



CROSTHWAITE



CARTMEL FELL



HELSINGTON

TWO VALLEYS PARISH NEWS



UNDERBARROW



WITHERSLACK



WINSTER

Church Services for APRIL 2012

1st April Palm Sunday

| | | | |
|---------|--------------|----------------------|-----------------------|
| 9.30am | Cartmel Fell | Matins (BCP) | Mr. Bob Emmett |
| 9.30am | Helsington | Morning Prayer | Mrs. Maureen Stevens |
| 9.30am | Witherslack | Holy Communion (CW) | Rev. Michael Woodcock |
| 9.30am | Underbarrow | Holy Communion (CW) | Rev. Brian Crowe |
| 10.00am | Crook | Morning Worship | Rev. Tim Harmer |
| 11.00am | Winstar | Morning Prayer & AGM | Rev. Michael Woodcock |
| 6.30pm | Crosthwaite | Evensong (BCP) | Rev. Michael Woodcock |

Maundy Thursday 5th April

| | | | |
|--------|-------------|----------------|-----------------------|
| 7.00pm | Witherslack | Holy Communion | Rev. Michael Woodcock |
| 7.30pm | Underbarrow | Holy Communion | Rev. Tim Harmer |

Good Friday 6th April

| | | | |
|---------|---|---------------------------|-----------------------|
| 10.00am | Cartmel Fell | Litany and Ante-Communion | Rev. Michael Woodcock |
| 2.00pm | Helsington | Good Friday Meditation | Mrs. Maureen Stevens |
| 4.00pm | Kendal Passion Play begins outside Kendal Library | | |

Holy Saturday 7th April

| | | | |
|--------|------------------------------------|--|--|
| 7.00pm | Kendal Passion Play on Castle hill | | |
|--------|------------------------------------|--|--|

8th April

EASTER DAY

| | | | |
|---------|--------------|------------------------|------------------------|
| 9.30am | Cartmel Fell | Easter Communion (BCP) | Rev. Michelle Woodcock |
| 9.30am | Helsington | Easter Communion (CW) | Rev. Tim Harmer |
| 9.30am | Witherslack | Easter Communion (CW) | Rev. Michael Woodcock |
| 9.30am | Underbarrow | Easter Communion (CW) | Rev. Bob Dew |
| 10.00am | Crook | Easter Communion | Rev. Brian Crowe |
| 11.00am | Winstar | Easter Communion (BCP) | Rev. Tim Harmer |
| 11.00am | Crosthwaite | Easter Communion (CW) | Rev. Michael Woodcock |

15th April

The 2nd Sunday of Easter

| | | | |
|---------|----------------|--|------------------------------------|
| 9.30am | Cartmel Fell | Holy Communion (BCP) | Rev. M.D. Woodcock & Mr. N. Carter |
| 9.30am | Helsington | Holy Communion (CW) | Rev. Ron Rutter |
| 9.30am | Witherslack | Holy Communion (BCP) | Rev. Michelle Woodcock |
| 11.00am | Underbarrow | Holy Communion (CW) | Rev. Tim Harmer |
| 11.00am | Crook | Morning Worship (CW) | Mr. Kevin Cook |
| 11.00am | Low Farm, Lyth | Damson Day Songs of Praise | Rev. Michael Woodcock |
| 11.00am | Winstar | NO SERVICE - please come to Damson Day service | |

22nd April

The 3rd Sunday of Easter

| | | | |
|---------|--------------|----------------------|--------------------------------|
| 9.30am | Cartmel Fell | Holy Communion (BCP) | Rev. Michael Woodcock |
| 9.30am | Helsington | Holy Communion & APM | Rev. Tim Harmer |
| 11.00am | Underbarrow | Holy Communion (CW) | Rev. Bob Dew |
| 11.00am | Crook | Morning Worship (CW) | Revs. B. Crowe & T. Montgomery |
| 11.00am | Winstar | Matins (BCP) | Mr. Roger Bingham |
| 11.00am | Crosthwaite | Morning Prayer & AGM | Rev. Michael Woodcock |
| 6.30pm | Witherslack | Evensong (BCP) | Rev. Michael Woodcock |

29th April

The 4th Sunday of Easter

| | | | |
|---|--------------|---------------------------------------|-------------------|
| 9.30am | Cartmel Fell | United 5 th Sunday Service | Ven. Penny Driver |
| Every THURSDAY 9.30am Holy Communion (CW) in Crosthwaite (except 5 th April) | | | |

A Letter from Michelle Woodcock

What sorts of things do you hope for?

There are several things that I am hoping to do this year. In September I'm hoping to run the Great North Run in memory of my dad who died 15 years ago and raise some money for the British Heart Foundation. Other things that I hope to do include at least one visit to Alton Towers which should include as much time spent on fast, scary, going upside down rides as possible and perhaps, sometime this year I may even manage to attend a pottery workshop – something that I've wanted to do for quite a while.

Of course there are many other things that I hope for and often pray about; an end to war, famine, disease, poverty, peace in our communities and the wider world, for people (myself included) to be kinder in the way they think, act and deal with others and for a fairer sharing of the world's resources. Some of these things won't happen in my lifetime I'm sure but I continue to hope and pray anyway.

It's hard to have hope sometimes. Hope is easy enough when things are going well and life is enjoyable, but it's harder to find in the dark places, the times when suffering and pain are near to us in one way or another. I wonder how Jesus' family and followers must have felt on that first Holy Saturday. The day before, they had watched their friend and loved one die painfully at the hands of the Romans. What was happening? He was supposed to be the hope for all the world – the one who would rescue the world. How could he have failed so badly? Was it all to end like this? That must have been a very dark, hope-less day.

God's ways are so much bigger than our ways and so it shouldn't surprise us that this was all part of the plan. Jesus, fully human and yet fully God died on the cross in order that our relationship with God might be restored, that we might have the hope of eternal life with him. What a different day that first Easter Day must have been... shouts of "He is not here, He has risen..." echoing around the gardens and the joy and delight of Jesus' followers as they realised that there was hope and that it was much bigger and better than they could have imagined.

My prayer this month is that you may know something of the joy and hope of Easter in your daily life, especially during those times when hope seems far away.

Romans 5: 1 - 5

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. (NIV Bible)

Michelle Woodcock

FROM THE REGISTERS



Baptisms

4th March
11th March

Charlotte Date at St. Mary's, Crosthwaite
Max Crompton at St. Mary's, Crosthwaite



Funerals

23rd February
9th March

Ken Hopper (83) Funeral at St. Paul's, Witherslack
John Stott Funeral and burial at St. Mary's, Crosthwaite

HOLY WEEK EVENTS AND SERVICES

| | |
|-----------------|--|
| Maundy Thursday | 7.00pm Holy Communion (<i>CW</i>) at St. Paul's, Witherslack 7.30pm Holy Communion (<i>CW</i>) at All Saints, Underbarrow |
| Good Friday | 10.00am Litany and Ante-Communion at St. Anthony's, Cartmel Fell 2.00pm Good Friday Meditation at St. John's, Helsington 4.00pm Passion Play in Kendal beginning outside Library steps |
| Holy Saturday | 7.00pm Passion Play in Kendal continues on Castle Hill |
| Easter Day | 9.30am Easter Communion (BCP) at St. Anthony's, Cartmel Fell 9.30am Easter Communion (<i>CW</i>) in St. Paul's, Witherslack 9.30am Easter Communion at St. John's, Helsington 9.30am Easter Communion at All Saints, Underbarrow 10.00am Easter Communion at St. Catherine's, Crook 11.00am Easter Communion (<i>CW</i>) at St. Mary's, Crosthwaite 11.00am Easter Communion (BCP) at Holy Trinity, Winstler |
| Easter Tuesday | 10 th April. Children's "Easter Holiday Club" 10.00am-12.00pm in Crosthwaite church |

Grand Spring Sale

In aid of **THE BROOKE**, an international organisation dedicated to improving the lives of working horses and donkeys among the poorest people in the world whose livelihoods depend on them.

Lower Holker Village Hall, Saturday 14th April, 10am-12 noon. Admission £1.00 to include coffee and biscuits.

For collection of items, in good condition only, please phone Geraldine on 015395 36042 or Lorraine on 015395 58134.

CALLING ALL PARISHIONERS

Good Friday Service of Reflection

If you would like to spend some time on Good Friday reflecting on the Crucifixion, you are welcome to join us at St. John's church, Helsington at 2.0pm. There will be a service based on readings from the Gospels, prayer, reflections on how some of those present at the Crucifixion might have felt, and time for quiet personal reflection. The service will end before 3.0pm, in good time for those wanting to witness the Kendal passion play.

Kendal Community Theatre present 'A Passion for Kendal'

There will be a dramatic presentation of the Passion on the streets of Kendal enacting the events of the Trial, Crucifixion and Resurrection of Christ on Good Friday 6th April and Easter Saturday 7th April. The performance involves actors, musicians and singers drawn from the residents of Kendal and area. The Reverend Chris Taylor, Assistant Priest in the Beacon team is the Director. The Friday performance will start at the Library steps, Stricklandgate, Kendal at 4pm and will move around the town centre for the various scenes as the story unfolds.

The Saturday performance will take place on Castle Hill, Castle Road, Kendal at 7pm.

We invite you to be part of the crowd witnessing the performance in Kendal which we hope will be a rewarding experience and an aid to your reflections this Easter.

A Choral Evensong at Witherslack – At 6.30pm on Sunday 22nd April the congregation at St. Paul's, Witherslack will be joined by The Parr Singers, a local group who will come and lead us in a full Choral Evensong. This is a rare treat in our village churches, and we invite folk from across our Two Valleys villages to join us for this occasion.

Damson Day Service – 11.00am Sunday 15th April in the marquee at Low Farm

On Sunday 15th April (the day after Damson Day) we will be holding a special "Damson Day Songs of Praise" Service at 11.00am on the site of Damson Day itself, in one of the marquees. This will include the Two Valleys Choir, and topical hymns and readings for this special time of year. Do come along if you canCar parking will be clearly indicated. Please Note that there will NOT be an 11.00am service at Winster on Sunday 15th April as instead we are all invited to the special "Damson Day Songs of Praise Service" at 11.00am at Low Farm in the Lyth Valley (the site of Damson Day). See above article for more details.

Trailblazers - are helping at The Easter Holiday Club on 10th April. Pathfinders and Trailblazers continues as normal in May with our monthly evening meeting and hot dinner.

History Society - 8pm. in St. Anthony's Parish Hall - as follows:

Monday, April 16th, Harry Hawkins - 'Medieval Deer Parks in Cumbria'

Age u.k. South Lakeland are holding a HAPPY AND ACTIVE EVENT in Crosthwaite Memorial Hall on 30th March from 11-30am-2-30 pm. There will be a Free Light Lunch. It is for all people over 50 in the Two Valleys. There will be Hand Massage, Seated Exercise Classes, and Sing Along with Victor. Advisors will be on hand to help with any problems.



Easter Holiday Club

Fancy a morning of craft, fun and chocolate?
Why not come to our Easter Holiday Club on

Tuesday 10th April

(The day after Easter Monday) It is for children and young people aged 3 - 12 years
from 10am - 12pm at St. Mary's Church, Crosthwaite.



We will be making a variety of Easter themed crafts including making some Easter clay thumb pots, Easter chicks with a hidden egg, Easter mobiles, Easter spoon pals, crazy Easter bonnets and hats, some interesting painting activities along with the usual chocolate related activities and much much more! There will be a break for drinks and Hot Cross buns halfway through and a special all together time at 11.40am which your parents are also welcome to join us for.

Pre-School children need to bring a parent or guardian to help them. School age children (or those starting in Reception in September 2012) do not need to be accompanied by an adult.

The cost of this exciting morning is £2.00 per child (payable on the day).
Please wear clothes suitable for painting, working with chocolate and generally making a mess in!

We need to know if you are coming as places are limited and we will have preparations to make. Please collect a consent form from any of the churches in the two valleys team or contact Michelle Woodcock at The Vicarage, Crosthwaite (015395 68276) to book a place before Wednesday 4th April if possible. Once you have returned your consent form or have spoken to Michelle your place at Holiday Club will be reserved and all you have to do is turn up on the day!

It's going to be great fun and you might even find a few Easter eggs along the way!
Hope to see you there.....

National Trust Volunteers Can you help?

We are looking for more volunteer Room Guides to help show visitors around Townend, the interesting and quirky 17th century farmhouse in Troutbeck. If you enjoy meeting people and have some free time, we would love to hear from you. The time commitment is very flexible - we only ask for a minimum commitment of one session a month during our open season (March - October) and we also pay travel expenses. If you are interested and would like to find out more about Townend and this role, please contact Emma Wright, Custodian, at townend@nationaltrust.org.uk or 015394 32628.

The Queen's Diamond Jubilee Beacon will be sited on the north end of Whitbarrow Scar, by kind permission of Mr Sharpe, coordinated by the Parish Council. Make a date in your diary for 4th June at around 10.30 p.m. to enjoy this spectacle.
Please contact Daniel Dobson (015395 68334) for more information.

GRAND JUMBLE SALE

ARGLES MEMORIAL HALL, CROSTHWAITE

SATURDAY 5th MAY 2012 2pm
Cake & Coffee served all afternoon
Auction of quality items at 3pm

Please take your jumble to the following collection points:

- 1 Hubbersty Head Farm and leave with Wendy Townend
- 2 Gordon Pitt who is storing down the Lyth
- 3 Small items to the village hall on the night before
- 4 Contact the committee members

Soft furnishings and upholstery such as cushions, easy chairs, settees, mattresses, cannot be accepted.

For further information, contact: -

| | | | |
|-------------|-------------|-------------|----------------------|
| Jim Bownass | Gordon Pitt | Roger Smith | Marilyn Shuttleworth |
| 68203 | 68210 | 68671 | 68533 |

South Lakeland Carers



We are a local charity that supports over 800 carers, aged 5-94 years old. Our free services and wonderful staff and volunteers help carers to care for longer. We're here for all carers with a listening ear and practical help, too.

Please contact us: telephone 01539 815970

Call in at South Lakeland Carers, 5 Castle Street, Kendal, LA9 7AD
(next to the Castle Street Centre, opposite St. George's Church)

E-mail us at admin@slcarers.org.uk

Blame Game?

Adam blamed Eve

Eve blamed the snake

And the snake didn't have a leg to stand on!

Westmorland Damson Association

DAMSON DAY 2012

Saturday April 14th

10.30am to 4.30pm

Low Farm – Lyth Valley A5074 LA8 8DJ

Admission: Adults £5.00 Children under 16 £2.00

Family (2 adults = 2 children) £12.00

**Music, Entertainment, Guided Blossom Walks,
Orchard Advice, Dog Shows & Displays, Archery,
Spring Lambs and Ferrets,
Good Food and a wide assortment of Damson Products**

**See Local Crafts, Buy Plants,
Watch Morris Dancers & Fiona Hanlon,
Buy Damson Trees & Fruit from the Lyth Valley.**

**Range of Food & Craft Stalls
Children Funfair & more.....**

**And please do not forget:
“Damson Day Family Service” Sunday April 15th
at Low Farm 11.00am**

Enquiries contact 015395 68599

cjh@coyote-software.com

NOTICES FOR INDIVIDUAL PARISHES

BRIGSTEER

Brigsteer and Underbarrow

Children's Party Committee will be holding a Plant Sale and Coffee Morning on Saturday 19th May 10-12noon in Brigsteer Village Hall. £1 entry to include tea, coffee and biscuits. There will be a Raffle, Cake Sale, and something for the little ones.

The 'Second Saturday' Coffee

Morning will be held in Brigsteer Village Hall on April 15th 10.30-12noon. As ever, everyone will be most welcome. Please contact David and Dorothy Smithson tel;68048 for further details.

Helsington and Brigsteer Indoor Short Mat Bowling

There is significant interest and support to establish Short Mat Bowling in the Helsington and Brigsteer Village Hall. Funding is being pursued to purchase two mats and associated equipment. (Thanks to Witherslack and Crosthwaite groups for help and encouragement)

The plan is to bowl on Monday evenings so complementing current activities in Crosthwaite and Witherslack, from September to March. A meeting for those interested will be held in the village hall on Tuesday 15th May at 8.00 pm. All are welcome from the two valleys. If you are unable to attend the meeting then please contact Andy Clifford at andyclifford100@gmail.com or 68355.

Helsington PC Elections see page 12

CARTMEL FELL

Annual Church Meeting

Our Annual Parochial Church Meeting (AGM) will take place at 9.30am on Sunday 25th March. We do encourage everyone on our church electoral roll to come to this short service and AGM... It provides an opportunity to report on all the activities of the church's life and to look ahead to our future.

Church Extension for kitchen & toilet

At the recent PCC meeting it was agreed that we should go ahead with plans for the construction of a discrete extension on the North side of St. Anthony's Church. This would accommodate a kitchen with storage space and a toilet. Plans have been drawn up and English Heritage are happy with what has been proposed. Planning permission and a Faculty are being applied for and as long as there are no major problems work may start in spring/summer. We are able to fund part of the project, but we hope to raise the remainder through events and donations. If you can help in any way we would be delighted. Thank you.

Quiz Night

We are holding a Quiz Night on 30th April at the Masons Arms at 7.30pm. Cost £6 to include a hot pot supper. Do come and join us. Tickets from Vanda Lambton 015395 31311 or Anne Ratcliffe 015395 52107

Celebrate the Coming of Spring with a Community Day on Cartmel Fell

31st March 1pm – 5pm

Bring the family and join us for a day of fun, history, countryside and culture at St Anthony's church. Enjoy exhibitions and displays, walks and talks and we invite ALL of you to enter the W.I. Spring Fair before tasting our wonderful fayre in the Parish Hall. Activities suitable for all ages

Admission: Adults £3 Children (5-16) £1
Entry forms from Bowland Bridge Stores or telephone Ruth on 015395 68395

Email: jane.f.crowe@btinternet.com

Community Trust

Members of the Church will be involved with the **Spring Day** on Saturday 31st March. Dates for your Diary: Quiz Night at the Masons Arms on 30th April.

St Anthony's Rotas

Coffee:

8th April Vicki Barratt
22nd April Audrey Smith

Flowers:

Everyone (Easter)

CROSTHWAITE

www.crosthwaiteandlyth.co.uk

Crosthwaite & Lyth Bowling Club

Outdoor bowling will commence at the beginning of April and we look forward to another enjoyable season with old and new members. Our membership is also open to anyone from adjoining Parishes of Brigsteer, Cartmel Fell, Crook, Underbarrow, Winsters and Witherslack, so come and join us! Please contact secretary, Pat Walker on 015395 68584.

Post Office Opening Times

The Punchbowl, Crosthwaite

Unfortunately last month the wrong times

crept into the magazine; the editors apologise for any inconvenience caused.

The **correct times** are:

Mondays, Tuesdays and Thursdays 9.30am to 12.30pm.

Hare and Hounds, Bowland Bridge

Tuesday and Thursday: 2.00pm - 4.30pm.

Crosthwaite Show

Saturday 4th August

The schedules will be available from Easter time from Bowland Bridge shop, The Exchange and from Valerie Harrison at The Old Post Office, Crosthwaite. Cost £1.00 which includes entry on the day. Vonnie Sharpe will be giving flower arranging classes in July, details later.

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St Mary's Rotas

Coffee & Refreshments:

April 8th Geraldine & Arthur Wilson
15th Damson Day Service – Low Farm
22nd Caroline & John Holmes

Flowers:

April 8th Easter Sunday
15th Easter Flowers
22nd Vonnie Sharpe & Eileen Dobson
29th Flowers from Wedding

Note: On Saturday April 7th Vonnie & Eileen will be decorating the Church for Easter. Helpers are more than welcome starting at 1.30pm.

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

Crosthwaite Summer Concert Sunday 20th May - 7.30pm in the Church

We are having a concert of words and music to raise the rafters and some money for Macmillan nurses, St Mary's Hospice, disabled facilities at church and our village hall. We are so grateful to the two cancer charities that have done so much in our community over the past year and our concert will be a tribute to those who we remember with love and thanks. We need talent....both older and younger.....if you write poems or prose or have a musical talent that you would be willing to share with us please get in touch with Mary Harkness on 015395-68223. All ages are welcome to perform and we look forward to hearing from you with your ideas! We aim to have an exciting evening that will inspire and entertain! There will be light refreshments served with wine included in the ticket price of £7.50 adult/£3 for children.

Thanks

Anne and Peter McDonald would like "to thank all our friends in Crosthwaite and surrounding areas for their very kind gifts, cards and good wishes. We are settling into our new home and are being made very welcome by everybody round about. We look forward to seeing you all at the Strawberry Tea."

The Crosthwaite Playgroup

meets on Tuesdays and Thursdays from 9.30 - 11-30am. They are appealing for more children on Tuesdays. Why not bring you young ones and enjoy a friendly atmosphere with refreshments and organised activity each session. Cost £2-50 per child, under 1's free.

Crosthwaite Helpline

Please contact Geraldine & Arthur Wilson on 015395 68836.

UNDERBARROW

Village Curry and Quiz Night

In support of All Saints' Church
Friday 20th April at 7 p.m.
in Underbarrow Village Institute
Tickets available from PCC members

Underbarrow WI

Wednesday 11th April at 8 pm in Underbarrow Village Institute. This is an open meeting when Mr Brian Higgs will give an antiques roadshow.

Bring along your antiques and collectables for description, dating and valuation.
Admission £2

Underbarrow WI

Tuesday 24th April 11.30 - 1.30
SOUP AND SANDWICH LUNCH
at Chapel Spring Cottage
Admission £5 - Everyone Welcome

Underbarrow Helpline

Please contact:

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

WINSTER

Please note that there will NOT be an 11.00am service at Winster on Sunday 15th April as instead we are all invited to the special "Damson Day Songs of Praise Service" at 11.00am at Low Farm in the Lyth Valley (the site of Damson Day). See page 5 for more details.

Annual Church Meeting

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HOLY TRINITY CHURCH, WINSTER

COFFEE AND CAKE DAY

Saturday April 28th

10am-4pm

Do join us to welcome the Spring
and enjoy a chat in our cosy, warm surroundings
TEA, COFFEE, HOME-MADE CAKES, BOOKS, PLANTS,
and an exciting new range of **TABLE LINEN AND CUSHIONS.**

IT'S THE START OF A NEW SEASON AND A VERY EXCITING YEAR.
IF YOU HAVEN'T BEEN TO VISIT US BEFORE, DO COME ALONG
ON THE 28TH TO SAMPLE OUR WARES.

WE WILL BE OPEN FOR BUSINESS ON THE LAST SATURDAY
OF EVERY MONTH DURING THE SUMMER

For details please contact Margaret on 015394-42325

Helsington Parish Council Elections 2012

The four-year term of the present Council ends in May when all Councillors retire to enable elections to take place for the seven seats. A poll will only be held if there are more valid nominations than there are seats. There is information regarding what it means to be a Councillor on the websites www.calc.org.uk and www.nalc.gov.uk or alternatively you can speak with the Clerk or any Councillor.

The timetable for 2012 comprises of :

Tuesday 27th March - publication of notice of election

Noon Wednesday 4th April – deadline for delivery of nomination papers to the
Returning Officer at SLDC

Noon Tuesday 10th April – publication of list of candidates

Noon Wednesday 11th April – deadline for withdrawal of candidature

Wednesday 25th April – publication of notice of poll

Word Search: 'Things you will find in a Church' by Matthew Chadwick from St. Anthony's, Cartmel Fell

Words To Find:

| | |
|--------|------------|
| Pews | Organ |
| Font | Hymn Books |
| Pulpit | Bible |
| Candle | Lectern |

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

WITHERSLACK

www.witherslack.org

Annual Church Meeting

Our Annual Parochial Church Meeting (AGM) will take place at 7.30pm on Monday 30th April in the church. We do encourage everyone on our church electoral roll to come to this AGM... It provides an opportunity to report on all the activities of the church's life and to look ahead to our future.

Sunday Club this month is at 9.30am on Sunday 1st April. Do also consider coming along to our Easter Holiday Club on Tuesday 10th April at St. Mary's, Crosthwaite for lots of fun, craft (See separate article for details)

Readers:

| | |
|------------------------|---------------|
| April 1 st | Hilda Jarvis |
| April 8 th | Barbara Page |
| April 15 th | Trevor Farrer |
| April 22 nd | Val Pattison |

Sidesmen:

| | |
|------------------------|---------------------------------|
| April 1 st | Ann Duffin |
| April 8 th | Danny Jackson |
| April 15 th | Rich. Coates & Steve Hodgson |
| April 22 nd | Tony Brennand |

Altar Flowers:

Mrs. D. Ainsworth & Mrs. S. Bradley

Coffee & Biscuits:

Mrs. J. Read and Mrs. M. Whiteway

Boon Days for St Paul's Church

Yes – it's that time again!

There will be two boon days for our Church's 'Spring Clean' Friday 13th and Saturday 14th April 9.30am until 5.00pm.

There will be a list in the porch of suggested tasks for you to choose and sign up for. Please indicate on the list when your task is completed. If you sign up for a particular task, this can be done on other days if you wish.

Coffee and tea making facilities will be available on the Friday and Saturday. Please come, even for a short time, with cleaning materials to help keep our Church beautiful.

Witherslack Parish Hall Jumble Sale

Saturday 24th March 10-12

Come along and grab a bargain. Refreshments available. If you are having a clear out and have some jumble you would like to donate please call 015395 52275.

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

WITHERSLACK WOODLANDS

Quality, hardwood logs seasoned specially for woodburners

£55 PER BAG (1 cubic metre),

£110 PER LOAD (2 bags) plus delivery

CALL JOHN ON 015395 52353

Or email: info@witherslackwoodlands.co.uk

Crosthwaite Theatre Evening
Crosthwaite Village Hall
Saturday April 28th. 2012
at 8.00

Bring your own wine / drink

Tickets £8 Children £4

From Jim Bownass or The Exchange

015395-68203

Wednesday PM

It is a superb comedy and entitled

"My Perfect Divorce"

It is being presented by a
touring theatre company
and will only be on for one
night only. So please book early
Tickets on sale March 1st. 2012

Tickets can also be bought from the Hare &
Hounds Public house from Kerry and the crew.

**Windermere Reflections - Linking Lakes,
Landscapes & Lives**



Linking Lakes, Landscapes & Lives

Windermere Reflections is 3 year programme, supported by the Heritage Lottery Fund that needs YOU!

You can meet the team and discover more at our 3 lively family fun 'Discovery Days'.

- Sunday 25th March - Bowness aboard the Teal (moored) - 11am-4pm.
- Saturday 31st March - Ambleside Parish Centre - 11am-4pm.
- Wednesday 11th April - Lakeside YMCA - 11am-4pm.

Please contact Liz Davey (Programme Manager) on 015394 34401 / 07833 360131 or liz.davey@environment-agency.gov.uk with any queries or for more information.

NHS Treatment Complaints

ICAS

The role of the Independent Complaints Advocacy Service (ICAS) is to support people who want to make a complaint about their NHS-funded treatment or care. It is a free, confidential and independent service designed to help people understand their rights and make informed choices.

ICAS in the North East and Cumbria are pleased to announce the launch of a text messaging service to enable more people to contact the service. This is an obvious benefit to anyone with a hearing impairment, or those who may prefer this means of initial contact. The number is 07595 654102.

Alternative ways in which people can contact the ICAS service are;

- By calling our free phone number – 0808 802 3000
- By emailing penrithicas@carersfederation.co.uk
- By submitting a form on our website www.carersfederation.co.uk/contact-icas/
- Organisations may complete our External Agency Referral Form - contact 01768 861830.

Towards the end of 2011 we also updated our information leaflet. We can also provide the leaflet in 19 other languages. There is a 'downloads' section on our website where these can be found, along with British Sign Language (BSL) information.

If you have any questions or would like some promotional material please contact the office on 01768 861830. We can also arrange for our staff to come out and visit you to discuss the service. We look forward to hearing from you.

Philippa Lisle - Senior Administrator, ICAS, Suite 5, Cumbria House, Gilwilly Road , Gilwilly Industrial Park , Penrith , CA11 9FF.

Plug the debt

CAB

As we head into spring and hopefully warmer weather, it's a good time to sort out any debts. Energy bills are one of the top money worries that people contact Citizens Advice with. Last year more than ¾ million customers were in debt with their gas or electricity supplier across the UK, and prices have risen considerably since then.

Take a look at the Plug the Debt website to find out your rights and what to do if you have fallen behind on your energy bills. Did you know that your Energy firm has to take your ability to pay into consideration when arranging repayments? And they have to help you if you get into trouble paying your bill. <http://www.consumerfocus.org.uk/get-advice/energy/plug-the-debt>

You don't need to cope alone with any debt or money worry. Our advisers are just a phone call away, and we have lots of different ways that we can help depending on your circumstances. We can also make sure that you are not missing out on any benefits and tax credits, plus check to see if you are entitled to special grants.

Free, confidential advice and help is available from the Citizens Advice Bureau on any aspect of debt, benefits, employment, housing 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

Sign outside Stonebridge Church of God in Ozark, Alabama

'Honk if you love Jesus,

Text while driving if you want to meet him'!

Fares fair?

CAB

According to official Government statistics there are almost 1000 people on Jobseekers Allowance in the South Lakes electoral area. Unemployment is worst in the winter months in our area, but with many businesses struggling the summer may not prove that hopeful for people out of work. Each Jobseeker has to 'sign on' every 2 weeks and since the closure of rural Jobcentres, this means travelling to Kendal. There's no help towards travel costs and we all know how expensive our buses and trains are. The standard rate of Jobseekers Allowance is £67.50 a week. Even if the average travel cost is as low as £5, this means 7.5% of the weekly budget is gone before putting food on the table. Across all Jobseekers, this could mean £10,000 of benefit income spent every 4 weeks simply going to Kendal Jobcentre.

We need better information to know how big the problem is.

If you are a Jobseeker, please help us by answering 4 short questions. It's easy to help: Use the link at www.cumbriaruralcab.org.uk or Pop into Windermere or Grange CAB and fill in the blue survey. We will add up the cost and lobby for changes, to try and make things better.

Free, confidential advice and help is available from the Citizens Advice Bureau on any aspect of debt, benefits, employment, housing and any other problems. You can contact the Grange or Windermere Citizens Advice Bureau by phone or in person.

015395 33100 / 015394 46464 or www.cumbriaruralcab.org.uk



Cartmel Fell

At the meeting on 7th March requests were made for cakes for both refreshments and For Sale at the Cartmel Fell Spring Show on 31st March in addition to cakes for the WI cake stall on the afternoon of Damson Day, 14th April. A request was also made for 'fancy biscuits' for the forthcoming Group meeting.

A splendid presentation entitled 'There is more to Peru than Machu Picchu' was given by Dorothy Grace. Illustrated by exquisite photographs taken by Dorothy, the members were taken on a visual tour of Peruvian towns, country side and the flora and fauna, as a prelude to the breathtaking scenery of the Inca Trail. With a small group accompanied by a band of guides and bearers, Dorothy and her husband climbed and camped their way up the trail to amazing site of Machu Picchu. Rounding off their trip with a visit to the vast Lake Titicaca, 3,800 m above sea level, they stayed overnight with indigenous families who lived on what appeared to be floating islands of rushes. A truly remarkable and insightful illustration of how there is more to Peru than the widely publicised Machu Picchu.

The next meeting will be a presentation by:

Olive Clarke O.B.E. DL on 'The Office of Lieutenancy'

Wed 4th April 7.30pm at Cartmel Fell Parish Hall (next to Church)

For further information telephone **Anne Ratcliffe 015395 52107**

Brigsteer

Brigsteer W.I. will meet in the Village on Wednesday April 25th at 7.30pm. There will be a Workshop, conducted by Marilyn Hale, to show us how to make Glass Pendants.

Crosswaite & Lyth

Pam Bownass presided over a well attended meeting and welcomed speaker Liz Park who gave a cookery demonstration. She told us about her busy life as a farmer's wife as well as a cookery demonstrator. With the help of members Geraldine and Caroline, Liz prepared and cooked a three course meal comprising, Chilli-Pecan Camembert followed by Italian Tomato Risotto and finally Blueberry Crepes with Star Anise Syrup. During refreshment time all the members enjoyed tasting the dishes which were delicious. Members were reminded that the next meeting on 21st March is to be an Open Meeting when Andy Lowe will talk about Roadside Heritage. There will also be a Bring and Buy Stall.

Underbarrow

Special dates for your diary see page 11

Witherslack

Saturday, 18th February 2012, 10.13am
The attendance at the February Meeting was small as many people were away. They missed an excellent talk.

A very good meal had been enjoyed at The Hare and Hounds, Bowland Bridge at the annual dinner. A visiting party from the National Trust has asked for a high tea in August which members agreed to provide. President, Anne Walshaw, explained how she had bought 25 WI mugs at a bargain price for the institute's use, after too many had been purchased for the County. They were welcomed ... more tea, less washing up!

Tilly van Rees asked members to look into the possibility of joining the Organ Donation Register. Information about it is on the internet.

Sue Sainsbury stood in at very short notice to replace the original speaker. She is involved with a charity called World Share and its subsidiary, Hope for Africa. She had just returned from Zimbabwe and spoke with great enthusiasm about what was being achieved there by "little people" ie. local workers in their own communities. One of the problems that is being addressed is the result of Aids. Grandmothers with no resources are having to look after grandchildren whose parents have died of the disease. The middle generation has been wiped out. Sue kept her audience enthralled for an hour with her talk.

Next meeting: April 10th... A talk on 'Age UK' by Jean Park.

Visitors welcome Tel: 52302



POLICE NON - EMERGENCY NUMBER

Since the launch of the new non-

emergency police number, 101, it is catching on and is being used more and more by the residents in Cumbria. On average, 25% of the non-emergency calls being made to Cumbria Constabulary are via the 101 number since its launch on 13 December 2011. The new number replaces Cumbria Constabulary's non-emergency number - 0845 33 00... - This number, in time, will be phased out. All calls for Cumbria are still answered by the same Police staff in the Constabulary's Communications Centre. When calling 101, the system will determine the caller's location and play a recorded message announcing the police force they're being connected to. Callers will also hear options to select for neighbouring Forces. If callers are on a boundary between two or more forces, the recorded message will give a choice of which force to be connected to. If a caller wishes to contact a Force not given in these options, then there is a further option to select to speak with an operator who will route the caller to any of the 43 Forces in England and Wales.

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 | 1 st Wednesday 1pm-4pm; other Weds 2pm–4pm |
| Indoor bowling | Tuesdays & Thursdays 7.30pm—10.00pm |
| Women's Institute | 3 rd Wednesday of each month at 7.30pm |

UNDERBARROW INSTITUTE

| | |
|----------------|--|
| Quilting class | Mondays 2–4pm |
| Billiards Club | Mondays from 7.30pm |
| WI | Every 2 nd 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 4.15pm 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 1 st Tuesday of the month at 2pm |
| Women's Institute | Every 2 nd Tuesday of the month at 7.30pm |
| The Art Club | Fridays 9.30am-12.30pm |