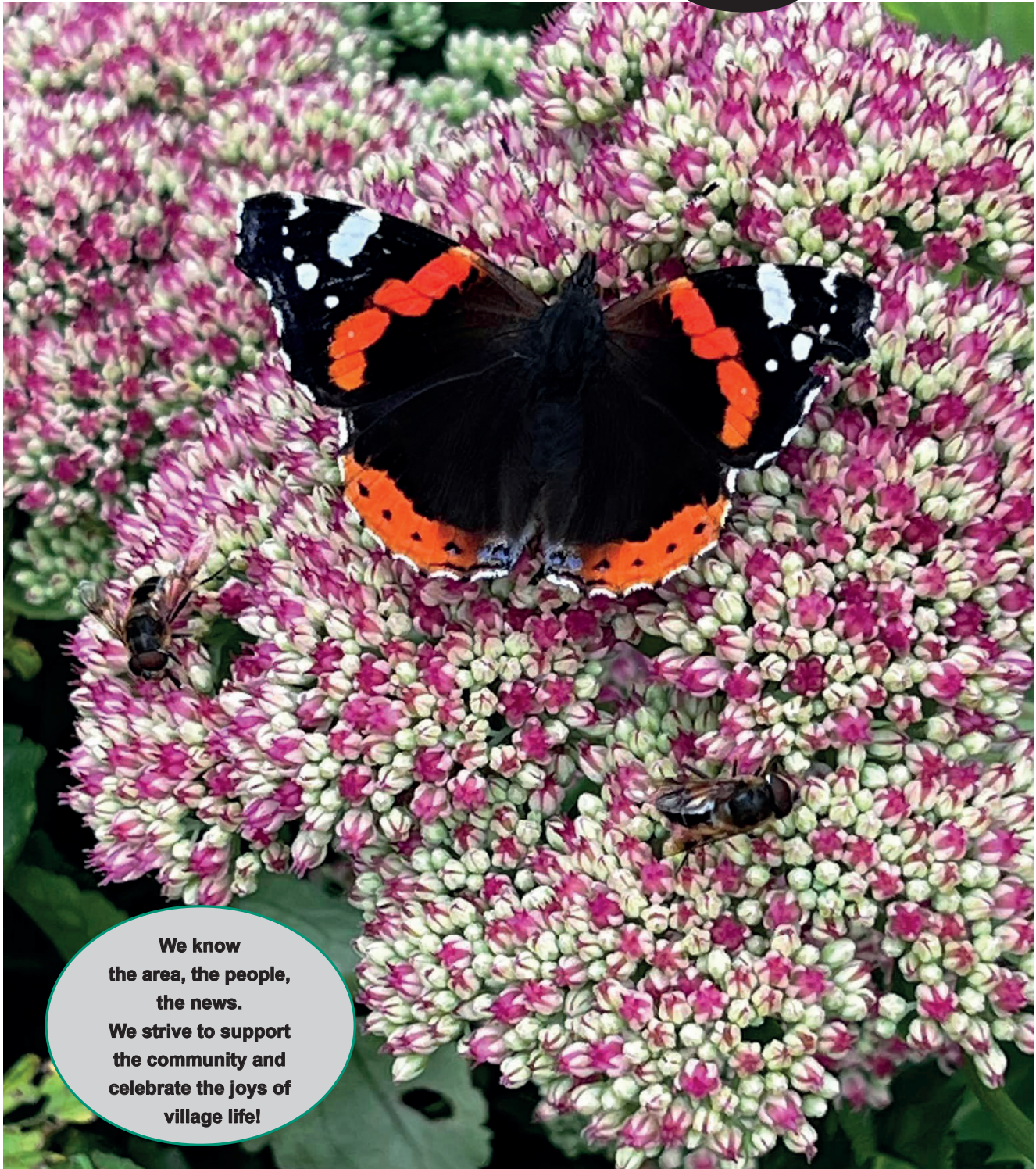


October 2024 | Issue 15

Village POST

Connecting Bridekirk, Dovenby, Gilcrux and Tallentire



We know
the area, the people,
the news.
We strive to support
the community and
celebrate the joys of
village life!

Welcome to autumn and edition 15

WELCOME
TO EDITION 15

Village^{P O S T}

Contents

Thanks to the Tallentire and Dovenby residents who sent in pictures. They are so good they deserve to be published and appreciated in the magazine so they will appear in the Christmas edition and two winners will receive a £20 book token. Thank you all!

Julia Scales from Tallentire is looking for people to litter pick in Tallentire. You can volunteer by messaging her on 07769 034637.

Marjory Thompson Village Post editor
email: editor@villagepost.uk tel: 07836 371035

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Diana's nature garden



Diana Green took the wonderful cover picture of the red admiral butterfly in her Tallentire garden as well as this amazing dragonfly picture.

Village Post is written FOR and BY local residents. It is delivered free through your door six times a year and aims to be the 'Go To' place for local and community information.

Dates for delivery of your Xmas edition is:
December 30 Nov-2 Dec

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the news.
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Roy Stenson



TRUSTEE:
Rev
Roy Annets



Junior editor and DOVENBY REPORTER
Matthew Chambers

The western entrance to Tallentire has undergone a very impressive transformation with the outstanding renovation of the Lodge House at the entrance to Tallentire Hall.



Elaine

Retired teacher Elaine Corps (nee Herring) has been overwhelmed by the warm and supportive responses from so many villagers in her daunting task, supported by a determined team of talented local tradespeople.

Built around 1800, and Grade 2 listed, the Lodge was in a sad state of disrepair when Elaine and team, led by partner and builder Stephen Cook from Broughton, started work.

A complete new roof and pressure washing to clean up the building and the walls had immediate impact along with painstaking work to restore the decorative wood and stone work. But specialist ridge tiles and other conservation issues - together with other less straightforward problems - have meant delays and mounting costs.

But it is inside where so much hard work was required with damp and rotting beams requiring immediate propping up, treatment and replacements.

But Elaine (55) refused to be put off!!!

Her game changer was buying a builder's Hoover to get rid of dust and the use of cordless tools and copious advice, support and tea from neighbours John and Susan Berry.

"None of this could have been achieved without the tremendous skill, knowledge of old buildings and the ability to work like a machine demonstrated by Stephen Cook," said Elaine. "He has been an impossible hard task master due to his ridiculous work ethic and physical determination."

A tour of the inside shows skillfully repaired plasterwork with really nice exposed stone work. The lovely garden is beginning to emerge into a quiet and attractive space for 14-year-old spaniel Feragh - although nearby unmanaged trees had blocked all the drains which meant a complete renewal. Elaine is a warm and lovely new villager who has made many friends already as well as the support of



the village in her determined battle to overcome constant hurdles and issues to settle into a new life in the Lodge. She grew up in Borrowdale, married and moved to Enniskillen in Northern Ireland. Her two children are Tara (23), a ski instructor and Angus (25), who works in software development. Elaine was a senior teacher in special education for many years, specialising in autism. She taught technology and arboriculture.

Currently undergoing a divorce and recovering from breast cancer, Elaine wanted to move back to be near her parents. She is moving into a completely new field, learning to become a mobile tattoo removal specialist, thanks to Ross Eldrige, son of Paul (Rook Farm Close).

"Huge thanks to everyone who has made me feel already at home in Tallentire," added Elaine. "What an amazing community it is. I feel so fortunate for all the support and generous compliments about The Lodge. I look forward to joining in more village activities and making more of a contribution when I have the house slightly more habitable."

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GARDENING WITH MEREDYTH

OCTOBER

As we have all been doing for the last few weeks continue to rake up leaves to make leaf mould and clean leaves out of ponds.

Last trim on conifer hedges. Burn any diseased material.

If you need to, lay new turf for lawns. Plant climbers, perennials and tulip bulbs. Divide any overgrown perennials and protect alpine from winter wet.

Lift dahlias, gladioli and summer flowering bulbs and make sure they are all well labelled.

Insulate your greenhouse and, if you have them, check heaters work.

Finish planting spring bedding, harvest apples and pears before they are damaged. Lift and store potatoes and carrots. To really keep ahead do early sowings of broad beans and sweet peas under cover.

In bloom: aster, sedum, chrysanthemum



With
thanks to
RHS
Gardening
Year and
Gardeners'
Year
Calendar

NOVEMBER

Cleanup time! Wash or discard any old pots and trays that you not going to use in the future. Clear out nesting boxes and ensure plenty of bird food on a regular basis. Always check for hedgehogs or other hibernating animals before lighting a bonfire.

Check lawnmower for servicing and check garden tools are clean and covered. Don't allow walking on frosted grass. Plant bare root trees, shrubs and roses. Protect all tender and newly planted shrubs from frost and wind and those alpine from winter rain. Insulate any pots that will remain outside during the winter. Plant fruit trees and bushes also winter prune established plants. Lift and divide rhubarb crowns. Start off amaryllis bulbs for Christmas. Renovate hedges and prune glasshouse vines. Begin winter pruning deciduous trees and shrubs. Finally order seed catalogues!

In bloom: viburnum fragrans, crab apple, winter jasmine, pyracantha, cyclamen

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Gilcrux Parish Council news

Claire Keyes, a detective from Cumbria Police, gave the council an interesting presentation on fraud with examples of current frauds used by fraudsters on the phone and internet.

Please get in touch with any member of Gilcrux Parish Council via our contact details on gilcruxparishcouncil.co.uk if you would like to know more.

Above all, Claire's presentation (with examples of how people are being scammed) taught us that everyone is vulnerable.

Gilcrux Parish Council would like to hear from you if you are a proactive person who would like to join our small, friendly parish council. Come and get involved, make a difference.

Please email our clerk, Trevor Gear, if you are interested. gilcruxparish@hotmail.com

The Shining Tree
Gardens by Michael and Bee.

OUR GARDEN DESIGNS, PLANTING SCHEMES, GARDEN MAKEOVERS AND GARDEN RESTORATION ARE ALL ABOUT SENSITIVITY TO PLACE, BIODIVERSITY AND SUSTAINABILITY. WE GARDEN ORGANICALLY AND HAVE BEEN MAKING BEAUTIFUL GARDENS TOGETHER, THROUGHOUT CUMBRIA, FOR 30 YEARS. WE'RE BASED IN GILCRUX.

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let's get to work

Why not become a community first responder?

by Silvana Hewitt

The Need

Our villagers are covered by the Isel/Bridekirk area group and the Wigton area group, for Gilcrux residents. We have provided information about the work they do in a previous edition of *Village Post* but it's worth repeating as the groups are always in need of extra members.

The Job

It's a voluntary role, working alongside the North West Ambulance Service (NWAS).

When a 999 call is received by NWAS, if it's appropriate, a call will immediately go out to the nearest CFRs as someone is usually able to get to the scene before the ambulance.

They can provide treatment such as CPR in those vital moments before the paramedics arrive which can SAVE LIVES! CFRs are trained to cope with a range of medical incidents but, sometimes, all that is needed is assessment, care and emotional support until the ambulance arrives. (Luckily, in this area, the ambulances generally arrive quite quickly.) This support is greatly appreciated by patients and their families.

The Training

Full training is given by NWAS and there are regular meetings with ongoing training. The groups are very sociable events and there is a great feeling of camaraderie.

The Time

CFRs are provided with an app for callouts but don't worry about pressure to attend every "shout" as you register your availability and would only respond when you choose. To find out more:- Scan the code below or contact John Thompson on 01900 823763



Marisa Soppitt (pictured above) has been a CFR for over 15 years. She outlines what she thinks would encourage people to become a CFR. "It's a really worthwhile thing to do for your community.

It's rare to get a call to perform CPR on someone, though we are fully trained and carry a defibrillator and oxygen. And, by the way, there is no need for mouth-to-mouth resuscitation, just compressions.

Most often, we assess the situation, do observations and offer reassurance to the patient and family.

We can then hand over to the ambulance crew, providing them with important details of the patient.

We can also help with getting a patient's bag ready for the hospital, contacting family etc. People are so appreciative of this and you know you have helped at a very stressful time.

We begin with two weekend sessions of training with NWAS. No prior medical training or experience is needed.

Then training is ongoing at monthly evening meetings.

We only need to register our availability on the app when it suits us and are not obliged to attend every "shout", for example if we've had a drink (or two!) in the evening.

Recently a couple of members have retired from our group so we need new recruits ... new blood, you could say!

I really recommend becoming a CFR so give it some serious thought!"



ABOVE: John Grisedale (CFR) showing how to administer oxygen to Silvana Hewitt

BELOW: Community Resuscitation Development Officer Paul Atherton (NWAS) training Marisa Soppitt (CFR) with John Thompson behind.





Debbie (aka Bee)
shares the stories revealed
during her research into the
history of Bridekirk and
Gilcrux parishes

The non fiction navigator

Dear Reader,

How was your summer? Insofar as I'm concerned - hail Autumn! (I've that first day back-to-school feeling, remembering my 'Purdey' haircut, lace-up oxford shoes with a stacked heel, new stationery, erasers which smelled of fruit...).

But seriously, most of my writer friends seem to welcome this transition which brings cooler weather and a change of scenery. As nature transforms around me, I feel invigorated, have fresh perspectives, new ideas. And, with the help of friend and partner-in-research Mark, I've navigated my way through the murk of a particular research project that had felt like a ship becalmed. Now begins the writer's job of bringing dry historical facts to life!

I've been taking a deep dive into the history of Bridekirk and Gilcrux parishes for an age. While I hail from a county at the other end of England, the history of these two Cumbrian parishes has got under my skin, settling like ink into parchment: the geology and the geography of the place and the stories I'm learning are with me always. I cannot walk by this or that field, farm, building, without imagining the lives of this or that family. Historical documents too (medieval charters, anyone?) as well as absorbing collective and personal stories from present day parishioners have, **are**, becoming narratives which hold universal truths about human experiences: survival, adaptation, the search for meaning and our place in this landscape. It's a humbling experience. Whenever I go back to Dorset with my husband Michael, we camp in a high meadow, surrounded on three sides by lofty trees, which overlooks the Stour Valley. The campsite was once part of an estate and, glimpsing a big old house through the trees - and the stately home Kingston Lacy nearby - I've started to research and compare Pamphill and Shapwick parish, near Wimborne Minster alongside my research into Bridekirk and Gilcrux parishes. I soon found that the Bankes family of Kingston Lacy, whose first family seat was at nearby Corfe Castle, originate in Keswick with John Bankes (1589-1644.) Sir John Bankes was a lawyer and politician who sat in the House of

Commons between 1624 and 1629. He was Attorney General and Chief Justice to Charles I during the English Civil War.

But when in Dorset, I'm more interested in the lives of the folk who lived in the old house by the campsite, what the papers of 17th and 18th century England called "the middling classes."

I like to explore the connections between people, place and nature over the passage of time. So, back in Cumbria, I'm researching the life of a man born in Cockermouth in 1835, who farmed in Gilcrux but ended his days farming on the Dorset-Hampshire border in 1925. And I'm reading a classic novel *The Corner that Held Them* written, in 1948, by Sylvia Townsend Warner. Warner's remains lie under a stone at St Nicholas in Chaldon Herring, together with the ashes of her lover, Valentine Ackland. The novel follows the fortunes of a Fenland convent, Oby, from its founding through to 1382. It is a tenderly satirical and provocative story about politics, power and spirituality. Reading it, I couldn't help but wonder about Holm Cultram and Calder Abbey: the monasteries which held land in Gilcrux parish. There was a period, though, where both abbeys held land in Gilcrux simultaneously. Here's some context and details that might help clarify what often feels like a confusing situation.

Holm Cultram Abbey (St Mary's Abbey, Abbeytown) founded 1150 by Cistercian monks, under the patronage of Prince Henry, son of King David I of Scotland. It was a significant Cistercian establishment in Cumbria and held extensive lands in the region. Holm Cultram acquired land in Gilcrux fairly early in its history, likely during the latter half of the 12th century or early 13th century, as the abbey expanded its influence and holdings. The abbey typically gained its lands through donations from local lords or grants by the crown. Records show it acquired lands in various parts of Cumbria during this period, including Gilcrux.

Calder Abbey: established slightly earlier, around 1134, by Ranulf (Meschines) de Gernon, the 2nd Earl of Chester. It had a more turbulent early history, being attacked and abandoned, with the monks seeking refuge in York before being re-established. Calder Abbey also held lands in Gilcrux, but its acquisition of these lands occurred after Holm Cultram Abbey had already established its holdings. Calder Abbey's

expansion into Gilcrux might have taken place in the late 12th century or early 13th century, possibly as part of broader efforts to expand its economic base.

Based on the available historical evidence then, Holm Cultram Abbey appears to have held land in Gilcrux first, likely in the late 12th century. This fits with the abbey's active land acquisition and its powerful presence in northern Cumbria. It's generally accepted that Calder's presence in Gilcrux came later.

In the medieval period, it was usual for a person of status to donate land to their abbey. Typically donating land in old age, the motivation of a medieval landowner was spiritual (concern for his eternal soul and a way to atone), social and practical. In a field near St Mary's Church in Gilcrux, there once stood a significant set of buildings, now lost to time. These included the so-called Tower of Laurence (likely a fortified bastle or pele tower) and a "toft with houses and a garden in Gillecruce between the land of the church under the tower." A clerk named William d'Orm d'Ireby, who had likely been living in the building since around 1210, gave the lands "under the tower..." to Holm Cultram around 1240. (The Catulary and Other Records of the Important Cistercian House of Holm Cultram, 1929. Collingwood, W.G. & Grainger, F.)

But who was William? Who was Laurence? And how do I breathe life into medieval characters that Mark and I know so little about?

Historical accuracy is important, but my primary goal is to tell a compelling story for modern readers. Follow our progress here in your *Village Post*.

Debbie



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At the end of term,
Year 6 say an
emotional farewell
to their much-loved
primary school



Governors' chat

Although it's autumn now for most folk,
in the school world, the start of term in
September is like spring!

All that promise of a new year, with new little
shoots appearing in Reception class to be
carefully nurtured, the other years starting to blossom and
grow stronger and fond memories of last July's leavers who
have been transplanted to the big garden of
Secondary School.

Lots of work this term for the gardeners as the Autumn term
is always a busy one – and we STILL haven't had Ofsted
yet! We're ready, though, so bring it on!

In the next edition, the new Newshounds from Year 6 will be
introduced and they will bring their own views and ideas.
So, to continue the gardening analogy, let's have a fruitful
school year!

Silvana Hewitt

Have you a child ready to start school? Bridekirk Dovenby Primary School Open Days

Friday 8th November @ 1pm – 2.30pm
OR Saturday 9th November @ 10am – 11.30am

Ask questions and have a tour of the building and grounds...

Enquire at our school office 01900 829889 or via email:

admin@bridekirkdovenby.cumbria.sch.uk

Can't make the date? An individual appointment can be provided.

We look forward to showing you around our wonderful school!



O.O.S.C
Established 2009

Work Together, Aim High, Shine Bright



Bridekirk Dovenby CE School



Our Christian Vision:

At Bridekirk Dovenby School, we nourish the uniqueness of our community. Rooted in love, a rich and diverse curriculum enables all
to flourish and grow. Confident and secure, our children reach out, ready to embrace the seasons of life in all its fullness.

Psalm 1 "They are like trees, planted by streams of water, which yield their fruit in its season, and their leaves do not wither.

In all they do, they prosper."

Our School Motto:

Work Together, Aim High, Shine Bright



Our School Bible Verse:

"They are like trees, planted by streams of water, which yield
their fruit in its season, and their leaves do not wither.
In all they do, they prosper." Psalm 1

Our School Values

We will provide a safe, calm and sustainable environment where children are motivated
to learn, show respect and act responsibly according to our Christian Values,
with a promise of 'life in all its fullness' at its heart.

Dignity & Respect
Forgiveness
Trust
Perseverance
Wisdom & Knowledge
Hope & Aspiration

Our School Prayer:

This is our school, let peace live here. Let the rooms
be full of happiness. Let love be all around. Love of
one another. Love of all people and above all,
the love of God. Amen

Why Cumbrians are different from the English

"Cumbrians consider themselves Cumbrian. That will generally always be the first answer you get off them. Cumbrian first, English second."



Cumbria was the last piece of territory forced into the English empire 1,000 years ago. Genes, language, geography and a very ancient history mean its inhabitants are rather unlike their neighbours

It might seem outrageous and provocative to claim that the inhabitants of the north-west are unlike the people living in the rest of England, but there are very good reasons for saying so. Cumbria is a very peculiar place. It is almost a peninsula, being surrounded on three sides by the sea. It is dominated by a mountainous core. And it is isolated from the rest of the north by the 3,000-foot Pennine barrier.

Thus, for thousands of years, it has been difficult to invade and, once taken, hard to keep. When the Romans left, Cumbria enjoyed upwards of 700 years as an independent medieval Celtic kingdom. It was the last piece of territory to be forced into the English empire, in 1157. Its people speak a unique dialect whose origins date back 5,000 years.

Their churches are named after St Bride and St Brigid. That is a modern spelling of Brigantia, a Celtic goddess. Her name goes back to a word *br̥géntih* meaning "High One" from 6,500 years ago. The area is filled with holy wells worshipped by ancient Celts and the inhabitants have hardly moved since they arrived after the Ice Age.

Cumbria's long history as a virtual island has influenced how the locals see themselves. Their sense of themselves as a "tribe" is, in fact, amply justified by science. Thus, historians say that Cumbria is not so much a county as a country.

The inhabitants' independent world view persists today.

For example, a 2024 population survey by the Office for National Statistics asked Carlisle people to choose which nationality they identified with: English, Scottish, Welsh, Irish or "other".

Only 47 per cent chose "English."

Even when you deduct the jokers who put themselves down as Hobbit, Trekkie or Swiftie, it is notable that fewer than half of Carlisle residents identified as English. What does this poll tell us?

Perhaps the answer was revealed in a debate published on the Quora question-and-answer internet platform in 2022.

It asked: "Do Cumbrians consider themselves as Celts or English?" Many Cumbrians responded.

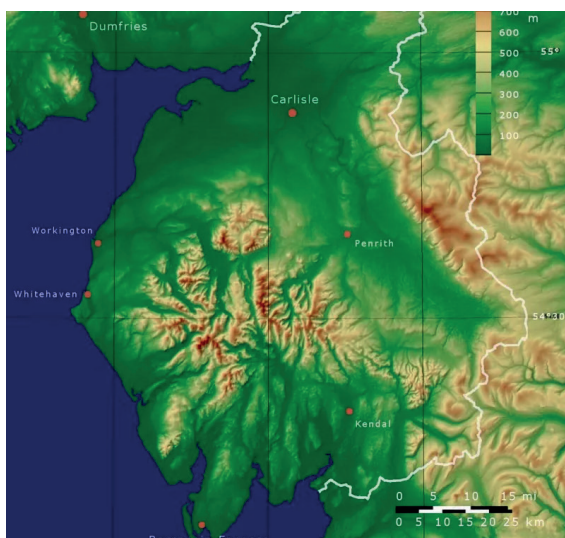
One who called himself Barry Norman wrote: "Cumbrians consider themselves Cumbrian. That will generally always be the first answer you get off them. Cumbrian first, English second. We have our own distinct dialect which can seem like a foreign language to visitors." Another correspondent, who called herself Magnolia Unfurling, wrote: "The geography of Cumbria cultivates a lot of internal idiosyncrasies. There are many isolated communities, especially in the western fells

and that creates 'micro' identities. Compared to Yorkshiremen, Geordies, Scousers, Manx and Cockneys we are broody and introverted. We are alike because we don't relate to anyone else. The landscapes enrich us and make us more reflective and connected to the land, rather than connected to people."

For thousands of years, Cumbrians have derived spiritual uplift from their surroundings - defined as pantheism!

One way of getting at the facts about the origins of Cumbrians is through genetics. The 2015 "People of the British Isles" study by Oxford University and the Wellcome Trust tested the DNA of 53 rural Cumbrians whose four grandparents were born within 50 miles of each other.

Scientists discovered that, to an uncanny degree, people in the geographical area covering Cumberland, Westmorland and the southern part of the Scottish Borders overwhelmingly shared the same mix of genes. Not only that, but the Cumbrian genetic fingerprint is also unique and different to any other area of Britain.



Cumbria is a peninsula, isolated by the Pennine mountain range to the east

Remarkably, it matches the area believed to have been occupied by the ancient Celtic kingdom of Rheged which emerged when the Romans quit.

So, where did the original Cumbrians come from? Science suggests they were among the crowd of homo sapiens that waited out the last ice age in a warm refuge located in northern Spain and Portugal. When the glaciers retreated 11,000 years ago, they began migrating by sea to the north. These family groups travelled in little boats hugging the coast and settled in places like Cumbria, typically where river estuaries met the sea, as food was most abundant there.

Cumbrians are the descendants of those migrants who managed to survive against almost impossible odds.

They secured sources of food and territory in places like Morecambe Bay, Walney, Eskmeals and Stainton West

that were reliable enough to ensure enough of their children lived past puberty so they could breed.

Once they migrated here, the British population hasn't moved about much. Cumbrians are still living in the same "tribe" as in 600 AD.

One of the most famous Cumbrians is the poet William Wordsworth whose verse is saturated with this Celtic spirituality:

And I have felt a presence that disturbs me with the joy

Of elevated thoughts; a sense sublime

Of something far more deeply interfused,

Whose dwelling is the light of setting suns,

And the round ocean and the living air,

And the blue sky, and in the mind of man:

A motion and a spirit, that impels

All thinking things, all objects of all thought,

And rolls through all things

[Tintern Abbey, 95-102 (1798)].

This is an extract from a forthcoming book. You can read more like "The Trophy at the End of the World" by Paul Eastham

<https://www.fletcherchristianbooks.com/product/the-trophy-at-the-end-of-the-world>

Or you can pick up a copy from the New Bookshop, Cockermouth.



Sending best wishes to Andrew - our top Scots fan

The Kinghan family from Tallentire take something very important when they visit Largs in Scotland ... a copy of the Village Post!!!!

Says Cat Kinghan: "My grandpa - Rev Andrew Taylor - is a huge Village Post fan and loves reading it. He is 95 and would be over the moon to see a picture of himself in our magazine.

"Grandpa travelled all over, even Canada, to speak at Burns dinners, when he wasn't playing or watching football. But he has spent the majority of his life ministering to others in the most gentle and loving of ways, and still does. A life filled with loving his wife May, who he's been married to now for 70 years, loving his family, loving Jesus, loving his community and also loving Glasgow Rangers!

So here you are Andrew with your lovely family and I hope (from one Scot to another) that you like our Taylor tartan headline box!!!



Organic September - did you spot the this annual focus on organic food?

What was the fuss? Isn't it the same but just more expensive?

Absolutely not!. Here's what you get:

- food produced to the highest standards, often less intensively, with natural inputs like manure to fertilise and improve the soil
- the best standard of animal welfare, better even than 'red tractor' level
- no chemical fertilisers / herbicides / pesticides
- fewer antibiotics.

Animals living in a suitable environment (often mostly outside), need very little medical input. Factory farmed animals crammed together indoors get antibiotics all the time to keep down disease. This adds to the problem of antibiotics resistance. If we lose antibiotics we're in big trouble.

So organic is better all round including being better for our health as consumers. Only you can decide if that's worth the extra cost, but it could save you money on medical issues.

And you can cheaply grow some in your own garden or a pot of herbs on the windowsill. However, we're in danger of losing the organic class altogether. The Government is pressing ahead with gene-edited foods



Go organic

Jackie Wilkinson
Village Post
nutritionist



which they want unlabelled so you can't avoid them. This would also mean the end of organic meat because farmers wouldn't know if they were giving their animals GMO feed.

Gene-editing is GMO by another name really since the

WHY CHOOSE ORGANIC

- Better for wildlife
- Better for soil
- Better for farm animals
- Helping to combat climate change
- The highest standards of animal welfare
- Reduced exposure to pesticides
- Enjoying food as it should be
- Organic works with nature, to support healthier soils, more wildlife and our world.
- Let's listen to Nature and choose organic!

DNA is different after snipping it and has therefore been modified.

There have been problems around the world with GMO and there's no way to know what the long-term consequences will be.

There are campaigns to oppose this madness which you can support if you wish and we have a batch of brand new MPs to contact.

Top tip
Eat organic when you can

MEREDYTH meets Jacqui Currie

It's not every day that I meet someone who leaves me slightly speechless and in awe, but I did today. Jacqui Currie is one of those people who have an amazing effect on people - quietly! Quiet and unassuming but she has had one terrific life.

This started in Carlisle in Houghton where she was born. She is a "proud Cumbrian", attended Warwick Bridge Primary School, going on to Morton Secondary. She was about to go to Leeds University to read food sciences when fate intervened. Jacqui caught chicken pox and, whilst recovering, read an advert in the paper for the Foreign Office. She says herself she has itchy feet (even without chicken pox) and so she applied to see the world. And she has and how!

Her first posting was Baghdad - controlled then by Saddam Hussein. Saddam then decided to invade Kuwait in August 1990. The world and the US then surrounded Iraq. Everyone living there was on rations and Jacqui became an involuntary TV personality, filmed collecting the rations for the Embassy. The Iraqis took a lot of hostages, holding them outside of power stations and other vital factories knowing the Allies wouldn't bomb them. Eventually the British were evacuated along with other residents. But Jacqui and six men remained in the embassy until a week or two before the Allies did start bombing!

When she got home on the last commercial flight out, Jacqui remembers sitting on a floor in England watching this play out on family TV.

Jacqui felt sad eventually leaving as she had lived there for two years and made many friends. She had a wonderful three bed-roomed house overlooking the River Tigris where she had been able to see the construction of one of Saddam's many palaces.



Due to the oppressive regime she was not allowed to speak to the local people, but one resident managed to hiss to her in a local shop "get rid of him!" A brave man indeed, who had probably not dared to say that even to his family. Jacqui's belongings were largely left behind including her record collection - with Abba amongst others.

This was in 1991 - the first gulf war - and then there came the American election and George Bush Jnr proclaiming: "That man" - Saddam - tried to kill my father" and the second gulf war was started.


Her next posting was to Latin America. Here she loved the countries, the people and the vibrant colours. Her remit was Costa Rica, Panama, El Salvador, Belize, Bolivia, Chile, Guyana and the Falkland Islands.

Here Jacqui had a slight change of title. She became the Relief Latin America Floater! This meant she could be dropped in at any time wherever needed often for as long as three months. Her nicest house was in Panama. It was a beautiful colonial house with a drawing room with a piano.

Lobster for every meal

Jacqui loved everywhere she was posted but especially the lobster at this posting. Being the cheapest staple dish, it could cover the day from breakfast to evening meal. Not a bad life! Following her exotic stay in Latin America, Jacqui ended up in Atlanta, Georgia. Here she was responsible for British citizens living in or visiting Alabama, Florida, Tennessee, North/South Carolinas, Georgia and Mississippi. The remit included lost passports, victims of crime etc. Although there for only four years, Jacqui was able to make use of an existing deal with Delta Airlines that gave Embassy staff reduced rates on North American flights so Jacqui did a lot of travelling every weekend. Itchy feet indeed!

This was followed by a few less exotic jobs in London until she was appointed Deputy Ambassador to Rwanda and Burundi. This was three years after the genocide in Rwanda. The minority Tutsis were attacked by the Hutus. The latter were poor people with little education and who were largely farmers. The genocide was stopped by the Rwandan Patriotic Front, exiled Rwandan Tutsis from Uganda. In the end the Tutsis regained power but hundreds of thousands were killed.

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Jacqui remembers taking Minister Clare Short to a school which had endured a massacre three years before. The whole place was strewn with decomposing bodies. An unforgettable sight, not easily forgotten. There were also 120,000 prisoners in jails with inmates sleeping in boxes on top of each other, wearing pink uniforms supplied by UN. Jacqui was a link between the British Government and the Rwandan Government led even then by President Paul Kagame. She remembers dinner at his house and helping supervise his Open University exams.



Following this incredible experience Jacqui went to the Seychelles. These are stunningly beautiful islands. I've been there and it's an amazing holiday destination but very little to do. Part of her remit was again looking after British citizens but her most exciting moment was rescuing a large turtle that had got caught in a fishing net. The diet was basic, everything imported apart from fish.

Now back in London she became Team Leader in global economics, low carbon use and worldwide sustainability. Then she and husband Rob moved 'back yam' with three children Izzy, Ben and Dom to Cockermouth. Once back home, she helped to lead Cumbria Community Foundation which supports and helps fund charities and voluntary groups. Jacqui is a busy lady, sings in Committed to Rock choir, speaks French and Spanish, loves swimming and walking. Her next venture is to train as a celebrant.

But her real passion is writing. She tutors creative writing courses for the Open University and at Kirkgate and runs her own writing and training business 'Telling Your Tale'

www.tellingyourtale.co.uk

So it is no surprise that Jacqui is now writing a book "Diplomatic Fallout". She needs to finish it and find a publisher but given her very varied, exciting and stimulating life (and excellent writing skills) that shouldn't be a problem. I was exhausted and energised at the same time after interviewing Jacqui.

Selfishly I wanted her to keep talking and tell me more. I'll be first in the queue to buy her book. Thank you Jacqui, mind-blowing!!!



Left: refugee camp and therapeutic feeding centre in Burundi

Above: Savannah, Georgia

Right: Through the Panama Canal on HMS Endurance

Below: With the President of Burundi

Below left: Talking to baby King penguins in the Falklands. Good chat!



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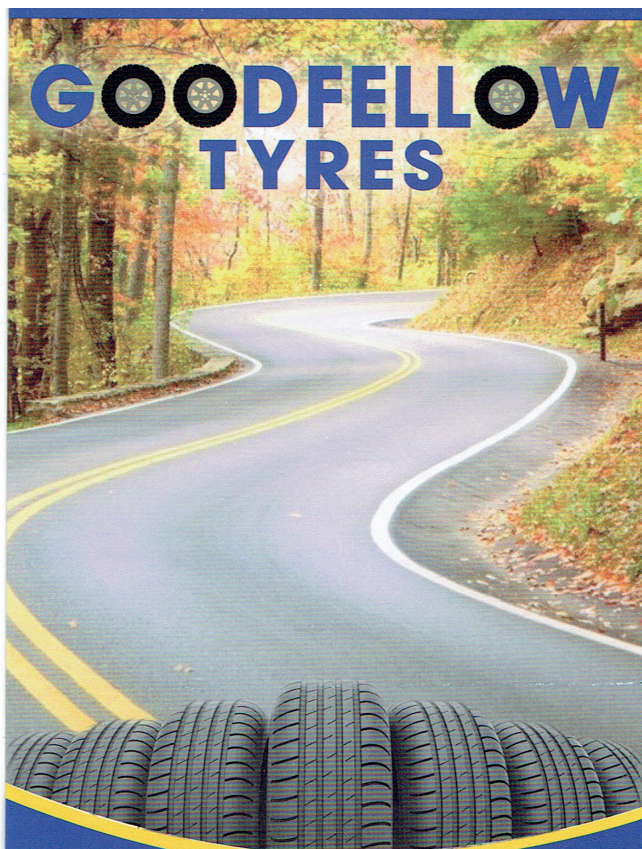


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Dovenby's newest little resident

Little Lottie (Charlotte) Bell arrived on 15 July 2024 to join the world and Dovenby village.

Her parents, Mandy and Steven Bell, moved to Dovenby in May 2018 and settled in very happily to their new community.

They are both born and bred in Cumbria - Mandy in Carlisle and Steven in Redmain where he still works on the family farm.

They were married in 2019 at Armathwaite Hall and then had their first child, Isaac, who is 3. He is at Mayo nursery but the plan is for him to join our local Bridekirk Dovenby School.

Mandy works as a staff nurse at Maryport Day Clinic but used to be a theatre recovery nurse at Cumberland Infirmary in Carlisle. She now finds the commute much easier but, more importantly, really appreciates the chance to have a more personal interaction with patients in a smaller, more local environment.

She loves living in Dovenby and is passionate about community life, having worked on various village events and is keen to do more. It certainly seems the Bell family will be an asset to Dovenby and that Isaac and Lottie will thrive there.



ANNETTE GIBBONS is well known for her wonderful cooking.

A former **Cumbria Woman of the Year**, she hosted her own **Border TV series 'Home Grown'**.

Annette has taught nutrition and cooking, run her own cookery school and organised 'Cumbria on a Plate' gourmet tours.



Home grown cooking with Annette Seasonal sauces

There are two delicious sauces/condiments that I make at this time of the year which are useful all the year round.

The first is the gloriously green basil and parsley pesto. The second is hot, sweet, bright red chilli and garlic jelly. Both are fun to make and offer a variety of flavours to compliment many a meal.

Green basil and parsley pesto

I don't actually grow enough basil for the pesto so I improvise with half basil/half parsley. Traditionally pesto is made using a pestle and mortar but I find I get a good result using the pestle first and resort to blitzing the mixture gently to finish.

Take around 100g basil leaves (half/half with parsley), two good sized garlic cloves, a little salt and 50g pine nuts. Place these into the bowl and pulverise them slowly until it all breaks down to a muddy green mix. Use a hand held blitzer to continue, slowly adding about 100ml olive oil until amalgamated. Stir in 50g finely grated parmesan. I place this in a small sterilised jar and top with olive oil. It's such a great addition to any veggie soup, baked potato, toast or pasta/gnocchi/rice. Stir in a tablespoon at the end of cooking just before serving to preserve its vibrancy.

Red chilli and garlic jelly

This is such a rich, delicious jelly useful as an accompaniment to cold meats, felafel, cheeses or stirred to enrich gravies and soups. I use it all year long and this year's apple crop is heavy so I shall be able to make lots!

Take 2kg apples, cookers, crab apples or a mixture. Wash them well, no need to peel or core, just cut them up into chunks and place them in a large saucepan, cover with water and bring to the boil. Simmer until soft. Add 175ml cider vinegar



and boil for 5 minutes. I usually do this one day and let it drip through an old (clean) tea towel overnight, collecting the juice in a big jug. Don't be tempted to squeeze the bag of pulp as this can make the jelly cloudy. Measure the juice (2kg apples will yield about one litre of juice) and, for every 570ml, weigh out 450g sugar. Pour the juice into a large, heavy-based, stainless steel pan and add the sugar. Stir over a gentle heat to dissolve the sugar completely. Add 5 red chillies that have been sliced, 6 cloves garlic sliced and now raise the heat and boil vigorously for about 15 minutes. Pull the pan off the heat and test for setting point. Take a cold saucer from the fridge and place a teaspoonful of the juice on it. When cool, it should wrinkle when you push it with your finger. You could also use a jam thermometer-when it reaches 104-105°C, the mixture will set. Leave to stand for at least 30 minutes, then stir once more to ensure the chillies are distributed evenly. Taste to check it's spicy enough - you can add a few more chillies at this stage, but remember that it will get hotter during storage. Pour the jelly into dry, warm, sterilised jars (you can sterilise them in a very hot dishwasher, or boil them in a pan of water for 10 minutes). Put lids on and label. Stand back and enjoy the wonderful colour. Store in a dark place for a couple of weeks before using.



Gilcrux Village Hall & Educational Trust

Saturday 5th October

10.00 am – 3.00 pm

You will be more than welcome to come along and browse the various local artisan artists and crafters who are joining us

Free entry with tea and coffee available



Show winners

A huge thank you to everyone who entered the Flower and Produce show in Gilcrux and those who came along for a coffee and chat.

After counting up the points, in third place was Shirley McNichol, in second place was Amanda Barnes and in joint first place were Mary and Joan Kearton (above) who will be looking after the cup again this year.

Well done everyone!

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ST. BRIDGET'S, BRIDEKIRK
People of hope and love

ECO CHURCH
AN A ROCHA UK PROJECT

During this autumn consider the animals living in and around our gardens.

The days are getting shorter and the food supply is getting less. The nights are getting colder, so the birds, insects and mammals will be looking for somewhere warm and sheltered.

Take it easy in the garden this year, lock the rake away and hide those secateurs. How about leaving any fallen fruit, dead heads and leaves for the benefit of the wildlife. Instead, clear them away early spring before the new growth appears.

The fruit and dead heads are a good source of food for birds, insects and mammals. The stems of dead heads provide a vital hiding place for insects and their eggs. A blanket of leaves is just perfect for a visiting hedgehog to curl up in during the dark winter days.

Now is the time to clean any bird boxes in your garden.

Remove any old nesting material which can harbour parasites, carefully use boiling water to kill any that are on the surfaces.

When dry, place a small handful of clean hay or wood shaving inside and rehang the box. Keep an eye out for any birds using the box to roost in during the winter.

"Remember, remember the 5th November.." but most of all - when you have prepared your bonfire and come to light it - check it first just in case a hedgehog has discovered it to be a cosy sleeping place!



HEDGEHOG
MALE PHEASANT
Hare
Song thrush
Wood Pigeon (11)
Slug 😊
Hedgehog 29/8 5.00pm
Dragonfly

St Bridget's wildlife survey
- special thanks to those who
share their sightings with
photos



Four towers tour



By Richard Green

In August, nine members of the Bridekirk & Cockermouth bell ringing team enjoyed a trip to south Cumbria to ring in four church bell towers.

An early morning start ensured we arrived at Flookborough by 10.30am. A couple of our team were a bit nervous of ringing on different bells - but all such worries were quickly overcome and we enjoyed some really good ringing.

A short drive to Cartmel took us to the superb Priory, which is very old and is well worth a visit. The route up to the bellringing chamber was an added bonus with fascinating steps and a walk along part of the roof line.

There was more excitement when we were offered the chance to climb higher to actually see the bells. Oh, and the ringing was good as well with quite a few positive comments from people who heard the ringing whilst visiting the Priory.

After lunch we rang in the parish church in Milnthorpe - another really nice sounding ring. Our final tower of the day was in the small hamlet of Crosthwaite, between Milnthorpe and Windermere. The bells here sounded a bit different from some of the others, just another peculiarity of our fascinating "art".

A scrumptious bar meal at the Kings Head, Thirlmere on the way



Ringling at
Cartmel
Priory

home rounded off a great day out.

Four of the ringers enjoyed the day so much they joined up with 20 other ringers from Cumbria for a four day trip to Lincolnshire to ring in 16 different towers, including Lincoln Cathedral - but that is another story for another day!

If you would like to know more about this fascinating hobby, please contact Richard or Diana Green by emailing

ragreen987@gmail.com

Alternatively look at the web-site

<https://cccbr.org.uk/>

OR www.youtube.com/watch?v=PQ_zN3zw5_s

From September there is an exciting new "joining" of St Bridget's with a new church, St Aidan's.

While regular services will continue as normal for St Bridget's parishioners, the St Aidan's worshippers will use the building from 3-4pm on a Sunday.

Said Vicar John Freeman: "As we begin on this journey, we'd love to invite you to come and find out more as we gather for an hour to worship and hear from the Bible each Sunday at 3pm at St. Bridget's Bridekirk. "This is a gathering for everyone - no matter your age, experience of church, or where you are at with faith.

"Our story began in 2022, when leaders and Christians in Cumbria dreamt of a church for the towns and rural communities around the A66 corridor in the northern Lake District that would serve those who were not currently engaging with a church.

"This dream has caught on and spread to a team of church planters and families who are committed to seeing God do something new in the region."

St. Aidan was an Irishman, sent from Scotland to share the good news about

A match made in heaven!

Jesus Christ with the north of England. As he travelled around, he established communities of Christian faith to continue this mission across the North.

"As a church," explained John, "we share this sense of vision and calling with Aidan, whose name means 'little fiery one'. We want, like him, to light spiritual fires across our region as we establish a family of Christian communities and share the good news about Jesus.

"We're excited to be joining in with St Bridget's Bridekirk for this next chapter of our story, and are grateful for the welcome we've received as we come to worship in the church this term.

"It has felt like 'a match made in heaven' as we move to Bridekirk. St. Bridget's has wonderful facilities for the families who are a part of our community, is well situated in the region we serve, and enjoys a beautiful rural setting that speaks to the communities we all come from."



Vicar John Freeman (above) says: "If you'd like to find out more about St. Aidan's, check our website www.staidanscumbria.org or email hello@staidanscumbria.org



ST. BRIDGET'S, BRIDEKIRK
People of hope and love

Services at St. Bridget's Church

Children's Church will be available during the 11am services.

October

6: Harvest with Holy Communion, 11am
13: Morning Worship, 11am
20: Holy Communion, 11am
27: Morning Worship, 11am

November

1: Holy Communion, 11am
8: Family Service - Education Sunday, 11am
15: Holy Communion, 11am
22: Family Service - ECO Sunday, 11am
29: Morning Worship, 11am

**Advance notice: 6 October
Harvest Service, 11am**

Find us on:-

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BRIDEKIRK FRIENDSHIP GROUP



**St Bridget's Church room,
Bridekirk**

10:30 - 12:00



We offer a warm and friendly place for people who are in need of friendship to meet others for a chat over a cup of tea, coffee and home baked cakes each Monday morning.

Why not drop in anytime in the morning, for as long or as little time as you feel comfortable. You will always find a warm welcome from our volunteers.

£3 per person

FOR MORE INFORMATION

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**EVERY MONDAY
MORNING**

(EXCEPT BANK HOLIDAYS)

Are you feeling lonely or isolated?

Why not come along and meet the team. We love to meet new people.

Autumn ... a new beginning!

Rev Roy's Ramblings

Autumn is fast approaching, already we can see the signs - the leaves beginning to change colour, the darkness arriving earlier each evening and the temperature dropping.

Autumn is a different time. People often see it as the beginning of the end, a rather depressing time, gardens beginning to look sparse, plants and trees dying back and a time to prepare for winter.

I really like the autumn - the colours of the trees, gold, brown and red of the leaves, the musty smell of autumn, Harvest time. And yes, it is an end, but it is also a new 'beginning time'.

At this time of year lots of people make a new start or a new beginning. After the summer rest, children have started school, moved into new classes. Following school young people have often begun a new job, college or university. The farmers are busy bringing in the harvest and planting new crops.

Let's be positive and not look upon it as an end but a new beginning.

Look upon it as starting the beginning of a new season, or a new era, in our lives.

We can all take this as an opportunity to renew our own journeys to look to new openings and opportunities, rather than sit back and mope over the end of the summer but look afresh to the future.



Rev Roy with the aptly named rambling rector rose

Autumn hues behold the eye,
Shorter days, cloudy sky,
Cool breezes, blowing leaves,
drifting slowly from the trees,
Last petal falls from the rose,
Musty odours alert the nose
that autumn is here upon us now,
To rest the earth, to yield the
plough.
God hands this season to us all,
Let's be thankful for Autumn's
fall.

Reverend Roy Anetts

JUMP YOUTH GROUP

JESUS USE MY POTENTIAL

06 Oct 7-8.30pm	Christ Church rooms, Cockermouth Activity & Bible Based- Parable of the Lost Coin
20 Oct 7-8.30pm	Christ Church rooms, Cockermouth ***Party and games night***
10 Nov 7-8.30pm	Christ Church rooms, Cockermouth Activity & Bible Based- Parable of the Two Debtors
24 Nov 7-8.30pm	Christ Church rooms, Cockermouth Activity & Bible Based- Parable of the Friend at Midnight
1 Dec 7-8.30pm	Christ Church rooms, Cockermouth Activity & Bible Based- Parable of the Talents
15 Dec 7-8.30pm	Christ Church rooms, Cockermouth ***Christmas Party ***

JUMP is back after the summer break!

If you are aged 11-18 years, come and meet up with friends as well as new people from 7-8.30pm on Sundays in the Church Rooms at Christ Church on South Street, Cockermouth.

Email:

jumpyouthgroup@gmail.com
or contact Christina at 01900 824526.

Or just pop along.
You can keep in touch with what's happening here:

<https://cockermoutharea-churches.church/jump/>

Baby & Toddler Club

You're Invited!

ST. BRIDGET'S, BRIDEKIRK
People of hope and love

Day - Every Thursday
Time - 1-3pm
Place - St Bridget's Church, Bridekirk.

EVERYONE WELCOME

An opportunity to share time and a chat with other families whilst the children play together.

Toys & Refreshments provided

Please bring your own travel mug/lid

Join our team!

Perhaps you would like to volunteer to join our helper rota?

For more information contact us : bridekirk_church@grasmoormc.church

Join our team!

Perhaps you would like to volunteer to join our helper rota?

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USEFUL NUMBERS— — — — —

Medical and Support Services

Cumbria Health on Call (CHOC)	111
NHS Direct	111
Castlegate and Derwent Surgery	01900 705350
West St Health Centre Wigton	01697 320209
West Cumberland Hospital (Whitehaven)	01946 693181
Cumberland Infirmary (Carlisle)	01228 523444
Workington Community Hospital	01900 705000

Dentists

Derwent Dental Care	01900 82 4111
St Helen's Dental	01900 826210
Goodwins Dental Care	01900 823467

Pharmacies

Allisons	01900 822292
Boots (C/mouth)	01900 823160
Boots (Aspatria)	01697 320236

Vets

Millcroft (Cockermouth)	01900 826666
Millcroft (Wigton)	01697 323898

Other

Non Emergency Police	101
Electricity power cut query	105
United Utilities	0345 672 3723
Samaritans	116 123 (free)
Domestic Violence Support	07712 117 986
RSPCA	01946 693585
Age UK (West Cumbria)	01229 779711
Cockermouth Emergency Response Group (CERG)	07852 599794
Citizens' Advice Bureau	01900 604735
Cumberland Council	0300 373 3730
Cockermouth Library	01900 822634
Aspatria Library	07557 499129

Christian Aid Week 2024



Once again the village of Gilcrux has come together in solidarity with people less fortunate than themselves and raised a record amount of £734.99 in Christian Aid's house-to-house envelope appeal. Christian Aid is a wonderful campaigning and fundraising charity working in many countries around the world, which raises awareness of global issues of injustice, relieves poverty with local initiatives, promotes sustainable development and undertakes essential humanitarian work.

Burundi focus

This year's fundraising focus was on their projects in one of the very poorest nations of the world, Burundi, where the majority of people live in extreme poverty, exacerbated by the disastrous effects of climate change. Christian Aid has been supporting the rural population here who want to set up their own small businesses to provide for their families, by delivering training courses and setting up local credit loan schemes. The contributions, donated so generously by the people of Gilcrux, (with the gift aid added), exceeded last year's record! This money will go a long way to fund these life changing opportunities for the people of Burundi and offer people living in poverty and in despair, hope for the future. Christian Aid deeply appreciates all contributions, as do I. Thank you for your support from the bottom of my heart. As always, I have hugely enjoyed catching up with village residents, and meeting several newcomers.

Geraldine Baxter



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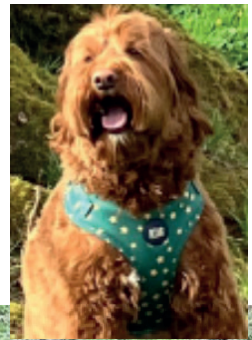
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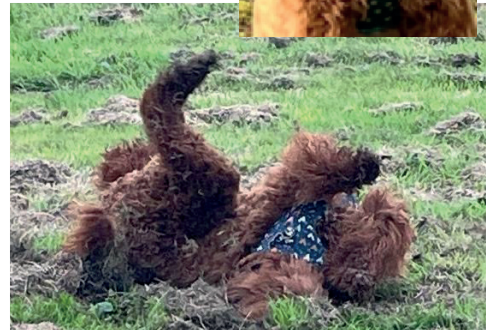


Teddy's dog blog

Hello Humans and Doggy Dudes!

Teddy Edward, your Rover reporter for the Village Post reporting for duty. I'm not sure it has actually stopped raining since I last pawed the keyboard. Still, it's been a splendid muddy puddles kind of a school holidays, playing with the half pint humans who are at just the ideal height for snack sharing. I've been to so many celebrations with them that my harness is getting a little snug and needs adjusting. I did hear Dad mention the weighing scales, but apparently it's OK for him as he has elasticated trousers!

We have only had one barbie this year, so my sausage wheedling success



rate has fallen way below acceptable limits.

I'm just going to have to have a word with the Powers that Be and get us all a good autumn sorted to try and redress the balance.

It was Mr Happy's birthday the other day. Not sure how old he was but the cake nearly went up in flames. I gave him lots of face licks which he pretended not to enjoy.

I mean, who doesn't love a Doodle slobber?

Talking of Teddy treats, can you see Mr Happy's latest little wheeze in the photo on the left? How mean. Who actually thinks it's funny to put my tea just out of reach on the counter? Devastated doesn't cut it!

Worry not, I have already got my own back - just wait until he finds that pack of new golf balls, with added teeth marks. My innocent look will no doubt be required.

I don't know how many of you other Doggy Dudes have to suffer regular trips to the groomers, but aren't they fun? I'm so happy to go that I can sense exactly where we are heading from miles away and just can't help bursting in to song. I can keep hitting exactly the same note throughout the entire process, including the time spent sitting in the window of the shop whilst I am awaiting collection.

You would think that the humans might take the hint that I'd rather be elsewhere, wouldn't you? My latest wheeze as a protest was to find some particularly pungent perfume lurking in the grass, and then rub it as deep as possible into my fur. Absolutely delicious and totally impossible to remove before the journey home. The little dabs I put on mummy's white jeans went down particularly well.

Should you need instructions, the photo (above) will assist.

Teddy 1 Humans 0

Missing you already, so until the next edition,
See you all soon.

Love, Teddy Edward, your Rover Reporter



Gilcrux Village Hall & Educational Trust

Lunch Club 2024 – 2025

Lunch Club

Dates for your diary

All welcome at 12.00 for 12.30 pm

Friday 4th October

Friday 1st November

Friday 6th December

This is our 3 course Christmas lunch
with entertainment

Friday 3rd January

Friday 7th February

Friday 7th March

Teddy Edward has highlighted a real issue that features often on our village facebook pages.

It's completely beyond belief that anyone would let their dog poop on their own doorstep.

We should follow Teddy's dad Andrew and call out these people when we see them.

The problem is getting worse!

Andy adds some sparkle to your Christmas



Bauble designs and Christmas tree sterling silver earrings are just lovely, ideal gifts.

Andy Peverley is much more than just the friendly proprietor of the Mason's Arms with husband Hal. She is a talented jeweller, busy making festive ear-rings. You can buy Andy's work in the pub but also at a craft fair there on Saturday 7 December 12-4pm. There will be cake/traybakes and coffee. Raffle and tombola proceeds will go to Gilcrux Social Fund.



Liz Condron from Tallentire invites you to come along and enjoy the latest offering from Workington Amateur Operatic Society ...

The Hunchback of Notre Dame

"The music for this one is just fabulous," says Liz, "with a variety of Latin plainchant, Romani folk and huge spine-tingling chorus numbers. "I'm the Musical Director and the cast have worked extremely hard with this challenging musical. "The show is bound to tug at heartstrings and inspire us to dream."

WORKINGTON AMATEUR OPERATIC SOCIETY
PRESENTS

THE HUNCHBACK OF NOTRE DAME

A NEW MUSICAL
BASED ON THE VICTOR HUGO NOVEL
AND SONGS FROM THE DISNEY FILM

15TH - 19TH OCTOBER 2024

Music by Alan Menken Lyrics by Stephen Schwartz Book by Peter Parnell

Originally developed by Disney Theatrical Productions

This amateur production is presented by arrangement with
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All authorised performance materials are also supplied by MTI Europe
www.mtishows.co.uk

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