



Goodbye Mince Pie - Fresh Format For Future Festive Family Fun!

'The Villager' can reveal that the Village Hall Trustees have called time on the humble mince pie in the biggest break with tradition the village has seen in more than 10 years. Following a radical rebranding exercise the event formerly known as 'The Mulled Wine and Mince Pie Evening' will henceforth be billed as: **'THE MERRY MEET'**.

In an exclusive interview, Chairman of Trustees, Bill Mavir commented, 'In a nod to healthy eating, this year we will be eschewing the mince pie in favour of a range of home-made delicious desserts – and the cheese and biscuits course has also been consigned to the history books as we usher in a crumbly cottage pie cooked to a secret recipe at a carefully guarded location, rumoured to be in deepest downtown Dearham.'

'We'd had reports that some villagers were pre-loading at home on Gaviscon and/or Rennies before the event' continued Bill, 'and in this respect we are not completely out of the woods yet, as hot spicy mulled wine will still be part of the offering – however, other alternatives will be available too.'

What other changes can we expect? 'We'll be promoting more of a pub atmosphere so that villagers can mingle and get to know each other better. The formal table settings have been dispensed with but there will still be sufficient seating for those guests who prefer to take the weight off their feet. And on arrival you'll be greeted by a hall fully pimped for Christmas, with some seasonal background music playing, to give the event more of a festive feel.'

Does this mean there'll be no more carol singing? 'Certainly not, though I can assure those who are not too keen on singing that it will be for a strictly limited period – and it will include some popular Christmas songs as well as carols!'

We've heard there's going to be a Christmas jumper competition. 'Yes, we're encouraging everyone to be as outrageous as possible and we'll be presenting a prize to the person wearing the most eye-catching item of Christmas clothing.'

And the Christmas raffle? 'Yes, this is a great fundraiser for the village hall – so donations of prizes will be very much appreciated. But most of all, please buy lots of tickets.'

Anything else you'd like to add? 'At £7.50 a ticket you can't really afford to stay at home. It's better value than an M&S Meal Deal and will be much more fun than sitting at home watching 'Strictly' – which to be honest, is not that good this year. I didn't know a single one of those so-called celebrities.'

Bavaria Comes to the Village Hall



In the past we have had a few successful German-themed nights in our house. This year we thought instead of squeezing 20+ people into our kitchen, why not use the Village Hall? So we did!



We turned the spacious area into a Bavarian beer hall. We had giant bread pretzels and sausages washed down with 'Tractor Shed' beer and other favourite tipples—we had our own mini 'Oktoberfest'! (you may have heard the clink of glasses and the cries of *prost!*?)



We did this for our friends and acquaintances. You could as well.. If you are looking for somewhere to hold an event you could use our fantastic Village Hall too!

Michelle and Brian Golightly
(from The Mount)



Following the Bavarian night I (Michelle) had an idea that we could organise something else, this time open to everyone in Papcastle, so bring on The Tipsy Filly!

Helen Askew of 'The Tipsy Filly' will be coming to the village hall on Saturday 1st February 2020. Helen had an idea to convert a very old horse box trailer into a mobile unit in which to serve delicious gin and prosecco at weddings and festivals. On the Saturday evening Helen will present a master class, making gin cocktails in front of us all. There will be much chat, fun and laughter incorporated into the demonstration and afterwards we get to taste the wonderful creations!

The ticket price is £15 for two double cocktails and five delicious tasters. Helen will also have a pop-up gin bar. She has just released her own label gin and her two flavours will be available to buy on the night.

Admit One

Introducing the 'Merry Meet'

Papcastle Village Hall

7pm Saturday 7th December 2019

Tickets £7.50 available from

Doreen 01900826196 or Gill 01900828360

Admit One

Last Call for Questionnaires

Many thanks to those of you who completed the questionnaire sent out with the last edition of The Villager. We've had a reasonably good response and with one or two more volunteers we should have just about enough to revive the Drop-In next year. So, if you think you might be able to help, even if only now and again, please let us know (see below).

We'll be giving more details of the survey response in our spring edition but in the interim we can report that, amongst other things, there has been considerable interest in a garden plant sale, pie and pea supper, photography/art exhibition, book club, repair café and slide shows/talks.

If you'd been intending to complete the questionnaire but haven't yet, you can still do this online at: <https://www.surveymonkey.com/r/Papcastle>

or ring: Bill Mavir on: 01900 824232 or 0771 771 7459

*The
Topsy
Filly*

Fun gin tasting evening

Saturday 1st February 2020

Demonstration starts at 8pm

Papcastle Village Hall

Tickets £15 available from Michelle

Tel 07515960746

Parish Council Snippets

There was no public participation, or declarations of interest at the November meeting.

Grass cutting at Belle Vue, around the seat and post box - Both Allerdale Borough Council (ABC) and Cumbria County Council (CCC) deny responsibility for this. The Parish Council will assume responsibility.

A contract for cleaning the phone box with the defibrillator, has been agreed with JA Lee, at £21.60 per quarter. The company also cleans the bus shelter.

There were no objections to planning applications for tree work at Cornerstones and Braeside.

The Council raised no objections to the application to discharge condition 6, updated noise management plan on application 2/2014/0350, Dovenby Hall, Dovenby.

Written report from County Councillor Rebecca Hanson.

Attended a meeting on 25th October about the collapse of the river bank below the Derwent, under the bypass, caused by the work done by CCC. Investigation to be held, with the aim of asking CCC to build a retaining wall.

Report from Allerdale Borough Councillor, Janet Farebrother.

Councillor Farebrother reported on the United Utilities scheme for replacing trees and shrubs after the pipeline work. She said there was a need for more information about recycling. A representative from ABC will attend the March meeting, to discuss recycling.

Report from Allerdale Borough Councillor Nicky Cockburn.

Councillor Cockburn referred to the application by B and M and the recent site visit. A decision is expected in the next few weeks. She also said that bin collections would probably not be sorted out until the new contract starts in April. The Parish Council would like to have collections in Papcastle and Belle Vue standardised.

Eric Apperley, from The Mount, was thanked for his work on updating and correcting the village map.

Many villagers will be aware that the Pumping Station at Harrot Hill, visible from many homes, is more prominent than the council had been led to believe from the presentation by United Utilities. ABC has been contacted about the above, but having already granted planning permission, have stated that they are now unable to add further conditions on screening.

Date and time of next meeting.

Tuesday 7th January 2020 at 7.30 in the Village Hall

Village Yoga

Why practise yoga?

An invitation to start or renew practising yoga, at any age.

Regularly practising yoga can improve flexibility and strength. It strengthens bones, eases pain, improves posture and eases joints through their range of movement (that's your range of movement, not what the person on the mat next to you is doing).



Yoga also helps oxygenate the blood, increase lymphatic drainage, lower blood pressure and the risk of heart disease, as well as helping to lower cortisol, blood sugar and LDL (the so called 'bad' cholesterol).

It can encourage relaxation, improve proprioception (the ability to feel what the body is doing) and improve the immune system.

Yoga is about listening to your body and breath. Doing what is right on the day. No forcing, no pushing, simple gentle enquiry. Gentle encouragement, coaxing limbs and joints into movement and rest. Noticing tension and tightness. Learning to work safely.

The breath is the thread that guides the practice of yoga. Maintaining smooth, even breathing is key. It provides clues to understanding what to do to release tension and stress.

Whilst the information above introduces some of the benefits of yoga, B S K Iyengar said:

'Words cannot convey the total value of yoga. It has to be experienced'.

Our small and friendly class meets weekly on Thursdays from 6.30-8.00pm at Papcastle Village Hall. Classes break for Christmas on 5th December 2019, restarting on 9 January 2020.

If you've ever thought that you wanted to try yoga, your first class is free. Thereafter it's £10 drop in or £40 for a five class pass (valid for two calendar months from purchase).

Further information is available from Pat Irving
on 07962127812 or at pat@easttowestwellbeing.co.uk.



Welcome to the Village!

Rachel and Kevin Robertson came to live at Papcastle House in January this year with their son, Seb who has recently reached the huge age of one!



They moved from Edinburgh to be closer to their families and for work. Kevin works in procurement in the nuclear industry and Rachel is in information management in the construction industry.

Rachel, originally from Beckermest, found Papcastle to be the perfect place to settle; in a village but within easy walking distance to the busy town.

Welcome also to Jerome and Rachael who have recently moved into Windrush Cottage.

Another Roman Find



There has been another notable Roman find in the Papcastle (Derwentio) area. The little copper-alloy figurine (9-10cm tall) of a naked man is thought to be that of Hercules or the god Jupiter. Although the forearms and most of the face are missing, the figure clearly has shoulder length curly hair and a full beard. Over his left shoulder he carries a mantle and

Hercules was often depicted with a leopard skin over his left shoulder.

It is thought to date from circa AD43-410.



The find was made by keen metal detectorist, Ray Dodd, who submitted it to the Portable Antiquities Scheme (PAS) for evaluation. Further information about this find is available on the PAS website www.finds.org.uk. Ray Dodd and fellow detectorists are always available and willing to help people find any lost metallic property.

Retired but not out!



David Rushton from Dover's Lane, will be familiar to many of you who attend the village barbeque, which he and his wife Debbie have, for a number of years, been involved in organising.

As well as running his engineering business (Cumbria Fabrications), David served as a retained firefighter in Cockermouth for twenty nine years, retiring from the Fire Service in October, having stayed in post for an extra two years to provide needed cover.

Being an 'on call' firefighter is very tying and a big demand on time, but he had no complaints, and will continue to be involved in Fire Service charity events.

David has attended fires in the village a couple of times and was heavily involved in the floods of 2009, when he didn't get home from Thursday to Saturday. The village hall was used for respite breaks for the crews, with kind villagers providing sustenance.

Although David will continue with business life and working on his vintage car, a Morgan Plus 8, he has our warmest wishes for his retirement from the Fire Service and many thanks for his years of service to the community.



Children's Christmas Party

3pm - 5pm

15th December 2019

Papcastle Village Hall

Donation of £2 on the door

*Party food, music, DJ,
dancing, party games,
crafts and more!*



REGULAR VILLAGE HALL ACTIVITIES

Mahjong Brian Wilkinson 01900 829490

Monday 2:00-5:00pm *All year except public holidays*

Keep Fit Tony McGorrian 01900 64632

Monday 6.30-7.30pm *School term only*

Parish Council David Johnson 01900 822355

1st Tuesday evening *Bi monthly*

Yoga Pat Irving 07962127812

Thursday 6.30-8.00pm



Village Hall Bookings:

Gill Conlon 01900 828360

St Bridget's Church, Bridekirk

Usual Monthly Services

Services at 11:00am

1st Sunday Holy Communion and Sunday School

2nd Sunday All Age Service

3rd Sunday Morning Prayer and Sunday School

4th Sunday Morning Prayer and Sunday School

5th Sunday Team Service (10:30am, venues to be arranged)

December services:

8th: 11:00am Christmas All Age Worship

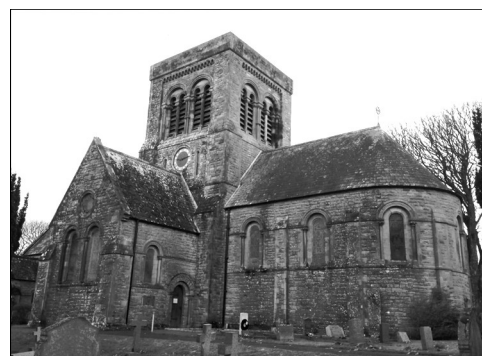
15th: 6.30pm Carols by Candlelight, bring a torch!

22nd: 11:00am Morning Prayer and Worship

24th: 11:30pm Midnight Holy Communion

Christmas Day services will be held in Christ Church, Cockermouth.

Holy Communion 08:30am. Family Service 10:30am



Thanks to all who contributed to this edition. If you have anything you would like to go in the next *Villager*, please email the Ed (Jude), at msjmnim@hotmail.co.uk or contact Jill Coyle on tel 01900 828625 by 10th February 2020.

You can view The *Villager* online at www.papcastle.org.uk