



CROSTHWAITE



CARTMEL FELL



HELINGTON

**TWO  
VALLEYS PARISH  
NEWS**



UNDERBARROW



WITHERSLACK



WINSTER

# A LETTER FROM MICHAEL WOODCOCK

“I’m very busy” ..... How often do we find ourselves saying this? How often do we hear others saying the same? “Sorry, I haven’t got much time..... supposed to be here .... supposed to be there..... got *so* much to do.....”

It is a fact of life that wherever we live we seem to have so little time. The retired among you wonder how you ever had any time to work in paid employment and there are increasing numbers of families where both husband and wife need to work in order to pay all the bills. It’s not surprising that time gets squeezed, .....but at what cost?

I, like most other professionals these days, am encouraged to partake in some form of “in-service training”. Occasionally I find myself rubbing shoulders with colleagues where we may spend time on issues/ subjects/ dilemmas which affect our ministry. I remember once looking at the World Church and focussing on Africa and the cultural differences between our churches. Generally speaking the African mind is far less consumed with “efficiency” and “achieving”, and much more interested in “relationships” and spending time *with one another*.

As part of our discussions we used a role-play where some of us took the part of an African Bishop who had arrived five hours late for a scheduled meeting! This would have driven the western mind up the wall, but the Bishop had seen it as marvellous and productive because he had used the journey to visit and spend time with the people from his diocese - he had stopped off several times along his route to the meeting and caught up with his people. It was a challenge for us westerners to “get into the mindset” of this not untypical African - we found his attitude frustrating and ineffective because we are used to filling our time with achieving and getting on with things, rather than cultivating relationships. But, on the whole, his people were far happier than we often end up feeling in the West.

The role-play was based on a real experience, and our speaker for the day told us of a visitor from Tanzania who, when asked to comment on what he made of Britain, could only say, “**You seem to have so many time-saving devices** (*microwaves, washing machines, dishwashers, etc*), **but you never seem to have time for one another.**” Telling words, indeed.

I found myself challenged by this morning of in-service training. What and how can we learn from the World Church? What does, say, the African mind have to teach us? Jesus spent time with people. The events recorded in the gospels only fill about three months of time, yet his ministry lasted three years; he would have spent a lot of time with people in between times. He also took time out, to re-fuel his batteries, not obsessed with achieving and efficiency to the extent that we **so** often are in our busy lives.

So are there ways in which we can change our life-style and say, “No”, to the pressures on us to conform to our way of doing things? We may feel we have much to offer the African, but he has just as much to offer us.....

Yours in friendship,



# FROM THE REGISTERS



## Baptisms

15<sup>th</sup> May

Mollie Jane Wright at Holy Trinity, Winster

15<sup>th</sup> May

Tabitha Apple Patterson at St. Anthony's, Cartmel Fell



## Weddings

10<sup>th</sup> May

Wedding Blessing for Genevra Daley & Gareth Bell at St. Mary's, Crosthwaite

14<sup>th</sup> May

Andrew Carrothers & Elizabeth Stone at Holy Trinity, Winster



## Funerals

6<sup>th</sup> May

John Michael Hague () Funeral at St. Paul's, Witherslack

13<sup>th</sup> May

Esther Bowman (79) Thanksgiving service at St. Mary's, Crosthwaite

## **Holy Days in June**

1 Justin, Martyr at Rome, c.165 - Lesser Festival

**2 ASCENSION DAY - Principal Feast**

5 Boniface (Wynfrith) of Crediton, Bishop, Apostle of Germany, Martyr, 754 - Lesser Festival

8 Thomas Ken, Bishop of Bath and Wells, Nonjuror, Hymn Writer, 1711 - Lesser Festival

9 Columba, Abbot of Iona, Missionary, 597 - Lesser Festival

**11 Barnabas the Apostle - Festival**

16 Richard, Bishop of Chichester, 1253 - Lesser Festival

22 Alban, first Martyr of Britain, c.250 - Lesser Festival

23 Etheldreda, Abbess of Ely, c.678 - Lesser Festival

**24 The Birth of John the Baptist - Festival**

28 Irenæus, Bishop of Lyons, Teacher of the Faith, c.200 - Lesser Festival

**29 Peter and Paul, Apostles - Festival**

## ***JOURNEY***

*As I fly above the ether*

*In sweetnes of voice*

*I will sing your name*

*Dulcedime vocis cantabo*

*Tuo noe*

*Galvanise yourselves*

*Come fly with me*

*The moon is calling you.*

## 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

Dorothy Dobson  
015395 68334

Anne Ratcliffe  
015395 52107

Shirley Holt  
015395 68479

June Harmer  
015395 68865

Diane Woollard  
07502 182804

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.

*If anyone would like to be added to this Prayer Chain list then please contact Rev. Michael Woodcock*

# CALLING ALL PARISHIONERS

## ASCENSION DAY

This year there will be two services for Ascension Day on **Thursday 2<sup>nd</sup> June**:

- 7.30am Open Air Holy Communion on Scout Scar *followed by English Breakfast at Sunnybank, Underbarrow*

7.30pm Deanery Ascension Day Holy Communion (CW) at St. James's, Arnside

Please let June Harmer know if you would like Breakfast at Sunnybank after the early morning service (015395 68865)

## LENT APPEAL

We are delighted to announce that the total you raised for this little appeal is **£3,578.99**. According to your wishes **£1,827** has been sent to The Stroke Association and **£1,752** to Alzheimer's Research. A heartfelt thank you to you all for your generosity! There have been some lovely people in our parishes who in recent years have suffered strokes and others who are wrestling with alzheimer's. There are so many good charitable causes to support, but these two seemed appropriate at this moment in time. It was great fun living with a colourful beard for some 6 ½ weeks and raising a smile, an eyebrow or two and, of course, this fantastic amount. Let us pray that the money raised will go to help those in need and contribute to the research needed to help others in the future. Thank you all again and well done everyone!

*Michael Woodcock*

## ADVANCE NOTICE OF ORDINATIONS

On **Sunday July 3<sup>rd</sup>** at 3.00pm at Holy Trinity Church, Kendal, Brian Crowe, Michelle Woodcock and Matt Allen from the Two Valleys Team, will be ordained priest along with others from around the Carlisle Diocese. If you would like to attend the service to support those who are being priested, you would be very welcome to do so. Please arrange to car share wherever possible.

## COMPLINE AT CARTMEL FELL

There will be a service of sung Compline at St. Anthony's, Cartmel Fell at 8.00pm on Tuesday 21<sup>st</sup> June. Bring your own candle to make this a special way to round off the day in evening candlelight.

## PATHFINDERS

Pathfinders meet at The Vicarage, Crosthwaite this month on Monday 13<sup>th</sup> June from 4.45pm – 6.45pm. We will have a hot meal together followed by ice cream and then spend some time exploring the Christian faith together in active and interesting ways. All young people in Year 5 and above are welcome to attend, but please let us know if you are coming so that we have enough food!

Please contact Michelle Woodcock (015395) 68276 if you are interested in joining us, you will be most welcome.

## **THE LANDOWNERS OF CROSTHWAITE AND LYTH SUMMER WALK**

The Trustees have arranged a walk over Township Allotment, Whitbarrow on the evening of Tuesday 21<sup>st</sup> June. Leading the walk will be Rob Petley-Jones of Natural England who has a wealth of knowledge about the natural history of the area. Do come along – it promises to be a very informative evening. We will meet at the Millstone at The Howe at 8.00pm. Well behaved dogs will be allowed to bring their owners on leads! The evening will go ahead in drizzle but not a downpour.

## **THE GILBERT AND SULLIVAN SINGERS.**

7.30pm Saturday 25th June 2011 Brigsteer Village Hall

Come and join us for an evening of song and fun at our lovely new village hall.

This popular local amateur group will perform numbers from your favourite Gilbert and Sullivan operettas. Includes a raffle.

**Tickets :** Adults £6.50 to include a glass of wine.

Children £3.00.

Contact; **Elizabeth 015395 68434.**

Barbara " 68355.

Susie " 68083.

## **STEP x STEP**

This local Christian charity restoring broken lives back into community, is looking for a volunteer who would be able to take minutes at our monthly Trustee meetings, and also do some administrative work, totalling 7-8 hours per month. If you would like more information please contact Pauline Kelly on 07811360474 or email [pauline@hawthorn-hill.co.uk](mailto:pauline@hawthorn-hill.co.uk).

## **LOCAL BUS SERVICE**

Please support your local bus service! You will have read in the paper that our local bus service was to be cut. Your Councillors have lobbied for our 541 route and have succeeded in saving the Wednesday service. This passes Crosthwaite (outside old shop) at 9.56 en route to Kendal for 10.15 and returns from the Westmorland shopping centre at 12.55. You can also go to Bowness. The timetable will be on display in the noticeboard by the old shop, at the Hall with a copy at The Exchange. Please remember its a Hale and Shout system so if you want to catch it (in a safe place) as it passes through the village you can do so. Crosthwaite and Lyth PC has agreed to pay £100 per year towards the cost so please make it worth this subsidy! The bus company is paid 100% of the cost even if you use a senior travel pass so the more of us that use it the more likely it is to continue. For some of us it is an essential service and with the increasing cost of fuel your PC felt it was worth keeping. We hope you agree!

*Mary Harkness* on behalf of the Parish Council.

**FLOWER FESTIVAL**  
**ST. MARY'S CHURCH**  
**CROSTHWAITE**  
**25th-26th June**

St. Mary's Church will be hosting a spectacular display of flowers around the theme of  
*Hymns Ancient and Modern*

**Entrance costs:** £4 for adults; children under 16 free.

**Tickets** are available in advance from the Exchange and in Church, and on the day from the Parish Rooms.

**Times:** **Saturday** 10.30am to 6pm;  
**Sunday** 10.30am to 5.30pm.

Other activities on offer include:

- Display of Vintage Cars, Tractors and Farming Implements
- Local History Display
- Art Exhibition
- Music Recitals
- Children's Quiz
- Plant and Preserve Stall
- Refreshments in the Memorial Hall.

*There will be a regular Minibus service between Church and the Memorial Hall throughout the weekend.*

All proceeds in aid of St. Mary's Facilities Fund.

## **BRIGSTEER OPEN GARDENS**

**Bank Holiday Sunday and Monday 29th & 30th May**

**11am — 5pm each day**

Visit the hidden gardens of Brigsteer during a stroll around this picturesque village with views of the Lakeland Fells to the North and Morecambe Bay to the South.

Refreshments and plant sales.

Entry to the gardens: adults £5.00, children free.

All proceeds to the village hall. 015395 68570

## **CEILIDH & HOG ROAST**

**SATURDAY 11th JUNE at 7.30pm**

at Johnscapes Farm, Lyth, in aid of Friends of Crosthwaite School

Music and Calling by Jig Busters

Licensed Bar

Tickets £12.00

For tickets tel. Paula Cross 015395 68972 or 07980 743388.

## **DATE FOR YOUR DIARY—SATURDAY 20th AUGUST**

**SUMMER DANCE in the BARN in aid of RLI Neonatal Unit at High Farm, Crook (LA8 8LR) on Saturday 20th August at 7pm.**

Live Music by Fiona Hanlon & 'High Five'

Hotpot supper, homemade puddings

Reasonably priced bar & raffle

Tickets: Adults £10, Children 8–16yrs £5, Under 8's free

For tickets please contact George on 015395 68004 or 07901720616.

# ***NOTICES FOR INDIVIDUAL PARISHES***

## **CARTMEL FELL**

### **BLUEBELL WALKS**

We were very fortunate to have 33 people on our walks this year. Although it rained at the start of the walks, it did not dampen the spirits of the walkers who enjoyed the remainder of the walks in sunshine. The bluebell woods looked splendid and the smell was wonderful. Refreshments were served in the Parish Hall afterwards and a short evening service was held in St Anthony's Church led by Rev Michael Woodcock. Very grateful thanks to David, Pam, Holly and Matthew Chadwick and Julian Lambton for leading the walks. Thanks must also go to Linda and Anne for the excellent plant and produce stall which made a fantastic £150 and a big thanks to everyone who helped with the catering. The total amount raised for church funds was £260.

### **STRAWBERRY TEA**

**Saturday 2<sup>nd</sup> July— 3.30pm-6pm.**

Come and enjoy tea at Ivy House, Aynsome Road, Cartmel LA11 6HF. Tickets in advance please from Geraldine Braithwaite 015395 36042 or Vanda Lambton 015395 31311, £5 per adult, £2 per child.

### **ST ANTHONY'S ROTAS COFFEE**

12th June - Anne Bennett  
26th June - Anne Ratcliffe

### **FLOWERS**

Anne Emmett and Jean Berry

## **CROOK**

### **CROOK AND WINSTER PARISH COUNCIL—24 MAY**

The next meeting will be the Annual Parish Assembly Meeting, which will be held in Winster Village Hall at 7.30pm. This is a public meeting when all residents of Crook and Winster are invited to attend, and it is hoped to have a visiting speaker. It has been suggested that it would be good if any organisations in the two villages could send a representative to give a brief report on their activities, or alternatively to submit one in writing in advance. This meeting will be followed by the regular Parish meeting.

### **CROOK VILLAGE WALK AND BARBECUE—11 JUNE**

Crook Memorial Hall Committee are staging a Village Walk (suitable for all the family) followed by a Ba-Ba-Q. Meet at Atkinson's Tarn at 6pm; if wet in the Memorial Hall. Knowing the approximate number of people would make catering easier, so please contact Kath Jackson (821415) or Kath Boyd (821049). Tray bakes also very welcome!

### **ST CATHERINE'S CROOK BBQ 10 JULY**

Our annual barbecue will be held on July 10<sup>th</sup> from 12 noon at Middle Blakebank, the home of Brian and Hilary Crowe. It is sure to be a hot summer's day, so do plan to come and join us, and share some food and fun together. There will be a sign-up sheet at the back of church, or otherwise please contact Hilary Crowe to let her know that you would like to come.

## **ST CATHERINE'S HOUSE GROUPS**

Crook's two house groups will continue to meet on Thursdays at 2.30pm and 7.30pm, on 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup> June, before taking a break for the summer. As we set out on our journey through the E(ssential) 100 Bible passages, we thought that these house groups would provide a great opportunity to discuss the passages both in advance of the sermon and after you have heard the sermon the week before. If you would like to come along, perhaps to argue with whoever preached the previous Sunday, you would be very welcome. Please contact Hilary Fitch (01539 568577) for the afternoon discussions, or Brian Crowe (01539 568959) for joining the evenings.

## **E(SSENTIAL) 100 BIBLE READING CHALLENGE**

St Catherine's Crook is belatedly joining the Two Valleys Team in the E(ssential) 100 Bible Reading Challenge in this, the 400th anniversary of the King James translation of the Bible. One hundred passages of Scripture have been selected which are designed to communicate "The Big Story" of the Bible. We are each invited to read them, and on Sundays the preacher will bring out the big themes, and their relevance to us today. We set out on this journey towards the end of May, and will continue through most of 2011

## **CROSTHWAITE**

[www.crosthwaiteandlyth.co.uk](http://www.crosthwaiteandlyth.co.uk)

### **THANK YOU**

A very big thank you to everyone for the many prayers, cards etc. that I have received during my hospital stay. I am sure that the 5 weeks (so far) would have seemed longer and more difficult without your wonderful support. Thank you.

*Angela Jones*

## **GRANNY POWER**

Angela Jones has had her feet up in hospital for the past few weeks – champing at the bit to get back to real life. Her friend, Olive Worsley, wanted to keep in touch and to offer friendship and encouragement. It would be impolite to give the ages of these two ladies. Suffice to say that between them they have clocked-up over 180 years. So, how do these two communicate when separated by distance? They text each other on their mobile 'phones, of course. The age of the TechnoGran has arrived.

## **LYTH VALLEY FIRST RESPONDER GROUP AGM—25 MAY**

The Group is holding its AGM for 2011 in Crosthwaite Memorial Hall on at 7.30pm. All welcome.

## **CROSTHWAITE & LYTH RECREATIONAL FIELD STRAWBERRY TEA—10 JULY**

2-4pm on the Recreational Field.  
Tickets & Information 015395 68599.

## **FLOWER FESTIVAL HELPERS NEEDED**

Could you help out at the Flower Festival over the weekend of 25 and 26 June? There will be lots of varied jobs from marshalling the car park, selling tickets, staffing stalls, driving the mini bus (!) and clearing up on Sunday in time for our Songs of Praise service. If so, then please contact Denise Park on 015395 68502.

## **SNOOKER**

Crosthwaite & Lyth Snooker Club were winners of the Milnthorpe & District Snooker League, 2nd Division, after 30 years of trying! New members very welcome. Please contact John Walker on 015395 68584.

## **CROSTHWAITE SHOW**

**Saturday 6th August 2011**

Schedules are now available from the Crosthwaite Exchange and Bowland Bridge Shop. Flower arrangers..... why not take inspiration from the Flower Festival at the end of June.

## **ST MARY'S ROTAS COFFEE**

12<sup>th</sup> Denise Park & Jean Denney  
26<sup>th</sup> Flower Festival

## **FLOWERS**

5<sup>th</sup>. Volunteers please  
12<sup>th</sup> Volunteers please  
19<sup>th</sup> Flowers from Wedding  
26<sup>th</sup> Flower Festival

Would Volunteers for flowers please contact Vonnie Sharpe (52005) or Eileen Alston (68565).

## **CROSTHWAITE HELPLINE**

Please contact Geraldine & Arthur Wilson on 015395 68836.

# **HELSSINGTON**

## **DREAMFIRED STORYNIGHT 29 JUNE—7.30 P.M.**

June sees the final event in this series of Dreamfired Storynights, and series organiser Kat Quatermass takes to the floor with stories of Love and Loss: Tales from Imagined Land. This is a sneak preview of a show which is heading for the Buxton Fringe Festival, so do come along. Tickets are £7, coffee and cake provided, and bring your own bottle welcome, so long as you bring the glasses as well. We hope to see you at the village hall .

## **SECOND SATURDAY COFFEE MORNING—11 JUNE**

The Second Saturday Coffee Morning will be held at Trevol, Brigsteer 10.30-12noon. Please 'phone 68434 for details. Everyone will be most welcome.

# **UNDERBARROW**

## **OPEN GARDEN AND PLANT SALE**

The open garden and plant sale in aid of the Church of All Saints on May 2nd attracted an attendance of nearly 200 people, including many from other parishes in South Lakeland. Total proceeds from the event exceeded £2550. The PCC's thanks go to all those who attended and to the many people who helped to stage the event including those who provided plants including many plant labels, refreshments including delicious cakes, and did important chores vital to the great success of the day.

## **UNDERBARROW HELPLINE**

Please contact:

Frank Hodson on 01539 728280  
Mabel Evans on 015395 68481  
Tom Handley on 01539 724013

# **WINSTER**

## **SUMER VILLAGE SERVICE—10 JULY**

On Sunday 10<sup>th</sup> July at 11.00am there will be a special Summer Village Service in Winster church. This will follow a similar format to last year's when we sang several well-known hymns interspersed with some readings and prayers. Do make a note of the date as we invite the entire village of Winster to come along to this summer gathering in our lovely village church. There will be an optional Buffet Lunch in the Old School just next to the church immediately afterwards.

**BOOK & PLANT DAYS**  
**SAT's 28 May, 25 June**  
**10.30 - 4.30**

The first B&P day was warm and sunny so 'tea on the lawn' was the order of the day. It was good to see 'old' friends and new faces. With a wide range of plants for sale, super books and other items, we made over £244 - thank you for your support. If anyone has any books in good condition and/or spare plants please bring them along to the Old School House next to Winster Church - locally grown plants are always appreciated. We cannot promise sun every time but always a warm welcome - see you at the next B&P days

For further information contact  
Margaret tel. 015394 42325

**CROOK AND WINSTER PARISH  
COUNCIL—24 MAY**

The next meeting will be the Annual Parish Assembly Meeting, which will be held at Winster Village Hall at 7.30pm. See notice under Crook.

**HOLY TRINITY FLOWERS**

4th & 11th—Penny Porritt  
18th & 25th—Marion Chapman

**WITHERSLACK**  
[www.witherslack.org](http://www.witherslack.org)

**WITHERSLACK COMMUNITY  
SHOP**

Monday 7.45 – 6.30  
Tuesday 7.45 – 6.30  
Wednesday 7.45 – 12.30  
Thursday 7.45 – 6.30  
Friday 7.45 – 7.00  
Saturday 9.00 – 4.00

Tel. 015395 52188

**ST. PAUL'S FLOWER ROTA**

Mrs. J.Cannon & Mrs.J.Atkinson

**SUNDAY CLUB**

The next Sunday Club will be on Sunday 5<sup>th</sup> June. 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.

**SPECIAL "SUMMER VILLAGE  
SERVICE" 3.30PM 24 JULY**

**Witherslack Church**

Advance Notice of this special service for the whole parish of Witherslack, Meathop and Ulpha to come together for a simple, Songs of Praise style service. Make a note of the date and time.

**WITHERSLACK PARISH HALL  
COMMITTEE CAR TREASURE  
HUNT & BBQ— 11 JUNE**  
**from 5pm onwards.**

Adults £5. Children 5yrs to 12yrs £3  
Under 5yrs Free. Family of 4 £12.  
Price includes Treasure Hunt and Food.  
Licensed bar also available.

**MUSICAL EVENING ON THE  
ORGAN**

**St Paul's Church, Witherslack**  
**Friday June 17th at 7.30pm**

Well-known organist Paul Gregson will play a variety of music on the church organ and his own. Tickets £7.50 each, which includes wine and nibbles. Book your tickets on 015395 52302 or 015395 52340. Proceeds to St Paul's Church and Witherslack WI.

## **WITHERSLACK SHORT MAT BOWLING CLUB**

The Club held its annual Awards Evening and Pie & Pea Supper on 20<sup>TH</sup> April, followed by some fun bowling games. The winners of the awards were:

David Kirk – Singles Competition

Jamie Ratcliffe & David Kirk - Doubles competition

## **WEDDING AND FLOWER FESTIVAL**

Very many thanks to all those who helped in so many ways to make our festival such a success and helped us to raise over £2,000.

We were blessed with beautiful weather throughout the weekend. How fortunate we were that the royal couple chose the day before our festival for their wedding! It certainly added to the festive spirit. On Saturday, children enjoyed multi-sports on the school field. The church looked wonderful. More than 50 wedding dresses from Witherslack brides over the last 60 years were beautifully displayed. These, together with accompanying photographs, gave rise to much interest and discussion; the floral displays, with a wedding theme, adding to the atmosphere.

Refreshments were served in the hall where there was a fascinating display of Witherslack wedding photographs. There were stalls in the hall and on the green where visitors were able to enjoy the beautiful weather. On Sunday, the culmination of the festival was a special Songs of Praise service, enjoyed by a large congregation. Afterwards, cream teas were served in the Barwick Hall. A wonderful weekend!

## **DAMSON DAY 2011**

As we were leading up to the 14th Anniversary of the event, I was surprised to hear a voice asking “What is Damson Day?”. Well, I explained, the Damson trees have been grown and harvested in the Lyth and Winster Valleys for many years. Right up until the last war on Damson Saturday in October Kendal was full of carts selling fruit, and cartloads were also taken to the railway Station at Sandside, heading for the Jam factories in Lancashire. These orchards are unique, they surround farms, producing frothy white blossom in spring and the distinctive tasting purple fruit in late Summer. The idea of setting aside a special day to celebrate these orchards and their very useful fruit came about when Peter Cartmell realised that there was a serious decline in the number of Damson trees. The Westmorland Damson Association was formed and the damson orchards future looked brighter. A special day was decided upon in early spring to create a local country show with varied attractions, including local crafts and entertainment, blossom walks, information about damsons, and a chance to taste products made with the fruit. And this is what damson day is all about! To our surprise that first Damson Day was a huge success, and led to many more. This year, the day turned out fine and dry, with over 3,000 visitors coming through the gates to join in the fun of the fair. Morris dancing, cooking and cheese making, blossom walks, dog displays, ferret racing, fair-ground rides and a children’s art show. There were delicious refreshments throughout the day, folk enjoying the novelty of a picnic sitting on a bale of hay listening to music. On the Sunday, there was a Damson Sunday Service in one of the marquees with a puppet version of Jonah and the Whale, which rounded off a most successful Damson weekend.

# KIDS CORNER

## WORD SEARCH AND RECIPE

BY MEGAN BRIERLEY AND KATIE RICHARDSON

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| J | B | D | R | Y | H | S | G |
| S | E | T | U | K | O | L | L |
| O | Q | S | C | N | S | H | C |
| P | D | A | U | G | S | C | H |
| L | J | U | R | S | T | R | R |
| P | Q | W | T | Z | E | O | I |
| G | H | Y | M | L | G | S | S |
| R | Y | W | I | O | P | S | T |
| D | C | I | Q | T | G | A | I |
| C | H | U | R | C | H | J | A |
| T | H | I | G | U | A | F | N |
| V | C | X | B | O | U | J | Q |
| M | A | R | Y | I | K | B | M |
| H | G | P | D | Y | B | O | J |
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| H | B | E | L | I | E | V | E |
| C | H | U | R | C | K | L | T |
| K | L | O | P | F | D | S | T |
| C | O | F | A | I | T | H | N |

You are looking  
for::

CHURCH  
JESUS  
HOLY  
CROSS  
GOD  
MARY

BIBLE  
FAITH  
LOVE  
CHRISTIAN  
BELIEVE

## GO BANANAS WITH CHOCKY HEAVEN BITES

### YOU WILL NEED:

2 BANANAS  
110g CHOCOLATE  
SPRINKLES  
SKEWERS OR  
STRAWS

### CHOP

PEEL AND CHOP  
YOUR BANANAS

### MELT

BREAK UP THE  
CHOCOLATE AND  
MELT IN A HEAT-  
PROOF BOWL  
(PLEASE GET AN  
ADULT TO HELP  
WITH THIS). STIR  
UNTIL ALL THE  
LUMPS ARE GONE.

### DRIZZLE

PUSH 2 PIECES OF  
BANANA ONTO EACH  
STRAW OR SKEWER.  
AND DRIZZLE OVER  
THE CHOCOLATE

### SPRINKLE

SPRINKLE EACH  
BANANA PIECE AND  
LET THEM DRY.

**NOW EAT THEM  
YUMMY!!!**



## **BRIGSTEER**

W.I. The June Meeting will be on June 9th at 7.30pm. Our speaker will be Gillian Knipe who will be talking about Teaching in Tanzania. We look forward to seeing you all on that evening.

## **CARTMEL FELL**

Report from Damson Day indicated cake sales were up on last year - although there was a slow start to the morning. Discussion of the resolutions took place - general feeling that they were poorly worded and lacking in analytical research. The meeting voted against the resolution re 'Refusing Planning Permission for large scale factory farming for larger animals'. The resolution 'Objecting to Local Libraries Closure' was supported by the meeting. The future of the Spring Show was raised - a number of different ideas were tabled to be discussed at a future meeting in time for the developing of the 2012 programme. A visit to Broad Leys (Windermere Motorboat Racing Club) was announced - to take place on Wednesday 15th June at 10.15am.

Linda Lazonby, complete with appropriate accent, gave an amusing rendition of 'Albert and the Lion' followed by a wry view on age 'We must Stop This' read by Margaret Gambie.

The next meeting will be a presentation on the 'Bendrigg Trust' by Vanda Lambton on Wednesday June 8th starting at 7.30pm in Cartmel Fell Parish Rooms (next to Church).

For further information contact Anne Ratcliffe 015395 52107

## **CROSTHWAITE & LYTH**

Members were greeted with a glass of sherry at the start of the April meeting, so the business went with a swing. We had a successful Damson Day with members taking part in many of the activities. Plans were hatched for the June outing when we are going wine tasting at a farm high above Appleby. Members had enjoyed both the walk and the cream tea at Bouth recently, and had had a very interesting time at the Spring Council meeting. Margaret Sale was presented with a golden basket of flowers for her Golden wedding by Marilyn Shuttleworth who was President this month. Justin Woods the executive chef at the Castle Green Hotel then gave a fascinating cookery demonstration and showed us all how to make pasta, and some really tasty sauces.

## **UNDERBARROW**

Bryan Dawson was our guest speaker last month. A true Kendalian, the family was christened in Rusland and had their initials carved on Barns Tree. Brought up with the language of the lakes he entertained us with poems, all in dialect, and described his time working at Gilkes with other members of his family. In 1939, he decided to take steps to form a dialect Society, which now has its own Website. Cumbria has a Viking background and traditionally farms went to the eldest male. There were two dialects in Kendal, and many names came from the Norse; e.g.; Tarn, gimmer, the River Kent from St. Kentigan, Keswick, the chiefs arm, Herdwick, herd vike, up on hill, Rhinos pass where a big stone and a smaller one was where the Viking Parliament was held. There are currently 320 members worldwide of the dialect society and many come to join in with the Coleridge Dialect plays which travel round the county. An interesting and unusual evening.

Cont....



## REPORTS & NEWS

## WITHERSLACK

President Ann Walshaw took the May Meeting and as a W I Adviser lead the discussion on this year's resolutions. After a spirited debate on "mega" farms, members felt that they were not bad for cattle, and as more and

more milk will be needed in future for the growing population, they might be the solution. The unanimous vote was against. The vote for maintaining libraries was in favour. The other business: The Spring Flower Show made £225 but will be the last - after 47 years. Cartmel Fell WI suggested it was time to end it and Witherslack agreed rather sadly. The Lyth Valley Group Meeting was much enjoyed by visitors and members. The trip to Country Harvest on June 15th has been made possible by including members from Newton & Field Broughton WI. Tilly van Rees gave a report on the Half Yearly Council Meeting. Jackie Ratcliffe reminded members about the gardens opening on May 22nd to raise money for Jamie's trip. Next meeting, July 12th the speaker on the History of Kendal is Trevor Hughes. Visitors welcome. Tel: 52302

### **REMEMBER TO RENEW YOUR TAX CREDITS!**

If you claim Tax Credits, then every year you must renew your claim by checking and signing a statement sent to you by HMRC and sending it back by 31 July. Last year more than ½ million households didn't renew and so their Tax Credits were stopped. Even worse it can trigger a letter from HMRC called a 'notice of overpayment' and this can mean you have to pay back some of the Tax Credits you have already had (and spent). At the CAB we often help people sort out their Tax Credit muddle, but it can take a long time.

*Everyone* claiming Tax Credits has to renew, even when nothing has changed in your circumstances, you do not want to claim anymore or you do not think you are eligible to continue receiving them. You can renew anytime from mid April until end July. HMRC have produced a help sheet about the renewal process. It is available from their website at [www.hmrc.gov.uk](http://www.hmrc.gov.uk). Look out for the TV, radio and press adverts from HMRC called 'Get it Right First Time'.

If you don't currently claim Tax Credits, you can check if you are eligible using a short questionnaire on the HMRC website at <http://taxcredits.hmrc.gov.uk/Qualify/DIQHousehold.aspx> or ask your local CAB to do a benefit check for you.

*Free, confidential advice and help is available on any aspect of this article as well as 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.cumbriarural.org.uk](http://www.cumbriarural.org.uk)*

# REGULAR EVENTS

## BRIGSTEER

|                   |   |
|-------------------|---|
| Scottish Dancing  | Thursdays at 7.30pm in Brigsteer Village Hall<br>Contact Pauline Hampson 015395 68672 |
| Table tennis      | Tuesdays at 8pm in Brigsteer Village Hall   |
| Yoga              | Tuesdays 6–7.30pm from 14th September in Brigsteer Village Hall                       |
| Women's Institute | 2nd Thursday of the month, 2pm winter, 7.30pm summer                                  |
| Pilates...        | Fridays 1.15pm–2.15pm in Brigsteer Village Hall<br>Contact Cindy Clarke 015242 73974  |

## 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 |

## CROSTHWAITE MEMORIAL HALL

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

|                   |   |
|-------------------|---|
| Rainbows          | Mondays 4.30pm–5.30pm                     |
| Aerobics          | Mondays 7.30pm–8.30pm                     |
| Playgroup         | Tuesdays & Thursdays 9.30–11.30am         |
| Exchange          | 1st Wednesday 1pm–4pm; other Weds 2pm–4pm |
| Women's Institute | Every 3rd Wednesday in the month 7.30pm   |

## UNDERBARROW INSTITUTE

|                        |  |
|------------------------|--|
| Quilting class         | Mondays 2–4pm                              |
| Billiards Club         | Mondays from 7.30pm                        |
| Brigsteer Table tennis | Tuesdays 8pm (see above)                   |
| WI                     | Every 2nd Wednesday of the month at 7.30pm |

## WINSTER

|                      |   |
|----------------------|---|
| Book & Plant days    | 10.30am–4.30pm last Saturday in the month (April to November) |
| 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                      |