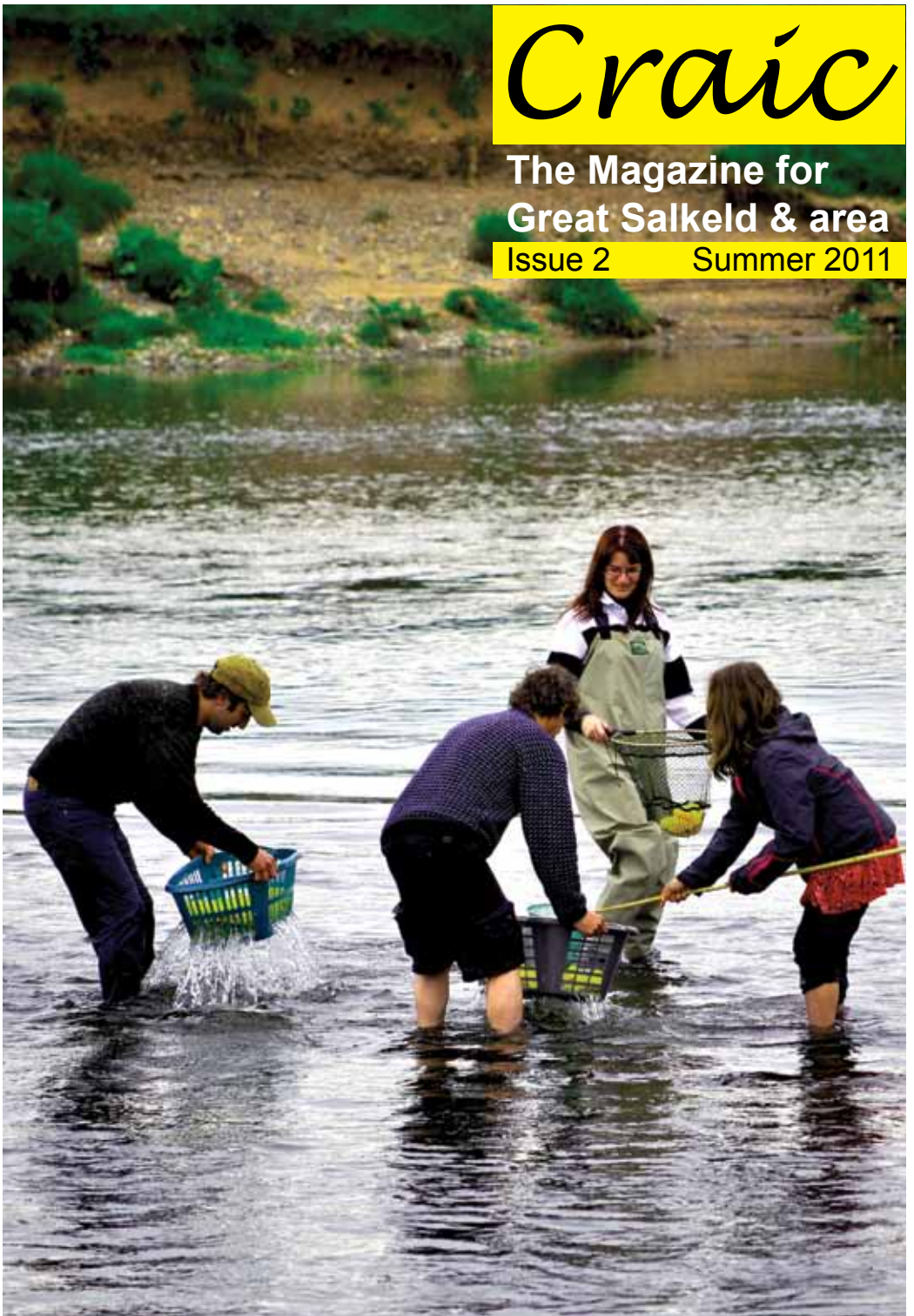


Craic

The Magazine for
Great Salkeld & area

Issue 2 Summer 2011



“ In conversation with... ”

Donald Newton, Highland Drove



What is the history of the pub?

There has been a pub here for over 300 years. Originally there were at least four pubs along an old droving route through the village. As well as being called The Highland Drove, it has been known in the past as The Highland Piper, The Highlander and The Highland Drover.

How long have you been here and what did you do before?

“Too long!” I can hardly believe it but we have been here 13 years on the 3rd June. Before becoming a landlord I worked in the building trade, something which has come in handy with all the work we have undertaken in the pub over the years.

Who are the key members of your team?

My wife Christine, son Paul and current head chef Steven Angel.

What events take place at the pub?

We have something going on here most evenings during the week, including quiz nights, pool and darts. A variety of groups use us as a meeting place and we have seasonal events throughout the year.

What are the best and worst things about being a landlord?

The best thing is meeting people from different walks of life and the buzz you get from seeing people return. The worst aspect by far is the hours. Being a landlord is not really a job but a way of life. We start with breakfast at 7 am and often don't finish until the early hours.

What is your favourite dish on the menu and favourite tippie?

I love the home made bresaola and also the fillet of beef with leek and haggis cannelloni

and Madeira sauce. I tend to prefer wine and at this time of year like a cool glass of Pinot Grigio Blush. We always have guest ales and our present one, Bakers Dozen, is excellent, rich and really tastes of hops.

What are your most memorable moments as a landlord so far?

A few years ago an elderly gentleman and his wife visited the pub. They came a number of times over a few months and one day came and asked if they could book a function. They wanted to book his 100th birthday in 2 years' time! We pencilled this in and 2 years later we hosted a wonderful party for him and 70 members of his family. It was a wonderfully moving occasion. We have also had a number of celebrities visit the pub, most notable was Orlando Bloom and Elijah Wood and other “hobbits”. Mike Harding and Stuart Maconie have also been regular visitors.

What do you do and where do you go to unwind?

I don't really have time for anything at the moment, though I do love watching sport and we do try and get away to our flat in Gran Canaria when we can.

What makes a good pub?

A good landlord, with a sense of humour and an ear for listening!

Do you have any future plans for the pub?

We have just finished refurbishing four out of our five en suite bedrooms and hope to complete the fifth later this year. We are also launching a “Drovers card” in June, which will be a loyalty points card which can be used also in our sister pub, Kyles, run by my son Paul. Other events planned include a beer festival and cricket matches between local pubs. ■

(Photo by Frank Hope)

Greetings!

With three Bank Holidays since our first publication I hope you found time to read Craic, Spring 2011, and liked its format.

From the feedback that we have had it seems The Craic was well received. So, we have decided to increase the number of pages to accommodate additional copy and provide more space for classified advertisements.

In this issue we have an article on Village History by Les Carrick with some photographs of the village in days gone by. A new feature is 'Pennine Perambulations', a local walk, which is designed as a pull-out so that you can take it with you on the walk. We also plan to have a Youth Section in future issues and wish to invite articles from junior budding journalists on any subjects or interests they may have. Please send your news to copy@great-salkeld.net.

To include news in The Craic from Clubs or Organisations we would like to be informed of events or fixtures. These would also be posted on the Village Website www.great-salkeld.net This website also contains the Diary of Village Events, which is frequently updated. E-mail Linda Jervis at diary@great-salkeld.net to include your events.

We welcome reader's views on articles which are published and invite our readers to suggest topics for inclusion in future issues of The Craic.

Wishing you all a pleasant Summer. ■

Frank Hope, Editor

NOTE: Since writing his article, Les Carrick has unfortunately been taken ill. I am certain that we all send him and Edna our best wishes.

CONTRIBUTIONS

We won't always have space to include every article or item sent in to The Craic; some items will be held over to subsequent issues and some items will go onto the village website too.

ADVERTISE in CRAIC from £11

Advert rates per issue are:

1/8 page £11 (classifieds), 1/4 page £22, 1/2 page £44.

Contact us: copy@great-salkeld.net

Cover photograph, Duck Race at the river and Editorial page photograph of Foxgloves by Fiona Exon.

Editorial

(Photo by Fiona Exon)

Drovers Tales (continued from Craic issue 1)



Drovers worked out their routes and timings in order to have overnight accommodation at inns, where their arrival was often the occasion for great festivity, with wrestling and boxing matches arranged between the farmers and drovers. The Scots drovers, in particular, lived very sparsely and according to Sir Walter Scott “slept out of doors with the cattle and many of them not once resting under a roof during a journey on foot from Lochaber to Lincolnshire”. Many of the cattle coming through this area would have originated in islands such as Mull, Islay, Benbecula, North Uist and also the Highlands of Scotland.

Droving routes criss-crossed each other throughout this area. Imagine today the roads that run approximately north to south from Lazonby through Great Salkeld, along Salkeld Dykes and towards Plumpton and

Penrith. These are crossed by lanes and bridleways running east to west; for example the lonnings from the Inglewood area down to the Watering Gap, the lane that passes Beckbank, Green Lane, Pillar Hill, Garlands Lane and its continuation down Mill Lane to Eden Lacy and Force Mill. Not only long distance travellers from West Cumberland and Scotland used these lanes but also local farmers when moving their cattle from field to field, taking them to be watered or taking them to market in Penrith or Lazonby.

Within living memory, cattle were taken to be watered at the Watering Gap from fields nearby during dry periods. Cattle were driven to Penrith, for example from Glassonby on a Monday, ready for the market on Tuesday. Some remember sheep from the Alston moors being driven to Langwathby, where they remained overnight. The following morning there would be a continuous procession of sheep, with their drovers and dogs, going through Great Salkeld on their way to the auction at Lazonby.

Within families, stories are told of how fathers, having been to market in Penrith and having had too much to drink, would be put back in the trap by the landlord who would then set the horse off to find its way home. A claim to fame of one family is that they are descended from the Pickle Egg Eating Champion of Cumbria!!

Not only cattle were driven along these routes but also animals such as pigs, sheep and geese. The house just below Grayson Drive, now split into two, was once a Presbyterian Church, confirming the links this area had with Scotland. There are also stories told of livestock being transported from Ireland and landed at ports such as Silloth and Portpatrick. As they passed through towns and villages they were sold to anyone interested in buying. Geese had their feet dipped in tar and then coated in sand, feathers, sawdust, oyster shells and even blunt spikes an inch or so long, to protect them when walking long distances. As cattle have cloven hooves, the shoe for each hoof had to be made in two parts. Cattle shoes are generally known as ‘cues’. ■

*by Neil Wales
painting The Handsome Drover
by Hayward Hardy*

**Don't forget to visit the village website for the diary, other features and news:
www.great-salkeld.net**



■ High Speed Broadband Update ■

- from Hector Speight

As part of the campaign for fibre optic broadband in the village an information pack has been delivered to each household. There has been a great response and a good number of people have shown commitment by returning completed sign-up forms. Thanks to everyone who has returned a form. At the time of going to press approximately 75% of the required sign-ups have been achieved so for anyone still undecided please feel free to email nga@great-salkeld.net to request more information and/or a meeting. This project is being undertaken in association with NextGenUs who recently made the following announcement. *“In partnership with Industry, led by AFL Telecommunications, a Fujikura business, NextGenUs has secured a further £10 Million of private investment. NextGenUs will invest in those communities who demonstrate demand and their determination for change”*.

Please see <http://great-salkeld.net/broadband> for more broadband new and information. ■

Vintage Engine expert John Abbott of North Dykes



Motor Heads and Steam Buffs are terms used to describe the anoraks dedicated to their hobbies; who can forget Fred Dibnah's fascinating TV series on Steam.

John, however, is not in the mentioned category, his hobby being to restore old petrol driven portable engines which were used for numerous industrial and agricultural tasks such as water pumps or belt driven machinery.

His interest in this hobby started when he and his chum Steve Potter found an old rusted engine in a skip in 1994. Painstakingly restoring this and other engines have won John several awards at various vintage shows.

John attends around 20 Vintage Rally's per year, his favourite being the 1000 Engine Rally in Cheshire, which is the largest in Europe. His next showing is at Cark Airfield Flookburgh in this month (July).

We wish John luck for his entries in this show, to add further Rosettes to those festooned to the wall in his shed. ■



(News and Photos by Frank Hope)

GREAT weather for DUCKS at the St Cuthbert's Duck Race



(Photo and Cover Photo Fiona Exon)

The annual Duck Race held on the Eden at Nunwick saw a flotilla of ducks tipped into the water and the spectators walking along the river bank to enjoy the race at the finish line. Volunteers with nets waded out into the river to capture the ducks and soon the winners were announced while cream scones and refreshments were served on the verandah at Nunwick. Nobody seemed to mind the light rain. During the refreshments the Friends of Great Salkeld Village Field Squares Competition were announced. The Duck Race raised a great total of £1351.40. ■

(Fiona Exon)

The Art & Craft Group



This is a growing group of people interested in creative activities. It is not a taught course, although occasionally we may have artists who come and give demonstrations or talks. We also hope to be able to offer opportunities to visit art or craft exhibitions.

We meet fortnightly on Thursday mornings from 10am until 12.30pm in the barn at Beckbank Farm, Great Salkeld. The cost of sessions is £1, which includes tea or coffee and biscuits.

Most members try to come to every session bringing their paints, pencils, knitting, spinning, quilting, computers, etc. with them. However, it is a group that welcomes those who can only attend occasionally or might miss meetings because of holidays or the usual unpredictable occasional commitments. Lifts are arranged for those who do not drive.

We have over 15 members at present, male and female, and can accommodate most types

of creative activity. The group provides a great way of motivating yourself to get back to doing artwork that you used to enjoy, or providing an environment in which to start doing something you have always thought you would like to have a go at. This is a group of varying experience and skills and no-one need feel they would not be good enough.

If you are interested in joining the group please contact:

Ann Rainbow: 01768 898910

Elizabeth Robson: 01768 870027 ■

(Photo with Creative Commons License)



Great Salkeld Memories

by Les Carrick, Great Salkeld

Having been born in 1926 and still living in the same house where I was born, apart from 4 years in the Forces from 1944 to 1947, I was recently asked by a visitor how much the village had changed since my childhood, which led me to the following memories of days gone by. This was predominately a farming village with at least 11 farms or small holdings in the actual village and a similar number in Salkeld Dykes, with another 12 on the outskirts of the Parish. Most, but not all, were Tenant Farmers, the bulk of the farms being owned by three local estates, Nunwick Hall, Inglewood Bank, and Eden Lacy.

Farms were of different sizes, some of 20 to 30 acres, others 30 to 60 acres, and the larger ones, mainly on the outskirts, of 120 acres. Tenants, as they prospered, were able to move to bigger holdings in the Parish. I recall quite a few farm labourers and other workmen in the village, plus some younger members of farming families, able to start farming on small farms by this method and gradually build up to a sizeable acreage, as they would never have been able to afford to buy a farm.

Many of the larger holdings employed farm labourers and also girls as house maids. Quite often you would find between 20 and 30 of them congregated, at weekends, outside the Village Shop at the bottom of Green Lane. They would buy cigarettes, sweets and mineral water, and many romantic attachments were made here. Married farm labourers were usually accommodated in tied cottages attached to the farm, but if you left that employer you then had to find another house. Many of the married labourers had children, so numbers at the Village School could change if families moved around for employment reasons.



*Great Salkeld village school pupils in 1937
with Les (4th Row up, 4th from left).
Photograph from David Graves.*

Numbers at the Village School were usually around 50 to 60, as some families had several children. The School had just two teachers, normally a lady for the 3 lower forms with the Head Master taking forms 4 to 7. Discipline was fairly strict but not oppressive. Most of the boys wore clogs and you went to school from the age of 5 until the age of 14. During my time at school I do not recollect any pupil passing the exam to go to the Grammar School at Penrith, although some more affluent parents were able to pay for their children to go there and they all did well. This leads me to think that the talent was there but not exploited owing to large classes of mixed ages.

The playground in front of the School and Church was just a gravelled patch, the only grass being a small area in front of the School House, which was sacrosanct. Any fall usually resulted in grazed knees, which were quickly forgotten about. There was a tennis court across from the School, in behind where the council houses now stand. This was sometimes used for games and P.T. The Head Teacher was the Secretary of the Tennis Club and the court was often cut by the senior boys at the School, one pushing and two pulling a rather heavy lawn mower. At least you got out of some lessons and the Tennis Court was ready to play on! ■

(to be continued in the next issue of CRAIC)

Pennine Perambulations - Walk 1 By Colin Barnfield, Lazonby



LENGTH: 9.25km/5.75miles; **GRADE:** Easy walking with a few short inclines

MAP: Ordnance Survey, Explorer Series, No. OL5 (NE Lakes)

START: Daleraven Bridge on the Kirkoswald to Glassonby road, GR 5655 3952

TEA ROOM: The Watermill, Little Salkeld, Tel. 01768-881 523

FOOTWEAR: Good walking boots recommended

NOTE: The BOARDWALK through TIB WOOD, along the River Eden, can be very SLIPPERY when wet

1 From Daleraven Bridge fingerpost (to Lacy's Caves & Little Salkeld) walk up the bank towards the River Eden and cross the stile into a field. Continue south, dipping down to the river, and cross a wet area over a narrow line of wooden planks.

2 Go across the next field to a stile, along the river, across a footbridge, and on to another stile. Continue through some riverbank trees, over several small footbridges, to a stile into Tib Wood.



3 Walk along the boardwalk through Tib Wood following the river. The path climbs up around a sandstone cliff above the river. Lacy's Caves are now under your feet and can be entered after descending to the river – look for a sign on the rock face. These caves were made in the C18 for Samuel Lacy of Salkeld Hall, Little Salkeld, who entertained guests here.

4 Continue along the riverside to some steps up to the remains of Longmeg Mine, where gypsum was extracted until 1973. The river rapids are below with the old Force Mill across the river. The path follows an old rail line which served the mine. Long Meg viaduct, carrying the Settle to Carlisle railway over the River Eden, can be seen through the trees on the right. The viaduct is 125m (137yds) long, 18m (60ft) high, and took 4 years to build, opening in 1876.



5 The path veers away from the river and almost reaches the edge of the main railway line before turning left (SE) to zigzag around an electrical sub-station and join a lane. Turn right to Little Salkeld. Follow the lane alongside the railway in a cutting on the right. At the approach to Little Salkeld keep left at the fingerpost pointing back to Daleraven Bridge.

6 In Little Salkeld turn right at the junction with the Langwathby to Glassonby road. After 250m (270yds) the Watermill Tearoom is on the left. Walk back to the village centre and continue along the road towards Glassonby. Climbing out of the village, just after a fingerpost to Hunsonby on the right, walk through woodland on the right for about 100m (108yds) before re-joining the road.



7 Take the first track on the left, just past the Little Salkeld road sign into the village, which leads to Long Meg and her Daughters, one of the largest Neolithic stone circles in Britain. The track joins a paved lane. Keep straight ahead and over a cattle grid to reach the stone circle.

8 There are about 66 stones in the circle, which is approximately 92m (100yds) across. Long Meg, a 4.5m (15ft) column of Penrith sandstone standing outside the circle, has carvings possibly dating back 4,500 years. Her “daughters” lie in a rectangular pattern at the south-west edge of the circle. Legends tell of magic properties whereby, if you can count the same number of stones in the circle twice, Long Meg will come to life!



9 At the south-east edge of the circle, where it crosses over the lane, follow the bridleway fingerpost to Glassonby. Walk northwards, with the hedge on the right, to a small gate. Continue into the field, sloping down towards two field gates. Take the right gate and then another small gate to the right into a field. Follow the wall on the left to a small gate.

10 Continue through the gate alongside a plantation on the right, then through two more small gates. Follow the wall on the left through a field to a field gate, just east of Maughanby Farm.

11 Cross over the paved farm lane and through a field gate towards Saint Michael’s Church.. Enter the churchyard through a gate in the wall. The church dates from the C16 and earlier, with bells from the C15. In the churchyard is an old “hammer-head” stone cross, possibly C11.



12 Exit the churchyard through gates on the north side and then turn left along the track for 0.5km (1/3mile) to a fingerpost. Turn right to Daleraven. Follow the track for about 1km (6/10 mile) to the Kirkoswald to Glassonby road. Turn left down the road to Daleraven Bridge. ■



(Photos by Frank Hope and Fiona Exon. Others with Creative Commons license)

Summer Berry Terrine with Coulis

From the Highland Drove

Serves 10 -12 people

Preparation time: 30 mins: must be made a day in advance

Special Equipment: 30cm x 9cm x 6cm terrine

✓ **For the jelly:** 10 gelatine leaves, 800ml fresh apple juice

✓ **For the Summer Berries**

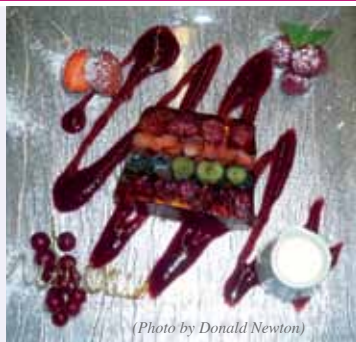
200g raspberries, 150g strawberries,

250g blueberries, 250g redcurrants

✓ **For the Sauce**

200g raspberries, 150g strawberries, 250g blueberries,

250g redcurrants, 200g caster sugar, 100ml orange juice



(Photo by Donald Newton)



1. Preparing the jelly

Soften the gelatine leaves in cold water. Bring the apple juice to the boil in a pan, and then remove from the heat.

Add the softened gelatine leaves and stir for 30 seconds.

Put a small layer of jelly- about 5mm thick- into the terrine, covering the bottom, and allow to set for about 20 mins.

2. Building the terrine

When the initial layer of jelly is set, layer the raspberries on top of the jelly so that there is as little space as possible between them.

Add a layer of jelly into the terrine so the layer of raspberries is just covered. Leave to set.

Add a second layer of fruit, add jelly as before and leave to set.

Continue to build the layers of fruit ending with a layer of jelly.

Cover the terrine with cling film, and refrigerate for 12 hours.



3. Preparing the sauce

Put fruits into a saucepan, add the sugar and bring to the boil.

Blitz the fruit mixture with a hand held blender.

Over a bowl strain the mixture through a fine sieve, pressing with a ladle to extract all the juice. Leave to cool.

4. Serving

Dip the terrine into hot water for a few seconds.

Run the blade of a knife which has been dipped into hot water down the sides of the terrine, keeping the blade tight against the sides.

Turn the terrine out on to a clean tea towel.

Using a serrated knife which has been dipped into hot water, carve into slices. Arrange on a plate, and surround the slices with the coulis.

Simple and attractive, the perfect dessert for a hot summer day

GOAL! Village Field news

Carlisle goalkeeper, Adam Collin saved plenty of goals when he officially opened the newly installed football and netball goal posts in the village field. A short piece appeared in the Cumberland & Westmorland Herald a few days later with a photograph.

The goalposts are already well used with frequent kickabouts and games. ■



(News and Photo by Fiona Exon)



Crossings of the River Eden

Although the sandstone Eden Bridge at Lazonby is the only bridge now standing over the River Eden between Kirkoswald and Langwathby, in times past such bridges were not the only way of crossing the sometimes hazardous water. Local farmers, workers, packhorse ponies and drovers used fords called waths, wooden bridges, stepping stones or ferry boats.

As the river changed its course through flooding and erosion, or as new routes across became necessary, crossings appeared and disappeared. Paths and roads which seem to be leading to the river may have led to earlier but now

unused crossings. Some earlier crossings have been tentatively identified, although it is not easy to discover the exact place or method used. Written records and maps are suggestive but not always specific, so there are only a few that we can find for certain. Local memories are also hard to pin down due to landscape changes and disuse of the crossings.

We can be certain of the building of the Eden Bridge at Lazonby in 1782, following a petition after several people drowned in the raging water. The medieval Force Mill Bridge, at Eden Lacy, is well recorded and there are still the remains of a

pillar in the river. Pillar Hill in Great Salkeld was the approach to a river crossing called Low Wath, which is shown on C19th and early C20th maps. Just south of Nunwick Hall there is a shallow rock ledge in the river which was used as a ford by horses and carts. The old sandstone Langwathby Bridge, built in 1686, was washed away in 1968 and replaced with the present metal bridge.

Today we are fairly happy driving miles to cross the River Eden, but earlier inhabitants used the safest crossings nearest to their dwellings. ■

*Sheila Fletcher
Lazonby June 2011*

Lazonby Bridge photo by Fiona Exon

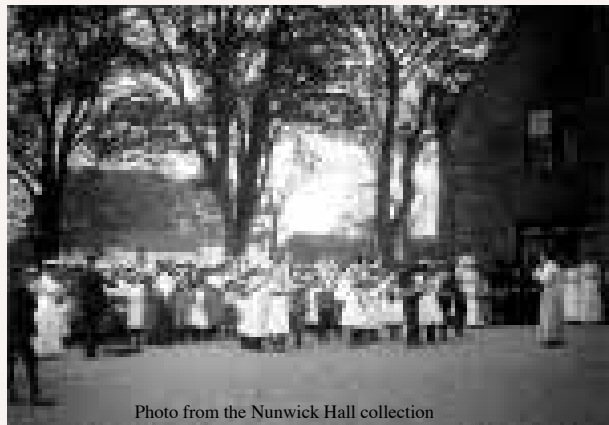


Photo from the Nunwick Hall collection

The Way We Were

Photographs from the history of Great Salkeld.

This photograph was taken on Empire Day, 22nd May 1909 and shows the young pupils from the School parading with banners.

If you have any old photographs of days gone by in the village, especially if you have a tale to tell about them, and would like to share them in The Craic let us know. ■

Great Salkeld Parish Council - Objectives for 2011/2012

The 5th May saw the start of a fresh four year term for the Parish Council. The new Council has decided to change some of its processes and procedures in order to improve its communication with the Parish, and also to inform decision-making. One of the first actions has been to draw up a list of objectives for the coming year, upon which there will be a report in 12 months.

- Improve Parish Council communication with residents in a 'user friendly' manner through use of the village website, Connect and Craic magazines.
- Construct a village shelter with notice-board alongside the village playing field.
- Implement a Housing Strategy following the Housing Survey, including consideration of maintaining a parish housing register. (A report on the Housing Survey will appear in the next copy of Craic).
- Improve procedures to ensure proper scrutiny and consideration of planning applications.
- Support village organisations and events, to include planning for the Queen's Diamond Jubilee celebrations in June 2012.
- Monitor and liaison of highway management and maintenance; including grass cutting/ tendering, bridleways and footpaths, liaison with the Highway Steward, Himalayan balsam, gritting and storage of gritting machine, and Lonnin Head Dub.
- Monitor and act in respect of speeding and road safety.
- Promote and support intra parish communication; including parish web site, Craic magazine, village diary, Welcome Pack and broadband.
- Relocate notice board and seat at North Dykes.
- Form sub-committees of relevant expertise where appropriate from within the Parish to help with the above objectives.

If there are other objectives which you feel should be adopted by the Parish Council, then please get in touch with Mike Carrick, the Chair, or any of the Councillors. We are very lucky to have such a vibrant sense of community, with so many active groups. This is achieved by the hard work of so many individuals, and as ever there is always a need for volunteers. If you feel you can help, or have expertise to contribute, then please speak to one of your councillors. ■

Triturus cristatus at the Dykes!

by Richard Wood

Not quite as earth-shaking as “Lady Gaga at Carlisle”, but the Lonnin Head Dub pond near the crossroads at South Dykes is the home of some rare and protected amphibians, *Triturus cristatus*, better known as the Great Crested Newt.

Great Crested Newts are the largest of the three newt species found in this country and, being one of the rarest, is protected by law. The other two types of newt present in the U.K. are the Smooth Newt (commonest) and the Palmate Newt (rarest), also found in the Lonnin Head Dub.

All species of newt are often thought of as water-dwelling creatures but in fact they only live in water during the breeding season from February/March through to June. Their eggs are individually wrapped in water plant leaves, where they are left to hatch into tadpoles and then develop into small newts called “efts”. Adult newts leave the water in June and then spend the rest of the summer and winter on land,



hiding under stones, logs, or thick grass, and then hibernating in winter.

Newts hunt their food by both sight and scent. Their typical prey includes slugs, worms, insects and snails. They swallow their prey whole and this even includes snail shells! It must be a bit like us trying to swallow a whole lobster, shell and all!! They are capable of breeding from the age of two and can live as long as 20 years, so long as they escape predators such as hedgehogs, rats, grass snakes and cats!

The Great Crested Newt can easily be distinguished, being the largest newt at about 16cm long with a slimy, warty skin, blackish above with a black-spotted, golden yellow belly. Males have a high, toothed crest and a silver streaked tail, and their belly turns reddish-orange in the breeding season. ■

Please don't all rush to the Lonnin Head Dub with your pond-dipping nets and jam jars to find a *Triturus cristatus*.

If you would like to know more, just contact a local expert who can tell you all you wish to know and who also knows about the Lonnin Head Dub, e.g. Sam Griffin, Cumbria Amphibian and Reptile Group (CARG), Tel: 016973 23939, Mob: 077863 18302,

Email: sam@heskethecology.com



Did you know?

... that July 2011 is a once-in-an-823 year phenomenon (apparently). This July there are 5 full weekends of a Friday, Saturday and Sunday. Let us hope for some good summer weather so that we can all make the most of it!

Summer Fun at Lazonby Pool 2011

Join us this summer for these great activities at your local community pool:

- Canoeing lessons - 6 weeks starting Wed. 8th June (for aged 9+ children)
- Swimming Gala (and 100 square competition draw) - Sun 3rd July
- Pool 'float' at Great Salkeld Sports Day - Sat 9th July
- Arragons Triathlon Club Meet - Wed 13th July
- Tug of War and BBQ - Sat 16th July – get a team of 5 together and take part in our grand competition!
- Swimming Lessons – daily during last 2 weeks of August
- Wacky Races and Junior Polo Club throughout



Over 40 children plunged into (almost) tropical temperatures (26°C) on the 23rd April – see the video on the website. With continuing good weather the pool made an excellent start to the year with people coming from far and wide including a family staying on a Pooley Bridge campsite who had spied us on the web before they came to the area! We also welcome several new volunteers to the kiosk and new lifeguards Jo, Becky and Nick.

Adult only swims are off to a flying start. ■

For more details of how you can take part contact us on: www.lazonbypool.co.uk, info@lazonbypool.co.uk or 01768 898346. Look out for posters in the Co-op and local area.



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VistaVeg is a small grower's co-operative based in the Eden Valley. We produce good quality, responsibly-grown vegetables on our farms and deliver them direct to you through a box scheme. A generous weekly share of the new season crop is £10. We also accept Healthy Start vouchers from families on lower incomes.

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