

January 2012

70p



CROSTHWAITE



CARTMEL FELL



HELSINGTON

**TWO
VALLEYS PARISH
NEWS**



UNDERBARROW



WITHERSLACK



WINSTER

A LETTER FROM TIM HARMER

Expectations

What do we expect from the year of our Lord 2012? The New Year is a time when we traditionally make resolutions and plan what we are going to try and accomplish during the year. June and I are facing some uncertainty this year as I plan to retire at the age of 65 in June. However our housing position is a little uncertain so it is difficult to make firm plans. Our daughter is due to have her first baby at the end of April so a change to their life style and ours as grandparents is on the cards!.

I think we would all hope for a new year that sees the end of the financial difficulties and a return to fuller employment and prosperity as a nation and as a world community of nations. But we know that there will have to be many changes at structural levels in our national economies for that to happen. The EU have been trying very hard to do that recently.

Whilst we expect to be housed and fed, even during the financial crisis, our troubles in the developed nations must seem like another world to families torn apart by violence in Afghanistan and other countries which are plagued by violence and internal conflicts.

Many families in Africa are unsure where their next meal is coming from because they live a subsistence existence very dependent upon the weather and the success of the next harvest. Climate change is affecting many people's lives directly. In East Africa they have been experiencing their worst drought for 60 years. The lives of more than 12 million people are currently at risk as a result of food shortages in East Africa. This emergency is caused by a complex combination of factors including: the worst drought in 60 years, poverty and marginalisation, high food prices and conflict.

Christian Aid have been helping to provide for the safety and immediate needs of those affected, including in Dadaab refugee camp, home to nearly 400,000 people. Your support is needed to prevent this emergency becoming a humanitarian catastrophe and to help affected communities re-build their lives and livelihoods, for the long term. So what about starting the New Year by giving away some of your disposable income to help those in need. Visit the Christian Aid web site to make a donation www.christianaid.org.uk

Paul the apostle taught us to live Christian lives filled with expectant prayer, worship and service. We are to be expectant that we will see God at work in our world as we open our hearts to the work of the Holy Spirit in our lives. I will be praying for that and expecting it to happen in 2012, I hope you will be too.

A happy and peaceful New Year.

A handwritten signature in black ink that reads "Tim Harmer". The signature is written in a cursive style with a long horizontal stroke at the beginning.

FROM THE REGISTERS



Baptisms

27th November Henry Lucas Parsons at Holy Trinity, Winster

Funerals

21st November Jack Rees at Lancaster Crematorium

23rd November Funeral & Burial of Rosemary Bretherton at St. Anthony's, Cartmel Fell

30th November Funeral & Burial of Herbert Edward Barton at St. Paul's, Witherslack

8th December Aileen Webb at All Saints Underbarrow



EPIPHANY THURSDAY 5TH JANUARY

Please note that on Thursday 5th January there will be a 9.30am special service of Holy Communion for the Feast of Epiphany at St. Mary's Crosthwaite, to be followed by some refreshments as we celebrate the Feast of the Epiphany (transferred from 6th Jan).

WEEK OF PRAYER FOR UNITY - MONDAY 23RD JANUARY

There will be a special service at 2.00pm on Monday 23rd January hosted by St. Anthony's Cartmel Fell for the Week of Prayer for Christian Unity. This is part of the celebrations being organized by Churches Together in Kendal and District for this special week. Do come alone for this short time of Readings and Prayers as we continue our commitment to ecumenical welcome in these valleys. This is all in the context of Cumbria recently becoming the first Ecumenical County in England. In November the leaders of the Anglican, Methodist and United Reformed churches recently signed a Declaration of Ecumenical Intent whereby we have committed ourselves and our churches:

- a) to seek out every possible opportunity for joint initiatives at Local and County Level in mission to all the people of Cumbria.
- b) to work together to equip both lay and ordained ministry whenever possible, and to share that ministry wherever appropriate.
- c) to continue the work of developing strategies whereby we optimise the use of our church buildings for the benefit of communities throughout the county.

HOLY DAYS in JANUARY

1 The Naming and Circumcision of Jesus - Festival

2 Basil the Great & Gregory of Nazianzus, Bishops, Teachers of the Faith, 379 and 389

6 The Epiphany - FEAST

12 Aelred of Hexham, Abbot of Rievaulx, 1167 - Lesser Festival

13 Hilary, Bishop of Poitiers, Teacher of the Faith, 367 - Lesser Festival

17 Antony of Egypt, Hermit, Abbot, 356 - Lesser Festival

18-25 Week of Prayer for Christian Unity

19 Wulfstan, Bishop of Worcester, 1095 - Lesser Festival

21 Agnes, Child Martyr at Rome, 304 - Lesser Festival

24 Francis de Sales, Bishop of Geneva, Teacher of the Faith, 1622 - Lesser Festival

25 The Conversion of Paul - Festival

26 Timothy and Titus, Companions of Paul - Lesser Festival

28 Thomas Aquinas, Priest, Philosopher, Teacher of the Faith, 1274 - Lesser Festival

30 Charles, King and Martyr, 1649 - Lesser Festival

CALLING ALL PARISHIONERS

New Years Eve Celebrations

In Crosthwaite Village Hall

Coma and join us for the perfect way to see in the New Year
The evening starts around 7.30, Eating about 8pm, Will finish sometime next year.

Tickets £15

To include a great sit down supper and live music.

Bring your own booze

Numbers limited, Tickets from Ivy Pearson 68218

Bring in 2012 with a night at the Village Hall.

BRIGSTEER NEW YEAR'S EVE CEILIDH

You are invited to a Ceilidh at the village hall on
New Year's Eve at 8pm

- Jacob's Join – bring a dish, sweet or savoury
 - B.Y.O Drink
- Ticket Price £10 each or £25 for family
 - Caller Chris Bland

Further information and ticket reservations from
Sue Jager (68288) or Sue Griffiths (68776)

First Aid Course at Winster Village Hall

Medical emergency? Ever been involved in one?

Many of you have and know how you felt at the time-----
inadequate and hopeful that someone else knew what to do.

You could change all that by attending a free two-hour course,
to learn the basics of first-aid and the steps you could take to save a life.
The Winster Hall Committee have arranged a course to be run by Headstart
(an initiative co-ordinated by the British Heart Foundation)

Winster Village Hall Tuesday 24th January at 10am.

A cardiac defibrillator has recently been affixed to the outside back wall of the Hall
(for the use of the First Responders in the area)
and the usage of this will be demonstrated during the course.

You don't have to live in Winster to attend, but we may have to restrict numbers on this first
occasion.

If there is a demand, we can arrange further courses for later in the year at a convenient time.

Please contact organiser:- Grant Weatherstone on 015394-43594 if you wish to attend.

Local History Society

On 9th. January the AGM will begin at 8pm. Existing and new members are welcome. Fees
are only £8 for the year with many interesting talks to enjoy. At the AGM, after the business
section, there will be the following short talks:

John Wood- 'The Luddites', Beryl Offley 'Grange Apples', Gordon Pitt 'The Nobbies of
Morecambe Bay' and Bob Matthews 'My Army Ancestors Lord Kitchener's Men'.

CHRIS NEWMAN TRIO
Helsington & Brigsteer Village Hall
Saturday, February 11th at 7.30 pm

We welcome three talented musicians who have played with the best, such as Grappelli, Disley & Lyttleton. Featuring guitars, mandolins and bass, their music ranges from English, Scottish, Irish, Swedish, American and Quebecois traditional to country, ragtime, Latin, African, swing and modern jazz. And some funny anecdotes as an extra.

Tickets Adult £8; Under-18 £4; Family £20 – phone 015395 68498/68434

This concert is sponsored by the **Highlights** rural touring scheme.

All profits in aid of village hall funds.

Crosthwaite Diamond Jubilee Wood

Would you like to plant a tree to mark the Queen's Diamond Jubilee?

The idea is to create a fantastic small wood to commemorate this amazing milestone in our Queen's life. The Woodland Trust will supply all the trees we need, free of charge, which we can plant on the Bowling Green field over the clapper bridge. What a wonderful opportunity for villagers of all ages to take advantage of this generous offer and help by planting their own jubilee tree.



Our Queen's Diamond Jubilee in 2012 is an historic event and the Woodland Trust would like millions of people across the UK to come together to plant 6 million trees. The Princess Royal is Patron of the scheme and gives her backing to the Woodland Trust's plans. Also, Crosthwaite Parish Council stated in the "Parish Plan" of 2007 under the heading "**Aim – To improve the environment: To consider locations that might benefit from additional tree planting.**"

Our Parish Council owns the Bowling Green Field over the clapper bridge on the Starnthwaite road and would like to see the area improved and they welcome this plan.

If our application to the Woodland Trust is accepted, the trees will be available in March 2012 when we will arrange a planting day for all the village to join in.

To find out more talk to Douglas Blair on 015395 68441 or accost him (gently) anywhere in the village. Information is also available on MoreTresMoreGood.org.uk/jubilee

P.S. Q. What do you call a chap with a spade stuck in his head?...A. Doug.

Cinema screenings



have started in Helsington & Brigsteer Village Hall courtesy of Cine North.

The next film 'Some Like it Hot' will be screened on Saturday January 21st at 7.30pm. Tickets: Adults £5; Children £3.

Tickets in advance from Susie on 015395 68083; Mary 015395 68685.

Refreshments tea, coffee & ice-creams on sale. BYOB.

You will remember this classic Academy Award Winning comedy of 1959 starring Marilyn Monroe, Tony Curtis, and Jack Lemmon at their very best. Come and join us for an evening of nostalgic fun. 1950's dress welcome but not compulsory.

Cine North village halls program is project managed from the National Media Museum, Bradford.

Crook Morris Dancers will be doing their Wassail Day again on Saturday 14th January 2012 at Mr Walkers orchard, The Row, as usual, and finishing at Hare & Hounds, Bowland Bridge. Times same as previous years, (1.15pm at The Row, 2.30pm at the pub). Let's hope for better weather this year, although last year was a success even with the wet conditions. There will be dancing, singing, music and a Mummers Play at the Hare and Hounds throughout the afternoon and evening.

CHOIR FOR 5th SUNDAY 29th JANUARY

The 5th Sunday Choir will be singing at this 5th Sunday service at Helsington, and practices will be on Thursday 12th January at 4pm, Friday 20th Jan at 2pm and Thursday 26th Jan at 4pm, all in Crosthwaite Church. Please note the different day & time for the second practice. Everyone is welcome – you don't have to be able to read music; just come to the first practice. For more information contact Dorothy Grace on 015395 68569.

WITHERSLACK "TEA & CHAT"

On the 6th December we celebrated our 4th birthday with a splendid cake made by Mrs. A. Duffin. We also celebrated the coming of the Christmas Season. The Hall was very tastefully decorated with Christmas table-cloths, holly, table decorations, crackers and small pouches of chocolates and some Christmas music was playing to welcome our members and guests. At 2.30pm warm Mulled Wine was served with warm mince pies and marzipan cake which everyone seemed to enjoy. Then at 3.00pm we welcomed the children and staff from Dean Barwick Primary School who entertained us with some unusual Christmas songs; they went home munching on biscuits and with a small pouch of chocolates. Next meeting 2.00pm Tuesday 3rd January in the Barwick Hall.

Big Garden Birdwatch weekend 28-29 January

One of the biggest events of the year is set to take place over the weekend of 28-29 January, but it's nothing to do with MPs, celebrities or sport. This event involves our feathered friends, over half a million people and plenty of cups of tea!

Yes, it's almost time for the RSPB's Big Garden Birdwatch. This is the charity's most important event of the year when people across the UK look out of their window and spend an hour of their weekend recording how many birds they see.

Last year, over 600,000 people counted more than 10 million garden birds. The information from this survey helps the RSPB form a comprehensive picture of how well – or not so well - each species is doing.

Taking part in Big Garden Birdwatch not only helps the RSPB track the ups and down of garden birds, but gives you the perfect excuse to sit down with a cup of tea and enjoy the wildlife in your garden.

If you would like to step up for nature and take part, you can request a free Big Garden Birdwatch pack over the phone by calling 0300 456 8330. Alternatively, you can visit the RSPB website www.rspb.org.uk/birdwatch for more information and to submit your results online.

School children and their teachers are also being given the opportunity to learn more about their local birds with the Big Schools' Birdwatch taking place 16 – 30 January. A fun and educational activity, pupils spend an hour looking out of their classroom window, recording what birds they can see on their playing field. Visit www.rspb.org.uk/schoolswatch to find out more.

New Year's Resolution – help others

Citizens Advice is the largest advice charity in the UK. Last year we helped more than 2 million people with 7 million problems across the country. Most of the advisers are trained volunteers helping people with their problems – would you like to join us? We give free training through attending a course for 1 day a week.

If Advising isn't for you, then why not get involved in other essential roles such as fundraising, publicity, campaigning and trusteeship? Each bureau is a separate registered charity and needs to find the money each year so we can continue to offer help to people in our local area. Your time is valuable to us so why not get involved?

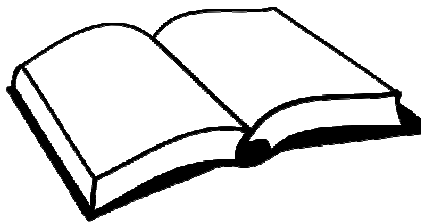
We're looking for all sorts of people with different backgrounds and skills. Volunteering is worthwhile, fun and hugely rewarding. For more information on any of these volunteering roles contact 015394 46464 or email support@cumbriarural.cabnet.org.uk.

Free, confidential advice and help is available from the Citizens Advice Bureau on any aspect of debt, benefits, employment, and any other problems. You can contact the Grange or Windermere Citizens Advice Bureau by phone or in person. Call 015395 33100 / 015394 46464 or www.cumbriaruralcab.org.uk

Thank you to all those who donated promises and supported us on the night of Crosthwaite Playgroup's Auction of Promises. We raised over £2400 which has been split between Sandgate School for children with Special Needs in Kendal and Crosthwaite Playgroup. We were overwhelmed by the generosity shown by our community and local businesses.

Book Club

More than two years ago Church members in the Two Valleys were invited to embark on a Spiritual Pilgrimage via a number activities - some individual and a number group activities. One such activity suggested was a Book Club.



This has been a great success, meeting once a month on a Friday afternoon with members from across the Two Valleys taking it in turn to host the meetings in their own homes. An amazing variety of books have been selected - autobiographies, journals, novels etc. - some well known books/authors and others which have been relatively obscure. Whilst some of the books have an overt spiritual context, all the books raised moral and ethical issues which created lively and in-depth discussions. In addition to discussing the content of the book, the meeting also provided a great opportunity to listen and learn from other people's experience and understanding over a wide range of issues. All the meetings raised our spirits and gave us 'food for thought'- perhaps helped along by the splendid home made refreshments which concluded each meeting!

The Book Club currently has its full complement of members but we would recommend anyone who finds the idea attractive to perhaps give some consideration to starting another group within the Two Valleys. You will read books you may otherwise not have considered; re read books and discover levels of meaning you did not know were there and, perhaps best of all, enjoy the fellowship of other like minded individuals - what nicer way can you think of spending one afternoon a month?

Broadband in the Parish

I am the '*Parish Broadband Champion*' and I am responsible for collecting information about broadband availability and Internet use in our parish. Part of this requires me to do a local survey and compile the parish's 'broadband map' Have a look at <http://broadbandcumbria.com/broadband-champions/> for more information.



I need your help.

In the new year I will ask as many people as possible to check their broadband speed on the same day and at the same time, using (probably) the BBC iPlayer speed test facility. If you think you can help please e-mail me at - webmaster@crosthwaiteandlyth.co.uk and I will be in touch.

John Sceal, South Low, (your webmaster and Broadband Champion)

Two Valleys Emergency Prayer Chain

Here is an updated version of our emergency Prayer Chain. Should an urgent matter for prayer occur (e.g. an accident, or someone taken ill suddenly, or an operation about to take place) and prayer be needed quickly, those at the top of the list are informed, who then telephone the next person down on the list, who then telephones the next person, and so on..... Very quickly a "chain" of prayer is set up, and each person commits themselves to pray for the situation.

Here is our Prayer Chain for the villages in our Two Valleys team of parishes. Why not cut this page out and keep it by your telephone.....

Michael & Michelle Woodcock
015395 68276

June Childe
015395 60945

Rodney & Margaret Sale
015395 68785

Anne Bennett
015395 31405

Anne Wolfenden
015395 68919

Brian Crowe
01539568959

Dorothy Dobson
015395 68334

Anne Ratcliffe
015395 52107

Shirley Holt
015395 68479

June Harmer
015395 68865

If you want to use the Prayer Chain, call up the people at the top of the list. If they are in, they will pass on the message to the next person on the chain. The prayer request will then travel down the list. In the event of someone being out, a message is left on an answerphone if possible and the next person on the list is contacted - we will try to ensure that the request gets through to everybody in the end.

Do use the Prayer Chain again for follow up information - e.g. if you send a message that someone is extremely ill, please follow up with a message to say what the outcome was, so that those who are praying are informed. If you wish your request to be kept confidential within the Prayer Chain then make that very clear when you contact the first person and ensure they understand to pass that message on.



Operation Christmas Child Many thanks to all who took part this year and filled a shoebox, knitted hats, scarves, gloves and hand puppets, sent fillers and helped at the Winstar Warehouse. Special thanks to the organisers in each parish - Crook 88 boxes, Witherslack 39 boxes, Winstar and Cartmel Fell 43 boxes, Underbarrow and Helsington 26 boxes and Crosthwaite 37 boxes + 26 from Crosthwaite School. Over 8,600 shoebox gifts went to deprived children in Crimea from South Cumbria, and you can be sure that each and every one will have given lots of fun and laughter to those who otherwise may have had nothing or very little at Christmas. Rosemary Webster, District Co-ordinator.

NOTICES FOR INDIVIDUAL PARISHES

BRIGSTEER

The 'Second Saturday' Coffee Morning will be held on January 14th 10.30-12noon at High Chambers. Newcomers and Oldcomers will all be very welcome. Tel 68083 for details.

CARTMEL FELL

The **Cartmel Fell Educational Foundation** is meeting on 7 February 2012. If you are under 25 and live in St Anthony's Parish and would like to be considered for a grant please send a short application letter explaining how you would use the funds to the Foundation Secretary Mrs Angela Nicholson at Little Hartbarrow Cartmel Fell Windermere LA23 3PA. The Foundation encourages applications from all students, apprentices or young people pursuing artistic or sporting talents or interests. Individual grants are typically up to £50 and in addition a small grant is paid for each child

of primary school age living on the Fell direct to the school they attend. If any children have recently moved into the area or have just started school please let us know so that we can include them.

In Loving Memory

June Sadler To complete their memorial to June, Bill and his family have given a beautiful Altar Cross to St Anthony's. To ensure its safety it will be used for Services and then removed from the Altar. We thank them very much.

Frances Bennett It is fifteen months since Frances died; She and John were very active members of St Anthony's. In her memory a Prayer Desk has been purchased with the legacy which she left to the Church. We have now created an area for private prayer centred around Tony Schofield's carving of Christ on the Cross. The Prayer Desk is now in place and requests for prayers may be left on the desk, a fitting memorial for Frances.

ST ANTHONY'S ROTAS

Coffee

8th Jan. Anne Bennett; 22nd Jan. Anne Emmett

Flowers

Anne Bennett & Jane Eccles

CROOK

Crook and Winster Parish Council. The next meeting of the Council will be held on Tuesday 10th January at Winster Village Hall at 7.30pm. Members of the public are always welcome to attend and to ask questions, make comments or suggestions concerning the agenda and 15 minutes is allowed for public participation at the start of the meeting. It is expected that the Housing Needs Survey forms will be distributed around the parish during January, with a return date in February. Please complete the form when it arrives and return as advised. The Council has recently launched its own website and this can be viewed at www.crookandwinsterparishcouncil.co.uk Kevin M Price. Parish Clerk. 01539-821596

Crook Morris Dancers will be doing their Wassail Day again on Saturday 14th January 2012 at Mr Walkers orchard, The Row, as usual, and finishing at Hare & Hounds, Bowland Bridge. Times same as previous years, (1.15pm at The Row, 2.30pm at the pub). Let's hope for better weather this year, although last year was a success even with the wet conditions. There will be dancing, singing, music and a Mummers Play at the Hare and Hounds throughout the afternoon and evening.

Crook Memorial Hall Committee invite children to a KID'S TEA PARTY on Saturday 7th January, 2012 from 2.00pm to 4.00pm. Grandchildren are very welcome. This will be followed by a Hot Pot Supper and Quiz at 7.30pm.

CROSTHWAITE

www.crosthwaiteandlyth.co.uk

We are holding our annual **New Years Eve Celebrations** again in the village hall in Crosthwaite. If you would like to join us it will not be too late to come along. Please give Ivy Pearson a call on 68218, and book a place. There will be a smashing meats salad meal, and you can drink as much as you like, as you bring your own drink. The doors are open at about 7.30, and we eat about 8pm. Dancing starts about nine, and goes on into next year. We would be really pleased to have you join us. Ivy & the Committee.

The Entertainment show goes ahead the last weekend in January. Sadly we will not be having a panto this year, but it will be back. In the meantime do come and join in the evenings entertainment, to see a variety of acts. Tickets will be £5 a head, and the floor will be set out in caberet style, so bring your own drink, and come and spend a very pleasant evening being entertained by all the acts. Doors will open at 7 and the show will get underway about 7.30. Lookout for the posters round the area.

THANK YOU

Helen Bond would like to thank all her friends and neighbours who sent cards and flowers and offers of help following her recent spells in hospital. Helen is truly grateful for the wonderful support she has received.

WANTED

Parish Clerk

Crosthwaite and Lyth PC.

Gordon Pitt wishes to retire from his post as Parish Clerk before June 2012.

Applications to fill the post are invited. The Parish Council meets every month and the Clerk is responsible for calling the meetings, providing all the paperwork and minuting the discussions. The Clerk is also responsible for seeing that PC decisions are carried out, plus any other tasks which need doing. A full job description is available.

Applicants will need to be computer literate, familiar with Microsoft Office and have access to Broadband (essential). An elderly laptop and printer goes with the job. Training will be provided if required. A (small!) salary is negotiable and office/material costs will be covered.

If you are interested please contact Gordon on 015395 68210 or

crosthwaiteandlyth.pc@hotmail.co.uk

THE LANDOWNERS OF CROSTHWAITE AND LYTH.

The Terms of Establishment of the Registered Charity No: 1073467 allow for nine Trustees, the current being Martin Casson, Colin Park, Matthew Dobson, Claire Hensman, Penny Mutch, John Sceal, David Stott, Robert Sykes and John Walker.

Trustees are elected at the AGM in February and all the current Trustees are willing to stand for re-election in February 2012. We are, though, a democratic body and should anyone from the Parish of Crosthwaite and Lyth wish to stand as a Trustee would they please ensure that a nomination, proposed and seconded, is with the Charity's Agent Mr Julian Lambton, Carter Jonas, 52 Kirkland, Kendal LA9

5AP by January 6th 2012. Nominations will not be accepted from the floor at the AGM.

ST MARY'S ROTAS

Coffee & Refreshments

8th Caroline & John Holmes.

15th Margaret & Rodney Sale.

22nd Pat & Gordon Howarth.

Flowers:

1st Flowers from Christmas.

8th Volunteers Please.

15th Volunteers Please.

22nd Volunteers Please.

29th Fifth Sunday – Helsington.

Note: Will volunteers for flowers please contact Vonnie Sharpe (52005) Or Eileen Alston (68565)

Flower Rota Lists for Volunteers to add their names to for 2012 are now on display in the Church.

CROSTHWAITE HELPLINE

Please contact Geraldine & Arthur Wilson on 015395 68836.

HELINGTON

Helsington & Brigsteer Wall Panel

A project has begun in Helsington & Brigsteer to produce a wall panel for the new Village Hall. We would like to appeal to anyone who may have photographs of activities, occupations and other points which may be of interest in Helsington and Brigsteer to lend them to us, possibly to use as a reference for details on the panel.

If you can help, or would like further details, please contact Marilyn Taylor on 015395 68438

UNDERBARROW

Underbarrow & Bradleyfield Parish Council. The next meeting of the Council will be held on Tuesday 17th January at Underbarrow Institute at 7pm. There is an opportunity for public participation at the start of the meeting and we are always pleased to see residents in attendance. The Council recently set its budget for the financial year 2012-13 and that there will be no increase in the Parish share of the Council Tax, which will remain the same as last year. Kevin M Price. Parish Clerk. 01539-821596

UNDERBARROW HELPLINE

Please contact:

Frank Hodson on 01539 728280

Mabel Evans on 015395 68481

Tom Handley on 01539 724013

WITHERSLACK

www.witherslack.org

Readers

January 1st Chris Bagnold

January 8th Hilda Jarvis

January 15th Trevor Farrer

January 22nd George Page

Sidesmen

January 1st Henry Jackson

January 8th Janet Read

January 15th Dorothy Mallinson

January 22nd Marianne Whiteway

SUNDAY CLUB There will NOT be a Sunday Club in January so the next time we meet will be on Sunday 5th February. We meet at St. Paul's church, Witherslack from 9.30am - 10.30am. All children aged 3 - 12 are welcome and will enjoy making friends with our small existing group who eat biscuits, play games and create craft

items! For more details phone Michelle Woodcock on 015395 68276.

Protest

Our stay for the dark winter months.

In memoriam.

'Evensong'.

Do you hear the sound?

"Nunc Dimittis".

Depart.

Goodnight.

Dream of him, born again.

Hope

They're Back! Those Wonderful Church Bulletins!

Thank God for church ladies with typewriters.

These sentences appeared in church bulletins or were announced in church services :

- The peacemaking meeting scheduled for today has been cancelled due to a conflict.
- For those of you who have children and don't know it, we have a nursery downstairs.
- Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.
- Potluck supper Sunday at 5:00 PM - prayer and medication to follow.

December news from Crosthwaite CE School

Another year draws to a close. It has been a terrific autumn term, with lots of new children joining us in the Early Years Foundation Stage, and having the addition to our staff of a new teaching assistant, a new cleaner, a new temporary cook, and two very committed and hard working students. The most significant staff change however is the appointment of a new headteacher, Mr Jessop, who takes up his position in January, following the retirement of the current headteacher at the end of this term. I have served exactly eight years at the school, during which time the school has experienced significant changes. It has been wonderful to see how the school has changed and developed, and to see how it has a real positive and optimistic future ahead.

The autumn term started with our harvest celebration at St Mary's, the theme of which was fruit and vegetables. The juniors made trips to learn about damson products at Cowmire Hall and the Lyth Valley farm shop to learn about buying and selling local produce. The infants were busy making soup, bread and other products. We followed this whole school topic area with the school looking globally and learning about other countries, how they were "discovered" by early explorers at KS2, and learning about specific countries by the younger children. One country which featured largely in our studies was Africa, and Kenya in particular, as we have now established a link with a rural school similar in size to Crosthwaite.. The children now look forward to further communication. The children at KS2 have also sustained their link with a French rural primary school, and have been busy sending "Bon Noel" greetings to them.

A major event this term was the installation of our new ground source heating system and solar panels. We had a successful opening ceremony with the Bishop of Carlisle and local radio and journalists present, where a splendid yellow ribbon was cut. The school is now feeling the benefits of the system as we are warm and have hot water throughout the building. The school took up the mantle of sustainability and using natural resources by making a variety of eco models and exploring the natural world through Forest School activities, some of which have taken place at Fellside on Whitbarrow. The school is very grateful to the Landowners Association for giving us permission to use this delightful woodland.

Although many changes have taken place at the school, some things will always remain the same. Our commitment to celebrating the events in the Christian calendar is one, and at Christmas we travelled to Blackpool to see a glorious version of "Snow White", and performed two wonderful Nativity productions. The younger children presented a traditional nativity with a Christingle at St Mary's church, whilst the older children presented "Baboushka" at the village hall. Both were well attended by parents and friends, and both plays were both amusing and moving in their retelling of the traditional Christmas story. It was a lovely way for me to finish the term, and my eighth year at Crosthwaite School. I thank everyone for their support over the years and wish the school every success in its future with Mr Jessop.

Merry Christmas and a Happy New Year to everyone from Crosthwaite CE School!



SPRINGFIELD HOUSE

15 Castle Road, Kendal LA9 7AU Tel: 01539 720313 Email: springfieldhostel@yahoo.co.uk

Springfield House is a residential service offering accommodation and support for vulnerable females aged seventeen years and upwards. The project takes only female clients and has an all women staff team. Men are only able to visit in a professional capacity. This means that it can offer a unique service in that it provides a safe and secure environment for clients who are very vulnerable through the experiences they have had prior to moving in. The house can take seven clients who can stay up to two years.

Springfield House takes referrals from many sources including other hostels in the Cumbria area, Connexions, the Council, Probation, Social Services, Mental Health Services and other charities. Clients have a wide range of needs and problems. Many have been involved in lifestyles which have damaged them physically, emotionally and psychologically. Often they have been coerced by others, especially the men in their lives, into damaging behaviour. Springfield House staff provide practical and emotional support and seek to engage the women in activities and pastimes which will increase self esteem and build confidence.

The Manager, Susan Crabb, and the Deputy Manager, Liz Rutter, are looking to promote and raise the awareness of Springfield House as a service and to work in partnership with other organisations who can help the clients to grow positively and move on with their lives. We are looking for individuals and groups who can help us through their skills and services or by fundraising to help us continue to do the work we are doing and to develop our service in the future.

Susan is happy to visit and talk about Springfield's work and to extend the invitation to visit the project to anyone who would like to become involved with the work of the project. She can be contacted using the above details.

COLLECTING USED STAMPS FOR CHARITY

As thousands of Christmas cards will be dropping through our doors in the next few weeks, now would be a good time to start collecting used stamps for Charity. I propose to collect for the Royal National Institute for the Blind, who can raise money by selling the used stamps. If you would like to help me, please cut off all stamps from envelopes (leaving approx ½ inch of envelope around the stamp), and separate foreign and British stamps. Once you have a reasonable amount, please contact me on 015395 31311 and I can arrange collection. The RNIB can raise £4 for every kilo of British stamps, and £15 per kilo for foreign stamps. Many Thanks. Vanda Lambton



BRIGSTEER

W.I. News Our New Year Starts off with a new day and time, as well as a fascinating speaker. Barney Sykes will talk about Climbing Mount Kilimanjaro at 7.30pm on Wednesday, 25th January. This should be of interest to a wider audience, so will be an Open Meeting, and we look forward to seeing everyone there. All future meetings will be on the last Wednesday evening of the month.

CARTMEL FELL

Twenty seven members and guests enjoyed a delightful evening at the Hare and Hounds, Bowland Bridge in December where a super menu provided a great variety from traditional Christmas fare as dinner to vegetarian main courses with a tempting range of deserts. Lindy Lazonby won the prize for the monthly competitions and President, Anne Ratcliffe thanked everyone for their support throughout 2011.

The next meeting will be on:-

Wednesday 4th January 7.30pm in Cartmel Fell Parish Hall

A talk entitled 'First Responders' by John Holmes.

For further information contact Anne Ratcliffe on 015395 52107.

CROSTHWAITE & LYTH

The AGM was held on November 16th, the Finance Report was presented by Audrey Hallowell and adopted. The Secretary's report was read out by Denise Park and the draft programme for 2012 was presented by Jean Seal and was well received by mem-

bers. Joint President Marilyn Shuttleworth thanked all the officers and committee for their hard work and all the members for their commitment and support. Audrey Hallowell, retiring Treasurer was thanked for all her hard work and presented with a plant as a token of our appreciation. Joint Presidents Marilyn Shuttleworth and Pam Bownass were re-elected and Sheila Rashleigh joined the committee, roles and duties for 2012 were allocated.

Following the AGM Helen Golding Miller gave a very interesting talk and demonstration of book and document conservation. The next meeting will be the Christmas party on Wed.14th December hosted by the committee with entertainment by The Amble Singers.

WITHERSLACK

Witherslack WI held a Christmas party to which members from the 6 other Lyth Valley institutes were invited. Before the supper and entertainment, a short meeting was held. Lin Bowman has retired as treasurer after 15 years. She had very much enjoyed the job but it was time to give up. She leaves a healthy bank balance as sufficient money was raised at the Spring Show and summer organ recital. The annual dinner is to be at the Hare and Hounds Bowland Bridge on January 17th. President Ann Walshaw reminded members to look at the 2012 Resolutions in the WI Life magazine before the January meeting.

An outside caterer provided a tasty main course for supper and members made the sweets. Then "Bob the Sax" gave a talk about the history of the Saxophone and the different sizes. He played some of them and also sang songs from the old days of jazz. Two ladies had a go at playing. Very difficult!

Next meeting: January 10th. Visitors welcome. Enquiries: Tel. 52302

REGULAR EVENTS

BRIGSTEER

- Scottish Dancing Thursdays at 7.30pm in Brigsteer Village Hall
Contact Pauline Hampson 015395 68672
- Table tennis Tuesdays at 8pm in Brigsteer Village Hall
Yoga Tuesdays 6–7.30pm in Brigsteer Village Hall
Contact Jan Boulding 015397 37233
- Women's Institute last Wednesday evening of the month, 7.30pm.
Pilates Fridays 12.00-1.00pm and 1.15pm-2.15pm in Brigsteer Village Hall
Contact Cindy Clarke 015242 73974
- Zumba Gold Fitness Class Mondays 10.30am-11.30am in Brigsteer Village Hall
Contact: Janet Hurst 07733 883865

CARTMEL FELL

For bookings contact Helen Caldwell Tel. 015395 68428

- Women's Institute First Wednesday in the month at 7.30pm
Local History Society Second Monday in the month at 8pm during winter

CROOK MEMORIAL HALL

- Table Tennis Monday & Friday 7.30-10pm (from September through winter months)
Young Farmers Club Tuesday 7.30 – 9.30pm
Aerobics/body toning Thursday 10 – 11am
Folk Dance Group Thursday 7.30 – 10pm

CROSTHWAITE MEMORIAL HALL

Check bookings online at <http://www.crosthwaiteandlyth.co.uk>

- Art Club Mondays 1.45pm
Aerobics Mondays 7.30pm–8.30pm
Playgroup Tuesdays & Thursdays 9.30–11.30am
Exchange 1st Wednesday 1pm-4pm; other Weds 2pm–4pm
Indoor bowling Tuesdays & Thursdays 7.30pm—10.00pm
Women's Institute 3rd Wednesday of each month at 7.30pm

UNDERBARROW INSTITUTE

- Quilting class Mondays 2–4pm
Billiards Club Mondays from 7.30pm
WI Every 2nd Wednesday of the month at 7.30pm

WINSTER

- Book & Plant days Resuming in April 2012
Line Dancing Classes Mondays 7.30pm–9.30pm at Winster Village Hall
Tai Chi Class Thursdays at 4.15 pm at Winster Village Hall

WITHERSLACK

- Indoor Bowling Wednesdays 7.30-10pm (except July & August)
Parent & Toddler Group Tuesdays 10am until Noon
Tea & Chat Group Every 1st Tuesday of the month at 2pm
Women's Institute Every 2nd Tuesday of the month at 7.30pm
The Art Club Fridays 9.30am-12.30pm