

GREYSOUTHEN GOSSIP

**YOUR WINDOW ON GREYSOUTHEN VILLAGE,
PARISH NEWS AND LOCAL EVENTS**

Upcoming Events:

Friday July 12th:

Bourbon Tasting Evening, Greysouthen Village Hall.
Doors open 7.30pm for an 8.00pm start. Limited tickets event - £20.00.
To enquire/reserve tickets call/message 07403 575525
or email EVENTS@GREYSOUTHEN.ONLINE

Saturday July 13th:

Fish & Chip Supper And Bar.
Village Hall opens at 6pm till late.
Food available from Heavenly Fish & Chip Van 6.30pm - 8.00pm.
Entry £2.00 Adult, £1.00 Child.

Saturday August 31st:

SAVE THE DATE

FUN FOR ALL AGES

**GREYSOUTHEN VILLAGE
SHOW & FAMILY FUN DAY**

**BAR, BBQ, FACEPAINTING, GAMES, STALLS,
INFLATABLES, LIVE MUSIC AND MORE**

**AUG
31ST**

**LOCAL BUSINESS STALLS AND DISPLAYS
FIND OUT MORE**

**FACEBOOK: GREYSOUTHEN.ONLINE
WWW.GREYSOUTHEN.ONLINE**

Parish Council:

Update on the Gossip:

Due to the costs of printing a full colour, multi-page version of the newsletter, the Parish Council has chosen to redesign the Gossip so it can be produced on a home laser printer in black-and-white on a single A4 sheet of paper.

Just as before, it will be hand-delivered to each and every household in the village, as well as to those at Nepgill Park, and will include the dates and times of village events, along with any other important information - on Paddle or the Village Hall, for instance.

In addition, an online version will be available to read or download from the Greysouthen website, or our Facebook and Instagram pages. This will be an expanded edition that will still feature those same updates and reports, but it will also include some longer articles and any accompanying photographs.

In future, we hope to publish the Gossip quarterly, in August, November, February and May.

As well, a new email account has been set up - greysouthengossip@gmail.com - to which any articles, news stories or event information can be sent.

And lastly, a request: let us know how you prefer reading the Gossip - online or on paper - and if there's something that should go in the printed version that we've inadvertently managed to miss out, bring it to our attention and it'll be included in the next edition.

Other News:

We are trying to have the X4 bus route modified so that like the X5, it comes through Bridgefoot, Broughton Cross and Brigham. This will give us a half-hourly service, in both directions, between Workington and Cockermouth, instead of the current hourly provision. Andrew Semple, our Cumberland County Councillor, is fully onboard and working with us to achieve this, and has set up a meeting with Stagecoach's Regional Manager for Cumbria and North Lancashire, Tom Waterhouse. This is scheduled for mid June and invites to attend have also gone out to our two neighbouring Parish Councils.

An application for funding has been made to the UK Shared Prosperity Fund, which includes the Rural Prosperity Fund (both being part of the Government's "Levelling Up" initiative). If successful, the money will be used to upgrade the equipment in the playing field and to this end, the children at Paddle were consulted on what bits of kit they would like to see installed - after all, they're the ones who'll be using it! Their input has been included in our funding application, which was submitted at the end of May, and we hope to know shortly if that bid has been successful.

Latest News From Paddle:

Another Summer term is fast speeding ahead, and we have only 5 weeks to go. There is lots to do before the end of term appears and the last few weeks of term are incredibly busy as we complete reports, curriculum work, and prepare for our "Moving Up" day at the end of June.

It has been amazing to get back to our school trips and residentials, although with the cost of living hitting everyone, a careful balance, of managing cost, but still providing our pupils with a wealth of wider opportunities to bring our curriculum alive!!

However... in true Paddle Style, we have managed - with very careful planning, including several risk assessments (!!!!) - to expand our range of activities. Year 5 and 6 now apply their excellent swimming skills to the real life challenge of sailing... and why not, when we live near so many amazing Lakes? The Year 1 & 2 children have been to Clip and Climb to build their gross motor skills and team work to sprint up the different climbing challenges. And we must not forget Y1 Wednesday in the Woods, exploring nature at Palace Howe - thank you to the Bell Family for supporting this!

Every time our children go out of school, we have positive comments about their lust for learning, excellent behaviour and their ability to be brilliant ambassadors for our school.

The School Council has also worked with Chef Bell to create a choice of menus.

We are glad to also support Dean School with hot meals this term, as well as invite Grandparents to lunch and play!

From Paddle School, I would like to wish you a warm and peaceful Summer holidays and thank you for all your support throughout this year.

Mrs. Dawn F. V. Watson,
(Headteacher).





Latest News From The Village Hall:

The Village Hall is the only community building in the Parish of Greysouthen. The Trustees continue to work hard to maintain, improve and utilise the building and its facilities. Running costs and maintenance are financed through hire charges and fundraising activities. Capital items are funded by grants.

Our focus over the last few months has been working with an architect and building consultants to evaluate what is required to improve the heating, insulation, internal facilities, storage and the carbon footprint of the hall to ensure its inclusivity, sustainability and longevity for the Parish. This has been a slow and complex process, and the conclusions will be shared with all in the Parish when this preliminary stage is completed.

A dedicated team of volunteers have planned and executed some amazing events during the year. The support and attendance at these have been much appreciated and enjoyed by those who came along. Planning has now begun for the summer events including the 2024 Village Show on 31st August.

Watch out for more information on the Greysouthen.Online Facebook page. (If you can help in any way it will be very much appreciated, please contact 01900 825305).

These events raise funds to help with the running costs which are currently £14 a day and are set to increase. They will also be crucial as we seek to apply for funding to help with the planned and necessary improvements. However, they also allow us to support other charities that benefit our community, and this has been a long-standing practice for the Hall. From the last financial year £650 from fundraising has been donated to PAPYRUS (Prevention of Young Suicide). This year our chosen charity is West Cumbria Hospice at Home.

The Hall continues to be supported by our regular user groups and bookings from residents for private events, but new groups and private bookings are always welcome. As has been said before: don't overlook the Hall, it's a space that can be transformed in a variety of ways.

Thanks as always for your continued support.

The Village Hall Trustees.

TO MAKE A BOOKING VISIT THE GREYSOUTHEN WEBSITE OR OUR FACEBOOK AND INSTAGRAM PAGES.

A report on last year's village show, which should have been published in the September 2023 edition of the Gossip, is included here to whet your appetite for this year's event, due on 31st August; followed by photographs taken at some of the other events held in the hall:

September saw the best attended and most successful village show. Ever. Over 400 folk of all ages turned out to enjoy the numerous exhibits and activities, split between the village hall and the playing field. There was also a village-wide quiz trail. It was the glorious culmination of months of planning and hard work by Hannah McCulloch and Hannah Gate, the Village Hall Committee and their volunteers – too many to name check here but thank you all.

A big thank you to Greysouthen Parish Council and the local businesses for their sponsorship and to James Trafford, Greysouthen's premier league goalkeeper for donating a signed shirt for the silent auction. Thanks also to the DJ and musicians for donating their services and keeping the festival vibe going. Lastly, a special thanks to Andy and Fi Airey for opening the show. Andy is better known as one of the 3 Dads Walking. The Dads campaign tirelessly to promote the Papyrus charity, which raises awareness on the prevention of suicide by young people. After the show Andy and Fi messaged to say how much they enjoyed the day and chatting with folk. The organisers were delighted to make a £500 donation to Papyrus from the show's surplus.

The competition exhibits in the hall highlighted the amazing talent in Greysouthen. This traditional aspect of the show was balanced with livelier goings on in the playing field. And what lively goings on they were! There were inflatables for children and adults; face painting; children's games; a falconry display; a bar (3 barrels and numerous bottles of beer and wine evaporated – teetotal bar staff next time, perhaps); a BBQ (150 burgers and 120 hot dogs consumed); a DJ; and 2 live music acts. One sexagenarian climbed on stage and joined in, even cadging a guitar and doing a solo spot. This produced shouts of encouragement from the folk in the mosh pit (at least I think that's what they were shouting).

Locals had stalls selling all sorts of handcrafted goodies. Exhibits included an armoured personnel carrier and a rally car from M Sport. The emergency services were well represented by Fire & Rescue, Blood Bikes, Police, and the Greysouthen contingent of the Cockermouth Mountain Rescue Team. The infamous Human Fruit Machine plus new recruit made a return appearance (try stopping them, just try). Hollywood must surely beckon for them.

Yes, it was quite a day!

Gwyn Lloyd.



The Bake Off, July 8th, 2023 (above); Christmas 2023 (below).





Wreath Making, November, 2023 (above); the Burns Night Supper, 2024 (below).





Whisky Tasting (above); the Easter Trail and Social, 2024 (below).



Gordon Jack - World Masters' Rowing Champion:



Does sport in later life stop at darts, bowls or maybe a gentle game of badminton between friends? Not if you're Gordon Jack, a Greysouthen village resident who recently travelled to Tshwane in South Africa to compete in the World Masters Rowing Championships. He came away triumphant, having won the gold medal in the 65-70 age category for men's single sculls.

This remarkable achievement has been the result of his daily training regime, which Gordon has built up over the seven years that he has been living in Greysouthen. He travelled to Tshwane with a clear-eyed focus on gold, determined to bring it home.

"I was at the same event last year in France and expected to do well," says Gordon over a coffee. "But unfortunately, I picked up a nasty bug during the regatta that made me feel very groggy. But I still finished 5th, which was frustrating but indicated that this year I could medal."

Gordon's rowing event is single sculls and is contested over 1000m. (The distance for senior men's single sculls is 2000m). Racing is over a straight course on lake or river, consisting of 6 or 8 lanes marked with buoys. A good time over the 1000m distance is about 4 minutes, so tactics are central to competing well.

"Firstly, you've got to steer the boat in a straight line," Gordon explains. "But conditions vary. In my final there was a brisk cross headwind, which is possibly the most difficult because it tends to blow you off course onto the buoys that mark your lane. If you hit one of those you come to a dead stop."

"A fast start is important too," continues Gordon. "You're facing backwards, so the further ahead of the rest of the field you are the more you can see how the opposition is going, the more you can exert control over the race. Then, after a fast start you settle down into a rhythm. At various stages over the 1000m you can put on extra pressure to catch the opposition unawares. Single sculling is very tactical, because as soon as you stop pulling hard the boat stops. Whereas when you've got 4 or 8 people in the boat you've got momentum. So, in single sculls, the race can change really quickly. That's why I like it so much. It's just down to you."

Gordon started rowing in his youth and rose to national squad level. But at the tender age of 23 he had to give up rowing to focus on his working career. This was in the days before National Lottery funding for promising sportspeople was available to challenge the amateur ethos that, arguably, had previously inhibited so much talent.

"I started rowing quite early actually" Gordon tells me. "I was dragged down to the Thames, I think at about the age of 14, by my headmaster. He was a Cambridge blue and wanted to start rowing at the school. So, because of my height, size and weight I was one of the 4 or 5 that he took on board. I eventually took up single sculling at the Thames Rowing Club down at Putney. They really supported me and at 16 I was one of the youngest competitors at the Henley Royal Regatta. I raced through until I was 23. I was in the national squad attending various world championships during that time before I had to stop due to work." Elite sport people don't usually reach their physical peak until about 25-27, depending on the sport, so having to quit at age 23 must have been a major disappointment for Gordon.

He also missed out on the Olympics due to bad luck. "I was in the 1980 Olympic Squad with Steve Redgrave – the start of his career. But it was the year of the Olympic boycott, due to Russia's invasion of Afghanistan. The government said you can only go under the Olympic flag, not as GB, if your sport federation can support you. Our crew wasn't destined to be among the medals, so our resources were taken to support the three crews that went, and who did win medals."

"It was disappointing, but there were other events that I attended – world championships and under 23 championships. But in 1981, I think it was, work took over. I kept reasonable fit, but I didn't get back into rowing until we settled here in Cumbria. So, I had 38 years off! When we moved here from Abu Dhabi for work, I looked round at the Lakes and found there was a rowing club on Derwentwater. So,



I got back to it then. That was 7 years ago. I'm retired now so I haven't got that work pressure. I can row whenever I want to and am really enjoying it. I find the discipline of training and racing – and the tactics, keep me going."

"So, what's next?" I ask.

"I want to retain my title next year in Berlin" says Gordon firmly. "I also row with a partner for a mixed double, which is a new event in rowing. So, I'm looking to see if we can medal in that boat as well. We're trying to get more crews together at Lakeland Rowing Club to see if we can perform well as a team as well as just individuals. So, there's plenty to keep me interested!"

Clearly, if you've got the mindset for top level sport, age is absolutely no barrier!

Gwenda Ward, Oct 2023.

Two other articles by Gwenda Ward - titled 'Village Memories', and, 'James Trafford: The Road To Superstardom Starts Right Here!' - that, like the Gordon Jack interview, were unfortunately delayed due to the printing cost issues with the Gossip, will feature in the online August and November editions, respectively. The photos show Gordon collecting his World Masters medal in Tshwane, South Africa, and on the 6 lane water course at Lake Valence, Hungary.

Greysouthen Climate Action Group:

A year ago, as part of the village climate group, we surveyed residents on four key areas: Energy; Transport; Shop Local; and Insulation. We shared the results at an event in the village hall and discussed the findings and what to do next. The table below summarises the responses we received:

Greysouthen Climate Survey

Energy			Transport		
E1	67%	at least somewhat interested in switching to low carbon energy	T1	40%	think a community car would be at least somewhat useful to them
E2	58%	interested in Solar Made Easy event held in Bridgefoot	T2	57%	are interested in purchasing an EV or already have one
E3	83%	supportive of Greysouthen developing a low carbon energy scheme	T3	45%	would use a public transport option from the village at least once a month
E4	92%	aware of Government initiative to phase out gas boilers	T4	60%	say a public EV charge point in the village would be useful
E5	89%	at least somewhat confident already know of ways to reduce their energy use	T5	84%	would be in favour of a 20mph speed limit in the village
Shop Local			Insulation		
SL1	43%	interested in joining WhatsApp group for buying local produce	I1	22%	know their property EPC rating
SL2	13%	interested in local non-dairy milk delivery	I2	49%	happy with current level of insulation in their property
SL3	45%	interested in village bulk buying scheme	I3	27%	interested in bulk discount purchase scheme for insulation
SL4	61%	interested in milk vending machine	I4	40%	at least somewhat interested in finding out more about external insulation

The most encouraging items were:

- i) people showing interest in developing a low carbon energy scheme in the village (there are numerous examples throughout the country);
- ii) a milk vending machine in the village;
- iii) that 84% of respondents would be in favour of a 20mph speed limit throughout the village.

Also encouraging was that residents feel knowledgeable of climate issues and many seem happy with their current levels of insulation – particularly relevant in times of high energy costs and high cost of living.

A note on the statistical relevance of the report:

Of the surveys handed out, we received slightly over a 20% response rate, which may sound low, but is good for a survey of this type.

The responses shortlist the areas of particular interest and tell us what to focus on.

Many questions allowed a range of responses, e.g. Highly supportive / supportive / somewhat supportive / low support / no support. The first three of these were considered positive and the others negative.

We would like to pursue at least one of the items with strong positive support and the 20mph limit is perhaps in the lead. Unfortunately, throughout the year we have seen participation in the group reduce and the few remaining members have challenges on their time that limit progress.

So, if you are reading this and would like to find out more about climate change locally, or in general, please get in touch by emailing gschanging4climate@gmail.com. We do post on Facebook from time to time – Greysouthen Changing for Climate (you can also contact us on there), Greysouthen Online and Greysouthen Village – so look out for new posts.

Andy Procter.

Lightstorm Over Greysouthen:



The magnificent Northern Lights display on the night of May 11th was captured on camera by many of the village residents: Josie Sims took the image above on the left; Helen Davues that on the right; while Andy Procter ventured onto the slopes of Sale to capture the vistas below and overleaf.







SUMMER EVENTS



**JULY
12**

**BOURBON TASTING
EVENING**

**FISH & CHIP SUPPER
AND BAR**

**JULY
13**

**AUG
31**

**VILLAGE SHOW &
FAMILY FUN DAY**

**FUNDRAISING FOR THE
VILLAGE HALL AND WEST
CUMBRIA HOSPICE AT HOME**

GREYSOUTHEN VILLAGE HALL