



CROSTHWAITE



CARTMEL FELL



HELINGTON

**TWO  
VALLEYS PARISH  
NEWS**



UNDERBARROW



WITHERSLACK



WINSTER

## Church Services for JULY 2011

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### 3rd July      **The 2nd Sunday after Trinity**

9.30am	Cartmel Fell	Matins (BCP)	Mr. Bob Emmett
9.30am	Helsington	Combined service with Underbarrow	
9.30am	Underbarrow	Holy Communion (BCP)	Canon Michael Middleton
9.30am	Witherslack	Holy Communion (CW)	Rev. Michael Woodcock
10.00am	Crook	Morning Worship (CW)	Reg Bradby & Kevin Cook
11.00am	Winster	Holy Communion (BCP)	Rev. Michael Woodcock
3.00pm	<b>Kendal Parish Church Ordination service for Brian, Michelle and Matt</b>		

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### 10th July      **The 3rd Sunday after Trinity**

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Helsington	Holy Communion (CW)	Rev. Tim Harmer
9.30am	Underbarrow	Morning Prayer	Rev. Bob Dew
10.00am	Crook	Holy Communion (CW)	Rev. Brian Crowe
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Tim Harmer
11.00am	Winster	<b>Summer Village Service</b>	Rev. Michael Woodcock
6.30pm	Witherslack	Evensong (BCP)	Rev. Michael Woodcock

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### 17th July      **The 4th Sunday after Trinity**

9.30am	Witherslack	Holy Communion (CW)	Rev. Michelle Woodcock
9.30am	Helsington	Holy Communion (CW)	Rev. Tim Harmer
10.00am	Crook	Morning Worship (BCP)	Rev. Brian Crowe & Reg Bradby
11.00am	Underbarrow	Holy Communion (CW)	Rev. Tim Harmer
11.00am	Winster	Holy Communion (BCP)	Rev. Michelle Woodcock
6.30pm	Cartmel Fell	Confirmation Service	Rt. Rev. James Newcome

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### 24th July      **The 5th Sunday after Trinity**

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michelle Woodcock
9.30am	Helsington	Holy Communion (CW)	Rev. Tim Harmer
10.00am	Crook	Morning Worship (CW)	Hilary & Tony Fitch
11.00am	Underbarrow	Parish Communion (CW)	Rev. Tim Harmer
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michelle Woodcock
11.00am	Winster	Matins (BCP)	Mr. Roger Bingham
3.30pm	Witherslack	<b>Summer Village Service</b>	Rev. Michael Woodcock

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### 31st July      **The 5th Sunday after Trinity**

<b>10.00 am</b>	United 5th Sunday Service at Crook	Rev. Brian Crowe
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Every THURSDAY 9.30am Holy Communion (CW) in Crosthwaite

## *A LETTER FROM BRIAN CROWE*

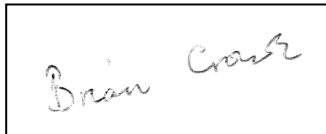
For years I have been struck by the beauty of God's creation in this part of the world, but this year I have particularly enjoyed the beautifully landscaped gardens, containing flowers that seem to have thrived after the cold winter and dry early spring. The season began by watching some of the programmes from the Chelsea flower show, but the local gardens and flowers within the Two Valleys area, and even the wild flowers in the fields and hedgerows have been almost equally impressive.

Hilary and I were among many who visited the fifteen open gardens within Brigsteer over the May Bank Holiday week-end, and we also went to Troutbeck the following day, where another twelve gardens were open. We went to the Holker Hall Garden Festival the following week, enjoying the hottest day of the year so far. But I have also been particularly aware of the beauty of the wild flowers in fields, hedgerows and by the side of paths when walking along the Cumbrian Coastal Path. Over a three mile stretch we photographed at least twenty-five different wild flowers, all in flower at the time.

As I have observed the flowers, I have been amazed by their diversity, in structure, texture and colour. I have been astounded by the detail of their design, the intricacy with which they are constructed so that they both survive and thrive, attracting the insects which enable them to flourish. I am writing this before the Crosthwaite flower festival, but I am sure as you read this newsletter, many of you will have visited St Mary's to enjoy the flowers as well as the opportunity to get together again with others from our community.

My abiding reflection from these gardens and their flowers has been that God created a world of astounding beauty. But he hasn't just created the world, set it going, and then abandoned it. Across all the villages within the Two Valleys, within our churches on Sundays we have been following the 'E100' series – a series of the "Essential 100" readings from the Bible which tell the Big Story of the Bible, and its relevance to us today. The churches are all at different stages in their journey, but we have all seen that God did not create his world simply to leave it to its own devices. He wanted to maintain a relationship with his creation, and he chose to do so through wanting to be in relationship with human beings, made in his own image. Unfortunately, humans decided that they wanted to be like God, and by doing so, the relationship was broken.

The story since has shown how God perseveres with us, despite frequent episodes when we choose to walk away from him. It will be fascinating to discover as we go through future weeks within this series, just how far God will go, so that the purpose of his creation is fulfilled and he can enjoy loving relationships not only with people but also with his whole creation.

A rectangular box containing a handwritten signature in cursive script that reads "Brian Crowe".

# FROM THE REGISTERS



## Weddings

21<sup>st</sup> May

Ryan Hartley & Sandra Marques at St. Mary's, Crosthwaite



## Funerals

1<sup>st</sup> June

Gladys Ursula Swarbrick (86) - Funeral & Burial at St. Paul's, Witherslack

### **In Remembrance**

#### **Robert Geoffrey Wills (Geoff)**

Geoff was born the youngest of three boys at Silverholme on the edge of Windermere at Graythwaite. Geoff was only 3 years old when his mother died. The brothers were separated and Geoff went to live with his grandmother on her farm at Martin in Furness, where his lifelong love of sheep began. After leaving school Geoff worked at Greaves Farm, Field Broughton for the Hutchinson family where he worked with heavy horses. He had a life-long affection for heavy horses.

During any holidays he had, week-ends and evenings, Geoff would spend time going around local farms, together with Brian and Rodney, clipping sheep. He made long lasting friendships with many of the farms he visited. Geoff took great pride in his work; whether it was clipping sheep, hedging or stone walling, it had to be done right. Geoff had many interests all farming related. He enjoyed following sheep dog trials and judged at many. He made Shepherd's crooks and sticks and also judged at many local shows. A few years ago he was judging sticks at Mucker show over in Swaledale and afterwards on a warm summer evening everyone had followed the band through the village down to the church singing hymns as they went. He really enjoyed that day. He enjoyed attending sales and auctions whether it was sheep, poultry, old tools and machinery or furniture. But one of the best things Geoff enjoyed was visiting his many friends for a cup of tea, a good crack and a laugh - he was always interested in what was going on locally. Geoff worked hard, he was genuine, honest and proud. He was a man of simple pleasures who had a ready laugh. He had little in the way of possessions but a wealth of friends. He died as he lived a contented man.

#### **Esther Bowman**

Esther was born in Wath upon Dearne, Yorkshire in 1932, a heritage of which she was always proud. When she was three her father had a mining accident and the family moved south to Worcester Park in Surrey, where she remained until she was married. As a young girl she attended classes on dance and acrobatics at Miss Knight's Dancing Academy and appeared in many shows at the Kingston Empire. She did not enjoy school life and her mother was keen to get her into secretarial work, so she took on extra work to enable her to send Esther to secretarial college. Esther enjoyed the work and became a legal secretary and worked for several firms before joining a solicitor in Sloane Street,

Chelsea. Her close friend, June, lived in the next road and they spent their leisure time together, mainly cycling, ice skating and following ice hockey. This is how she met Eric – completely by chance and they spent many happy times skating together. Eric and Esther were married in March 1951 and moved to a house in Stoneleigh, near Worcester Park. It was very neglected and there was a lot to do, but things had to wait as Eric had been deferred and had to join the Royal Engineers where he was posted to York. This was a difficult time for Esther, emotionally and financially, and she learned how to make the most of things. Lynn was born to them with great joy in 1955 and they continued to live in Stoneleigh, then Guildford, and latterly Chipstead, all in Surrey. A work colleague of Eric's, Bill Adam, and his wife, Sybil introduced them to the Lake District and they had many holidays with them in the Lickle Valley and with Nell Dobson at Silver Birch on Cartmel Fell. They loved it so much that they bought Guide Post Cottage in 1983 and Mearsons in 1986. Esther got great satisfaction from the garden and she drew particular pleasure from her sweet peas, of which she cut off the tendrils and side shoots every day. For the past seven years she was not able to do as much as she wanted, which was a great frustration. She carried on with great courage and fortitude and was always cheerful, ready with a smile and even at the end was considering others.

### **Gladys Swarbrick**

Gladys lived and farmed in Cumbria all her life, the last 70 or so of her years in Meathop, in the parish of Witherslack Meathop & Ulpha. She was born Gladys Ursula Rigby in Coniston on 25 April 1925, the eldest daughter of 9 children. Her family farmed at Town End in Coniston, then moving to Docker near Grayrigg. Her early days were spent delivering milk around Coniston and making the butter on Thursdays. It was at this young age that she was taught to play cards – a hobby for playing whist that she continued at Witherslack whist drives for many years.

Her family then moved to Meathop, becoming neighbours to the Swarbricks, and this is how Gladys met her late husband Gordon. They were married at St Paul's Church, Witherslack in 1949 in a double wedding with Gladys' sister Jean, and made their home at Kate Farm. Life was family and farming, Gladys and Gordon raising 6 children who brought along 12 grandchildren and 10 great grandchildren. Gladys never learnt to drive a tractor or car, instead working the horses, thresher and on the farm, milking cows until she was well into her 60's.

As well as the general running of the farm and looking after livestock, Gladys would keep the books, consult tide timetables for bringing sheep off the marsh, stand the vegetable stall at Stramongate Market with Gordon and every year call upon all family and friends to help pluck and dress the turkeys and geese she brought on for Christmas. As well as playing cards, her other hobbies included making rag rugs – many still in commission, following snooker on the TV and more recently attending Tea and Chat in the village.

A dear Mum, Sister, Auntie, Cousin, Friend, Gran and Great-Granny, Gladys will be sorely missed, and so fondly remembered. She always said she wished she had kept a diary - she loved recounting tales of her life, and often remarked, 'I've had a hard life, but I've had a wonderful life'.

### **Holy Days in July**

#### **3 Thomas the Apostle - Festival**

11 Benedict of Nursia, Father of Western Monasticism, c.550 - Lesser Festival

14 John Keble, Priest, Tractarian, Poet, 1866 - Lesser Festival

15 Swithun, Bishop of Winchester, c.862 - Lesser Festival

19 Gregory, Bishop of Nyssa, and his sister Macrina, Deaconess, c.394 & c.379 - Lesser Festival

#### **22 Mary Magdalene - Festival**

#### **25 James the Apostle - Festival**

26 Anne and Joachim, Parents of the Blessed Virgin Mary - Lesser Festival

29 Mary, Martha and Lazarus, Companions of Our Lord - Lesser Festival

30 William Wilberforce, Social Reformer, 1833 - Lesser Festival

Come to our

## **SUMMER DANCE in t'BARN**

In Aid of RLI Neonatal Unit

Live Music by Fiona Hanlon & 'High Five'

At

High Farm, Crook (LA8 8LR)

**On Saturday 20th August 2011 at 7pm**

Hotpot Supper, Homemade puddings, Reasonably priced bar

& Raffle & Auction

Tickets: Adults - £10

Children 8-16yr - £5

Under 8's - Free

Tickets now available, please contact:

George 015395 68004

07901720616

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#### **Dance preceded by:**

Clay Pigeon Shoot Competition

£10 each, cartridges incl. 4pm start.

BBQ & bar.

At High Farm.

Shotgun & licence required.

For more info & tickets contact:

David Clarke 015395 68679

# ***CALLING ALL PARISHIONERS***

## **CONFIRMATION SERVICE 6.30pm Sunday 17<sup>th</sup> July at Cartmel Fell**

Do come to the Confirmation Service for our Two Valleys team of parishes at 6.30pm on Sunday 17<sup>th</sup> July at St. Anthony's Cartmel Fell. We are delighted that Bishop James Newcome will be conducting the service and that several folk, spanning all ages and from across our parishes, are being confirmed.

## **SUFFRAGAN SEE OF PENRITH**

The Queen has approved the nomination of the Venerable Robert John Freeman, BSc, MA, Archdeacon of Halifax, in the diocese of Wakefield, to the Suffragan See of Penrith, in the Diocese of Carlisle, in succession to the Right Reverend James William Scobie Newcome, MA, on his translation to the See of Carlisle on the 31 July 2009.

The Venerable Robert Freeman (aged 58), studied first at St John's College, Durham and then at Fitzwilliam College, Cambridge while he trained for the ordained ministry at Ridley Hall, Cambridge. He served his curacy at Blackpool St John, in Blackburn Diocese from 1977 to 1981. From 1981 to 1985 he was Team Vicar at Chigwell, in Chelmsford Diocese. From 1985 to 1999 he was Vicar at The Church of the Martyrs Leicester in Leicester Diocese. From 1994 to 2003 he was Honorary Canon at Leicester Cathedral and from 1995 to 1998 he was Rural Dean of Christianity South. He was National Advisor in Evangelism for the Archbishops' Council from 1999 to 2003. Since 2003 he has been Archdeacon at Halifax.

Robert Freeman is married to Chris. They have three daughters.

His interests include time spent with family, computer technology and internet development, walking and travelling, classic Motown, electric blues and rock, computer games, reluctant gardening, reading crime and action-adventure fiction. Until recently he was Chair of the Christian Enquiry Agency ([www.christianity.org.uk](http://www.christianity.org.uk)) and continues to be the Chair of the innovative website [www.rejesus.co.uk](http://www.rejesus.co.uk)

## **THANK YOU**

Eric and Lynn Bowman would like to thank everyone for the letters cards flowers and sympathy received after the death of Esther and the donations to St Mary's Hospice which amounted to £1,725.

## **CHILDREN'S SOCIETY COLLECTION BOXES 2011**

Thank you to all the boxholders for raising the splendid sum of £806.43, an excellent effort for a very good cause. Well done everybody and please keep up the good work. If anyone would like a collection box in which to save their small change please contact Denise Park (Parish Rep.) on 015395 68502.

Many thanks

*Denise Park*

## **BELOW THE LINE CHALLENGE**

Last month I completed this challenge, where I had to live on less than £1 a day for 5 consecutive days. It turned out to be a really interesting week, and it really is amazing to see what basic food you can buy with such a tiny amount of money. The main thing we noticed was that it was virtually impossible to get any kind of variety into our diets. There really is only a certain amount you can do with rice, pasta, carrots and onions! We did our best but it came to be quite a struggle towards the end, and it amazes me that so many people have to live like that for their entire lives. What of course makes it worse is that those who actually do live below the Extreme Poverty Line have to factor in extra costs such as accommodation, education, healthcare.... Had we had to do this too, I honestly think it would have been impossible, and we would have been lucky to have lasted a day.

To those of you who sponsored me, thank you so much, it was greatly appreciated. I managed to raise over £700 for Salvation Army International Development which I am really pleased with, and I know the money will have gone to a worthwhile cause.

Thank you so much.

*Georgina Lambton*

## **TWO VALLEYS CHOIRS PRACTICES**

It's a busy time for choral singing at the moment! The Wedding Choir (ladies only) has just sung at the Flower Festival's Songs of Praise service, and will be singing at two weddings at the beginning of August. There has been a request for the full choir (Two Valleys/5th Sunday) to sing at the confirmation service at Cartmel Fell on **Sunday 17th July** at 6.30pm, and also at the 5th Sunday service for all the Valley churches at Crook on **31st July** at 10am. Therefore, there will be practices for the full choir on Thursdays July 7th, 14th, 21st and 28th at 4pm in Crosthwaite church. For the 17th we will probably sing something from the repertoire, and then something new for the 31st. Anyone is welcome to join us – just come to the first practice. For further information please contact Dorothy Grace 015395 68569.

## **IN THE MOOD—9 JULY ST THOMAS'S CHURCH KENDAL—7.30 P.M**

Levens Choir is giving a concert called 'In the Mood' which will be a mix of classic hits and jazz-inspired harmonies. There will be arrangements of popular songs plus Shakespeare songs and sonnets arranged by George Shearing, Bob Chilcott's Little Jazz Mass and Eric Whitacre's Water Night. Tickets are £8 including refreshments, or £6 in advance from Dorothy Grace (015395 68569).

## **PANTO TIME AGAIN...WELL, ALMOST!**

There are some brilliant actors in the Crosthwaite Panto, but we are always looking for new talent and extra help. We can't promise that you will be Cinderella or Prince Charming immediately, but we also need folks to help with all the production activities as well. It's a fairly heavy weekly commitment through November, December and January, but if you would like to get involved, call Marilyn on 68522.



# ***NOTICES FOR INDIVIDUAL PARISHES***

## **CARTMEL FELL**

### **CARTMEL FELL PARISH COUNCIL.**

The Annual Parish Assembly Meeting and Annual Parish Council Meeting were held recently. Councillor Ted Walsh was elected Chairman for the coming year. Ted is also our South Lakeland District Councillor too. Councillor Angela Nicholson was elected Vice-Chairman. The Parish Council is keenly involved in improving the minor roads in the parish, both by sweeping and cutting back undergrowth and also, during the winter months, having its own system of gritting and salting in enable residents to get out of their homes, in areas the County Council does not deal with. The Parish Council uses its funds raised from the annual Precept (the amount we request from SLDC to run the parish each year) to carry out this work and has been encouraged by the positive comments received from residents in recent months. The next meeting is on Thursday 18th August at the Parish Hall, Cartmel Fell, at 7.30pm and anyone is welcome to attend. Kevin M Price. Parish Clerk. 01539-821596

**STRAWBERRY TEA Saturday 2 July**  
**3.30 - 6 m**—Ivy House, Aynsome Road,  
Cartmel LA11 6HF.

Come and enjoy Tea and buy your tickets in advance please from Geraldine Braithwaite 015395 36042 or Vanda Lambton 015395 31311; £5 adult and £2 children.

## **ST ANTHONY'S ROTAS COFFEE**

10th Vanda Lambton  
24th Jane Eccles

## **FLOWERS**

Vicky Barratt & Audrey Smith

## **CROOK**

### **ST CATHERINE'S CROOK BBQ 10 JULY**

Our annual barbecue will be held on July 10<sup>th</sup> from 12 noon at Middle Blakebank, the home of Brian and Hilary Crowe. It is sure to be a hot summer's day, so do plan to come and join us, and share some food and fun together. There will be a sign-up sheet at the back of church, or otherwise please contact Hilary Crowe to let her know that you would like to come.

### **SUMMER DANCE IN THE BARN**

A summer dance will be held on Saturday 20<sup>th</sup> August at 7pm at High Farm, Crook in aid of RLI Neonatal Unit. This is a particularly appropriate cause given the time that George and Emma have spent there with baby Charlie over recent months, and some of the nurses who have spent so much care and time looking after him hope to be there. There will be a hot pot supper, home puddings and a reasonably priced bar. Tickets are £10 for adults, £5 for children from 8-16 years, and Free for Under 8's. For tickets please contact George on 015395 68004 or 07901 720616. See page 6 for details.

## **CROOK AND WINSTER PARISH COUNCIL**

The Annual Parish Assembly Meeting and Annual Parish Council Meeting were held recently and was attended by a number of members of the public. Carissa Lough of the Lake District National Park Authority gave an interesting talk on the Local Development Framework and a number of questions on planning issues were discussed.

Councillor Richard Metcalfe was re-elected as Chairman for the coming year and Councillor John Leigh as Vice-Chairman. We thank Chris Mowat for acting as our Internal Auditor. The Parish Council still campaigns for better road safety on the B5284, keeps an eye on planning applications and developments around the parish and contributes to the Lyth Valley First Responders as well as a number of other organisations that benefit the residents of our parish. The next meeting is on Tuesday 19th July at Crook Memorial Hall at 7.30pm and anyone is welcome to attend. Kevin M Price. Parish Clerk. 01539-821596

## **CROSTHWAITE**

[www.crosthwaiteandlyth.co.uk](http://www.crosthwaiteandlyth.co.uk)

### **CROSTHWAITE & LYTH RECREATIONAL FIELD TRUST STRAWBERRY TEA**

**Sunday July 10<sup>th</sup>  
2-4pm**

On the Recreational Field  
Adults: £4.00 on day. Pre Sales £3.50  
Children £2.00  
Tickets & Information 015395 68599

## **CROSTHWAITE SHOW**

**Saturday 6th August 2011**

A reminder please to bring your artwork and photographs with you when you register on Tuesday 2nd August, 7pm-9pm. The artwork needs to be ready to hang with fixings attached. Good luck from the committee, we are looking forward to all your entries.

## **ARGLES MEMORIAL HALL AGM 7<sup>TH</sup> JUNE**

The Chairman reported another successful year. The hall has been well used by numerous organisations. The Treasurer reported a surplus income for the year of £152 and total current assets of £9,296. The piano has been overhauled at a cost of £813. It was agreed that the results were well worth the cost. The Exchange generously donated a sum of £500. The management committee was re-elected.

Chairman – Jim Bownass

Vice- chairman – Marilyn Shuttleworth

Secretary – Roger Smith

Treasurer – Gordon Pitt

## **DATES TO BE NOTED**

Christmas Fair = 3 December.

Pantomime = last week in January. Other hall users to note that there will be the usual disruptions

Boon Day will be held on Saturday 20 August. All organisations that use the Hall will be encouraged to participate.

Half yearly General Meeting – Wed 5<sup>th</sup> October.

## **CROSTHWAITE AND LYTH PC A JUBILEE WOOD?**

The PC are looking at the feasibility of planting up Bowling Green Field as a Jubi-

lee Wood and/or Orchard to celebrate the Queen's Jubilee in 2012. We are currently considering various schemes with the Woodland Trust and would welcome any input of ideas and/or offers of help from local inhabitants. Our next monthly meeting will be on Thursday July 7th at 7.30pm in the Parish Room  
Thanks, *Gordon Pitt, Clerk*

### **ST MARY'S ROTAS COFFEE**

10<sup>th</sup> Geraldine & Arthur Wilson  
24<sup>th</sup> Pat & Gordon Howarth

### **FLOWERS**

3<sup>rd</sup> Flowers from Wedding.  
Ordination Service at Holy Trinity  
Kendal (No service at St Marys)  
10<sup>th</sup> Volunteers please.  
17<sup>th</sup> Service @ Cartmel Fell.  
(No service at St Marys)  
24<sup>th</sup> Flowers from Wedding.  
31<sup>st</sup> Fifth Sunday @ St Thomas's  
Would Volunteers for flowers please  
contact Vonnie Sharpe (52005) or Eileen  
Alston (68565).

### **CROSTHWAITE HELPLINE**

Please contact Geraldine & Arthur Wilson  
on 015395 68836.

## **HELSINGTON**

### **DREAMFIRED STORYNIGHT 29 JUNE—7.30 P.M.**

June sees the final event in this series of Dreamfired Storynights, and series organiser Kat Quatermass takes to the floor with stories of Love and Loss: Tales from Imagined Land. This is a sneak preview of a show which is heading for the Buxton Fringe Festival, so do come along. Tickets are £7, coffee and cake provided, and bring your own bottle welcome, so long as you bring the glasses as well. We hope to see you at the village hall .

### **BRIGSTEER OPEN GARDENS**

Many thanks to all our gardeners, helpers, supporters and visitors for making the Brigsteer Open Gardens event such a great success. The weather was glorious, the gardens stunning and the cakes delicious. We raised £3,800 for the village hall funds.  
Many thanks *Beryl Mansbridge*

### **SECOND SATURDAY COFFEE MORNING—9 JULY**

The 'Second Saturday' Coffee Morning will be held at 2, Plum Tree Barn, Brigsteer from, 10.30-12noon. Please 'phone Richard and Sue Griffiths for details on 68776. Everyone will be most welcome.

### **ZUMBA GOLD**

Every Monday at Helsington and Brigsteer Village Hall, a dance class takes place from 10.30 - 11.30 a.m. called Zumba Gold. It is a low impact, easy to follow, Latin-inspired dance fitness class that keeps you in the groove of life. Contact Instructor Janet Hurst on 07733 883865.

## **UNDERBARROW**

### **UNDERBARROW & BRADLEYFIELD SPORTS DAY—3 JULY, 1.30 P.M.**

This will be on the field at Fallen Yew Farm. There will be various races and a game of rounders, followed by tea in the Institute at 4.30 p.m.

### **UNDERBARROW & BRADLEYFIELD PARISH COUNCIL**

The Annual Parish Assembly Meeting and Annual Parish Council Meeting were held recently and two new Councillors were welcomed, following the May Elections, Mark Simpson and Peter Swidlehurst. The Council records its thanks to retiring Councillors Mrs Cicely Simpson and Mrs Fiona

Crombie for their work on behalf of the community. Councillor Andrew Simpson was elected Chairman for the coming year and Councillor David Hardy as Vice-Chairman. The next meeting is on Tuesday 26th July at Underbarrow Institute at 7pm and anyone is welcome to attend. Kevin M Price. Parish Clerk. 01539-821596

### **UNDERBARROW HELPLINE**

Please contact:

Frank Hodson on 01539 728280

Mabel Evans on 015395 68481

Tom Handley on 01539 724013

## **WINSTER**

### **SPECIAL SUMMER VILLAGE SERVICE—10 JULY—11 A.M.**

There will be a special Summer Village Service in Winster church. This will follow a similar format to last year's when we sang several well-known hymns interspersed with some readings and prayers. Do make a note of the date as we invite the entire village of Winster to come along to this summer gathering in our lovely village church. There will be an optional Buffet Lunch in the Old School just next to the church immediately afterwards.

### **STRAWBERRY TEA—17 JULY**

This will be held at Brandybarrow\* Winster, by kind invitation of Mr Grant Weatherstone, commencing at 3 p.m. (If wet, will be in the Village Hall).

**Free Games and Competitions**

**Tombola and Raffle**

**Adequate Parking**

**Tickets: £4 (adult)      £2 (child)**

\*Brandybarrow is only a short distance past the Village Hall when travelling towards Bowness. It is in Selkeld Teneament Yard on the opposite side of the road to the former Post Office.

### **CROOK AND WINSTER PARISH COUNCIL**

The Annual Parish Assembly and Annual Parish Council Meetings were held recently and was attended by a number of members of the public. Carissa Lough of the Lake District National Park Authority gave an interesting talk on the Local Development Framework and a number of questions on planning issues were discussed. Councillor Richard Metcalfe was re-elected as Chairman for the coming year and Councillor John Leigh as Vice-Chairman. We thank Chris Mowat for acting as our Internal Auditor. The Parish Council still campaigns for better road safety on the B5284, keeps an eye on planning applications and developments around the parish and contributes to the Lyth Valley First Responders as well as a number of other organisations that benefit the residents of our parish. The next meeting is on 19th July at Crook Memorial Hall at 7.30pm and all are welcome to attend. Kevin M Price. 01539-821596

### **BOOK & PLANT DAY**

**SATURDAY 30 JULY**

**10.30 - 4.30**

Do come and join us for a cup of freshly brewed coffee or a thirst quenching cup of tea and enjoy sampling one (or more!) of our delicious home-made cakes. You can browse through the hundreds of books on offer or choose from our selection of plants. Always a friendly welcome in a lovely old school building. We are always very grateful to receive anything to put on our sales table and **if anyone has a bookcase that is surplus to their requirements**

**(preferably dark wood or black) we should find it very useful.**

Looking forward to seeing you there.

For further information please contact Margaret 015394 42325 or Cath 015395

**HOLY TRINITY FLOWERS**

2nd & 9th Pam Booth  
16th, 23rd & 30th Eileen Stowe

**WITHERSLACK**

[www.witherslack.org](http://www.witherslack.org)

**WITHERSLACK COMMUNITY SHOP**

Monday	7.45 – 6.30
Tuesday	7.45 – 6.30
Wednesday	7.45 – 12.30
Thursday	7.45 – 6.30
Friday	7.45 – 7.00
Saturday	9.00 – 4.00
Tel. 015395 52188	

**SPECIAL “SUMMER VILLAGE SERVICE” 3.30PM SUNDAY 24<sup>th</sup> JULY at Witherslack Church**

We would like to invite everyone in Witherslack, Meathop and Ulpha to another special “Summer Village service” at Witherslack church. We will be singing some well-known hymns interspersed with read-

ings and prayers. Do come along to this special gathering designed to welcome the whole village to come together on a summer’s afternoon. There will be special refreshments afterwards. Make a note of the date - 3.30pm Sunday 24<sup>th</sup> July.

**ST. PAUL’S FLOWER ROTA**

Mrs.D.Mallinson & Mrs. H.Jarvis

**ST. PAUL’S READERS**

3rd Henry Jackson	George Page
10th Janet Read	Chris Bagnold
17th Dorothy Mallinson	Trevor Farrer
24th Tony Brennand	Val Pattison

**SUNDAY CLUB—3 JULY**

The next Sunday Club will be on Sunday 3rd July. We meet at St. Paul’s church, Witherslack from 9.30am - 10.30am. All children aged 3 - 12 are welcome and will enjoy making friends with our small existing group who eat biscuits, play games and create craft items! For more details phone Michelle Woodcock on 015395 68276.

**HIDEAWAY  
DESERTO DEL FRANCESCO**

The Monk was tending his garden  
I called and said I was hungry  
Having come a long way  
He said “Come with me and I will refresh you”.

We passed a leafy tree  
He said Saint Francis planted it  
To all gentle souls  
I said I knew.

I knelt down and wept.

Later, a nightingale soared  
On the evening breeze.  
Hope

## **Give us a break!**

Has your boss stopped you taking holiday? Have you not been paid for holidays? Have you left a job with holiday not yet taken and not been paid for it?

If so, you are not alone. Every year we see thousands of people seeking advice on their right to paid holiday. Citizens Advice is campaigning for a Fair Employment Agency to protect workers and target rogue employers. We would like you to tell us your experiences because it will help make a stronger case. Why not fill in our survey at <http://www.citizensadvice.org.uk/giveusabreak> or complete the survey in our Waiting Rooms.

While most working people take their right to paid holidays for granted, many others are forced to work all year without a break, or only allowed unpaid leave. People missing out tend to be in unglamorous but essential jobs in small, non-unionised workplaces such as care homes, hairdressers, bars, restaurants, hotels and shops. Others work in building and decorating, clothing and food processing factories, or contract cleaning. The majority are women, many juggling part-time work with family commitments.

Employers may lack understanding of the law, but much appears to be deliberate, with rogue employers using a range of excuses to avoid meeting their legal obligations to their workforce. This means workers may be unaware of their rights, others decide against taking action for fear of losing their job, or are put off by the daunting, stressful and time-consuming prospect of an employment tribunal – at present the only option open to workers denied their right to paid holiday.

If you would like more information on Rights to Paid Holidays the CAB has information at [www.adviceguide.org.uk](http://www.adviceguide.org.uk) or you can download a CAB podcast at [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk).

Free, confidential advice and help is available on any aspect of this article as well as debt, benefits, employment, and any other problems. You can contact the Grange or Windermere Citizens Advice Bureau by phone or in person. Call 015395 33100 / 015394 46464 or [www.cumbriaruralcab.org.uk](http://www.cumbriaruralcab.org.uk)

## **CHRISTMAS LETTERS TO PRISONERS**

CLP exists to benefit prisoners and staff at Christmas time and has been in existence since 1880, sending handwritten letters to about 40% of the prisons via chaplains. The letters are greatly valued by the recipients, many of whom receive little or no other correspondence at Christmas. By promoting the basics of the Gospel we try to prompt contact with the Chaplains and give them a “launch pad” from which to take things further.

The letters are written well in advance and submitted for consideration by our Reading Committee who make their selection to approve about 16 original letters. These are then copied throughout the year by hand and prepared for distribution in readiness for the festive season.

We need over 30,000 letters each year and need more copyists to help us in this task, which begins in the Autumn of each year, continuing through to the following September.





## **BRIGSTEER**

The Brigsteer W.I. July Meeting will be our outing to the newly refurbished Halecat Nursery. It will take place on the afternoon of Thursday, 14th and will include Tea. Tom will take us round. Anyone who heard him speak at the Witherslack Meeting will be very pleased about that! We are in for a treat. Please contact a committee member, if you need a lift.

## **CROSTHWAITE & LYTH**

Marilyn Shuttleworth welcomed not only a large group of members, but 7 visitors from Barkham W.I. in Sussex who were holidaying in the Valley, and a friend of Penni's. She whizzed through the business, and we voted for the AGM Resolutions. None of us wanted the Libraries to close, or mega farms to be established. Angela Jones who is now in Kendal Hospital sent members not only a card but a lengthy text message, and Denise Parks started her rotas for the bakers and helpers at the Flower Festival on June 25th and 26th. Beverly Maggs of Kendal Castle W.I. was then welcomed and she gave a delightful talk entitled "In The Footsteps Of Beatrix Pot-

ter". She and the hostesses were warmly thanked.

## **WITHERSLACK**

The June meeting was well attended and Ann Walshaw presided. Our delegate to the AGM was Elisabeth Armstrong from Allithwaite and Cartmel who gave her report on the meeting. Twenty one thousand new members have been recruited nationwide and 102 new institutes formed in the last year. It was a very exciting AGM because the resolution on Mega farms caused a lot of discussion and anger. It was thrown out. The resolution on Libraries was passed by a vote of over 6000 in favour and 138 against. There were some excellent speakers and Ruth Bond, the National Chairman, talked of the centenary celebrations in London in 2015. The report was warmly received. The speaker, Charmian Piper, spoke about happy childhood holidays spent with her grandparents at Waterhead in the 20s and 30s. They were carefree days with no health and safety restrictions on children's activities. Her account was very amusing. Next meeting July 12th. Trevor Hughes talking about the History of Kendal. Visitors welcome. Tel: 52302



# REGULAR EVENTS

## BRIGSTEER

Scottish Dancing	Thursdays at 7.30pm in Brigsteer Village Hall Contact Pauline Hampson 015395 68672
Table tennis	Tuesdays at 8pm in Brigsteer Village Hall
Yoga	Tuesdays 6–7.30pm from 14th September in Brigsteer Village Hall
Women's Institute	2nd Thursday of the month, 2pm winter, 7.30pm summer
Pilates...	Fridays 1.15pm–2.15pm in Brigsteer Village Hall Contact Cindy Clarke 015242 73974
Zumba Gold Fitness Class	Every Monday 10.30 a.m.—11.30 a.m. in Brigsteer Village Hall Contact: Janet Hurst 07733 883865

## CARTMEL FELL

For bookings contact Helen Caldwell Tel. 015395 68428

Women's Institute	First Wednesday in the month at 7.30pm
Local History Society	Second Monday in the month at 8pm during winter

## CROOK MEMORIAL HALL

Table Tennis	Monday & Friday 7.30-10pm (from September through winter months)
Young Farmers Club	Tuesday 7.30 – 9.30pm
Aerobics/body toning	Thursday 10 – 11am
Folk Dance Group	Thursday 7.30 – 10pm

## CROSTHWAITE MEMORIAL HALL

Check bookings online at <http://www.crosthwaiteandlyth.co.uk>

Rainbows	Mondays 4.30pm–5.30pm
Aerobics	Mondays 7.30pm–8.30pm
Playgroup	Tuesdays & Thursdays 9.30–11.30am
Exchange	1st Wednesday 1pm–4pm; other Weds 2pm–4pm
Women's Institute	Every 3rd Wednesday in the month 7.30pm

## UNDERBARROW INSTITUTE

Quilting class	Mondays 2–4pm
Billiards Club	Mondays from 7.30pm
Brigsteer Table tennis	Tuesdays 8pm (see above)
WI	Every 2nd Wednesday of the month at 7.30pm

## WINSTER

Book & Plant days	10.30am–4.30pm last Saturday in the month (April to November)
Line Dancing Classes	Mondays 7.30pm–9.30pm at Winster Village Hall
Tai Chi Class	Thursdays at 4.15 pm at Winster Village Hall

## WITHERSLACK

Indoor Bowling	Wednesdays 7.30-10pm (except July & August)
Parent & Toddler Group	Tuesdays 10am until Noon
Tea & Chat Group	Every 1st Tuesday of the month at 2pm
Women's Institute	Every 2nd Tuesday of the month at 7.30pm
The Art Club	Fridays 9.30am-12.30pm