

OCTOBER 2015

70p



CARTMEL FELL



CROSTHWAITE



CROOK

**TWO
VALLEYS PARISH
NEWS**



HELSINGTON



WINSTER



UNDERBARROW



WITHERSLACK

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Church Services for OCTOBER 2015

4th October

9.30am	Cartmel Fell	Matins (BCP)	Mr. Julian Lambton
9.30am	Underbarrow	Joint HC with Helsington	Rev. Brian Crowe
9.30am	Witherslack	Harvest Festival	Rev. Michael Woodcock
11.00am	Crook	Harvest Service	Tony Fitch and George Briggs
6.30pm	Crook	Harvest Service	Rev George Briggs
11.00am	Winster	Harvest Festival	Rev. Michael Woodcock
6.30pm	Crosthwaite	Evensong (BCP)	Rev. Michael Woodcock

The 18th Sunday after Trinity

Thursday 8th 9.00am Joint Church-School Service in St. Mary's, Crosthwaite

11th October

9.30am	Helsington	Morning Worship (CW)	Rev. Brian Crowe
9.30am	Underbarrow	Holy Communion (CW)	Rev. Bob Dew
10.00am	Witherslack	All-age Service	Mrs. Christine Burgess
11.00am	Crook	Morning Worship (CW)	Mr. Kevin Cook
11.00am	Winster	Matins (BCP)	Mr. Leonard Lambert
11.00am	Crosthwaite	Harvest Festival	Rev. Michael Woodcock
5.30pm	Cartmel Fell	Harvest Festival	Rev. Michael Woodcock

The 19th Sunday after Trinity

18th October

9.30am	Cartmel Fell	Morning Worship (CW)	Mrs. Ratcliffe & Mrs. Eccles
9.30am	Helsington	Holy Communion (CW)	Rev. Ron Rutter
9.30am	Underbarrow	Holy Communion (BCP)	Rev. Brian Crowe
9.30am	Witherslack	Holy Comm + Bapt Tianna (CW)	Rev. Michael Woodcock
11.00am	Crook	Holy Communion (CW)	Rev. David Parsons
11.00am	Winster	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crosthwaite	All-age Service	Lindsay Dobson & Dorothy Grace

The 20th Sunday after Trinity

Tuesday 20th 8.00pm Sung Compline at St. Anthony's, Cartmel Fell

25th October

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Helsington	Morning Worship & baptism	Rev. Brian Crowe
9.30am	Underbarrow	Morning Worship (CW)	Mrs. Maureen Stevens
11.00am	Crook	Morning Worship (CW)	Tony & Hilary Fitch
11.00am	Winster	Matins (BCP)	Mr. Roger Bingham
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock
6.30pm	Witherslack	Evensong (BCP)	Rev. Michael Woodcock

The 21st Sunday after Trinity

Wednesday 28th 7.30pm Informal Worship hosted at St. Mary's, Crosthwaite

A LETTER FROM THE RT. REV'D JAMES NEWCOME, BISHOP OF CARLISLE

VOLUNTEERS

Last year I found myself heavily involved with the so-called 'Flesh and Blood' campaign. Its purpose was to encourage more people to become blood and organ donors, and we were especially keen to stimulate conversations about 'donation' within families. Projects included wrapping Carlisle Cathedral in a huge red ribbon (!), and overall the campaign was extremely successful. For instance, at Greenbelt at one point people were signing onto the organ donor register every sixty seconds, and as a joint initiative between the NHS and the Church it established a good precedent.

So I was amused to hear about a 'graffito' on one blood donation poster. The poster read "be a volunteer blood donor" – and underneath someone had scribbled "That's the best kind". I was also prompted to reflect on 'volunteering', especially by Christians. As we all know, volunteers don't get paid – not because they're worthless, but because they are priceless. Certainly the 'third sector' saves this country millions (probably billions) of pounds every year, and without volunteers usually charities, raising money, serving the Citizens Advice Bureau, organising foodbanks, visiting the housebound, caring for the elderly, transporting patients and so on and so on, much of the fabric of society as we know it would collapse.

That's especially true of the church. The number of 'paid professionals' (mostly clergy) is tiny, and is currently decreasing due to a 'retirement bulge'. By 2020 we expect there to be 20% fewer stipendiary clergy in the Church of England as a whole. In 1900 there were nearly 20,000 paid clergy – for a much smaller population. There are now about 8,000, so a reduction of one fifth (more than 1,500) will be significant.

This means, of course, that the old days of a 'paid parson' in every parish are long gone. It also means that the old perception of the church's ministry being performed by those parsons is no longer viable. In the past, a vicar was employed to preach the gospel and care for the community. Now we look to him or her to be a 'leader in mission', enabling a team of volunteers to teach, preach, visit, lead worship, evangelise and generally use their God given gifts both in the church and in the world. Some of those volunteers are ordained as clergy; licensed as Readers; or commissioned as Local Lay Ministers, and we are looking for a very substantial increase in all of these. But many are 'ordinary' church goers, who

don't experience any particular call to 'authorised' ministry, but who have a valuable part to play none the less. The church - is basically an army of volunteers.

Or is it? I had always assumed that to be the case (and even ran in sessions in Clergy Leadership Courses called 'Managing Volunteers') until I was challenged by the Director of Resource, Martin Cavender. He was speaking at a meeting where someone suggested that she couldn't be expected to do something because she was 'just a volunteer'. 'No you're not' he replied quick as a flash. 'You're a disciple - and that's different'.

He was right, of course – and that puts a completely different complexion on the way we perceive our responsibility as Christians. A disciple is a follower: in our case, a follower of Jesus, who is constantly learning how to be more like him, and always trying to be obedient to his directions. So whereas a 'volunteer' takes on a task on his or her own terms (I can do this but not that; I can go then but not now) a disciple really is at the beck and call of the Master. Which may well mean doing things we would rather not do - at times we would not necessarily choose to do them.

So discipleship is very daunting – and I will be trying to explain it in more detail this autumn (Bishop's Teaching Day on October 3rd + 24th; November 21st + 28th) But grasping what it means lies at the very heart of our 'God for All' strategy, and is key to the success of our Ecumenical Mission Communities. 'Just a volunteer'? No - you're a disciple.

James Newcome

The Bishop of Carlisle

printed with permission.

FROM THE REGISTERS



Baptisms

6th September
6th September

Edward Robert Thacker at St. Paul's, Witherslack
Jacob Colin Jones at Holy Trinity, Winster



Weddings

12th September

Nicholas Haig & Clare North at St. Anthony's, Cartmel Fell



Funerals

8th August
15th August

Burial of Ashes for Cathy Ellwood at St Johns Helsington
Funeral of Ena Margaret Wilkinson age 80 at St Marys
Crosthwaite.

Holy Days in October

4 Francis of Assisi, Friar, Deacon, Founder of the Friars Minor, 1226 - Lesser Festival

6 William Tyndale, Translator of the Scriptures, Reformation Martyr, 1536 - Lesser Festival

10 Paulinus, Bishop of York, Missionary, 644 - Lesser Festival

12 Wilfrid of Ripon, Bishop, Missionary, 709 - Lesser Festival

13 Edward the Confessor, King of England, 1066 - Lesser Festival

15 Teresa of Avila, Teacher of the Faith, 1582 - Lesser Festival

17 Ignatius, Bishop of Antioch, Martyr, c.107 - Lesser Festival

18 Luke the Evangelist - Festival

19 Henry Martyn, Translator of the Scriptures, Missionary in India and Persia, 1812 - Lesser Festival

26 Alfred the Great, King of the West Saxons, Scholar, 899 - Lesser Festival

28 Simon and Jude, Apostles - Festival

29 James Hannington, Bishop of Eastern Equatorial Africa, Martyr in Uganda, 1885 - Lesser Festival

CALLING ALL VILLAGES

HARVEST at Cartmel Fell, Crosthwaite, Winster & Witherslack

Please make a note of when your respective Harvest Services and Harvest Suppers are taking place. Harvest is a good time to come together to recognize the many blessings we so often take for granted, to give thanks and to think of others in need. This year we welcome Mrs Rachel Ellis who will be speaking in each service about the work of the local Food Bank and the real differences this is making to people locally. We will also be sharing our Harvest Collections this year between:

the Farming Community Network which offers practical support and advice to farmers locally in Cumbria, especially dairy farmers and hill farmers who have struggled this year.

The British Red Cross working on the frontline and supporting genuine refugees from Syria and other similar countries where people have literally been fleeing for their lives.

Remembering our loved ones - All Souls' Service

Every year at the beginning of November we take a little time to remember those who are no longer with us on earth. Many people have a hope that their loved ones are in a better place after death, even if we struggle to fully understand the Christian faith. So we warmly invite all the parishes to our **All Souls' Service at 6.30pm on Sunday 1st November at St. Mary's, Crosthwaite** which we host on behalf of the team. We specifically remember those who have died within the last 12 months and whose funerals we have conducted, but if you would like to add any Names to this List; perhaps loved ones who lived elsewhere but who have died this year, or special people from the past, then please write their NAMES clearly in block capitals on the Lists that will be in each church from Sunday 11th October onwards. These Names will then be read out and remembered in the course of the Service.

Two Valleys "Time to Pray"

Our next Two Valleys gathering to pray will be at 2.30pm on Tuesday 13th October in the Vicarage, Crosthwaite. We meet together for a short time to pray for all that is going on in our parishes. Let Michael Woodcock or Brian Crowe know if you have any particular requests for prayer.

BIBLE Book of the Month

MATTHEW

Author: Matthew (also known as Levi) is the tax collector called by Jesus in Ch.9:9. Probably from a Jewish background and thus it has a Jewish emphasis.

Date of composition: Likely to be around 80AD, although some say it could be earlier.

Place of writing: Palestine or possibly Antioch in Syria.

Structure: Matthew is the first of the “Synoptic” Gospels telling the story of Jesus. Some consider it is based around five major sermons (its teaching material is grouped thematically) perhaps in Jewish fashion to indicate the “new” Law of Moses.

Content: about a third of Matthew is “new” material. Half is paralleled in Mark, and a fifth in Luke.

- It shows how the Old Testament story links with the life and teaching of Jesus.
- Focuses especially on Jesus’ teaching about “the kingdom of God”.
- Shows that Jesus is the Messiah for whom people were waiting.
- Collects Jesus’ ethical teaching into the Sermon on the Mount.

CROSTHWAITE SHOW 2015

The Show was held on 15th August after a challenging year for the gardeners and when many of you were away. However the Hall looked most attractive with all the entries and particular mention must go to the School for their excellent Artwork which was highly praised by the Art judge, a well know local artist. Thank you to everybody who entered and helped in any way. There are photographs of the Show on the Crosthwaite and Lyth website. to inspire you for next year. The cup winners were

KATHLEEN LAWSON CUP Best Cut Flower or Pot Plant	John Myers
JACK AND MARY MYERS ROSE BOWL Best Rose	George Myers
ESTHER BOWMAN VASE Most points for Sweet Peas	Verline Hill
WESTMORLAND DAMSON ASSOCIATION CUP Best Fruit or Vegetable	Caroline Holmes
PAT WILSON CUP Best Floral Art exhibit	Shelly Postlethwaite
AGRICULTURAL COMMITTEE CUP Best Domestic entry	Rosalind Walmsley
PHOTOGRAPHY CUP	John Harris
RODNEY SALE AWARD Best Art entry	Barbara Myers
WI COMPETITION CUP Best Handicraft Exhibit	Angela Jones
ERIC BOWMAN CUP Best All-rounder	Pat Howarth

Boxes of Hope, 2015 shoebox campaign

Just a word of encouragement to fill a shoebox this year for a child in Romania, for whom it is likely to be the only gift at Christmas. Hopefully you will now have your shoebox and a leaflet, if not, please contact Irene Brennand (Witherslack), Lorraine Brierley (Crosthwaite), Anne Ratcliffe (Cartmel Fell), Margaret Gambie (Winster), Di Dew (Underbarrow, Brigsteer and Helsington) or Sue Tredwen (Crook). Your shoebox may be taken into church, or returned to Bowland Bridge Stores, Witherslack Community Shop or Crosthwaite Exchange by November 11th at the very latest. Thank you very much for your support, Rosemary Webster, 015395 68013.



**CROSTHWAITE MEMORIAL HALL
7.00PM SATURDAY 17 OCTOBER 2015**



CEILIDH

**DANCING TO LIVE BAND- "JUMP THE GUN"
WITH CALLER – DAN MASON**

Admission £10 (adults), £5 (juniors 11-16) includes pie and peas supper.

Beer wine and soft drinks bar. Licence applied for:

TICKETS AVAILABLE FROM

ROGER SMITH 015395 68671

JIM BOWNASS 015395 68203

MARILYN SHUTTLEWORTH 015395 68522

**PROCEEDS WILL BE SHARED BETWEEN
THE VILLAGE HALL AND THE FIRST RESPONDERS**

The Witherslack Artists and Makers Group

Annual Show 2015

Friday 11th September till Sunday 11th October 2015

The Old School Room (Barwick Hall next to the Church)
Witherslack

Open Daily 10am till 5pm

Admission free

Jane Bradley Alvin F Irving Fiona Clucas Paul Girling Jacqueline Dobson

Hans Ulrich Jo Vincent Judy Evans Elizabeth Shorrock Imogen Bone

Eileen Strand John Calver Pip Hall Owen Jones Beverley White

Refreshments

During the Witherslack Artists and Makers Exhibition in Barwick Hall,
we shall be serving homemade refreshments in the Church every
weekend.

Saturday 12th September till Sunday 11th October 2015
10.30am till 4pm

Everyone is welcome to pop in for tea or coffee and homemade cakes.
There will also be books, plants and homemade jams for sale.
Any contributions gratefully received.

Contact Janet Read 015395 52481

Proposed IDB – Crosthwaite and Lyth PC

In view of the significant number of representations we have received regarding the proposed Internal Drainage Board, the strength of feeling expressed both for it and against it and in the interests of continuing good community relations the Parish Council have decided that they are unable to vote and feel that there are many questions which still need answering on this emotive subject and propose the following:

A notice will be placed on the village website, in the “Two Valleys News” and “The Westmorland Gazette” advising our residents to contact the SLDC portfolio holder who has cabinet responsibility for the environment (which covers the proposed IDB) with any comments in support of or against the proposal. It is our understanding that because all SLDC residents will be contributing 30% to the costs of the IDB in their council tax that SLDC has to vote to approve the proposed IDB or it cannot be established.

The Parish Council advise that you read the Water Level Management Board Justification statement on our village website or on www.lythvalleywlmg.wordpress.com regarding the proposed IDB to become fully informed.

SLDC hope to make this decision at a cabinet meeting in October and they have indicated that any representations received by the end of September will be taken into consideration: Representations already made to the NFU can also be made to SLDC.

The address is Cllr Sue Sanderson (Environment Portfolio, South Lakeland House, Kendal. LA9 4NF

Email- s.sanderson@southlakeland.gov.uk

Annual Litter Pick

That time has come round again for our Annual Litter Pick, which will take place the first week of October. If you would be interested in helping then please contact the clerk, Joanne Taylor on Crosthwaiteandlyth.pc@hotmail.co.uk.

Crosthwaite and Lyth are looking for a person/persons who may be interested in or have knowledge of any old wells/pumps within our parish and would like to record all remains of these wells still in existence.

If anybody would like to offer their time and support to help the Parish Council in this, then please contact the clerk, Joanne Taylor at Crosthwaiteandlyth.pc@hotmail.co.uk.

Yours respectfully

Joanne Taylor

Clerk of Crosthwaite and Lyth PC.

Witherslack Art Club

Friday Morning 9.30 – 12.30 at Witherslack Parish Hall

We are a friendly, enthusiastic group of men and women who get together to paint and draw in a variety of mediums. We help and encourage each other with a wide and varied programme. This autumn we have a programme, which has something for everyone. It would be great to welcome you to our club starting Friday 11th Sept 2015. Try it for a term – free!

Ring Marguerite 015395 35220 or Liz 015395 52155

Interested in Photography?

OUR NEW SESSION BEGINS OCTOBER 5th 2015!

The Grange and District Photographic Society meets on Monday evenings at 7.30pm in the United Reformed Church Hall in Grange-over-Sands.



We welcome anyone who has an interest in photography and wants to meet like-minded enthusiasts from beginners to seasoned professional photographers. Our members have a huge knowledge base and can offer advice on many aspects of photography.

Our new season begins on 5th October, so make a note in your diary.

For further information and details of the programme of presentations and competitions for the 2015-2016 session visit our website at: <http://www.grangephotographicsociety.co.uk/> where you can also view some of our slideshows and send us an e-mail enquiry.

Dallam School PTA

Craft Fair

Saturday 7th November 2015

10.00am- 3.00pm

In School Hall, Milnthorpe

A varied selection of Arts & Crafts

by Local producers

Stall £10, Everyone Welcome

Free Entry, refreshments, and parking

For Further information call Liz

07800933897 or 015395 62257

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL Harvest Festival

Our Harvest Festival Service will be at 5.30p.m on Sunday 11th.October in St, Anthony's Church. The Harvest Supper will follow immediately after the Service in the Parish Hall. The price of tickets is £7.50 for adults, £2.50 for children under 12. Please bring your own drink. Tickets can be obtained in advance from Vanda 015395 31311. A very warm welcome will be extended to all. It is an opportunity to catch up with friends.

**Children's Lantern Making
Workshop,
Wednesday 28th October
Cartmel Fell Parish Hall, 10am to 2pm**

Come and make a lantern out of willow and tissue paper (which could be used in the procession at the Bonfire Night). All children must be accompanied by an adult. £3 per child to include a light lunch.

Please ring Vanda Lambton on 015395 31311 to book a place or for further information.

Cartmel Fell and District Local History Society Program for 2015/16

DATE	SPREAKER
SEPT. 14 th 2015	Leslie Gilpin-Ulverston and Lancaster Railway
OCT.12 th	Ian Gee from the Lakes Flying Company LTD. -Naval and Civil Aviation at Windermere during WW1
NOV. 9 th	Rick Sanderson- Peeling the Onion: research at Low Wood Gunpowder Works
DEC.14 th	Dr. Rob David-Cumbrian Ice Houses and International Trade
JAN. 11 th 2016	AGM. Members' Presentations
FEB. 8 th	Dr. Jean Turnbull- On the Home Front: war time industries and farming in South Lakeland 1939-1945
MARCH 14 TH	Dr. Michael Winstanley -Virgin Islands with local interest: Quakers, BirKetts etc.
APRIL 11 TH	Sue Oliver- Work of a Superintendent Registrar at Cumbria CC
Mon. MAY 9 th	Private Tour of Cartmel Priory and Village Tour -10.30am. £3 pp
Tues. JUNE 14 th	Private Tour of Leighton Hall and Falcon Show 2pm. £6.95 pp

Jam Fest in aid of The Bendrigg Trust

10th October 2015, Kendal College, 10am to 2pm, Free Entry.

All welcome to come and see the winning jams, watch the award winning chef Steven Doherty give cookery demonstrations, and enjoy refreshments courtesy of the Kendal College catering students.

Demonstrations at 11am or 12.15. Tickets (strictly limited) **£10 per person** per demonstration to include a taste of the recipes cooked. Further information at www.bendrigg.org.uk or to pre-book demonstration tickets on 015395 31311 or 01539 723766.

CARTMEL FELL COMMUNITY TRUST BONFIRE PARTY

Saturday 7th November.

Lantern procession, fireworks, story-telling by the fire, mulled wine and hotpot supper.

Children's lantern competition.

The procession will leave the Parish Hall at 6 pm. to take the Guy to the bonfire site.

Tickets £8 (children £4) to include supper.

If no food required - adults £5, children free.

Get your tickets in advance from Bowland Bridge Stores or at the Bonfire.

A Prize Draw with many exciting prizes will take place in the Hall after the supper.

Prize Draw tickets can be purchased on the night.

CROSTHWAITE

www.crosthwaiteandlyth.co.uk

Harvest Festival

Our Harvest Festival Service will be at 11.00am on Sunday 11th October in St. Mary's church. Do come and join us The Harvest Supper will be held on 12th October 2014 in the Memorial Hall beginning at 7pm prompt. A home cooked main course and dessert and tea or coffee, followed by a short auction of produce from the Harvest Festival held on the previous day. Bring your own wine or soft drinks, glasses provided. The tickets cost £7 adults, £3 children. Tickets available from members of the PCC or the Exchange. Do come along and join us for what is always an enjoyable evening.

Indoor Short Mat Bowling

The new season will begin on Tuesday 29th September at 7.30p.m. in the Memorial Hall. Sessions take place every Tuesday and Thursday evenings from 7.30p.m. to

10.00p.m. until the end of March 2016. New members are always welcome. Just come along on either evening and give it a try. This season's dates are 29th Sept to 17th Dec 2015 then in the new year Jan 5th to March 31st 2016.

CROSTHWAITE & LYTH BOWLING CLUB

Our final competition of the year was Sunflower Day with monies raised going to a Cancer Charity. After a very enjoyable season the green closed at the end of September, our 2016 season will start at the beginning of April and we look forward to welcoming old and new members to our Club.

Please contact Pat Walker, Secretary
Tel: 015395 68584.

Crosthwaite Post Office

Closed Monday 5 October
Open Wed. 7 October
Closed Monday 30 November
Open Wed. 2 December
Sorry for any inconvenience caused.

CROSTHWAITE CHRISTMAS FAIR

The Village Hall
Saturday 7th December
10am until 12.00 noon.

All the usual stalls, Santa's Grotto, Carols,
etc.

Contact Marilyn on 015395 68522 if you
want a stall - £7.00

DON'T FORGET...

Sunday School for primary aged children
starts at St Mary's Church, Crosthwaite, on
Sunday 11th October, 11.00am. Hope to
see you there!

ST MARY'S CHURCH FLOWERS

October 4 th .	Caroline Holmes
October 11 th	Harvest Festival.
October 18 th	Geraldine Wilson
October 25 th	Volunteers.

Notes: Volunteers are required to help
Vonnie & Eileen arrange the flowers
For Harvest Festival on Saturday the 10th
starting at 1.30pm.
Please contact Vonnie 68028 or Eileen
68565 – Thank you.

HELINGTON

The Summer Charity Ball on the last
Saturday of July showed Brigsteer at its
best. This wonderful sunny evening began
as guests were greeted with champagne and
canapés at the balloon and ribbon-bedecked
Village Hall. Long-forgotten dinner jackets
were given a new lease of life to
compliment the stunning ladies of Brigsteer
all recorded by Tony Cooper, official
photographer. The award-winning
Wheatsheaf Inn under the capable hands of
Nicky, Tom and their staff provided an
excellent 4-course supper which included a
salmon and crab starter, followed by roast
lamb and a dessert of white chocolate and
raspberries. The foot-tapping music of 5
musicians from Kendal Jazz Club, along
with the magic touch of lighting engineers
Pip and Clare, set the perfect atmosphere for
an evening of dancing. Over £600 has
already been raised for the Cumbria Air
Ambulance Service including the proceeds
from a raffle. A brilliant idea - perfectly
executed, this event was organised by
Jackie and Steve Carman, Kate Forsyth and
Mick Brookes.

MORGAN & WEST present PARLOUR TRICKS

Time travelling Duo, Morgan & West will be presenting a brand new show at Helington & Brigsteer Village Hall on Friday 6th November. The show, full of jaw-dropping, brain-bursting, gasp-eliciting feats of magic all served with the wit, charm and panache of Morgan & West, will blow your mind.

Parlour Tricks is a magic show set in a Victorian Parlour. It is fully interactive and family friendly.

Tickets £10 for Adults; £5.00 for children are now on sale available from Steve (stephen.carman@sky.com or 015395 68695) or Ann (015395 68067).

The show will commence at 7.30pm on Friday 6th November. Doors open at 7.00pm. A Bar will be available at 7.00pm and for interval drinks.

The Wheatsheaf Inn will be providing a special pre-show menu available from 5.30pm and reservations should be made directly with them on 015395 68938.

Look out for Posters and flyers or visit our Facebook page for further information
but be warned book early to avoid disappointment.

Ancestry Talk

Mike Fleetwood will be speaking on ancestry at the October meeting of Brigsteer WI on Wednesday 14th October at 7.30 in the village hall. The meeting will be open to all and he'll be explaining how he found all the family history and information on the nine people named on the war memorial at St. John's, Helsington. The meeting will be of particular interest to those who saw his presentation of The Helsington Nine earlier this year, when he presented his findings in the form of a mini play and gave us an insight into life in the parish at the time. All welcome.

WINSTER

Harvest

Our Harvest Festival Service this year will be at 11.00am on Sunday 4th October in Winster church.

Winster Pie & Peas, Saturday, Oct.3rd.

This will be held in Winster Village Hall at
7pm prompt

There will be a meat & potato pie or a cheese & onion pie with trimmings followed by delicious homemade sweets.

We will play Dominoes & Beetle.

Adults £7. Children £3

Tickets - Jane Crowe 015394 44098

WITHERSLACK

Fantastic day out – for all ages!

A Medieval Fayre & Pageant on Sunday 4th October, 10.30am - 4.00pm,
at Dean Barwick School, Witherslack, near Grange-over-Sands,
postcode LA11 6RS – for finding us on GPS!

Stunning stalls & amazing activities for everyone, including -

All-day delicious refreshments & BBQ

Local Food Stalls – tasty!

Artisan crafts & demonstrations – from gardens to blacksmith, bakers & bees

Healing Tent – relax, feel well, plus Gypsy Fortune Teller!

For Children - craft activities, face painting, archery, falcons, Pony Rides!

Music from 'Kookaburra All-Stars Drumming Band' &

'Too Many Chiefs' Band

Dance display by 'Dance Attik'

Special! The 'Dean Barwick Dash' – off-road running races for U12, U16,
Seniors,

last entries on the day 10.30.

Popular local MP Tim Farron to attend 2.30pm

PLUS - Spot prizes for those attending in medieval dress!

* FIND US on FACEBOOK - Dean Barwick School Magna Carta *

St. Paul's Harvest Festival

Our Harvest Festival Service this year will be at 9.30am on Sunday 4th October in St. Paul's Church. Service followed by coffee and biscuits.

St. Paul's Harvest Display

This year, we plan to have a special Harvest display for our Festival. We would be most grateful for any produce, flowers etc which could be used to enhance our displays. These could be left in the back of our Church in the few days before the Festival which is on 4th October. Afterwards any produce will be distributed appropriately within the village. For any queries please contact Liz 52155.

St Paul's Church Witherslack PCC Open Meeting

Thursday 15th October 7.30pm in Church to consider internal alterations to satisfy the Heritage Lottery Fund to keep our Church open for future generations

Harvest Supper and Auction Sale

Witherslack Parish Hall

Saturday 3rd October at 6.45pm

Enjoy a pie and peas supper with wine, then sweet

-followed by a short auction

Adults £7.50 (inc. wine) Children £3 (inc. soft drink)

Under 5 free

Tickets available from the Community Shop (52188)

Contributions of produce, flowers, cakes, homemade

Chutneys and jams for the auction are most welcome.

Witherslack Parish Hall Annual All Day Breakfast

Sunday 18th October 2015
10am - 2pm

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Wednesday	7.45 – 12.30
Friday	7.45 – 6.00
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And much, much more, such as homemade cakes, Suma, Ecover, bird nuts, kindling, W.Gazette, damson produce + recycle batteries, donate to the Food Bank, Dry Cleaning, local craft presents, Community Notices, Parish Council Planning folder, Bus timetables.

Use it or lose it



BRIGSTEER

In the absence of half the committee, Elizabeth Bradshaw did a great job standing in as President at our September meeting. We were joined by two visitors and watched as Susan Oliver showed us how to turn ordinary presents into exciting gifts to open on any occasion. A paperback book was turned into an Ascot hat, and a takeaway bag into a vintage parcel, with great ideas for recycling flower bags and how to make several different types of bows.

Two volunteers are joining other WI members on the vintage coach in the torchlight carnival. We agreed to enter the Federation Quiz on Monday 2nd November and we also have seats booked at the Alan Ayckbourn play Confusions on Thursday 12th November at the Old Laundry Theatre in Bowness.

At our next meeting, which is open to all, Mike Fleetwood will be talking about Ancestry. This follows on from the work he did in preparation for the talk and play he presented to the local community on The Helsington Nine. The meeting is on Wednesday 14th October and is open to all from 8pm with admission £2.



☎ **015395 68237**

Light Lunch Menu

(Served from 12.00 – 5.30pm Mon-Fri
and 12.00 – 4.00pm Saturdays)

Local watercress & pea soup
crème fraîche, smoked bacon
£4.95

Smoked haddock
champ mash, poached egg, mustard sauce
£11.95

Barnsley chop
minted peas, onions, goats cheese
£12.50

Crab risotto
mascarpone, lemon, pea shoots
£9.95

Asparagus salad
crayfish, fennel, hollandaise
£10.50

Ale battered fish and chips
mushy peas, tartare sauce
£11.95

Salted pork hash cake
fried duck egg, damson ketchup
£10.50

Chicken Caesar salad
grilled gem lettuce, anchovies, quails eggs, parmesan
£11.95

Open sandwiches (served on our homemade bread)

Coronation chicken, carrot, beetroot and raisin salad
Creamed mushrooms and spinach, toasted brioche
Smoked salmon and prawn Marie rose, pickled cucumber,
capers
£6.50 each

CARTMEL FELL

In his very interesting talk on the lake area of Windermere, Andy Lowe showed how the growth of industry and travel, using first the lake, and then the railway, had led to the building of dwellings and infrastructure which illustrate every kind of architecture from the 1500s to the present day. His whirlwind tour made it clear that local historians are fortunate to have a microcosm of life in Britain in this one small area.

On October 7th, at 7.30pm at Cartmel Fell Parish Hall, Joan Bentley will give a flower-arranging demonstration on 'Autumn Tints with Christmas in Mind.' The competition is :- an Autumn flower arrangement.

Visitors are most welcome.

UNDERBARROW

President, Sarah Rashleigh welcomed members to the September meeting. To mark Centenary Day, a number of members are intending to take part in the group photograph in Kendal. Carrying on from there, we will be planting purple crocuses at selected locations round the village and then on to the Punch Bowl in Underbarrow for lunch. Also to commemorate the WI Centenary, a trophy is being created to be presented on Marrow Day and the competition this year is for a cake made from a vegetable. The speaker for the evening was Paula Evans who talked about Flamenco. This was a popular subject and members were joined by several local ladies. Paula danced accompanied by Fitz playing guitar and both entertained us by talking about the peasant origins of flamenco and demonstrating the extremely complex rhythms. The competition for a fan was

won by Diana James. The next meeting will be the AGM held at the Institute on October 14th and this will be chaired by vice-President, Susan Hackett. We will meet for a Jacob's Join lunch at 12.30 and this will be followed by the business meeting and election of the Committee. Afterwards, there will be an opportunity for members to volunteer to speak for 5 minutes about their memories or something they have made or done.

WITHERSLACK

The September Meeting was chaired by Ann Walshaw who invited the speaker to start, as she had come from Manchester. She was Clare Dickinson from Cancer Research UK. Her talk was most interesting and informative. She explained the basic facts and figures about how cancers develop, and the constant battle the scientists wage against the many different forms of the disease, to find the right drug. She stressed the importance of knowing your own body and recognising when changes occur, and if they do, take action quickly. She explained the complexity of the charity which is huge. There are 3 main hubs for research, Manchester, Cambridge and Oxford.

After a cup of tea, business continued. The Art and Craft Exhibition at Cartmel had been a success in spite of road blockages. The summer trip by Vintage Coach to Hawes was much enjoyed. Arrangements were made for bulb planting on Sept 16th followed by tea at Thornbarrow Hill.

The next Lyth Valley Group meeting is at Witherslack on October 29th

Next meeting: October 13th "Poetry and Stones" by Jackie Huck.

Visitors welcome. Tel:52302

REGULAR EVENTS

HELSEINGTON & 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 ☎ **015398 21415**

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 but NOT 27th and 29th
Exchange	Wednesday 2pm - 4pm (1pm on the 1 st Wednesday)
WI	Wednesday, 21st 7.30pm
Art Club.	Mondays , 1.45pm to 4pm
Snooker Club	Wednesdays 7pm - 9pm in the Parish Room, Crosthwaite
Aerobics	Mondays 7.30 pm but NOT 12th
Yoga	Wednesday 7.00pm (14th only)
Indoor Bowling	Tuesdays & Thursdays 7.30pm to 10pm

UNDERBARROW INSTITUTE

For bookings contact Richard Simpson ☎ **015395 68228**

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

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☎ 015395 68276 Email: 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: Mrs. Lily Holme ☎ 015395 60247
Mrs. Cath Casson ☎ 015394 44958

St. Paul's, Witherslack

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

Underbarrow and Helsington

Parish Priest: Rev'd. Brian Crowe, Middle Blakebank, Broom Lane,
Underbarrow. ☎ 015395 68959 Email: brian.crowe@gmail.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
Reg Bradby 01539 725800 or regbradby@hotmail.com

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

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

MAGAZINE DEADLINES

For **HELSINGTON** to Mary Cross ((68685) by **9th** of previous month
For **UNDERBARROW** to Mabel Evans ((68481) by **9th** of previous month
All others to the Editor(s) by **12th** of previous month by e-mail or letter

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