

LOWCA

LOWDOWN

Summer 2017



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Plus, a BBQ recipe & other local items

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Lowca Parish Council. Our Facebook page

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Sellafield Ltd and their Apprentices help Lowca, again.

Over the past 12 months Lowca Parish Council have had plenty of meetings with Chris Carruthers who is Sellafield Ltd Facilities Operations Manager with responsibility for its community and charity work locally. We got used to being nearly blown away and drenched as we looked at the project to manufacture and install the fence and gate which now surrounds the Lowca War Memorial. Working out what Copeland Planning department required so that no complicated and expensive planning application was need. Also getting Highways Department's input as to how far the railings had to be from the kerb and they also provided a plan of the services in the area. Nothing is simple. Let Sellafield describe in their own words the job.

The apprentices are employed by Sellafield Ltd. There were 12 apprentices both male and female who were involved with the fence project for the memorial ground, with support from the training instructors. They were involved with the design and build of the fence which took 6 weeks to complete.

We have carried out numerous projects in the local community over the last few years two of which have been carried out at Lowca. The fence and gate for the war memorial garden in 2016. Painting, groundwork, manufacturing goalposts and repairing basketball facilities at Lowca School in 2015.

Chris Carruthers can be seen with some of the Sellafield apprentices in the lower picture on the back page. Lowca Parish Council thank Sellafield Ltd for its assistance with the project and look forward to completing other local community tasks with them.

Lowca Parish Councils Marathon Man

In the March 2017 Lowdown we announced that one parish councillor, Paul Todd, was in training for the London Marathon and raising funds for **PhabKids**, by his efforts.

Well the front cover picture shows that on 23rd April this year Paul got to complete the London Marathon, manage a big smile and collect his medal. Congratulations Paul, very impressive. Paul has provided some views of the whole experience and the day itself, and the following are his own words.

The hotel was full of runners from everywhere but travelling with myself were 2 ladies who were running for MIND, Marjorie Watson, nee Armstrong, who was born and raised in the village, also Anna Birschel, who have worked tirelessly at raising awareness of mental illness.

On the day, the London Marathon was organised with clockwork precision, everyone was in pens based on the times that they hoped to achieve at the finish line. Myself, as I waited at the start, had feelings of both excitement and nervousness. Running around the course the crowd was amazing, calling your name out and encouraging you along the way.

During the marathon, up to the 14 mile mark I was on schedule for a Personal best of 3hr.15min. However, at that point I arrived at the dreaded moment every marathon runner fears, I hit the proverbial wall.

*Then it was a case of mind over my legs to finish the race. After the 20 mile mark I was nearly close to pulling up and not finishing, but I do have good mental strength and dug deep and drove myself on, but this marathon did test me, and all I could think of as I pushed for the finish was not letting everyone down who had sponsored me and of course **PhabKids** who without sponsorship funding could not do all the great things that they do for our local children.*

*When I finally did cross the finish line I was full of mixed emotions. Initially, great personal disappointment that I had not managed to match or better my personal best time, which was a goal I had so wanted to achieve. Then though that disappointment was replaced with satisfaction as I realised I should feel really chuffed that I had finished the greatest marathon in the world, the London Marathon, and not let my sponsors or **PhabKids** down.*

Since completing the run I have had the great satisfaction of watching the final sponsorship total grow to £2501.50. That makes all the training worthwhile and that sponsorship figure has dispelled all of my emotions of disappointment.

Finally, I must thank the following who I could not have done it without. Billy Armstrong, Marjorie Armstrong, Susan Todd (mam) and Vena Fulton for all their help in fund raising. Not forgetting everyone who sponsored me. Thank you.

Lowca has a Defibrillator, located at the Rugby League Club, from funds raised by the darts team.

They say that out of adversity some good always comes. This is certainly the case with the Lowca Rugby Club's Darts Team, because following the unfortunate death of a darts player at the club, Bill Armstrong attended the Lowca Parish Council meeting on 16th November 2016 and told the meeting how close the club's Darts Team were to raising the necessary money for a defibrillator and the plans for its installation and training of possible users of the machine in an emergency. The then County Councillor Gillian Troughton was at the meeting and advised Bill to contact her the next day and she found the £500 funding required to get the project completed.

Therefore, as the top picture on the back page clearly shows, the Lowca Rugby Club now have the defibrillator installed outside for use in an emergency. Bill has told the Lowdown that a nurse from the local hospital had attended the club when the machine was installed and taught 6 volunteers how to use the machine.

In the case of an emergency anyone can ring 999 and when they explain the circumstances and location, the ambulance service will provide the code to unlock the box. Bill assures everyone that the machine is fool proof to use, it tells you, yes tells you what to do, and if it decides that an electric shock is not required, it will not give one. The defibrillator needs to be used along with First Aid CPR, the ambulance service will give that information over the phone, but perhaps we all ought to familiarise ourselves with what CPR is. You never know!!

Congratulations to the darts team for their public-spirited response to the situation and everyone I imagine hopes that the machine is never needed.

ON A SUNNY SUMMERS DAY

Given a hint of sunshine we love to have a Barbeque either just for the two of us or if we can get some friends round at short notice (we need to make the most of whatever sun we get!) we'll start cooking, in our case on gas, though some prefer charcoal.

Anyway, for those of you who are like minded and enjoy standing with a fork in one hand and a drink in the other I thought I'd share a really tasty 'rub' that my Aussie daughter in law introduced us to last summer.

A Sweet & Smokey Rub – for anything – Meat and/or Veg.

This takes a little time to prepare, but it's well worth the effort, I find that if I get all the ingredients lined up and drop them all into a good size glass bowl then all that's left is to mix them all together.

- 1/2 tsp Chipotle Chilli powder
- 1/2 tsp Thyme – dried
- 1/2 tsp Mustard powder
- 1/4 tsp Allspice powder
- 1 tsp Black Pepper – Freshly ground
- 1 tsp Cumin – ground
- 2 tsp Rosemary – Fresh - Just the leaves
- 2 tsp Chilli powder (or to taste)
- 2 tbsps Coarse Sea Salt
- 1 tbsps Heaped – Dark Brown Sugar
- 1 heaped tbsps – Smoked Paprika powder

Now you've got all the ingredients in the bowl, mix them well and then 'rub' them into or onto your food of choice. It's good if you can let it marinade for a couple of hours or overnight in the fridge, but in any event, I hope you'll enjoy the taste.

HAPPY GRILLING

Lowca School get excellent OFSTED report

Lowca's village school continues to go from strength to strength under the guidance of its head Joanne Crawford and all her staff. The school now has 51 pupils, its numbers have doubled so the school's future is secure. In September, Happy Hours will be replacing their current nursery providers "Let's Play." Happy Hours will be able to offer 30 hours of funded care. Which means free afternoons as well as mornings for eligible parents, wrap around care also even a holiday club. All of these additional opportunities are not only fantastic because they help pupils develop and learn but also, they mean the village has another feather in its cap.

Here is an update by Joanne,

We were visited by Ofsted in January and are delighted and proud with their report which highlights the caring, nurturing atmosphere in the school. It was also wonderful to have the pupil's high achievement recognised. They said, " You, along with the staff and governing body, ensure that your school is one where every individual is expected to flourish. You work tirelessly so that each pupil is nurtured and provided with a personalised teaching and support programme that meets his or her individual needs. As a result, every pupil has the opportunity to excel and the standards that pupils achieve continue to improve year on year. Your, and your teachers' passion for learning is infectious. The impact is visible in pupils' evident love of learning. Pupils are happy in school and achieve very well by the end of key stage 2."-The full report can be accessed on the official Ofsted website or through a link on the Lowca Community School website. The reception pupils have enjoyed learning walks to learn about people that help them in our community.

The pictures on the next page show them in the police van and with the local postie. Page 8



Congratulations to our juniors for each completing science experiments to achieve their certificates.

Class 3 have worked hard on their debating and thinking skills looking at the role of Tudor Monarchs. We have signed up for the Bloodhound Blast – a rocket car competition in association with UTC Energy Coast and the Army. We have received a BBC Micro-bit for school with the equipment. All of KS2 children are very excited to take part in their design work. The children also took part in an opera performed at the civic hall on Friday 20th March and they sounded amazing.

Fly Tipping

Once again fly tipping is starting to become a problem and the parish council ask all Lowca residents to look out for the individuals who are spoiling the area, note time and date plus a vehicle registration number if you can and without putting yourself in danger take a picture on your phone.

The old BMX track is now being used as a tipping point. Which means youngsters could be going to play over there and be in danger of coming across something very dangerous.

We are not trying to sensationalise the situation by using the word dangerous, but there have been two recent reports of asbestos being tipped in Wardles Lonning. You must all be aware of the health problems with asbestos dust, but to a youngster they would not be and it could be a new interesting material to play with.

Please if you witness it, no matter how small the rubbish quantity do report it. At the end of the day you are paying for it to be removed through your rates.

Parton to Lowca footbridge

Both Parton and Lowca parish councils are aware of the missing chequer plate on the footbridge across Lowca Beck. Quotations are being obtained from a contractor to replace the missing section and refit it with J bolts.

However, as with all these things getting the funding for a proportion of the repair is getting more and more difficult and until both councils have the funding contribution confirmed they cannot authorise the repair.

To humans with big shoes on their feet, walking on the frame work is no problem, but to small dogs who cannot jump the affected area, we apologise, the matter is in human hand.

A595 progress report

You cannot have failed to have noticed the exploratory work that has been taking place over the past few months alongside the A595 between Howgate roundabout and Brewery Brow. All sorts of drillings and measurements have been taken to try and resolve a route to circumnavigate the section of the road which is slipping towards Lowca.

Earlier in July Highways England came along to Lowca Village Hall and gave an update on the position. There are many factors that are involved in the decision mix, Moorside, who is building it and when? A Whitehaven ring road? However, it was acknowledged that the situation has to be resolved and the state of the road was something that Highways England, could not just sit on their hands and wait for other projects to resolved.

Therefore, in the September issue of the Lowdown we should be in a position to announce a date for a second public drop in session at Lowca Village Hall, likely to be at the end of October, where definite proposals will be available for discussion.

One thing that did concern your parish council was the safety of the electricity pylons on the hillside above the existing road which is slipping. Contact was made with Electricity North West and their engineers went out to the site and inspected both the pylons, the one closest to the road and the one further up the hill. The council were supplied with a very conclusive report in which ENW reported that they were more than happy with their stability and provided numerous photographs of the pylon supports, none of which showed any ground slippage.

Perhaps the ground soundings by Kier have also confirmed that the ground is stable. Time will tell.



The defibrillator, the green box, with some of the members who organised its installation, plus enthusiastic young club members.



The Sellafeld Apprentices responsible for war memorial fence.

See pages 6 and 3 for fuller details.