

TWO VALLEYS PARISH NEWS

www.crosthwaiteandlyth.co.uk



Serving the parishes of Cartmel Fell, Crook, Crosthwaite,
Helsington, Underbarrow, Winster, & Witherslack

November 2022

70p

CARTMEL FELL COMMUNITY TRUST

BONFIRE

SATURDAY 5TH NOVEMBER

6pm start with Procession from the Parish Hall



£12 for adults, £6 for children

**To include Hotpot Supper & Homemade Puds
(Without supper - £6 adults, children free)**

Indoor & Outdoor Seating Available

Fireworks Raffle Bar Mulled Wine

Hot Drinks available

Tickets available from Helen - 07979 840889 or via our Facebook Page - 'Cartmel Fell Parish Hall'

ALONE ON A WIDE, WIDE SEA

Julian and Vanda Lambton invite you to a performance by

David Hunt

of THE RIME OF THE ANCIENT MARINER

composed

BY SAMUEL TAYLOR COLERIDGE

Thursday, 17th November 2022

6.30pm for 7.00pm at

HARE HILL BARN,

CARTMEL FELL, CUMBRIA, LA11 6NZ

RSVP: 07775 562105 jelambton@gmail.com

£15.00 per ticket (which are limited) to include a hot two-course supper, wine and other refreshments. In aid of PARKINSON'S (UK).

**Cover picture: Mill pond at Mill Side c.1920
Church miniature pictures from watercolours by John Wilcock**

Church Services for November 2022

Thursday 3rd November

9.15am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock
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Sunday 6th November The 21st Sunday after Trinity

9.30am	Cartmel Fell	Matins (BCP)	Mr. Julian Lambton
9.30am	Witherslack	Morning Worship & Baptism	Rev. Michael Woodcock
10.30am	Underbarrow	Holy Communion (CW)	Rev. Simon Howard
11.00am	Winster	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crook	Morning Worship (CW)	tba
4.00pm	Crosthwaite	All Souls' Service	Rev. Michael Woodcock

Sunday 13th November The 22nd Sunday after Trinity

9.30am	Cartmel Fell	Remembrance Service	Mr. David Hunt
9.30am	Witherslack	Remembrance Service	Rev. Michael Woodcock
10.30am	Helsington	Remembrance Service	Rev. Bob Dew
10.50am	Winster	Remembrance Service	Rev. Michael Woodcock
11.00am	Crook	Remembrance Service	tba
10.50am	Crosthwaite	Remembrance Service	tba

Sunday 20th November The Last Sunday after Trinity

9.30am	Cartmel Fell	Morning Worship (CW)	Mrs. Jane Eccles
9.30am	Witherslack	Holy Communion (CW)	Rev. Michael Woodcock
10.30am	Underbarrow	Holy Communion (CW)	Rev. Simon Howard
11.00am	Winster	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crook	Holy Communion (CW)	tba
11.00am	Crosthwaite	Morning Worship (CW)	Mrs. Dorothy Grace

Sunday 27th November The 1st Sunday of Advent

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
10.30am	Underbarrow	Morning Worship (CW)	Rev. Ian James
10.30am	Winster Congregation visit Kendal Quaker Friends Meeting House		
11.00am	Crook	Morning Worship (CW)	tba
11.00am	Crosthwaite	Morning Worship & Baptism	Rev. Michael Woodcock
4.00pm	Witherslack	Evensong (BCP)	Rev. Michael Woodcock

Wednesday 30th November

7.30pm	Crosthwaite	Refresh
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A LETTER FROM HILARY FITCH

As I am writing this, we are anticipating welcoming our new dog into the family. He is a four year old border collie, from a farm, who would not work. We already have a female collie who is 10 years old and we hope that they will soon be well used to each other's company. Some people may think that we are a bit crazy 'at our age' to be taking on another dog. Our previous collies have all lived to at least fourteen years old so we can probably expect about ten years of company from our new boy. However, both of us realise that this will be the last youngish dog we will ever re-home. In the future, we will be too old to cope with providing enough exercise for a lively dog – a sobering thought.



This has made me reflect on the process of ageing and how we cope with it. We cannot stop the aging process through any miraculous diet supplement or expensive face cream. We can do our best to have a healthy lifestyle but we are all individuals and age in different ways. As human beings, we have a tendency to think that we are in control of our lives and have it mapped out before us. Yes, we will grow older and die but we can fight against it. If you have had a life in which you have not had any major illnesses or disabilities, it is when you start feeling those aches and pains in your body that you realise that however hard you exercise or think positively, you cannot stop your body from wearing out! It can make me a bit sad when I think that I am no longer able to enjoy long, steep walks up the fells anymore but on the other hand I have been able to do such things in the past and I can be glad that I have had both the opportunity and the fitness to do so.

Another problem with getting older is that we can feel marginalised; that we are no longer in the main stream of life but are stuck in a backwater. At one time, older people were seen as the repositories of wisdom due to their long experience of life but these days things move so quickly, especially in the field of technology, that it can be a struggle to keep up with the changes. However, I think that it is important that we make the effort. So much is done on line these days that it can make our day to day lives much easier if we can get to grips with the technology.

I enjoy catching up with old friends and having a laugh about things we have done in the past. I also find it pleasurable to see young people develop and grow in confidence and take on life's challenges as they become young adults and explore their abilities and talents. As older people, we have had the experience of life with its ups and downs and this should make us supportive of those who are going through difficult times by listening to their problems, being sympathetic and, when asked, offering advice.

So getting older does not mean that we are no longer of any use or that we do not have a role to play within our family or community, it's just that our frontline, where we interact with others, may have changed from when we were younger and perhaps working or raising a family. We can widen our interests by going to lectures, joining groups such as U3A, participating in village activities and perhaps even running them. Charities are always looking for trustees and volunteers to govern, assist or fund raise. In our churches, we can get involved with church life by being on the PCC or having direct involvement in services by reading the lesson, organising the prayers or by leading the worship and giving a short reflection. There are many pastoral opportunities too, from welcoming people on a Sunday to visiting those who are ill or perhaps befriending those who are lonely. Be encouraged! Learn new skills and discover those you didn't know you had! Be open to the Holy Spirit and feel enriched, as we all have a lot to give whatever age we are.

As the Bible says in Proverbs 20:29 'The glory of the young is their strength; the grey hair of experience is the splendour of the old'. (NLT)

Hilary Nich

FROM THE REGISTERS



Weddings

Congratulations to Christopher Robinson & Beverley Oram married at St. Anthony's, Cartmel Fell on 22nd September

CALLING ALL VILLAGES

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. This year our **All Souls' Service is at 4.00pm on Sunday 6th November, hosted at St. Mary's, Crosthwaite.** In this Service 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 16th October onwards. These Names will then be read out and remembered in the Service in Crosthwaite church at 4.00pm on 6th November. All are welcome to attend. It's often a very moving occasion.

Remembrance Sunday occurs this month on Sunday 13th November. Please note the start times of the services in your respective parish church as these may vary from the norm.

POETRY to get involved in AT UNDERBARROW CHURCH

In November we are holding another of our popular **poetry reading afternoons** at Underbarrow Church on **Friday November 18th at 2.30pm.**, where you can either share 2 or 3 poems of your own choice or alternatively just come along and listen to the readings and enjoy the coffee and cakes.

The theme will be:

Reflections engendered by the ending of the reign of Queen Elizabeth II

In light of the long reign and recent death of Queen Elizabeth II, and the ensuing thorough media coverage, it will most likely have made all of us reflect on some aspect of life related to her reign. Ideas that come to my mind so far are; traditions, values, family, country, horses - but anything at all that has come into your mind, however random it may be, is totally relevant for the theme.

If you are interested in coming to the above, or would like more information, please contact Jenny Whalley at jenwhall43@gmail.com

Underbarrow with Helsington Church Council

Is looking for a new treasurer.

Do you have bookkeeping skills?

Could you offer the equivalent of a couple of hours a week to support the life of a local church?

If so we would love to hear from you.

Please contact the Associate Priest, Simon Howard.

revdsimonhoward92@outlook.com

For more information about the role please get in touch with our retiring treasure John Matthews

jbmattthews951@gmail.com

Two Valleys Choir for Christmas

Christmas is coming, and carols we require;

Come and sing with us in the Two Valleys Choir!

The Two Valleys Choir will be singing in our carol services around the Two Valleys churches next month. The practices will be on Thursdays 17th Nov and 1st, 8th and 15th December in Crosthwaite Church at **4.30-5.30pm**. I hope this slightly later time may allow more people to come. Everyone is welcome to join us; if you're not a regular TVChoir member, please contact me (see Two Valleys Churches contacts) and tell me which part you think might suit you best (soprano, alto, tenor, bass), or we can decide on Nov 17th. To maximise the benefit of the practices, everyone must come to at least three of the four practices, and if possible I'll provide practice tracks in advance. Any questions – please contact me (015395 68569). Thankyou!

Dorothy Grace

Boxes of Hope Cumbria 2022 -

The Boxes of Hope shoebox campaign is underway. This year we are looking forward to a more "normal" campaign, and for the first time since 2019 a Distribution Team will fly out to Romania to give the boxes out to the children. Our team of 5 volunteers and 2 trustees will join our partner Nicu Gal for 6 days from 4-11th December. Flying in and out of Cluj the plan is to visit the places Boxes of Hope supports in Oradea, Hetea and a new project in Cluj supporting 300 families who live adjacent to a refuse tip on the outskirts of the city. We are also expecting to be giving boxes to children who have been displaced from Ukraine by the war, either living in Romania or possibly over the border into Ukraine. Last year we sent over 9000 boxes to the children in Romania. We hope that despite the cost of living increases we will be able to realise a similar number as the need is just as great in these places that we support. Please do follow the team from 4-11th December via our Facebook page - searching BoxesofHopeCumbria which you can access even if you aren't on Facebook. Daily updates from the team, showing photos of the boxes being given out will appear there.

As always, the trustees thank everyone for their support and would ask that our supporters concentrate their amazing efforts on filled shoeboxes, rather than extra knitting as we need to keep things as simple as possible to enable safe export of the shoeboxes. For more information about what to include (or avoid) in your shoebox and the children we help via Boxes of Hope Cumbria please do visit our website: www.boxesofhopecumbria.co.uk A really nice addition that we've seen stuck inside the lid over the years is a photo of your family & a card to say 'Crăciun Fericit!', which means Merry Christmas. (Please also don't forget to include £2.50 towards transport costs) If you are able to wrap & fill a shoebox please drop it off at Crosthwaite C of E School, or contact Emma Taylor 07733415204, or Witherslack Community shop before Friday 11th November.

Many Thanks in advance

Boxes of Hope Cumbria



NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

Cartmel Fell and District Local History Society

The History Society will meet, as usual, in the Parish Rooms at 7.30 to hear Ian Hodgkinson speak on "The ague: a history of indigenous malaria in Cumbria and the north" on 14th November.

On 12th December Rod Moore will be talking about "One Hundred Years of Toys"



CROOK

Great progress is being made by B4RN and some very hard working volunteers to bring the highspeed internet to our area. The main cabinet is in place and the first route has been completed. What seemed like a dream a year ago looks as if it will all happen fairly soon.



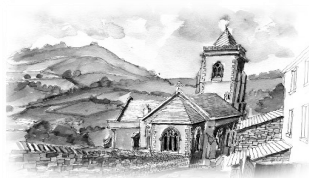
St Catherine's Church held their Harvest Festival on the last Sunday in September. The church was beautifully decorated mainly with garden flowers and locally grown squashes, pumpkins and fruit. There were many gifts of items for the Food Bank in Kendal. The service was well attended and both our Vicar, Rev. George Briggs, and our Curate, Rev Vic Sekasi, officiated. After the service we had a "Bring and Share" lunch in the Memorial Hall. After a very delicious meal we all enjoyed an interesting, amusing and informative talk from Nick Gray with stories of his life as a vet in this area.

At the beginning of October there was a "MacMillan Cancer Care Support" coffee morning in Crook Memorial Hall. A great deal of planning by a small group of ladies resulted in a very successful event. There were some excellent raffle prizes and a very well stocked produce stall which tempted the many who came to support the event to spend generously. The proceeds will give a good boost to this deserving charity.

Crook Art Group were once again able to resume their popular Annual Exhibition in the Memorial Hall over the weekend of 15th and 16th October. Art work in various media was for sale and delicious refreshments were available. The admission was free.

CROSTHWAITE

Crosthwaite & Lyth Charities – Fuel & Food poverty this winter.



The Trustees are conscious that there may be many in our parish who will struggle with fuel and food costs this winter, but who may be too shy or embarrassed to admit this. As the Crosthwaite & Lyth Charities have some small grants to offer, we wondered whether, should anyone know of someone who might benefit from such a grant (but who may themselves be too shy to admit this), such people be proposed to the Trustees as potential recipients - they could be proposed by an anonymous neighbour or friend. They must be resident in the parish of Crosthwaite & Lyth to qualify. Please make any proposals of potential recipients in writing to The Vicarage, Crosthwaite. LA8 8HX by the end of November at the latest, in time for the trustees' scheduled meeting on 5th December, but remember that as a proposer you may remain anonymous.

We also welcome applications for educational grants from young people living in the parish of Crosthwaite & Lyth and who are going on to further education or apprenticeships. Please apply in writing to Rev. Michael Woodcock, The Vicarage, Crosthwaite, Kendal LA8 8HX by the end of November.

CROSTHWAITE EXCHANGE DATES

2nd November, lunch 1pm.

16th November, tea & cake 2pm.

OUR CHRISTMAS LUNCH IS BACK!!

Wednesday 7th December 12-30 pm. For complimentary mulled wine, followed with a 2 course festive lunch. This is always popular, so please book early to avoid disappointment !

NO LUNCH IN JANUARY.

BIRTHDAY LUNCH 1st FEBRUARY 2023, we will be celebrating 17 years!

ALL LUNCHEES NEED TO BE BOOKED BY CONTACTING GERALDINE,

015395 68836, grangeel@hotmail.co.uk, 07766646504

There is a country market on all the above dates.

Thank you for your continued support and if you haven't yet experienced the Exchange, please do, a warm welcome awaits you, hope to see you soon.

ST. MARY'S BOON DAY 5 NOVEMBER

Whoever said cleanliness is next to Godliness should come to our special cleaning day on Saturday 5th November! We have lots of jobs that need doing from dusting the window sills to weeding the car park. Something for everyone so if you have an hour to spare, the PCC of St. Mary's would be very grateful for your help. There will be hot drinks and an endless supply of biscuits throughout the day. Starts at 10 a.m. and ends at 4 p.m. Contact Lorraine Brierley for more info on 07826 800469.

Crosthwaite Christmas Fair Saturday 3rd December 10am to 1pm and Appleby Cheeses will be there and will be donating all profits to the Village Hall Fund. Christmas boxes of 6 hard cheeses dated until the New Year at £20 a box are available to order. They are good for posting!!! Please ring Ann Smith on 01539 568671 if you wish to order any.

UNDERBARROW WITH HELSINGTON

Underbarrow Village Hall

Saturday 26th November

Pie and Pea Supper from 8pm followed by live music by local band The Ride.

For more details please contact Valerie O'Loughlin on 07502 548070.



WINSTER

Visit to Quaker Service Sunday 27 November

Last month we said farewell to Roger Bingham who has taken Sunday Services at Winster on the fourth Sunday of each month for over 30 years! Roger has now retired from this and we wish him all the very best as he takes life a bit easier.

This has left us with a gap on the fourth Sundays, but this month the PCC are inviting the Congregation to join them on a "field trip" to the Quakers in Kendal. So, please share transport and make arrangements to come to the Friends Meeting House in Kendal for their 10.30am Service on Sunday 27th November (59a Stramongate, Kendal LA9 4BH). This is an opportunity for us to experience a different tradition and we have been made most welcome by the Quakers when we enquired about this possibility.



WITHERSLACK

You are invited to a Winter Coffee Morning In aid of Macmillan at Witherslack Parish Hall 12th November 10 til 12. Raffle, cake stall, games, kids crafts corner and more.



In August we forecast a shortfall in our income for this year. THANK YOU to the several villagers who responded to this and who raised over £200 in doing so. We are still, however, facing a shortfall of between £800-900, so we are repeating our Appeal as to whether 80 or 90 villagers could give £10 each and help us cover this forecast loss?

Each year, as we raise funds to sustain St. Paul's Church, we have two main areas of fund-raising:

The first is to cover the month-by-month running costs of the building and ministry (just as we do in our own households); the second is the ongoing fund-raising for the hugely expensive Restoration work needed on the tower and building. In our households we constantly have running costs to meet: fuel bills for heating and lighting; insurance costs; minor maintenance jobs which need doing. These are always there, every month of every year. Occasionally, our homes might need a major expense – a new roof perhaps. Such major projects only happen occasionally, and we then have to find extra money for them. It's no different for our local church, which is just a building after all.

At this point in the year, it looks as if we are heading for a shortfall in our month-by-month running costs of between £800-900. In order to cover this, we need to raise this money somehow. If at 80 or 90 villagers could donate £10 each, that would cover it! Some may be able to be more generous....

We appeal to the village to help support St. Paul's for a further year and help us cover these running costs, otherwise we have to deplete our already diminishing reserves. Donations can be passed to our Treasurer Janet Read at 3 Church Road, Witherslack.

THANK YOU in anticipation of your generosity and help.

Woodland for lease

Witherslack Parish Council controls some small parcels of land, mostly former quarries, that have become self-seeded woodlands. These are offered to residents on a five-year lease following a woodland management plan.

The benefits and opportunities are the enjoyment of the amenity space, together with the extraction of firewood and coppice.

The rent is negotiable; public liability insurance is required.

For further details contact the Parish Council through mwandaj@icloud.com or jolyondodgson@btinternet.com.



On Saturday 19th November at 7.30pm
Crosthwaite Memorial Hall
£3.50 per person, to include Nibbles.

Tea, Coffee and Homemade Cakes on sale

Or Bring Your Own Bottle!

**Teams of 4 - everyone welcome - come along and join
a team!**



Christmas Fair



Crosthwaite Christmas Fair

Argles Memorial Hall

Saturday 3rd December, from 10am-1pm

*Lots of lovely local stalls selling unique gifts for Christmas including Wood Turning,
Photography, Artwork, Sweets & Chocolates, Cakes & Preserves, Savin Hill Meats,
Appleby Cheeses, Christmas Wreaths, Crafty Makes, Chocolate Tombola, Face
Painting Raffle*

Visit Santa in his Grotto! Seasonal Refreshments Carols sung by the children

Admission: £1; Under 12's free

****New For This Year, running alongside our Fair, is the Young Enterprise
Fair in the School Hall, run by the children of Crosthwaite School****

Holy Trinity Church Winsten



Book/Cake/Plant Day

FESTIVE CHEER!

Sat Nov 26th

The Old School

10.00am - 4.00pm

MULLED WINE/MINCE PIES

Christmas Cards

TEA, COFFEE, SOUP, HOME-MADE
CAKES, BOOKS, PLANTS

For info:- Yvonne 01539488563/ Gill 01539443304



The Underbarrow, Brigsteer and Bradleyfield

Children's Events Committee present...

Santa's Two Valley Tour

Wednesday 14th
December:

6:15pm—Derby Arms, Witherslack

6:30pm—Witherslack Church

6:50-7pm—Gilpin Bridge Inn

Thursday 15th December:

6pm—Mill Dam, Crook

6:40pm—Brown Horse,
Winster

7.15pm—Masons Arms, Cartmel Fell

7:30pm—Hare and Hounds,
Bowland Bridge

Friday 16th December:

6:30pm—The Wheatsheaf, Brigsteer

6:45pm—Underbarrow Institute

7.00pm—Crosthwaite Village Hall

7.30pm—Damson Dene Hotel

8.00pm—Black Labrador, Underbarrow



Times given are approximate. Times and locations subject to change—please keep an eye on the Santa's Two Valley Tour Facebook Page for any updates.

Suggested donation of £4.50 per child

All donations gratefully received and will be split between funding the Santa's Sleigh 2023 and helping to fund Underbarrow, Brigsteer & Bradleyfield Sports 2023

If your child would like to see Santa, please let us know the ages of the children and where you will be. Text or Phone 07902874523 or send a message through the Santa's Two Valley Tour Facebook page.

Luxury Christmas Wreath Workshops

Join expert Willowpool Designs & create beautiful willow wreaths or Christmas willow hearts



Create & Design your very own bespoke willow wreath
using fresh greenery, berries, cones, oranges, cinnamon
ribbon & more. Sustainable, local and fun! please join
us at **Brigsteer Village Hall** Nr, Kendal LA8 8AL

November 12th 10am-12am £55.00

bookings Simone 015395 67056

email willowpool@gmail.com



KEVIN

King of Egypt

The story of a very unlikely hero



"Uproarious... hilarious... liberating"
London Pub Theatres



"Moving, funny & deeply human"
Victoria Times



"Hilarious... bound to simultaneously
break hearts and lift spirits"
Vue Weekly, Alberta

ROB GEE.CO.UK

Written & Performed by Rob Gee
Directed by Tara Gatherer

"The kind of performer you pray you'll discover" Orlando Sentinel
Comedy - Spoken Word - Contains Adult Themes



Supported by public funding by
ARTS COUNCIL
ENGLAND

Brilliant show coming to Brigsteer Village Hall on
Thursday 17th November 2022 at 7.30
via Highlights North.

Tickets available via the Highlights North website
or direct from melanieyates800@gmail.com

BRIGSTEER

On a pleasantly warm September morning, members of our walking group enjoyed a leisurely circuit of Levens Park, ending at Levens Hall café for coffee and cake in the courtyard. This was the last of seven walks this year, kindly organised by Liz Threadgold.

At our October meeting we were pleased to welcome Joe Murphy, Head of Reserves at Cumbria Wildlife Trust, who gave an illustrated overview and history of the nature reserves in CWT's care. We heard about the variety of wildlife areas ranging from limestone pavements and flower-rich hay meadows to the flagship reserves of Smardale and South Walney's coastal habitat for birds and grey seals, and were also given an insight into the scope of the work required to restore areas such as mossland. This was an enjoyable and informative talk by a speaker whose enthusiasm for conservation was clear.

Our next meeting is the AGM on November 9th, followed by a talk by Luke Steer on "Upland Wood Pasture – Treetime". Non-members and visitors are welcome to attend the talk at 8pm.

CARTMEL FELL

At our meeting on 14th September we paid tribute to the late Queen Elizabeth II.

Following the singing of Jerusalem 1 minutes silence was observed.

Jane Eccles gave a first class presentation of her work with young carers. Jane described with enthusiasm and compassion the enjoyment young people felt from mixing with other carers their own age and having carefree fun.

We then watched a very loud Jane descending earthwards having carefree fun, at the same time raising money for such a good cause.

The meeting closed with the singing of God Save the King.

On 5th October we played host to Kitty Brown Boutique who gave us a fashion show of their Autumn/Winter outfits. Beryl, Julie & Vanda took to the "catwalk" and did an excellent job of modelling an array of outfits.

Following the drawing of the raffle which realized £103 for Blood Cancer UK, the audience had a chance to purchase goods from an extensive collection of both clothes and accessories.

Our next meeting will be the Annual meeting when Rachel Edmondson will bring the W.I stall and the Christmas dinner arrangements will be finalized.

As always guests and prospective new members will be made most welcome.

CROOK

In September Crook WI had a talk about Animal Rescue in Cumbria and learned, in particular, about the Wainwright Shelter at Grayrigg. Some of the facts and figures were fascinating and we enjoyed hearing about some of the special dogs who had been cared for and then re-homed.

In October we enjoyed a delightful presentation by David Poole about a Year at Leighton Moss through the different seasons. Since he retired David has taken some wonderful wildlife photographs which he shared with us. He has spent many hours patiently watching and waiting and the resulting photographs were stunning.

In the middle of September we hosted a walk for all members of the Cumbria Westmorland Federation of the WI. We were blessed with a wonderfully fine day. Twenty-five walkers set off and enjoyed a circular walk of just over six miles. We had wonderful views, stopped for a picnic and returned to enjoy a scrumptious tea in Crook Memorial Hall.

CROOK WI mounted a lovely display in the WI tent at the County Show. This wonderful exhibition was put together by Sue Mulvany and Jane Shufflebottom and show-cased different items which had been undertaken by members in the last year or two. Visitors were especially interested in the display of rush hats and pieces of delicate needlework.

CROSTHWAITE AND LYTH

The ladies of Crosthwaite and Lyth W.I. enjoyed a little glimpse of very special moments in the lives of members when they were invited to bring an old and treasured garment and to select a memorable piece of music. The evening began with a toast to Queen Elizabeth the second who had been a W.I. member and a President for many years, followed by a rendering of God Save the King, and then Pam showed us their family christening gown that was over 100 years old and we sang Jerusalem, we heard about growing up in Hong Kong and Chinese clothes, Italian folk music, a wedding dress that nearly still fits, a beautiful rendering of a Strauss song for September, vintage scarves, memories of our late friend Anne Douglas singing at her 60th party, a vintage outfit entirely sourced from Charity Shops for Goodwood, Scott Joplin, a Boer War kilt with a bullet hole, Arthur Wilson's favourite sweater with fiddle music, the skirt Penni made when courting Doug accompanied by the Everly bros. The dress Pat wore on her first date with Gordon, with music by Leonard Cohen, a coat of many colours Christine found cosy when she moved North, and a very elegant dress that Jean wore for a formal occasion when her boys were young. The music was made possible by Jim Bownass and the evening was a great Members' night.

WITHERSLACK

Witherslack WI met in September for their monthly meeting in which 14 members were present as well as 2 visitors.

Our guest speaker for the evening was John Geldard whose presentation was titled 'My Farming Life'. Mr Geldard gave a very interesting insight into his farming story and his move down to Low Foulshaw Farm, the development of Plumgarths and the building of his egg distribution business. He now also meets with various people to discuss the future of farming and moving forward with modern ways of agriculture.

Our October meeting was a busy one with 16 members present. We had a very interesting talk from a member of the Westmorland Red Squirrel Society on the decline in red squirrels. He informed us of the current problem with the grey squirrel population and how they have taken over most of the countryside from their introduction in 1945-2010. Grey squirrels are much larger than their red counterpart, they also tend to live longer and unfortunately carry a disease that can be fatal to reds.

Westmorland Red Squirrel Society are a very dedicated team of volunteers who are helping to bring awareness to the decline of red squirrels by keeping surveys on local populations and helping them thrive. Any donations to their charity are very welcome.

Two Valleys Churches

"Enriching lives Embracing God"

Cartmel Fell, Crosthwaite, Winster, and Witherslack

Parish Priest: Rev'd. Michael Woodcock, The Vicarage, Crosthwaite, LA8 8HX

(not available Fridays) mich@elwoodcock.com 015395 68276

Reader: Dorothy Grace dorothygrace01@btinternet.com 015395 68569

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

Churchwarden: Mrs. Lily Holme 015395 60247

Mrs. Cath Casson 015394 44958

St. Paul's, Witherslack

Churchwardens: Mr. Tony Walshaw 015395 52491

Underbarrow with Helsington

Associate Priest: Rev'd. Simon Howard

revdsimonhoward92@outlook.com : 07719 889577

For baptism, wedding, & funeral enquiries contact the **Church Administrator:**

Janet Sullivan assjadmin@stkmil.org.uk : 01539 730683

St Thomas' Kendal with St. Catherine's, Crook

Parish Priest: Rev'd. George Briggs, St. Thomas Vicarage, South View Lane,
Windermere Rd, Kendal.

george@stkmil.org.uk : 015395 83058

Curate: Rev'd. Vic Sekasi vsekasi@gmail.com 07786 061972

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St Catherine's Churchwardens: Mrs. Lilian Atkinson 01539 821389

Mrs. Mary Allcock 01539 821312

Safeguarding Officer: Mrs. Jane Eccles 07779 953763 : 015395 58138

Magazine Editor next month: Stephen Rowlinson (015395 68912)

Magazine postbox c/o Crosthwaite Vicarage. e-mail: tvn@crosthwaiteandlyth.co.uk

Advertising Manager and

Magazine postal service: Matthew Dobson, Aspen, Crosthwaite. LA8 8BS
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REGULAR EVENTS

(all subject to latest pandemic advice — please ring)

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Contact Ann Bryan (015395 68067)

Pilates Intermediate	Mondays 09:15 - 10:15
Pilates Fundamentals	Mondays 10:30 - 11:30
Circle Dancing	Tuesdays 10:00 - 11:45
Table Tennis	Tuesdays 19:00 - 21:00 September to May
Yoga	Wednesdays 09.30 - 11:00
WI	Second Wednesday of the month 19:30
Dru Yoga	Thursdays 09.30 - 11:00
Tai Chi	Thursdays 13:45 - 15:45
Pilates	Fridays 12:00

CARTMEL FELL

For bookings contact Julie Balshaw 015395 68506 Email: balsh@hotmail.com

Women's Institute	First Wednesday in the month at 7.30pm
Local History Society	Second Monday in the month at 7.30pm during winter

CROOK MEMORIAL HALL

For bookings contact Mrs. Kath Jackson Tel: 01539 821415

Music Group	Monday morning
Art Group	Monday afternoon
Table Tennis	Monday and Friday 7.30 – 10.00pm (from September during the winter months)
Guitar Group	Tuesday morning
Young Farmers Club	Occasional Tuesdays 7.30 – 9.30pm
WI	First Wednesday in the month (afternoons in winter, evenings rest of year)
Sewing/Craft Group	Occasional Wednesday evenings
Aerobics/Body Toning	Thursday 10am – 11.00am
Folk Dance Group	Thursdays 7.30pm – 10.00pm
Painting Group	Friday afternoon

MAGAZINE DEADLINES

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

CROSTHWAITE MEMORIAL HALL

Please check bookings online at website address:

www.crosthwaiteandlyth.co.uk/memorialhall.html

For Bookings contact Kath Edwards **015395 68879** or **07407 386976**

Playgroup	Tuesdays & Thursdays 9:30-11:30am (school term time)
Indoor Bowling	Tuesday and Thursday 7.30 – 10.00pm Oct 4 – Dec 15 Jan 10 – Mar 30
Exchange	Lunches 1st Wed of Month 1pm-3pm Teas 3rd Wed of Month 2:00-4:00pm
Yoga	Wednesdays 7.00 – 8.30pm
WI	Social afternoons Monthly 1st Tuesday. 2-4pm Evening Meetings Monthly 3 rd Wed 7.30 to 9pm
Art Club	Mondays 1.30–4pm (starting again in October)

UNDERBARROW INSTITUTE

For bookings contact Valerie O'Loughlin: Tel. 015395 68655

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

WINSTER

For bookings contact Jane Crowe: Tel. 015394 44098

Book, Cake and Plant day Last sat in month April - Nov

WITHERSLACK

For bookings contact Julie Walker (Tel 015395 52211)

Indoor Bowling	Wednesdays 7.30pm - 10pm (from September to end of April). New members welcome - all equipment is provided.
Parent & Toddler Group	Tuesdays 10am until Noon in the Parish Hall
Women's Institute	Every 2 nd Tuesday of the month at 7.30pm
The Art Club	Fridays 9.30am - 12.30pm

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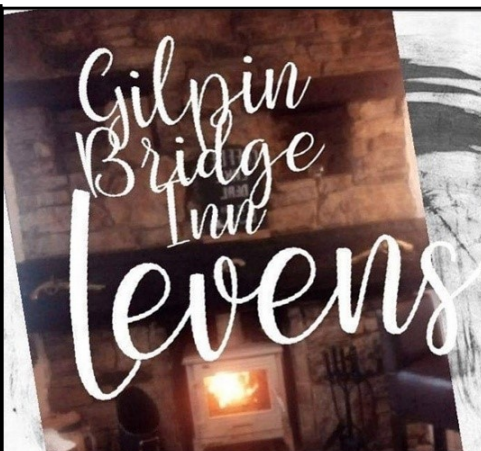
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