

MARCH 2015 70p



CARTMEL FELL



CROSTHWAITE



CROOK

**TWO
VALLEYS PARISH
NEWS**



HELINGTON



WINSTER



UNDERBARROW



WITHERSLACK

Church Services for MARCH 2015

1st March

9.30am	Cartmel Fell	Matins (BCP)	Tony & Hilary Fitch
9.30am	Helsington	at Underbarrow	
9.30am	Underbarrow	Licensing Service HC (CW)	Ven Penny Driver
		Joint with Helsington	Rev. Brian Crowe
9.30am	Witherslack	Holy Communion (CW)	Rev. Michael Woodcock
11.00am	Crook	Morning Worship (CW)	Tony & Hilary Fitch
11.00am	Winster	Holy Communion (BCP)	Rev. Michael Woodcock
6.30pm	Crosthwaite	Evensong (BCP)	Rev. Michael Woodcock

The 2nd Sunday of Lent

8th March

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Helsington	Morning Worship + APCM	Mrs. Maureen Stevens
9.30am	Underbarrow	Holy Communion (CW)	Rev. Bob Dew
10.00am	Witherslack	All-age Service	Rev. Michelle Woodcock
11.00am	Crook	Morning Worship (CW)	Mr Neil Carter
11.00am	Winster	Matins (BCP)	Mr. Leonard Lambert
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock

The 3rd Sunday of Lent

Tuesday 10th March

8.00 pm	Cartmel Fell	Sung Compline	Rev. Michael Woodcock
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15th March

9.30am	Cartmel Fell	Mothering Sunday Service	Rev. Michelle Woodcock
9.30am	Helsington	Mothering Sunday Service	Mrs Maureen Stevens
9.30am	Underbarrow	Mothering Sunday Service	Rev. Brian Crowe
9.30am	Witherslack	Mothering Sunday Service	Rev. Michael Woodcock
11.00am	Crook	Mothering Sunday Service	Elaine & Reg Bradby
11.00am	Winster	Mothering Sunday Service	Rev. Michael Woodcock
11.00am	Crosthwaite	Mothering Sunday Service	Rev. Michelle Woodcock

The 4th Sunday of Lent

22nd March

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Helsington	Holy Communion (CW)	Rev Ron Rutter
9.30am	Underbarrow	Holy Communion (CW)	Rev. Brian Crowe
11.00am	Crook	Holy Communion (CW)	Rev David Parsons
11.00am	Winster	Matins (BCP)	Mr. Roger Bingham
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock
4.00pm	Witherslack	Songs of Praise	Rev. Michael Woodcock

The 5th Sunday of Lent

Wednesday 25th March 7.30pm Refresh hosted by St. Mary's, Crosthwaite

29th March

10.30am	Crosthwaite	United 5th Sunday Service	
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Palm Sunday

A LETTER FROM TONY FITCH

I am sure that many of you will by now have seen the film “The Theory of Everything”, the much acclaimed Stephen Hawking film. I recommend it. Hilary and I went to see it at Ambleside and, like all those to whom I have spoken about it, we were really impressed with the whole thing, especially the actor Eddie Redmayne’s portrayal of Stephen Hawking through all his years from vivacious and healthy student at Oxford University through to the elderly, crippled professor in his wheelchair.

As the title of the film suggests, quite a lot of the film is about Stephen Hawking’s search for a mathematical formula that will explain how the world came into existence and how it will eventually end. Fortunately it did not dwell too long upon this aspect as I would have ended up very confused – mathematical formulae were never my strong point! How time can start and end, with nothing before and nothing afterwards, is a completely beyond me!

Another, even stronger theme in the film is the portrayal by Felicity Jones of Stephen Hawking’s wife, Jane. In fact the whole film is about Stephen’s life as seen through the eyes of Jane. Jane was, and is, a committed Christian. She met Stephen, a brilliant, popular and witty student with a reputation for brashness and intelligence, whilst she too was a student at Oxford, and fell in love with him. This was shortly before he was diagnosed with the deadly motor neurone disease which threatened to terminate his life. After diagnosis, Stephen, not surprisingly, fell into depression. Jane, however, vowed to stay beside him and support him, and they became engaged and got married. The engagement, and Jane’s commitment, gave Stephen, in his own words, “something to live for”.

It is a touching story of Christian determination. Stephen’s disabilities meant that the responsibilities of home and family rested firmly on Jane’s shoulders. He was fiercely independent and often unwilling to accept help for his disabilities. His views on religion – he was a declared atheist – contrast with her strong faith and result in tensions and difficulties. Despite this they held together as a married couple for some 30 years, had three children and saw Stephen achieve great fame with his book “A Brief History of Time”, which made him “one of the most brilliant theoretical physicists since Einstein”. Despite Stephen’s relatively brief remarriage late on in his life to one of his carers, Jane has stayed in touch with him and still maintains a close relationship with him.

Those with a spiritual quest in life ask a different question to that pursued by Stephen Hawking. Rather than look for the THEORY of everything – a mathematical formula -we look for the MEANING of everything. We ask, not “how?” but “why” when examining life on earth. George Harrison, the Beatle, once said that in life we need to find out three things, namely who we are, why we are here, and where we are going. The Bible, especially the Gospels recording the life of Jesus, give answers to all three of these questions, and probably gave Jane Hawking the courage, fortitude and loyalty that she displayed in her long-term commitment to Stephen.

The words of the hymn by Richard Gillard come to mind – “We are pilgrims on a journey, We’re together on this road; We are here to help each other, Walk the mile and bear the load.” A relationship with God helps us on that journey.

Tony Fitch

FROM THE REGISTERS



Thanksgiving and Dedication

25th January Lorna Grace Dobson

St. Mary's, Crosthwaite



Baptisms

11th January James Richard Metcalfe

St Catherines, Crook

8th February Alice Lucy Islay Cunliffe

All Saints Underbarrow

8th February Fredrick Hugh Anthony Cunliffe

All Saints Underbarrow



Marriages

5th February Sarah Douglas and James Asprey

St. Mary's, Crosthwaite



Funerals

12th February Stephen John Hodgson (68) Funeral & Burial at St. Paul's, Witherslack

Holy Days in March

- 1 David, Bishop of Menevia, Patron of Wales, c.601
- 2 Chad, Bishop of Lichfield, Missionary, 672
- 7 Perpetua, Felicity and their Companions, Martyrs at Carthage, 203
- 8 Edward King, Bishop of Lincoln, 1910
- 17 Patrick, Bishop, Missionary, Patron of Ireland, c.460
- 19 JOSEPH OF NAZARETH
- 20 Cuthbert, Bishop of Lindisfarne, Missionary, 687
- 21 Thomas Cranmer, Archbishop of Canterbury, Reformation Martyr, 1556
- 25 THE ANNUNCIATION OF OUR LORD TO THE BLESSED VIRGIN MARY

CALLING ALL PARISHIONERS

5th Sunday Service 10.30am 29th March St. Mary's, Crosthwaite.

Our next united 5th Sunday service is at 10.30am on Sunday 29th March at St. Mary's, Crosthwaite. This is also Palm Sunday so we will be preparing a special Palm Sunday service for this lovely occasion where we all join together in worship, but also in friendship across our villages. The Two Valleys Choir will again be taking part. These services are always strong, visible symbols of the growing strength across our rural communities. Come along... you are more than welcome.

Refresh

All are welcome to join this monthly gathering, where we sing, chat and read the bible together. This month's is Wednesday 25th March, 7.30pm, St Mary's Church, Crosthwaite.

Calling all budding musicians... Do you play drums? Guitar? Bass? Tin whistle? It would be brilliant to start a band to help lead the worship at Refresh,. If you're interested, we'd love to hear from you.

Please contact lindsaydobson@hotmail.co.uk

MOTHERING SUNDAY SERVICES

There will be special all-age services for Mothering Sunday Services in all our parishes on Sunday 15th March. Do come along and bring mums, aunts, grannies and great grannies...

JOINT CHURCH-SCHOOL SERVICE

Each term we now hold a special mid-week joint Church-School service in St. Mary's Crosthwaite where the whole School, and as many from the congregation as can make it, meet at 9.30am for a special service. Our next one is at **9.30am on Thursday 26th March in St. Mary's church**. We would like to serve refreshments in the church from 9.00am onwards so that parents can join us easily after the school drop-off before the children walk down to church, so do come for a cup of tea or coffee anytime from 9.00am. Over 80% of the children at Crosthwaite school now come from Crosthwaite, Lyth, Cartmel Fell, Crook, Winster and Underbarrow and so our school is truly serving the parishes across our two valleys. Therefore parents, grandparents, whoever has any association with the School or whoever just wishes to support it as part of our local community are all invited and warmly welcome to this short service which only lasts 30 minutes.

Quiz night

Dallam School PTA is holding a quiz at the Smithy Inn, Milnthorpe Rd, Holme at 8.30pm on Thursday, 26th March in aid of PTA funds. £4 per team (max 4 people per team.) All welcome. (For more details please phone Sue Hayward 01524 762254)

CROSTHWAITE SHOW
15TH AUGUST 2015

A reminder that the Art and
Photography classes this year
are

Early One Morning
A Pathway
Summer Fun

We hope you are all feeling inspired

NOTE:
To those of you who are artists, the committee has been advised that the maximum size for art work should be 22" x 18" including the frame. Apologies for the previous wrong information.



FLORAL CELEBRATION OF
CHILDREN'S LITERATURE

FLOWER FESTIVAL AT

ST. ANTHONY'S CARTMEL FELL

2nd 3rd & 4th MAY 2015

Crosthwaite Post Office

Temporary change of hours:
Closed: Tuesday 10 March 2015
Open: Wednesday 11 March 2015

Closed for one week:
Monday 23 March – Friday 27 March 2015
(sorry for any inconvenience)

Two Castles Housing Association



Two Castles Housing Association are currently considering developing affordable homes in Crosthwaite. As such we are keen to understand the need in the area and we are therefore holding an event in the Memorial Hall on Thursday 5th March from 4pm to 7pm. Please come along if you might be interested in renting a property from Two Castles or if you might be interested in purchasing a low cost home either outright with a Local Occupancy clause or shared ownership. We are trying to find out the best mix of housing here so we want to know if bungalows are most in need or if family housing is in short supply. Are you currently crowded in a property and require a larger home, possibly a 3 or a 4 bed. Or do you own a large property but wish to downsize to a 2 bed bungalow or 2 bed house? Are you a young couple/ family / single person keen to buy using shared ownership? Whatever your circumstances, we would urge anyone from Crosthwaite or neighbouring parishes with a desire to move over the next 2 years to come down and let us know exactly what you want!

Two Castles are currently developing 18 new properties in Staveley on Crook Road and 27 new properties on Windermere Road in Kendal. Both schemes are due to complete in March and we continue to search for development opportunities in this area. We are also starting on site soon at Burland Grove in Kendal and shall be building 14 new homes there. Properties built for Two Castles have above average space standards and are extremely well insulated. They have PV panels as standard to give the tenant free electricity during daylight hours. We build respecting local styles and the site we are considering is centrally located in Crosthwaite.

If you need any further information, please contact me on the following email address lisa.hogarth@twocastles.org.uk or call me on 01228 635504.

Hopefully see you there!



Q: What happened after an explosion at a French cheese factory?

A: All that was left was de brie.

Q: When should you go on a cheese diet?

A: If you need to cheddar a few pounds

SOUTH LAKELAND DISTRICT COUNCIL

News release

PRIVATE WATER SUPPLY RISK ASSESSMENTS

Letters are being sent to residents in South Lakeland on private water supplies advising them of a programme of risk assessments about to get under way.

South Lakeland District Council (SLDC) is legally required to carry out risk assessments on all private supplies in the district, to make sure they meet Drinking Water Inspectorate (DWI) standards.

Risk assessments are required every five years, but the Private Water Supplies Regulations Act 2009, which came into effect in 2010, means this is the first time that smaller 'Regulation 10' supplies (see note 1) have been included in the programme.

SLDC maintains an historical database of Regulation 10 supplies and those listed on this database as the primary contact person for each of these supplies will be contacted in the coming weeks to arrange a risk assessment.

The council has appointed TOBIN Consulting Engineers to carry out the risk assessments, which will generally take place between February and June this year.

The assessment will require a site visit, and will take from two to four hours, depending on the complexity of the supply, and during which the assessor will examine all parts of the supply, including the source, water treatment and storage.

Samples of the water will not be taken during the assessment, but depending on the outcome of the risk assessment sampling may be undertaken at a later date if required.

Residents are advised that under the Private Water Supplies Regulations Act 2009, the cost of the assessment is borne by the householders on the supply. Under the legislation the maximum cost of the assessment is £500, however it is anticipated that the actual cost of the assessment will be much less than this, and is estimated at around £300, depending on the complexity of the supply.

All the payments are going to cover the cost of carrying out the mandatory risk assessments and SLDC does not make any profit from this process.

A private water supply is any water supply which is not provided by a water utility company such as United Utilities. The source of the water supply may be obtained from:

- Springs
- Wells
- Boreholes
- Surface water (e.g. streams or lakes)
- A private distribution system (mains water which is privately distributed by a second party)

In South Lakeland there are more than 1880 known private water supplies. These supplies may serve just one property or several properties through a network of pipes.

All private water supplies can pose a potential threat to health unless they are properly maintained, protected and treated. They may become contaminated with bacteria or other substances. It is not always possible to tell whether the water from a private supply is safe as contamination may not change the smell, taste or colour of the water.

After receiving the letter explaining the risk assessment programme, an assessor from TOBIN will make contact with residents in due course to arrange a suitable time for the assessment.

Sean Hall, SLDC's Principal Environmental Protection Officer, said: "We publicised the new legislation back in 2010 when it came in to effect and most residents in South Lakeland on private water supplies will hopefully be aware of the change.

"Under the legislation we have to carry out these risk assessments, but we recognise that for some residents on Regulation 10 supplies this will be the first time they have had their supplies checked like this, or had to pay this charge.

"We want to reassure residents that on the day of the assessment the assessor will carry an ID badge and letter of authorisation so that householders can check if the person at the door is authorised to be there."

Anyone with any other concerns or needing more detail about the reasons for the assessment, can contact SLDC's Environmental Protection Team on 01539 733333, or visit: www.southlakeland.gov.uk/environmental-health/private-water-supplies/



Settled and safe: a renter's right

Citizens Advice has launched a new campaign calling for improvements in the private rental sector. Last year, more than 80,000 people came to us experiencing a problem with a privately rented home. That's 230 people every day, hit by issues including illegal eviction, harassment, lost deposits and struggles to secure the most basic repairs. Our experience tells us the problems are getting worse. We are campaigning for better protections for private renters including:

- an end to extortionate fees levied on renters by letting agents.
- all local authorities in England to set up a register of landlords that tackles the specific problems in their area.
- tenants to be entitled to rent refunds where the property they're living in is dangerous or not fit to live in.

Do you rent your home? Please tell us about your experience in our online short survey <https://www.surveymonkey.com/s/LQM7TDL>

Free, confidential advice and help is available from South Lakes Citizens Advice Bureau on any aspect of debt, consumer problems, benefits, housing, employment and any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 015394 46464 for an appointment and help.

If you don't need us for advice, how about helping us by becoming a volunteer or making a donation? Not many people realize that we are a charity - see our website for details www.southlakescab.org.uk.

ROBIN HOOD OF WHITBARROW SCAR

The co-authors of Crosthwaite's latest pantomime, Peter Sherratt and Marilyn Shuttleworth, chose to relocate the adventures of the well-known folk hero to Whitbarrow Scar in order to mark the two hundredth anniversary of the Crosthwaite and Lyth Valley Landowners' Association.

Both evening performances at the end of January were fully attended by appreciative audiences who participated enthusiastically in the songs and banter. As usual, the many talents of a large number of local people were tested to the full and everyone rose to the challenges. A strong cast particularly enjoyed playing the villains: Meg Millstone, the witch, Clarence, the evil sheriff of Crook, and his bailiff, Dastardly Dick, who exploited the comic opportunities to the full.

The heroes, Robin Hood and his merry men, cheerfully defeated their evil plans to kidnap Maid Marian and to murder the orphan twins, Hansel and Gretel. The pianist, Jean Sherratt and the mandolin playing minstrel, Alan a Dale, provided the music to sing along to and the cameo roles of the supporting actors were all essential to the story. The butterfly dance by the children of Crosthwaite School was particularly pretty.

Much of the success of any production depends on those behind the scenes. Crosthwaite is amazingly lucky in having Jim Bownass to provide the technical expertise for the sound and lighting, helped by Manuel Zobole. The scenery, representing Whitbarrow Scar, was superbly painted by Paula Cross. Laura Parker and Jennie Richardson did an excellent job with the make-up and Pam Bownass provided both the props and much needed refreshments for the cast. The whole show was kept going by the endlessly patient prompter, Caroline Holmes, and a team of efficient stage hands.

Finally everyone's thanks go to King Richard the Lionheart, Peter Sherratt, for producing an excellent show. The entrance money goes towards the cost of running the Village Hall and the raffle raised over £340 to be divided between the school and Cancer Care.

Judy Goodland



From left to right (back): Simon Hodson (*Dame Wilhelmina Scarlet*), Steve Rowlinson (*Robin Hood*), Fiona Zobole (*Friar Tuckbox*), Kate Done (*Pixie Pether Pot*), Mary Rowlinson (*Anastice*), Judy Goodland (*Sheriff's mother*), Peter Sherratt (*King Richard & producer/director*), Tom Smith (*Sheriff of Crook*), Marilyn Shuttleworth (*Nanny Bumble*).

From left to right (front): Mimi Bleakley (*Gretel*), Rebecca Denney (*Maid Marion of Mirk Howe*), Diana Denney (*Alain-a-Dale*), Susannah Bleakley (*Meg Millstone*)

CEILIDH

WITH LIVE BAND AND BAR

CROSTHWAITE MEMORIAL HALL
7.30 PM, SATURDAY 14 MARCH 2015



AN EVENT JOINTLY IN AID OF
MEMORIAL HALL FUNDS AND THE LYTH VALLEY FIRST RESPONDERS

DANCING TO LIVE BAND - "JUMP THE GUN"
WITH CALLER, CHRIS BLAND.

Admission: £10.00 (adults), £5.00 (juniors 11 - 16) includes pie & peas supper
Beer, wine and soft drinks bar. Licence applied for.

TICKETS AVAILABLE FROM

ROGER SMITH 68671
MARILYN SHUTTLEWORTH 68522
JOHN HOLMES 68599
THE EXCHANGE
ANY FIRST RESPONDER

Crosthwaite & Lyth parish Council announcements

Following the Parish Councils first meeting of 2015, they wish to announce that, Phase one of Superfast broadband should be coming to Crosthwaite and Lyth in March 2015. Also within this meeting it has also been approved for builders to start work on a toilet and washroom being built in the Parish Room.

The Council are pleased to announce that the stone wall in Millennium Wood has now been rebuilt stopping cattle getting into the area.

Please save a date - 5th May 2015 for our Annual Parish meeting to be held at Crosthwaite Memorial Hall at 7pm.



DAMSON DAY

Saturday 11th April, Low Farm Lyth Valley LA8 8DJ

DAMSON COMPETITION

Open Categories:

- 1) 1lb Jar of Damson Jam
- 2) Bottle of Damson Gin or Liqueur
- 3) 1lb Jar of Damson Chutney
- 4) Innovative use of Damsons
 - Only one entry per class, per person.

The WDA Damson Competition cup will be awarded to the entrant with the most points in categories 1 – 4, Good Luck! This competition is open to individual amateurs.

Children's Categories*

- 5) Damson Inspired Collage or Picture in a Medium * (Maximum A3 size)
 - Preschool
 - 4-6 Years
 - 7-11 Years
 - 11-16 years
- 6) Damson Day Poster – A Poster to advertise Damson Day 2016! * (Maximum a4)
 - 7 years and under
 - 8 – 11 years
 - 11 – 16 years

* PLEASE PUT NAME AND AGE OF CHILD ON REVERSE

- Competition entries can be dropped at Crosthwaite Argles Memorial Hall on Friday 10th April, 2 – 4pm or between 10.00 - 11.00 am on Saturday 11th April to the Damson Competition Tent at Damson Day (**Please note an admission fee will apply for entry into Damson Day**).
- Judging will take place 11.30am – 1.30pm on Damson Day
- The Damson Competition will be open to the Public from 2.00 pm
- If you wish to collect Competition entries please do so after 4pm from the Damson Competition Tent on Damson Day.

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

Mothering Sunday

A special Mothering Sunday Service will be held on 15th March at 9.30a.m. A very warm welcome is extended to all. We hope many families will join us, there will be posies for the ladies and simnel cake for all. This is an opportunity to meet old friends and perhaps make new ones.

Local History Society

The speaker for April is Steve Counce talking about The Hiring Fair.

On Monday 11th. May there will be a guided tour of Leven's Hall and gardens and on Tuesday 8th. June there will be a guided tour of Swarthmoor Hall and Gleaston mill in the afternoon.

Please note that the visitor's fee to meetings has been raised to £3.

Cartmel Fell Community Trust

QUIZ NIGHT

Saturday 21st March,
7.0 p.m.

At Cartmel Fell Parish Hall

Tickets £7.50, including
supper, available from
Bowland Bridge Stores.

Everybody welcome. BYO
drinks.

Cartmel Fell Parish Hall

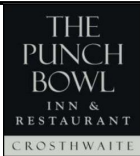
Available for Hire for Children's Parties



Ideal for Children's Birthday celebrations...

Small but perfectly formed facilities with parking and outdoor space close by.

£20 for 3 hours...for more details or to book call Helen Caldwell 015395 68428



☎ 015395 68237

Light Lunch Menu

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

Parsnip soup

Roast turkey, walnut pesto
£4.95

Smoked haddock

champ mash, poached egg, mustard sauce
£11.95

Game casserole

Thyme dumplings, glazed beetroots
£13.95

Crab risotto

mascarpone, lemon, pea shoots
£9.95

Confit duck leg

Bubble and squeak, Lyth valley damsons
£12.95

Ale battered fish & chips

mushy peas, tartare sauce
£11.95

Pork and sage faggots

Apple purée, caramelised onions
£10.50

Chicken Caesar salad

grilled gem lettuce, quails eggs, parmesan
£11.95

Open sandwiches

(served on our homemade bread)

Coronation chicken, carrot, beetroot & raisin
salad

Creamed garlic mushrooms and spinach,
toasted brioche

Smoked salmon & prawn Marie rose, pickled
cucumber, capers
£6.50 each

CROSTHWAITE

www.crosthwaiteandlyth.co.uk

Happy 9th Birthday

The Crosthwaite exchange 9th birthday was well attended and everyone enjoyed A delicious meal, followed by birthday cake and a toast to the future of the exchange in its tenth year. If anyone reading this article is interested in being on the helpers rota for the future, please contact Geraldine Wilson on 015395 68836. **Jill Wesson**

Crosthwaite Playgroup

At the start of the year we welcomed in a new committee, with Nicola Swindlehurst and Emma Taylor stepping down from their roles and Catherine Westnutt, Maria Cervetti and Sarah Probert collectively taking the reins!

We have also welcomed lots of new members recently, not only from the Two Valleys, but from the surrounding areas too, which is lovely to see – please pass the message on to family and friends who may be interested – we are a friendly group & always have a planned activity, healthy snack for the kiddies and homemade cake to go with the carer's coffee! We run on Tues & Thurs during term time from 9am to 11.30am. Your first session is free and anyone is welcome anytime.

Our 1st event this year is the Nearly New Sale on 7th March (please see separate ad for details.)

We will also be at Damson Day on 11th April selling Draw tickets, the Draw raises funds towards Playgroup and School.

We are also trying to encourage visitors to our Playgroup who feel they could support our group/have a relevant

business they would like to promote to the group, such as the Baby sling session on the 26th February. We are planning a visit from a Massage Therapist who is trained in Pregnancy massage. If you or someone you know would like to visit our group, please let Maria know on 07824442306

Playgroup are running their 100 Club for the 2nd year this year, entries cost £12 for the year and each month there will be a draw of 2 cash prizes, if you would like to join the 100 club please contact Emma Taylor ASAP on 07733415204. More entries = higher prize fund!

We finish for Easter on 27th March and start again on 12th April. There may be an outing planned if there's enough interest, so please watch out on the Playgroup notice board in Crosthwaite Hall.

Crosthwaite School & Playgroup

Spring Nearly New Sale!!!

Saturday 7th March

9am – 12 Noon

At Crosthwaite School LA8 8HT
Newborn- 12 yrs clothes, toys, books & more!

Cake stall, face painting, raffle & refreshments

All sellers get 80%

To sell call:

Maria on 07824 442306

School on 015395 68471



Locals Offer

We are offering our delicious
Punch Bowl Inn's

Fish & Chips

Every Tuesday for only £7.95

Booking essential & please mention this offer when reserving

Valid in February, March & April
(excluding Easter holidays)

Please call us to book on 015395 68237

St Mary's Church

– Flower Rota for March 2015

Please Note NO FLOWERS IN LENT – 22/2/15 to 4/4/15

Vonnie & Eileen will be decorating the Church on Saturday April 4th commencing 1.30pm for Easter Sunday the 5th. As many helpers as possible welcomed (please fetch own scissors)

Any queries to Vonnie 68028 or Eileen 68565

HELSINGTON and BRIGSTEER

Coffee Morning

The 'Second Saturday' Coffee Morning will take place at Lyth View, Brigsteer, on 14th March, 10.30-12noon. Please 'phone Mike and Jackie Fleetwood 68148, for details. Everyone will be most welcome.

Diary Date

Brigsteer Open Gardens will take place on Sunday 24th and Monday 25th May 2015 of the Spring Bank Holiday weekend.

More details to follow.

Contact **Barbara Clifford** Tel **68355**

barbaraclifford100@gmail.com

UNDERBARROW

Advance Notice

Underbarrow WI will be holding a **Ploughman's Lunch and Plant Sale** at the Institute on Wednesday 13th May 2015 between 12 and 2 pm.

Further details to follow.

Contact Sarah Rashleigh 015395 68015 or Maggie Stockdale 015395 68662.

WINSTER

RNLI Lake District
Branch

**QUIZ NIGHT and
SUPPER**

at

THE BROWN HORSE
WINSTER

Monday March 23rd 2015

7.30pm

**Tickets £8.00 including
supper**

Raffle Teams of 4

For tickets contact:

Jean Curtis

015394 42937

Margaret Gambie

015394 42325

Advance notice of

WINSTER STRAWBERRY TEA

Sunday July 5th

3-5pm

Something to look forward to!!

WITHERSLACK

www.witherslack.org

SONGS OF PRAISE - There will be another special Songs of Praise style service at 4.00pm on Sunday 22nd March in St. Paul's church. People have really enjoyed these less formal services with popular hymns and readings. Special refreshments are served after this short service as well. Do come along if you can.

**FINANCIAL VOLUNTEERS
NEEDED FOR WITHERSLACK
COMMUNITY SHOP**

BOOKKEEPER 3 - 4 hrs/week, as relief for current volunteer or job share. Experience of Sage or similar would be helpful.

STOCKTAKE ORGANISER 2- 4 times a year approx. Spreadsheet knowledge
Contact Janet Read for these on 015395 52481

TREASURER for Committee with accounting skills. Contact Liz Croy 015395 52155

Witherslack Parish Hall
Committee

Jumble sale

Saturday 7th March. 10 - 12

Refreshments available

For details tel: 07917742627

or 52275

Calling all budding journalists

The editors of the Two Valleys Parish News would like to include more news items from members of the community. Apart from the WI reports, there is little in the magazine which reports on what has been happening in the area. We should like to see more reviews and photographs of events that have taken place, and reporting of people's achievements or special events. So... sharpen your pencils!



BRIGSTEER

Our President Beryl welcomed fourteen members to our February meeting, with several people sending apologies. Those that were able to make it were able to listen and then sample many teas brought along by our speaker for the evening Sally Farrington. She told us little bit of the history of this popular beverage, from when it was discovered in China 5000 years ago, through to it's introduction to England in 1650. She explained the different methods of manufacture and how to serve it. Today over 165 million copies of tea are drunk everyday. After being unable to find a decent cuppa, Sally decided to source her own tea, and now sells many varieties of black, green, white and oolong teas through her own website and at fairs.

Members were reminded about the group meeting being held at Crosthwaite on 25th March (numbers to be confirmed next month). We received a thank you from the North West Air Ambulance Service following our £250 donation raised through carol singing. Mike Fleetwood also sent his grateful thanks for the cakes we provided at his presentation of The Helsington Nine earlier in the month.

Our next meeting will be on 11th March when Jo Clarke will be showing us how to make modern jewellery.

CARTMEL FELL

Cartmel Fell W.I. were fortunate to have Steve Ratcliffe, Planning and Partnership Director of The National Park to speak on 'The Lakes for World Heritage Status' as he has been closely concerned with this bid for

some years. Previously, there was no category that fitted the unique qualities of The Lake District National Park but now it can be entered as 'A Cultural Landscape of Outstanding Universal Value.'

Those supporting the bid feel that the scale and form of the land with its glaciated valleys have had an effect on the inhabitants' development of hill-farming, notably with Herdwick sheep, and this has led to many great writers and poets celebrating the land in poetry and prose. This encouraged people to conserve the area by forming The National Trust, and creating the second National Park in the country.

The organisations presenting the National Park for World Heritage Status feel that it will engender a feeling of pride and a sense of 'community' which will lead to investment. Because the Government will take over responsibility for resources if the bid is successful, this will make 'a positive, economic and social impact on Cumbria.'

The audience questioned Mr.Ratcliffe about possible overcrowding, transport, pollution problems and water supplies but heard that those who had devised the management plan were optimistic about the outcome. After a very lively discussion, members confessed that they were personally relieved that they did not have to cope with such a mammoth task as that facing Mr.Ratcliffe! He, however, was not daunted, and said he looked forward to the result of the bid in March 2016.

On March 4th., at 7.30pm at Cartmel Fell Parish Hall, the title of Eileen Belshaw's talk will be: 'It shouldn't happen to a nurse. Part 2.'

CROSTHWAITE

Members and visitors were welcomed to the Open Meeting held on 21st January 2015. The President reported that Pam Pitt and Jean Denny enjoyed the excellent hospitality of

Crook WI at their Christmas celebration.

The main part of the meeting was the presentation of the Annual Voting Resolutions for 2015. Mary Choiseul gave an informative and succinct explanation of each of the seven possible resolutions put forward. Members were then asked to cast their votes. The Secretary will pass on the results to the CWFVI office.

Items on the latest newsletter were then mentioned including the Half-Yearly Council meeting on 30th March 2015. Marilyn Shuttleworth will be our delegate at this event.

Julia Cunliffe, a new member joined the meeting today and many members welcomed her to our group.

The speaker at the open meeting was Robert Sykes talking about his trips to Kilimanjaro with fifty years in-between the adventures! The vote of thanks was given by Jean Sherratt.

The speaker in March will be Francis Benton, talking about Passion for Pearls.

UNDERBARROW

The February meeting was opened with President, Sarah Rashleigh welcoming everyone including a visitor and a new member. To ensure that we comply with regulations, three members have opted to attend a course on Food Hygiene to be run at the WI Office and this will also touch on new food allergen rulings. We will be holding a Ploughman's Lunch and Plant Sale to raise funds and this will take place on Wednesday 13th May from 12 noon to 2pm at the Institute. There will also be a cake stall and raffle. Underbarrow will be the central point for members in our Group to meet and enjoy refreshments during the Centenary Linked Walk which will take place on Saturday 2nd May. A number of members will be attending the Spring Group Meeting hosted by Crosthwaite WI and this will take place on

Wednesday 25th March at 7.30 pm. Our speaker for the afternoon was Susannah Cogger who spoke about aromatherapy and essential oils. The use of these oils was commonplace in ancient Greek and Roman times, but had fallen out of favour by the Middle Ages. The benefits of the treatments was rediscovered by accident in late 18th century France as part of the perfume industry and has spread from there. Susannah passed round various oils for us to smell and it was surprising the varied perfumes which could be obtained from different parts of a plant, for instance the skin of the fruit and the blossom and wood of the orange tree. The competition for a pretty perfume bottle was won by Diana James. The next meeting will be held on Wednesday March 11th at 1.30 pm when the speaker will be Hilary Godfrey who will talk about Rag Rugs. Members have been asked to take along a craft tool. The competition will be for a hand crafted item.

WITHERSLACK

Twenty members and 3 visitors were present at the February Meeting which started with the 3rd attempt at a Group photo to commemorate our 90th Anniversary. Treasurer Shirley Christie was celebrating an important birthday. She received a large floral bouquet & Pauline Hodgson had made a sumptuous cake which was much enjoyed.

The speaker was Annie Rose the Heavy Horse lady. In spite of technical problems and poor pictures, Annie conveyed her passion for these lovely horses, mainly Clydesdales, which are used only for riding and not farm work. The trek from Skye to their new home in West Cumbria with the horses taking 5 1/2 weeks was an extraordinary feat.

Next meeting March 10th. "The Leeds Children's Holiday Camp, Silverdale" with Edith Farrer & Freda Addison. Visitors welcome Tel: 52302

REGULAR EVENTS

HELSSINGTON & BRIGSTEER

Book online at sites.google.com/site/brigsteer/home

Zumba Gold Fitness Class	Mondays 10.30 - 11.30am
Short Carpet Bowls	Mondays 7.30 - 9.30pm September - April
U3A Circle Dancing	Tuesdays 10.00 - 11.45am
Table Tennis	Tuesdays 8.00pm September - April
Book Group	3 rd Wednesday of the month, 7.30pm
Women's Institute	Second Wednesday evening of the month, 7.30pm
UFOs Sewing Group	2 nd & 4 th Thursday of the month, 2.00pm - 4.00pm
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

For bookings contact Mrs. Kath Jackson ☎ 01539821415

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
WI	Wednesday 7.30pm (1st Wednesday of the month)

CROSTHWAITE MEMORIAL HALL

Check bookings online at www.crosthwaiteandlyth.co.uk

Playgroup	Tues & Thurs 9.30am—11.30am
Exchange	Wednesday 2pm – 4pm (1pm on the 1 st Wednesday)
WI	Wednesday, 18 th at 7.30pm, 25 th at 7.30pm group meeting
Art Club.	Mondays 1.45-4.00.p.m. (2 nd & 9 th only)
Snooker Club	Wednesdays 7pm - 9pm in the Parish Room, Crosthwaite
Aerobics	Mondays 7.30 pm
Yoga	Wednesdays 7.00pm (4 ^h & 11 th only)
Indoor Bowling	Tuesdays and Thursdays 7.30 - 10.00 p.m.

UNDERBARROW INSTITUTE

For bookings contact Richard Simpson on (01539568228)

Quilting class	Mondays 2 - 4pm
Billiards Club	Mondays from 7.30pm
WI	Every 2 nd Wednesday of the month at 7.30pm
Zumba Gold class	Tuesday night 6.30pm to 7.30pm

WITHERSLACK

Indoor Bowling	Wednesdays 7.30pm - 10pm (except June, July & August). All equipment is provided
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
Stretch and Tone	Mondays 2.00pm - 3.00pm
Fitness Pilates	Thursdays 6.00pm - 7.00pm

Two Valleys Churches

"Enriching lives Embracing God"

Cartmel Fell, Crosthwaite, Winster & Witherslack

Parish Priest: Rev'd. Michael Woodcock, The Vicarage, Crosthwaite, Cumbria. LA8 8HX
Tel. 015395 68276 Email: mich@elwoodcock.com (not available Fridays)

Assistant Priest: Rev'd. Michelle Woodcock Email: michellewoodcock74@hotmail.com

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

Mrs. Lily Holme 015395 60247

St. Paul's, Witherslack

Churchwardens: Mrs. Janet Read 015395 52481

Mrs. Marianne Whiteway 015395 35059

Underbarrow and Helsington

Priest-in-charge: Rev'd. Brian Crowe, Middle Blakebank, Broom Lane,
Underbarrow. Tel. 015395 68959 Email: brian.crowe@ymail.com

Reader: Maureen Stevens 01539 734358 or m-stevens@hotmail.co.uk

St. John's, Helsington

Churchwardens: vacant

vacant

All Saints, Underbarrow

Churchwardens: Mr. Bert Bolton 015395 68196

Mr. J.A. Lee 015395 68470

St. Catherine's, Crook

Vicar: Rev'd. George Briggs, St. Thomas Vicarage, South View Lane,
Windermere Rd, Kendal. Tel. 015395 83058

Readers: Tony and Hilary Fitch 015395 68577 or fitchesuk@aol.com
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For **UNDERBARROW** to Mabel Evans ((68481) by **9th** of previous month
All others to the Editor(s) by **12th** of previous month by email or letter