

**MAY 2015 70p**



**CARTMEL FELL**



**CROSTHWAITE**



**CROOK**

**TWO  
VALLEYS PARISH  
NEWS**



**HELSINGTON**



**WINSTER**



**UNDERBARROW**



**WITHERSLACK**

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## **ANDREA PICKERING PHOTOGRAPHY**

☎ **015395 30552**

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## Church Services for MAY 2015

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### 3rd May

9.30am	Cartmel Fell	Matins (BCP)	Rev. Michelle Woodcock
9.30am	Underbarrow	Holy Communion (CW) 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

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### The 5th Sunday of Easter

### 10th May

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Helsington	Holy Communion (CW)	Rev. Brian Crowe
11.00am	Crook	Morning Worship (CW)	Rev. David Parsons
11.00am	Winster	Matins (BCP)	Mr. Leonard Lambert
2.00pm	High Farm, Crook	Lambing Service - all are invited and welcome—see p.6	

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### The 6th Sunday of Easter

### Thursday 14th May

9.30am	Crosthwaite	Holy Communion <i>followed by refreshments</i>	
7.30pm	Deanery	Ascension Day Holy Communion at St. Thomas', Milnthorpe	

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### ASCENSION DAY

### 17th May

9.30am	Cartmel Fell	Morning Worship	Rev. Michael Woodcock
9.30am	Helsington	Holy Communion (CW)	Rev. Ron Rutter
9.30am	Underbarrow	Holy Communion (CW)	Rev. Brian Crowe
9.30am	Witherslack	Holy Communion (CW)	Rev. Michelle Woodcock
11.00am	Crook	Holy Communion (CW)	Rev. George Briggs
11.00am	Winster	Summer Village Songs of Praise	Rev. Michael Woodcock
11.00am	Crosthwaite	All-age Service	Rev. Michelle Woodcock

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### The 7th Sunday of Easter

### 24th May

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michelle Woodcock
9.30am	Helsington	Morning Worship (CW)	Mrs. Maureen Stevens
9.30am	Underbarrow	Holy Communion (CW)	Rev. Brian Crowe
11.00am	Crook	Morning Worship (CW)	Mr. Mark Houston
11.00am	Winster	Matins (BCP)	Mr. Roger Bingham
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michelle Woodcock
6.30pm	Witherslack	Evensong (BCP)	Rev. Michelle Woodcock

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### Pentecost (Whitsun)

**Wednesday 27th** 7.30pm "Refresh" hosted at St. Mary's, Crosthwaite

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### 31st May

10.30am	Helsington	Trinity Sunday United 5th Sunday Service	
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### Trinity Sunday

## *A LETTER FROM MAUREEN STEVENS*

“Dear Friends,

‘The bliss of solitude’ – a phrase from Wordsworth’s poem *The Daffodils*. How often in our busy lives do some of us yearn for solitude? A time to get away from the daily demands of work, family, even church life and find a quiet place for reflection, for stillness. A time to rest and be refreshed by God’s Spirit. To quote a favourite hymn:

Drop thy still dews of quietness, till all our strivings cease;

Take from our souls the strain and stress and let our ordered lives confess

The beauty of thy peace.

O to be still and know God, to feel after him and find him, to sense his love and blessing touching our lives, his reality becoming our reality. But so often there seems so much to do, so many calls on our attention.

For many, however, solitude does not mean bliss but loneliness, whether from bereavement or some other kind of enforced isolation. There is too much time to think, too much quietness.

For others, even children, there’s the aloneness that comes through not fitting in, finding it difficult to make friends, being different.

Perhaps at one time or another we are all likely to experience a sense of ‘aloneness’, even in the midst of jovial company. It may be transitory, or it may seem like an unending road we are obliged to travel.

Jesus knew his disciples would feel very alone when the time came for him to leave them and face death and, after the resurrection, to return to his heavenly throne. He promised them a Helper, a Comforter, a Teacher – the Holy Spirit, promised to the first disciples and to all who believe in Jesus as the Son of God.

The Holy Spirit helps us to pray, helps us to understand more about God, draws us into deeper fellowship with God. The Holy Spirit will come alongside us when we make a special time and space for solitude and stillness – alone with God. The Holy Spirit is also a very real comforter and helper for the sad, bereft and lonely. He is there for all of us – God’s special gift because of Jesus.

At Pentecost we celebrate the coming of the Holy Spirit to empower and equip Jesus’ followers for spreading the good news about God’s love. But let’s also remember that the Holy Spirit comes first as the promise to each one of us who believes in Jesus as the Son of God. He comes to assure us of God’s forgiveness when we turn to him; he comes to give us new life and a deep peace that we shall never be alone, never be forsaken.

Maureen Stevens

# FROM THE REGISTERS



## Funerals

- 24<sup>th</sup> March James Lupton (92) Funeral & Burial at St. Anthony's, Cartmel Fell  
30<sup>th</sup> March John Eric Caton (78) Funeral service at Lancaster Crematorium  
31<sup>st</sup> March Andrew Wharfe-King (79) Funeral at St. Paul's, Witherslack  
1<sup>st</sup> April Richard Lawrence Crowe (91) Funeral & Burial at St. Anthony's, Cartmel Fell  
14<sup>th</sup> April Thomas Anthony "Tony" Brennand (84) Funeral & Burial at St. Paul's, Witherslack  
14<sup>th</sup> April Septimus William (Sep) Atkinson (95) Thanksgiving service at All Saints' Underbarrow  
16<sup>th</sup> April John Rushton (80) - Funeral Service at Barrow Crematorium

## Holy Days in May

- 1 Philip and James, Apostles - Festival**  
2 Athanasius, Bishop of Alexandria, Teacher of the Faith, 373 - Lesser Festival  
4 English Saints and Martyrs of the Reformation Era - Lesser Festival  
8 Julian of Norwich, Spiritual Writer, c.1417 - Lesser Festival  
**14 Matthias the Apostle - Festival**  
19 Dunstan, Archbishop of Canterbury, Restorer of Monastic Life, 988 - Lesser Festival  
20 Alcuin of York, Deacon, Abbot of Tours, 804 - Lesser Festival  
24 John and Charles Wesley, Evangelists, Hymn Writers, 1791 and 1788 - Lesser Festival  
25 The Venerable Bede, Monk at Jarrow, Scholar, Historian, 735 - Lesser Festival  
26 Augustine, first Archbishop of Canterbury, 605 - Lesser Festival  
30 Josephine Butler, Social Reformer, 1906 - Lesser Festival  
**31 The Visit of the Blessed Virgin Mary to Elizabeth - Festival**

## ***CALLING ALL PARISHIONERS***

### ASCENSION DAY

This year there will be two services for Ascension Day on Thursday 14<sup>th</sup> May:

- 9.30am Holy Communion at St. Mary's, Crosthwaite *followed by refreshments*
- 7.30pm Deanery Ascension Day Holy Communion (CW) at St. Thomas', Milnthorpe

### Two Valleys "Time to pray" 2.30pm Tuesday 12<sup>th</sup> May in Winster church

We meet again for a short "time to pray" for our parishes at 2.30pm in Winster church this month. Anybody is welcome to come and join us as we learn to pray together for our lovely parishes with their various needs.

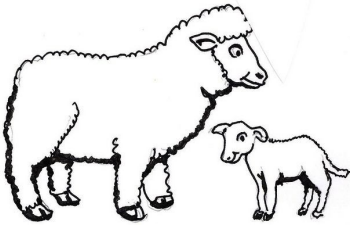
### Thanks

I would like to thank my neighbours and friends for their cards and good wishes during my stay in hospital. Jean Denney

**LAMBING SERVICE - 2.00pm Sunday 10<sup>th</sup> May at High Farm, Crook,  
home of George, Betty, George and Emma Taylor & family!**

This year we are holding a new event to celebrate the end of the long lambing season. It will be a short service in the barn at George and Emma Taylor's farm and will be followed by tea and scones. Our famers work particularly hard during the spring months whilst they are lambing and it is tiring work. We also recognize how sheep and cattle farming maintains the beautiful landscape so many of us are privileged to enjoy. We want to gather our farmers together to celebrate the end of lambing season with them and to thank them for the work they do in creating and sustaining our environment.

So a warm invitation to all our lambing and calving farmers across all the two valleys villages to come to this special gathering at 2.00pm on Sunday 10<sup>th</sup> May in the Barn at High Farm, Crook and also an open invitation to our congregations to come and join in as well.



There will be some sheep and lambs around to add to the atmosphere. Wrap up warmly if the weather is chilly and please share transport wherever you can. [DIRECTIONS: Postcode LA8 8LR From Crosthwaite Vicarage, follow the Starnthwaite Road uphill for approx 3 miles (turn right at the fork at Low Shepherd Yeat), then we are the first turning right, directly opposite Brow Head Farm.

From Crook church, follow Back Lane for approx 1 mile, after the dip at Mill Dam we are the first turning on the left.

Parking is available, although if wet weather, car sharing would be appreciated.



**HOLME CRAG GARDEN PARTY**

**Witherslack LA11 6RZ**

**in aid of St Pauls Church Funds.**

**SUNDAY 24<sup>th</sup> MAY**

**2.00PM-5.00PM.**

Walk around this beautiful Garden

featured in Tim Longbille's Gardens of the Lake District.

Enjoy lovely home made refreshments, stalls, raffles and children's entertainment.

All this for just £3.50 including tea and cream scones.

**Children FREE**

## **Christian Aid Week**

**10<sup>th</sup> -16<sup>th</sup> May 2015**

**Jesus challenges us to love our neighbour.**

**At Christian Aid, we believe he meant our global neighbour too.**



Christian Aid Week is the single biggest act of Christian witness in Britain and Ireland. For thousands of churches, it's a way of getting out into the local community, and of answering Jesus' call to help people in need.

We can't sit back and allow poverty to thrive. So together, as thousands of Christian Aid churches, supporters, partners and staff, we work hard to transform people's lives now and inspire lasting hope for the future.

**We each bring what we have – our energy, our voice, our influence, our money, our time, our talents, our prayer, and our worship – and use them to work for a world that looks more like God's Kingdom.**

Each Christian Aid envelope we fill is a small step towards changing someone's life. A small step for us, a huge leap in life changing circumstances for others. Take that step today and fill the envelope in this magazine with whatever you can to make a difference to someone's life today.

Envelopes can be left in your church, dropped off at the Vicarage in Crosthwaite or left at Michael Yeat Farmhouse, The Row, Lyth, LA8 8DD.

Thank you.

Lorraine Brierley  
Christian Aid Representative  
Lyth Valley

### **Nail - Good Friday**

They found me in a sack with a thousand others.

I was chosen. Why? I do not know.

Darkness and crying on a dreadful hill.

Soft plunging into a wooden cross beam, hangs heavy on my soul.

Pull me out now, they are here

Cry Mary, Mother of God.

**Hope.**

**BRIGSTEER OPEN GARDENS**  
**Brigsteer Open Gardens (BOG Day)**  
will take place on  
**Sunday 24<sup>th</sup> and Monday 25<sup>th</sup> May 2015**  
**Spring Bank Holiday from 11am to 5 pm**  
**Twelve secret gardens open, linked by an easy walking trail.**  
**£5 adults. Children free.**  
**Proceeds support the Village Hall.**  
**Tea and yummy cakes available in two locations.**  
**Light lunches at The Wheatsheaf.**  
**Further details [barbaraclifford100@gmail.com](mailto:barbaraclifford100@gmail.com)**  
**☎ 015395 68355**

### **Crosthwaite & Lyth Parish Council**

**Clerk : Joanne Taylor , Rosemount Cottage, Pool Bank, Nr Witherslack. LA11 6SB**  
**Tel: 015395 68963      Email: [crosthwaiteandlyth.pc@hotmail.co.uk](mailto:crosthwaiteandlyth.pc@hotmail.co.uk)**

Please find below what the Parish Council would like to communicate on the parish website and Two Valleys newsletter.

The Parish council have been informed that there is concern over speeding traffic at Bowland Bridge, the PC will write a letter to CCC and action on their response.

Earlier in the year the Parish Council were pleased to announce that the stone wall in Millennium Wood had now been rebuilt, we would like to request that the public please use the stiles provided. The PC currently are in contact with the LDNPA to try and change one of the stiles into a dog friendly gate. This may not be high priority for the LDNPA but the Parish Council is not legally entitled to alter the stile.

Residents are reminded to use the legal footpaths, keep dogs on a lead near stock, and please do not climb over walls or fences and to remove all dog fouling wherever it is deposited. (Including farmers fields). Every time the wall/fence is damaged it costs we council tax payers £££'s to repair it, and risks cattle getting in, as they did last year and damaging the young trees. Residents have paid twice so far this year for repairs and now further re enforcements are needed after only a week at more cost.

Please save a date – Tuesday 5<sup>th</sup> May 2015 for our Annual Parish meeting to be held at Crosthwaite Memorial Hall at 7pm. Mr Robert Sykes will be speaking about 200 years of The Landowners of Crosthwaite and Lyth. Please try to attend.



Floral Celebration of Children' s  
Literature

at

St Anthony' s Church  
Cartmel Fell

On 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> May

10am to 4pm

Entry £6, children free

Refreshments available

A mix of traditional floral art,

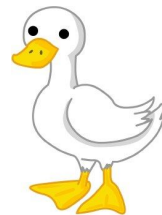
contemporary floral art,

land art and craft work.

**Save The Date!**

**DUCK DAY**

**Friends of Crosthwaite School** are holding their  
**DUCK DAY** on **Sunday 12<sup>th</sup> July from 12noon**  
in Bowland Bridge. Lots of fun for all the family!



**CROSTHWAITE SHOW 15<sup>th</sup> AUGUST 2015**

The schedules for this year's show will be available around Easter time from Crosthwaite Exchange, Bowland Bridge Stores or Valerie Harrison at The Old Post Office Crosthwaite. £1.00 which includes entry to the show.

## Two Valleys Emergency Prayer Chain

Here is an updated version of our emergency Prayer Chain with some new names added, as we give thanks for others who have retired from this list after many years of faithful service. Should an urgent matter for prayer occur (e.g. an accident, or someone suddenly taken ill, or an operation about to take place) and prayer be needed quickly, those at the top of the list are informed, who then telephone the next person down on the list, who then telephones the next person, and so on..... Very quickly a "chain" of prayer is set up, and each person commits themselves to pray for the situation confidentially.

Here is our Prayer Chain for the villages across our Two Valleys.

Please do cut this page out of the magazine and keep it by your telephone.....

**Anne Bennett**  
**015395 31405**

**Anne Wolfenden**  
**015395 68919**

**Dorothy Dobson**  
**015395 68378**

**Anne Ratcliffe**  
**015395 52107**

**Brian Crowe**  
**015395 68959**

**Pat Howarth**  
**015395 68652**

**Geraldine Wilson**  
**015395 68836**

**Lily Holme**  
**015395 60247**

**Shirley Holt**  
**015395 68479**

**Chris Tomlinson**  
**07770 688644**

**Michael & Michelle Woodcock**  
**015395 68276**

If you want to use the Prayer Chain, call up the people at the top of the list. If they are in, they will pass on the message to the next person on the chain. The prayer request will then travel down the list. In the event of someone being out, a message may be left on an answerphone and the next person on the list is contacted - we will try to ensure that the request gets through to everybody in the end.

Do use the Prayer Chain again for follow up information - e.g. if you send a message that someone is extremely ill, please follow up with a message to say what the outcome is, so that those who are praying are informed. If you wish your request to be kept confidential within the Prayer Chain then make that very clear when you contact the first person and ensure they understand to pass that message on.

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

## A Candle of the Church

Sometime in the mid-740s, the Anglo-Saxon missionary Boniface, working in what we would now call Germany, sent two letters back to England: one to the Archbishop of York, and one to the Abbot of the twin monasteries of Monkwearmouth and Jarrow, in what is now County Durham. He asked each of them if they would send to him some of the writings of ‘that most wise investigator of the Scriptures.....who, as we have heard, lately shone in your midst in the house of God like a candle of the church’. The ‘candle of the church’, as Boniface so effectively described him, was Bede, the greatest of early medieval scholars, whose feast-day we keep on 25<sup>th</sup> May. It was extraordinary how his fame had spread: he had died as recently as 735, had scarcely ever left the monasteries of Monkwearmouth and Jarrow, and was simply a monk and a priest. But he had immersed himself in the study of the bible and had produced a vast body of interpretative commentary, drawing upon the greatest authorities: Augustine of Hippo, Jerome, Gregory the Great, and many others. This body of knowledge he expressed in Latin, the universal language of the western church, with great clarity: it was orthodoxy made accessible not by a process of dumbing down, but by virtue of his complete mastery of his subject. He also wrote sermons interpreting the set lections, which were much copied over the centuries, several highly influential works on cosmology and chronology, literary treatises on the art of writing, poetic metre and figures of speech, some verses, hymns and epigrams, historical works on St Cuthbert and the abbots of his own monastic community, and the great *History of the English Church and People*, for which he is still famous today (copied and recopied in the days of manuscripts and in print ever since: it’s readily available in paperback).

Bede achieved so much because Benedict Biscop, the Anglo-Saxon founder of the monastic community, made a total of six journeys to Rome (five of them return trips from England, and one return trip from a monastery in France, where he had spent some time), bringing back with him collections of texts which gave Monkwearmouth and Jarrow a truly exceptional library. The foundation was also well supported and richly endowed so that it could afford the enormous expense of producing manuscript copies of Bede’s work alongside many other manuscripts, including biblical texts. Some of these survive, as does some of the stonework of the two churches of Monkwearmouth and Jarrow, so that part of what we can see there today is what Bede saw fourteen hundred years ago.

Bede’s name means ‘prayer’ in Anglo-Saxon, and maybe he was so named because he was a longed-for late child. That might account for why his family then offered him to God round about the year 680, when he was seven years old. He entered Benedict’s new monastery of Monkwearmouth, where his education began, and two years later was one of the small community of monks who went to Jarrow to establish an additional monastery there. Bede remained at Jarrow for the rest of his life, serving God humbly through his scholarship. I can do no better than conclude with his own words: ‘I have spent all my life in this monastery, applying myself entirely to the study of the Scriptures; and amid the observance of the discipline of the Rule and the daily task of singing in the church, it has always been my delight to learn or to teach or to write’.

Joyce Hill

## CROQUET at GREENODD

Why not come along and have a go?

Any Tuesday afternoon in May or June

The club will be open at Greenodd (A590/A595 junction)

Come along between 2.00pm and 6.00pm, if you would like to try the game, get some practice, or ask for tuition.

For more information, ring 01229 861949 or 01229 889574

Equipment provided. Flat shoes needed.



The beautiful gardens of

The Scowcroft Family

will be open again on

**SATURDAY JULY 25<sup>th</sup>**

New attractions this year  
and a new hydrangea bed.

Make a note of the date.

Floral Celebration of  
Children's Literature

at

St Anthony's Church,

Cartmel Fell

## Preview Evening

Friday 1<sup>st</sup> May 2015

6pm to 8pm

Come and enjoy the floral art,

land art and craft work

with a glass of wine and canapés

Tickets £10 (**please purchase before**

**29<sup>th</sup> April**) available from:

Vanda Lambton 015395 31311

Jane Eccles 015395 33769

Anne Ratcliffe 015395 52107

# *NOTICES FOR INDIVIDUAL PARISHES*

## CARTMEL FELL

### Local History Society.

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.

### 100 Club

Congratulations to Vanda Lambton and Alan Hart who are the Cartmel Fell Community Trust 100 club winners for February and March.

It is now time to renew, or take up membership of the Cartmel Fell Community Trust 100 Club. The annual subscription for this is £12 per year, with a draw every month for £25. All current members will receive a renewal form shortly.

If you are not a member please consider joining and supporting our Parish Hall, membership forms are available from Bowland Bridge Stores.

All proceeds from the 100 Club go towards the upkeep of our much loved parish hall.

### **ANNUAL GENERAL MEETING**

Tuesday 12<sup>th</sup> May at 7.30pm, in the Parish Hall. Please come along to see what we have been doing over the last year, and what we are planning for the next year.

### **Date for your Diary:**

FAMILY BBQ and GAMES NIGHT – Saturday 18<sup>th</sup> July in and around the Parish Hall. More details to follow.

## **CROSTHWAITE**

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

### **ANNUAL JUMBLE SALE**

#### **CROSTHWAITE MEMORIAL HALL**

Saturday May 9<sup>th</sup> at 1.00pm

In aid of Hall Funds

Entry 50p, Tea and biscuits £1.00,

Cake Stall

Bring your rummage to the Hall on Friday evening (May 8<sup>th</sup>) or contact Jim Bownass

(68203), Gordon Pitt (68210), Marilyn

Shuttleworth (68522) or Roger Smith

(68671) for collection

or delivery before the sale

### **Annual Parish Meeting**

The Annual parish meeting will be held on Tuesday 5<sup>th</sup> May at 7pm at the Memorial Hall, please join us.

**Songs of Praise** 4.00pm Sunday 21st

June in St. Mary's, Crosthwaite.

## **Crosthwaite & Lyth Parish Council**

See p 8

### **St Mary's Church Flowers**

May 3<sup>rd</sup> Caroline Holmes

May 10<sup>th</sup> Volunteers Please.

May 17<sup>th</sup> Volunteers Please

May 24<sup>th</sup> Volunteers Please

May 31<sup>st</sup> Flowers from

Wedding on May 30<sup>th</sup>.

Would Volunteers prepared to help please

contact Vonnie 68028 or Eileen 68565

Thank you.

## **HELSINGTON and BRIGSTEER**

### **Coffee Morning**

The 'Second Saturday' Coffee Morning will be held at Wood End, Brigsteer on

May 9<sup>th</sup>, 10.30 -12noon.

Please telephone 68390, John and Jean Seddon, for details.

Everyone will be most welcome.

### **Diary Date**

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

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

[barbaraclifford100@gmail.com](mailto:barbaraclifford100@gmail.com)

## **UNDERBARROW**

### **Underbarrow Marrow Day**

The Underbarrow Marrow Day committee wish to thank everyone who supported their Charity Quiz night on the Thursday after Easter. It was very well attended, the night was great fun, and the sum of £500 was raised for local cancer charities.

Thanks to Louise and Chris at the

Punchbowl pub for hosting the event.

## UNDERBARROW WI

Invite you to a  
**PLANT SALE**

and

## PLOUGHMAN'S LUNCH

On Wednesday 13<sup>th</sup> May 2015

from midday until 2pm

at the Institute

Lunch £5

to include a bowl of homemade soup  
Come along and enjoy a delicious lunch  
and be inspired by a selection of plants  
supplied by keen local gardeners  
for your tubs and borders

For more information

Tel: Sarah Rashleigh 015395 68015

## WINSTER

Advance notice of

### WINSTER STRAWBERRY TEA

**Sunday July 5<sup>th</sup>, 3 - 5pm**

Something to look forward to!!

Our special Songs of Praise service  
in Winster church this year  
On Sunday 17<sup>th</sup> May at 11.00am we will be  
holding our special Songs of Praise service  
to which everyone in the village of Winster  
is warmly invited along with all others who  
come to Winster church from afar.

We would like to include your choices of  
well-known hymns and also space for any  
(short) life-stories which are often  
interesting and inspiring. Do have a word

with Rev. Michael Woodcock (015395  
68276) with any ideas for this service.  
Afterwards we will have a finger buffet  
lunch for any who can stay. If you can offer  
any help with the lunch arrangements then  
please speak to Lily Holme 015395 60247

## WITHERSLACK

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

### Holme Crag Garden Party

**Sunday 24<sup>th</sup> May 2-5pm.**

Any offers of help with cream teas,  
manning stalls and donations to cake stall  
and raffle prizes will be much appreciated.  
If you can help on the day, please ring Janet  
52481.

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 on 015395 52481

**TREASURER** for Committee with

I came across these *mots justes* on the back  
of a P & O Cruise "Outstanding  
Performance Award" nomination form  
which I thought had universal  
application:

#### *Key values*

Always be friendly and welcoming

Go the extra mile

Share what you know with others

Keep your promises

Make it happen

Learn today to do better tomorrow

Remember, everyone's an individual.



## Spring Clean your debts

As we head into spring and hopefully warmer weather, it's a good time to sort out any debts. Council Tax debts remain the largest debt type across the country, up almost a quarter (24%) on last year, as a 'priority debt' you need to pay the debt off before other debts so it's important to get advice.

**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. Together we can look at your budget and see how you could make any savings, identify if you are entitled any other income, and we can work on your behalf in arranging affordable repayments to your creditors.

*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.*

### Opposites'

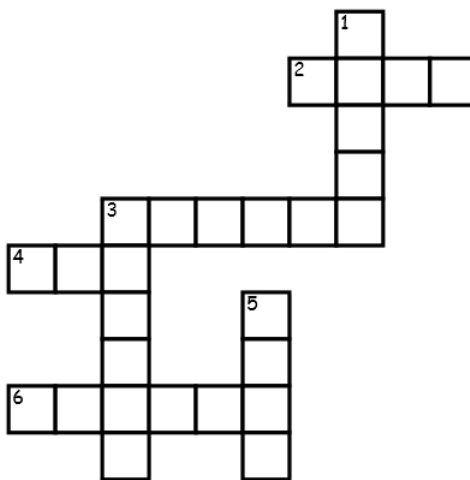
#### Down

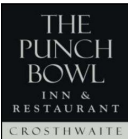
- 1. sad
- 3. weak
- 5. cool

#### Across

- 2. short
- 3. fat
- 4. cold
- 6. summer

### Crossword for the Kids





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Punch Bowl Inn's  
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Booking essential & please mention this  
offer when reserving

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

Please call us to book on 015395 68237

## Technojokes

I decided to make my password  
"incorrect" because if I type it in wrong,  
my computer will remind me, "Your  
password is incorrect."

Q: What do computers eat for a snack?

A: Microchips!

Q: What did the computer do at  
lunchtime?

A: Had a byte!

Q: What did the spider do on the  
computer?

A: Made a website!

Q: How easy is it to count in binary?

A: It's as easy as 01 10 11.

Q: How do you count cows?

A: With a cowculator.

Q: How do astronomers organize a party?

A: They planet.

Q: How do trees access the internet?

A: They log in.

I was wondering why the ball kept getting  
bigger and bigger, and then it hit me.!



☎ 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





## BRIGSTEER

Barbara Clifford came along to talk to us about plans for Brigsteer Open Gardens on 24th and 25th May. There will be around a dozen gardens opening up. The WI will be providing cakes and assistance with refreshments as usual and Jackie Fleetwood told us that we can take advantage of the new freezer in the village hall if storage is a problem. Dorothy Smithson has plenty of empty plant pots for selling plants if n e e d e d . Members reported back on the trip to Mamma Mia at The Brewery, the Spring Council Meeting and the Group Meeting at C r o s t h w a i t e . Sue Griffiths has details of walks organised by Hilary Crowe. Names were taken for tickets to the Holker Show on 29-31st May. Sheila King told us about her plans for our outing on 13th June which will be a trip on the Lancaster canal with entertainment. More details to follow. A possible trip to The Lowry to see the new musical Garden Girls in January 2016 were also discussed. Sadly our speaker for April, Simon Thomas of Staff of Life bakery, had to cancel at very short notice due to a family bereavement so we improvised by pooling our skills on the Federation Quiz over tea and cakes after the business had been dealt w i t h . Our next meeting is on Wednesday 13th May when WI representative Gillian Price will be presenting this year's resolution.

## CARTMEL FELL

At the April meeting, Maggie Mees of The Lakeland Horticultural Society and chairman of Public Relations at Holehird Gardens, Windermere, spoke about 'A Lakeland Garden for All Seasons.' She described the development of the garden from a two-acre piece of rough hillside in 1969 to the seventeen acres of varied garden that it is today where visitors can see what will grow at 500' on a Lakeland fell.

The unique quality of the garden is that it is run entirely by volunteers who garden regularly, grow plants to a high standard, welcome the public, organise courses and lectures, maintain a gardening library, and produce horticultural advice in leaflets and booklets to help those who need information about horticulture in Lakeland. And it is always open to the public. [holehirdgardens.org.uk](http://holehirdgardens.org.uk)

On May 6th, at 7.30 pm at Cartmel Fell Parish Hall, members will be discussing the W.I. resolutions for the National AGM, and will have a Jacob's Join afterwards.

## CROSTHWAITE

March began with our spring meal at the Punchbowl in Underbarrow where a large group of members, husbands and friends enjoyed a good meal served by friendly staff, in the refurbished dining hall.

On March 18<sup>th</sup> President Jean Seal welcomed Frances Benton who gave a very impressive talk about her *Passion for Pearls* her travels and stories from around the World. Christine Gibson won the ballot for two free tickets to the Holker Garden Festival and Jean Sherratt is to represent us at the Buckingham Palace Garden Party on June 2<sup>nd</sup>.

The Lyth Valley Group of WI's Spring Meeting was held on March 25<sup>th</sup> at Crosthwaite memorial hall where 50

members attended a talk on ‘Women in Westmorland in the First World War’. Many members came in 1915 costume and entered into the spirit of the era celebrating the 100 years of the WI. The evening ended with songs from the First World War lead by Marilyn Shuttleworth and accompanied by Jean Sherratt on the piano. The speaker on May 20<sup>th</sup> will be Olwyn Keogh talking about the *Friend’s of Chernobyl’s Children*.

### UNDERBARROW

At the April meeting, arrangements for Let’s Connect which will take place on 2nd May and for our Plant Sale and Ploughman’s Lunch on 13th May between midday and 2pm were discussed.

A number of guests joined us to hear Dr Hilary Crowe talk about the Grand Canyon. With the aid of slides and a layer cake, Hilary showed us the location of the canyon within the US and explained the complex geology of the area. The canyon was inhabited periodically by Native Americans who grew crops and their granaries are still visible along the route of the Colorado River. The Spanish arrived in the mid 16th century looking for gold, but they didn’t settle, probably deterred by the hot arid conditions. By the 19th century, European settlers drawn by the California Goldrush had pushed their way from east to west across the US and it was in 1869 when an expedition led by Major John Wesley Powell first navigated the rapids to explore the full length of the Grand Canyon. Nowadays, the 277 mile long river is navigated by thousands of tourists a year in search of thrills on the rapids and, for some, a chance to spend a week sampling the peace and quiet of travelling by boat, making camp at night and enjoying the beauty of this truly remote area. The next

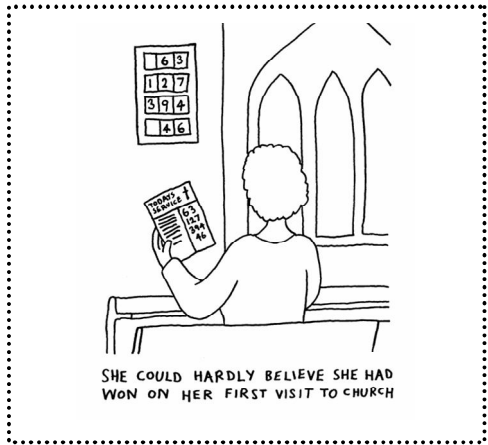
meeting will take place at the Institute on May 13th at 7.30 pm when the speaker will be Robert Thompson who will talk about Arthur Ransome.

### WITHERSLACK

Ann Walshaw chaired the April meeting. She congratulated Shirley Christie and Caroline Blee on their forthcoming visit to Buckingham Palace for the WI garden party.

Arrangements were made for the ‘Let’s Connect’ outing and Sylvia Woodhead’s walk round Lindale. Offers of help with baking were sought for a garden party at Holme Crag in aid of the church.

Tilly van Rees gave a report on the Half Yearly Council Meeting which included a fascinating talk on the Costumes of Jane Austin’s time. The speaker was Andy Lowe on his 23rd visit to Witherslack! His talk was on Lakeland Churches which he showed in chronological order from 11thC to 19thC. He has become especially interested in stained glass and urged us to find the time to look at some of the wonderful churches in our area. As usual he pointed out many fascinating details in stonework, windows and roof structures. Most interesting. Next Meeting May 12th: ‘Resolution for the AGM’



## REGULAR EVENTS

### HELSEINGTON & BRIGSTEER

Book online at [sites.google.com/site/brigsteer/home](https://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 <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
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](http://www.crosthwaiteandlyth.co.uk)

Playgroup	Tues & Thurs 9.30am—11.30am
Exchange	Wednesday 2pm - 4pm (1pm on the 1 <sup>st</sup> Wednesday)
WI	Wednesday, 15 <sup>th</sup> at 7.30pm,
Art Club.	No regular Art Club during the Summer. Restart Monday October 5th.
Snooker Club	Wednesdays 7pm - 9pm in the Parish Room, Crosthwaite
Aerobics	Mondays 7.30 pm
Yoga	Wednesdays 7.00pm (22 <sup>nd</sup> & 29 <sup>th</sup> only)

### UNDERBARROW INSTITUTE

For bookings contact Richard Simpson on ( 01539568228)

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	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 <sup>st</sup> Tuesday of the month at 2pm
Women's Institute	Every 2 <sup>nd</sup> 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

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Tel. 015395 68276 Email: [mich@elwoodcock.com](mailto:mich@elwoodcock.com) (not available Fridays)

**Assistant Priest:** Rev'd. Michelle Woodcock Email: [michellewoodcock74@hotmail.com](mailto: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

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## **Underbarrow and Helsington**

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

**Reader:** Maureen Stevens 01539 734358 or [m-stevens@hotmail.co.uk](mailto: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

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## **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](mailto:fitchesuk@aol.com)  
Reg Bradby 01539 725800 or [regbradby@hotmail.com](mailto:regbradby@hotmail.com)

Churchwardens: Mrs. Ruth Hunter 015395 60117  
Mrs. Mary Allcock 01539 821312

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**Magazine Editor next month:** Lorraine Brierley 015395 68172  
Magazine postbox c/o Crosthwaite Vicarage  
Email: [twovalleysnews@yahoo.co.uk](mailto:twovalleysnews@yahoo.co.uk)

**Advertising Manager:** Matthew Dobson, Aspen, Crosthwaite. LA8 8BS Tel. 015395 68849

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

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## **MAGAZINE DEADLINES**

For **HELINGTON** 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(s) by **12<sup>th</sup>** of previous month by email or letter

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