

TWO VALLEYS PARISH NEWS



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

May 2023

70p



Underbarrow & Bradleyfield

Sports Day

ALL WELCOME ON

Saturday 24th June 2023

12 Noon with races starting at 12.30pm prompt

On Underbarrow village sports field

Traditional sports races and tug 'o' war

BBQ & bar, strawberries and cream

Prizes for every child. Sports day entry free.

For more information Tel Alec: 07919233112

Katie: 07795084316 or Emma: 07733415204

See you there!



Church Services for June 2023

Thursday 1st June

9.15am Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock
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Sunday 4th June

9.30am Underbarrow	Holy Communion (CW)	Rev. Simon Howard
9.30am Witherslack	Morning Worship & Baptism	Rev. Michael Woodcock
11.00am Winster	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am Crook	Morning Worship (CW)	Mrs. Hilary Fitch
6.30pm Crosthwaite	Evensong (BCP)	Rev. Michael Woodcock

Trinity Sunday

Sunday 11th June

9.30am Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am Underbarrow	Holy Communion (CW)	Rev. Bob Dew
11.00am Crook	Morning Worship (CW)	Rev. George Briggs
11.00am Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock

The 1st Sunday after Trinity

Sunday 18th June

9.30am Underbarrow	Holy Communion (CW)	Rev. Ron Rutter
9.30am Witherslack	Morning Worship (CW)	Mr. Nick Gray
11.00am Winster	Morning Worship (CW)	Mr. Nick Gray
11.00am Crook	Holy Communion (CW)	Rev. David Parsons

The 2nd Sunday after Trinity

Sunday 25th June

9.30am Cartmel Fell	Holy Communion (BCP)	Rev. Woodcock & D. Grace
9.30am Helsington	Morning Worship (CW)	Rev. Simon Howard
11.00am Crook	Morning Worship (CW)	Mr. Tony Fitch
11.00am Crosthwaite	Holy Communion	Rev. Woodcock & D. Grace

The 3rd Sunday after Trinity

Sunday 2nd July

9.30am Underbarrow	Holy Communion (CW)	Rev. Bob Dew
9.30am Witherslack	Holy Communion (CW)	Rev. Michael Woodcock
11.00am Winster	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am Crook	Morning Worship (CW)	tbc
5.30pm Cartmel Fell	Evensong (BCP)	Rev. Michael Woodcock

The 4th Sunday after Trinity

Cover picture: Curlew nesting in a Lyth Valley meadow (see p9)
Church miniature pictures from watercolours by John Wilcock

A LETTER FROM TONY FITCH



Looked at objectively, prayer can appear to be a very strange thing – talking to and conversing with someone who is not physically present.

In prayer we are, as it were, stepping into another, non-tangible dimension – one of belief, faith and trust - trust that there is someone out there greater than us, with limitless capabilities, who will listen and respond.

Prayer is in many ways a private thing – a communication between oneself and one's Maker. There is no right or wrong way to pray.

We each find what is right for us because each of us is created differently and has different needs and joys. There is as much power in a simple but sincere cry for help – “Dear Lord please heal my mother”, as there is in a more structured and perfectly worded or set prayer. Some of you may recall a little series on the radio in the mornings long ago – I used to listen to it in my car on the way to work. In it a very ordinary youth in a strong Birmingham accent talks to God as he would to a close friend, launching off with the words “Is that Pearly Gates 5436? Is that you God? I am just phoning to tell you about something that happened yesterday and to ask your advice....”

A non-church-going friend of mine once commented “I guess everyone prays at some time”, and I think that is true. Another friend told me how his father, when he was in camp during the Second World War, knelt beside his bed every night to pray. He expected some ridicule, but he got none. I like to think that others may then have had the courage to do the same.

Prayer is never casual, even though the words may, on the face of it, be in a casual style. So called “arrow prayers” – short addresses to the Lord on a special concern or feeling of gratitude that suddenly cross one's mind – are perfectly in order.

There are times in one's life when it is hard to pray, possibly because one is angry and God is the focus of that anger, just as a parent can be the focus of a child's anger. But after the storm there is the calm, and that is when we can allow the Father to be our guide once more.

So how does this communication with God work? How does He hear the cries and supplications of one ordinary little human being – a mere speck on the face of the earth? It is easy to imagine that, in prayer, one is shouting across a huge void to a distant deity, somewhere up in the sky. This is where that third person in the Trinity steps in – the Holy Spirit. The Holy Spirit was sent to us when Jesus physically left this earth so that we can still be in communication with Him and his Father. The Holy Spirit is, if you like, a two-way radio, transmitter and receiver, between us and the Father and Son.

I confess that I have never heard God actually speak to me, but I do know that in answer to so many of my prayers he influences my thoughts and actions via my heart and mind and brings about answers. Some things might be coincidences, but there are too many coincidences for them all to be coincidences. Sometimes God works in mysterious ways. My son, living in London, once told me that he had bought a bicycle

and was going to save money by cycling across the city to work. I pleaded with him to make sure he wore a crash hat, but he thought he knew better and stubbornly refused. I prayed earnestly for a solution to this impasse. A day or so later, my son reported that someone had stolen his bike and that he was back on public transport.

We are all worriers – some more than others. Worrying is a very negative thing and only takes one deeper into despair. Prayer on the other hand is positive and enables us to do something about our concerns in situations where we would otherwise feel helpless. It is reassuring to have God beside us in such troubled times and indeed through our whole journey through life – leading us to pastures green, quiet waters and beside us even in the valley of the shadow of death. So pray more; worry less!

Amen (Derived from the Hebrew, meaning “truly”, “certainly” or “so be it”).

Tony Fitch

CALLING ALL PARISHIONERS

Thank you for supporting our Lambing Service

There were over 100 people at our Lambing Service this year, courtesy of the Taylor family hosting us at High Farm in Crook. Everyone enjoyed the morning and we collected £133.73. Half of this went to Burnside Band who accompanied us with gusto as ever, and half went to the Farming Community Network which offers helps and support to British farmers in all sorts of ways. Many thanks to all those involved in making this such a special event.

Thank you to Matthew Dobson

On 23rd April we said thank you to Matthew Dobson who has served the parish of Crosthwaite & Lyth as Churchwarden at St. Mary's for 56 years in total. Thanks to the generosity of local residents, we were able to present Matthew with a gift of over £500, and we also presented a Plaque which now hangs in the Lychgate, in honour of his many years of service. We thank Matthew for his steadfastness, his commitment and practical knowledge and skills which have helped keep St. Mary's church in the condition we see it today. We need, in our villages, folk willing to commit to the long haul, as well as those who can offer a few years of support. Matthew is a fine example of the former.

Additional Magazine Editors

Despite requests in this magazine and publicity on several local Facebook groups we have had no offers of additional **editors** for the **Two Valleys News**. Please don't assume that someone else is going to volunteer. Do contact tvn@crosthwaiteandlyth.co.uk or telephone one of the editors for more information about how you can join.

FROM THE REGISTERS



Baptisms We welcome into the Lord's family:
7th May Reuben Anthony Mons Johnson baptized at St. Mary's Crosthwaite



Weddings Congratulations to:
14th April Alastair Turner & Bea Willacy married at St. Mary's Crosthwaite



Funerals - with Sympathy, we remember those who have recently passed away:

19th April Joyce Goodwin (93) - Funeral & Burial at St. Paul's Witherslack

27th April Anthony Walshaw (79) - Funeral & Burial at St. Paul's Witherslack

Tony Walshaw (79)

Tony's family writes, "Tony was born in Gotham (Loughborough) on 3rd Feb 1944. He moved in early childhood to the Lakes firstly to Low Sadgill in Longsleddle then to High House on Staveley Head Fell and finally to Little Strickland Hill Witherslack. He attended 'Miss Mann's' private primary school in Kendal before passing his 11+ to attend Kendal Grammar School. It was here that he became known as Walter when a teacher misheard his Walshaw surname - this nickname stayed with him all his life particularly with his older friends.

Lake District life obviously agreed with him and he became accomplished in rock climbing, sailing, wild camping and fell walking along with developing other interests inspired by his mother Sonia.

He left school at 16 to take up an apprenticeship with Shepherds boat builders in Bowness. Although he did not complete his apprenticeship, his boatbuilding skills were used fully throughout his life building his own sea going yacht 'Ella' as well as several kayaks in addition to running and maintaining his 17 foot Windermere Class yacht 'Atholl' and the lovely steam canoe 'Laughing Water'.

Several other 'normal' jobs followed including running courses for the Brathay Trust, electricity engineer for the Electricity Board, Voluntary Service Overseas in Austria, and engineering jobs at Gilkes and Lancaster University.

Amongst all this he managed to meet Anne at an Old Boys dance at the Grammar School and the pair were married on 20th Jan 1965 at St. Oswald's Church Burneside. A honeymoon followed in Glenridding with Tony whisking Anne off in the sidecar of his Scott motorcycle. Unfortunately, a Winter marriage meant that the Kirkstone Pass was under a fair bit of snow and the bike was unable to reach the top with two on board! There was only one answer and sadly Anne had to walk up, being unable to drive the motorbike!

Karen was born a year later in March 1966 and she travelled the following year with them as they emigrated to Australia as £10 Poms. Tony worked in manufacturing out there and was successful in producing a brother Jamie for Karen before returning to England in 1970 to work at Lancaster University.

Tony now started to take his model making hobby more seriously and started to build up a customer base as well as winning several awards from within the model engineer fraternity. An early customer was Lord Hesketh who at the time had just started Hesketh Racing in Formula 1. The Rolls Royce Merlin engine Tony built for him was amazingly intricate and required great patience and skill to complete. Interestingly, many years later this model ended up being owned by Ron Dennis who was then the head of McLaren Formula 1 team. He was so amazed by the model he sent the editor of their in-house magazine up to Witherslack to interview Tony about

how he set about producing it. After publication Tony was asked to give a talk to Ron Dennis and the 300 plus F1 engineers at McLaren HQ in Woking and they were apparently blown away by Tony's skills.

In 1986 Tony and Anne moved to Witherslack and he developed his workshop further to help grow his model business. Customers in the USA and Spain as well as the UK recognised his skills and he was able to work full time on his models as well as continue his passions for renovating classic motorbikes, building boats and kayaks, and making improvements to the house at Little Strickland Hill.

Tony was so incredibly passionate and knowledgeable in so many different areas and he will be sorely missed not only by his family but also by the many groups, clubs and organisations that he so enthusiastically became part of."

Rev. Michael Woodcock continues, "What can we say about Tony? It is always impossible to sum up the life of any one person in words alone. We are complex beings and there is an awful lot that goes into making us the people we are. This was no less true of Tony. He had had quite a Victorian upbringing and, in many ways, he belonged to a generation who were defined by their pride and independence. Tony ploughed his own furrow and lived life the way he believed was the right way for him. In many ways this was to be admired. Tony's interests and passions were many and his knowledge and understanding around these interests was deep. He was always wanting to learn new things and was constantly teaching himself. He had great patience and a desire to do things properly and the right way. When required, he could focus his attention on the minutest details – his engineering skills displayed this.

He was a passionate man and, in many ways, a gentle man. He could get frustrated at times, but ultimately was gentle at heart. He became Churchwarden some 7 years or so ago, primarily because no one else was willing to take on that role, but also because he wanted to see this beautiful church restored. Tony was so optimistic. It struck us to the heart when he would always say, "We will win, we will succeed." We needed that optimism and sense of hope. Belonging to a generation that was much more self-sufficient and creative, Tony often thought that we could repair this building ourselves, and just get on with it. Unfortunately, that's when we came up against all the requirements that a listed building has to satisfy when any repair works are done these days. Modern day health and safety law and risk assessments alone mean that we are not allowed simply to take matters into our own hands and do it ourselves. Just as we can imagine any National Trust building would have to go through all the rigorous processes and requirements to be repaired and restored to the highest standards, so too our listed church buildings are subject to such requirements. This was a frustration to Tony, and I am so sad that we have failed so far to complete what we need to do. But we have got a functioning kitchenette now in the Tower and Tony was so pleased that we had at least made some progress in making our church more useable.

That independence of spirit and, let's face it, stubbornness led Tony to scale the heights of the Church Tower twice a year and raise and lower the Flag each Spring and Autumn. If you saw what you had to do to achieve this, then health and safety and risk assessments would have shut it down immediately! But Tony did it.... and he did it just three days before he died, as determined as ever, refusing offers of help "I've done this on my own for years, I don't need any help". Such was the man. We are going to miss his determined spirit, his passion to see this church restored, his sense of optimism and hope. Witherslack needs more people with these attitudes if we are to succeed.

It's fair to say that Tony struggled a bit these past few months. He hated seeing Anne so poorly and in those last few days before his death we think he began to realise his own weaknesses and need of help, and how much he loved Anne and wanted her to come home.

We are complex beings. Tony struggled with his demons, as all of us do. We know he didn't look after himself as well as he should have, but we loved him all the same. Perhaps we can at least give thanks that his passing was swift and without any drawn-out suffering.

Tony, we thank you for the man you were, for the character you were ... with your passion and your determination, for your patient and gentle heart.

And we're going to need others now to keep the Derby Arms in business!

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

Cinnamon Trust Big Walk-8th May

Peter and Maureen would like to thank everyone who joined them despite the awful weather for the walk followed by afternoon tea, with so many people coming from near and far with their dogs.

Special thanks also to friends and neighbours who kindly gave of their time to help make the day such a success.

As well as helping to raise awareness of the charity, the event raised almost £900!!

This exceeded all expectations. This money will help the charity to continue its wonderful work enabling elderly or terminally ill people to keep their precious companions.

We are truly thankful and delighted.



CROOK

When there is a fifth Sunday in the month all churches in the Two Valleys Mission Community plan a joint service or event for the congregations to all meet together. For the last Sunday in April there was a good turn out and everyone met in the

barn at High Farm, Crook at the invitation of the Taylor family. A Thanksgiving for Lambing Service was taken by Rev. Michael Woodcock, the Taylor boys spoke about their different sheep and well known hymns were accompanied by the Burneside Brass Training Band.



Crook Coronation

Every household in the village of Crook had received an invitation to celebrate the Coronation. Many people enjoyed their own events on the Saturday but came together on Sunday. In the morning there was a well attended service of celebration, led by the Vicar Rev. George Briggs at St. Catherine's Church. There were flags and bunting, used at the coronation in 1953, and lovely floral decorations in red white and blue. The Coronation Big Lunch hosted by the Memorial Hall Committee proved very popular with about 100 people enjoying a delicious lunch provided by Alison Thompson Catering. The newly installed ceiling projector proved useful for screening a rolling programme showing the re-run of the highlights from the Coronation service.

CURLEW RECOVERY SOUTH LAKES (see cover photograph)

The haunting call of the curlew is a beautiful reminder of the return of spring. With their distinctive long down-curved bill and large size, curlews are a wonderful part of our local landscape. However, curlews are failing to breed successfully, and their numbers are in catastrophic decline here, and throughout the UK.



Four years ago, a group of volunteers began working to help local breeding pairs, and this year, they formed Curlew Recovery South Lakes, a new charity dedicated to helping the birds to survive and thrive. The Lyth Valley is one of their last lowland breeding strongholds, and even here, curlews are failing to rear chicks. We think only one fledged last year, and the same the year before.

Curlews nest on the ground, favouring open areas to watch out for predators. In common with all ground-nesting birds, they are vulnerable to predation from foxes, badgers, and crows.

The local curlew volunteers work hard to find and protect curlew nests. The team uses electric fences with the permission of the farmers and works closely with farmers to avoid losses during agricultural operations.

An electric fence can exclude ground predators, prevent trampling, and allow farming operations to continue around the nest. At the time of writing (mid-May), the volunteers have found 15 nests and fenced 10, which is excellent news as fencing significantly increases hatching success. However, five nests were lost to predation before they could be fenced.

Every nest counts, and the charity is committed to doing all they can to ensure that these precious birds can thrive. You can follow their work and stay up to date with their latest stories on their Facebook page :

(facebook.com/profile.php?id=100091995920086)

or on Twitter (twitter.com/CurlewSLakes), where you can spot bad puns and random haikus along with lovely photos of the birds from our valleys.

Curlew Recovery South Lakes is a registered charity and always looking for new supporters to help them continue this vital conservation work.

Contact: Susannah Bleakley and Barny Sykes, curlewrecoverysl@gmail.com or to join our mission with a gift go to <https://checkout.justgiving.com/clxn46adb7>.

Thank you

Get CLEAN!

19 people from 8 organisations in the Parish attended the inaugural meeting of the Crosthwaite and Lyth Eco Action Network (CLEAN) on 11th May. They agreed the following Aims and Objectives:

Aim:

- ✦ To establish Crosthwaite and Lyth as a Net Zero Parish.

Objectives:

- ✦ Develop projects which will benefit all who live, work, study and visit the area in conserving the environment and its resources and reducing our individual and community carbon footprint
- ✦ Provide a forum for community organisations and individuals in Crosthwaite and Lyth to share information about current and proposed activity which has an ecological / 'green' focus
- ✦ By working together, with particular emphasis on involving the community, maximise resources, both human and financial, which will contribute to the overall aim
- ✦ Promote and publicise actions and activities to change hearts and minds towards the overall aim

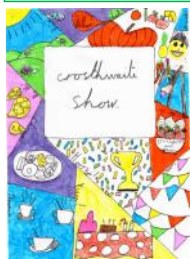
Plans and projects will be developed through partnership working over the next few months. These will be promoted widely through the Parish website and this publication, through social media and by word of mouth.

If anyone out there is interested in these issues and how to conserve resources and the environment, or want to find out more and get involved in any way please contact me. We need, and want, local people to get involved.

Pat Howarth

Mob: 07765010252

Email: howarth8hr@btinternet.com



Remember! - Saturday 15th July Crosthwaite Show 2023 at the Argles Memorial Hall

The Schedule is now available from Committee members, through the School and at other local locations. You may find that a generous soul has also put one through your letter box! It is also available on line on the Community web site. [https://crosthwaiteandlyth.co.uk/documents/news/Show Schedule 2023.pdf](https://crosthwaiteandlyth.co.uk/documents/news/Show%20Schedule%202023.pdf)



If you want to enter items but cannot get to the Registration on the Tuesday before the Show especially if it involves art or photography please drop them in at Pat's at Cedar Lodge any time.

Do 'have a go' at entering some items in the village Show- it's not Chelsea- but not far off.....and it's good fun!

The Show Committee

CROSTHWAITE

Congratulations to Mrs Angela Atkinson, who has attended a Buckingham Palace garden party in the week following the coronation in recognition of her many years of community service to Crosthwaite Playgroup.



Well done, Angela!

WE NEED YOU!



The Argles Memorial Hall, Crosthwaite is a flourishing multi-activity centre in the village. It plays a very important part in our community and in the life of its surrounding areas.

The Hall Community always welcomes any ideas from individuals or groups for new events and activities which reflect their interests, and encourages people to stage their events in the hall.

We are looking for community spirited volunteers to support the work of the management committee in any role they feel they are able to take on, to continue providing a vibrant centre for all to use.

Contact: Jenny Waldron on 07900 508941 or
Bookings, Argles Memorial Hall, Crosthwaite, Kendal LA8 8HT 07407 386976
<https://www.crosthwaiteandlyth.co.uk/memorialhall.php>

CORONATION CELEBRATION DINNER THANK YOU

The Crosthwaite Exchange would like to thank all those who came to celebrate the coronation in the village hall at our dinner event on 5th May. A wonderful time was had by all and the sum of £500 was raised from the event. The Exchange matched this and presented the Memorial Hall Committee with a cheque for £1000.

UNDERBARROW WITH HELSINGTON

SAVE THE DATE
UNDERBARROW MARROW DAY
Sunday 24th September 2023



WITHERSLACK

“Vicar at The Derby Arms” - last Wednesday of each month.

Rev. Michael Woodcock will be at The Derby Arms in Witherslack again from 12noon until 2.00pm on Wednesday 28th June. Happy to have a chat with anyone about anything really.....



Caring for our Community

Are there times when you feel lonely, or in need of a listening ear?

There is now a small team of community visitors, alongside Rev. Michael Woodcock, for the parishes of Cartmel Fell, Crosthwaite, Winster, and Witherslack; each has been safely recruited under our Safeguarding Policy and is trained and experienced in this role. Please feel free to contact any of the team below if you would like some company, a phone-call or a friendly chat over a cuppa, irrespective of which parish you live in. Although we are not professionals, we can be a listening ear. It doesn't matter whether you attend any of the churches or not. All conversations are confidential.

Anthony Clarke (Cartmel Fell)	015395 31481	Lily Holme (Winster)	015395 60247
Pat Howarth (Crosthwaite)	015395 68652	Alyson Groom (Crosthwaite)	015395 68930
Dorothy Grace (Crosthwaite)	015395 68569	Rev'd. Michael Woodcock	015395 68276

Advertising in the Two Valleys Parish News

Would you like to join our waiting list to advertise your company, business, shop, hotel, crafts, art or services to the local community? We have a circulation of almost 700 potential customers!

Contact our Advertising Manager, Lorraine Brierley,

Phone 015395 60702 / 07826 800469

or e-mail brierleyl@yahoo.co.uk

theWI
INSPIRING WOMEN

REPORTS & NEWS

BRIGSTEER

Eighteen members enjoyed a toast to King Charles following his Coronation, as well as remembering former members Irene Farington and Geraldene Tomlinson. The Fashion Show was a great success and we raised £409.20 for Manna House. Nicky & Eve have lots of ideas for next year's programme and will welcome more ideas from members. Beryl reported on the state of the WI bench which we're planning to refurbish. We voted on the clean rivers Resolution and plans were made for our walk from Austwick to Feizor. We then welcomed 38 visitors to our Open Meeting when Tim Narey told

Car



Treasure Hunt



& BBQ

Witherslack Village Hall

June 10th

Cars leaving Witherslack Village Hall

from 6pm -7pm

£5 per car

BBQ back at the hall



Crosthwaite & Lyth Recreation Field Trust

Find out more

Sunday 18th June at 5.00pm

Good news for residents and visitors in the South Lakeland village of Crosthwaite and surrounding Parishes.

As many of you already know, we have a very special place here in Crosthwaite in the shape of our recreational field, where you can bring the family and have somewhere to park as you choose from the activities on offer.

Younger children can enjoy the safe and secure play area or simply get out and kick a ball around, whilst the bowling green is there for those with the skill and time to play or learn to play.

We also now have a brand new tennis court with an all-weather surface that has been funded by a variety of local and regional Charitable organisations and trusts (*The Freda Scott Trust, The Hadfield Trust*, and, thanks to the *Cumbria Community Foundation, The Holehird Trust* and *The Thomas Graham and Sons Grassroots Fund*) and with contributions from the *Cumbria CC Community Fund*, from the Landowners, and from the *Crosthwaite & Lyth Tennis Club* and ourselves, *The Recreation Field Trust*.

Our village recreational field is available not only for an occasional outing, but also offers the opportunity for regular enjoyment by joining the on-site clubs.



Why not come along on Sunday 18th June at 5.00pm and see for yourself, and have some free refreshments at the same time?



Crosthwaite & Lyth WI

Open Meeting
Wednesday 21st June

7.30pm Crosthwaite Village Hall

£4 including refreshments

Speaker: Val Reynolds

**Behind the Scenes at the
RHS Chelsea Flower Show**

All Welcome!
Jean Sherratt 015395 68000

us about his work on the Eden Project in Cornwall and now on Eden Project North which is scheduled to open in 3 years time. It's an exciting time for the wider community not just Morecambe itself, and we'll look forward to seeing its progress. Our next meeting is on 14th June when Joe Human will present his talk '**When climate change makes people move**' He will look at three parts of the world where rising sea-levels, hurricanes and drought are forcing millions to migrate, often across borders, and he will speak of his personal experience. Our meetings start at 7.30 in the Village Hall and June's meeting is open to all from 8pm. £3 including refreshments.

CARTMEL FELL

In May, the ladies enjoyed a Jacob's Join meal and social. Ruth won the competition for "a savoury snack" with Fiona a close second, and the standard was very good, "requiring" the judge to go for seconds!

Our next meeting is open to all visitors and is at **Cartmel Fell Parish Hall, LA11 6NH** on Wednesday 7th June at **7.30pm**. Ever heard of a Lengthsman? The phrase "lengthsman" was coined in the 1700s for someone nominated to keep a "length" of road, canal or railway neat, tidy and passable. "DRAINSPOTTER", Parish Lengthsman and Narrowboat owner, Archie Workman, will explain all in his talk: "**My Life in the Gutter - A Parish Lengthsman**". There'll also be a raffle, and this month's competition is "a useful hand tool". Visitors fee is £5 including tea, coffee and homemade cakes.

CROOK

CROOK WI had Dr. Rob David as their speaker for the April meeting. His talk was entitled "A County of Refuge". Many expected he would be speaking about the "Windermere Boys". However, we heard about some of the experiences of immigrants who sought sanctuary in Britain in the 1930's. Groups of children arrived from the Basque area of northern Spain as a result of the Spanish Civil war. Other refugees came from Austria and Czechoslovakia and then after the outbreak of the Second World War Belgians and Poles found sanctuary in Cumbria. Several notable families including some very strong and influential ladies were instrumental in organising accommodation for these homeless people. It proved a most interesting evening.

CROOK WI's May meeting was held in the afternoon and had a coronation theme. There was a glass of fizz on arrival and crowns provided for everyone. The worries about the high level of pollution in our rivers and lakes is the subject of the resolution to be discussed at the National Federation Annual Meeting. It is the turn of Crook to provide a delegate this year. She is not travelling to Cardiff but will attend virtually and will vote on behalf of those institutes she will be representing. At the conclusion of the business meeting there was a splendid "Jacobs Join" tea party. Three members then gave a performance of "Changing the guard at Buckingham Palace" complete with the soldier in scarlet tunic and bearskin hat.

CROSTHWAITE & LYTH

Geoff Pegg from Carnforth nobly stepped into the breach at short notice to tell tales of his many melodeons and to keep us enthralled with his tunes. His delightful talk kept the meeting and their visitors chuckling away throughout the evening, and maybe it will encourage some members to take up an instrument late in life. He brought 15 melodeons with him, and each had a tale to tell. After our visitors had enjoyed their tea and departed, members discussed the more serious business matters and made future plans.

UNDERBARROW

Underbarrow WI had a most unusual guest at their May meeting, a lady from the seventeenth century called Sally Birkett, who was married to Benjamin, the owner of Townend at Troutbeck, a house which is now owned by the National Trust. In the full costume of a country lady of those times, complete with lacings and warm underskirts, our speaker Elaine Wilkinson, in the guise of Sally, spoke to us about the foods and herbal medicines of the day. The women of the day must have worked very hard to produce the potions and poultices to cure a wide range of ills, using not only herbs from the garden, but more exotic items like oranges and lemons imported via Whitehaven. Apparently in 1700, because of being on the route from Whitehaven, in the village shop in Troutbeck village they were selling anchovies and capers! This was a most entertaining and informative evening. Many thanks to Elaine, who is an Underbarrow resident.

The June meeting of the WI will be a musical evening with 'Bob the Sax'. This will take place on Wednesday 14th June at 7.30pm in the Institute. Visitors are welcome for a small donation.

WITHERSLACK

Witherslack WI met in March for our monthly meeting and a good turnout of members. After our usual meeting we had a talk and demonstration from Adele Jones of Tree Grafting. Adele has an orchard locally and brought with her to the meeting many different apple tree saplings, which were all suitable to grow in the Lyth Valley and surrounding areas. Each member had an attempt at grafting 2 different types of apple tree together to then take home and grow in their own gardens. Adele is also trying to promote local orchards as so many are now disappearing. All members enjoyed the night very much and are looking forward to seeing how their trees develop.

In April we met at Witherslack Village Hall with another good turnout of members. We had a meeting followed by a very informative talk from Andy Lowe a former building conservation officer for the Lake District National Park. Andy put on a great slide show titled 'Power from the Fells' and discussed the past industrial history of the area and the methods adopted to use the abundant water resources as a source of power. If you look carefully when out and about around the localities you may still be able to spot redundant water wheels once used as part of local cottage industries. Efforts have been made to try to preserve most of them.

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Mrs. Vanda Lambton 015395 31311

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Mrs Pat Howarth 07765 010252

Mrs Geraldine Wilson 015395 68836 07766 646504

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Mrs. Cath Casson 015394 44958

St. Paul's, Witherslack

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Associate Priest: Rev'd. Simon Howard

revdsimonhoward92@outlook.com : 07719 889577

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

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

Safeguarding Officer for all above: Mrs. Jane Eccles 07779 953763 015395 58138

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

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

george@stkmail.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 for Crook: Mrs. Lilian Atkinson, Low Fold, Crook

lilatkinson8@gmail.com

Magazine Editor next month: Jolyon Dodgson (015395 52222)

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

Advertising Manager and Magazine postal service:

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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 09:15 - 10.15

CARTMEL FELL

For bookings contact Julie Balshaw Tel. 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 9:30-1:30am (school term time)
Indoor Bowling	Tuesday and Thursday 7.30-10.00pm (Resumes 3rd Oct-14th Dec 2023 9th Jan-28th March 2024)
Exchange	Lunches 1st Wednesday of month 1pm-3pm Teas 3rd Wednesday of month 2:00-4:00pm
Yoga	Wednesdays 7.00-8.30pm
WI	Social afternoons, Occasional 2:00-4:00pm Evening Meetings, Monthly 3 rd Wed 7.30-9.00pm
Art Club	Mondays 1.30-4pm (January-March then October-December)

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

Books, Cakes and Plants Last Saturday in the month (April-November)

WITHERSLACK

For bookings contact Janet Crowe 07919 988566

janet.crowe@outlook.com

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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