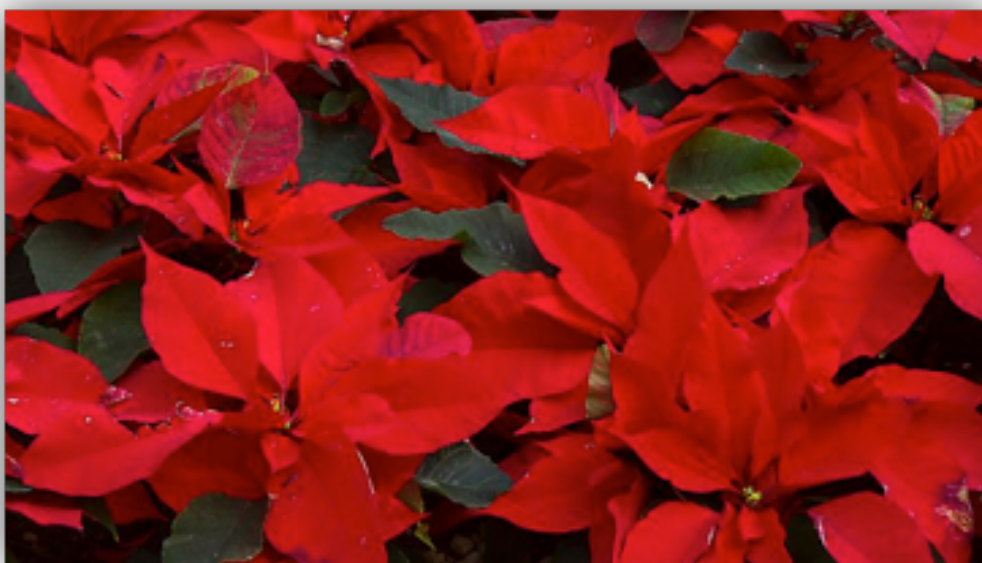

THE VILLAGER

How to care for a Poinsettia: Advice to help keep this Christmas plant flowering all holiday.



Poinsettias are popular plants at Christmas and make a wonderfully festive addition to any home. With their bright red flowers they fit perfectly into the traditional seasonal colour scheme and make striking

centrepieces for your Christmas dining table. Delicate in nature, Poinsettias are sensitive plants, but with a little care & attention they can continue to look great throughout the holiday season. Here are our tips on how to look after a Poinsettia & keep it looking it's best all Christmas long:

How to care for a Christmas Poinsettia:

Step 1

Before you leave the store, wrap your plant carefully in plastic, or put it in a plastic bag, to carry it home. This is to protect it from the cold outdoor temperature, which can damage the foliage. Unwrap it as soon as you walk through the door.

Step 2

Once home, it's time to choose a spot for your Poinsettia. We advise one that:

- gets a lot of light
- remains at an ideal temperature of between 16 to 18 degrees Celsius (°C)
- avoids the cold, drafts and direct heat (so keep away from windowsills, radiators and mantelpieces if you're lighting a fire in the hearth)

- is out of reach of young children and pets due to the skin-irritating sap

Once the spot's selected, leave your Poinsettia there for the whole season. As they're sensitive to changes in temperature – moving them from warmer to cooler spots (and vice versa) can cause the leaves to drop.

Step 3

Water by standing the plant's pot in a saucer of water for about 20 minutes in order to fully soak the soil near the bottom.

Step 4

Water sparingly. Overwatering can sometimes lead to grey mould appearing. Keep an eye on the surface of the compost and only water once this has begun to dry out.

Step 5

Mist the leaves slightly with a hand sprayer to create a bit of humidity. This helps to prolong the life of the flowers (also known as bracts).

Step 6

Remove all dead leaves and keep the soil around the plant free from any fallen Poinsettia leaves.

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Countryfile Ramble:



John McDarren writes:

At the beginning of October BBC Countryfile launched their Children in Need 'Countryfile Ramble'.

Paul McDowall, my daughters partner decided that despite being on crutches recovering from a broken leg he would like to organise and take part in a walk up Murton Pike.

Paul spread the word in Sandford and to his work colleagues and I announced the walk at our Curry night, inviting both walkers and donations.

So on the 6th October 15 of us gathered in the car park at the foot of the Pike, with residents from, Hilton, Sandford and further afield.

The weather was a bit miserly but we were not put off.

Paul, on crutches, and a small group started out 15 minutes ahead of the pack and the rest of us together with assorted dogs, followed on knowing that we would soon catch him up, clearly his crutches were supercharged because despite seeing him ahead of us we never seemed to close

the gap. Most of us made it to the target area, just below the steep and slippery final slope, and decided that honour was satisfied.

We all enjoyed a good walk made better by the knowledge that we were raising money for a very worthy cause.

Paul would like to thank everybody who took part and or gave generous donations. He raised **£415.00** for children in need.

As Paul posted on Facebook ' Not bad for 15 people, 7 dogs and a pair of crutches!'

Editorial:

Welcome to the 75th edition of The Villager. Many thanks to those who have contributed. Your contributions in the form of news, views, stories, poetry, photographs, local history etc are welcome. I look forward to hearing from you. Firstly a brief word on finances for The Villager. Our print run is 190 copies & we aim to deliver a copy to every dwelling in the Parish, as well as a few copies to friends & former residents in Appleby. An 8 page edition, with 4 pages in colour, costs £95 so 4 editions each year costs £2 per household. The Parish Council has kindly agreed to meet the cost of 2 editions & Adam & Debbie (Eden Stonework) have agreed to sponsor 2 editions next year so, for the next 12 months we are solvent! Thank you.

I am reminded that we have a number of newcomers to our Parish. I would be grateful to any of you who would like to write an introductory paragraph or two about yourselves - explaining who you are, your background, interests, why you chose to live here, any family or historic connections etc. By all means include photographs if you wish.

Copy for the next issue by **Sunday 22nd March Please.**

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Civic News December 2019:

During the year we have welcomed new residents to our communities, some of whom I have met and some still to meet. On behalf of our councillors I would like to welcome you to our parish. We have a new Murton Parish Council website with contact details of both our councillors and our clerk if you have any queries, suggestions or problems that you would like to raise. We meet 4 times a year in Murton Institute and dates are both on the website and the parish notice boards. Our 7 councillors are all volunteers who have the best interests of the parish firmly in place but we do need help and guidance from time to time. If any resident has any skills to offer to help us do our job, all advice is gratefully received. This year alone we have had to become knowledgeable in tree-surgery, stone wall maintenance and public drainage systems to name but a few!

As usual at this time of year, please use the CCC website to report highway problems and request supplies of grit for our grit boxes and grit piles. The Highways Dept like as

much detail of location as possible which can be interesting when reporting blocked gullies & drains. Councillors have reported the usual culprits on a regular basis, esp the culvert/drain at the Institute but the more reports that are made, the more likely we are to get some attention. For residents of Coupland Beck, we have made numerous representations about the damage to the cattle grid and consequent water problem without much success so please make your own reports.

Hilton Bridge finally re-opened in its new wider form in September after 3 years of planning. It was a real community effort from the outset to safeguard as much of the old bridge as we could within modern highway planning & regulation. It looks so attractive now thanks to the excellent team of contractors – the use of reclaimed local stone has enhanced the build and is of particular note, as is the retention of the original arch. It will weather nicely and become as much a part of the surroundings as the old bridge but much more user-friendly. Thank you to all those who gave opinions and monitored progress throughout the work to make sure those opinions were heeded!

Our November meeting is traditionally when councillors consider the budget for the following financial year. This is always difficult & stressful as we have to try to anticipate the needs of the parish and come up with a satisfactory plan without adding too much to the precept. In general, parish councils are being asked to assume responsibility for more and more services by both district and county councils. The reason given is to empower the local community, but usually it comes down to cost-cutting. The introduction of more rigorous financial regulation and auditing, transparency of operation and compliance with legislation such as General Data Protection are now regular items on our agenda and the increased administration time has resulted in higher costs for our clerk's time which we have had to add to our budgeting calculations.

The precept has been sufficient to cover our regular payments ie clerks wages & administration, cemetery maintenance and grass cutting, insurances, defibrillator expenses and footway lighting. The income from burials has fallen for the last two years so council reserves have been used to pay for the unplanned but necessary work such as the cemetery trees and walls. Councillors have had to consider a budget for 2020-2021 which will cover our regular payments and begin to replenish our reserves to an acceptable level. At our recent meeting, it was resolved to adopt the formula advised by the Nat. Assoc. of Local Councils to help councillors reach an acceptable budget. This formula is calculated by taking the current year figures for the precept + anticipated shortfall as a basis for the next year's precept. The final figures will be agreed at an extraordinary meeting in January in time for the EDC budget deadline of 24th January. It was further resolved that this formula would form the basis for budget calculations year on year.

Our next regular PC meeting will be on 3rd February and everyone is welcome.
Happy Christmas and best wishes for 2020.

Barbara Govan, Chair

News from St John's Church:

Thank you to Rev Peter Ridley for taking a moving service on Remembrance Sunday.

The annual Family Carol Service will take place on Friday 20th December at 6.30pm to be followed by refreshments in the village institute. Children will be encouraged to take an active part in the service. It is to be hoped that as many as possible will be able to attend to celebrate the start of the Christmas Season.

There will be a service of Holy Communion on Christmas Day at 9.15 am.

Electrical repairs have been started and we are in a position to have the heating back on in the church. We are grateful to the National Churches Trust for funding towards the cost of this work.

Also, the boundary wall repairs have been completed by Paul Gingell of Cumbria Stone Walling. He has done a splendid job..

Murton Institute Events:

Saturday 14th: Coffee and craic Tea, coffee, bacon butties and a range of stalls: cakes, crafts, cards and plants

Saturday 14th: Film night. A Star is Born (the 2018 version). 7.30 pm start. Bring yer own drinks and snacks.

Friday 20th: Carol Service At the church, followed by refreshments in the Institute.

Friday 27th: Christmas Dominoes. 7.30 pm

Highlights:

STOP PRESS NEXT HIGHLIGHTS GIG . . . MURTON INSTITUTE . . TIM KLIPHUIS TRIO . . WEDNESDAY FEBRUARY 12th 2020, 7.30pm

We are thrilled to announce that Murton Institute has been chosen to host the Tim Kliphuis Trio , an internationally known group of talented musicians who are returning to Highlights with their high energy brand of music inspired by the classical and gypsy jazz. . Tim is widely considered as his mentor Stephane Grappelli's heir.

We are very interested to note that Tim Kliphuis is also appearing at Theatre by the Lake in Keswick later that week, when the ticket price is £22 . . . at the Highlights gig, OUR TICKET PRICE FOR ADULTS IS . . . £10 . . . what a bargain !!!

This will be a very popular event, so please reserve your tickets as soon as possible with Tina Wragg, tel: 01768353642 . . .do hope to see you there . . . Merry Christmas

Weather Lore: From a talk given to Upper Eden History Society by Jean Scott Smith on 18th April 2016, Written by Tricia Jagger.

Jean has concentrated her research upon how country folk read weather signs. Not claiming to be a meteorologist, she presented what she called a “quite light-hearted talk” to an audience who were both entertained and appreciative of her rich store of traditional rhymes and adages. Wind, clouds, the sun’s heat and animal behaviour: these were used to tell weather in days before national weather forecasting.

The still popular “Red sky at night” rhyme meant clear air coming from the west but red sky in the morning signalled poor weather. We are also familiar with “The north wind doth blow and we will have snow.” Another sign for snow was a cat sitting in front of or with its back to the fire. Less familiar adages were introduced, for example, “The blacksmith’s anvil sweats: the larger the drops, the heavier the rain” and the dialectal “When t’rains in t’ much whol (south west) it’s gonna rain.” Another harbinger of rain was when soot fell down the chimney. Snowfall could also be predicted, as in “If snow lies for a long time in ditches and wall bottoms, it is waiting for more to take it away.”

Progressing through the seasons of a year, Jean illustrated signs familiar to our rural ancestors. If on St. Paul’s Day, the 25th of January, weather was fine and clear “it betides a happy year.” A sunny February 2nd, Candlemas Day, warned of more winter yet to come. At Lent, a dry time meant a fertile year but if it rained on Easter Day it warned of “good grass but bad hay.” In summer, we are reminded of the familiar warning that the weather conditions on St. Swithin’s Day, 15th July, will remain so for forty days. If it was fine on Michaelmas Day, 29th September, a good spring was indicated. “Sun through the apple trees on Christmas Day means a fine crop is on its way” and a green Christmas boded white weather. Two of the best known sayings for given calendar months are “March comes in like a lion, goes out like a lamb” and “April showers bring May flowers.” Jean acquainted us with other, less heard examples like “March’ll search ye, April try ye, May’ll tell whether live or die ye.” Several make witty rhymes: “Ice in November to bear a duck- nowt much after but slush and muck.” Others contain dour advice, like “Damp and warm does the farmer no harm” in June then “In July shear your rye” and the grim “A hot May makes for a fat churchyard.”

Observation of the clouds gave signs. Luke Howard in the early 19th century gave names to cloud formations which had been recognised by country folk as signalling weather features. All of these were clearly illustrated in slides Jean showed. “When woolly fleeces strew the heavenly way/ Be sure no rain disturbs the summer day” refers to scattered cumulous clouds looking like sheep. Another cloud pattern is the “mackerel sky” and a rhyme here portends “Never long wet, never long dry.” Approaching changes in weather are denoted; “If in the sky you see cliff and towers/ It won’t be long before the showers.” Cirrus clouds can indicate an approaching rainy front. Anvil clouds, where thunderbolts are formed, precede a thunderstorm. Customarily, advice given in such an event included avoidance of trees, leaving doors open and putting away any iron or steel items. Jean showed a dramatic illustration of a thunderbolt coming down a chimney. Counting between crashes gave guidance as to the proximity and movement of the thunderstorm.

Snow was the next weather feature explored and illustrated with the aid of some beautiful photographs. Types of snowfall and signs of these like copper or pinkish skies and a pale sun were pointed out as Jean read dialect proverbs like “The south wind brings wet weather, the north wind wet and cold together” and “The west wind always brings us rain; the east wind blows it back again” wryly adding that there is some truth in this. Last century, Gordon Manley closely studied the best example of a local wind caused by a particular combination of circumstances: this he named “The Helm”, meaning hill top and relating to the word helmet. This strong blustery, easterly wind

descends the western slope of the Cross Fell area of the northern Pennines where to the west there is a steep drop to the Eden valley. It is recognisable by a band of cloud and can last for days on these tops.

Looking to the skies, "If the sun goes pale to bed, it will rise with a watery head." This and other arresting images such as "Pale moon does rain/ Red moon does blow/ White moon does neither rain nor snow" give examples of rhymed wisdom concerning the moon. It is not proven that the moon has any effect on weather conditions, but it does affect tides: "Two full moons in a month indicates floods", it is said. Stars are also indicative of rainfall as "When stars huddle, we'll soon have a puddle." Rainbows seen at night indicate that fair weather is in sight but if in morning "fair weather all gone."

Other natural signs were noted. Common flowers like scarlet pimpernels, dandelions and daisies are quick to open in response to sunlight but close when it is dull. Rhyming advice: "You may shear your sheep / When elder blossoms peep" was as well known as "Ne'er cast a clout till May is out" is today. Blackberries were not to be picked after Michaelmas Day because "the Devil spits on them." Animals were also observed. Cows at tops of hills bespoke fine weather but if lying down, cold weather or rain was approaching; a cow seen scratching its ear warned that "a storm was near." Rabbits out at strange times of day or cats washing behind their ears meant rain. Birds too, warned of rain; a cock crowing to bed "will waken with a watery head", for example. Birds tend to become very quiet prior to storms but singing in the rain, they herald good weather. Bees swarm before a storm whereas swarming ladybirds show that it will be fine.

"Whether it's cold or whether it's hot/ We shall have weather, whether or not." With this closing rhyme, Jean's entertaining presentation drew to an end. Beautifully illustrated, her rich anthology of quaint rhymes underscoring a wealth of folk lore with references to recent events brought us closer to how those who living before were "forecasting in the country way."

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Look for The Dipper in Hilton Beck!



FELLSIDERS:

A group of Fellsiders and their gentlemen enjoyed an inspiring visit to the wonderful Sunbeam Music Trusts Eco building at Redhills near Penrith, where the founder Annie Mawson MBE graciously gave the group a tour of the building and talk about the incredible work the trust is able to provide through their Music for Life and Music for Dignity programmes . The Trust has been delivering Community Music therapy to people throughout Cumbria thus fulfilling their mission of " striving to help disabled and disadvantaged children and adults improve their quality of life and self esteem through the creative freedom of music "

The Fellsiders were very privileged to join a Music for Dignity session where the adult group were living with dementia. We were inspired by the enjoyment the group so obviously gained by participating in a singalong , with some enthusiastic dancing as well . We were also humbled by the care and love the staff and volunteers showed their disadvantaged guests . It is a visit that we will remember alwayswe wish the Sunbeam Music Trust continued success in the future, and we also wish the group we met on our visit continued enjoyment of their music sessions at the centre

The Fellsiders Ladies group generally meets on the first Wednesday of the month, 7.30 pm at Murton Institute , although in the New year a couple of the meetings will start at 7pm. please check the village notice boards for info about the guest speakers and time . Any lady can join for the sum of £10 @ year, or if you prefer come to the meeting or outings that appeal. For more information contact Tina 01768353642, Dorothy 01768352798 or Joy 01768352133



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