
THE VILLAGER



Sunday December 15th 2019

Editorial:

As I write this I have no idea as to whether we can get paper copies printed, or will have to rely on the internet for circulation. I will try to combine "Keep Calm & Carry on" with helpful guidance & a few articles, just to give you something to read in these difficult times. Many thanks to our delivery team who have offered to keep going (provided I can get the issue printed)!

ARE YOU ILL OR SELF-ISOLATING?

As a community, we are good at supporting each other and most people have a network of people they can call on. However, as the scale of this thing increases, the people we usually rely on might not be available and some who are usually OK may find themselves in need of support.

If you are ill or self-isolating for other reasons and need help with shopping, bringing logs and coal in, collecting prescriptions, posting mail, etc please contact one of the people listed below. Low Howgill is offering a delivery service, preferably with orders collated and delivered to a central point in the village for collection. We do not think we need this yet, but will keep it under review.

Name	Contact	Name	Contact
HILTON		MURTON	
Jules Price	jules@hiltonworkshops.co.uk	Jim Hardman	jim.w.hardman@gmail.com
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Ed Evans Val Stamper	EvansE199@hotmail.com valerie_stamper@yahoo.co.uk 07966 926032	Dorothy Macfadzean	017683 52798
Jack Cauldwell Allison Cauldwell	Home 017683 53832; Jack 07808 971278; Allison 07926 508673 ar.taigh@btinternet.com	Caitlin Stokes	caitlinannestokes@yahoo.co.uk 07714 038338
Ashley Liston Jane Liston	ashley.liston@gmail.com jane.liston@googlemail.com 07540 814023 or 017683 51392	Alan and Eileen Ormrod	dadorm@btinternet.com 017683 51513
Sarah Hutt	sarahutt@hilton-hall.com 07799 135259	Ken and Janet Hunt	kenhunt_molinstar@hotmail.co.uk 017683 52445 07870 650064
Nigel and Louise	louise.fields@btinternet.com 07773881060 and 07815570096	Barbara and Richard Govan	bigovan93@gmail.com 017683 51663
Anne King	richard.anne.king@hotmail.co.uk 017683 52308	Alan and Gail Turner	poohoneypot@hotmail.com 017683 54167
BRACKENBER		KEISLEY	

Carole Thorpe	Carolethorpe55@gmail.com	Richard and Barbara Mills	rbmills12@talktalk.net 01768 398325
AND BEYOND			
Jackie and David Watkinson	jlwatkinson@hotmail.com 017683 52050		

Murton Institute:

For obvious reasons, Community Events at The Institute are cancelled until further notice.

Now to move away from discussion of The Virus, some ideas as to how you might spend your time.....

Gardening jobs

Gardening jobs for Early Spring

General garden jobs

- Spring clean the garden – fork over the soil in borders, weed and apply a mulch
- Remove weeds, but don't put them in the compost bin
- Clear moss and algae from paths, patios and driveways with a pressure washer or path and patio cleaner.
- If the ground is dry enough you can do your first lawn cut of the year. Mow the grass on a high-cut setting to keep the lawn looking tidy but don't attempt to do this if the ground is frozen or soft underfoot
- If the weather is mild, you can feed the lawn after its first cut
- Redefine lawn edges along borders and paths using a lawn edging iron or edging shears
- Lay new turf before the weather turns warm and dry



Vegetables and fruit

If you have already done your winter digging, you should only need to make final preparations to get the soil ready for sowing. Hoe off any weeds, take out any stones or

bits of old roots and rubbish, sprinkle a light coating of general-purpose organic fertiliser over the area, and rake the surface down, leaving a seedbed the texture of cake crumbs.

Now you are ready to plant, but don't be tempted to fill up the vegetable garden all at once. There are only a few things you can sow or plant this soon and if the weather is still chilly you will need to cover early crops with some horticultural fleece for protection.

- You can start planting broad beans, parsnips, spinach, turnips, radishes and early varieties of carrots outside
- Courgettes, chillies and tomatoes can be sown undercover in a greenhouse
- Early peas, summer cauliflower and lettuce can be sown outside under horticultural fleece
- Start sowing tender herbs indoors
- Water any pot grown fruit such as plums, peaches or olives, remember to protect blossom from frost
- Feed your blueberry plants with ericaceous fertiliser and mulch with a thick layer of pine needles
- Cut Autumn fruiting raspberries down to just above ground level
- Plant rhubarb, fruit trees and bushes and strawberry plants
- Water pot-grown fruit

Trees, shrubs and climbers

- Prune apple and pear trees before the buds burst into growth. Aim to create an open goblet shaped framework
- Prune and feed climbing roses and bushes
- Plant summer-blooming shrubs and vines
- Plant ornamental and evergreen trees
- Prune Summer and Autumn-flowering clematis at the beginning of the month, but hold off pruning Spring-flowering clematis until after it has finished flowering

Plant out bare-root roses

Bare-root roses are dormant plants, sold without any soil around their roots, these are only available in Autumn and early Spring. Planting them outside of the growing season will encourage them to establish quickly. You'll be rewarded with a beautiful garden full of colour and fragrance in the summer.

Bare-root roses are also more economical than container bought roses, and now's the time to check them out in our garden centres now.

Pots and container plants

- Freshen up pots and hanging baskets containing Winter or Spring bedding
- Plant Spring bedding, pot-grown Spring-flowering bulbs and small evergreens

Look after wildlife

- Continue to feed garden birds and attract different birds with different types of bird food
- Make sure that you provide clean drinking water for birds with a bird bath. This is especially important during cold weather, when many water sources may be frozen
- Bees are starting to emerge from their winter homes and looking for new places to nest. Make sure your garden is bee friendly by sowing or planting out plants with the RHS Perfect for Pollinators logo on
- Have some fun by building a bee B&B
- In ponds, feed fish if weather is warm and fish are active

HIGHLIGHTS:

A large audience enjoyed a superb evening of entertainment when the Tim Kliphuis Trio visited Murton Institute in February. It had been a challenging few days for this part of Cumbria with the reduced and sometimes non-existent water supply..... and on the evening of the concert we dried up completely . . . HOWEVER . . .the show certainly went on .. Tim had flown in from Amsterdam that lunchtime, and the other musicians had navigated flooded roads to rendez vous in Orton, where they were staying.

I am delighted to report that close to 70 folk attended the gig, at least 80% were from our parish, A big thank you to all for supporting this event and a big thank you to the large team who help me.

The next highlights event will be in the Autumn, date and artist to be announced in the next edition of the Villager. Tina

THE FELLSIDERS: have enjoyed an interesting start to their 2020 program, with a talk on the security for the 2012 London Olympics, a Heart Start evening and a fabulous Ladies Dinner at the Bay Horse at Winton . Our next meeting, on Wednesday April 8th , is a talk on THE FELL PONIES OF CUMBRIA, with Libby Robinson, a leading expert and breeder of fell ponies.

Our trip this year was to be to Raby Castle and it's grounds and gardens, on Saturday May 9th. but unfortunately has to be cancelled.

Any lady can join Fellsiders Ladies group for £10 a year. Alternatively feel free to dip in and out of the meetings, the chaps are also welcome to those talks that would interest them.

Further details from Joy 52133, Tina 53642, Dorothy 52798.

Until we are advised other wise Fellsiders meetings will go ahead.

BURNS NIGHT: Allison Caldwell

On Saturday 25th January 52 villagers gathered at the Institute to celebrate Burns night with a Burns Supper. The hall was suitably turned into a little bit of Scotland with tartan covered tables and Scottish background music. Once everyone arrived the haggis was piped in by Frank, presented by Richard and addressed by Jack. Everyone then tucked into haggis neeps and tatties, or a scotch pie with a nip of whisky, followed by trifle, made by many people Who had a clue there could be so many different flavours? We had readings of Burns poems by Richard Govan, Dorothy MacFadzean and John McDarron.

There was a raffle with numerous prizes and sliding pound coins at a whisky bottle. A good night was had by all and we raised £200 for Annie Mawsons Sunbeams Music Trust in Penrith. www.sunbeamsmusic.org

It was so good we will do it all again next year. Thanks: to Barbara, Richard, Toria Govan and Tina Wragg for their help in the kitchen and setting up; Frank for his piping; John, Dorothy and Richard for their readings; to the wonderful people who peeled and cooked the neeps and tatties, our superb trifle makers & finally to the attendees who made it such a special night. Allison Caldwell



Most of you will know me or have seen me making a nuisance of myself around the villages and trying to help at the institute at the end of evening clearaways. I am planning a 1240km ride and aiming to do it in as close to 12hrs and 40minutes as possible. As a Local Rotary club of Appleby member I am undertaking the ride in aid of a Rotary Foundation charity aiming to eradicate Polio worldwide.

The charity is supported by the Bill and Melinda Gates Foundation who will give £2.00 for every £1.00 raised.

The ride will be done on the 26th April this year and as I am a member of the Rotary Club of Appleby it will start at our regular meeting place, the Tufton Hotel. The plan is to ride from here to Wick on the Northeast Coast of Scotland and then back stopping only twice for fuel and comfort breaks. The ride distance is just over 1240km's.

I have undertaken some long distance rides before so have some experience in what is required to spend long periods in the saddle. I had contemplated doing 1240miles in 24hrs, but it has been a while since my last 1000mile + 24hr ride so discretion seemed the better part of valour. Long distance riding is a challenge that throws up some specific difficulties not encountered in normal riding (or for that matter driving). The most common is the strain on your body holding on to the bike for long periods while sitting in the same position. This can be combatted by making an effort to move around the bike, generally limited to sitting further back or forwards in the saddle or stretching your legs off the foot pegs. There are other strategies, but those were the main ones.

Fatigue is the biggest concern. It arises from the combination of battling discomfort, wind noise and general tiredness and can start as early as 12hrs or so into the ride. It is the most important thing to understand when contemplating a long distance ride or drive. If you don't recognise the early signs of fatigue then you are a risk to yourself and other road users. Unfortunately the easiest (only) way to establish how you are affected by fatigue is by riding further and further while specifically looking for things that are happening that are not part of your normal

riding regime. For a lot of people, me included, it is first noticed by erratic speed control. Fortunately this manifests itself by slowing up not speeding up. I have found by experience that after around 16hrs I need to correct my speed to maintain reasonable road speed. As soon as I realise it is happening I stop. The only way to combat it now is rest. I am adept at speed sleeping and can sleep on the bike for 15 minutes then get going again. I find this works for me and sets me off afresh. There is a problem however, fatigue creeps back in after around two hours and the speed sleep has reducing beneficial effects thereafter. If I don't get an hours riding before fatigue starts again then I have reached my limit and its time to stop for a longer sleep.

Fortunately this run will not reach 16hrs so my main challenge will be comfort and keeping a good average speed.

Getting back to the reason for the challenge, over 400 million children in up to 60 countries have to receive multiple doses of the polio vaccine annually with around 2 billion doses being administered.

If we (Rotary) ease up on our work now it is estimated there will be at least 200,000 cases annually all over the world within 10 years.

As of September 2019, the only two countries where there are still new cases of wild poliovirus are Afghanistan and Pakistan.

1240 is the number of miles in the border between Afghanistan and Pakistan that is the last major area harbouring the Polio virus. It is a dangerous place to operate, but local medical teams supported by local Rotary organisations are working hard to get as many vaccinations to as many children as possible. We are fighting a winning battle that should see Polio eradicated in the next few years (we think sooner).

Each vaccine costs 20p so every pound can immunise five children. Taking the contribution of Bill and Melinda Gates every pound given in sponsorship could provide fifteen vaccines. Rotary activists like me give their time for free. No part of the donation will be used to cover the cost of the trip, that is given freely.

If you will forgive me for asking, this is a charitable ride and any donations or sponsorship would be very welcome. If you can, please give as generously as possible, but any contribution will be appreciated. Donations can be made via the link below or by giving to any known Appleby Rotarian (including me) who will ensure it gets to the right place. Thank you very much for taking the time to read my ramblings and thank you even more if you sponsor my ride.

<https://uk.virginmoneygiving.com/JackCaldwell2>



“Greetings from Ed, Sara and Ned Hutt. We moved into Hilton Hall from Sheffield last September and already feel very at home. Ed, originally from London, moved to study geology and geography at the University of Sheffield in the 80’s and never left. Ed’s work as a professional consultant took him all over the world although his more recent work as a CIO (I.T.) has allowed him to be much nearer to home. Ed is a retired competitive fell-runner (although his current surroundings might persuade him to come out of retirement), keen hillwalker and orienteerer, and is a qualified helicopter pilot. Sara originates from West Yorkshire and her parents still reside in Haworth. After finishing her studies in German and Russian at the University of Edinburgh, she spent some time working in Europe before deciding to train as a secondary school teacher. Eighteen years later, she left her post on Assistant Principal at one of the Sheffield academies to spend more time with family. Sara is also a keen hillwalker, cook and enjoys a good book. She has also been known to turn her hand to a bit of sewing. Ned is 3 and attends pre-school in Penrith. He enjoys books, trains, being outside and helping his mummy and daddy in the garden. His main pastime, however, is talking! We also share our home with Ruskin J, our fluffy black and white cat who spends most of her day asleep on the sofa. We have been holidaying in this area for many years. Sara’s parents both originate from Carlisle and Ed proposed on Smardale viaduct seven years ago. So it has always been our intention to leave the city and settle here. Everyone has made us feel so welcome, we know we’ve made the right decision.”

Any other newcomers to our Parish please follow this example & introduce yourselves! Ed.



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