for if your recipe doesn't turn out quite the way it should.



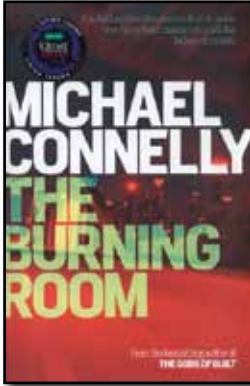
The onion tart is highly recommended! Time to get out those baking bowls...

The Burning Room
by Michael Connelly

One for all crime fiction fans – another page turner from Michael Connelly.

Detective Harry Bosch is teamed up with a new rookie sidekick named Lucia Soto. Together they investigate two cold cases.

As usual, lots of suspense and twists and turns in the plot.



The Urban Wildlife Gardener:
How to Attract Birds, Bees, Butterflies and More
by Emma Hardy

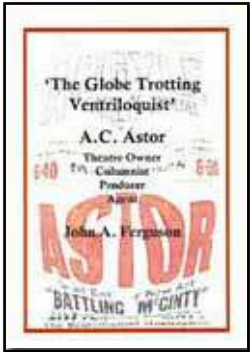
Spring has definitely arrived, and it's the ideal time to spend some time in our gardens. This book is full of hints and tips to inspire us to create a wildlife haven in our outside space.

Worth a browse – even for the less green fingered amongst us!



The Globe Trotting Ventriloquist
by John A Ferguson

I found this book to be a delightful short work about a local celebrity from a time when theatre was the main form of entertainment for the public. The writing style is easy, friendly and informative with the story of A. C. Astor coming to life in a way that made me wish I had been there, travelling with him, to actually enjoy the whole experience as it happened. All



in all a very interesting story.



Masthead Winner

Carlisle Embroidery are generously donating a Solway Buzz embroidered Polo Shirt 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 page 10 and a quality Solway Buzz embroidered Polo Shirt from Carlisle Embroidery could be yours.

You don't have to be at school here to send a bee to us. If you are here on holiday we would love to receive your bee drawing. Pick up a form from Silloth Tourist Information and return it there or send it to us, our address on page 10.

This month the winner is Kian Watson from Holm Cultram Abbey School with a bee drawing called "Super Buzz".

Well done!



Silloth Local Link

Library & Tourist Information

Summer Opening Times

Monday 10-1pm 2-5pm
Tuesday CLOSED
Wed 10-1pm 2-5pm
Thursday CLOSED
Friday 10-1pm 2-5pm
Saturday 10-1pm

Tel: 016973 31944



Local Tradesmen and Services



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angela.ellwood@yahoo.co.uk

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On the Water Front

Report by: Captain Slog

March 2015
4th Hav Pike from Riga with fertilizer, then with part cargo to Ayr.
4th Pinnau from Londonderry with Furness Bottom Ash, then to Belfast.
8th Merit from La Pallice with wheat, then to Glasgow.
17th Luhnau from Klaipeda with fertilizer, then to Raynes Jetty
17th Kaja from Riga with fertilizer, then to Belfast.
18th Wilson Dunmore from Muuga with fertilizer, then to Dublin.
21st Zapadnyy from Lorient with Molasses, waiting for orders.

Modern Silloth Lifeboats Part 1



Flag of the Royal National Lifeboat Institution
Silloth Lifeboat Station was re-opened by the RNLI in 1967, following a number of local incidents and a particularly tragic event in 1956, involving the loss of four local firemen.
It was in 1967, that the RNLI had recently completed intensive trials of a small but fast inflatable class of lifeboat, powered by a single outboard engine giving a maximum speed of 20 knots and named a 'D Class', suitable for coastal inshore rescues. Following a local appeal, one of these lifeboats (D-146) was allocated to Silloth, to cover the waters of the upper Solway Firth. The old Victorian lifeboat house at Silloth, which for many years

had been used as a store by the Council, was refurbished to be able to accept this small new lifeboat. A concrete slipway of sorts, albeit a rather steep affair, was built adjacent to the boathouse,



D Class - D144

enabling the lifeboat on a simple wheeled trailer, to be launched and recovered with the help of a small electric winch. Lifeboat D-146 was replaced by the identical D-144 in 1969, which then remained on station until 1975.
In June 1975, realising the need for a bigger lifeboat to be able to safely cover both shores of the Solway and the often rough waters in between, the RNLI replaced the basic 'D Class' with one of two slightly larger trial lifeboats, a Mk5 Zodiac inflatable, with two outboard



The trial D Class D502 'John Gilpin'



visibility, but a very hard ride in rough water at high speeds! Although the Silloth boat replaced in 1977 by the similar D503, the RNLI later decided that this type of craft was not suitable for inshore rescue purposes and was eventually taken out of service.
It was in 1977, that the lifeboat men on inshore lifeboats were first issued with special 'drysuits', giving a complete waterproof seal



over their warm clothing, as opposed to the traditional oilskins, waders and sou-wester hats, used on the larger offshore lifeboats.
In the next edition of the Solway Buzz, the 'Waterfront' article will feature Modern Silloth Lifeboats - Part 2, detailing the more recent 'rigid-inflatable' (RIB) lifeboats, that have been stationed at Silloth from 1979 up to the present day.



The original Silloth lifeboat House (Built 1860)



Photo by: John Forrester

MERIT arriving from La Pallice, France, on 8th Mar. She'd had to shelter in Ramsey Bay for 36hrs before conditions eased enough to allow her to proceed up the Solway into Silloth dock.

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 £48 a year.

- Abbey Cleaning Services 07732 270844
Addison Orthodontics 016973 32208
Allerdale & Eden Roofing Serv' 01900 813517
Beacon Veterinary Centre 016973 20242
Bowen Therapy 016973 31632
British Heart Foundation 01946 418805
Callum Findlay 07765 314597
Carrs Coaches 016973 31276
Computer Problems 016973 32089
D A Harrison 016973 42277
David Allen Accountant 01228 711888
David Read 07759 783823
Digger Hire 07736 774788
Garden Services 07768 496313
Golf Hotel 016973 31438
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M & C Taxis 07917 564583
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Mike Jones Decorator 07842 355486
Mike Taylor Plumbing 07773 069856
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Photography by Peter 016973 32180
Pink Poodle 07519 223364
PM Roofing Specialists 07931 362163
Queens B & B 016973 31373
Reem Nails & Beauty 07792 394916
Robinson Car & Commercial 016973 31940
Sandra Hickebottom 07951 312513
Seasoned Firewood Logs 07762 772208
Silloth Cafe 016973 31319
S.O.S.C.S. 016973 32452
SeavorChartered 01228 492729
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Solway Private Hire 016973 32310
Solway Squirrel Group 01228 711520
Stanwix Park 016973 32666
Station Tea Room 016973 31845
Stephen Fraser Joinery 07809 870604
Stuart James Plumbing 07763 677752
Tanglewood Caravan Park 016973 31253
The Bookkeeper 07919 121575
The Charity Shop 016973 31696
The Lowther 01900 881750

- The Wave Centre 01900 811450
Top 2 Toe Beauty Salon 016973 31591
Top Secret Roadshow 07736 774788
Upholstery, Irene Armstrong 016973 31836
Wallsend Guest House 016973 51055
Wash Your Wheels 016973 32696
West Silloth Motors 016973 32833
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Winters Post Office 016973 31323



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Useful Tel Numbers

- Allerdale B. Council 01900 702702
Age Concern Home Safety Scheme 01946 68986
Chemist, Silloth: 016973 31394
Community Grants: 01900 325013
Crime Stoppers: 0800 555 111
Dental Emergency: 01228 603620
Dentist, Buchanan: 016973 31270
Dentist, Steel: 016973 32042
Doctor: 016973 31309
Doctor CHOC service 03000 247 247
First Responders can only be called by the Ambulance service, call: 999
Gas: 0800 111 999
Highways Hot Line 0845 6096609
Hospital: 01228 523444
Holme St. Cuthbert School 01900 881242
Mawbray: 01900 702898
Holm Cultram Abbey CofE School 016973 61261
Abbaytown: 016973 61261
MP Tony Cunningham: 01900 65815
NAP 01900 702898
Neighbourhood Forum: 01900 325013
Police: 101
Quakers, Wigton: 01228 523174
Register Office, Wigton: 01228 221122
Samaritans: 01228 544444
Silloth Community School: 016973 31234
Silloth Library 016973 31944
Silloth Nursery & Junior School: 016973 31243
Silloth Rugby Club: 016973 32299
Silloth Town Clerk: 016973 31128
Silloth Tourist Information Centre: 016973 31944
Solway Buzz: 016973 32180
Vet: 016973 20242
Waste Disposal Dept: 01900 702800
Water LeakLine: 0800 33 00 33
Please, let us know what you want included, also any changes to numbers.

Tide Table

MAY 2015					SILLOTH				
Date		DEPTH ON NEW DOCK GAUGE							
		High Water				Low Water			
		Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m	
1	F	10 07	6.1	22 27	6.3	04 32	-0.2	17 00	-0.5
2	SA	10 42	6.4	23 01	6.5	05 12	-0.5	17 37	-0.7
3	SU	11 16	6.6	23 33	6.8	05 49	-0.7	18 13	-0.9
4	M	11 49	6.8			06 26	-0.9	18 48	-1.0
5	TU	00 04	7.0	12 20	6.9	07 03	-1.0	19 24	-1.0
6	W	00 37	7.0	12 56	6.8	07 40	-1.0	19 59	-0.9
7	TH	01 14	7.0	13 34	6.8	08 18	-1.0	20 37	-0.7
8	F	01 53	6.9	14 15	6.5	08 57	-0.8	21 13	-0.6
9	SA	02 36	6.5	15 02	6.2	09 36	-0.6	21 54	-0.3
10	SU	03 27	6.3	15 59	5.9	10 23	-0.5	22 46	-0.1
11	M	04 30	6.0	17 08	5.6	11 22	-0.2	23 51	-0.0
12	TU	05 44	5.9	18 27	5.5			12 33	-0.2
13	W	06 59	6.0	19 41	5.9	01 08	-0.0	13 50	-0.4
14	TH	08 07	6.3	20 46	6.3	02 22	-0.2	15 00	-0.6
15	F	09 06	6.8	21 41	6.8	03 31	-0.5	16 05	-0.9
16	SA	09 59	7.1	22 29	7.1	04 33	-0.8	17 03	-1.1
17	SU	10 48	7.4	23 14	7.3	05 28	-1.1	17 54	-1.3
18	M	11 34	7.5	23 57	7.4	06 19	-1.3	18 41	-1.3
19	TU			12 18	7.4	07 06	-1.4	19 25	-1.2
20	W	00 38	7.4	13 02	7.2	07 50	-1.3	20 05	-1.1
21	TH	01 20	7.2	13 45	6.9	08 33	-1.2	20 44	-0.8
22	F	02 01	6.9	14 27	6.5	09 14	-0.9	21 20	-0.5
23	SA	02 43	6.4	15 11	6.0	09 54	-0.5	21 56	-0.2
24	SU	03 29	6.0	16 01	5.5	10 36	-0.2	22 37	0.2
25	M	04 23	5.5	16 59	5.2	11 25	-0.0	23 29	0.4
26	TU	05 27	5.2	18 06	5.0			12 25	0.3
27	W	06 37	5.1	19 15	5.0	00 34	0.5	13 30	0.3
28	TH	07 41	5.2	20 16	5.2	01 46	0.5	14 31	0.1
29	F	08 38	5.4	21 07	5.6	02 48	0.3	15 27	-0.1
30	SA	09 25	5.8	21 50	6.0	03 43	-0.0	16 15	-0.3
31	SU	10 07	6.1	22 27	6.4	04 31	-0.2	16 59	-0.5

Times shown in UTC. Add 1 hour for British Summer Time.

BLENCOGO & DISTRICT VILLAGE HALL PRODUCE SHOW

To be held in the Blencogo Village Hall
on Saturday 5th September 2015
Admission 50p School children free.

10am - 11:30am: Staging
11:30-1:45pm: Hall closed for Judging
2pm: Hall opens to public.

3:30pm: Presentation of Trophies.

Entry is open to all.

Prizes 1st £1.50, 2nd £1, 3rd 50p.

Flowers

1. Cactus Plant.
2. Fuchsia Pot Plant
3. Flowering Pot Plant.
4. Flowering arrangement in an unusual container.
5. A Rose
6. Vase of sweet Peas.
7. 3 Dahlias.
8. 1 cut stem of a garden flower.
9. 4 Pansy or Viola Heads on a saucer.
10. Vase of mixed Garden Flowers.

Kitchen Garden

11. Four fresh herbs in a tumbler
12. 3 free range eggs (laid from own chickens)
13. 3 onions.
14. 4 Potatoes.
15. 3 Varieties of vegetables not in the schedule.
16. 3 Carrots.
17. 4 Tomatoes - any variety.
18. 3 Courgettes.
19. 5 Green Beans.
20. 3 Beetroot.
21. Selection of Home grown fruit in a bowl (not exceeding 7).
- Wine/ Liqueur
22. Bottle of Red Wine
23. Bottle of White Wine.
24. Bottle of Homemade fruit Gin.
25. Bottle of Homemade fruit Liqueur.

Bakery

26. Bacon and egg Pie on a saucer.
27. 3 Cheese Straws.
28. 3 Shortbread Biscuits.
29. 3 Pieces of Gingerbread.
30. 3 Butterfly Buns with Buttercream.
31. Jam Swiss Roll
32. 4 Pieces of Tray Bake (label)

33. 3 Drop Scones.
34. Homemade Chutney (label)
35. Jar of Jam
36. Jar of Lemon Curd.
37. Jar of Honey
38. 4 Pieces plan Fudge.
- Handicrafts
39. Photo with caption no larger than 8"x 6".
40. Photo of interesting building.
41. A handmade soft toy.
42. Picture in cross stitch.
43. Handmade wooden item.
44. Hand painted picture (any medium).
45. Item of homemade Jewellery.
46. Any article made by Lady or Gent.
47. Pick up and bring a door stop.
- Children** (must display age)
48. 3 Decorated digestive biscuits.
49. A decorated wooden spoon.
50. An item made by a boy or girl.
51. Short story or Poem written by yourself. (Please include age).
52. Handmade party invitation. (Please include age).
53. A collection of garden flowers in a jam jar.
54. Pick up and bring your favourite drinking cup.
55. Something you have grown yourself in a plant pot.
56. Plasticine or play dough animal (must be own work)

Many thanks,
Linda and Judith
Telephone:
Linda 07538 027936
Judith 016973 61051

W.I.

Report by: Pat Froggatt

On Thursday 12th March, Causewayhead held their monthly meeting at Trinity Methodist, Silloth. Members were welcomed by Vice President, Mona Kent, in the absence of our President.

After singing Jerusalem the general business was dealt with, in particular a discussion about where to hold our annual birthday party. Two venues were considered in the local area and a booking to be made by the Committee. Also discussed was the Coffee Morning that was held on Saturday 14th March at the Recreation Hall, off Eden St. Silloth.

Details of the County News were read out and birthday cards distributed.

We were then entertained by Olga and her team of three volunteers to a game of call my bluff. Words such as Dawk were included in the selection - this turned out to mean 'a relay of horses or men for moving goods'. Some of the descriptions caused much laughter. The winner by guessing the most correct descriptions for the words was Jean Graham.

A vote of thanks was given by Pat Bell.

Winners of the various competitions and raffle were: Smallest Book - Susan Kenny and Carol Knowles
Flower - Mona Kent and Ann Harrison
Raffle - Freda Garner and Margaret Peach.
The Best Teddy was no. 8 - knitted by Susan Kenny.

Causewayhead W.I. Coffee Morning

The W.I. coffee morning took place on Saturday 14th March at the Recreation Hall, Eden St. Silloth. Although not as well attended as had been hoped,

those that did support us were generous in their support.

The Cake stall was laden with all types of cakes and buns tempting everyone to buy something to take home. There was a variety of raffles to tempt everyone including a beautiful quilt which had been donated for this purpose. A knitted clown to guess his birthday, and the general raffle.

Coffee and tea, if preferred, was available to all, together with a variety of scones, cakes and biscuits. Those that attended thoroughly enjoyed the event and made the most of everything that was on offer, also enjoying the pleasant atmosphere created by a buzz of conversation and laughter.

The highlight of the morning was the drawing of the various raffles with a huge amount of winners too numerous to mention. The W.I. Committee would like to thank everyone who came to support us.

FireFighters Wanted!



The team at Silloth Fire Station are waiting for you

Report by: Kasey Grainger

An on-call firefighter could be the postman, the lady cutting your hair, a housewife, a farmer and the list goes on. Anyone could be an on-call firefighter, ready at a moment's notice, to leave their place of work, family get together or pub quiz and dash off to deal with any type of emergency situation.

In many parts of the county these are the people who will be first on scene at a house fire, car crash or flooding incident. By having the fire appliance available in Silloth you're ensuring that your loved ones and local community have the resources available, should an incident occur. Without Silloth's fire appliance you may have to wait for one from Wigton, Aspatria or even further.

On-call firefighters

have a range of skills which are gained during training and courses and can be transferred to your employment, home life and social activities.

Being an on-call firefighter is hugely rewarding and will alter your life in ways you can't imagine. Your crew will become your second family and some of your best friends. These people will always be there to support you.

This is not just a job but something you will be extremely proud of.

Could you do it? If you live or work within five minutes of the Station you've passed the first test!

Visit the open day at Silloth Fire Station on 23rd April 2015 from 1600-1800 or 30th April 2015 from 1100-1400.

Situations Vacant

Cumbria Fire & Rescue Service recruiting On-Call Firefighters



A recruitment
drive is being
launched to find
new On-Call
Firefighters



Cumbria County Council's Fire and Rescue Service is looking for on-call firefighters to deliver lifesaving capabilities at 15 fire stations.

The service is looking for men and women from all different backgrounds who are fit, healthy and looking for a life changing challenge.

These are not volunteer roles, the pay scales for an on-call firefighter are:

- A retainer of £2,158 - £2,877 dependent on the cover provided
 - An hourly rate of £13.14 when competent in your role
 - An On-Call Firefighter can earn up to £6,000 a year
- Informal open days are being held at all the stations that are recruiting for people to chat to the team and Station Managers, have a go at some of the tests and find out more about what this lifesaving role entails.

Firefighters are needed at Bootle, Coniston, Grange, Walney, Kirkby Lonsdale, Shap, Ambleside, Arnsdale, Milnthorpe, Appleby, Longtown, Lazonby, Penrith, Silloth and Maryport.

To find out more about becoming an on-call firefighter in Cumbria visit <http://www.cumbriafire.gov.uk/want/work/oncall.asp>

Or call Kasey Grainger on 07930 973388 or follow the recruitment campaign on Twitter via @CFRSRecruitment and Facebook via <https://www.facebook.com/#!/CumbriaFire?fref=ts>

Call rates vary from fire station to fire station, with some of Cumbria's on-call stations responding to over 200 calls a year and others as few as 15.

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Sporting Siblings



Nathaniel Mossop

After a long winter training and practicing hard, a Blitterlees brother and sister duo are celebrating sporting success once again.

Thirteen year old Nathaniel Mossop who plays his rugby at Carlisle and attends Nelson Thomlinson School in Wigton has scored two tries and produced some



Abigail Mossop

excellent try saving tackles with his under 13 rugby union team, powering their way to the Cumbria County Cup final.

A great achievement for the boys in their first season playing on a full sized pitch. After two recent knock-outs at semi-final stage, his 10 year old sister, Abigail

has secured a place in the Regional Football League Final, playing Goalkeeper for Abbeytown under 12's. Abigail and her Silloth Primary School team narrowly missed out being County Football Champs last month but displayed great team spirit and played outstanding football.

Silloth Tigers cont'd



continued from page 16

The win also confirmed the teams 100% unbeaten home record for the second successive season.

Coach Mark Orchard said "Today was a special day for the Team, the Club and the Town of Silloth and is the proudest day of my 25 years involved in rugby. To take a team that was playing social rugby four years ago and help turn them into league champions is unbelievable. We must now stay focused on the Cumbria League Cup Final on the 9th May as we are all aware the job is only

Bobby Benson breaks free

half done" Mayor Tony Markley said "I was privileged to watch Silloth Tigers (RUFC) on Saturday win their match against Kendal by a considerable margin thus allowing them to win the Cumbrian league, moving on to play for the cup on May 9th, a fantastic achievement well done to you all.

It must be applauded how the players have been trained and coached to operate skilfully as a team, this was made apparent by the manner in how the

team conducted themselves throughout the game operating as a highly skilled group of players coming together with a dedicated attitude to play as a team they were a credit to watch. As Mayor of Silloth-on-Solway I would like to congratulate you all for your continued commitment to the rugby club and yet again placing our wonderful town Silloth-on-Solway at the forefront for sporting achievements throughout the County.

Well down you are all a credit to the Town"



Ellis Nixon at high speed

Abbeytown Bowls

Report by: Gladys Temple

It is end of the Winter Season at Abbeytown Indoor Bowling Club, we will not be playing indoor until Monday 5th October, but we ended the season with two matches.

The first was held at Ireby where John Chester welcomed everyone. The usual format was played and Gladys Strickland organized the raffle with the winners being John Chester, John Tuck, Steve A, Gladys Temple, Glenys Exely and Audrey Harrison. The score ended Ireby 45 - Abbeytown 2.

The other match was against Port Carlisle and was held at Abbeytown Hall. The result was Abbeytown 39 - Port Carlisle 28.

We look forward to a good summer for the outdoor bowlers and will welcome any players indoors at the end of the season.

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Tigers Win the League



A well deserved champagne shower for Silloth Tigers as they win the League

Following on from the bonus point win away to Egremont Silloth had another week off, they were due to play Netherhall but with their withdrawal from the League earlier in the season the Tigers were given another rest.

Next up was Windermere, Silloth stormed ahead with a 14-0 lead but the travelling side hit back with two tries of their own making it 14-14 with 60 minutes to play. Silloth lifted it a gear and ran out convincing 59-21 Winners.

Silloth then travelled to Penrith and were met by a very well drilled energetic side, Silloth as expected took and early lead but Penrith hit



Joe Kirkup fights through and scores another try

back, Silloth stood firm and eventually finished well on top winning 43-17.

Another weeks rest followed before Silloth prepared for what was to be one of the most important



Dan Yeoman breaks free to score another try

games in the clubs history, if Silloth won they were to be crowned League Champions. A huge crowd including Mayor Tony Markley applauded the Silloth players onto the pitch before kick off and from the start the Tigers did not disappoint. They performed like champions and an outstanding team display rightfully saw them crowned Cumbria League Winners in style as they went on to win 76-5.

continued on page 15

Remembering Terence



Silloth Albion Sunday Team

Report by: Colin Baty

Silloth Albion Sunday Football team would like to record this mark of respect to one of its former players, Terence Satterthwaite, who sadly passed away on 29th March 2015.

Tez, as he was known played football for Silloth teams on both Saturdays and Sundays for over fifteen years. During the month of March, Albion played three games which has culminated in Silloth Albion going top of the Workington Sunday league with four games to play.

The first game in March was against Commercial Inn and in a dominant game, Albion won 9-1 with goals from Kris Nichol 3, Adam Hocking 2, Mark Glencross 2, Shaun Clark 1 and Adam Carr 1. It would've been more but a miraculous save stopped Tez from scoring late on. Then, up next was Ellenborough Social who

were top of the league and in a hard fought game, Silloth earned a 2-2 draw with goals from Kris Nichol and a last minute equaliser from Dale Walker.

The following week the reverse fixture at Ellenborough Social was keenly anticipated. Even with a few players unable to play a strong team, including Tez was sent. Unfortunately, tragic events on the day of the game, unknowable to the team at the time meant that Tez was unable to play. After some thought, I decided that we would play the game after hearing the terrible news. I think that would be what Tez would want, and after informing both sets of players, a poignant and emotional minutes silence

was respected by everyone.

An incredible game ensued and Albion won 2-1, with goals from Adam Carr and Mark Glencross. In the second half, Albion were on the back foot throughout but somehow they held on to go top of the league. I do believe Tez was our 12th man on the field that day and was putting in challenges that stopped Boro from hitting the back of the net. Tez was named man of the match posthumously.

Everyone at Silloth Football Club send their condolences to Terence's family and friends, he will be greatly missed by everyone and his name and personality will live on forever. Terence Satterthwaite 24/3/1980 to 29/3/2015, RIP.

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