

TWO VALLEYS PARISH NEWS



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

November 2023

70p



The Underbarrow, Brigsteer and Bradleyfield
Children's Events Committee present...

Santa's Two Valley Tour

Monday 11th December:

6:15pm—Derby Arms, Witherslack

6:30pm—Witherslack Church

6:50-7pm—Gilpin Bridge Inn

Tuesday 12th December:

6pm — Mill Dam, Crook

6:40pm—Brown Horse, Winster

7.15pm— Hare and Hounds, Bowland Bridge

7:30pm— Masons Arms, Cartmel Fell

Wednesday 13th 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.



All donations gratefully received and will be split between funding the Santa's



Sleigh 2024 and helping to fund Underbarrow, Brigsteer & Bradleyfield Sports 2024

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.

Church Services for NOVEMBER 2023

Thursday 2nd November 9.15am. Holy Communion in St. Mary's Crosthwaite

Sunday 5th November The 22nd Sunday after Trinity

9.30am	Underbarrow	Holy Communion (CW)	Rev. Simon Howard
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
4.00pm	Crosthwaite	All Souls Service	Rev. Michael Woodcock

Sunday 12th November The 23rd Sunday after Trinity

9.30am	Cartmel Fell	Remembrance Service	Rev. Michael Woodcock
9.30am	Witherslack	Remembrance Service	Tony & Hilary Fitch
10.30am	Underbarrow	Remembrance Service	Rev. Simon Howard
10.50am	Crook	Remembrance Service	tbc
10.50am	Crosthwaite	Remembrance Service	Rev. Michael Woodcock
10.50am	Winster	Remembrance Service	Lay team

Saturday 18th November 4.00pm-6.00pm Messy Church in Crosthwaite School

Sunday 19th November The 24th Sunday after Trinity

9.30am	Underbarrow	Holy Communion (CW)	Rev. Michael Woodcock
9.30am	Witherslack	Morning Worship (CW)	Mrs. Dorothy Grace
11.00am	Winster	Morning Worship (CW)	Mr. Nick Gray
11.00am	Crook	Holy Communion (CW)	Rev. Michael Woodcock

Sunday 26th November The Last Sunday after Trinity

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Underbarrow	Morning Worship (CW)	Rev. Ron Rutter
10.00am	Witherslack	Café Church in the Parish Hall	
11.00am	Crook	Morning Worship (CW)	tbc
11.00am	Crosthwaite	Holy Communion	Rev. Michael Woodcock

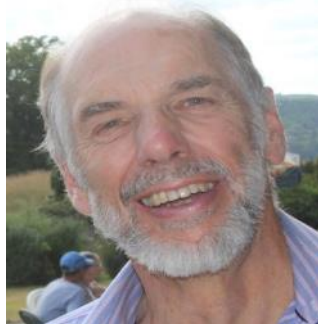
Wednesday 29th November

7.30pm	Crosthwaite	Refresh
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A LETTER FROM TONY FITCH

REMEMBER, REMEMBER

November is a month of remembrances. At the start of the month, we remember the time on 5th November 1605 when a plot to blow up the king and his parliament was foiled. Celebrating the fact that the king and his parliament had survived, people lit bonfires around London, and a month later the Observance of 5th November Act mandated an annual public day of thanksgiving for the plot's failure.



A third of the way through the month we remember the time, on the eleventh hour of the eleventh day of the eleventh month in 1918 when the carnage of the First World War came to a halt. Then, as the end of the month draws near Christmas appears firmly on the horizon - a time when we remember that big event just over two thousand years ago when God's own Son was born on this Earth.

I recall a number of years ago when, as “old boys” of a local grammar school, a small group of us went to a care home in Silverdale to present a former master from our school with a card on his hundredth birthday. As can be imagined, he was not in the best of health and in particular his eye-sight and hearing were not good. During our brief conversation I said to him “life must be very challenging for you now”. He replied “Aye, but I've got my memories”. Remembrance and memories are a very important and precious part of life. One of our biggest fears in old age is the prospect of possibly losing our memories. Also, as the years go by, we ourselves would also like to be remembered – especially by our family members, and preferably for something good!

Remembering is a time line with which we make sense of our time here on Earth – a sort of washing line on which, in chronological order, we hang the events of our lives both good and bad. In times of trouble, we can look back and they encourage us to hang on, knowing that we have been there before and come through. They also help us, hopefully, not to repeat mistakes.

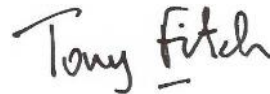
In our church service each Sunday there is a section called “confession” where we are encouraged to recall our short-comings and failings in the previous week – times when, in the lovely wording of the Book of Common Prayer, “we have erred and strayed from thy ways like lost sheep followed too much the devices and desires of our own hearts”. We bring them before God who, we are assured, will forgive transgressions for which we truly repent.

And in our Communion Services we honour Jesus's request, at the Last Supper with his disciples, that we remember him as we break bread and drink wine.

In remembering the "gunpowder treason and plot" of 1605 we celebrate the perceived triumph of democracy over anarchy and of good over bad, although I have my doubts about the idea in this day and age of burning an effigy on a bonfire. Also, we shouldn't overlook the related religious persecution at that time in our history.

In our Remembrance Day services on Sunday 12th November in our village churches around the Two Valleys we will be recalling the horrors of conflict past and present, remembering the names of the fallen in the two World Wars, and pledging ourselves to try to learn from history. One reason that we do this is because those who served asked us to remember. "When they go home" they said, "Tell them of those who fought and say "For our tomorrow they gave their today"". As Paddy Ashdown said in a documentary about the Cockleshell Heroes (Operation Frankton), "In an age of easy living, when few have to choose between self and something greater, these men should be an inspiration to us all". May we remember to remember!

Tony Fitch
Two Valleys Mission Community



20's plenty...or is it, in Witherslack?

There's been a huge amount of publicity recently regarding the introduction of more 20 mph speed limit zones. Government, locally and nationally, is keen on the idea and Witherslack, Meathop and Ulpha Parish Council need to get the perspective of the village, before perhaps starting the application process.

If you are in favour, please could you let us know where you think in Witherslack, Meathop and Ulpha a 20-mph limit would make sense and similarly, if you're not in favour, do let us know why. In both cases, please do this by email, referencing your post code as well, to: wittherslack20@hotmail.com

Many thanks: Phil Coatesworth, Witherslack Meathop and Ulpha Parish Council.

FROM THE REGISTERS



Funerals With Sympathy, we remember those who have passed away:
Michael William Hodgson (80) Funeral & Burial at St. Anthony's Cartmel
Fell on 25th September

CALLING ALL PARISHIONERS

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 5th 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 15th October onwards. These Names will then be read out and remembered in the Service in Crosthwaite church at 4.00pm on 5th November. All are welcome to attend. It's often a very moving occasion.

Remembrance Sunday occurs this month on Sunday 12th November. Please note the start times of the services in your respective parish church as these may vary from the norm.

Community Christmas Card - There will be one community Christmas Card at both St. Anthony's Cartmel Fell and St. Mary's Crosthwaite for us all to sign and send our Christmas greetings to each other. This is instead of sending individual cards to each other. The intention is that this saves paper, keeping us in line with our "green" objectives, and that we make a donation equivalent to the money we might have spent on cards, which will go to The Children's Society, the Church of England affiliated charity working to transform the hopes and happiness of young people facing abuse, exploitation and neglect.

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

Magazine Editor next month: Colin Edwards (015395 68879)

Magazine postbox c/o Crosthwaite Vicarage. e-mail:

tvn@crosthwaiteandlyth.co.uk

Advertising Manager and Magazine postal service:

Lorraine Brierley 4 Whitbarrow Grove, Levens. LA8 8LT. (015395)
60702 brierleyl@yahoo.co.uk

MAGAZINE DEADLINES

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

Advertising in the Two Valleys Parish News

Would you like 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



Get off the beaten track at Roudsea Woods, Haverthwaite on a FREE to use all-terrain mobility scooter

Getting outside into nature is vital to our health and happiness but this simple pleasure, that most of us take for granted, is not possible for everyone. We all recognise the value of getting out for walks with the family, quality time with friends, fresh air and spectacular views and local charity Morecambe Bay Partnership has been working hard to create accessible trails around Morecambe Bay for you to enjoy whatever your level of ability.

They have a growing a network of Trampler (all-terrain mobility scooter) hire points around Morecambe Bay, so more people can get off the beaten track with ease. Whether you are elderly, struggle with mobility, disability or illness, or are recovering from surgery, a ride out on a Trampler can provide a life-changing experience for those that struggle to get outdoors.

You can borrow a Trampler completely FREE of charge from a choice of hire points around Morecambe Bay. Why not explore Roudsea Wood and Mosses National Nature Reserve at Haverthwaite, a delightful trail on tracks, boardwalks and through one of Britain's most important woodland sites. Or venture up Hampsfell or along the promenade in Grange-over-Sands.

For FREE use of a Trampler, make a booking enquiry at:-

www.waysaroundthebay.org.uk/accessible-trails-and-tramper-hire/explore-by-tramper

Cover picture: From Helsington Viewpoint - Hannah Gross November 2023

Church miniature pictures from watercolours by John Wilcock



World Expert on Climate helps launch local Eco Network

The village of Crosthwaite and the surrounding area of the Lyth Valley have launched the Crosthwaite and Lyth Eco Action Network (CLEAN) with the help of one of the world's leading experts on climate change.

Mike Berners-Lee, himself a Crosthwaite resident, has written acclaimed books on the subject of carbon footprint and the effects of mankind on the planet. On Tues. 26th September he was the key note speaker at the CLEAN launch event, held at Crosthwaite CE school, where 150 local residents gathered to find out more.

The launch event on 26 September provided an insight into the latest climate warming data from Mike Berners-Lee, who left the audience in no doubt that climate change is real and as a planet we are well on our way to a crucial tipping point. During the Q&A session he did, however, have a piece of good news regarding the world's population growth. "I believe population growth might top out at around 8.5 billion, based on the data* I have seen. This is of course an important factor in the future of our planet"

Crosthwaite CE School Year 6 pupils voiced their concerns for the future of the planet and outlined what their school Eco Council is involved with. Representatives from the Rivers Trust and Cold to Cosy Homes were also on hand to offer advice, information and support on how to protect the environment and be more energy efficient.

CLEAN is the innovation of Pat Howarth and Steven Brierley, both church wardens at St. Mary's Church Crosthwaite. Tasked with making the church more environmentally friendly through the Eco Church scheme, they set about engaging with the local community to make Crosthwaite and Lyth a more environmentally sustainable place to live.

Pat Howarth said of the event "This is a great start – now the real work begins to turn positive responses into practical actions." CLEAN currently has 6 initiatives to offer local residents:

1. Community Lift Share Scheme using WhatsApp
2. New Recycling Opportunities at St. Mary's Church
3. Biodiversity Advice for cleaner rivers and wildlife support
4. Become a Cold to Cosy Homes Champion for Crosthwaite & Lyth
5. Gone Green - advice from residents who are powering their homes in an environmentally friendly way.
6. Minimi Eco Friendly Products from Levens Village Shop.

Each of these initiatives was available at the launch event for meeting goers to find out more about what was entailed and to sign up if they were interested. “We are delighted with the turn out to this first CLEAN public event” said Steven Brierley. “It is encouraging to see so many people taking climate change seriously and wanting to make a change for the good of the planet.”

Mike Berners-Lee was impressed with the CLEAN scheme, commenting that Crosthwaite and Lyth could act as a role model for other villages around the country wanting to do something positive to tackle climate change and he felt “there was a real sense of a parish ready to take action”.

data* [The Science - Earth4All](#)

For more information on CLEAN contact:

Pat Howarth: 07765 010252 howarth8hr@btinternet.com

Steven Brierley: 07470 169890 stevenjbrierley@yahoo.co.uk

Website: [CLEAN \(crosthwaiteandlyth.co.uk\)](http://CLEAN (crosthwaiteandlyth.co.uk))

Photos:

Mike Berners-Lee during his presentation to the Crosthwaite & Lyth Eco Action Network launch on Tuesday 26 September 2023 at Crosthwaite CE school.

Steven Brierley and Pat Howarth outside St. Mary’s Church, Crosthwaite.



Mike Berners-Lee in action



Pat Howarth and Steven Brierley

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

The Cartmel Fell and District Local History Society will meet in the Parish Rooms on Cartmel Fell (LA11 6NH) at 7.30 pm on Monday November 13th Jean Turnbull will outline the history of **the Co-op movement in Cumbria**. All welcome, visitors £5.



And on 11th December Mark Hatton will talk about the 'lives, works and legacy of the German Miners at Keswick in the 16th century'.

CROOK

COFFEE MORNING - On the first Tuesday in the month, we hope friends will call in at Crook Church in the morning between 10am and 12pm for coffee and a chat. There was a warm welcome and a good turnout in October and an opportunity to meet friends. For those new to the area, it is a good occasion on which to make some new friendships. The next "first Tuesday" will be 7th November.



The Harvest Festival Service at St. Catherine's was a happy occasion and well attended. Each windowsill in the church had been decorated beautifully and there were also gifts which were passed on to the Food Bank in Kendal. The service was led by Rev. George Briggs, our Vicar, and the talk was given by one of our readers, Nick Gray who gave us a lot to think about. We are so very fortunate in the western world. Huge tracts of the world have great poverty and need. With the changing climate and so many worries, it is helpful if we can think about things that we might be able to do ourselves to help – however small they may seem. We were delighted to welcome the Two Valleys Choir who not only sang before the service started, but also sang a lovely anthem as part of our worship.

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 again 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 that if anyone knows of someone who might benefit from such a grant (but who may themselves be too shy to admit this), that 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 4th December, but remember that as a proposer you may remain anonymous. We also welcome applications for small 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.

CALLING ALL JAM & PRESERVE PRODUCERS, MARMALADE MAKERS & HONEY HARVESTERS

The Crosthwaite Exchange Country Market is the place to sell your produce. Have you got excess stock? Would you like to sell your jams, preserves, marmalades or honey? We offer you a recipe for success with our ready-made audience twice a month for just 10% of your sale price. To sell your produce at the Exchange please contact Lorraine on **07826 800469**.

Appleby Cheeses are again supporting Crosthwaite Christmas Fair, the proceeds from the Cheese Stall will again all go to The Village Hall. If you would like to order Christmas Boxes containing 5 hard cows' cheeses and one hard sheep cheese, all packed for posting and dated well after Christmas at the same price as last year, £22 each, please contact Ann Smith on 01539 568671. There will also be a full complement of individual cheeses for sale at the fair.

The 100 Club

The regular draw is at the Exchange first week of the month lunch club.
September Winner was John Scal.

UNDERBARROW WITH HELSINGTON



UNDERBARROW INSTITUTE - DATES FOR YOUR DIARY

SATURDAY, 25th NOVEMBER - MUSIC WITH 'KENDAL BIG BAND' a 16 piece 'Big Band' playing classic, swing and a few rock numbers. Come and relax, enjoy the music and have a dance if you like. more info to follow.

ONGOING - TABLE TENNIS

Now the weather has turned more unsettled why not try a game of table tennis? The table is all set up and ready to use, you just need to contact a member of the committee to borrow a key. Cost is just £2 per person per hour or £5 if more than 2 people. UNDERBARROW 'SENIOR CITIZENS' CHRISTMAS SOCIAL is to be held on Sunday, January 14th, 2024-1 to 4 pm.

WITHERSLACK

TONY'S TOWER PROJECT

Many thanks to all for helping, baking and donating during the "Homemade Refreshments in Church" whilst the Witherslack Artists and Makers Exhibition was running.

The total amount raised was **£1344.22**.



A BIG THANK YOU to all who helped and supported the Harvest Supper this year. We all had a great night and raised **£604** for Church Funds.

Editorial note: If any of our readers have any picturesque, colourful, seasonal photographs of the Two Valleys & surrounding area, that you think would be suitable for use on the front cover of the magazine, please send them to: tvn@crosthwaiteandlyth.co.uk

Please state approximately where & what time of year the photo was taken and who took the photograph. Thanks in advance - Two Valleys News Editorial Team.

CROSTHWAITE_CHARITY_CONCERT

After a very successful charity concert held at Crosthwaite village hall on Sunday 1st October, Mary Harkness and Peter Hill share the following reviews: -

Mary says – “Thank you so much to the people who supported our wonderful charity concert on Sunday Oct 1st. Three cheers to Crosthwaite Playgroup bakers and Geraldine and her team for all their cooking, support and delicious tea. A big thank you to the musicians, both local guitar group T and F and Louise Latham and her Aquarius Quartet for coming from Manchester to give their time and amazing gifts to us all without any charge. 100 people had a special afternoon and we raised over £1,038.56 for our charities. The donations will be split 3 ways between Crosthwaite Playgroup, The Village Hall and Carers Support South Lakes.”

Peter says - "How fortunate are we living in Crosthwaite, to have an afternoon of music performed in the Argles Memorial was so special. The programme started with Classical Guitar playing by a local group of men who play together for fun. They are the T and F Guitar Group who started with a selection of solos, duets and quartets with such well executed harmonies.

After Tea and Cakes, we had music from Aquarius String Quartet. This group of highly professional players came from Manchester where they perform with the Halle Orchestra, BBC Philharmonic, Opera North, and Liverpool Philharmonic orchestras as well as full teaching duties and Chamber music playing for which they are all much in demand. Their programme followed a theme of 'folk' music but don't be misled by 'folk'. They began with a carefully woven set of Scottish tunes, including music by Haydn, Dvorak, Borodin, Chinese folk tunes and finally a Ho Down piece by Aaron Copeland. This set of music, to paraphrase W.H. Auden, showed us that the most exciting rhythms seem unexpected and the most beautiful melodies can be simple and inevitable. The evening thrilled and excited us and there was great applause for all



musicians to show how much we enjoyed and appreciated their visit. Thanks to Mary for all her hard work, giving us an event to remember, she deserves a big round of applause. Afternoons such as this deserve an encore!"

Guitar Ensemble

CARTMEL FELL COMMUNITY TRUST

BONFIRE

SATURDAY 4TH 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 Cash Bar Mulled Wine

Lantern Competition (in any medium)

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

Christmas Fair



Crosthwaite Christmas Fair

Argles Memorial Hall

Saturday 2nd December, from 10am-1pm

*Lots of lovely local stalls selling
unique gifts for Christmas, plus
stalls run by the children from
Crosthwaite Primary School*

*Visit Santa in his Grotto! Seasonal
Refreshments*

Carols sung by the children

Admission: £1; Under 12's free



Holy Trinity Church Winsters

in the School House

Saturday
November 25th

10.00 am - 4.00 pm



Mulled Wine
Mince Pies

Tea Coffee Soup
Homemade Cakes

Look forward to seeing you

For info: Yvonne 015394 88563 / Gill 015394 43304



Café Church

Sunday 26th November

at 10am in

Witherslack Parish Hall



Come and join us as we discuss aspects of the Christian faith, whether you are of faith or not—it's a place to explore and ask questions, while sipping a cup of coffee or tea with friends.

Everyone is welcome, whether you usually come to church or not. Just come and see.

UNDERBARROW

BIG BAND DANCE NIGHT

AT UNDERBARROW VILLAGE INSTITUTE

25TH NOVEMBER @ 7:30PM

TICKETS £12
(INCLUDES
BUFFET)



BAR AND
RAFFLE ON
THE
EVENING



WITH KENDAL BIG BAND

CASH ONLY
EVENT

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O'LOUGHLIN
(07502548070) FOR
MORE INFO AND
TICKETS



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QR code and social media icons (Facebook, Instagram, Twitter)

BRIGSTEER

Helsington & Brigsteer Village Hall

LA8 8AL

Fri 10 November 7:30pm (doors 7pm, BYO)

Tickets £12 | 07771 737629

www.highlightsnorth.co.uk

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'One of the most instantly recognisable voices in current music... Shades of Joni Mitchell in a jam with Karen Carpenter and Lana Del Rey.'
Trust The Doc

'Her subtle mastery onstage launches her straight into my fave shows ever.'
Huffington Post

QR code

SUNDAY 19 NOVEMBER 2023
Brigsteer Village Hall, Brigsteer, Kendal, Cumbria LA8 8AL
Tickets £12.50 + 7:30pm (Doors 7pm) • brigsteervillagehall.co.uk
BYO drinks and glasses!
To book tickets, email melaniefayes800@gmail.com or ring 07771 737629

Social media icons: @sarahmcquaid, @sarahmcquaid, @sarahmcquaid, @sarahmcquaid, #sarahmcquaid

BRIGSTEER

At our October meeting, our speakers were Ruth Dalton and Andrew Walter talking about farming and wildlife at their smallholding in Crook, where they've worked to develop the pasture and woodlands using animals to suit the ground, including Shetland cows, and Golden Guernsey Goats amongst other animals. They showed us some beautiful slides of the variety of birds, butterflies and mammals which now inhabit their hedgerows and land and how it had developed over the last ten years. Six members were looking forward to the Federation wreath making workshop the next day and five members had planted bulbs around the WI bench earlier in the week. Numbers for the Christmas meal at Kendal College and Federation Quiz teams in November were finalised. Next month is our Annual Meeting at the earlier time of 7pm followed by a makeup and beauty demonstration.

CARTMEL FELL

Due to seasonal illnesses, only 9 members were present to hear Jan Berry describe her colourful and interesting array of Edible Christmas Goodies as Gifts. Jan's presentation provoked many questions, Jane thanked Jan who then judged the competition for a jar of edible produce. Molly's piccalilli was placed 1st. Vanda's marmalade 2nd with Evelyn taking 3rd place with her gooseberry jam. A short business meeting followed refreshments where members were congratulated on their success at the County Show, the Christmas dinner decided upon and members reminded of forthcoming events. The next meeting will be the A.G.M. followed by games. The competition will be for Your Favourite Christmas Bauble. As always visitors will be most welcome.

CROOK

At our October meeting we had a really interesting presentation from Jean Turnbull from the Kendal Oral History Society. She explained how the group had been set up and how interesting and important it is to remember things from the past. There were recorded interviews from people reminiscing about past occasions and events. Some of the older members of our WI could relate to several items. It will be the AGM of Crook WI in November and names were collected for nominations for those who were thought to be possible members of the committee for next year. It is hoped that some of those nominated might be prepared to be on the committee and help shape future plans.

CROSTHWAITE & LYTH

A very select but cheery group met despite our speaker succumbing to Covid and members being away, babysitting etc.etc. We welcomed Carolyn, who has recently moved into the village and had a very serious induction session in the game of Boccia, followed by Timed Scrabble at which some members showed signs of a misspent youth. An excellent evening was enjoyed by all.

WITHERSLACK

For our September meeting we met as usual in the parish hall with good numbers attending. After the meeting we had a fantastic talk and presentation from David Poole who is an award-winning photographer specialising in wildlife photos of Morecambe Bay. David brought some beautiful pictures of birds and butterflies he had taken, it was amazing to see how many different types of these creatures there are around us in this area. David spends a lot of time on Foulshaw Moss and other local wildlife areas and with much time and patience captures some magnificent pictures. David often showcases his work locally including his most recent upcoming event in Millom on Friday 13th October titled 'A Year at Leighton Moss'.

The Dean Barwick Educational Trust - Post 16 Grant

When John Barwick died in 1664 he was the Dean of St Paul's Cathedral in London. He bequeathed money for a church and school to be built in Witherslack village where he grew up. He also left a legacy to provide money for apprenticeships and dowries for the boys and girls respectively. The Dean Barwick Trustees have modernised this over the years and there are now educational grants for students going onto further education or taking up apprenticeships. The grant is to help with books, tools or equipment.

The following grants are available to students entering Post 16 education;

Course grant - £300 a year towards books and educational equipment, (available for two years of a degree or further educational course). A third year grant of £400 is awarded in the final year of study.

Apprentice grant - A one off £500 grant to assist with buying tools and equipment for an apprenticeship.

Please see The Witherslack Hub Facebook page for more information on eligibility or email janeweaves@gmail.com. Grant applications are considered at the Trustee meeting in November.

Further funding

Dean Barwick also provided for the relief of poverty, so if you are aware of anybody in our village is suffering serious hardship in the current cost of living crisis, please tell the trustees. This should be done by letter, which can be anonymous.

Applications to :- Cath Crawshaw, Clerk to The Dean Barwick Trust
c/o No 1, Halecat, Witherslack, LA11 6RT.

The Cenotaph November 2023

November is the month when we particularly remember the dead of both world wars and later conflicts. Remembrance Day is 11 November because it was at the eleventh hour of the eleventh day of the eleventh month that the guns fell silent and all fighting ceased at the end of World War I — the Great War, as it was known in the years before World War II. Strictly speaking, 11 November 1918 was an Armistice: legally, the end of the war did not come until 1919 with the Treaty of Versailles. Some memorials give the dates of the war as 1914-19, although it is more usual simply to count the years of fighting, 1914-18.

There was a great parade in London in 1919 to mark the end of the war, and as part of the ceremonial the 15,000 troops marched past and saluted a tall wooden structure that had been erected in the middle of Whitehall: the forerunner of the present Cenotaph. Its austere design, by the distinguished architect Sir Edwin Lutyens, depicted a tomb-chest resting on top of a rectangular pylon — a tall supportive structure diminishing as it rises, an architectural echo of the structure marking the gateway of an Egyptian temple. It was originally conceived as a temporary structure just for the ceremony. But its simplicity and dignity caught the mood of the moment: more than a million people visited the site within a week of the parade, and there was almost immediately a demand for it to be rebuilt in permanent form. Action quickly followed: Lutyens made hardly any changes, apart from adding a degree of curvature (entasis), and the erection of the Cenotaph as we know it, built of Portland stone, began in May 1920. It was unveiled by King George V on 11 November 1920, in a ceremony that was combined with the repatriation from the Western Front of the body of the Unknown Soldier, to be laid in honour in Westminster Abbey.

The word Cenotaph comes from the Greek and means 'empty tomb'. As a war memorial, it symbolises the absence of those who were killed, since most of the dead were buried close to where they fell, identified or unidentified, or were in some cases never recovered at all. Because, in its form, it is a cenotaph, an empty tomb, rather than some more usual memorial monument, it speaks of the individual loss even at the same time as its grandeur, austerity and location make it national. It was rededicated in 1946 to include the dead of the Second World War, and since then it has also come to memorialise the British dead of later conflicts, although, of course, when it was first erected, it commemorated the dead not just of Britain, but of the whole of the Empire, then at its peak. On each of the narrower sides, on the second tier below the tomb-chest, there is a laurel wreath. These echo the wreath, which we cannot see, on top of the tomb-chest. The only inscriptions are 'The Glorious Dead' and, in Roman numerals, the dates of the two World Wars, WW I above the wreath and WW II on the sides. On one long side the flags are the RAF Ensign, Union Flag and Red Ensign, and on the other the Blue Ensign, Union Flag and White Ensign. The absence of any Christian symbolism on the monument was criticised by some at the time, but it is the simple universality that gives the Cenotaph its power.

Joyce Hill



Managing money – some helpful tips from Citizens Advice.

To take control of your money, the single most useful thing you can do is to make a budget. This is simply a list of all the money you have coming in and everything that is going out. You can use pen and paper, or a spreadsheet, or an app - many banks offer budgeting support.

Next, set some cash aside whenever you can, for unexpected costs and to avoid getting into debt. This can be as simple as saving your loose change in a jar and then depositing it in the bank. You can set up a separate savings account. Even better, set up a regular standing order into your savings account that coincides with your money coming in. This means that the money won't sit in your current account, tempting you to use it for unnecessary expenses. You could also use an automatic saving app.

If you don't have any spare money after your outgoings, keep an eye out for opportunities to cut back on non-essential areas of your budget. For instance, if you realise there's a subscription you've not used, cancel it and put the money in your savings account. Set a regular time to sort your paperwork and look at your money. This can help you feel more confident and in control of your cash.

Be careful about using loans or credit. You are actually agreeing to a legal contract called a credit agreement. If you can't repay, this can affect your credit rating and ability to access borrowing in the future. Credit can also lead to an increased risk of overspending, paying more through interest and fees for late payments, getting into difficulty budgeting and getting into debt. If you find yourself with money problems you can't handle, don't put off seeking help. [You can find lots of information on the Citizens Advice website.](#) For personal, confidential advice, contact South Lakes Citizens Advice.

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. South Lakes Citizens Advice, your local charity, is here for you. How to access:

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3. email advice via our submission page on our website:- www.southlakescab.org.uk
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Tea Shop Tea and chat Last Tues of the month 15.00 - 16.30
Table Tennis 19.00 - 21.00

Wednesday

Yoga with Tara 9.30 - 11.00
W.I Second Weds of the month 19.30 - 21.30

Thursday

Dru Yoga with Johan 9.30 - 11.00
Tai Chi with David Intermediate 14.00 - 15.45
Ballroom and Latin Dancing 18.30 - 21.30

Saturday

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Women's Institute
Local History Society

First Wednesday in the month at 7.30pm
Second Monday in the month at 7.30pm during winter

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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

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

Playgroup	Tuesdays & Thursdays 9:30-12:00 noon (school term time)
Indoor Bowling	Tuesday and Thursday 7.30-10.00pm (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
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Books, Cakes and Plants	Last Saturday in the month (April-November)
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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	Please check the Witherslack Hub Facebook page for info
Women's Institute	Every 2 nd Tuesday of the month at 7.30pm

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