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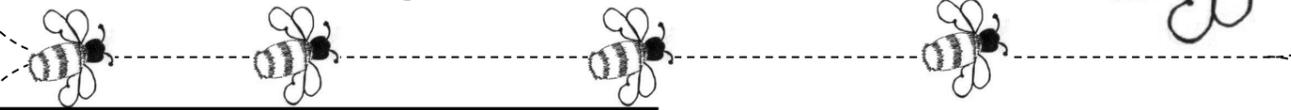
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Photo by Delia Daly—The Northern Relief Road viewed from Stalnton

Eden and Lyne Buzz



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NEXT COPY DATE

The Eden and Lyne Buzz is produced 6 times a year at the start of the even months Feb, Apr, Jun, Aug, Oct and Dec. Material can be sent at anytime to edenandlynebuzz@gmail.com
The final date for material for the December/January Edition is FRIDAY 24th November 2017

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WHAT'S ON - FUTURE EVENTS

OCTOBER

- 1st Oct Rockcliffe Harvest Festival and Supper
- 11th Oct Superfast Broadband Workshop -Page 9
- 28th Oct to 11th Nov – Poppy Appeal

NOVEMBER

- 1st Nov Blackford Christmas Flower Show
- 4th Nov Fireshow in Bitts Park
- 12th Nov Remembrance Sunday
- 26th Nov Rockcliffe Christmas Fair

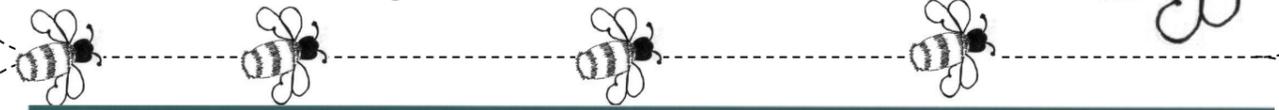
TO ADD TO THIS LIST SEND DETAILS TO

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DISCLAIMER

The Eden and Lyne Buzz is produced for residents in the Rockcliffe, Kingmoor and Westlinton Parish Council areas. The magazine seeks to serve the local community by including local community events, advertisements and items of local interest. Inclusion of such material in the magazine does not imply that the Trustees endorse everything that is mentioned, nor are they responsible for any inaccuracies in the information supplied.

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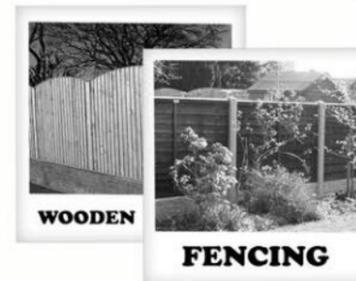
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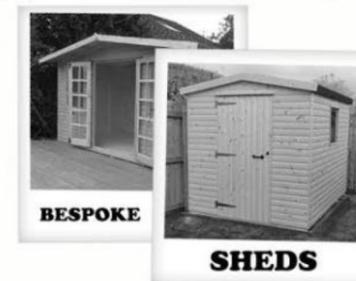
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Eden and Lyne Buzz

EDEN AND LYNE BUZZ CONSTITUTION

The Eden and Lyne Buzz is a community magazine run by unpaid volunteers on a not for profit basis.

Eden and Lyne Buzz is run by a group of volunteer Trustees who, for the time being are Mr A L Parrini (Chairman and Editor), Mrs Janette Fisher (Treasurer), Mrs Judith Twentyman (Secretary) and Mrs Ann Hay (Advertising Coordinator).

The Bank Account is with The Cumberland Building Soc'ty. All payments out of the account will be by Cheque signed by the Treasurer and 2 other Trustees.

Legitimate expenses are available if requested by volunteers and Trustees if approved unanimously by the Trustees.

Eden and Lyne Buzz will be published 6 times per year. Subscriptions and Advertising Rates will be set by the Trustees in April each year based on the financial results of the previous year's trading.

The Trustees will invite all subscribers to attend an AGM in May each year to present the accounts and agree the distribution of any surplus funds held.

Trustees

Mrs Ann Hay, Mrs Judith Twentyman,
Mr Tony Parrini and Mrs Janette Fisher

EMAIL ADDRESS: edenandlynebuzz@gmail.com

Blackford CE Primary School

As I write, the school is already busy even though this is only the middle of the third week back. The children have settled well into the routines of their new year groups and our new Reception children seem like they have always been with us.

We will be holding an Open Day for those children starting school in September 2018 on Thursday 12th October from 2pm – 3pm. Please contact school for further details.

Our topic this term is 'Wonderful Us' and we will be learning all about ourselves and our World. The infants have already had Nurse Melissa in to visit to talk to them and show them simple first aid skills.

Our harvest festival was held on 22nd September when the children performed in church for their families and friends. A wide range of harvest gifts were brought which were then sold at the Harvest Supper on 25th September.



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SUDOKU – Solution – See Page 4

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Eden and Lyne Buzz

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Chimney Fire Prevention



Many of us have solid fuel heating, open fires and log burners, all with chimneys of some description. Before they are put back into use or their use intensified as the

colder days and nights approach, it's time to have those chimneys swept and cleaned. This magazine has details of 2 local chimney sweeps which are ready to serve you. If you don't and the worst happens, working smoke alarms can give you the early warning, and a fire-plan can help you ensure your family's escape in a fire – make sure you have at least one smoke alarm on every level of your home and test them monthly. Don't keep this advice to yourself – pass it on. "People wouldn't think twice about getting their cars MOT'd, but home appliances often get neglected so I keep in regular contact with clients to remind them which they really appreciate. It might not be on the top of everyone's to-do lists, but you really can't afford to risk leaving these things unattended."

Remember also that in the event of an insurance claim as a result of a chimney fire, some insurers may want to see a receipt showing the date on which your chimney was last swept!

(With acknowledgement of the Cumbria Fire and Rescue Service).

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SUDOKU

Solution on page 22

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Eden and Lyne Buzz



KEEPING FIT AS WINTER APPROACHES – a few tips from Doctor Quynh

It may be getting colder, but winter needn't be the unhealthiest time of year for you and your family. Here are five ways to make sure that, even when your body is telling you to hibernate, you can keep healthy and fit, no matter what the weather's like.

Banish winter tiredness

Many people feel tired and sluggish during winter. This is due to the lack of sunlight, which disrupts our sleep and waking cycles. Try these tips: get outdoors in natural daylight as much as possible, get a good night's sleep and de-stress with exercise or meditation – stress has been shown to make you feel tired.

Eat more fruit and veg

When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food. It's important to ensure you still have a healthy diet and include five portions of fruit and veg a day. If you find yourself craving a sugary treat, try a juicy clementine or satsuma instead.

Winter vegetables such as carrots, parsnips, swede and turnips can be roasted, mashed or made into soup for a comforting winter meal for the whole family. Explore varieties of fruit and veg that you may not normally eat.

Drink more milk

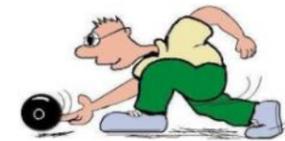
You are more likely to get a cold in winter, so make sure your immune system is in tip-top condition. Milk and dairy products such as cheese, yoghurt and fromage frais are great sources of protein, vitamins A and B12, and calcium, which helps keep our bones strong. Choose semi-skimmed, 1% or skimmed milk – rather than full-fat – and low-fat plain yoghurts.

Try new activities for the whole family

The cold winter months aren't an excuse to stay in and lounge around. Get out with the whole family to try out a new activity – maybe ice skating, or taking a bracing winter walk. Regular exercise helps control your weight, boost your immune system, and is a good way to break the tension that can build if the family is constantly cooped up inside the house.

Have a hearty breakfast

Winter is the perfect season for porridge. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day it also helps boost your intake of starchy foods and fibre. These foods give you energy and help you feel fuller for longer, stopping the temptation to snack mid-morning. Oats also contain lots of vital vitamins and minerals. Make your porridge with semi-skimmed or skimmed milk or water. Don't add sugar or salt. Add berries or a sliced banana, or other fruit for extra flavour and to help you hit your 5 A Day target



INDOOR BOWLS CLUB

The Indoor Bowls Club holds over £2000 worth of equipment, but needs to find new interest in running sessions to suit new members whether that be daytime or evenings. Existing members are prepared to adapt in order to sustain a local indoor Bowls Club. If you are interested in starting a new Bowls Club at Rockcliffe or helping to reinvigorate the existing Club, please let Ann Hay know (674363). **If no one comes forward by 1st December the Club will close down permanently and the equipment sold.**



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Eden and Lyne Buzz



Rockcliffe Cricket Club

Before commenting on the playing side of things the highlight of Rockcliffe Cricket club this past Summer has been the English Cricket Board's Allstars initiative.

As a club we recognised that we need to develop and encourage more younger players. With this in mind we signed up to the ECB Allstars. This introduces juniors (5-9 year olds) into cricket clubs who carry out the coaching.

This was led and organised by William Wharton who signed up the club and attends various meetings. William ran the sessions every Friday night at 6pm and what a wonderful sight seeing up to 30 kids playing down at the club. Whilst the finer details of the game will come later all the kids had fun learning the basic skills of hitting the ball, catching, bowling and throwing.

The junior sessions ended with each player receiving their certificate and what's more Rockcliffe were invited to attend the Test Match against South Africa and bring ten children along. What an honour to club to be also be asked to form the players guard of honour with the flags at the start of the game. The Allstars will start again next Spring and we welcome more children down. On behalf of the club thanks must go to William Wharton, other players who regularly helped at the sessions, the parents for bringing them down (sometimes in poor weather), and the children themselves. More of the same next year please!!

On the playing front

The club had high hopes for the 2017 season. The Saturday first team, after the near miss on Championship spot last season, were hoping to go one better. Midweek A team bolstered by some new signings and lads promoted from the B team were looking for promotion and the Midweek B team were hoping for the youth to come through and pick up some wins.

The ground was looking good, machinery all in good order. Unfortunately what wasn't good (all season) was the weather!!! In a total of 46 games, over all three teams, we lost 17 games to the weather. Worst affected was the weekend team who lost 9 games out of the 18 fixtures.

This meant no momentum or form could be found.

Despite all this we managed, with a win in our final game played against Stainton, to stave off relegation. We live to fight another season in the top flight of the Eden Valley.

The two midweek teams (A & B) finished 4th and 7th respectively in their leagues.

Highlights and standout performances were: -

- Mark Wharton established himself as a regular in the senior team (now above his Dad in the order), scoring his first fifty and being selected for County

Under 15's. He scored 250 runs for Cumbria and top scored with 74 against Lincolnshire.

- Ashley Wills – 6 wickets for 23 runs against Stainton
- William Wharton – hitting 4 fifties during the midweek season
- The club reached finals day in the Midweek cup and lost to the winners, Lanercost, in the semi-final.
- Robert Wharton won the Midweek league averages with an average of 154 (courtesy of only being out once in 7 innings)
- Graeme Cross (23) and Dave Columbi(20) taking over twenty wickets in the season.

Despite the aforementioned we still enjoyed the game and the club goes from strength to strength. Bring on 2018!

It's all change at Rockcliffe Cof E School

Rockcliffe CE School has seen some significant changes since the summer with new staff joining the school along with our biggest ever Reception Class. Margaret Galway finally put her away her laptop after over ten years in our Reception Class and almost twenty years in the school altogether. Margaret's connections with the school stretched even further as a parent too! We said goodbye to Margaret at our leaver's service on July 20th in St. Mary's Church. This was a sad occasion but it reminded us all of the good times too!

Hayley Pieroni has since joined the school to teach our Reception Class. We all wish her well. With twenty-two Reception children and eight Nursery each afternoon, she'll certainly be busy!

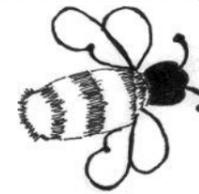
Outside of the Reception Class we have a new teaching assistant, Lauren Halvorsen who joined Class Three, Caitlin Adam, a modern apprentice has joined Class Four whilst Tom Sargeant has moved from Stanwix to Rockcliffe and is teaching Class Six.

The school now has one hundred and thirty children on roll – the largest for many years. We still have a few places left in certain year groups as the school grows from a fifteen to twenty intake. If you are looking for a place then please contact the school on 01228 674631 or email admin@rockcliffe.cumbria.sch.uk

Our whole school celebration assemblies will continue to be held on a Friday afternoon at 2.55pm – join us if you can, as we celebrate the work of our school and give our thanks to God.

David Hodgkiss—Head Teacher

Eden and Lyne Buzz



Editorial

A grant of £450 from the Cumberland Building Society covered the printing cost of the last issue and left us with £150 which "The Cumberland" didn't want returning. It has therefore been arranged and agreed by the Trustees of the Eden and Lyne Buzz to "employ" Mr Paul Tiffany to sort out material as it arrives and to lay out the pages ready for final edit and printing, saving an amateur like myself many hours getting the hang of the intricacies of "Publisher", margins, borders and photographs. Paul will be given an ex-gratia payment for each of the next 3 issues.

We are also grateful to the Westlinton Parish Council who have forwarded £500 from the Beck Burn Windfarm Fund towards the production of the magazine. We'll put this aside as the start up fund for the 2nd year of the Eden and Lyne Buzz.

If you know of anyone who is not getting the "Buzz", please tell them the good things about it and give them your copy when you've finished with it or ask your distributor to have a copy delivered.

The Editorial in the last issue when I compared "Community" with "Isolation" raised a few supportive comments and so I thought I'd move on to "Neighbourliness". There's no question that most of us would prefer to live in a friendly, peaceful neighbourhood where everybody gets along with each other and goes out of their way to help one another. While this might be a bit of an idealist hope rather than expectation, it doesn't take too much effort to ensure that your experience of living within your own neighbourhood is more pleasurable than miserable. Most of us are already carrying out some of the tips below and often without even knowing it.

Moving into the Neighbourhood - With the new developments springing up, it's always a good idea to introduce yourself to some of your closest neighbours as soon as you move in. Not only will they be able to give you useful advice and information about the area, you'll also be able to gain a sense of what kind of issues are particularly important to the local residents. In an established area, when a new neighbour moves into the area, try to Make Them Feel Welcome.

Noise levels - Excessive noise of all types is always one of the biggest sources of complaints and grumbling about a particular neighbour. Therefore be sensitive to the noise you generate within your own household and respectful of neighbours nearby. Things like Barking Dogs, loud music

and TV systems, parties, DIY projects and the like all need to be considered. Keep in mind that people are more sensitive about excessive noise levels at night.

Pride and Care - We don't all have the same kind of spending power even if we live on the same road, so while you might not have the latest conservatory, brand new car or can afford the latest brick paving for your drive, try to keep your property looking tidy and that you don't leave rubbish and other items such as children's toys strewn around. What some people fail to remember is that residents just don't take pride in the appearance of their own home but in their neighbourhood too.

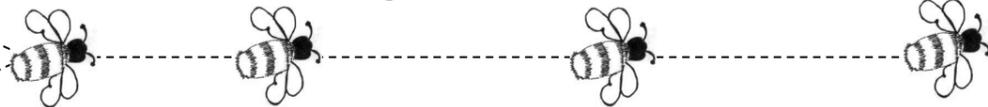
Getting In 'The Mix' - It's your local community so it's a chance to get out and about and mingle. Take advantage of stopping to speak to a neighbour, even if it's only to say 'Hello' as you are on your way to work or if you're simply passing them on the street as you go to the shops. Maybe even consider getting involved with some local community project or accept the odd invite to a neighbour's party. Better still, throw the odd social gathering of your own and invite the neighbours.

You only Get Back What You Give Out - Everybody needs a little help now and again. It may be a car engine which has stalled and the owner needs a little push to get it started, or you're asked to take in a parcel on behalf of a neighbour who is out for the day. It could be any kind of small favour actually. However, the more you give out, the more you'll get back. If people find you friendly, helpful, considerate and approachable, you're far more likely to receive a similar response from them. Don't forget the old adage "the more you look out for people, the more they'll look out for you."

Don't Become a Gossip - The neighbourhood 'grapevine' can often spread 'news' as fast as the speed of sound. Try to avoid getting involved in any idle gossip. Not only might 'facts' turn out to be untrue, even if they are, they're quite likely to have become distorted over the course of the 'Chinese whispers' grapevine by the time they reach you. By not getting involved in this kind of 'tittle-tattle', it prevents your name from being bandied around as a gossip monger and giving you an unwanted reputation.

These are just some useful general tips but you'll no doubt have plenty of ideas yourself about how you can become a good neighbour and make a valid contribution to your community. In this way, your experience of the neighbourhood in which you live is bound to be happier, more fulfilled and more peaceful.

Eden and Lyne Buzz



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Promoting Merchant Navy Day on 3rd September, a "Red Duster" was seen flying at Rockcliffe School. If there any Merchant Seamen out there, we salute you and thank you for ensuring our exports reach their destinations and for bringing back the essentials that add to our health, pleasure and wellbeing. See www.merchantnavyday.uk or #MerchantNavyDay for more information.

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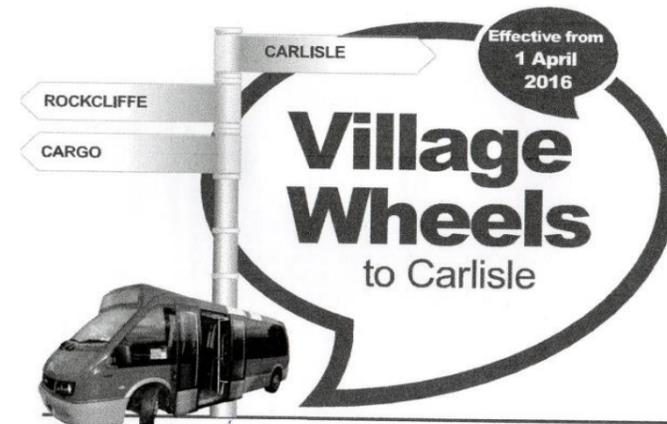
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Depart:	Tuesday and Friday	Single fare to Carlisle
Rockcliffe School	10:30	£1.25
Cargo Bus Shelter	10:36	£1.00
Arrival: Carlisle*	10:50	
Return: Carlisle*	13:30	

*Drop off and pick up point to be agreed by passenger demand on the day

What is it?
A new minibus scheme for residents of Rockcliffe and Cargo providing Tuesday and Friday transport to and from Carlisle.

What should you do...

- Phone 01228 221055 to join.
- Wait for your Smartcard.
- Then phone 01228 226430 by 12 noon the day before you wish to travel to book your seat.

Then off you go!

As village wheels is not a registered bus service, passengers are unable to use their concessionary NoWcards.

Eden and Lyne Buzz



ROCKCLIFFE TUESDAY CLUB



Retired and Want to meet new friends?

Then come and join the Rockcliffe Tuesday Club at the Rockcliffe Centre.
Membership Fee £12 per quarter.

PROGRAMME

Oct 3—Bill McClintock—Film
Oct 17—Skitby House Lunch, Bus at 12 Noon.
Oct 31—Update on Kenya . By Paul Moffat
Nov 14—The Close Shave Quartet
Nov 28—Sing a long Carols and Buffet 1.30pm
Dec 12—Christmas Lunch—Crown and Thistle 12.30

FURTHER INFORMATION FROM

ANN HAY 674363 OR WINNIE BRAND 674470



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POETRY COMPETITION

In the last issue we invited entries from Children with a poem titled "My Holiday". We had one entry from Bobby. (Grandson of Judith Twentymen), aged 5 who wins a Token for £5 for this effort:

*My family holiday was in France.
The sky was blue, the clouds were white.
We slept in a tent
And the sun shone bright.*



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CHURCH SERVICE TIMES



ROCKCLIFFE CHURCH SERVICES

OCTOBER/NOVEMBER 2017

1st October

9.30 am Harvest Thanksgiving

6.00 pm Harvest Supper in Rockcliffe Centre

8th October

9.30 am Morning Prayer

15th October

9.30 am Holy Communion

29th October

10.30 am United Benefices Holy Communion with
Rev. E. Gough at St. Mary's, Rockcliffe

5th November

9.30 am. Holy Communion

12th November – Remembrance Sunday

9.30 am Morning Prayer

19th November

9.30 am Holy Communion

26th November

10.00 am Morning Prayer

3rd December

9.30 am Holy Communion

PARISH OF ST AUGUSTINE OF HIPPO

MASS TIMES

Weekends: Saturday - Vigil Mass at 6.30pm

Sunday – 10.30am

Holydays of Obligation

Vigil Mass at 7.30pm and at 9am on the Feast Day

Weekdays:

9am – Monday, Thursday and Friday

7.30pm – Wednesday

10am – Saturday

Benediction – First Sunday of the Month in
Ordinary Time.



BLACKFORD CHURCH SERVICES

OCTOBER/NOVEMBER 2017

1st October

11.00 am Holy Communion

8th October

11.00 am Holy Communion

15th October

11.00 am Family Service

29th October

10.30 am United Benefices Holy Communion with
Rev. E. Gough at St. Mary's, Rockcliffe

5th November

11.00 a.m. Holy Communion

12th November – Remembrance Sunday

11.00 am Holy Communion

19th November

11.00 am Family Service

26th November

11.00 am Family Service

3rd December

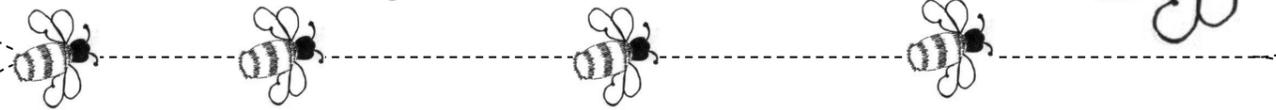
11.00 am Holy Communion



Parish Priest – Father Geoffrey Steel

01228-526765

10 Waverley Road, Carlisle CA3 9JU



CHILDREN'S PAGE

Play a Tune



O	X	B	E	N	O	H	P	O	X	A	S
T	R	I	A	N	G	L	E	M	A	X	A
T	E	P	M	U	R	T	A	C	Y	F	C
K	C	J	Q	K	F	R	C	L	A	L	L
Z	O	L	H	I	I	O	O	C	O	U	A
Y	R	U	O	M	R	P	I	J	L	T	R
P	D	G	B	D	H	N	N	T	L	E	I
I	E	A	I	O	O	A	I	U	E	M	N
A	R	O	N	M	B	P	R	B	C	U	E
N	N	E	R	Z	Y	C	R	A	S	R	T
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T	H	R	A	T	I	U	G	O	H	I	K

- | | | |
|-----------|-----------|-----------|
| ACCORDION | HARMONICA | TRIANGLE |
| BANJO | HARP | TRUMPET |
| CELLO | MARIMBA | TUBA |
| CLARINET | ORGAN | XYLOPHONE |
| DRUM | PIANO | |
| FLUTE | RECORDER | |
| GUITAR | SAXOPHONE | |



PRIZE Children's Poetry Competition for the Under 18s.

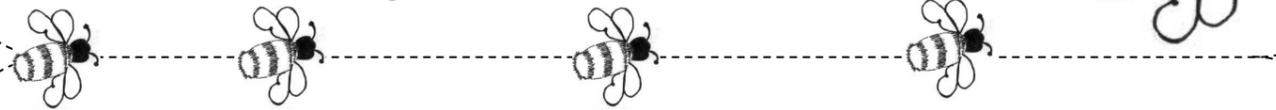
Write a poem no longer than 18 lines with the title "WINTER IS COMING". A £5 Book Token for the best entry received by 17th November. Email to edenandlynebuzz@gmail.com with your entry and contact details.

HALLOWEEN JOKES

- Q: Why did the skeleton cross the road?
A: To get to the body shop.
- Q: Why didn't the skeleton go to the ball?
A: Because he had no BODY to go with.
- Q: What is a vampire's favourite fruit?
A: A nectarine!
- "Mommy, everyone says I look like a werewolf."
"Please be quiet and comb your face."
- Q: What kind of dessert does a ghost like?
A: I scream!
- Q: When is it bad luck to be followed by a cat?
A: When you're a mouse.
- Q: What do birds say on Halloween?
A: Twick o tweet

Halloween Crossword

- Fit all the words into this puzzle below
- BOO
 - CAT
 - BAT
 - GHOST
 - TREAT
 - WITCH
 - TRICK
 - SPIDER
 - BLACK
 - HAUNTED
 - PUMPKIN
 - VAMPIRE
 - COSTUME
 - SKELETON
 - HALLOWEEN



The Vicarage, Rockcliffe, Carlisle, CA6 4AA

Rev'd Jan van den Berg – 01228-674209

'The life of mortals is like grass, they flourish like a flower of the field; the wind blows over it and it is gone, and its place remembers it no more. But from everlasting to everlasting the Lord's love is with those who fear him, and his righteousness with their children's children – with those who keep his covenant and remember to obey his precepts.'

Words from Psalm 103

'Swift to its close ebbs out life's little day; earth's joys grow dim; its glories pass away; change and decay in all around I see; O thou who changest not, abide with.' Words by Henry Francis Lyte facing death in his mid-fifties.

The longer we live (and in my ministerial duties I have met several centenarians!) we become more aware of the passage of time. Where once birthdays seemed to come round with glacial slowness, now they flash past almost before we can take them in. The author of Psalm 103 compares a human lifespan to the swift flowering and fading of wild flowers, small flashes of colour that spring up and then disappear before winter appears. Lyte's hymn uses the imagery of the 'little day', apt words for this time of the year when, in our northern hemisphere, the autumn darkness increases day by day.

In the midst of such inescapable change and decay, we badly need the abiding presence of a Heavenly Father, whose unknowable name (YHWH in the book of Exodus) hints at eternity, at constant renewal and unstoppable and abundantly creative life. We may

feel swamped by the constant changes around us, struggling to stay afloat in this huge sea of transition and turmoil. Clinging to the unchangeable and constant love of our Heavenly Father does provide safety and peace.

The season of Remembrance focuses on preserving the memories of those whose short lives were cut short in military conflict. As the years pass, memories – like names on a war memorial – inevitably start to fade and individual faces and stories are forgotten. Someone said: 'Human forgetting is, in some ways, merciful because memories bring pain as well as joy.' – very true. I believe we never forget those who mean most to us, however long ago we may have lost them. So how can we fear that God, who loves us beyond measure, will forget about us? Remember the opening words of Lyte's famous hymn: 'Abide with me, fast falls the eventide; the darkness deepens; Lord, with me abide. When other helpers fail and comforts flee, help of the helpless, O abide with me.' (Abide – stay). This hymn reflects H.F. Lyte's deep faith in a loving God.

From our Parish Registers

Holy Baptism

Zara Diana Shaw on 23rd July at Rockcliffe
Isla Rose Mounsey-Heysham on 12th August at Rockcliffe
Sebastian Ted Smalley on 27th August at Rockcliffe

Funerals

Frederica Huddart (91) at Rockcliffe followed by internment

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Rockcliffe Parish Council Meeting - 18th September 2017

Highways/Drainage Issues

Highway and drainage issues experienced within the Rockcliffe area were discussed at great length. The Chair reported that himself, City Cllr Ray Bloxham, Helen Renyard, Lead Officer of Development and Peter Allan Flood & Development Management Officer from Cumbria County Council had held a site meeting within Rockcliffe to look at flooding issues recently experienced. Various residents also attended and put forward their views. The three main areas discussed were Lonning Foot (above Croft Cottage), Blencarn Park and the rad at the bottom of Redhill's. At the meeting it was suggested by Cumbria County Council representatives that the Parish Council should obtain a quotation for a full drainage survey of the village to be carried out. This had now been received but the outlined costs were agreed as too cost prohibitive to progress with this option. It was also felt that if surveys are undertaken, then this work that should be carried out and financed by Cumbria County Council – not the Parish Council. It was agreed to ask County Cllr Val Tarbitt to progress this on the Parish Councils behalf.

Chairman also reported on conversations he had with Gareth Scott from Cumbria County Council Highways Department on highway concerns. These included moving the 18T weight limit sign from Lonning Foot and putting it at the entrance to the village - to deter HGV's from entering the village and having to turn around. The progression of a 7T weight limit for Rockcliffe village was also discussed with little joy and it was felt disappointing that highways did not consider this a viable option to ensure peoples safety. The Redhill's road was also discussed and he was advised that a lot of surveys had been undertaken in the area and alternative routes were currently being investigated. In conclusion, it was felt that the only positive item to come out of the discussion was that the cast-iron Wether Hill - Rockcliffe Cross road sign had been repaired and put back in its rightful place.

The Summer Play Scheme

18 children had attended the scheme on Wednesday 16th August and 21 on 30th August 2017 - generating income of £195. Cllrs Ray Bloxham and & John Mallinson had also agreed to contribute grant funding of £300 towards the scheme. The deficit of approximately £400 would be financed from the Beckburn Wind Farm Community Fund.

Tree Seat

It was agreed that a re-cycled plastic seat would be purchased and erected around a tree at Bunny Hill, Blencarn Park.

Beckburn Wind Farm Community Fund

Clerk advised that a new Grants Officer will be administering the fund from September, due to Nigel Pattinson leaving in July. This had resulted in some delays being experienced in the obtaining of permissions from the Cumbria Community Foundation for grants to be paid.

Councillor Matters

Cllr J Harper reported that he had received an e-mail from a resident advising on their concerns due to the speed of vehicles and HGV's on Kingmoor road. This was of concern as the resident frequently cycled with children on the road. It was agreed to investigate if a cycle lane or additional signage could be erected on this stretch of road.

Cllr J Twentyman requested further information regarding the City Councils announcement that a £30 charge may be levied on householders for the collection of green waste. Cllr R Bloxham advised that Carlisle City Council was looking to save over £400,000/annum through the ceasing of green collections - which is not a statutory duty. Concerns were raised as to if the discontinuation of the service would increase the amount of fly-tipping experienced in the area.

Cllr H Graham requested an update on when the Millennium Bridge was likely to be completed and was advised that work had been temporarily suspended to allow the recently laid concrete foundations to set, before it was finished.

Cllr J Harper advised that this would be his last year as Chairman and that he would be retiring from May 2018 - although he will remain as an ordinary member of the council until May 2019, to ensure a smooth handover to the new Chairman.

Date of Next Meeting

Monday 20th November 2017

The full minutes can be found on our website www.rockcliffeparishcouncil.co.uk or via the notice boards.

John Harper

Chair Rockcliffe PC

Eden and Lyne Buzz



POPPY APPEAL VOLUNTEERS REQUIRED

The Poppy Appeal runs from 28th October until to 11th November this year.

Collectors are required at ASDA, Morrison's and ALDI, north of the City and elsewhere throughout the 2 weeks.

If you are willing to spend 2 or 3 hours whilst out shopping, or at any other time, please contact or leave a message for Colin or Margaret Wadsworth on 01228-537304

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The centre is equipped with everything you could want for your event, wedding, party or show. We have 2 rooms, of different sizes, so you can pick and choose how much of the centre you need. We also have an excellent kitchen, and if required a bar.

So if your looking for a venue for a wedding, funeral, birthday party or a sports day get in touch and get an excellent value for money quote from The Rockcliffe Centre.

Hire Charges

Small Hall that seats approx 60 People – £8 per Hour – £10 per Hour with Kitchen

And the Main Hall that seats approx 150 People – £10 per Hour – £15 per Hour with Kitchen

Small functions like christenings etc which require the bar will be charged and extra £10 per hour.

For hire of the whole centre £150 + £50 refundable deposit.

Wedding Packages

The centre also has various wedding packages available, for further information please contact Nicola Johnston on 01228 672116

Here at the Rockcliffe Centre we have a wide variety of activities which are available both during the day and on an evening, if you think you may like to join any please get in touch with the person who is in charge of the particular activity you are interested in.

Mondays

1st Rockcliffe Rainbows 5.30pm - 6.30pm contact **Vicky Armstrong** on 07495278327

Karate 6pm - 7pm contact **Alistair** on 07557029712

Tuesdays

Tuesday Club (alternate Tuesdays) 1.30pm - 4pm contact **Ann Hay** on 01228 674363

Beginners Dancing 6.30pm - 9.30pm contact **Kath Hunter** on 01228 528166

Yoga Flow 7pm - 8pm contact **Dawn Whittington** on 07850076059

Thursdays

Dog Obedience Classes 11am - Noon contact **Sheila Hind** on

Fridays

Whist (2nd Friday of each month) 7.30pm - 10pm contact **Hazel Graham** on 01228 674372

April Whist will be held on 21st instead of 14th due to it falling on Good Friday.

If you run or know someone who runs an activity and you think the Rockcliffe Centre is a good venue to hold it then please contact **Nicola Johnston** on 01228 672116 to see what days and times are available.

Rockcliffe Christmas Fair

Subject to the outcome of a meeting of the Rockcliffe PCC Meeting on 18th October, it is hoped that organisers will be found to organise the

Rockcliffe Christmas Fair

on

SUNDAY 26th NOVEMBER

in the Rockcliffe Centre

starting at 2pm.

The doubts have arisen due to the family commitments of Mrs Ann Hay who sought a replacement in the last issue. (There was no response!!)

Hopefully Louise Pollock and Judith Park will be able to pull everything together in Ann's absence, but more help to organise this event and future fund raising events in Rockcliffe is URGENTLY needed. Please contact the Vicar on 01228-674209 with any offers of help.

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Eden and Lyne Buzz



**ROCKCLIFFE ATHLETIC FOOTBALL TEAM
1922-23**

CAN ANYONE PUT A NAME TO ANY OF THE PEOPLE IN THE PHOTO ABOVE PLEASE.



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ROCKCLIFFE PARISH COUNCIL

Parish Council meetings are held on the third Monday of every odd numbered month (Jan. Mar etc), in the Rockcliffe Community Centre at 7:30 pm.

NEXT MEETING The Annual Parish Meeting is held on the third Monday in May at 7:00 p.m. Members of the public are most welcome to attend the AGM.

Clerk/RFO to the Council

Mrs Andrea McCallum

Rockcliffe Parish Council, c/o 34 Aglionby Street, Carlisle CA1 1JP Tel: 01228 595117

E-Mail: rockcliffepc@carlisle.gov.uk

Parish Councillors

Cllr John Harper (Chairman) - Tel: 01228 674547

E mail: john50jmh@aol.com

Cllr Robert Park (Vice-chair) - Tel: 01228 674217

E mail: rpark@park-gate.co.uk

Cllr Hazel Graham - Tel: 01228 674372

E mail: paul.graham57@btinternet.com

Cllr Maurice Irving - Tel: 01228 595117

E mail: rockcliffepc@carlisle.gov.uk

Cllr Giles Mounsey-Heysham - Tel: 01228 674792 Email:

GMounseyHeysham@savills.com

Cllr S Sidgwick - via Tel: 01228 595117

E mail: rockcliffepc@carlisle.gov.uk

Geoff Moss - Tel: 01228 674327

E mail: gmoss101@aol.com

Gordon Percival Tel: 01228 595117

E mail: rockcliffepc@carlisle.gov.uk

Judith Twentyman - Tel: 01228 674441

E mail: gtwentyman@btinternet.com

COUNTY & CITY COUNCILLORS

County Cllr V Tarbitt - Longtown Division

016977 42247 E mail: val.tarbitt@cumbria.gov.uk

City Cllr J Mallinson - Longtown & Rockcliffe 01228

533746 Email: John.Mallinson@carlisle.gov.uk

City Cllr R Bloxham - Longtown & Rockcliffe 016977

42088

E mail: Ray.Bloxham@carlisle.gov.uk

Meetings Minutes and Agendas etc are available on the website at <http://www.rockcliffeparishcouncil.co.uk>

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Westlinton Parish Council

In their August meeting Westlinton Parish Council were joined by Ray Bloxham (City Councillor) and Val Tarbitt (County Councillor). Minutes of the last meeting were read and approved and matters arising were dealt with. The clerk asked for authorisation of cheques to cover the PAYE admin and the pension scheme set up.

Beckburn Wind Farm had had an official opening but Westlinton didn't receive notification of this although EDF assured us one had been sent. The first round of applications had been discussed and some had been approved and others rejected. The 8 panel members vote on each and the majority decision counts. The PC then discussed suggestions for £5,000 given to the parish. A local resident had submitted some written suggestions and came to the meeting. No formal applications have been received but suggestions included replacing the bus shelters that have seen better days, replacing the milestones that have been wrecked by verge cutting on the A7, litter bins at the bus stops and the school, a grit box at the bridge at Newtown, street lighting at Westlinton, money towards Eden and Lyne Buzz, money towards children's presents at the Christmas Fair and purchase of new crockery for Blackford W.I. It was decided that Eden and Lyne Buzz should receive £500 in sponsorship. The clerk will get information on bus shelters and grit box and RB suggested she contact Arthuret parish as they have recently upgraded their bus shelters. Prices for milestones will be sought and details about money needed for presents will be got. RB said that he would fund the W.I. crockery from his small pot of money. It was felt that street lighting was a highway issue rather than a parish council matter. Westlinton Parish have put a bid in for the big pot of money to finish the parking area opposite the school and church.

The next panel meeting is in October. Highway issues raised were the deterioration in the road surface through Newtown and the faded white lines. VT said she would raise these matters with the Highway Dept. Complaints had been received about the number of HGVs using the road past the school but many farms get deliveries by HGV but this will be monitored. A planning application had been received for a battery storage system next to the Harker Sub-station so that solar energy could be stored and fed into the grid rather than turn off wind turbines.

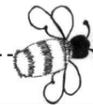
WESTLINTON PARISH COUNCIL

Contact: Clerk: Mrs D V Mackay –

Tel: 01228 674238

Email: ian.dorothea@hotmail.com

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BLACKFORD W.I.

MEETING MONDAY 11TH

SEPTEMBER 2017.

Linda Davidson, president, welcomed 10 members to our September meeting. Apologies were received from Marjorie.

The minutes of our last meetings were read by our President, approved and signed. Various items were read out from the County News. Our treasurer has paid the public liability insurance premium. A list of speakers was noted.

The invitation from Hallbankgate W.I. to join them on 28th September was discussed and names taken. Four members will be attending Lowry Hill W.I. on 18th October. Names were taken for members wishing to join Longtown W.I. to celebrate their 90th birthday at Skitby House on 13th November.

Because we will be out on our usual meeting night we have decided to hold our AGM in December. Our president and secretary will provide supper. Members were interested in returning to Skitby House for Christmas Lunch once again.

We have been asked to help with the Poppy Appeal in Asda once again and the rota was passed around.

Our speaker, Karen McLaughlin with her daughter, was introduced and we were given a rag rug demonstration. We were shown many lovely rugs and other items made by the same method. Mrs McLaughlin described how she got started and has been an avid crafter for many years. Linda gave the vote of thanks. Refreshments were served.

The competition for a necklace was won by Linda Fitzimons, Isabelle won the raffle prize which was donated by our speaker, with Barbara getting the 2nd prize.

As there was no further business and it being quite early we then went on to hold a Committee Meeting finishing just before 10pm. In October we have Mrs Farmer with her collection of egg cups.

St John's Church, Blackford

St John's Church, Blackford – Flower Rota 2017

We have very skilled flower arrangers who will be happy to arrange flowers in Church on your behalf. If you would like to supply flowers or ask the flower committee member to buy them on your behalf for a special commemorative day please contact the committee member on the rota to discuss your needs and prices.

Please contact

October: Mrs J Coulthard: 07917274476

November: Mrs F Kay: 674066

December: Mrs J Wharton: 674104



Blackford PCC Christmas Fayre

Saturday
25th November 2pm
Blackford School
Refreshments
Tombola, Raffle & Stalls
Santa's Grotto 3pm



Join Blackford PCC for a
'Touch of Christmas'
Enjoy food, wine, sparkle and
Flowers by John Dalton
Wednesday 1st November
Blackford Church
7pm



Tickets £10 available from:
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Barbara 674383 Joan 07810730093

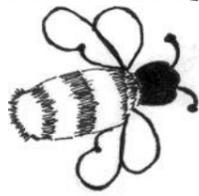
Superfast Broadband in Cumbria Rockcliffe Centre Wednesday 11th October at 7pm

Connecting Cumbria is running a Digital Inclusion programme to make people aware how better internet access can help deliver real economic, business and social benefits. This is getting more important as economic and demographic trends across Cumbria are not optimistic and raise significant challenges for us:

- Cumbria is the only region in the UK where the population is forecast to decline over the next 20 years.
- 28% of the working population in Carlisle is earning just the living wage (or less).
- Working Population is declining (by 11% over the next 20 years).
- More people under 30 are leaving Cumbria than staying.
- We are getting older and need more support- the number of people 65+ will increase by nearly 50% and half of people over 65 have a disability or special healthcare needs.

Rockcliffe Parish Council and Connecting Cumbria are organising a Digital Inclusion event, so that people and business in our community are aware of what's happening with superfast availability, how to get the best deals and the real benefits of the internet. To book a place (or ask any questions) contact info@connectingcumbria.org.uk, or just turn up on the night.

Eden and Lyne Buzz



Blacksmith's Yard - Rockcliffe Village Well

During recent extensive reconstruction and re-surfacing of the courtyard at Becksides, formerly known as Blacksmith's Yard, the location of a well which was used by residents in the locality from the 1850's was re-discovered.

Becksides is a vernacular building of clay dabbin construction originally built in the late 17th century as a farmhouse of the longhouse derivative type. The adjoining property, 1 Becksides Cottage was formerly the byre.

Both properties have since been modified by the addition of a first floor that initially served the purpose of loft for hay



and then for farm workers accommodation.

The property called The Old Forge was built in 1856/57 as a cottage and blacksmith's shop in the Yard at the southern end of the Becksides buildings.

The buildings fronting the road through the village were built around the same time as stables for the horses.

In 1842, Becksides Farm was united into what became known as Town Head Farm. The farm buildings and cottages surrounding Blacksmith's Yard were converted into 3 residences that have subsequently assumed their present form.

A reference to the existence of the well is made in the Annals of Rockcliffe, a border village, by Harold Richardson that states;

"Other than farms of course, a number of wells were dotted around the Parish and one in the then Blacksmith's Yard was used by many neighbours".

Unfortunately, the well was found to have been filled in by a previous development of Becksides and it was decided, in the interest of safety, to cover it up again.

However, as can be seen from the photographs, the location and size has been fully documented should a need in the



future arise for it to be located again.

Thanks go to Geoff and Kerry Moss, Karen Chandler and other friends and neighbours for continuing to retain the character of Blacksmith's Yard and the surrounding area, thereby helping to retain the unique heritage of Rockcliffe Village.

Therese and Stephen Sidgwick

The following references are acknowledged -

Annals of Rockcliffe, a border village; parts 1,2 and 3: Harold Richardson 1970.

Clay Dabbinns, Vernacular Buildings of the Solway Plain: Nina Jennings 2003.

Heritage Cartography, Victorian Maps; Rockcliffe 1865.

HAS ANYONE GOT ANY OLD PHOTOS OF THE WELL FROM YEARS GONE BY? Editor

COMMUNITY FRUIT ORCHARD

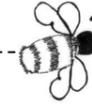
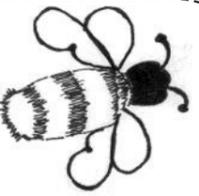
Located just beyond the Rockcliffe Centre Car Park, enter via the Kissing Gate in the top left hand corner.
HELP YOURSELF TO APPLES, DAMSONS, PEARS ETC.



www.kingmoorparishcouncil.org

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Eden and Lyne Buzz



THE HEATHLANDS PROJECT

Many people who drive along the road from ASDA to Rockcliffe will have driven passed this sign and may have wondered what "The Heathlands Project" is all about.

The Heathlands Project offers services for adults with disabilities and mental health difficulties, training and support towards employment in the care field, community integration activities and events, anti-hate crime sessions for schools, student and volunteer placements. The ethos of the project is to provide a stimulating environment enabling motivation and progress for the Service Users who utilise the facilities.

Heathlands was originally part of the Glenmore Trust and has occupied the former Heathlands Farm for about 8 years, prior to which a day service was provided elsewhere. In 2013, the Glenmore Trust recognised that the Heathlands Project would be better placed to access charitable funds and donations and be in a better position to help other vulnerable groups if they were independent of the Glenmore Trust.

The Heathlands Project is now managed by The Laurie Brewis Trust (LBT), a charity that works with vulnerable and "hard to reach" groups in and around Carlisle. With trained and experienced staff, the Trust enables people to reach their potential, whatever the disability or personal issue, through individual development plans that are prepared at Heathlands. The LBT supports individuals to make positive decisions about their lives that can lead to further education, training and employment as well as having a major impact on their personal circumstances.

There are about 100 Service Users who spend at least one day a week at Heathlands; the average daily attendance is 45 service users peaking to about 60 on occasions. The activities offered include Media and IT Studies, Cookery, Craft and Performing Arts, Life Skills, Sport and a range of qualifications for disabled people.

There are many other facets to the work of the Heathlands Project. Each year students on Social Care and Occupational Therapy Courses at Carlisle College and the University of Cumbria, trainee teachers as well as a range of other students complete their job placements at Heathlands. Some police probationers attend as part of their training to gain a better understanding of people with special needs and learning disabilities. Another great success has been The Care Academy which has taken people with their own personal issues such as unemployment, mental health difficulties, drug or alcohol misuse and given them the opportunity to gain an understanding and to train and qualify for employment in social care. This has been a great success and most of the 30 people who have completed the programme have found employment.

Heathlands has a large number of volunteers who freely give their time to help with activities or provide support to the project. In addition to those who work "hands on", local people are invited to join the Community Gardens group, who, in return for the use of crop growing space, keep the grass cut, trees pruned and windows cleaned.

The Heathlands Project has just celebrated its 10th Anniversary and to some degree is a victim of its own success, so much so that decisions need to be made about expansion, modernisation and development of the buildings and infrastructure of Heathlands over the next few years. This has been brought about because of the increased life expectancy of certain groups and the fact that more people in Cumbria are dependent on a reducing number of day care facilities.

So next time you pass the sign, remember that there's some excellent work going on a few hundred yards away, where we try to improve the lives of a growing sector of our community and consider whether you might be able to help the project in some way.

For more information contact us on 01228-674950 or find us on Facebook

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SLOE GIN SEASON

If you want your 2017 Sloe Gin to be ready for Christmas and the traditional New Year's Day Sloe Gin Competition (More Details in Next Issue), now is the time to start locating your sloe's. Sloe Gin takes about 2 months to mature so it needs to be settling before the end of OCTOBER. The rules for Sloe Gin Competition are simple – pick them within the Rockcliffe Parish Boundary (If possible) and make a fresh brew ready for the New Year.



THERE ARE NO PERFECT RECIPES, but here's one you might wish to follow:

INGREDIENTS

500g Ripe Sloes
250g Golden Caster Sugar
1 Litre Bottle of Gin

METHOD

1. Rinse and pick over the sloes, then pat dry in a clean tea towel. Using a stainless-steel fork or cocktail stick, prick the sloes and tip into a 2-litre Kilner jar, or divide between 2 smaller jars.
2. Add the sugar and gin, and seal the top. Shake well. Each day for a week, give the jar a good shake, then put it in a cool, dark place and leave for 2-3 months.
3. Line a plastic sieve with a square of muslin, set over a bowl, and strain the sloe gin through it. Decant into clean, dry bottles, seal and label. The sloe gin is now ready to drink but will improve and mature over time.
4. Don't drink it all at once!!!