

Grasmere Village Society

Summer Newsletter 2017

For the Summer letter we have decided that we only distribute paper copies to paid-up members who do not have Email facilities and not to every house in Grasmere as we have done previously. If you hear of anyone who has missed out on the newsletter can you suggest they subscribe to GVS or let us have an Email address? A few of you will also receive a subscription reminder with the letter

The village web site visitgrasmere.com is now up and running and GVS newsletters should also be available there



Village Signage

We have received several comments regarding the spread of advertising signs and posters through the village and although that remains a matter of concern, what we are concerned with here is the addition of useful signage. Three potential candidates have been identified; comments or further suggestions would be welcomed.

1) The Lake

Probably the most frequently asked question from visitors is “How do I get to the lake”? A couple of small “To the Lake” signs at the church and village junctions would certainly help.

2) Central Village

The maps at the car parks are considered inadequate. The village can appear to be split in two such that a visitor approaching from the south thinks the village stops at The Wordsworth or vice versa. The maps in Kendal provide an example of what could have been done here. Would a map of this type in the central area be of use? Where would be the best site? What would you like on it.



3) Back of the Lake

There are safety concerns about the number of pedestrians and cyclists using this road. Introducing speed limits would be a very lengthy procedure with no guarantee of success.

One possibility is the introduction of non-statutory signs, near the entrance to the lakeshore path for example, “Caution! Cyclists and Pedestrians”

Any signage is subject to planning procedures. Do you feel the above measures are helpful, a waste of money or a blot on the landscape? Comments please.



GRASMERE SPORTS FIELD

A director of the sports writes:

I was invited to write a short piece for your newsletter and thought it would be appropriate to write about our work subsequent to the flood in December 2015. The pavilion had five inches (13cm) of flowing water right through every room but at least it wasn't someone's home. We were insured but with a fairly hefty excess (which is now even bigger!).

Within a month we had had an executive meeting, had met insurers and loss adjusters and had a firm of specialist cleaners in, though they also caused us extra damage. By 25th January we had builders, plumbers and joiners in stripping out and replacing woodwork and refitting shower units, refitting the kitchen and at our own cost we re-built the front wall that had been leaning out. We completed all this before Easter and had another clean up before the first caravan rally. All the trades worked hard and well together and were kept well supplied with coffee etc. During 2016 we managed to hold all the scheduled events as well as accommodating the Environment Agency whilst they cleaned out the river and did other work in the vicinity. We are very grateful to all those who were involved.

Outside the pavilion, our first discovery was that a lot of silt or topsoil had been washed out from below the grass sward and left surface undulations which were entirely new. This is not good for a sports field and we also had some new areas that now seem to hold water. We also decided to investigate the water courses under the Sports Field. Apart from a branch of the mains sewer, we were aware of a culvert running from the North to the Stock Lane bridge but the course of this was unknown and the outflow had been unresponsive to rainfall for as long as anyone could remember. This culvert is a continuation of a culvert crossing the fields to the North of us which I believe did once belong to the Sports Committee. We quickly discovered that the culvert to the North of us and about a third of ours was totally blocked with gravel not allowing the water to flow as our forebears had envisaged. We have now cleaned out our part of the culvert and installed a debris trap to catch gravel etc next to the footpath and some manhole access points across the field. Our culvert now takes overflow water from the beck beside the footpath and is flowing well. It has brought comments from some of the elders who have never seen it flow before!

This work together with some surface repair and the replacement of fences, all of which was uninsured, has cost a lot of money and the Cumbria Community Foundation has been very helpful in part funding it. It has still cost us a considerable amount and we are hopeful that our successors will keep the culvert flowing now we know about it.

We have since discovered a second culvert beneath the South end of the field where the ground has been very wet in recent years. This we are still investigating and have referred it to the Council as it seems to carry water off the road.

In conclusion the flood has been very expensive for us and left us with a slightly undulating field. But we have managed to hold all the caravan rallies and the two big charity events held each May, which bring much business to the local economy. We continue to make improvements to the pavilion and hope the village will continue to support our own event on the August bank holiday Sunday. The directors are all 'volunteers', put a lot of time in and their only reward is a meal out after our December meeting!



Other Village Developments

Broadgate Meadow Trim Trail

Progress has been slower than we would like probably due to elections etc but we are hopeful something will be in place later this year. Although we have been promised £20,000 pounds from the council some time ago, at the time of writing we have not yet received written confirmation of this award. We intend to start on designs in the near future once we can pin down the relevant council staff. We produced a list of trim trail equipment at our annual meeting and asked for comments. Interest was expressed in most items on the list making it very difficult to produce a short list. It was noted that the pull down challenge attracted three votes compared to single votes for most of the rest. We shall see what budgets allow. Hopefully we can keep you up to date via the web site

Hall Heating

The Hall Committee were also successful in acquiring a £20000 grant towards installation of a new and, hopefully, effective heating system to the Hall. Unfortunately this will not cover the full cost so that further fund-raising will be necessary. We had hoped to include a few more details of the proposed scheme but these were not received in time for publication. Full details were displayed at the annual meeting.



Defibrillator

The latest defibrillator has now been installed at the Garden Centre. The basic funding was provided by the council and the GVS have been involved strongly with siting and installation of this state of the art equipment.



As work progresses apace on the church tower it is nice to welcome a "Welcome" poster on the builders' boarding. Artwork courtesy of Trevor.

Spicy Apple Chutney

This lovely recipe involves no cooking :-

1lb peeled and cored cooking apples

1lb brown sugar

1/2 lb dates

1/2 lb raisins

1/2 - 3/4 lb onions

1/4 pint vinegar

2 tablespoons ground ginger

1/2 teaspoon cayenne pepper

1/2 teaspoon salt

1. Put all the ingredients up to onions through a mincer or into a magimix.
2. Add the seasoning ingredients and the vinegar.
3. Stand overnight.
4. Stir and store in a sterilised jar.
5. It improves with keeping.

Additions:-

You can add chopped ginger, or garlic or chillies to suit your taste.

A folk tale from my Mum

Nettles are well known for their beneficial effect on the heart and circulation, they are also a good source of Iron. So they also help combat anaemia too. Young nettle leaves are tasty cooked the same way as spinach or raw in a salad.

But my Mum made

Nettles tea.

Take 50g (2ozs) of fresh nettle leaves simmer in a 550 mls (1 pint) of water for 3 minutes. Leave to stand for 10 minutes, strain, enjoy a tea.

Finally a few tips

A baked jacket potato eaten plain helps alleviate the nausea of migraine.

Half a raw onion held against a bruise encourages it to disappear

A dab of oil of cloves helps tooth ache

Peeled and washed raw potato can restore moisture to small burns and ease pain

Honey help heal wounds

Three juniper berries eaten daily may ward off rheumatism

Warm cabbage leaves are good for sprains secure with a crepe bandage

Massage a little rosemary oil into the scalp to help headaches.

If you are unable to sleep try one of these:-

Chamomile tea with a spoonful of honey.

Two drops of chamomile oil on the pillow

Warmed fresh orange juice with a little honey before bed

Sprigs of dill on the pillow

Lettuce is a natural sedative, eat plenty raw or try Lettuce soup.

Sharon