

JULY 2015 70p



CARTMEL FELL



CROSTHWAITE



CROOK

**TWO
VALLEYS PARISH
NEWS**



HELINGTON



WINSTER



UNDERBARROW



WITHERSLACK

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Church Services for JULY 2015

5th July

		The 5th Sunday after Trinity	
9.30am	Cartmel Fell	Matins (BCP)	Mrs. Judy Goodland
9.30am	Witherslack	Holy Communion (CW)	Rev. Michael Woodcock
10.30am	Helsington	Celebration Service:	Rev. B Crowe & M Stevens
		Farming, Family and Faith - joint with Underbarrow	
11.00am	Crook	Morning Worship (CW)	Mr Neil Carter
11.00am	Winster	Holy Communion (BCP)	Rev. Michael Woodcock
6.30pm	Crosthwaite	Carlisle Cathedral Chamber Choir leads Evensong (BCP)	

12th July

		The 6th Sunday after Trinity	
9.30am	Cartmel Fell	Holy Comm (BCP) Children's Society +	Rev. Michael Woodcock
9.30am	Helsington	Morning Worship (CW)	Rev. Brian Crowe
9.30am	Underbarrow	Holy Communion (CW)	Rev. Bob Dew
10.00am	Witherslack	All-age Service	Mrs. Christine Burgess
11.00am	Crook	Morning Worship (CW)	Mr Tony Fitch & Mr Kevin Cook
11.00am	Winster	Matins (BCP)	Mr. Leonard Lambert
11.00am	Crosthwaite	Holy Comm (CW) Children's Society +	Rev. Michael Woodcock

19th July

		The 7th Sunday after Trinity	
9.30am	Cartmel Fell	Holy Communion (BCP)	Ven. Penny Driver
9.30am	Helsington	Holy Communion (CW)	Rev. Ron Rutter
9.30am	Witherslack	Holy Comm (BCP) Children's Society +	Rev. Michael Woodcock
11.00am	Underbarrow	Morning Worship with Baptism	Rev. Brian Crowe
11.00am	Crook	Holy Communion (CW)	Rev. George Briggs
11.00am	Winster	Holy Comm (BCP) Children's Society +	Canon Hodgkinson
11.00am	Crosthwaite	All-age Service	Rev. Michael Woodcock

26th July

		The 8th Sunday after Trinity	
9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Helsington	Morning Worship (CW)	Mrs. Maureen Stevens
9.30am	Underbarrow	Holy Communion (CW)	Rev. Brian Crowe
11.00am	Crook	Morning Worship (CW)	Mrs Hilary Fitch & Mr Mark Houston
11.00am	Winster	Matins (BCP)	Mr. Roger Bingham
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock
6.30pm	Witherslack	Evensong (BCP)	Rev. Michael Woodcock

Wednesday 29th 7.30pm "Refresh" hosted by St. Mary's, Crosthwaite

A LETTER FROM

How do we treat our leaders? I am thinking in particular about our political leaders. Undoubtedly politicians have been perceived with growing cynicism in recent years; some of this has been deserved and of their own making. However, I have a niggling concern when I see how anyone who ventures into public service is treated by the general media and by the general public. When you observe elections campaigns, or simply tune into political discussion or debate, it seems to me that almost all politicians are dismissed, argued with for the sake of it, and sometimes verbally abused from the outset. “Innocent until proven guilty” is upheld for everyone else, but not for the public servant. There seems to be a pervading culture of wanting to entrap, accuse and bring down anyone who has the courage to enter into politics.

As a result of this pervading culture, you then have to ask yourself, who on earth would choose to stand for public office knowing that they are going to be treated so disdainfully, aggressively and as if they are most definitely guilty of something before having any chance of proving themselves innocent? Let alone the intrusion on their families which can come as well. If we persist in treating our leaders in this way, then we will end up with very few people of quality putting themselves forward in the first place. Why would they? Who would choose a life of abuse?

The Christian tradition is that we are called to pray for our leaders, to pray for those in authority over us so that they have our support, but also so that they will be kept accountable to a higher authority with higher ideals and values than ours (1 Timothy 2:2; Romans 13:1). If God has somehow delegated authority to our leaders, they are also to be held to account to a greater degree.

What kind of leaders do we really want? If we desire those old-fashioned virtues of integrity, duty and a deep sense of public service, then we need to be encouraging our leaders in these directions rather than seeking to tear them down even before they have begun.

Now, of course, politicians have brought much of the mistrust we have in them upon themselves, no argument there. It works both ways; if we are to trust them, they need to be trustworthy and need calling to account by us at all times. But will we ever find trustworthy people to serve in public office if we treat them as we do now?

I wave no party political banner – not a sensible thing to do in my position – so my concerns transcend any party politics. They simply arise out of my observations of the trends in recent years. We have seen some good (perhaps) politicians lose their Westminster seats recently. We have seen others reluctant to throw their hat into the ring for party leaderships. Who will we be left with unless we do some encouraging of the right people to enter into public service?

“First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings should be made for everyone, ²for kings and all who are in high positions, so that we may lead a quiet and peaceable life in all godliness and dignity. ³This is right and is acceptable in the sight of God our Saviour.”

1 Timothy 2:1-3

Yours in friendship,
Michael Woodcock

FROM THE REGISTERS

Baptisms

24th May

Samuel David Head at St. Anthony's, Cartmel Fell

14th June

George Smith at St. Anthony's, Cartmel Fell

Weddings

30th May

Kate Dutton & Daniel O'Callaghan at St. Mary's, Crosthwaite

6th June

Rachel Crowe & Darren Martindale at St. Paul's, Witherslack

6th June

Paul Wildgoose & Lynsey Wild at St. Anthony's, Cartmel Fell

Funerals

23rd May

Jo-Anne Moore (46) at St. Mary's, Crosthwaite

26th May

Bill Midgeley (57) - Crematorium service at Lancaster

10th June

Clarence Bratherton (100) at St. Paul's, Witherslack

11th June

Fred Mabbutt (91) at St. Paul's, Witherslack

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

Joint Church-School Service

Our next Joint Church-School service is coming up on Thursday 2nd July at St. Mary's, Crosthwaite. We specifically invite the congregation of St. Mary's and also any from our other congregations who have a heart and interest in Crosthwaite CE School. Coffee and tea will be available from 9.00am onwards and the 30 minute Service begins at 9.30am. This is a termly opportunity for all the children in the school to share a church service with adults from the local Christian community. Please come and support the children as we learn how to worship God together.

"Time to Pray"

Our next gathering will be at 2.30pm on Tuesday 14th July this month in St. Paul's, Witherslack. We meet together for a short time to pray for all that is going on in our parishes. Let Michael Woodcock know if you have any particular requests for prayer (015395 68276).

CALLING ALL PARISHIONERS

Celebration Service Farming, Family and Faith

A joint service for Helsington and Underbarrow at St John's
10.30am on Sunday 5th July

Special refreshments after the service
to acknowledge Enid Gardner's 90th Birthday.
All family and friends of Enid are especially welcome.
Bring a picnic lunch to carry on the celebration.

Carlisle Cathedral Chamber Choir At St. Mary's, Crosthwaite Sunday, 5th July 2015 at 6.30pm

*We are privileged to have a
cathedral choir singing
Evensong in our Two Valleys,
and hope that you will bring
your friends along to this*



DATES FOR YOUR DIARY... CARTMEL MAGNA CARTA 800

Celebrations at Cartmel Priory
Friday 25th till Tuesday 29th September
Details on <http://magnacarta800th.com/events/>

The Children's Society – Visiting Speaker

We welcome Mr Malcolm Welch from The Children's Society who will be coming to speak in our Sunday services on the following dates. We support the Children's Society in several ways across our parishes, so it will be good to hear a little more about its work.

9.30 am Sunday 12th July at St. Antony's, Cartmel Fell

11.00am Sunday 12th July at St. Mary's, Crosthwaite

9.30am Sunday 19th July at St. Paul's, Witherslack

11.00am Sunday 19th July at Holy Trinity, Winster

BARN DANCE AND PIE & PEA SUPPER

SATURDAY 11TH JULY

7 P.M.TILL LATE

IN THE BARN AT CROOK HALL

LA8 8LF

Supper at 7.45 p.m.

Fundraising event for Cancer Care/Cancer Research

Featuring live music from the 60's and 70's by

Strawberry Fields

Bar and Raffle

Tickets: £10 for adults, £5 for children under 13

From Pat and Richard Metcalf on 015395 821352

Friends of Chernobyl's Children

Michael and Michelle Woodcock will be welcoming Liosha back to the Vicarage from 20th June until 18th July this year. This will be the 4th year that Liosha has stayed with us as children from Belarus come for a month's respite from the highly dangerous contamination and radiation that will continue to affect that country for thousands of years. If anyone would like to make a small financial donation to help us fill his 27kg Bag that returns with him, then please drop a donation into the Vicarage clearly marked for Friends of Chernobyl's Children (FOCC). We will then fill his Bag with the appropriate sized clothing and goods that will help Liosha through another year. Any surplus donations will be sent to FOCC to help cover the costs of bringing each child to the UK for their month's respite (the current cost is about £700 per child). Many thanks, Michael & Michelle, The Vicarage, Crosthwaite. 015395 68276.

DUCK DAY

Hosted by Friends of Crosthwaite School



- 🦆 Duck racing with cash prizes
- 🦆 Pet show
- 🦆 Vintage tractors
- 🦆 Live music
- 🦆 Bar and Burgers
- 🦆 Sheep shearing
- 🦆 Coconut shy
- 🦆 Guess the weight of the pig
- 🦆 Tug o' war
- 🦆 Sheep racing
- 🦆 Face painting
- 🦆 Teachers-in-the-stocks!

SUNDAY 12 JULY 12-4PM BOWLAND BRIDGE FREE ENTRY

CAB Charity walk across Morecambe Bay

Join us on Saturday 5 September at 10.30am to walk the spectacular Morecambe Bay sands led by Queens Guide Cedric Robinson MBE. The walk is around 8 miles and takes approximately 3 hours starting at Arnside promenade. The scenery is stunning, see the wildlife close by, it's a fun but slightly weird experience walking across the mud flats! If you've never done it before – now is your chance.

This is a major fund-raising event to help your local South Lakes Citizens Advice. Last year we helped 3,000 local residents with free, confidential and impartial advice. There's growing demand for our help and like other charities we struggle for funding. So please do come and walk with us. We think you will have a great experience and lots of fun while at the same time raising funds through sponsorship by family, friends and work colleagues. Registration is just £5 and if you could get friends or colleagues to sponsor you that would be great.

We are limited to 200 people, so book your place early. Full details are available at www.southlakescab.org.uk or telephone 015394 47185. We look forward to hearing from you!



RDA has almost 500 Groups throughout the UK. Our horses and ponies provide therapy and fun to people with disabilities. Your local Westmorland RDA Group Ltd is looking for enthusiastic pairs of hands to help out with their Carriage Driving & Riding Sessions.

RDA Westmorland Group Ltd provides opportunities for people with disabilities to experience and learn how to carriage drive and ride to improve their health and wellbeing. It's an opportunity for all to experience a new sport, the beauty of the countryside and make new friends.

Would you like to learn a new skill, utilise an existing one or just have fun? We provide full training and experience of horses or working with people with disabilities isn't essential. We need people to help....

- Groom and harness/tack up the pony
- Set out equipment in the field/indoor arena
- Assist with the drive/ride
- Cake and coffee maker
- Get grubby for a day – maintenance, painting, varnishing
- Fundraiser
- Tack cleaning
- Carriage Driving/Riding Coach
- Collecting session money and organising rotas
- Stable days

The Group meet every Monday afternoon for riding sessions (during term time) and every Thursday morning for driving sessions during summer, (weather permitting) in the Kendal area.

The Bendrigg Trust Jam Fest, 10th October 2015

Calling all jam makers – new and experienced – you are invited to enter your home-made jams in the following categories:

- | | | | |
|---|----------------------------|---|--------------------|
| 1 | Traditional Strawberry Jam | | |
| 2 | Hedgerow Jam | 5 | Summer Jam |
| 3 | Junior Jam (under 21) | 6 | Damson Jam |
| 4 | Gentleman's Jam (men only) | 7 | Summer Fruit Jelly |

Entries £2.50 per jar to be delivered to a drop off point between 14th & 30th September. Entry forms available from www.bendrigg.org.uk or telephone 01539 723766 for a postal copy

Results will be displayed alongside the entries at **The Jam Fest on Saturday 10th October at Kendal College, 10am to 2pm**. All welcome, free entry with cookery demonstrations by local chefs including **Steven Doherty** (£10 to be pre-booked), artisan stalls and refreshments courtesy of the Catering Students at the College. Further information on website or please call Vanda Lambton 015395 31311.



**LANDOWNERS OF CROSTHWAITE AND LYTH
PICNIC AND WALK TO CELEBRATE
200 YEARS OF THE GRANTING OF
THE HEVERSHAM AWARD
SATURDAY 18TH JULY 2015**

10.30 for 11.00am Car parking in 'The Square' at the end of Row Lane courtesy of Bill and Edward Sharp.

11.00am Meet at the southern entrance to Fellside Plantation off the lane. Walk through the Plantation on the newly created path.

12.30 for 1.00pm Make way to the picnic location on Township Allotment (near site of Beacon). Transport will be available from the car park to the picnic site . For those less able on the rough terrain. Wet weather option is in Fellside Plantation.

BYO picnic food/chairs/rugs. A glass of beer is being donated by Steven Brierley, we will provide a glass of wine and soft drinks and a special cake has been baked by Geraldine Wilson.

2- 2.30 – 4.30pm Walk over Township Allotment and Plantation led by Rob Petley-Jones of Natural England.

4.30/ 5.00pm Return to The Square and disburse

It will be possible to dip in and out at any stage of the day.
Dogs are welcome with well-behaved owners on leads.

Please RSVP your intention to join the picnic via email to:
andowners@crosthwaiteandlyth.co.uk



UNDERBARROW MARROW DAY
Sunday 13 September 2015
12noon-4.30pm at The Punchbowl
Free Entry!

Marrow Competitions for adults and children, Duck Race, Helicopter Flights, Magic Show, Bouncy Castle, Dog Show, Hog Roast, Ice-cream parlour, Local Produce Stalls, Cream Teas, Children's Ride, and Games and much much more!!!

MARROWS

£1 Entry
Classes: Heaviest,
Heaviest Local,
Best Pair, Ugliest



CHILDRENS MARROWS

50p Entry, Fabulous prizes to be won!!!

DOG SHOW

£1 Entry
Classes: Working Dog Under 2, Working Dog over 2,
Dog Under 2, Dog over 2,
Waggiest Tail, Fancy Dress Dog & Owner

BAKING COMPETITION

A cake made with a vegetable
A damson product
£1 entry produce to be auctioned after Marrow day

ALL PROCEEDS TO MARROW DAY CANCER
CHARITIES

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

CARTMEL FELL COMMUNITY TRUST 100 CLUB

It is now time to renew, or take up membership of the Cartmel Fell Community Trust 100 Club. The annual subscription for this is £12 per year, with a draw every month for £25. All current members will receive a renewal form shortly.

If you are not a member please consider joining and supporting our Parish Hall, membership forms are available from Bowland Bridge Stores.

All proceeds from the 100 Club go towards the upkeep of our much loved parish hall.

CROOK

Crook and Winstar Parish Council.

The Annual Assembly of the Parish Meeting and the Annual Parish Council Meeting were held recently, when Councillor Richard Metcalfe was re-elected Chairman.

A number of reports from village organisations were given, and we were pleased to see such a good attendance, and refreshments were kindly served by Jane Crowe and helpers between the two meetings.

District Councillor Stan Collins spoke about the recent meeting between representatives of Crook/Winstar and Burneside Parish Councils had met with Police and CCC Highways engineer on the

B5284 in order to try to find a solution to the speeding problems on this road.

Councillor Collins assured the Council that this problem has been escalated to a higher level and it is hoped that some action, given the present financial constraints, should follow in due course.

The next meeting of the Council is on Tuesday 21st July at 7.30pm at Crook Memorial Hall and all are invited to attend. There is always an opportunity for public participation at the start of the meeting.
Kevin M Price. Parish Clerk.
crookandwinstarparishcouncil.co.uk

CROSTHWAITE

www.crosthwaiteandlyth.co.uk

ST MARY'S CHURCH FLOWERS

July 5 th	Geraldine Wilson
July 12 th	Volunteers Please.
July 19 th	Caroline Holmes
July 26 th	Volunteers Please.

Would Volunteers prepared to help please contact Vonnice 68028 or Eileen 68565
Thank you.

CHILDREN'S SOCIETY COLLECTION BOXES—ST MARY'S

It is now time for the Children's Society Boxes to be collected and money to be counted. I would be grateful if you could bring the boxes to St Mary's Church on a Sunday or deliver them to me, Denise Park at Thornrigg, The Howe, Lyth, or telephone me on 015395 68502. Many thanks,

Denise Park

CROSTHWAITE CEILIDH—17 October

Following the highly successful ceilidh this March, in The Memorial Hall, we have decided to hold another on Saturday 17 October. We were a bit overcrowded last time so tickets will be strictly limited to 80. All the usual stuff – live band (Jump the Gun), pie and peas, bar. £10 per head. Reserve your tickets early to avoid disappointment.

Roger Smith

015395 68671

CROSTHWAITE AND LYTH PARISH COUNCIL

Thank you to Mike Dixon and all involved in the building of the Parish room toilet. What a great job!

Lisa from Two Castles Housing attended our PC meeting and what a helpful meeting this was. Two Castles are proposing 13 homes. There will be a further meeting for locals to discuss any issues.

Lisa advised the Parish council that there are 13 houses proposed to be built.

6 for rent:

2 x 2bed bungalow

2 x 2 bed house

2 x 3 bed house

5 for sale (local occupancy) :

2 x 4 beds

2 x 3 beds

1 x 2 bed bungalow

2 for shared ownership

1 x 3 bed

1 x 2 bed bungalow

The PC supports Two Castles proposals for new homes in the village in principle but wishes to see detailed and adequate sewage plans for the scheme that do not pollute Hollow Clough Beck and a safe footpath along the length of the lane located on the field side of the boundary.

Crosthwaite and Lyth will be writing a letter of concern regarding the governments Right to Buy policy.

CROSTHWAITE & LYTH RECREATIONAL FIELD TRUST

STRAWBERRY TEA

Sunday 19th July

2pm to 4pm

Cakes/Plants/Raffle etc

**Tickets Adults £3.50 (on the gate
£4.00) Children £2.50**

Available from:

Any Field Trust Committee Member

John Holmes 015395 68599

HELSINGTON and BRIGSTEER

Coffee Morning

The 'Second Saturday' Coffee Mornings are to be discontinued during the summer months.

UNDERBARROW

UNDERBARROW & BRADLEYFIELD PARISH COUNCIL

Following the Elections on 7th May, the Parish Councillors are now: Andrew Simpson (Chairman), Peter Swindlehurst (Vice-Chairman), Ben Cunliffe, Sylvia Gibson, Chris Holt, Gary Richardson and Mark Simpson.

The next meeting is on Tuesday 11th August at 7pm at Underbarrow Institute and all are invited to attend. There is always an opportunity for public participation at the start of the meeting.

Kevin M Price. Parish Clerk

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underbarrowparishcouncil.co.uk

WINSTER

CROOK AND WINSTER PARISH COUNCIL

The Annual Assembly of the Parish Meeting and the Annual Parish Council Meeting were held recently, when Councillor Richard Metcalfe was re-elected Chairman.

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Kevin M Price. Parish Clerk.

crookandwinsterparishcouncil.co.uk

HOLY TRINITY WINSTER Cake, Book and Plant Day At Winster Old School

**July 25th
10-4pm**

Join us for refreshments by a cosy log fire or outside in our tranquil garden. For info:

Margaret 015394-42325

Lily 015395-60247

14



Family will be open again on

SATURDAY JULY 25TH

2-5.30pm

£5.00 children £2.50

New attractions this year and a new hydrangea bed. An event not to be missed

WITHERSLACK

SONGS OF PRAISE

Sunday 28th June at 4.00pm.

A service for **everyone** and especially children this time. In St Paul's Church, based on the theme:

"Who is my neighbour?"

Followed by tea and cream scones.

Please come and bring a neighbour.

A BIG THANK YOU t

To everyone for the help and support at the Garden Party, Holme Crag. £1843.30 was raised for Church Funds. A great afternoon was had by everyone.

FINANCIAL VOLUNTEERS NEEDED FOR WITHERSLACK COMMUNITY SHOP

BOOKKEEPER, 3 - 4 hrs/week, as relief for current volunteer or job share. Experience of Sage or similar would be helpful.

STOCKTAKE ORGANISER

2 - 4 times a year approx.

Spreadsheet knowledge.

Contact Janet Read on 015395 52481

WITHERSLACK COMMUNITY SHOP

A special place at the heart of the community

Mon/Tues/Thurs	7.45 – 6.30
Wednesday	7.45 – 12.30
Friday	7.45 – 6.00
Saturday	9.00 – 1.00

CLOSED BANK HOLIDAYS

☎ 015395-52188

Email: communityshop@wITHERSLACK.ORG

Order by phone - collection next day or a weekly order for your basics

And much, much more, such as homemade cakes, Suma, Ecover, bird nuts, knitting, W. Gazette, damson produce + recycle batteries, donate to the Food Bank, Dry Cleaning, local craft presents, Community Notices, Parish Council Planning folder, Bus timetables.

Use it or lose it



REPORTS & NEWS

New members and visitors are always very welcome.

Call Beryl or Sue on 015395 68570 or 68776 for more information.

The next meeting at the memorial hall in Crosthwaite will begin at 7.15 on 15th July 2015, with a presentation of the photos taken at our Afternoon Tea. The speaker on the evening will be Maggie Norton and friends talking about *Women's Voices in the First World War*.

BRIGSTEER

Instead of our usual meeting in the village hall, 11 members and guests enjoyed fish and chip supper on a barge cruising along the Lancaster canal. We were lucky enough to enjoy the sunset crossing the Lune aquaduct to Hest Bank and on our return took part in a short quiz. Sadly we didn't win any prizes but did spot a heron on the canal bank as well as several cygnets en route.

CARTMEL FELL

Members congratulated our secretary Lesley Wright on having a quilt she had made being included in the exhibition of crafts held at Kiplin Hall in N. Yorkshire on 16th to 19th May as part of the W.I. centenary celebrations.

We will have Janet Hurst, local Zumba Gold instructor at our next meeting on Wednesday 8th July and those members who have booked tickets to The Girls at the Lowry in January should bring their cheque books please!

Liz Threadgold, our delegate to the A.G.M., gave a most informative, entertaining and comprehensive account of her attendance.

David Fellows gave a very interesting talk entitled A Cumbrian colony in the South Pacific. This related to Norfolk Island

discovered by Captain Cook in 1788 and named after the 9th Duchess of Norfolk, one of his sponsors for the expedition. The Island was established as a penal colony initially to provide food for other penal colonies in less hospitable places and also because of the large number of indigenous pine trees growing there which looked likely prospects for supplying wood for ship's masts. Unfortunately the rats coming ashore from the ships eventually destroyed the crops and the wood proved unsuitable so the colony was discontinued. After a period of about 10 years a second penal colony was established but unfortunately became somewhat notorious for its inhumane, degrading and brutal treatment of convicts to the extent that many preferred death to continued existence in the colony and it too was discontinued. A subsequent third settlement consisted of people moving from Pitcairn Island, home of Fletcher Christian and his fellow mutineers following the mutiny on the Bounty. Many of the names of these mutineers and their descendants can still be found in graveyards on the Island.

On Wednesday 1st July at 7.30 at Cartmel Fell Parish Hall Susan Oliver will give a gift wrapping demonstration. All welcome.

CROSTHWAITE

Olwyn Keogh gave an inspiring talk on *Friends of Chernobyl*. Her presentation showed the impact of the charity on children's health and lives after the devastating nuclear fallout from Chernobyl.

There are numerous activities taking place at the moment including the Twinning Day with Bingley WI, the Centenary Afternoon Tea and preparations for the Westmorland County Show.

Discussion took place around the national

WI AGM being held in London. Mary Choiseul will be representing our federation at this event and will be contributing to the annual resolution debate.

UNDERBARROW

Lib Simpson of Kendal Castle W.I. who was our voting delegate at the A.G.M held in the Royal Albert Hall, came to talk to us at our June meeting. She informed us about the voting for the Resolution and also about what a wonderful day it had been.

Two of our Members Margaret Hodgson & Maggie Stockdale were very fortunate to get tickets for the Garden Party at Buckingham Palace. Their good fortune continued as after a quick lesson in how to curtsy they were introduced to the Duchess of Cornwall. It was a day they will never forget.

Our speaker was David Ward who told us the history of the Theatre By the Lake in Keswick. It began in 1952 with the Blue Box, a mobile theatre which toured the country until about 1975. In 1999 with the aid of Lottery money the present theatre was built. It seats 400 people and is open for 50 weeks of the year. For many years David was a reporter for the Manchester Guardian and now writes programme notes for the theatre. He says it is great fun and he is very enthusiastic about the theatre.

The plant sale and ploughman's lunch we held in May made a profit of £273.29 thank you to everyone who supported us. Our next meeting on July 8th is an outing to Coniston. We will have lunch there followed by a boat trip on the lake.

WITHERSLACK

There was a lot of business to get through this month. Sylvia Woodhead lead

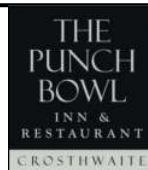
a very interesting walk round Lindale on a bitterly cold evening. She was given a large bouquet of flowers and also thanked for buying the wine to accompany the meal.

Members had very much enjoyed the Federation's coach trip to Kiplin Hall. Four ladies attended the live relay of the National AGM from the Albert Hall at Kendal's Brewery Arts Centre. It was a interesting event, but Anne Walshaw was actually at the meeting and gave a first hand account of being there with 5000 other women, + several "Royals". She had enjoyed the experience.

Caroline Blee reported on a cookery visit to Denman with Shirley Christie They learnt to make Artisan breads. Then Shirley told of the two of them going to the Garden Party at Buckingham Palace .All very entertaining! Sadly, member Jackie Ratcliffe was one whose ticket was taken back causing great disappointment.

The speaker Sally Farrington has started up an on line business selling tea. She talked about her obsession with tea ,where and how it grows, how it is dried, its benefits to health, and its history. Among her samples of loose leaf tea was a large solid disc of compressed tea, a "tea cake". It was a convenient way to preserve and transport the fragile leaves. She made us think how to respect the humble tea leaf and to experiment and improve our tea brewing.

Next month: Why Exercise is Good for You.... with Elaine Towler. Visitors welcome Tel: 52302



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Light Lunch Menu

(Served from 12.00 – 5.30pm Mon-Fri and
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Local watercress & pea soup
crème fraîche, smoked bacon
£4.95

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

Barnsley chop
minted peas, onions, goats cheese
£12.50

Crab risotto
mascarpone, lemon, pea shoots
£9.95

Asparagus salad
crayfish, fennel, hollandaise
£10.50

Ale battered fish and chips
mushy peas, tartare sauce
£11.95

Salted pork hash cake
fried duck egg, damson ketchup
£10.50

Chicken Caesar salad
grilled gem lettuce, quails eggs, parmesan
£11.95

Open sandwiches (served on our homemade bread)

Coronation chicken, carrot, beetroot and raisin salad
Creamed mushrooms and wild garlic, toasted brioche
Smoked salmon and prawn Marie rose, pickled cucumber,
capers
£6.50 each

Side orders available if required

Triple cooked chips, Tomato salad, watermelon & feta
Courgette fritters, honey & Lancashire cheese, Braised red
cabbage,
Sautéed potatoes, crème fraîche & spring onions,
Our own damson vinegar glazed beetroots
£3.50 each

PEACOCKS, PELICANS AND POMEGRANATES

One of the things I like doing when I'm travelling around is looking at churches — the buildings themselves, of course, but also the ways in which various aspects of Christianity are expressed in carvings of wood and stone, stained glass windows, and surviving wall paintings. And there are even greater delights abroad, where the symbolism may have slightly different details and emphases, and where, in many countries, the interior walls are completely covered with Old and New Testament scenes, sometimes also with panels of animals and plants. I thought that for July, prompted by this year's travels, I would deal with three of the recurrent symbols: peacocks, pelicans, and pomegranates.

The peacock, not surprisingly given its unusual beauty, figures in many mythologies. In ancient Persia and Babylon, for example, it was associated with Paradise and the Tree of Life. In Christian art it is also associated with the paradisaical garden, often specifically heaven itself as the eternal paradise. A peacock depicted drinking from a vessel symbolises the Christian believer drinking from the waters of eternal life. Yet another interpretation is that the 'eyes' of the tail-feathers symbolise the all-seeing God. But there is a further very powerful interpretative strand which has its origins with the ancient Greeks, who believed that the flesh of peafowls did not decay after death. This understanding was transmitted to the late antique and early medieval worlds, as was much else of classical 'scientific' belief, and was drawn upon for Christian iconography, so that this supposedly non-decaying bird was taken to signify immortality. These various interpretations were never meant to be mutually exclusive: rather, they work together in suggestively reinforcing ways.

Pelicans symbolise the Passion of Jesus and the Eucharist since it was believed that the female pierced its own breast and fed its young with its own blood when no other food was available. This again is a belief found, with some variation of detail, in a number of mythologies. Perhaps the idea began because it can look as if a pelican, when feeding young, is stabbing its own breast with its beak, although in reality it is pressing its pouch onto its breast in order to empty it fully. As an extension of its popularity as a Christian symbol, pelican imagery was much used in medieval heraldry and also in the context of the creation of a national church in England, with the monarch at its head. There is an example of this in the Walter Art Gallery in Liverpool where a miniature of Elizabeth I, painted by Nicholas Hilliard, shows the queen wearing a pelican, while on the title page of the King James Bible (1611) there is an oval showing a pelican feeding her young, signifying that the king's English bible was meant to 'feed' the faithful through making available to them the divine words of salvation.

Pomegranates, like peacocks, are associated with paradise, as the Qur'an makes clear. But, again in common with peacocks, the pomegranate has a particular association with the resurrection because the fruit, often shown bursting open and revealing its many seeds, was adopted as a symbol of the fullness of Jesus' suffering and resurrection. In the earliest known depiction of Christ in a mosaic there is a pomegranate on either side of his head. Interestingly for us, this mosaic, dating from the fourth century, comes from Hinton St Mary in Dorset and can be seen in the British Museum. As with the peacock and the pelican, the pomegranate's exotic nature points to the eastern origins of Christianity and its imagery.

REGULAR EVENTS

HELINGTON & BRIGSTEER

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Zumba Gold Fitness Class	Mondays 10.30 - 11.30am
Short Carpet Bowls	Mondays 7.30 - 9.30pm September - April
U3A Circle Dancing	Tuesdays 10.00 - 11.45am
Table Tennis	Tuesdays 8.00pm September - April
Book Group	3 rd Wednesday of the month, 7.30pm
Women's Institute	Second Wednesday evening of the month, 7.30pm
UFOs Sewing Group	2 nd & 4 th Thursday of the month, 2.00pm - 4.00pm
Pilates	Fridays 12.00pm - 1.00pm and 1.15pm - 2.15pm

CARTMEL FELL

For bookings contact Helen Caldwell ☎ 015395 68428

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

CROOK MEMORIAL HALL

For bookings contact Mrs. Kath Jackson ☎ 015398 21415

Table Tennis	Monday & Friday 7.30 - 10pm (from September through winter months)
Young Farmers Club	Tuesday 7.30 - 9.30pm
Aerobics/body toning	Thursday 10am - 11am
Folk Dance Group	Thursday 7.30pm - 10pm
WI	Wednesday 7.30pm (1st Wednesday of the month)

CROSTHWAITE MEMORIAL HALL

Check bookings online at www.crosthwaiteandlyth.co.uk

Playgroup	Tues & Thurs 9.30am—11.30am
Exchange	Wednesday 2pm - 4pm (1pm on the 1 st Wednesday)
WI	Wednesday, 15 th at 7.30pm,
Art Club.	No regular Art Club during the Summer. Restart Monday October 5th.
Snooker Club	Wednesdays 7pm - 9pm in the Parish Room, Crosthwaite
Aerobics	Mondays 7.30 pm
Yoga	Wednesdays 7.00pm (22 nd & 29 th only)

UNDERBARROW INSTITUTE

For bookings contact Richard Simpson ☎ 015395 68228

Quilting class	Mondays 2 - 4pm
Billiards Club	Mondays from 7.30pm
WI	Every 2 nd Wednesday of the month at 7.30pm
Zumba Gold class	Tuesday night 6.30pm to 7.30pm

WITHERSLACK

Indoor Bowling	Wednesdays 7.30pm - 10pm (except June, July & August). All equipment is provided
Parent & Toddler Group	Tuesdays 10am until Noon
Tea & Chat Group	Every 1 st Tuesday of the month at 2pm
Women's Institute	Every 2 nd Tuesday of the month at 7.30pm
The Art Club	Fridays 9.30am - 12.30pm
Stretch and Tone	Mondays 2.00pm - 3.00pm
Fitness Pilates	Thursdays 6.00pm - 7.00pm

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Mrs. Vanda Lambton 015395 31311

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Mr. John Holmes 015395 68599

Holy Trinity, Winster

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

St. Paul's, Witherslack

Churchwardens: Mrs. Janet Read 015395 52481
Mrs. Marianne Whiteway 015395 35059

Underbarrow and Helsington

Parish Priest: Rev'd. Brian Crowe, Middle Blakebank, Broom Lane,
Underbarrow. Tel. 015395 68959 Email: brian.crowe@ymail.com
Reader: Maureen Stevens 01539 734358 or m-stevens@hotmail.co.uk

St. John's, Helsington

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vacant

All Saints, Underbarrow

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Mr. J.A. Lee 015395 68470

St. Catherine's, Crook

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

Readers: Tony and Hilary Fitch 015395 68577 or fitchesuk@aol.com
Reg Bradby 01539 725800 or regbradby@hotmail.com

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

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Magazine postal service:

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MAGAZINE DEADLINES

For **20** **HELSINGTON** to Mary Cross ((68685) by **9th** of previous month
For **UNDERBARROW** to Mabel Evans ((68481) by **9th** of previous month
All others to the Editor(s) by **12th** of previous month by email or letter

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