



A newsletter for the community of Murton and Hilton

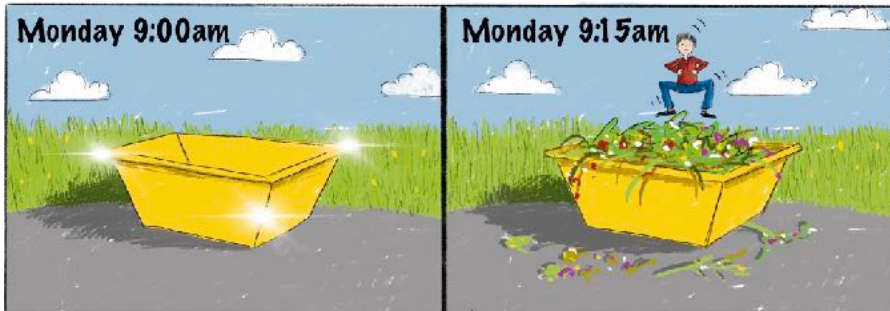
Issue 89 December 2023

Editorial

Welcome to the 89th issue of The Villager and a Merry Christmas to you all. Since the last issue I have realised how much I've settled into this fabulous community...mainly because of the stress I felt when I saw the skip truck arrive with the final one of the season!! As it moves slowly and gracefully up the Hilton hill there is a deafening sound of secateurs and wheelbarrows. Woe betide



anyone who has gone out for the day!



But in this season of good will and merriment we can relax and and forget the stresses and strains of the every growing garden....until the spring!

Congratulations...

To Alistair and Marion Munro who celebrated their 45th wedding anniversary on 4th of November. Yes, the same night that they were cooking endless burgers and hot dogs out in the cold with their backs to the fireworks! (See bonfire article) True dedication!

Aurora WhatsApp Group

As a follow up to my previous article on seeing the Aurora I wondered if the community would like to join an Aurora WhatsApp group? John and I have darted out to the Hilton car park on many a clear evening when our Aurora Uk app alerted us. Some sightings have been beautiful and we've wanted to tell others. We thought a WhatsApp group would be a gentle way of letting people know without terrifying them with a late night knock on the door! If you'd like to join, email your name and mobile number to ursula@artdaze.co.uk and I'll create the group.



Sad news

We had to say goodbye to a lovely lady, Dorothy Armitage from Hilton, on 26th August. Her funeral, on 15th September at St John The Baptist Church, was filled with people who had so many wonderful things to say about a lady who had enjoyed life to the full. Rest in peace Dorothy.

Quiz Night

On 6th October the Institute was full of clever folk with brains in overdrive as they went head to head to win the coveted satisfaction of being cleverest people in the community. It was a fabulous night organised by Frank and Jules who were also quizmasters along with Jane and Ashley Liston and Rachel Homes. The winning team were the group from the badminton club. Must be all that exercise keeping their brains in shape!



I'm afraid I didn't capture the euphoria of the winning team but I did spot someone who didn't win. Sorry Dave!

Bonfire Night

November wouldn't be November without the sparkingly well organised Bonfire Night in Murton. This year was very well attended and raised almost £500, to be split between BEEP and the Air Ambulance. The stunning fireworks were organised by James Harker and Alistair and Marion Munro provided another delicious BBQ which kept them so busy that I'm pretty sure they missed all the fun! Thanks to Jim Hardman for these beautiful photos. (Better in the online colour version!)



DIGITAL CONNECTIVITY OPTIONS - Report on the Broadband Meeting : 2nd December 2023, Murton Institute



Despite constant snow falls and icy roads, over sixty people came to Murton Institute to show the strength of feeling about the lack of progress and the inequality of internet service within Murton Parish and the wider East Fellside.

In his opening remarks, Tim Farron told us that the current situation is neither fair nor right. There are approx 60,800 properties in Project Gigabit, with Fibrus Ltd contracted by BDUK to connect these properties in Cumbria. Currently Fibrus is not actively working in our area: Murton Parish, Warcop and Ormside remain in the 'Deferred Scope' of Project Gigabit.

David Marsh, Local Delivery Lead -North for BDUK, said that Murton Parish is part of the Project Gigabit contract albeit in deferred scope and therefore not part of the current active phase of development. 100% of premises will be connected by Fibrus by the end of 2026 when their contract with BDUK ends.



If you want to find out about your particular property, a list is maintained by Jonathan Harris, Connecting Cumbria [email: info@connectingcumbria.org.uk](mailto:info@connectingcumbria.org.uk).

There was a lot of frustration and anger about the inflexibility of the Project Gigabit project coupled with complaints about lack of transparency and poor communication from both BDUK & Fibrus. It quickly became clear how strongly feelings are running about the abrupt ending of the B4RN project and the slow speed of the alternative.



Comparative costs of services for Fibrus and B4RN were discussed, together with the inequality of internet and mobile connectivity before the meeting moved on to consider options to improve the situation in which we find ourselves. It became clear that there is overwhelming support for a change of direction - the status quo is no longer acceptable to householders and businesses represented at the meeting.



Tim Farron MP suggested that we have 3 options:

1. Stay as we are in deferred scope and wait for Project Gigabit to slowly reach out to our communities.
2. De-scope, asking BDUK to enable our communities access to government funding in another way, in the form of vouchers.
3. Bring us in-scope by adding us to the properties to be serviced by Fibrus, and make it happen much quicker.

In summary, John McDarren, on behalf of the people of Murton Parish and surrounding areas asked David Marsh (BDUK) and Libby Bateman (Fibrus) to take the strength of feeling back with them and communicate the overwhelming wish of the meeting to find a way forward as soon as possible that is both cost-effective and the best option for achieving full connectivity for the affected communities.

Tim Farron promised to contact BDUK and the relevant government ministers on Monday to have a meaningful discussion to find an acceptable solution. On our behalf, he will formally request that we be 'de-scoped' from the Fibrus contract. At the same time he will ask for a date when we will come within the scope of Project Gigabit.

'There is a definite benefit to be within the B4RN area - unfortunately there aren't too many B4RNs around the country - however the Government is now aware & there is an alternative to Fibrus.' he said.

We'll let you know what happens.

Murton Parish Council & Murton Broadband Working Group thank Tim Farron MP, David Marsh (BDUK), Libby Bateman (Fibrus) and Jonathan Harris (Connecting Cumbria) for attending the meeting, especially given the snow.

Fellsiders

MARJORIE BIDGWAY - My collection and the history of Buttons

Back in November we were lucky enough to meet the amazing Marjorie Bidgway who gave us a talk on the history of the humble button. Her huge collection and boundless knowledge and enthusiasm had us all rummaging in our sewing boxes, later that evening, to see if we owned something rare!



Tina's fellsiders report.

As we draw towards the end of this year we are looking towards the program for 2024. We are really looking to our members and friends to suggest speakers, walk and pub destinations and gardens to visit, bearing in mind that travel is by car share. Please send your suggestions to Tina, Joy or Dorothy.

FELISIDERS is open to any lady who lives in our parish. The membership remains at £10. This covers guest speakers fees, usually £40, and the hire of the hall.

For details please contact **Tina Wragg 01768353642, Joy Sampson 01768352133 or Dorothy McFadzean 01768352798**

Of course our gentlemen are welcome to attend talks that are of interest to them.

Please will our FELLISIDERS ladies note there will be NO meeting in January. Our first meeting in 2024 will be the first Wednesday February 7th, at 7:30 pm. Speaker to be confirmed.

Wishing every one a gentle Festive season and a Happy New Year.

Tina

Dining in the Great Houses of Cumbria.

From a talk by Ivan Day - written by Tricia Jagger.

Lowther, which he dubbed the "Chatsworth of the Lake District", was the first venue chosen by Ivan Day for his most enlightening talk. He clarified this by saying that this was not the castle familiar to us but the building which preceded it, built in the 1690s. John, the first Viscount Lowther, raised an army in Cumberland and Westmorland in support of the king and was rewarded by being made Lord Privy Seal. John Lowther then built a grandiose palace with extensive gardens; sadly, this burnt down in 1718 when it was only about 25 years old.

The palace had been extensively decorated inside. Paintings in the hall and on the staircase depicted the feast of the gods. Although he provided meat for his guests, the first viscount was a vegetarian, this being somewhat unusual for the time. He became a vegetarian having suffered from gout since his early twenties. Ivan had discovered John Lowther's cook's recipe book containing only three meat dishes and two fish dishes, the rest being vegetarian. There are many salad recipes using currants and even candied peel and a plentiful choice of pickles. There was also a wide array of highly decorated sweetmeats which were usually made from ground almonds and sometimes enhanced with gold leaf.

At court, food was quite ostentatious: at the coronation feast of James 11 a total of 175 different dishes were served. After the nobility had eaten, the doors were thrown open and the multitude were allowed to eat. Later in the 18th century, James Lowther made up for John's lack of meat eating. He was one of the richest men in the country though reputed for being one of the meanest. However, the fashion of the day was to get your kitchen to bake a huge meat pie which was then duly sent to London. James's largest pie weighed over 22 stones. It is not known what condition such pies were in when they arrived!

By 1809 the next grand house at Lowther had been completed. This survived until 1947 when the roof was removed for tax purposes. It had a very grand kitchen with the main fireplace taking half a ton of coal at a time and was complete with several dangle spits powered by a turbine in the chimney. The kitchen provided ornate food for guests. Ivan showed pictures of dishes that he had created himself by following the recipes of the time; one fine dish was of a whole salmon decorated with whiting fillet containing slices of truffles and fresh water cray fish.

Ivan then spoke about the Clifford family. Margaret Clifford was an alchemist who spent many hours trying to find cures for illnesses then writing extensive notes of her findings. Lady Ann possessed a recipe book which was later copied thus preserving its contents. The book contains quite ordinary dishes including haggis and white pudding, with oatmeal as its main ingredient. Mentioning Wharton Hall, Ivan showed an aerial photograph of the structure, pointing out a tower at one corner which was once the kitchen. It is thought that this was built in the 16th century. Although this kitchen was once described as being one of the best in Northern England it has now fallen into disrepair and no longer has a roof.

The next venue was Rydal Hall in the centre of The Lake District. It was the home of Sir Daniel Fleming who had the rights to the char fisheries in Windermere. He would get his cook to make char pies some of which weighed ten stones and which, between Christmas and Easter, were sent to London. Originally, both pie bottoms and lids were made from rye flour, the resulting pastry setting very hard, it used to preserve the contents. Later special "pot" dishes were produced. The cooked char was placed in these then covered in clarified butter which sealed the contents: this allowed it to keep for several weeks.

Daniel Fleming's wife Barbara wrote a recipe book in 1673. About forty years ago this manuscript turned up at Kendal record office and the owner gave permission for it to be copied. The book contains a considerable variety of interesting recipes, many of them for sweet things. Cracknel is a biscuit which is first boiled before baking. Several recipes for ginger bread can also be found, some containing very unusual spices: liquorice, aniseed and "grains of paradise" which is a type of pepper. The gingerbreads were usually made in moulds which were often shaped like people. She also had a recipe for white gingerbread which incorporated the use of almond paste.

Dalemain Hall near Penrith, famous for holding its annual marmalade festival, also houses an important marmalade recipe book which was written by Elizabeth Rainbow between 1670 and 1700. Elizabeth was the wife of the Bishop of Carlisle. She collected the recipes from all over the country whilst they travelled around. Marmalades of that time were very solid and often made in moulds.

An accomplished and engaging speaker, Ivan drew his fascinating talk to an end by showing his audience a picture of a large flat sweet cake similar to a Cumberland rum nicky which was in fact a "bride cake". After the wedding the party would retire to a local inn where the radiant bride would be seated. A clean linen napkin was duly placed over her

head. The bride groom, standing behind his new wife, would then break the cake over her head. Attendants quickly scrambled for pieces of this broken cake. This, Ivan explained, is the origin of the bride wearing a veil.

Basset

By Tina Wragg



The audience at Murton Institute were treated to a delightful performance of music, song and wry observations on the curious customs of British life by the talented duo Basset, who were many miles from their Toronto home. We are so fortunate to experience live, affordable entertainment, right on our doorstep in our comfortable village hall.

Many, many thanks to Highlights who organise a selection of talented artists for us to book. Our next Highlights is scheduled for May 2024. Hope to see you there.



Editor's

*note....A
huge*



thanks to Tina who works so hard to coordinate and organise these Highlights events in our community.

Sudoku

Upper Eden Linking Lives

If it wasn't for my befriender, I'd be stranded without any hope.

Fact. 9 million people in the UK feel lonely all or most of the time.

Fact. 3.83 million people experience chronic loneliness.

Fact. 3.9 million people cite television as their only companion.

Fact. 500 thousand people have no social interaction each week and will spend Christmas alone.

Loneliness and social isolation affect millions of people in the UK and numbers are on the rise. Many of us will experience loneliness at some point in our lives but, for a growing number of people, these feelings of loneliness are overwhelming and ever-present. People may lack confidence after an illness or a fall. They may have lost their partner and their long-term friends may be in ill-health or have died. They may only see health practitioners occasionally and family may live miles away.

Both loneliness and social isolation have a detrimental effect on a person's emotional, mental and physical well-being. Loneliness can increase the risk of early mortality by 26% and recent studies have likened the impact of loneliness on somebody's health to that of smoking!

Befriending has been proven to be one of the most effective ways of combatting loneliness and social isolation. A weekly one-hour visit or even half-an-hour phone call can make all the difference to someone's quality of life. Weekly contact can help unsupported people regain confidence and find connection in their local community. Trusted, lasting friendships can have a positive impact on their physical, emotional and mental health.

Upper Eden Linking Lives is a recently-established befriending service which aims to help tackle loneliness in the Appleby and Kirkby Stephen area. We assist (primarily) adults who require extra support and companionship. This is provided through weekly home visits or telephone calls. We match volunteers with those who are referred to us, and all our volunteers are carefully selected, trained and vetted.

She would come on a Monday and it was as if the sun suddenly shone on my week, the remaining days being full of happy memories.



We Need Your Help!

We are currently recruiting and training volunteers. If you are interested in helping us combat loneliness in our local area and can commit to an hour a week, please contact Sara Hutt on uppereden@linkinglives.uk. Full training and ongoing support are provided. If you would like to know more, please email us and we will send you our information booklet or arrange to meet with you in person to answer your questions.

"It has been a delight for us both. We've shared laughter and future hopes. Befriending has blessed me as well as my scheme member."



Improving quality of life through friendship

A fantastic challenge, just for fun, from Dave Sampson

Place a number from 1 to 9 in each empty square so that:
each of the 9 larger squares (3x3) contains all 9 numbers (1-9),
none repeated.

AND

Every horizontal row and vertical column contains all nine numbers (1-9) without repeating any of them.

Fairly Easy

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 9 | 5 | | 8 | | | | 4 |
| | 1 | | | | | | | |
| 8 | | 4 | | 1 | 5 | | | |
| | | 3 | 5 | 9 | | | | |
| | 4 | 9 | | | | 2 | 5 | |
| 5 | | | | 4 | 6 | 8 | | |
| | | | 2 | 6 | | 4 | | |
| | | | | | | | 6 | |
| 7 | | | | 3 | | 9 | 1 | 2 |

Moderately Difficult

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | | | | | 6 | | 8 | |
| 9 | | | 8 | | | 1 | | |
| | | | | 3 | 5 | 6 | | |
| 6 | | | | | 3 | | 1 | 2 |
| | | | | | | | | |
| 3 | 5 | | 7 | | | | | 4 |
| | | 9 | 4 | 7 | | | | |
| | | 2 | | | 1 | | | 7 |
| | 4 | | 2 | | | | | 1 |

Murton Parish Council Report

- John McDarren (Chairman)

We held our Parish Council Meeting on Tuesday 7th November 2023

Murton Broadband Working Group

Barbara Govern gave a report to the Parish Council on the forthcoming meeting. By the time you read this the public meeting will have taken place. (see report in this issue)

Murton Village Bonfire

I am sure that those of you that came to Bonfire night in Murton were impressed by the Fireworks and bonfire organised by James Harker and the excellent burgers and hot dogs provided by Alistair, Marion and family. A really good event organised by the community that raised £500 For the North West Air Ambulance And the Beep doctors. A big thank you to those involved.

Parish Council Electronic Mailing List

This mailing list has increased from 15 to 20 members since the last meeting. The Clerk circulates details of PC meetings and information that would also go on parish noticeboards. Those wishing to join the mailing list should e-mail mailinglist@murton.org.uk giving their full name in the e-mail.

Please join in, it's an easy way of keeping up with Parish happenings

Gritting

I'd like to say thank you to Chris and Richard who, on our first big frost, gritted the road from the top of Hilton to the bridge.

Appleby Horse Fair

At the last PC meeting a resident undertook to organise a public meeting to discuss the concerns raised by residents when members of the travelling community camped overnight in Murton in May 2023. The meeting on 19th September had been well managed and well attended. Cllr Patterson reported that several good points had been raised and there had been overwhelming support for efforts to prevent it happening again. Following discussion the PC agreed to take forward those recommendations which would lead to clarification of the law regarding camping on the variously designated sites in the parish, ie village green, common and MOD land. In particular the PC would arrange to:

- meet with the Multi Agency Strategic Co-ordinating Group (MASC) to request that Murton be included in the designated zone for control and policing.
- meet with Cumbria Police to clarify the legal aspects of encampment on village green, common land and the MOD car park.
- discuss the access and use of the MOD car park during the Horse Fair with the MOD.

Watch this space.

Budget & Precept 2024/25

The Parish Council have achieved its long-term goal of reducing the annual deficit and maintaining an acceptable reserve.

We resolved to accept the provisional proposal that the precept request remains the same with no increase to the household precept next year. This will be confirmed at the February meeting.

Full Minutes of the meeting are available on this link:

<https://www.murton.org.uk/parish-council/meetings/>

Remembrance Sunday – 12 November 2023

I attended a very good service at Murton Church with a very good address by Peter Ridley. I then laid the wreath at the war memorial after the church service on behalf of the residents of Murton Parish.

Damage to Hilton Bridge.

In the early hours of November 15th, an HGV trying to get past the A66 night closure, came up through Brackenber damaging two walls in the process, in Hilton it then proceeded to attempt a turn to the range road, unsuccessfully, damaging the verge and the field fence, it then crossed Hilton bridge and took out about four metres of the parapet. As soon as I was informed I contacted our local Highways. Manager Sean Mitchell, who sent a team up to inspect and then cleared the fallen stonework, putting barriers up. I also contacted Highways England and asked them for signage to deter HGV's trying to get around the closure, they came back to me and promised to put chicanes in Appleby and man them to stop HGV's trying to cut through on totally unsuitable roads. I contacted the Police and asked if they could view CCTV footage to see if they could identify the culprit, no luck.

Reporting a Fault to Highways

Faults are often reported at Parish Council meetings, but as these meetings are only held four times a year, this isn't the most efficient way to try and get some action. Anyone can report a fault by:

Completing the [Highways online reporting form](#) found on the W & F Council website, OR

Calling the Highways direct on [0300 373 3306](tel:03003733306), [Monday to Friday, 8.30 am](#) to 5.00 pm.

The Highways online reporting form can be found here: <https://www.westmorlandandfurness.gov.uk/parking-streets-and-transport/streets-roads-and-pavements>

It takes a few minutes to complete (depending on your broadband speed...) and the system will guide you to provide essential information that the team requires to effectively assess your report. If you can upload photos and/or provide a what3words location that's even better.

By using either method to report and by providing an email address when prompted on the online system, you will receive updates on your report from W&F Highways.

At a W&F briefing, it was inferred that the more reports of a fault are made, the more likely it is to receive attention.

The next Parish Council Meeting is on Monday 5th February, all are welcome to attend.



...Hilton and Murton

Another great history article from John Wragg.

How well do you know the history of the place you live in?

Appleby Assizes 1732

Examination of Isabel Cockbone, servant maid to William Rumley of Hilton that being sent with master's son Abraham to friend's house to get pack of cards saw on returning home, master's fat ox being led down close belonging to master by 2 men; examinant recognized one as being Thomas Ellwood of Murton; both men ran off on seeing them and ox made home again; later said Thomas Ellwood attacked master's wife and swore he "would, rip up her belly" Date 6 Jan [1732]

Examinations of John and Ralph Howgill, blacksmiths: whilst working in Hilton, Robert Huck asked them to look out for his stolen harrow teeth; Thomas Ellwood had several teeth worked into sweavells and horse shoes, these teeth were identical to Robert Huck's;

Robert Huck of Murton whose harrow teeth were stolen, John Howgill smith working in Hilton said Thomas Ellwood of Murton had had 4 harrow teeth worked into sweavells and horse shoes. Date: 7 Mar [1734]

After the Lowthers purchased Murton and Hilton Manors from Robert Hilton they installed a bailiff at Hilton Hall to oversee all their possessions and leased Murton Hall and its associated fields to as tenant – Thomas Ellwood. This made Ellwood the most powerful man in Murton as he leased some 50% of all the fields in the township. This did not necessarily make him capable, honest or well-liked. The court cases in the early 1730s indicate something more than petty theft or neighbourly quarrels – the theft of a £5 ox (vital for pulling a plough in those days) is today's equivalent of the theft of a small tractor (some £25-30,000). The harrow teeth were costly items having to be hand-forged – the equivalent of someone stealing a tank of diesel from a modern farm.

In very isolated and close-knit communities such as ours in the 18thC, this sort of criminal case would sour relations for decades.

This is Redstone Chapel in Murton, originally built as a Methodist Chapel in 1841. By 1901 it had been converted to a dwelling place shown by the new brick-chimney).

In the 1901 Census six different families were recorded as living there. Why?



In 1897 the Lowther estate sold their lands and properties in Murton and Hilton to Sir Joseph Savory, M.P. for Appleby and sometime Lord Mayor of London. This meant that all existing tenancies of Lowther properties ended. The families in those properties, if they could not pay the increased rents, would be evicted. By the time of the Census in 1901 the former Methodist Chapel would appear to have been used as an emergency hostel for the displaced families. Today, Mary Hall lives there – but in 1901 no less than 26 people from six different families were somehow squeezed in.

| | | | | |
|------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------|
| George Tinkler 45 Male | Mark Atkinson 70 Male | Henry Thwaytes 35 Male | Elizabeth Simpson 46 Female | John Shepherd 44 Male |
| Jane ATinkler 42 Wife | Elizabeth Atkinson 36 Wife | Isabel a Thwaytes 36 Wife | Henry Swinglehurst 26 Son | Ann Shepherd 44 Wife |
| Margaret Tinkler 14 daughter | William F Atkinson 4 Son | Mary Thwaytes 9 Daughter | Ann J Simpson 15 Daughter | Fred Atkinson 7 Son |
| Jonathan Tinkler 11 Male | | Sarah A Thwaytes 6 Daughter | John Simpson 12 Son | Tom B Shepherd 1 Son |
| George Tinkler 8 Son | Margaret Hall 63 Female | Stanley Scrivins 4 Boarder | Richard W Simpson 9 Son | |
| Christopher Tinkler 6 Son | Martah Iodhunter 23 Boarder | | Mary E Simpson 5 Daughter | |

If you have an interest in local history, are related to any of the families who have lived here for generations, or are simply curious, then you may be interested in a locally produced History of our villages and hamlets. If you would like a free copy of the book (as an Adobe Pdf file) then simply email the link below and a copy will be sent to your return email address.

Johnwragg21951@gmail.com

Winter Time -



A fabulous new article from Gemma Dobson at Bankwood, taking us through the seasons on her farm in Brackenber.

A very persuasive Ursula has asked me to pop down a few words to let you know what us farmers are up to at this time of year down in Brackenber where we farm dairy cows, sheep, pigs and 3 small children!

People often ask what (livestock) we farm and at this time of year I often feel inclined to reply that I am a “Mud Farmer” - the gooey stuff being omnipresent in Cumbria at this time of year! We did enjoy a brief, and beautiful respite last weekend with the frost, bringing its own challenges – I think the cows were almost producing ice cream in a very frosty milking parlour on the Saturday morning! As the thaw begins, we shall enjoy the ominous “drip drip” of burst pipes in the sheds!

It has been quite a warm autumn. The shortening of day lengths always brings a spectacular show of rainbow painted bottoms as ewes are “rudded” by the tups. The old saying is tups in on Guy Fawkes for an April Fool’s lamb! We alternate colours rubbed on the tups (rams) chests to show which ewes are served sooner and later in the season. Changing the colour can be quite a sport if the dogs are not willing and able!

This makes life much easier at lambing time as we can group according to likely lambing dates. More modern technology is also embraced with many ewes now being Ultrasound scanned for pregnancy as well. My husband is an ultrasound scanner and local residents will be familiar with the rattle of his trailer over the cattle grid at all hours as he and others race to squeeze in as many flocks as possible in the short window between December and the end of February. This is the window in which it is possible to identify the number of lambs a ewe is carrying. Twins, triplets (and more!) will be marked and separated for special treatment and extra feed and sometimes even an exotic holiday down south to milder climes for winter.

Our dairy herd are ticking over at this time of year, having been housed for the winter and dine daily on the silage (pickled grass) we baled and wrapped in the summer. The heifers (milking cows of the future) are out in the fields working hard. We winter them outside, inching forward over a little more grass each day. They do a fantastic job of naturally both cultivating and fertilising the soil without the need for any machinery. In the spring this ground will be sown with a species rich mixture of grass and herbs bringing a much greater environmental benefit than a single species grass crop would.

Ordinarily we would be full steam ahead hand processing our little farmers’ pasture raised turkeys at this time of year. However, the lingering threat of Avian Influenza and rising feed costs have meant the operation is on hiatus this year. We have however stocked the tiniest farm shop in Cumbria (*probably!) with an ample supply of pork and beef to see our customers through the winter months. Ironically the struggle this fortnight has been the freezer freezing shut!!!

As thoughts turn to festive entertaining, I think how lucky we are to be in an area with such a bounty of local, sustainable produce of all varieties right on our doorstep – I hope you all enjoy a delicious feast and have a very Merry Christmas when the time comes!

Gemma Dobson -Simple Farming- Bankwood Farm.



Editor...this little shop is really worth a visit.

Sam's 7 in 7 Challenge!

It has been over six months since I was last able to make the 350 mile journey south to see my sister in Cornwall who, as many of you are already aware, suffers from Motor Neurone Disease. In that time she has been managing numerous changes for the worst, mostly involving breathing issues and mobility. As many people do at this time of year, we had been planning a pre-Christmas get-together. However, the sudden heavy snow recently experienced most acutely in Cumbria, put paid to that.

So having watched the publicity surrounding Kevin Sinfield and been in awe and admiration of his latest undertaking, I decided to create my own "7 in 7 Challenge", and I got cracking! From 1-7th Dec, I ran 7+ miles, then biked 7+ miles and finally swam a mile, each day for 7 days. I recorded all of these individually on Strava, and in total I covered 55 miles of running, 70 miles of cycling and 12,500m of swimming over the course of the week! I was pretty exhausted by the end of it, mostly because the days were so long and depleting, and I had the appalling weather to still do battle with. I could barely heave myself out of the pool on the last day!

However, the kindness and support shown to me over this time really encouraged me, and I can only thank you all for your generosity. I raised three times the £77 I had set myself (as per the MNDa target), and I'm hoping to add to that at Saturday's coffee and craic morning in the village Institute.

Next challenge...the London Marathon 2024! There will be updates next Spring.

Merry Christmas to you all, your friends and family, and I hope you have a happy New Year.

Sam Rowan.





Hello food lovers, it's me again...**Lady Lemon Zest Peters.**

Each issue I'll be sharing some of the delicious recipes from members of our talented community...

This issue Tina has sent me something full of Christmas spirit...literally!

A sure show stopper for that family get together.

WARNING - it might get your aunt Maude singing!

Pineapple Romanoff

1 large pineapple

6 teaspoons of icing sugar

3 tbsp Cointreau

3 tbsp Rum

3 tbsp Kirsch

1/2 pint of double cream

The grated rind of an orange

1. Cut away the outer skin of the pineapple.
2. Quarter the pineapple, remove the centre core and cut the remaining pineapple into chunks.
3. Toss the pineapple chunks in 4 tablespoons of the icing sugar.
4. Pour over the Cointreau and rum and chill in the fridge for 45 minutes.
5. Whip the cream, add the remaining icing sugar and flavour with the Kirsch.
6. Add the cream to the chilled pineapple and toss together.
7. Serve in sundae glasses and sprinkle with the grated orange rind.

Children's version

Try making it without the alcohol. Still a tasty desert.



One of your 5 a day (or
5 of your 5 a day...it is
Christmas!)

Junior Villager

Colour the Christmas scene.



Missing Sheep!



Since the last issue a very naughty sheep called Swithbert escaped from his field. Can you help the farmer find him please?

We think he may have turned up at events in the area. Look out for him in this issue.

How many times can you find him?

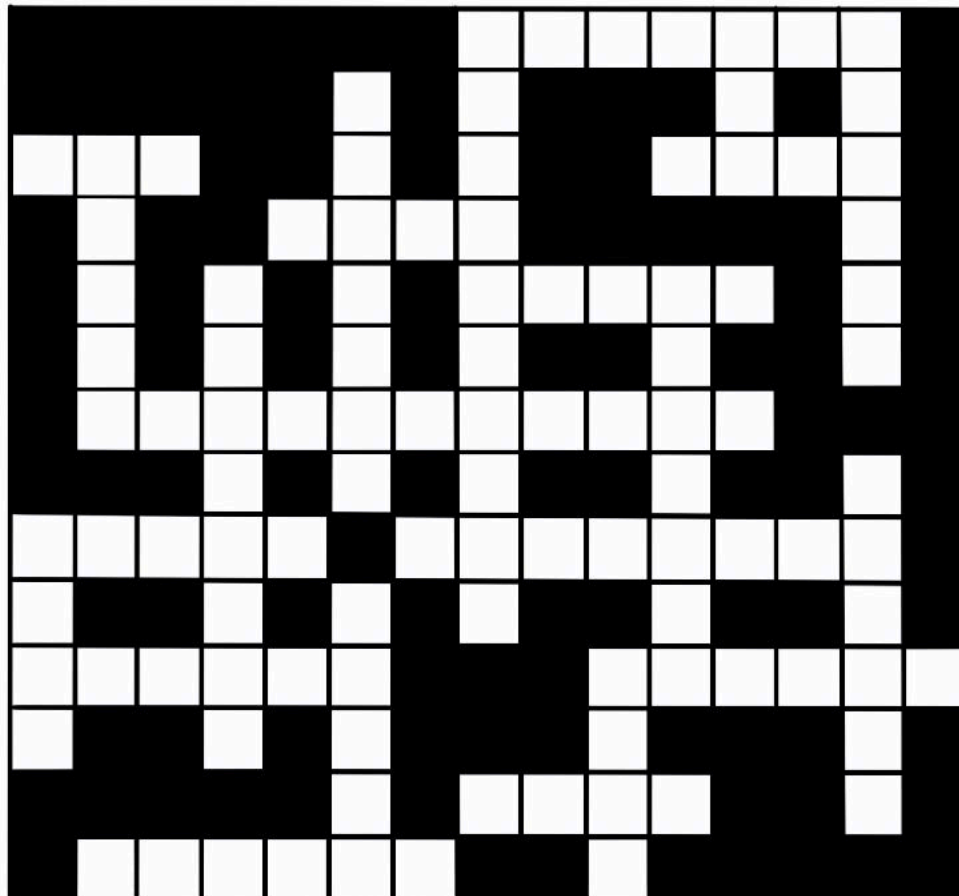
(Answers on back page)

Winter Crossword

from Chris Bullock

Across

icy
hail
snow
zero
cloud
frost
anorak
shiver
sneeze
sliding
December
hibernation



Down

ice
coat
skid
cough
skate
frozen
gloves
snowman
January
February
snowflakes

What's On...

Regular events...

Badminton - Every Thursday - 7:30pm - Murton Institute

Line Dancing - Every Monday - 7pm - Murton Institute

December

16th **Coffee and Craic**, 10.30 – 12.00; tea and coffee, refreshments, stalls.

21st **Carol Service** at St John's church 6.00pm followed by festive refreshments in the Village Institute.

January

9th **Soup and Pud** 12.00 till 1.30. Choice of two soups, bread roll and choice of two puds, tea/ coffee. **£3.50**. The Institute is open from 10am if you would like to share a WARM space.

26th **Film Night - Elvis** - Doors open 7pm for a 7.30 start. Bring your own drinks and snacks.

February

5th **Parish Council Meeting** - 7.30 pm - Murton Institute.

7th **Fellsiders** - Murton Institute- 7:30 (Speaker to be confirmed)

13th **Soup and Pud** 12.00 till 1.30. Choice of two soups, bread roll and choice of two puds, tea/ coffee. **£3.50**. The Institute is open from 10am if you would like to share a WARM space.

17th **Coffee and Craic**, 10.30 – 12.00; tea and coffee, refreshments, stalls.

23rd **Film Night - Mission Impossible 7** - Doors open 7pm for a 7.30 start. Bring your own drinks and snacks.

March

12th **Soup and Pud** 12.00 till 1.30. Choice of two soups, bread roll and choice of two puds, tea/ coffee. **£3.50**. The Institute is open from 10am if you would like to share a WARM space.

22nd **Film Night - The Gentlemen** - Doors open 7pm for a 7.30 start. Bring your own drinks and snacks.

April

9th **Soup and Pud** 12.00 till 1.30. Choice of two soups, bread roll and choice of two puds, tea/ coffee. **£3.50**. The Institute is open from 10am if you would like to share a WARM space.

20th **Coffee and Craic**, 10.30 – 12.00; tea and coffee, refreshments, stalls.

26th **Film Night - Oppenheimer** - Doors open 7pm for a 7.30 start. Bring your own drinks and snacks.

And finally...

Thanks you to everyone who has contributed to this issue, I couldn't do it without you.

But also a huge thanks to the kind team who deliver the Villager to your doors. Without them this would have to be online only. So thanks to Sandra and Johnathan Turnbull for Hilton, Chris Phelan for Murton, Carole Thorpe for Brackenber and Dot Elliot for Harbour Flatt.

Missing sheep answers - 9 in total...

1. Front cover photo, helping to cook the burgers.
2. Quiz photo, smelling the roses.
3. At the bonfire with a sparkler.
4. In the audience of the broadband meeting.
5. Reaching for one of Marjorie's buttons.
6. Enjoying Basset.
7. Helping in the farm shop.
8. Running buddy for Sam.
9. Behind the Christmas tree in the Christmas colouring.