

PAT WILSON



We, at the Exchange, were so sad to hear that Pat had died. We will miss her cheerful presence every Wednesday, as she arrived for a chat and a coffee, and to buy cakes and biscuits from the Country Market. We will each one of us miss her in different ways. She was such an amazing character and gave so much of herself in "looking after" the village and valley.

DATES FOR YOUR DIARY

FUTURE EVENTS

25th February This is the time of year we need to **Banish The Blues** so we invite you to dress in your brightest colours (dig out that Hawaiian shirt) and come to the Exchange to sample our delicious fruit cocktails.

4th March is in **Fairtrade Week**. We will be promoting the cause of buying Fairtrade products from our Traidcraft Stall and telling you the stories behind the products you buy from us.

1st April, **April Fools' Day** falls on a Wednesday, so who knows what we will dream up for your entertainment that day!

News letter Editors

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THE EXCHANGE AT CROSTHWAITE

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3rd BIRTHDAY PARTY

It was good that so many of you could come to the Party. Didn't we have a great afternoon!! Gareth McKeever, our Conservative candidate, was there help us celebrate. Tim Farron MP could, unfortunately not be with us, as he was busy at Westminster. We are sure he would have had a better time with us!



AFRICAN CHILDREN'S CHOIR

Caroline, Geraldine, Jill and Penny along with other Crosthwaite families were privileged to host the boys and girls from the African Children's Choir. We enjoyed their sense of fun and quiet dignity. The concert at St Thomas' was an amazing evening. If you want to read the story of the visit, look on our parish website www.crosthwaiteandlyth.co.uk



AUTUMN 2008

What a busy time we had at the Exchange! Bishop James came to fill shoeboxes with Rosemary, to watch Michelle's puppet show, Jonah and the Whale, along with children from Crosthwaite School and to admire Caroline's groaning Country Market Stall.



At our Quiz Night in October 8 tables of 4 enjoyed Judy's taxing questions. The Sales and the Websters walked away with first prize yet again! The camera took a picture of the whole committee- the first we have of all of us.

Voluntary Action Cumbria (aka ACT!) Birthday Party

Geraldine, Caroline and Penny went to Voluntary Action Cumbria's Birthday Party and celebrated with the Lord Lieutenant. It was good to see Peter Hensman there (a familiar face!).

Penny gave a short presentation to the assembled delegates on "A Day in the Life of the Exchange". Annie Mawson's

Sunbeams Troupe performed for us all. VAC helped to raise money for the musicians, all adults with learning difficulties, to go on tour. They were very inspiring to listen to!



The Exchange goes to Iraq

We were delighted to receive pictures from Tim, Caroline and John's son, serving in Iraq, showing his battalion enjoying home-made cakes from the Exchange, backed with our poster.

He has since sent us a very fine shield, on view on our notice board. We are very proud of that!

Bolton Exchange - Our first "Baby"



We were delighted to be invited to Bolton by Appleby, to celebrate the opening of their Exchange. Jill, Caroline, Geraldine and Penny enjoyed seeing how they had adapted our ideas to their village.

HEALTHY SUSTAINABLE COMMUNITIES

Last year, Caroline and Penny went to an NHS conference on Healthy Sustainable Communities and talked about the Exchange. Well, Crosthwaite must be one (an HSC!) because an advert appeared in the Westmorland Gazette on November 21st under the NHS banner. It said "The success of the village-run scheme in Crosthwaite has prompted NHS Cumbria to lend it's support to a drive to set up more "community exchanges" in South Lakeland." We're famous!! Apparently, rumour has it, 6 new Exchanges are to be set up in Eden and South Lakes!

GUY FAWKES 5th November

Guy collected your change in support of the Crosthwaite First Responders. We raised £33 that day for the group.



Christmas Events

Vonny made her usual beautiful table decorations, Margaret sold us wreaths and pretty baskets of flowers, Traidcraft had Christmas goodies and a great



selection of Christmas cards. Victoria Sewell brought her unusual hand-made jewelry and wrapped our gifts in a stylish way. Marie brought



Christmas beauty products from Body Shop. The country market had a lovely selection of cakes, Christmas treats and puddings from Cowmire Hall. We drank mulled wine, ate mince pies and listened to carols played by our trio, Mary, Arthur and Peter.