

**MARCH 2014 70p**



**CARTMEL FELL**



**CROSTHWAITE**



**CROOK**

# **TWO VALLEYS PARISH NEWS**



**HELINGTON**



**WINSTER**



**UNDERBARROW**



**WITHERSLACK**

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

## Church Services for MARCH 2014

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### 2nd March

### The Sunday next before Lent

9.30am	Cartmel Fell	Matins (BCP)	Bob Emmett
9.30am	Helsington	Holy Communion (CW)	Rev. Brian Crowe
9.30am	Underbarrow	Holy Communion (BCP)	Canon Michael Middleton
9.30am	Witherslack	Focus on Worship + HC	Rev. Michael Woodcock
11.00am	Crook	Holy Communion (CW)	Rev. Brian Crowe & Tony Fitch
11.00am	Winster	Focus on Worship + HC	Rev. Michael Woodcock
6.30pm	Crosthwaite	Evensong (BCP)	Rev. Michael Woodcock

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### Wednesday 5th March - Ash Wednesday

9.30 am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock
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### 9th March

### The 1st Sunday of Lent

9.30am	Cartmel Fell	Focus on Worship + HC	Rev. Michael Woodcock
9.30am	Helsington	Morning Worship (CW)	Mrs. Maureen Stevens
9.30am	Underbarrow	Holy Communion (CW)	Rev. Bob Dew
9.30am	Witherslack	All-age Service	Rev. Michelle Woodcock
11.00am	Crook	Morning Worship (BCP)	Rev. Brian Crowe & Hilary Fitch
11.00am	Crosthwaite	Focus on Worship + HC	Rev. Michael Woodcock
There will not be a service at Winster on 2nd Sundays until May this year			

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### 16th March

### The 2nd Sunday of Lent

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michelle Woodcock
9.30am	Helsington	Holy Communion (CW)	Rev. Ron Rutter
9.30am	Underbarrow	Morning Worship (CW)	Rev. Brian Crowe
9.30am	Witherslack	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crook	Morning Worship (BCP)	Rev. Brian Crowe & Hilary Fitch
11.00am	Winster	Morning Prayer + AGM	Rev. Michael Woodcock
11.00am	Crosthwaite	All-age Service	Rev. Michelle Woodcock

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**Tuesday 18th March** 8.00pm Sung Compline in St. Anthony's, Cartmel Fell

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### 23rd March

### The 3rd Sunday of Lent

9.30am	Cartmel Fell	Morning Prayer + AGM	Rev. Michael Woodcock
9.30am	Helsington	Morning Worship (CW)	Maureen Stevens
9.30am	Underbarrow	Holy Communion + AGM	Rev. Brian Crowe
11.00am	Crook	Morning Worship (CW)	Reg and Elaine Bradby
11.00am	Winster	Matins (BCP)	Mr. Roger Bingham
11.00am	Crosthwaite	Morning Prayer + AGM	Rev. Michael Woodcock
6.30pm	Witherslack	Evensong (BCP)	Rev. Michael Woodcock

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### 30th March

### Mothering Sunday

9.30am	Cartmel Fell	Mothering Sunday Service	Rev. Michael Woodcock
9.30am	Helsington	Mothering Sunday Service	Maureen Stevens
9.30am	Underbarrow	Mothering Sunday Service	Rev. Brian Crowe
9.30am	Witherslack	Mothering Sunday Service	Rev. Michelle Woodcock
11.00am	Crook	Mothering Sunday + AGM	Rev. B Crowe and Sajju Muthalaly
11.00am	Winster	Mothering Sunday Service	Rev. Michael Woodcock
11.00am	Crosthwaite	Mothering Sunday Service	Rev. Michelle Woodcock

## *A LETTER FROM TONY FITCH*

My dentist always seems to have a supply of National Geographical Magazines in his waiting room, and browsing through these – especially the stunning photographs – helps to take my mind off any bad news that I might be receiving later. On the front cover of one of the back-numbers I looked at recently, was a photo of a young child, and the caption beside it saying something like “He may live 120 years – new science may make this possible”. I was called in to the dentist’s chair before I could read all about it, but I believe that such longevity was to be achieved by gene manipulation.

At about the same time I noticed a programme advertised in the Radio Times announcing a Royal Institution lecture entitled “Life fantastic – how cells know when it is time to die, and ways of slowing them down”. Perhaps this time not an advertisement for anti-wrinkle cream!

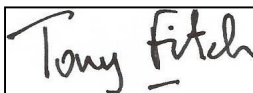
Throughout history, humans have sought ways to prolong life. Emperors have been known to put powdered gold in their food, and to consume mercury, in order to cheat mortality: Needless to say, it did not work!

A fear of mortality is something that probably causes all of us concern at some time or other, but often we try to avoid the subject. Setting aside for the moment the question of whether we really want to survive to a huge age, and the related debate on quality of life, it is perhaps something worthy of a little further consideration. Many of us do a lot of worrying about our pensions and our wills in later years, but neglect thought and preparation for what comes after that.

In his book, “Proof of Heaven”, Dr Eben Alexander, a neurosurgeon, argues that “for all of the successes of western civilisation, the world has paid a dear price in terms of the most crucial component of existence – our human soul.....Our focus on progress in science and technology has left many of us bereft in the realm of meaning and joy, and knowing how our lives fit into the grand scheme of existence for all eternity”.

As Christians we believe in an after-life. Jesus’ death and resurrection, which we will be celebrating in a little while at Easter, give us that assurance. But also Jesus taught that belief in, and expectation of, eternal life does require preparation on our part – not just good deeds and good citizenship, but a conditioning (for want of a better word) of the heart and mind. His parable of Lazarus at the gates of the rich man is a very explicit reminder of this. In that parable the rich man appeared to live by all that the social laws required but ignored the plight of the beggar at his gate, and only realised the importance of discovering what God really wanted of him when it was too late.

A firm belief in that promise of life eternal not only gives us a goal at the end of life’s journey, but hope throughout the journey. This in turn enables us to enjoy fully (despite life’s inevitable ups and downs) God’s creation here on earth, knowing that there is even better to come. Most churches are friendly and those in the Two Valleys welcome anyone from whatever background and whatever starting point who



might be thinking that the time has

# FROM THE REGISTERS



## Baptism

26<sup>th</sup> January **Poppy Isabella Lumb** at St. Mary's, Crosthwaite



## Funeral:

11th January **Anne Elizabeth Wright** (59) Funeral and Burial at St John's  
Helsington

31<sup>st</sup> January **Betty Lowdon** (86) Funeral & Burial at Holy Trinity, Winstar

11<sup>th</sup> February **John Allen** (84) Crematorium service

## **Holy Days in March**

- |    |   |
|----|---|
| 1  | <b>David, Bishop of Menevia, Patron of Wales, c.601</b>                   |
| 2  | <b>Chad, Bishop of Lichfield, Missionary, 672</b>                         |
| 7  | <b>Perpetua, Felicity and their Companions, Martyrs at Carthage, 203</b>  |
| 8  | <b>Edward King, Bishop of Lincoln, 1910</b>                               |
| 17 | <b>Patrick, Bishop, Missionary, Patron of Ireland, c.460</b>              |
| 19 | <b>JOSEPH OF NAZARETH</b>   |
| 20 | <b>Cuthbert, Bishop of Lindisfarne, Missionary, 687</b>                   |
| 21 | <b>Thomas Cranmer, Archbishop of Canterbury, Reformation Martyr, 1556</b> |

## **LENT LUNCHTIMES**

On **Thursday lunchtimes** during Lent we plan to serve Lunches of hearty soups and rolls in Brigsteer Village Hall. Again, we would like to ask you for suggestions of issues/topics that you would like us to address on each of these five Thursdays. Lists are available at the back of our churches for suggestions of "hot topics" that we will attempt to tackle over lunch with the opportunity for some lively discussion as well. Obviously we only have five Thursdays so are limited to the final number of ideas. We aim to keep costs low at £3.50 per person and any surplus will be donated to a local charity. Contact Brian Crowe 015395 68959, Michael Woodcock 015395 68276 or Maureen Stevens 01539 734358 for more details. We plan to meet on the following dates:

12.00-1.30pm Thursday 13<sup>th</sup> March

12.00-1.30pm Thursday 20<sup>th</sup> March

12.00-1.30pm Thursday 27<sup>th</sup> March

## **EXTRA DATES FOR YOUR DIARY**

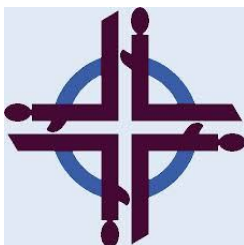
### **Informal Worship**

**27th March** 7.30pm Thursday hosted at St. Mary's, Crosthwaite

### **Two Valleys Prayer Meeting**

**11th March** 2.30pm Tuesday at the Vicarage, Crosthwaite

# ***CALLING ALL PARISHIONERS***



## **WOMEN'S WORLD DAY OF PRAYER**

**7 MARCH 2014**

### **STREAMS IN THE DESERT**

The Women's World Day of Prayer is a Christian movement involving women from all parts of the world taking place in the same prayer service on the same day.

The Women's World Day of Prayer service is held on the first Friday of March each year. All are welcome to attend – men, women and children. The selected country and its people becomes the focus of the world's prayers on the day itself. The first service of the day takes place on the Island of Samoa as dawn breaks. The world is then circled in prayer for 36 hours and the service is celebrated in over 170 countries until the last one of this special day takes place on American Samoa.

At a church near you on March 7<sup>th</sup>, women and men will gather to celebrate using a programme of worship offered this year by the women of Egypt. The local service will be held at **Stricklandgate Methodist Church**, Windermere Road, Kendal, from 2 p.m. Pupils from St. Thomas C of E primary school will take part together with representatives from a number of Christian churches in the area and will be joined by guest speaker the Ven. Penny Driver, Archdeacon of Westmorland and Furness.

The theme of this year's service is 'Streams in the Desert' at which we will reflect on the Christian role of being a 'stream in the desert' for those who experience spiritual 'drought'. One of the oldest civilisations in the world, Egypt has long been home to Coptic Christians. Since the uprising in 2011 there has been conflict between religious groupings and therefore we pray with the women of Egypt for peace.

All are welcome to attend, men, women and people of all ages and from all churches in the

## ***RNLI***

### ***QUIZ NIGHT AND SUPPER***

**Monday March 24th at 7.30pm**

**at the BROWN HORSE, WINSTER**

**TEAMS OF FOUR**

**RAFFLE**

**TICKETS, INCLUDING SUPPER £8**

for Tickets telephone Roy and Margaret on

015394 42325

*Save the Date....*  
***Damson Day Country Fair 2014***  
**Saturday 12th April, Low Farm,  
Lyth Valley, LA8 8DJ**

*A celebration of the arrival of spring in Westmorland and the  
damson blossom*

**A fun filled family day out packed with local crafts, local produce,  
entertainment and refreshments.**

**Admission: £6 adult, £3 child under 16, £15 family ticket**

***The first Damson Competition, will be held at this year's Damson  
Day Fair, more details and competition schedules are available  
from Crosthwaite Exchange, Bowland Bridge Stores and  
Witherslack Community Shop.***

## **REAFFIRMING OF MARRIAGE VOWS**



On Saturday 8<sup>th</sup> February twenty-one couples from across the two valleys villages gathered together in Crosthwaite church to reaffirm their marriage vows. Couples ranged from having been married for just 4 years to those who had passed 55 years of marriage. Collectively we worked out that we had achieved 721 years of marriage altogether! At the end of a lovely service we shared sparkling wine and wonderful homemade

cakes together. Thank you to all those involved who made this into a very special occasion as we celebrated all that is good about marriage in today's world.



## **MOTHERING SUNDAY SERVICES**

There will be special all-age services for Mothering Sunday Services in all our parishes on Sunday 30<sup>th</sup> March. Do come along and bring

## **THE GARDEN RAMBLE 2014** **Sunday and Monday 25<sup>th</sup> and 26<sup>th</sup> May 2014**

On Whitsun Bank Holiday we hope to welcome hoards of visitors to Crosthwaite to visit some 15 private gardens as part of the 2014 Crosthwaite Garden Ramble.

There will be homemade refreshments served in Crosthwaite village hall throughout the 2 days and a 16 seater mini bus has been laid on to take visitors at no charge to the furthestmost gardens on show.

Guides and tickets will cost £5 per person, with under 16s free of charge, and these will be on sale on the day at the village hall.

All the gardeners will no doubt be praying for an improvement in the weather, so that they can show their gardens off at their absolute best.

We still need lots of volunteers over the 2 days, to help with refreshments, car parking, mini bus drivers, and stewarding in gardens. It is intended to be a fun and sociable weekend for all involved, so if you can spare some time and would like to help, please contact John Handley on 015395 68297.

### ***NEW AT CARTMEL FELL PARISH HALL***

**ZUMBA GOLD classes with tutor Janet Hurst**  
**Tuesday evenings 7-8 p.m**  
**starting 25th February**

## MOTHERING SUNDAY

Mothering Sunday falls this year on 30<sup>th</sup> March. Its date varies year by year because it is always on the Fourth Sunday of Lent, and since the six-week period of Lent precedes the movable feast of Easter, so the date of Mothering Sunday also changes. In this, the UK is different from most other countries, where there is commonly a Mothers' Day on a fixed date in the year. With the increasing commercialisation of Mothering Sunday, however, ideas of what the day stands for and how it is referred to have changed in my lifetime. These days it seems to be mainly about getting us to spend money and it is more often called Mothers' Day than Mothering Sunday, despite the fact that the date on which we celebrate it is still tied to the church's year.

The Fourth Sunday in Lent, or Mid-Lent Sunday, as it was often called, was traditionally taken as a kind of holiday from the rigours of the Lenten fasts and penitential observances, and by the sixteenth century it was quite common for people to return to the main church or cathedral in the area (the mother-church) for a special service, more celebratory in nature than was usual during Lent. The day was also an opportunity for relaxing the rules about eating, and so the day came to be associated with the indulgence of enjoying simnel cake: a light fruit cake made with fine flour (Latin 'simila'), with almond paste in the middle and on the top. Gradually it became increasingly common for domestic servants to be given a day off to visit the mother-church along with their mothers and other family members; and so, from all of this there grew the practice of giving gifts to mothers on this day, home-made gifts or wayside flowers, and then increasingly gifts of a more formal kind. So you can see that here we have two possible origins for the name: the visiting of the mother-church, and the visiting of one's mother. A third factor also needs to be taken into account: that the Epistle for the day in the Book of Common Prayer celebrates Jerusalem as 'the mother of us all' (Galatians 4 v.26).

This 'day off' in the middle of Lent has other names too. In medieval times it was known as Laetare Sunday because of the opening words of the Introit of the Latin Mass, 'Laetare Jerusalem', 'Rejoice, O Jerusalem...'. The Introit addressed the congregation as people who had been in sorrow, and urged them take consolation and enter God's house with rejoicing — a suitable theme for the day of Lenten relaxation. Another common name for the day, especially after the Reformation had done away with the Latin liturgy, was Refreshment Sunday, again reflecting the special character of the day within Lent. Less common, but still quite well attested, is the name 'The Sunday of the Five Loaves' because the Gospel reading was the story of the Feeding of the Five Thousand. Even so, it carries appropriate resonance for a day that many people must have associated with food-treats! Finally, within Catholic circles we find the name Rose Sunday because, on this day of relative relaxation, the Lenten penitential purple for ecclesiastical vestments was replaced by the softer colour of rose. The day used also to be marked by allowing flowers on the high altar (not otherwise permitted during Lent), and the playing of the organ as a solo instrument. But times change — and



## **SHAPING NEW HOUSING DEVELOPMENT AND COMMUNITIES IN SOUTH LAKELAND**

Would you like the chance to get involved in the preparation of Development Briefs to guide the design, layout, access or green space provision on new developments near you?

South Lakeland District Council is preparing a series of Development Briefs, when adopted, will form part of the Local Plan for South Lakeland outside the National Parks. Development Briefs will provide site specific planning guidance for large, complex or sensitive sites. They are used as guidance for considering planning applications and will inform developers and other interested groups of the constraints and opportunities presented by a site and the type of development expected or encouraged by the Local Planning Authority.

The Council has published for consultation a Proposals document accompanied by maps and site summary documents for each of the sites involved. These documents will be available to view on the Council's website [www.southlakeland.gov.uk](http://www.southlakeland.gov.uk) during the consultation period, and will also be available at South Lakeland House, Kendal; Ulverston Town Hall and libraries across the District outside the National Parks. The consultation period will run from 17 February 2014 to 31 March 2014.

Consultation events are being held in the areas local to the Development Brief sites to enable people to ask questions, discuss the opportunities, constraints and key issues for each site with Development Plans Officers and participate in activities to explore ideas.

<b>Development Brief</b>	<b>Venue</b>	<b>Date of Event (11.00am-7.00pm)</b>
Cross-a-Moor, Swarthmoor	Football Club, Park Rd, Swarthmoor	Tues 25 Feb 2014
Kendal Parks, Kendal	The Heron Pub, Heron Hill, Kendal	Thurs 27 Feb 2014
South & East of Milnthorpe	Methodist Church Hall, Milnthorpe	Mon 3 March 2014
South of Underbarrow Road, Kendal	Town Council Chamber, Town Hall, Kendal	Thurs 6 March 2014
Scroggs Wood, Kendal	Georgian Room, Kendal Town Hall	Mon 10 March 2014
North of Kendal Road, Kirkby Lonsdale	Kirkby Lonsdale Institute (Lunesdale Hall, Beckett Rd)	Wed 12 March 2014
Croftlands, Ulverston	Coronation Hall, Ulverston	Mon 17 March 2014
Stainbank Green, Kendal	Assembly Room, Town Hall, Kendal	Thurs 20 March 2014

# ***NOTICES FOR INDIVIDUAL PARISHES***

## **CARTMEL FELL**

### **MOTHERING SUNDAY**

On the 30th March at 9.30a.m there will be a special Mothering Day Service. As in the past it will be a simple service with hymns and readings followed by presentation of flowers to the ladies and refreshments for all. We hope there will be many visitors

celebrating with us; everyone can be assured of a very warm welcome.

### **ANNUAL CHURCH MEETING**

Our Annual Parochial Church Meeting (AGM) will take place at 9.30am on Sunday 16<sup>th</sup> 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

### **Cartmel Fell WI Open Meeting**

cordially invite you to join us to hear a talk by

**Stuart Lambert of Kittridding Farm**

**Wednesday, March 5th at 8pm**

at Cartmel Fell Parish Hall.

The talk will be on modern day farming, the running of a Farm Shop, Gift Shop and very successful cafe at Kirkby Lonsdale.

There will also be some of his mouth watering sausages and other products on sale.

Visitors:- £2 admission.

**A SPRING FASHION SHOW  
by KITTY BROWN BOUTIQUE  
of Carnforth**

**Wednesday April 2nd at 7pm  
at Cartmel Fell Parish hall**

The Boutique will be showing their new Spring and Summer Collection ably abetted by our local models fresh from the recent London Shows!

Do come and join us for a fun evening and choose your new Spring Wardrobe.

**Visitors' Admission:- £4 including a glass of wine**

**All welcome---particularly men!**

the church's life and to look ahead to our future.

## LOCAL HISTORY SOCIETY

Suzanne Tiplady was welcomed in February, by another good turnout of fellow members, to her illustrated talk about the history of all the properties called Grizedale Hall.

The first Hall was probably built in the 14<sup>th</sup> century, when Grizedale was a small township in the manor of Hawkshead. This building erected to the west of the township wall may have been built for the bailiff, but was later used as the Satterthwaite poorhouse. It was demolished circa 1840, and replaced with a new Hall on the same site, now known as Grizedale Home Farm.

Montague Ainslie rebuilt Ford Lodge, located to the east of the hamlet, and after purchasing the Grizedale Hall estate, renamed his house. He gradually enlarged this third Grizedale Hall, but was forced to sell the estate in 1902 when his business failed.

The purchaser, Harold Brocklebank demolished the house, and had an Edwardian Gothic mansion erected on the site. The estate was sold in 1937 to the Forestry Commission, who looked for tenants for the house. During the Second World War, it was used as an officer's POW camp. Post-war, with spiralling repair costs, the FC decided to demolish this fourth Hall. In 1957 the contents were auctioned, and within a couple of years, all that remained was the balustraded garden terrace, which became a car-park, with the formal gardens a camp-site. The Forestry Commission has since developed the site into what we see today.

Our meeting on 10th March, sees a welcome return for Dr. Jean Turnbull, this time to talk about childhood in South Lakeland in the early 20<sup>th</sup> century.

The monthly meetings take place in the Parish Hall, starting at 8pm. For more information, contact the Secretary, Jeni Boothman, on 015395 68389 or [jeni.boothman@tiscali.co.uk](mailto:jeni.boothman@tiscali.co.uk)

## CROOK

### CROOK AND WINSTER PARISH COUNCIL

The next meeting of the Council will be held at Crook Memorial Hall on Tuesday 18<sup>th</sup> March at 7.30pm. One the items under consideration at present is the possibility of joining in a Neighbourhood Plan with other parishes in the Lyth Valley.

At the last meeting, the budget for 2014-15 was agreed and this was set at the same level as last year, which means there will be no increase in the Parish portion of the Council Tax.

The Council is enquiring into the possibility of purchasing its own Speed Indicator Device (SID), due to the continuing problem of speeding vehicles on the B5284 road.

The perennial problem of potholes around the parishes is one that never seems to go away and a list of these has been submitted to County Highways.

Residents are reminded that all of the Council's meetings are open to the public and there is always an opportunity to speak before the business begins. Minutes and agendas are available on the Council's website

[www.crookandwinsterparishcouncil.co.uk](http://www.crookandwinsterparishcouncil.co.uk) and can also be requested from the Clerk.

**Kevin M Price. Parish Clerk.**

## CROSTHWAITE

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

## FLOWER ROTA FOR MARCH

Volunteers are called for to help with Flower Arrangements in the Church.  
Would anyone prepared to help please contact either Vonnice (68028) or Eileen (68565).

## IT'S OVER. ...

After 30 plus years hosting a New Year's Eve Party the organizing committee have donated surplus monies from our efforts to the following good causes:

Air Ambulance  
Cancer Care  
Derian House Children's Hospice

Thank you to all who supported us over the years.

## ST. MARY'S ANNUAL PAROCHIAL CHURCH MEETING

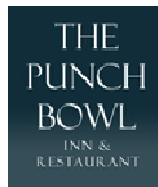
Our Annual Parochial Church Meeting (AGM) will take place at 11.00am on Sunday 23<sup>rd</sup> March. The PCC would like to ask the annual meeting to take a vote on whether to resume the practice of greeting each other by shaking hands at the sharing of the Peace.

## CROSTHWAITE AND LYTH PARISH COUNCIL

(full minutes on the parish council website)  
On the 4th February, at the Crosthwaite and Lyth parish Council meeting, the PC welcomed their new clerk, Joanne Taylor into her new role.

It was noted that the Parish council surgery continues every 2nd Wednesday of the month at the Crosthwaite Memorial Hall.

The Parish Council have been informed that the work that is due to be undertaken at the



### Light Lunch Menu

(Served from 12.00 – 5.30pm Mon-Fri and 12-4 Saturdays)

Butternut squash soup,  
rosemary, crème fraîche, chestnuts  
£4.50

Maple cured bacon chop  
*bubble & squeak, poached egg, watercress*  
£10.50

Smoked salmon & haddock pie  
*soft egg, parmesan, glazed beetroot*  
£11.95

Beef & root vegetable casserole  
*thyme dumplings, braised red cabbage*  
£12.95

Ale battered fish & chips  
*mushy peas, tartare sauce*  
£11.95

Spinach parpadelle  
*wild mushrooms, goats cheese, truffle*  
£9.95

Confit duck leg  
*salad of caramelised watermelon, rocket & feta*  
£8.95

Roast cod loin  
white bean, tomato & pancetta cassoulet,  
£11.95

### Sandwiches

served on MORE! bakery ciabatta, with baby  
herb salad & game crisps  
Coronation chicken  
Honey glazed ham, piccalilli  
Prawn & tomato mayonnaise

Green and South Low is imminent.

There has also been a suggestion of a village e-mail list to provide information quicker through the Parish.

*Joanne Taylor*  
*Parish Council Clerk*

## HELINGTON and BRIGSTEER

### SECOND SATURDAY COFFEE MORNING—8 MARCH

The 'Second Saturday' Coffee Morning will be held at Kell Garth, Brigsteer, on March

#### BRIGSTEER W.I.

Come along to our Open Meeting  
Wednesday 12th March at 8pm  
Helsington and Brigsteer Village Hall  
Speaker : Nick Henderson  
"Working with Raptors"

Admission £2 including refreshments

8th. Please tel; 68765, for details from Zita Walmsley. Everyone will be most welcome.

### FOOD BANK

The Food Bank in Brigsteer has run into difficulties with finding a secure bin to be placed in the car park at the Wheatsheaf. We are still looking, so if anyone can help us, we would be most grateful. Please be in touch with Mary Cross ☎ 015395 68685.

## UNDERBARROW

### UNDERBARROW MARROW DAY

The Committee wish to announce that their Dates for your 2014 diaries:

**Thursday 24th April** there will be a Marrow Day Quiz evening with buffet snacks provided, price £5.

**Marrow Day** held at the Punchbowl pub, will be held on **Sunday 7th September**.

More information to follow. Any queries to Maggie on 015395 68662 or Louise at the Punchbowl Pub Underbarrow on 015395 68234.

### UNDERBARROW & BRADLEYFIELD PARISH COUNCIL.

The next meeting of the Council will be held at Underbarrow Institute on Wednesday 2<sup>nd</sup> April at 7pm. This meeting will commence with the letting of Smithymire.

One the items under consideration at present is the possibility of joining in a Neighbourhood Plan with other parishes in the Lyth Valley.

### CLEANER REQUIRED FOR UNDERBARROW INSTITUTE

two hours per month.

For further information please  
contact:

Stephen Carruthers 015395 69717  
or Valerie O'Loughlin 015395

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Residents are reminded that all of the Council's meetings are open to the public and there is always an opportunity to speak before the business begins. The agenda and minutes are displayed on the Council's

notice board outside the Institute and on the website

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

Kevin M Price. Parish Clerk.

## WINSTER

### ANNUAL CHURCH MEETING

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The perennial problem of potholes around the parishes is one that never seems to go away and a list of these has been submitted to County Highways.

Residents are reminded that all of the

Council's meetings are open to the public and there is always an opportunity to speak before the business begins. Minutes and agendas are available on the Council's website

**ST. PAUL'S CHURCH**  
**STEP BACK IN TIME TO 1914!**  
**Saturday 3<sup>rd</sup>, Sunday 4<sup>th</sup> and Monday 5<sup>th</sup> May**

**May Day weekend**  
**Save those dates!**

There'll be exhibits of memorabilia from 100 years ago, floral displays, food, stalls, scarecrows and fun for the kids including tombola.

**Having a Spring sort out?**

If you have any bric-a-brac and books for the stalls please contact Mary 52078

### THE OTHER ALGARVE!

A Slideshow by the Crowe Family  
At Winsters Village Hall

**Saturday, March 29th at 7.30pm**

Adults £4, Children Free.  
Refreshments & Raffle

### WITHERSLACK PARISH HALL COMMITTEE

#### JUMBLE SALE

Saturday 22 March  
10 till 12

20p. Refreshments served.

Donations of jumble can be dropped off at the hall on Friday 21st 2 till 4  
Or for details tel: 52275

No Electrical items accepted.

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

## 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 – 6.00
Saturday	9.00 – 1.00

☎ 015395-52188

### PLEASE SUPPORT YOUR VILLAGE SHOP

We stock an extensive range of staples plus delicious local specialities and fabulous home-made cakes, as well as offering a dry cleaning service. And don't forget you can order meats, pies etc. from Higginsons, fruit and veg from Fletchers and bread from Grange Bakery through Witherslack Community Shop: Order one day

## Guidance Notes for Submission of Articles for the TWO VALLEYS PARISH NEWS

To put an article in the Two Valleys Parish News please follow these few, easy instructions:

- Keep your article short and to the point as much as you can
- Email your text to:  
**twovalleysnews@yahoo.co.uk** or drop a paper copy into The Vicarage in Crosthwaite **by 12<sup>th</sup> of the month.**
- If you know you are going to be later than 12th of the month , let the editor know - we will do our best to accommodate you!
- State which part of the magazine you want it to appear in - under a specific village or under Calling All Parishioners
- If you want your event given special emphasis please state that in your email. We can do boxes, special borders, larger font etc. - space permitting.
- Format the text to give the editor some idea of how you would like your text laid out in the magazine - the editor's decision is final though and will be dictated by the space available and the look of the magazine.
- Please put your name and contact details on any handwritten articles as anonymous correspondence will not be published.

We hope this helps you when submitting an article and look forward to your continued support of this vital community publication.

**Editorial Team, Two Valley Parish News**

### *Editor's note to HOPE*

Please continue to contribute to the Two Valleys Parish News. Poems will be included at the discretion of the Editorial Team depending on their suitability for publication in the magazine. We are happy to have a discussion about this with you if you wish to make yourself known to a member of the team or to Michael Woodcock.



## BRIGSTEER

Our planned tour of Lumley Fee, the newly refurbished bunk house run by The Wheat-sheaf left those members who ventured up the hill in the midst of the worst storm of the winter looking rather soggy and bedraggled as we were unable to gain access due to the wind! Disappointment all round but we are hoping to rearrange this visit on Wednesday 5th March, subject to bookings. Beryl will be in touch once the date is finalised. We were very pleased to get back to the village hall for the yummy cakes and warming cups of tea provided by Sheila and Mary. Brigsteer are to be stewards at the spring council meeting on March 31st. Several members have volunteered to help. Marilyn Taylor handed out some cross stitch panels for us to complete as part of the wall hanging for the Village Hall. We are planning another theatre trip, hopefully to the Theatre on the Lake in the spring. Our March meeting will be open to all as we have Nick Henderson bringing along six raptors, or birds of prey on March 12th. New members are always welcome to our meetings. Call Beryl on 015395 68570.

## CARTMELL FELL

In February, Enid Holmes described the life of Joyce Grenfell (1910 - 1969) who, although she was three-quarters American, and a niece of Nancy Astor, was very English in character. Her skills as an actress, comedienne, monologist and singer-song writer led to her joining Ensa to cheer up the troops during the war, and to making memorable films such as 'The Happiest Days of your Life' and the St. Trinians series.

Enid Holmes read some of the favourite monologues: 'Useful and Acceptable Gifts' and Joyce's impression of a harassed nursery school teacher trying to keep order - 'George, DON'T do that...' The talk brought back many happy memories to those of us who marvelled at Joyce Grenfell's gifts in the 1940s - 60s.

**On Wednesday, March 5th at 8.00pm at Cartmel Fell Parish Hall, there will be an Open Meeting** (see page 10 for details).

## CROSTHWAITE

Jean Sceal welcomed new Committee Members to the January Meeting and thanked all the members for their support during last year. She welcomed speaker Andrea Aldridge from MANNA HOUSE who told members of their work and reported that the Winter Scheme for homeless in Kendal was now working and they can now sleep in one of the four churches in Kendal who supported the scheme.

## UNDERBARROW

In spite of wet and windy weather, there was an excellent turnout for the February meeting. President, Barbara Lee, outlined progress with obtaining a speaker for the October Group Meeting which will be hosted by us. Once the business had been concluded, Underbarrow WI member, Lynne Pritchard, spoke to us about Genealogy which has been her hobby for some time. Lynne outlined how to get started. This could involve a simple low-tech but vital approach such as talking to our oldest living relatives. Alternatively, there are local archives and many web sites dedicated to family research with a wide variety of information to be found there. She also emphasised the importance of making a simple note on the reverse of family photos detailing the sitters, dates and locations - if



nothing else, this will make the job of carrying out research much easier for our descendants! Over a cup of tea, we had the opportunity to study and discuss the varied and interesting items relating to family history which had been brought in by members. Our next meeting will be held on March 12th at 1.30pm when the speaker will be Frances Benton who will be talking to us about "A Passion for Pearls" and the competition will be for an item of pearl jewellery

## WITHERSLACK

The brave members who turned out on a chilly night heard a very interesting talk by Sue Mulvany about the Crown Jewels that WI members made to celebrate the Queen's Diamond Jubilee. They were part of the mag-

nificent display in Kendal Parish Church in 2012. Fourteen ladies spent 4 months constructing swords, orbs and crowns with great skill and ingenuity. Among materials used were plumbers' pipes, lemonade bottles, chocolate boxes and a dog's rubber ball. This was Sue's 32nd and penultimate talk as the jewels are becoming too frail to carry about the county. As she showed us the items, we sped through centuries of history. Up until Edward 1st reign, the crown and all the deceased monarch's valuables were buried with him, and those made after that were melted down by Cromwell to finance war in 1649. The last object that we saw was the Imperial State Crown used for coronations, very large and ornate.



**Action Against Poverty in South Lakeland**  
**Saturday 22<sup>nd</sup> March 2014**  
**9.30am for 10 00am – 4.00pm**  
**Venue: St Thomas Kendal**

**Free.**

**Bring your own lunch**

**Donations welcomed**

**Tea & Coffee provided**

**Opened by**

**Tim Farron MP**

**Main Speaker**

**Niall Cooper**

**National Coordinator of Church Action on Poverty**

### **Workshops**

The Elderly

Caught in debt

Disabilities

The Food Bank

Rural poverty

Homelessness

Please register by phoning: 01539 740605

## REGULAR EVENTS

### HELSINGTON & BRIGSTEER

For bookings and more information contact Jackie Fleetwood ☎ **015395 68148**

Zumba Gold Fitness Class	Mondays 10.30 - 11.30am
Short Carpet Bowls	Mondays 7.30 - 9.30pm
U3A Circle Dancing	Tuesdays 10.00 - 11.45am
Table Tennis	Tuesdays 8.00pm
Book Group	3 <sup>rd</sup> Wednesday of the month, 7.30pm
Women's Institute	Second Wednesday evening of the month, 7.30pm
UFOs Sewing Group	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday of the month, 2.00pm - 4.00pm
Circle Dancing	Thursdays, 7.30pm - 9.30pm
Pilates	Fridays 12.00pm - 1.00pm and 1.15pm - 2.15pm

### CARTMEL FELL

For bookings contact Helen Caldwell ☎ **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 10am - 11am
Folk Dance Group	Thursday 7.30pm - 10pm

### CROSTHWAITE MEMORIAL HALL

Check bookings online at [www.crosthwaiteandlyth.co.uk](http://www.crosthwaiteandlyth.co.uk)

Aerobics	Mondays 7.30pm - 8.30pm
Playgroup	Tuesdays and Thursdays 9.30am - 11.30am
Exchange	Wednesday 2pm-4pm (1pm on the 1 <sup>st</sup> Wednesday)
WI	3rd Wednesday of the month at 7.30pm
Art Club	Mondays, 1.45pm- 4.00pm.
Snooker Club	Wednesdays 7pm - 9pm in the Parish Room, Crosthwaite
Indoor Bowling	Tuesdays and Thursdays, 7.30pm - 10.00pm
Table Tennis	Fridays 2pm to 3.30 p.m.

### UNDERBARROW INSTITUTE

Quilting class	Mondays 2 - 4pm
Billiards Club	Mondays from 7.30pm
WI	Every 2 <sup>nd</sup> Wednesday of the month at 7.30pm
Zumba Gold class	Thursdays, 7.30pm - 8.30pm

### WITHERSLACK

Indoor Bowling	Wednesdays 7.30pm - 10 pm (except June, July & August). All equipment is provided
Parent & Toddler Group	Tuesdays 10am until Noon
Tea & Chat Group	Every 1 <sup>st</sup> Tuesday of the month at 2pm
Women's Institute	Every 2 <sup>nd</sup> Tuesday of the month at 7.30pm

# Two Valleys Churches

## *"Enriching lives ..... Embracing God"*

**Parish Priest:** **Rev'd. Michael D. Woodcock**, The Vicarage, Crosthwaite, Cumbria. LA8 8HX  
☎ 015395-68276 Email: [mich@elwoodcock.com](mailto:mich@elwoodcock.com) (not available Fridays)

**St. Anthony's, Cartmel Fell**

Churchwardens: Mr. Anthony Clarke 015395-31481  
Mrs. Vanda Lambton 015395-31311

**St. Mary's, Crosthwaite**

Churchwardens: Mr. Matthew Dobson 015395-68849  
Mr. John Holmes 015395-68599

**Holy Trinity, Winster**

Churchwardens: Mr. Michael Hopkinson 015394-42681  
Mr. David Porritt 015394-43461

**St. Paul's, Witherslack**

Churchwardens: Mrs. Janet Read 015395-52481  
Mrs. Marianne Whiteway 015395-35059

**Assistant Curate-in-charge:** **Rev'd. Brian Crowe**, Middle Blakebank, Broom Lane,  
Underbarrow. ☎ 015395-68959 Email: [brian.crowe@ymail.com](mailto:brian.crowe@ymail.com)

**Readers:** **Reg Bradby** 01539-725800 or [regbradby@hotmail.com](mailto:regbradby@hotmail.com)  
**Maureen Stevens** 01539-734358 or [m-stevens@hotmail.co.uk](mailto:m-stevens@hotmail.co.uk)  
**Tony and Hilary Fitch** 015395-68577 or [fitchesuk@aol.com](mailto:fitchesuk@aol.com)

**St. Catherine's, Crook**

Churchwardens: Mrs. Ruth Hunter 015395 60117

**St. John's, Helsington**

Churchwardens: vacant  
vacant

**All Saints, Underbarrow**

Churchwardens: Mr. J.H. Willison 015395 68359  
Mr. J.A. Lee 015395 68470

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**Assistant Priest:** **Rev'd. Michelle L. Woodcock**, The Vicarage, Crosthwaite  
☎ 015395-68276 Email: [michellewoodcock74@hotmail.com](mailto:michellewoodcock74@hotmail.com)

**Magazine Editors next month:** Liz and Ron Croy ☎ 015395 52155 **(GUIDANCE NOTES  
in this issue, page 16)**

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☎ 015395-68849

**Magazine postal service:** Matthew Dobson, Aspen, Crosthwaite. LA8 8BS  
☎ 015395-68849

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### MAGAZINE DEADLINES

For **HELSINGTON** to Mary Cross (☎ 68685) by **9<sup>th</sup> of previous month**

For **UNDERBARROW** to Mabel Evans (☎ 68481) by **9<sup>th</sup> of previous month**

**All others to the Editor by 12<sup>th</sup> of previous month by email or letter (see page 18)**