

AUGUST 2016

70p



CARTMEL FELL



CROSTHWAITE



CROOK

TWO VALLEYS PARISH NEWS



HELISINGTON



WINSTER



UNDERBARROW



WITHERSLACK

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Church Services for AUGUST 2016

7th August	The 11th Sunday after Trinity		
9.30am	Cartmel Fel	Matins (BCP)	Mrs. Judy Goodland
9.30am	Witherslack	Holy Communion (CW)	Rev. Derek Jackson
9.30am	Helsington	Joint HC with Underbarrow	Rev. Bob Dew
11.00am	Winster	Holy Communion (BCP)	Rev. Derek Jackson
6.30pm	Crosthwaite	Evensong (BCP)	Mr. Neil Carter

14th August	The 12th Sunday after Trinity		
9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Bob Dew
9.30am	Helsington	Joint MW with Underbarrow	Mrs. Maureen Stevens
10.00am	Witherslack	Morning All-age Worship	Mrs. Julia Gilchrist
11.00am	Winster	Morning Worship (CW)	Mr. Leonard Lambert
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Bob Dew

21st August	The 13th Sunday after Trinity		
9.30am	Cartmel Fell	Morning Worship (CW)	Mrs. Anne Ratcliffe
9.30am	Helsington	Joint HC with Underbarrow	Rev. Ron Rutter
9.30am	Witherslack	Holy Communion (BCP)	Rev. John Crossley
11.00am	Winster	Holy Communion (BCP)	Rev. Marion Mashiter
11.00am	Crosthwaite	Family Morning Worship	Lay-led Service

28th August	The 14th Sunday after Trinity		
9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Helsington	Joint HC with Underbarrow	Rev Ian James
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

A LETTER FROM HILARY FITCH

After the division caused by the recent Referendum and the uncertainty brought about by the result, we have now moved into a new phase of concern over leadership. As I write, Theresa May is now the only candidate for the leadership of the Conservative Party and so will become the next Prime Minister. The leadership of the Labour Party is still in contention and there is some ambiguity about how the process itself will be carried out. In both cases, those who take on the role of leader will need to bring reconciliation amongst their own party and, through the democratic process, to the country as a whole, as we extricate ourselves from the EU. Reconciliation in politics or in personal relationships is not always easy. There is a need to acknowledge that there has been a difference of opinion but that relationships do have to be rebuilt in order to move forward for the greater good. In communities, churches or families, disagreements often lead to a deep sense of hurt and grievance which have to be recognised by all parties. Forgiveness for that hurt is the first step in reconciliation and often a very difficult one, which requires a true generosity of spirit. Pride can also be an obstacle. We don't want to be seen as 'giving in' to the other party and there is a tendency to see our beliefs as the only legitimate ones, without conceding that there are other points of view. However, humans are relational beings and regard for others should be the driving force that leads to reconciliation.

Reconciliation is at the heart of the gospel message. Human sin (falling short of the mark) blocks the relationship between God and humankind but God took action to reconcile humanity to himself by sending Jesus, his Son. By dying on the cross, Jesus took our sin on himself and made us righteous, that is to say in a right relationship with God, and our sins are forgiven. As a loving God, he has done this for us and we need to accept what he has done and, having received this reconciliation, we should also proclaim its availability to others. If God, through Jesus has brought about this reconciliation, then surely we too should reflect his love through reconciliation with each other. Many barriers can come between people – race, social status, gender issues, personality differences, religion and politics – but Jesus can break down these barriers through the good news of the gospel.

It is therefore particularly pertinent that Christians should be seen to work for reconciliation at all times. As Bishop James wrote recently:

“Surrounded as we are by so much confusion, uncertainty and sometimes hostility as a result of the recent Referendum, it does seem to me that the Christian Church has a very particular role to play in promoting reconciliation and helping everyone to move forward together. We are called to be bridge builders, and the current situation provides a good opportunity for building bridges in our various communities.”

Hilary Fitch

FROM THE REGISTERS



Weddings

16th July

Michael Gordon and Chloe Biesty at St. Mary's, Crosthwaite



Funerals

11th July

Colin Jackson (76) Funeral and Burial at St. Paul's, Witherslack

Bible Book of the Month –

DEUTERONOMY (5th book of the Old Testament)

Title: from the Hebrew meaning “The words”, from the Greek “The Second law”

Date of events: during Israel's period in the desert, c.1230 BC.

Location: The Israelite camp in Moab (east of the Dead Sea).

Author: traditionally Moses, although the account of his death clearly comes from a different hand. Most probably edited at later dates at key times in the nation's history.

Structure and purpose: The book is divided into three ‘sermons’ by Moses (1-4, 5-28, 29-30) with an epilogue (31-34)

Content:

- Spells out the main covenant requirements
- Reveals God as loving, faithful and just
- Recounts the obtuseness of the Israelites

Summarises Moses' teaching to prepare the Israelites for Canaan

For Today:

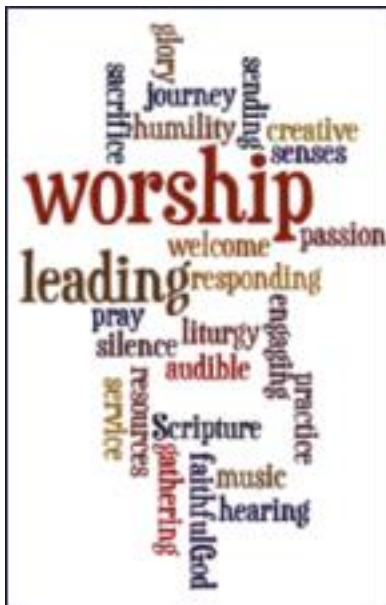
- God is patient, kind and loving
- Remember what God has done in the past, in good times and bad
- Be prepared to witness wisely
Use your money wisely and structure your generosity

Holy Days for each month can now be found on the Crosthwaite & Lyth web-site: <http://www.crosthwaiteandlyth.co.uk/index.html>

Exploring or recently started Leading Worship? This Course could be for you!

What?	4 evening sessions
When?	6 th , 13 th , 20 th , 27 th Sep
Time?	7.30pm – 9pm
Cost?	£20
Leaders?	Nick Ash, Angela Whittaker, Elaine Bates (01229 822149)
Where?	St Paul's Parish Hall, Grange over Sands, LA11 6AZ.
How?	To book a place, speak to Rev. Michael Woodcock 015395 68276

During the 4 weeks we hope that the joy and privilege of leading others on a journey of worship will be at the heart of the sessions. We will be looking at what worship is, learning from Scripture, key figures in Christian history and through sharing our own experiences of worship. There will be an exploration of the structure of our liturgy (particularly Common Worship Service of the Word) with practical advice and hands on experience of leading worship and signposting to the wealth of resources available.



Old Church Tower, St. Catherine's Church, Crook.

The Church of St. Catherine is a grade II listed building. It sits on the hillside just off the B5284 situated between Crook Hall and the road.

All that remains of the original church is the slate grey tower, sitting in a walled enclosure on top of the hill with good views of the Lakeland fells all around it. The church was built in around 1620, but due to its poor condition, was dismantled in 1887.

The tower was left standing as a monument, and has been consolidated and strengthened to aid its survival.

The tower can be reached by walking up the gentle hill side from the road. The walk is about three quarters of a mile, and is best done in fine weather as there is only a marked path for about half of the distance.

Parking is available in the new church car park, with the newly acquired parish field making a perfect spot for a picnic, through the double wooden gates.

God for All

- Pouring out God's love – Gill Grisedale

Meet Gill Grisedale, a Community Pastor at St Mark's Church in Barrow-in-Furness.

She stepped out in faith, gave up her previous job and is now working for the church in one of Cumbria's most deprived parishes.

From lunch clubs to clothes banks and knit and natter drop in sessions for community groups, Gill is helping outreach right across the parish.

Gill says: "I pray to God each day to use me and make His brew inside me and then I've just got to go out there in the community and pour out that brew. I don't have to worry about saying the right thing or the wrong thing because if it's God-centred and I just let God pour it out then it will just be perfect."

From the Munchie Marks lunch Club through to the Musical Mark's Community Choir, Gill – through God – is reaching out with love.

Watch this youtube Video to learn more about Gill's inspiring story:

<https://www.youtube.com/watch?v=4xwvuYhaYro>



Too good to be true? - be aware of scams.

If something seems too good to be true, it probably is just that. Citizens Advice estimates that UK consumers lose **£5 billion** every year to scammers - criminals who play on people's dreams, and their trust, to trick them into handing over money. One in every ten people has been a victim. Don't be the next one - be scam aware, get advice and check before you hand over cash.

There is a huge variety of ways you can be conned out of your money, by mail, phone or online. Bogus agencies offering you a dream partner or job, pensions and investment schemes promising you untold riches, fake tickets, claims that you have won a prize ... they all ask you to hand over money in advance. Some scams pretend to be from your bank or computer operator, asking for passwords. What can you do about all this? **Be scam aware**, take your time, check things out. The Citizens Advice website (www.citizensadvice.org.uk) has lots of detailed information on scams.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or 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. South Lakes Citizens Advice is a registered charity, No: 1118656 and company limited by guarantee, No: 6113551. FRN: 617574

The curse of the black plastic bag

Modern farming methods advocate the production of large, round hay bales in preference to the traditional small, oblong ones, which were labour intensive to manhandle on and off the trailers and into a barn. In comparison, after cutting and turning our own grass we employ a contractor to roll and wrap the big bales in black, air tight plastic; these are then stored in a corner of a field near to the point of use. The hay emerges several months later smelling as sweet as the day it was wrapped and enjoyed by our sheep and cattle alike.

Sadly for many years the redundant plastic lay abandoned in unsightly heaps around the farm until we came across a collection and recycling scheme operating from the auction mart at Junction 36. The packing of the plastic heaps was not a pleasant one, involving hours work and lots of water, mud and a variety of bugs! I vowed to keep the removal of the plastic an annual event. This is why I find myself sitting in a queue of miscellaneous vehicles, tractors and trailers awaiting the jaws of a massive hiab grab. I had been invited to come along on the promise of coffee and cake in the cafe afterwards. Time lost in the queue was a blow, no time for the cafe. Undeterred I tootled off to the cafe for takeaway coffees and a shared scone which we ate before the jaws descended.

What happens to the plastic you might ask? You may have sat on the plastic garden furniture that emerges or seen the plastic hen coops, dog kennels or lambing pens. "Full circle" my husband would say.

The Novice Farmer

A haytiming picture for children to colour—how many tractors & trailers can you spot around you today? What colour are they? Can you name the make & maybe even the model?!



St Bartholomew

August 24th is the Feast of St Bartholomew the Apostle. Yet, despite being one of the Twelve, he is mentioned only once in each of the Synoptic Gospels, in the list of the chosen, and once in Acts, where he is again within a list, this time of those present in the Upper Room after the Ascension. The references are Matthew 10 v. 3, Mark 3 v. 18, Luke 6 v. 14, and Acts 1 v. 13. However, Bartholomew isn't a personal name; it's a patronymic meaning 'son of [Bar] Tolmai'. Most likely, then, he also had a personal name, and on this basis he is sometimes identified with Nathanael, referred to in John 1 vv. 45-51 and 21 v. 2. There are some apocryphal texts associated with his name: a Gospel of Bartholomew, which was known to Jerome in the fourth century; and a book attributed to him by the Coptic Christians of Egypt. The first surviving written reference to his role in the spread of Christianity is made by Eusebius, the fourth century Bishop of Caesarea. He reports that when Pantanaeus of Alexandria visited India in the second half of the second century, he found there 'the Gospel according to Matthew in Hebrew' which, it was claimed, had been left behind by 'Bartholomew, one of the Apostles'. Popular tradition has him going to Armenia as a missionary, along with the Apostle Jude, also known as Thaddeus: both are revered as the patron saints of the Armenian Apostolic Church. These same traditions have him martyred in Armenia, at Albanopolis. According to one version he was beheaded; according to another more widespread account he was flayed alive and then crucified head-down. Medieval art sometimes depicts the upside-down crucifixion (a tradition and iconography which he shares with St Peter), but often he is portrayed holding his own whole skin, sometimes also holding a large knife. It's this rather gruesome tradition that has led to his adoption as the patron saint of tanners and bookbinders.

Bartholomew's relics are reputed to have travelled around quite a bit from the sixth century onwards, until they eventually reached Rome, where they were conserved in a basilica on Tiber Island, which was then rededicated to the saint. In ancient times the island had been home to a Temple of Æsculapius, the Greek god of medicine, and a hospital which was associated with it. The hospital continued into the Christian era alongside the basilica and so, with the deposit of his relics, began the connection between St Bartholomew and medicine. In England we are familiar with this through St Bartholomew's Hospital (Barts), established in 1123 by Rahere, an Anglo-Norman priest and monk, alongside the Priory that he had recently founded in Smithfield, just beyond London's wall. Part of the magnificent priory church of St Bartholomew the Great still survives, although much of it was pulled down after the Dissolution. The hospital continued, however, although at first with great difficulty since it had been deprived of its financial and other resources. Fortunately, Henry VIII re-endowed it in 1546-47, and it has continued to the present on its original site, although obviously rebuilt and extended many times. The famous St Bartholomew's Fair (the lively setting for Ben Jonson's play of that name, first performed in 1614) was one of the great fairs of London, held at Smithfield over a four-day period, starting on St Bartholomew's Day. The entitlement to hold it had been granted to Rahere by Henry I as a means of fund-raising for the Priory. Remarkably, it was held annually through to 1855.

Joyce Hill

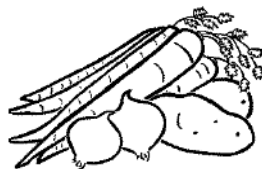
CALLING ALL VILLAGES

Witherslack Parish Hall

Vegetable Show

Friday 26th August 2016

7.30pm



Proceeds in aid of Parish Hall refurbishment
Admission Adults £1.50 Children 25p
Including tea and home made biscuits
Tombola and raffle
Schedules from village shop or Dorothy 52400

The Lake District Folk Weekend August 5/6/7th 2016

This event will be held at Staveley, mostly at the Hawkshead Brewery in the Mill Yard, but also at the Roundhouse and the Eagle and Child Pub, from the Friday evening to the Sunday evening. Everyone is welcome and there will be free events all weekend.

It will be a weekend extravaganza of folk music covering a wide range of tastes.

The full programme is to be found on the website:

www.thelakedistrictfolkweekend.com

There are Friday and Saturday evening concerts featuring Reg Mueross, Pandora's Handbag, Chris and Kellie White, Amy Kakoura and Andrew Sharpe, as well as many other talented local and national performers. Concert tickets are £12 each or £20 for both nights. Tickets in advance to be sure, maybe some on the door.

Camping is available at the Recreation field in Staveley, you need to book.

Enquiries and ticket sales via the website or ring Maggie on 015395 68662.

The Children's Society

Thank you to all the box holders for raising the splendid sum of £583.60 - an increase on last years total an excellent effort for a very good cause. Well done everybody your generosity is much appreciated. I am retiring as box coordinator so thank you for all your support over the last six years. I hope you will continue your support for Wendy and David Townsend who are taking over as box coordinators, their telephone number is 015395 68263. Many thanks Denise Park

Crosthwaite Show

The schedules for the Show on September 17th are now available at Crosthwaite Exchange, Crosthwaite Punchbowl, Witherslack Community Shop or collect one from me at home (015395 68652).

So now there's no excuse for not getting the crafts or photos or paintings ready, although it's a bit early to bake!!

Pat Howarth



Cartmel Art Society

is holding its annual art exhibition on Tuesday August 9th till Saturday 13th from 10am till 6pm. This is our 50th exhibition, our

Golden Anniversary and there will be many works of art by local artists at very reasonable prices. Please come along

Yoga

Crosthwaite Memorial Hall
Wednesdays 7-8.30pm
(Breathing exercises
Strength & flexibility
Guided relaxation)
All abilities welcome

Contact: Sedbergh CDC
015396 21031

admin@sedberghcdc.org.uk

Starting September 14th 2016

A celebration of the Music of Simon & Garfunkel

will be performed live by Tim Chu & Ian Bailey

at Winster Village Hall
on **Sunday 28th August at 8pm.**
Tickets £10 from Brown Horse

LYTH VALLEY FIRST RESPONDER GROUP

Serving the Communities of Crosthwaite, Witherslack, Crook, Underbarrow & Brigsteer

Require Volunteers to serve as Community First Responders

Please contact John Holmes – Team Leaders & Secretary

015395 68599

johnmholmes@live.co.uk

Landowners of Crosthwaite and Lyth

Invite you to join their

SUMMER WALK

Saturday 6th August 2016 3pm

from Ravens Lodge car park, Whitbarrow SD461853

Dr Peter Standing FRGS, author of the recently reprinted Whitbarrow Geotrail, will explain the geology of White Scar quarry and surrounding area to us during a circular walk of up to 2 miles. The history of the quarry will also be discussed.

Children and well behaved dogs welcome.

For more information please contact Tony Marshall on 015395 68304 or to-ny@marshalllecology.co.uk

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

Cartmel Fell and District History Society programme

12th Sept. Andy Lowe- 'Making a Grand Entrance'- the history of doorway in Cumbria

The winners of the Cartmel Fell Community Trust Photographic Competition are: Janet Potter, Helen Caldwell, Anna Morrison, Jane Crowe, Vanda Lambton, Clive Darley and Matthew Dobson.

We would like to say a very big thank you to all the entrants who took part. We had over 120 entries, all of a very high standard – which made the task of judging them very difficult for our three independent judges!

The 12 winning photographs are now being made into a beautiful calendar for 2017, which will be on sale in September from the Hare & Hounds, Bowland Bridge and any committee member.

Bowland Bridge Stores

It is with great regret that Bowland Bridge Stores will close on Sunday 31st July 2016. It has been a very hard decision to make, but unfortunately shopping habits have changed greatly over the last few years and there is very little chance for a village shop to survive anymore.

Thank you for all your support and custom over the past 4 ½ years; I have

thoroughly enjoyed my time in the shop.

Helen

Cartmel Fell Parish Council: The next meeting of the Council is on Wednesday 31st August at 7.30pm at the Parish Hall, Cartmel Fell and all are welcome to attend. At the time of writing we still have a vacancy for one Councillor. Expressions of interest should be made to any Councillor or to me. Kevin M Price. Parish Clerk. kevtherev7@hotmail.com

CROOK

An invitation for everyone – do come along to a “drop in” social morning with coffee, biscuits & chat on the first Tuesday of the month between 10 and 12 at Crook church. There will be a warm welcome for friends, family and neighbours.

CROSTHWAITE

Crosthwaite Post Office

Open: Wednesday 10 August

Closed: Thursday 11 August

Closed all week:

15 – 19 August

Sorry for any inconvenience caused.

Crosthwaite and Lyth Parish Council have a vacancy for a parish councillor

and invite co-option to the council. The Parish Council meet the 1st Tuesday of every month except Jan and Aug in The Parish Room, Crosthwaite. This is a great opportunity to get involved in the affairs of the local community with such matters as planning, promoting local schemes and being involved in local activities and concerns. **Be a voice for your community of Crosthwaite and Lyth.** Please apply in writing to the clerk by 31st August.

Crosthwaite and Lyth Parish Council have a small piece of (0.174h) woodland to lease– Scale Hill (Low Fell) £12.50 per year. Please contact the clerk if you are interested in this lease or need further details.

The Parish Council are very concerned about the closure of the Kentmere Ward (Mental health) in WGH in Kendal, we will be writing to several organisations making awareness of our concerns and helping the campaign in keeping the ward open.

Lastly but not least, The Parish Council has donated £1000.00 to help with the financing of the new Classroom at Crosthwaite and Lyth Primary School, along with £300.00 to The First Responders.

UNDERBARROW

Come and See All Saints' Church

This summer, thanks to the generosity of many people, we have been able to embark on much needed and long-awaited improvements to the Church.

The Church is closed for services while the re-ordering takes place, but the PCC invites everyone interested to see the progress so far on the morning of Saturday, August 27th from 10 a.m. to 12 noon. Refreshments will be served.

A Date for your Diaries,

The **Underbarrow Marrow Day** this year will be held at the Underbarrow Punchbowl on **Sunday 11th September**. Everyone is welcome to come along to this Family Friendly local event. More details to follow.

Any queries to Maggie (015395 68662 or Louise at the Punchbowl (015395 68234.

Underbarrow & Bradleyfield Parish Council:

WITHERSLACK

WITHERSLACK COMMUNITY SHOP

The 'Artist in the Shop' for August will be Jane Bradley. Jane lives in Witherslack and makes very fine baskets. She grows her own willow and goes to Somerset and collects her own rushes. Come to the shop in August to see the wonderful results, and many other things, too.

The shop is run by volunteers and once again we need to recruit a few more willing workers. Training is given and the work only entails waiting on shoppers. It is a pleasant way to pass an hour or two while helping run a worthwhile cause!



Holy Trinity Church, Winster

SUMMER SALE!!

AUGUST 27th

in the

Old School

10.00am - 4.00pm

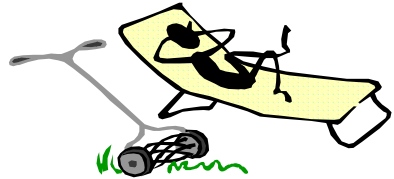
Take time out for a relaxing drink and snack.

TEA, COFFEE, HOME-MADE CAKES,

SOUP, BOOKS, PLANTS,

LINENS, (MANY AT HALF PRICE)

**Contributions of books, plants,
cakes, jam, would be very welcome.
For info:- Margaret 015394-42325**



Kids space

‘Wild’ things to do outside in the summer holidays...

How many can you try?!

Create artwork in the wild

Use leaves, pine cones, twigs, feathers

and whatever else you can find

Collecting rubbings of wild textures

Take a wax crayon & a white piece of paper to explore the different textures around your garden - & beyond!

Identify a wildflower

Take notes or even a quick sketch, colouring in the flowers on this page might help get you started..

Look up at clouds

What shapes can you see?

Watch a wild webcam

Take a peek at ospreys, puffins and other wildlife

Make a daisy chain

Brew a leafy tea/soup

Find and pick dandelion roots and stir them up for a tea party with your friends or teddies

Dance in a downpour

Get outside and rock some moves in the rainstorm

Start a snail race!

Sketch the wild up close

Use a pencil to capture the detail, shapes and texture

Race to find a rainbow

Can you & your friends find an object for each colour of the rainbow?

Feed the birds

Then sit back & count how many different breeds you can identify

Tell wild stories

Use nature to inspire your characters, setting and plot

Wake up with the dawn

You'll hear the dawn chorus and watch the sun rise

Switch off to tune in

Turn off all electronic gadgets today –

just you and the sounds of the natural world

Dangle your feet in wild water

A stream, brook, river or gentle waves

Write a wild poem

Use a haiku or sonnet to
recreate a wild experience

Follow a bumblebee

You'll need your eyes and ears to keep up!

Read a book in the wild

Find a book about wild creatures

Build a wild retreat

Put up a den, tipi or tent in a
woodland or a backyard

Go on a bug hunt!

How many can you identify?!

Feel the wild under your feet

How many wild landscapes can you feel
through the soles of your feet?

Cuddle your favourite tree

Work out if it's ancient - the wider your
hug, the older it is!

Taken from The Wildlife Trusts website



Crosthwaite C.E. Primary School Summer term

It has been another busy year – enormous credit, as always, goes to the staff, governors and children for the quality and quantity of work they are expected to do – something they always do to an exceptionally high standard.

The school staff worked very hard to implement the huge range of changes the people in charge of the DfE deem to be necessary, despite very few in education agreeing with many of them. This past school year, and especially the recent summer term, saw a huge rise in expectations for end of key stage (Year 2 and 6) tests.

The school continues to grow, bucking the trend in Cumbria and numbers are increasing each term. At the end of the summer term there were 62 children on roll and a further 17 in our Nursery. Whilst we recognise that we have a lovely school environment, our teaching space is somewhat cramped and we have – as I am sure many of you are now aware – managed to raise some funds ourselves (with some very generous donations) to pay for the structure of a new classroom, which we will then make as nice as the rest of the school in the coming year! I will happily discuss this with anyone that would like to know more.

Five Year 6 children left us at the end of this school year – going to Dallam, QKS and KKS, with 11 starting in reception in September 2016 – another large intake for us but almost all of them living within catchment. We also expect 2 further children

to join us in other year groups. The school still has very positive indications regarding children starting in the future and it is pleasing that there is currently such a high percentage of children attending the school that are from the catchment area. In September of this year we expect to have over 80 children (including Nursery children) in school, which is fantastic, and the two years after that – from what we know – seems to indicate that this number will be sustained.

Our strong links with a number of schools continue to develop, with the school heavily involved in the Kendal Collaborative Partnership (KCP) which involves all the Kendal schools and provides us with a wealth of opportunities. Our links with our school in Kenya (Nyandemra) continue, with the School Council leading a successful fundraising day for them. Our recent sponsored spell also raised an impressive amount for the Cumbria Flood Appeal – with a total of just over £1000. The children also beat a parents team in the spelling contest held at the end of the week, with some parents accepting defeat more gracefully than others. One further link we still utilise is with Windermere Independent School – with all Key Stage 2 children benefitting from tuition in sailing and kayaking. We also attend some sporting and social events that they have arranged for local primary schools.

All trips are now made significantly easier due to the school minibus we now have! This was purchased with funds raised by FrOCs – a significant achievement. The minibus is also very popular with other organisations now it has the relevant insurance – many thanks to the Landowners Association for funding this.

The links with the Church, and the schools Christian ethos, continue to evolve, with Rev. Woodcock and other Governors leading a range of improvements to many aspects of our Collective Worship – ‘Open the Book’ is especially popular with the children and also reduces some of the pressure on school staff to provide daily collective worship sessions. It is always very nice to see members of St Mary’s congregation attend our joint services – these services are increasingly well attended. We continue to receive amazing support from the local community – Governors, Playgroup, FrOCs, Landowners and numerous other groups and people that volunteer to help in school, raise funds for the school or support in a range of other ways. Can I just take this opportunity to thank everyone for this continuing support – it is hugely appreciated.

All the children in school benefit from a variety of Educational Visits and this summer was no different! As well as the usual local trips, sports tournaments and visitors to school that enhance teaching and learning the children in Key Stage 2 visited Glaramara outdoor centre, in Borrowdale. Though it was a wet visit it was a huge success. Next year will see a city visit – with Hull our chosen destination. Finally, I would hope that if there was anything the school could do for the local community then people would let us know – we are always keen to continue to develop our local links as much as possible.

Matthew Jessop

Head Teacher, Crosthwaite Church of England Primary School

BRIGSTEER

This month we had another guided walk around Kendal with members of the Kendal Civic Society. As the road outside the Town Hall was being resurfaced, we took a detour via Dr. Mannings Yard where the history of the yards was explained as well as many facts about the buildings we take for granted. We ended our tour at the Parish Church via Abbott Hall and blind beck, and the facade from the old gas works. We couldn't get too near the church as it was practice time for the bell ringers!

In August we have our garden meeting at Beryl's on Wednesday 10th at 7.30. All welcome.

CARTMEL FELL

The President welcomed 11 members and Pat Howarth from Crosthwaite W.I, who gave us a very detailed account of her visit to the National AGM in Brighton, where both resolutions had been passed. The whole trip had been enjoyable and revealing and Pat urged anyone who had never been, to go if the opportunity arose.

The annual trip in August was discussed and alternative dates for croquet and the guided tour of Keswick.

The speaker was Mr. Joe Murphy who showed us all the Cumbria Wildlife

Reserves and explained their history each areas habitat and the on going work involved looking after over 30 reserves. The talk was greatly enjoyed. The photograph of local wildlife was won by Ruth Smith and Jane Crowe.

CROSTHWAITE

The meeting opened with a toast to Her Majesty the Queen on the occasion of her official 90th birthday.

Pat Howarth reported back to the meeting on her attendance at the Brighton AGM of the WI. The 6,000 delegates were encouraged to be forward looking, flexible and willing to embrace new technology.

Members were reminded that Denman College had places still available on courses and that there were a number of bursaries for those attending.

There were a number of activities and events which members were encouraged to attend.

The speaker, Chris Winnick, gave a highly informative and knowledgeable presentation on *Butterflies of the South Lakes*.

The August meeting will be a trip to visit *Growing well* followed by lunch.

UNDERBARROW

A short meeting was held on July 12th, prior to our much anticipated Summer Outing, a canal boat journey at Lancaster on the 'Kingfisher'. Diane read the minutes, and thanked Tony Fitch for the most interesting talk he gave when we were let down unexpectedly by the arranged speaker. Our president Sarah highlighted some aspects of the news letter, Stewards are being sought for the Westmorland County Show and we are invited to volunteer. We are getting involved with Marrow Day this year and hope to arrange a treasure hunt for the children. Our next meeting will be September 14th, at 7.30 pm when speaker Laura Wyatt will tell us all about the Grasmere Ginger Bread Shop.

WITHERSLACK

The July meeting took place at the Brewery Arts Centre! On a fine, dry evening 19 members had enjoyed a very interesting guided walk round Kendal with Trevor Hughes, ending with a meal at the Brewery.

August: No meeting but a trip to Barnard Castle by Classic Coach.

Next meeting September 13th. Speaker Brian Wilson on "Only half a story"

Visitors welcome Tel 52302



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Light Lunch Menu

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

Crab risotto
crème fraiche, lemon & dill
£10.50

Pork schnitzel
potato salad, rhubarb & watercress
£12.95

Hot smoked salmon
pickled cucumber, beetroot, horseradish
cream
£10.95

Chicken noodles
King prawns, chilli & toasted sesame
£12.45

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

Oyster mushroom linguine
goats cheese, wild garlic pesto
£11.50

Smoked duck salad
pineapple, feta & mint, cashews, miso
dressing
£11.75

Steak 'au poivre'
sourdough toast, onion rings
£8.50

Fish and chips
mushy peas, tartare sauce
£11.95

REGULAR EVENTS

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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
Women's Institute	Second Wednesday evening of the month, 7.30pm
Yoga	Wednesday 9.30 - 11.00 am
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 (1 st Wednesday of the month)

CROSTHWAITE MEMORIAL HALL

Please check bookings online at www.crosthwaiteandlyth.co.uk—many changes

Playgroup	Tues & Thurs 9.30am—11.30am, no sessions throughout Aug. Returns 6th Sept
Exchange	Wednesday 2pm - 4pm (1pm on the 1 st Wednesday of the month)
WI	Trip to Growing Well
Yoga	Wednesday, 7.00pm—Returns 14th Sept

UNDERBARROW INSTITUTE

For bookings contact Richard Simpson ☎ 015395 68228

Snooker Club	Mondays from 7.30pm
WI	Every 2 nd Wednesday of the month - 1.30pm October to March inclusive; 7.30pm April to September inclusive

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
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, Winstar

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

St. Paul's, Witherslack

Churchwardens: Mrs. Janet Read ☎ 015395 52481
Mr. Trevor Farrer ☎ 015395 52235

Underbarrow with Helsington

Parish Priest: Rev'd. Brian Crowe, Middle Blakebank, Broom Lane,
Underbarrow ☎ 015395 68959 Email: brian.crowe@ymail.com

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

Churchwardens: Mr. John Lee ☎ 015395 68470
Mr. Peter Smith ☎ 015395 68927

St. Catherine's, Crook

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

Readers: Tony and Hilary Fitch ☎ 015395 68577 or fitchesuk@aol.com

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

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Items for entry to the Editor(s) by 12th of previous month by e-mail or letter please

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