

October 2012

70p



CROSTHWAITE



CARTMEL FELL



HELSINGTON

**TWO
VALLEYS PARISH
NEWS**



UNDERBARROW



WITHERSLACK



WINSTER

Church Services for OCTOBER 2012

THURSDAY 4th

9.30am Holy Communion (CW) in St. Mary's, Crosthwaite

7th October

9.30am Cartmel Fell
9.30am Helsington
9.30am Witherslack
11.00am Crook
11.00am Winstre
6.00pm Underbarrow
6.30pm Crosthwaite

The 18th Sunday after Trinity

Matins (BCP) Tony & Hilary Fitch
Holy Communion (CW) Revs. Matt Allen & Brian Crowe
Harvest Festival Rev. Michael Woodcock
Holy Communion (CW) Rev. Brian Crowe & Reg Bradby
Harvest Festival Rev. Michael Woodcock
Harvest Thanksgiving Rev. Brian Crowe
Evensong (BCP) Rev. Michael Woodcock

14th October

9.30am Cartmel Fell
9.30am Helsington
9.30am Underbarrow
9.30am Witherslack
11.00am Crook
11.00am Winstre
11.00am Crosthwaite

The 19th Sunday after Trinity

Harvest Festival Rev. Michael Woodcock
Morning Worship (CW) Maureen Stevens
Holy Communion (CW) Rev. Bob Dew
Family Service Rev. Michelle Woodcock
Morning Worship (CW) Bishop Nick Baines
Holy Communion Rev. Michael Woodcock
Holy Communion (CW) Canon Sandy Lofthouse

21st October

9.30am Cartmel Fell
9.30am Helsington
9.30am Underbarrow
9.30am Witherslack
11.00am Crook
11.00am Winstre
11.00am Crosthwaite
6.00pm St. Mary's, Windermere

The 20th Sunday after Trinity

Holy Communion (BCP) Rev. Michelle Woodcock
Holy Communion (CW) Rev. Ron Rutter
Holy Communion (CW) Rev. Brian Crowe
Holy Communion (BCP) Rev. Michael Woodcock
Morning Worship (CW) Tony & Hilary Fitch
No Service (instead at Windermere 6.00pm)
Family Service Revs. M.D. & M.L. Woodcock
Evensong with Winstre congregation

28th October

9.30am Cartmel Fell
9.30am Helsington
9.30am Underbarrow
11.00am Crook
11.00am Winstre
11.00am Crosthwaite
6.30pm Witherslack

The 21st Sunday after Trinity

Holy Communion (BCP) Rev. Michael Woodcock
Morning Worship (CW) Maureen Stevens
Holy Communion (CW) Rev. Brian Crowe
Morning Worship (CW) Revs Muthalaly & Crowe
Matins (BCP) Mr. Roger Bingham
Holy Communion (CW) Rev. Michael Woodcock
Evensong (BCP) Rev. Michael Woodcock

A LETTER FROM MAUREEN STEVENS

Dear friends,

“The world is charged with the grandeur of God”: a line from one of my favourite poets, Gerard Manley Hopkins, Victorian poet-priest. I’m writing this in the middle of the Paralympics and just before the Harvest Celebrations begin. It’s a timely moment to reflect upon God in creation, in the natural world we see around us and within each human form. In his poem – *God’s Grandeur* – Hopkins celebrates the presence of God in all aspects of creation and then mourns the loss of glory as it now “wears man’s smudge and share’s man’s smell”. In other words – what a mess we’ve made of it! But the poet sees beyond the immediate effects of human folly on the natural environment and observes that “there lives the dearest freshness deep down things”. This is the work of the Holy Spirit who is constantly brooding over the earth with, as Hopkins says, “warm breast” and “bright wings”.

It’s a delight to watch a child’s fascination with nature: the softness of owl feathers, the colours in a flower, the flow of fish in a stream. Our older eyes often miss the wonder and intensity of the small things of nature as we live in the busyness of our grown-up concerns.

It is also very easy for us to miss the wonder of creation in each human form. Whatever the shape, colour, age, sex, or strength of a human body – God is there. We are made in his image. It is the sad story of humankind that, just as we often ignore and sometimes destroy the wholeness and beauty of nature, so we also ignore and sometimes destroy the illimitable facets of God as revealed in each unique person.

Jesus on earth revealed God in human form. He was ignored and destroyed. But when all was dark and spoiled, the Holy Spirit breathed life into his broken body and Jesus was raised from death into the glory of a new creation. For us, as for the first disciples, there is the promise of a new creation through the power of the Holy Spirit entering into our ordinary, everyday lives.

The presence of the Holy Spirit is not just a theological premise: it brings the light of Christ into our lives. Within us, that light reveals the love and acceptance of God for us as individuals. Shining from us, it reveals more intensely the power of God in creation and heightens our response both to its beauty and to its hurt.

In our churches, how do we celebrate the beauty of creation and how do we minister to its hurt? In particular, how gladly do we acknowledge the variety of God’s image in each other, in our neighbours, in our visitors? How promptly and sincerely do we respond to possible physical, intellectual or emotional issues that might affect ease of access to our buildings and understanding of our ways of worship? How readily do we support those whose appearance or social expectations don’t fit our model? The light that the Spirit brings should alert us to that “dearest freshness deep down things” no matter how different

or alien to our personal experience and preferences. The light that the Spirit brings will open our eyes to the preciousness of each work of creation so that in everyone we see something of God. How might that affect the way we value and attend to each other, friend and stranger?

Yours in the challenge,

Maureen Steven

FROM THE REGISTERS



Funerals

16th August	Sybil Atkinson (87) burial at All Saints Underbarrow
1st September	Rodney Vivian Reed Sale (76) burial at St. Mary's, Crosthwaite
5th September	Colin Park (65) - funeral at Lancaster Crematorium
10th September	Derek Cleasby (75) burial at St. Anthony's, Cartmel Fell
10th September	Jean Griffiths (79) funeral at Lancaster Crematorium



Weddings

1st September	John Hawley & Charlotte Lavin at St John's Helsington
15th September	Ewen Cameron & Dianne Neil at St. Anthony's, Cartmel Fell

Rodney V R Sale

Rodney was born in 1935 in Aylesbury where his father was the second generation of Sales to be a partner in Horwood and James Solicitors. His childhood was disrupted by the outbreak of war and his father went to serve in the Oxford and Bucks Light Infantry. Rodney, his two brothers and their mother were packed off to the family farm, Pickett Howe, in Loweswater where it was believed they would be safe. So began for Rodney a lifelong love of the lakes and fells. After the war he had a distinguished school career at Tonbridge and did National Service as a subaltern in the Oxford and Bucks Light Infantry. After serving Articles and attending Law School, Rodney qualified as a Solicitor just a few months before his father died. Although Rodney and Margaret had planned to go and live elsewhere, the office wanted to keep the Sale line going and Rodney took on his father's clients. It was shouldering a senior partner's workload when newly qualified, but without any fuss he got on with it and inspired the respect and affection of his clients. One of his former colleagues says "Rodney was an excellent role model for any aspiring lawyer and an inspiration to us all". His conscientiousness and strong work ethic took its toll and the stress finally resulted in a serious breakdown. He and Margaret decided to reassess their lives and move to the Lake District. So began what were probably the happiest years of his life. He loved these valleys and felt privileged to be a part of the community here. He did an Open University degree and continued to work for Horwood and James as a consultant. He entered into life here in many ways from being Treasurer of the Bowls Club, to Secretary to the PCC at St Mary's Church. His illness did not destroy his good humour and his strong faith sustained him during the past weeks. He had a generosity of spirit which endeared him to his many friends. He will be missed by us all.

Colin Park

Extracts from the Tribute to Colin given at his funeral:

“Colin was held in such high regard as a wonderful countryman, so modestly knowledgeable and so wise and in complete tune with the life of Whitbarrow and the valley.”

“Despite his dreadful back pain, Colin has been a tower of strength in our community, a greatly valued conservator of Whitbarrow woodland, and a good friend.”

“He was such a gentleman to all who met him and he had such a passionate love for this valley – its people, the countryside and wildlife. A true country gent who thought and practised what life is like in this beautiful area.”

“Colin was such a wonderful man. He was so mild and modest, yet so able and knowledgeable and so giving of his time and knowledge to others. His work to care for and protect Township Plantation over so many years will live on for years to come and the knowledge that he passed on to others, on all sorts of subjects, will continue to be put to use in the future. It was always such a pleasure to talk to him. Colin will be sadly missed by all those whose lives he touched and the Howe and the wider community will be so much the poorer without him – but so much the richer for having known him.”

These examples are echoed by so many other words written in cards to the family in recent weeks. Colin was indeed a true countryman, fiercely jealous of Whitbarrow, going out of his way to protect and conserve what is already there.

All this is part of his legacy. Although he was someone who suffered so greatly, he was still able to give so much back to those around him and our beloved environment of Whitbarrow and the valley. Legacy was important to him. He often used to quote words from his own Uncle Denis, “You can’t take anything with you; you’re just a custodian in life. As long as you leave things in a better state than when you found them, you can’t go wrong.” Colin, you may rest in peace for you have lived out these words.

Dr. Ruth Etchells

Ruth Etchells, known to many at Cartmel Fell, died peacefully on August 8th at Christ’s Hospital, Sherburn, Durham City, which had been her home for the last three years.

Ruth was a trail-blazer. She became the first female Principal of an Anglican Theological College when appointed as the Principal of St. John’s with Cranmer Hall, Durham, my old college, in 1979, at a time when the Church was still not ordaining women. This was a visionary appointment as Ruth totally transformed the college in her time there. She was, without a doubt, one of the most distinguished and influential figures in the Church of England.

As hundreds of her past students will testify, Ruth loved people. I got to know her when she appeared one Sunday at St. Anthony’s. She was staying at ‘The Ark’, the name she gave to the static caravan at Haverthwaite where she went for peace and quiet and in order to write: she was the author of a number of books on prayer and on the New Testament. She loved attending St. Anthony’s and I can still see her sitting half way down the pews on the south side. We even persuaded her to preach at the Harvest Festival in 1999 and were mightily impressed when she appeared in her doctoral gown. She will be remembered there with much affection, as she will be so remembered across the length and breadth of the Church of England. May she rest in peace. A Service of Thanksgiving for her life will be held in Durham Cathedral in the autumn.

HOLY DAYS IN OCTOBER

- 4 Francis of Assisi, Friar, Deacon, Founder of the Friars Minor, 1226 - Lesser Festival
6 William Tyndale, Translator of the Scriptures, Reformation Martyr, 1536 - Lesser Festival
10 Paulinus, Bishop of York, Missionary, 644 - Lesser Festival
12 Wilfrid of Ripon, Bishop, Missionary, 709 - Lesser Festival
13 Edward the Confessor, King of England, 1066 - Lesser Festival
15 Teresa of Avila, Teacher of the Faith, 1582 - Lesser Festival
17 Ignatius, Bishop of Antioch, Martyr, c.107 - Lesser Festival
18 Luke the Evangelist - Festival
19 Henry Martyn, Translator of the Scriptures, Missionary in India and Persia, 1812 - Lesser Festival
26 Alfred the Great, King of the West Saxons, Scholar, 899 - Lesser Festival
28 Simon and Jude, Apostles - Festival
29 James Hannington, Bishop of Eastern Equatorial Africa, Martyr in Uganda, 1885 Lesser Festival

Harvest Festivals (see Notices for Individual Parishes for more details)

Cartmel Fell Harvest Hotpot Supper in the Parish Hall on 15th October.

Crook's Harvest celebrations take place on Sunday 30th September at 11am and 6.30pm services, and at the Harvest Supper on Tuesday 2nd October from 7pm onwards with a traditional hot pot and puddings

Crosthwaite Our Harvest Festival Service will be at 11.00am on Sunday 23rd September in St. Mary's church. Do come and join us with the Harvest Supper the following day on Monday 24th

Helsington & Brigsteer The harvest supper will be held on Monday, 24th September in Helsington & Brigsteer village hall, starting at 7.00pm.

Underbarrow The Harvest Supper will be held in The Institute on Tuesday October 9th at 7 p.m. Tickets are £8 (children £4) and are available from PCC members.

Winstar Our Harvest Festival Service this year will be at 11.00am on Sunday 7th October in Winstar church.

Denise, Matthew, James Park and family would like express their heartfelt thanks for the cards, letters of condolence, flowers and generous donations to Arthritis Research Campaign following the sad loss of Colin.

We are extremely touched and grateful for all the comforting words, love and support we have received.

CALLING ALL PARISHIONERS

Race Night

**By Crosthwaite Playgroup
In Aid of Crosthwaite
Memorial Hall
£4 per ticket**



On Saturday 29th September
at 7.30pm

At The Punchbowl, Underbarrow
To include Pie & Peas Supper
With a Raffle on the night
For tickets please contact

Nicola Swindlehurst 68535/07902874523

Or Emma Taylor 68004/07733415204

Anyone who is up unable to attend the Race Night has the opportunity to 'own'/'ride'/'train'/'groom' a horse for £2 – if your horse wins you get a prize!

Where is my life going? One life. What's it all about?

Does life too often seem to get messy and over-complicated?
Aren't we tired of the whole cult of celebrity and the unrealistic pressures our world places on us and our children?
Why do we end up living to inferior rhythms and faltering beats?
Do you ever dream of trying to live differently?

Beginning in October, we will be exploring what the real heart of Christian faith is really all about and how it can actually be acutely relevant for our lives. Forget about the stereotypes and all the baggage that comes with "church". Let's look behind all that and see if there really is anything of worth in the basics of Christianity and whether it can help us re-shape our lives.

We invite you to the home of Brian and Hilary Crowe at "Middleblake Bank", Broom Lane, Underbarrow on Wednesday evenings, beginning on Wednesday 3rd October, for an evening meal at 7.00pm and an exploration of some of life's key questions. Rev. Michael Woodcock and Rev. Brian Crowe will lead the course and each evening will end around 9.15pm, the whole course lasting just eight weeks.

Why not come to the 1st evening and see if it's for you? Contact Brian or Hilary Crowe 015395 68959 email: brian.crowe@ymail.com or Michael or Michelle Woodcock 015395 68276 email: mich@elwoodcock.com to talk about joining this particular course.

Remember we have one life. What's it all about?

REMEMBERING OUR LOVED ONES - ALL SOULS' SERVICE

This year our special All Souls' Service will be at 6.30pm on Sunday 4th November and hosted by St. Mary's, Crosthwaite. This is a service where we remember loved ones who are no longer with us on earth. We would like to invite all of you who would find it helpful to remember particular people who have gone before us, to come to this service and share what is always a very special time with us. We ask that you write the Names of those you would wish to be remembered on the special Lists that will be available in all the churches from 14th October; these Names will then be read out and remembered in the course of the service. Please **PRINT** the names in capital letters so that we can easily read them. Remember, this Service is for everyone who reads this magazine, not just the people of Crosthwaite....

HARVEST COLLECTIONS AT SOME OF OUR CHURCHES

This year some of our local congregations will be supporting Bishop James's Harvest for the Hungry Appeal 2012. "Growing Families" is supporting two projects in Cambodia and Uganda, helping parents to grow more food and provide better care for their families.

- In Cambodia the appeal is supporting Christian Aid's partner Life with Dignity in helping local people create biogas from pig dung. This biogas enables electric lighting to be installed and in turn this enables people to live more healthily without smoke from charcoal fires in the house; children to be able to study in proper light; businesses to remain open for longer and generate employment and income.
- In Uganda the Mothers' Union Family Life Programme helps communities improve their environment, reduce poverty, improve health and hygiene, generate income and build strong family and community relationships.

It is good at Harvest time not only to give thanks for the blessings and privileges we enjoy, but also in our small way, to look outward and seek to support those less fortunate than ourselves. We look forward to seeing you at our Harvest services and hope you'll be inspired to support these

THE DEVIL'S VIOLIN COMPANY in 'A LOVE LIKE SALT'

Helsington & Brigsteer Village Hall

Saturday November 17th at 7.30 pm

'A Love Like Salt' features three wonderful tales that have gripped us for hundreds of years: stories full of passion and longing, drama and danger; stories of love and lust, of life and death.

They are also tales that inspired our two foremost storywriters - Chaucer and Shakespeare. *King Lear*, *Franklin's Tales* and the *Wife of Bath's Tale* are skilfully spun into stories for the present, grippingly told by one of England's most renowned storytellers, Daniel Morden, together with three fabulous musicians on violin, accordion and cello. Music makes up 50% of the evening and is woven into the stories. Love is put to the test as the audience is transported to King Arthur's Camelot, the Breton shores and the ancient Britain of King Lear. Meet a knight on a year long quest to discover what women really want and enter a world where Cinderella meets Corde-
lia.

Tickets Adult £9; Under-18 £4.50; Family £23. Phone 015395 68498/68886

**FAMILY BINGO, BEETLE DRIVE AND QUIZ NIGHT
SATURDAY 29TH SEPTEMBER
CARTMEL FELL PARISH HALL**

8

Cancelled

“Making a Difference”

Make a difference - fill a shoebox with your love this Christmas.

This year, we are working with the charity Teams4u (www.teams4u.com), founded by David Cooke who made the first children’s Christmas shoebox appeal in 1990 and who, since then, has devoted his time to helping children in need. It is an exciting new venture for our well established team of over 100 volunteers in South Cumbria, as our shoeboxes are going to deprived rural areas of Romania where Teams4u already have projects and contacts. A team from this area is going to distribute the boxes in December, and we will be able to report back on the children who receive your shoebox gifts. Who knows, it may then be possible to make a more direct and personal link with a particular church or school in Romania.

To take part, find an empty shoebox, wrap the box and the lid separately in bright gift wrap, decide whether your box is for a boy or girl and fill the box with some or all of the following:

Hat, gloves and scarf; Facecloth and soap; Toothbrush and toothpaste; Hairbrush and comb; Pens, pencils, crayons, notebooks, colouring books and other educational items (without words); Sweets (not chocolate); Soft toy; Ball; Other games and toys; Jewellery for girls.

Add a donation of £2 for transport, indicate whether your box is for a boy or girl, secure your box with an elastic band and take it to **The Exchange on Wednesday 14th November.**

After Christmas there will be stories and photos on www.Teams4u.com – you may even see your own shoebox being given to a child. For further information please contact Rosemary Webster 015395 68013 or rkwebster@hotmail.co.uk

Your co-ordinators are **Cartmel Fell:** Anne Ratcliffe: 015395 52107; **Crosthwaite:** Lorraine Brierley (015395 68172); **Underbarrow:** Di Dew: 015395 68680; **Winsters:** Margaret Gambie 015394 42325; **Witherslack:** Irene Brennand 015395 52337.

Please contact them for boxes and leaflets

NEIGHBOURHOOD FORUM

The next meeting of the South Westmorland Neighbourhood Forum will take place on Wednesday 24th October, at the Argles Memorial Hall in Crosthwaite, starting at 7.30 pm.

If you need to get in touch in the meantime then please use the contact details below or email Kelly Alty, Area Engagement Officer, via kelly.alty@cumbria.gov.uk

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

FLOWERS FOR HARVEST

We will be decorating the Church on Saturday 13th October from 10 am in readiness for the Harvest Festival Service. Please do come along and help, many hands make light work!

HARVEST FESTIVAL SERVICE

The Harvest Festival Service will be held on Sunday 14th October at **9.30am** in St Anthony's Church, Everyone welcome.

HARVEST SUPPER

A Hotpot Harvest Supper will be held on Monday 15th October at 7pm in the Parish Hall. It will be a special evening as monies received will be put towards the toilet/kitchen extension. We hope to have extra activities which should make the evening even more enjoyable. Costs Adult £7.00, Children £2.50. Bring your own wine, soft drinks will be provided. Don't miss out on a really old fashioned Harvest Supper. Tickets available from Vanda 015395 31311 or Anthony 015395 31481.

ST ANTHONY'S ROTAS

Coffee: 21st October: - Anne Ratcliffe.
Flowers: Everyone for Harvest Festival; Lily Holme & Anne Ratcliffe.

CARTMEL FELL COMMUNITY TRUST

will be holding their **BONFIRE PARTY** on Saturday 3rd November. There will be a lantern procession, fireworks, and story telling round the bonfire. Mulled wine and a hotpot supper will be served. The lantern procession will leave the Parish Hall at 6

p.m. to take the Guy to the bonfire site. There will be a competition for the best lantern, of any kind, and a raffle. Tickets £7 (children £3) to include supper. If no food required - adults £5, children free. Please get your tickets in advance from Bowland Bridge Stores.

LOCAL HISTORY SOCIETY

A year after originally scheduled, Michael Stephens was finally able to give his presentation about William Fleming (1770-1829) of Pennington – last September's meeting having been cancelled due to a power-cut caused by extreme weather!!

Michael, an archivist at the Barrow Archive and Local Studies Centre brought along original documents including diaries and 'common place books' written by yeoman farmer William Fleming over a twenty year period covering the early 1800's.

He read extracts from these documents, which record the social history of the area from the viewpoint of a locally educated aspiring 'gentleman farmer', Overseer of the Poor and Highways for the parish of Pennington. We were then able to turn the pages of these books, and marvel at the beautiful plant drawings, the neat and tidy handwriting, and the endless lists of dignitaries, including all the Lord Mayors of London. Michael also brought along the exquisitely produced enclosure map for the parish of Pennington, showing the lands owned by Fleming and others.

At our next meeting, on 8th October, Jean Turnbull will be giving a presentation titled 'From Blacksmith to Bypass', highlighting the changes in motorised transport from

1900-1970. Hugh Wright, a knowledgeable author about furniture-makers, will be talking at our November meeting about the craftsman Arthur Simpson, and the family firm 'The Simpsons of Kendal', including his connection to Gill Head Cottage in Cartmel Fell.

Both these meetings will be held in the Cartmel Fell Parish Hall starting at 8pm. For more information contact the secretary Jeni Boothman on 015395 68389 or jeni.boothman@tiscali.co.uk

CROOK

HARVEST CELEBRATIONS

Our celebrations take place on Sunday 30th September at 11am and 6.30pm services, and at the Harvest Supper on Tuesday 2nd October from 7pm onwards with a traditional hot pot and puddings followed by "Into Nepal – A home with a difference" with Peter and Ann Keene. Tickets are £4 per person or £10 per family.

We are delighted to welcome back **Nick Baines, the Bishop of Bradford**, to St. Catherine's who will be preaching at the 11am service on **Sunday October 14th**. All are welcome to join us in worship.

CROOK & WINSTER PARISH COUNCIL

The next meeting will be held at Winster Village Hall on Thursday 27th September at 7.30pm. All residents are very welcome to attend. The Council has been extremely concerned in recent months about the increasing number of retrospective planning applications being submitted and Mr Paul Haggin of the Lake District National Park Authority is to attend this meeting and answer any questions both Councillors and members of the public may have. Some recent applications have generated strong feelings in the parish and this is a good op-

portunity to come and have your say! The Council is very concerned about speeding vehicles on the B5284 and the poor visibility at Staveley road end is a particular concern at present. It is hoped to join with other bodies in order to retain the 541 bus service, even though it runs on only one day each week, as it is a lifeline to those who do not drive and is well used.

Kevin M Price. Parish Clerk.

01539-821596

crookandwinsterparishcouncil.co.uk

CROSTHWAITE

www.crosthwaiteandlyth.co.uk

ST MARY'S ROTAS

Coffee & Refreshments

14th Angela Jones & Eileen Dobson

21st Caroline & John Holmes.

28th Pat & Gordon Howarth

Flowers:

7th Wedding

14th Volunteers

21st Volunteers

28th Angela Jones

Note: Will Volunteers for Flowers please contact Vonnie Sharpe (52005) or Eileen Alston (68565)

Crosthwaite & Lyth Snooker Club

are keen to increase their membership and would welcome new players to their regular

Wednesday night sessions, starting at 7 p.m.

Why not come along to our

OPEN EVENING

Tuesday 23 October 2012 at 7pm

The Parish Room, Crosthwaite
(next to the Church)

Everyone welcome to come along and have a go!

Instruction will be given if required.

Junior/senior membership available

For further enquiries please contact

David Stott 015395 68461

WINDOW BOXES AT THE VILLAGE HALL & THE EXCHANGE

We hope you have been enjoying the Jubilee flowers in the new window boxes at the Argles Memorial Hall.

We used the money from the Cumbria Village of the Year Award to pay for half of the slate fronts, but would like to thank the Landowners of Crosthwaite and Lyth for their generous gift, which made up the rest of that cost. We, at The Exchange, paid for the fixing brackets and the flowers. We have undertaken to pay for flowers in future.

We would also like to say a big thank you to John Holmes for fixing the slate!

CROSTHWAITE PARISH COUNCIL

This is an summary from the September meeting of the parish council. The draft minutes are available on the crosthwaiteandlyth.co.uk website about a week after each meeting.

The parish council would like to see more use being made of the parish room behind the Punchbowl Inn. The parish council is having discussions with the Snooker club, who are the only other users of the room, about ways to increase membership. If anyone has other ideas for uses for the parish room, please contact one of the parish council members.

A reminder that on the second Wednesday of each month, a member of the parish council will be available at the Exchange from 2.30 pm.

The parish council is pleased to report that £1,500 funding has been secured from the Local Area Partnership for the local gritting consortium (which is funded from the parish precept). In addition they have managed to secure £3,000 towards the 541 bus service from the LAP.

Vascular services are planned to be withdrawn from Lancaster Royal Infirmary meaning that our nearest services would be at Carlisle, Preston or Blackburn. The parish council has written a letter of protest to the CCC Health Scrutiny Committee and the NHS North Lancashire Trust. Other local organisations or individuals who are opposed to this reduction in services are urged to write to Councillor Bill Wearing, Chairman of Cumbria County Council Health Scrutiny Committee. A sample letter is available from the clerk at crosthwaiteandlyth.pc@hotmail.co.uk

Kim Kearney

Clerk to Crosthwaite & Lyth Parish Council
(015395 68341)

ITALIAN COMES TO CROSTHWAITE FOR ONE NIGHT ONLY!

**ARGLES MEMORIAL HALL
SATURDAY 10TH NOVEMBER**

Cheer yourself up in November.

Don't miss this once-in-a-lifetime opportunity to enjoy a marvellous Italian 3 course meal in the convivial surroundings of the Memorial Hall and in the company of your friends and neighbours.

3 COURSE ITALIAN MEAL plus coffee – only £15 per person.

Tickets from the Exchange or ring:

Jim on 68203,

Marilyn on 68522,

Gordon on 68210

Roger on 68671

Full tables may be booked.

Licence applied for a wine bar.

All proceeds to memorial hall funds.

INDOOR SHORT-MAT BOWLING

Indoor short mat bowling starts again on **Tuesday 2nd October** at 7.30 p.m. We meet every Tuesday and Thursday evening at the Memorial Hall. Come and join us for a good social evening and have a go at bowling. We look forward to seeing you. Penny Blair (015395 68441).

CROSTHWAITE & LYTH BOWLING CLUB

The Willie Cottam Cup held on 8 September was won by Norman Richardson with Shirley Taylor as runner up, Ivy and John Pearson provided a barbeque which was very much appreciated by members. After a very enjoyable season the green closed at the end of September and will re-open at the beginning of April when we look forward to welcoming old and new members to the Club. Please contact Pat Walker, Secretary tel: 015395 68584.

HELSEINGTON and BRIGSTEER

DIOCESAN VISION AT ST. JOHN'S

During the next couple of months, each of our churches will gather to discuss how we may make the Diocesan Vision of “**growing disciples of all ages**” relevant to our local situations. **St John's Helsington will gather at 2.30pm at the Village Hall on Wednesday October 3rd** to discuss what we each think. Everyone from the church is invited so we receive a good cross-section of opinion.

SECOND SATURDAY COFFEE

This will be held on October 13th at Plum Tree Barns, Brigsteer 10.30-12 noon . Please 'phone Richard and Sue Griffiths; 68776, for details.

NEW TRICKS CONCERT

October 5th 7.30 pm

Brigsteer and Helsington Village Hall

Enjoy an evening of pop rock and bop with this ace local band New Tricks.

(with Bar)

Tickets £7.50 from:

Susie Bulman 015395 68083

Pauline Hodson 015395 68974

UNDERBARROW

UNDERBARROW HARVEST SUPPER

The Harvest Supper will be held in The Institute on Tuesday 9th October at 7 p.m. Tickets are £8 (children £4) and are available from PCC members.

UNDERBARROW & BRADLEYFIELD PARISH COUNCIL

The next meeting will be held on Tuesday 2nd October at Underbarrow Institute at 7pm. All are welcome to attend and there will be an opportunity at the start of the meeting for questions and comments to be addressed to the Council. Recent issues have included concerns about the use of motorcycles on public bridleways and this question has been addressed by a number of bodies, including Police, SLDC, CCC and the National Park Authority. There seems to have been an improvement in the situation since then. The Council is contributing towards the retention of the 541 bus service for this financial year but it is hoped that a more long-term solution can be found. The agenda and minutes of all Council meetings can be found on the Council's website underbarrowparishcouncil.co.uk Kevin M Price. Parish Clerk. 01539-821596

WINSTER

HARVEST FESTIVAL

Our Harvest Festival Service this year will be at 11.00am on Sunday 7th October in Winster church.

HARVEST SUPPER

This will take place in Winster Village Hall on **Friday, October 5th at 7pm prompt.** There will be Pie & Peas followed by a delicious homemade sweet. We will play Whist & Beetle & there will also be a raffle. Tickets: £5 for Adults & £3 for Children available from Jane Crowe - 015394 44098 & Hilary Holliday - 015394 42692

UNITED SERVICE WITH ST. MARY'S, WINDERMERE

6pm Sunday 21st October

On Sunday 21st October we have been invited by members of St. Mary's, Windermere to their 6pm service of Evensong. This is instead of the usual morning service at Winster, so do come to Windermere as we share worship with our nearby friends. The service will be followed by a light buffet.

Holy Trinity Winster

Tea, Coffee and Cake Sale

at the Old School

SATURDAY SEPTEMBER 29TH

10-4pm

Yet more surprises this month!!

Delicious new recipes,
an excellent range of fascinating books,
both fiction and non-fiction,
wonderful selections of cushions, etc.,
and cosy throws
to keep you warm in the Autumn evenings.
We look forward to welcoming you.
For info call Margaret on: 015394-42325

An evening with Andy Lowe "Discovering our Roadside Heritage"

at

Winster Village Hall

Friday November 16th at 7.30pm

Another of Andy's fascinating talks,
with slides, on the history of our
surrounding area.

Do come and join us in our newly
decorated hall.

£4 adults £2 children

Raffle, refreshments.

For information please call:

015394 42325/44098

WITHERSLACK

www.witherslack.org

HARVEST FESTIVAL

Our Service this year will be at 9.30am on Sunday 7th October in St. Paul's church. The Service will be followed by coffee and biscuits.

Harvest Supper and Auction Sale Witherslack Parish Hall

Saturday 6th October at 6:45 pm

*Enjoy a pie and peas supper with
wine, sweet and coffee - followed by a
short auction*

Adults £7.00 Children £2.50

(inc. wine) (inc. soft drink)

Tickets available from the
Community Shop (52188)

Contributions of produce for the
Auction are most welcome

ST. PAUL'S HARVEST DISPLAY

This year we plan to have an extra special Harvest display for our Festival which will celebrate all different kinds of harvest in our area. We would be most grateful for any produce, flowers etc. which could be used to enhance our displays. These could be left in the baptistry of our Church in the few days before the Festival which is on the 7th October. Afterwards any produce will be distributed appropriately within the village. For any queries please contact Val 52398

SUNDAY CLUB

Sunday Club in October joins in the Family Service for Harvest in church at 9.30am on Sunday 7th October. The next Sunday Club will be on Sunday 4th November and 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

TEA, COFFEE AND CAKE SALE OCTOBER 27TH 10-4PM IN THE OLD SCHOOL.

Come and do your Christmas shopping. Snap up our bargains of cushions, throws, tablecloths, napkins etc, whilst enjoying a delicious cup of tea or coffee and a piece of homemade cake. We have an excellent selection of books, both fiction and non-fiction. There's always a warm welcome at the Old School.
For info:- Margaret 015394-42325

with our expanding existing group who eat biscuits, play games and create craft items!

TEA & CHAT

We welcomed some Church visitors to our

Tea & Chat group on Tuesday 4th September along with our usual many Friends.. On the 2nd October our meeting will be held in the Parish Hall, **NOT** the Barwick Hall, because of the Arts and Craft Exhibition. Mrs Irene Brennan has offered to come along and talk and accept gifts for her Christmas Boxes. Any one wanting a box to fill or just to give items suitable (see page 9 for more details) will be very welcome from 2pm to 3.30pm and enjoy tea and biscuits .

WITHERSLACK PARISH HALL COMMITTEE ALL DAY BREAKFAST

Sunday 21st October 10 am till 2pm
Hope to see you there.

CHINA MUGS

If you have any odd china mugs left over from a set, perhaps you would be willing to donate them to the Old School. We feel that these would be good to use with our lovely selection of tea cups and saucers. Please contact Margaret on 015394 42325. I should be willing to collect them or you could bring them with you when you come to the next sale. Thank you

FLOWER ARRANGING

The next session will begin on **Monday 29 October for 6 weeks up to December 3rd** in the Barwick Hall at 7 p.m. This will include both traditional and contemporary arrangements with Christmas in mind. If you

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 – 6.00
Saturday	9.00 – 3.00

Tel. 015395 52188

MAKE ENERGY SAVINGS AND KEEP WARM

According to Government figures, 1 in 5 homes across South Lakes are defined as being in 'fuel poverty' spending at least 10% of household income keeping the home warm. Many more homes are close to this poverty level, struggling with fuel bills, with low or irregular incomes, or living in homes that cost more than average to heat.

Many people do not realize that energy suppliers have to help customers repay fuel debts at an affordable rate and for cases of hardship there may be grants to help clear arrears and 'social' tariffs offering a cheaper rate. Across Cumbria there are also schemes to improve insulation or install a modern boiler and radiators in your home. It all depends on your circumstances, so why not find out more.

Your local Citizens Advice bureau can help you. Our service is free and we do not receive any 'kickbacks' from energy suppliers so you can trust our impartial advice. So why not get in touch and see if you could save money this winter keeping warm?

Free, confidential advice and help is available from the Citizens Advice Bureau on any aspect of debt, benefits, employment, housing and any other problems. You can contact the Grange or Windermere Citizens Advice Bureau by phone or in person. Call 015395 33100 / 015394 46464. If you don't need us for advice, how about helping us by becoming a volunteer or making a donation? Not many people realize that we are a charity - see our website for details

www.cumbriaruralcab.org.uk

From the Helsington Parish Magazine, March 1899

The following legend may be found interesting by us who live so near to its scene. I have taken the account of it from a book called "Wanderings in the Border Country, Lakeland and Ribblesdale".

"The little river Gilpin has its source in Borwick Fold, and after a few miles run, empties near the estuary of the Kent, Morecambe Bay. The stream has its renown, and is supposed to have received its name, so tradition says, from a Richard de Gylpin, who slew the savage wild boar which had so long, to the mortal fear of the inhabitants of Kendal, infested the district. Several names hereabout, no doubt, attest to the truth of this story, such as Gylpin's Stile, and Gylpin's Bridge, near Crook. According to tradition, near the close of the 12th century, a ferocious boar infested this district, its den being in Scout Scar, Underbarrow, at that time situated in the depths of a dark forest which stretched west and south across Whitbarrow, reaching the shores of Windermere, and the mouth of the Kent. In this

dense solitude, the wild beasts roamed at pleasure; here might have been seen massive, antique oaks, and the gloom of the foliage was so dense and impenetrable, that pilgrims or travellers passing to and from Kendal to "Our Lady's" Chapel, Lady's Holm, Windermere, shuddered with fear, for the tales of the boar's malignant aspect and unwonted ferocity were circulated far and wide. Things came to such a state that few dared pass the neighbourhood of Underbarrow after nightfall. A champion at length stepped forth in the person of Richard de Gylpin, who tracked the beast to its lair in the dense gloom of the forest. A terrific fight ensued, in which, though severely wounded, De Gylpin came off the victor, for the grisly beast was slain, and henceforth pilgrims and wayfarers were free to pass to and fro from Kendal to worship at Furness or Lady's Holm. The picture of this fight may still be seen at Scaleby Castle, which was built by the Gylpins."

In this extract we read that tradition speaks of a great forest which in the 12th century covered all this part of the country. It may seem impossible to imagine this level plain of ours a thick gloomy forest, full, I dare say, of wolves and bears, as well as wild boars, but we have to this day a proof that tradition speaks the truth in this, for we know that bog oak, the remains of ancient oak trees are even now dug out of the fields about Low Plain, Underbarrow.

Mike Wolfenden



HELSEINGTON/BRIGSTEER

Our Meeting will be October 24th, when we welcome the other W.I.'s in our Group. June Bentley will talk about Flower Arranging. We look forward to the company of our friends and neighbours at 7.30pm.

WITHERSLACK

Sarah Bradley chaired the meeting and welcomed members and a visitor to the September Meeting. Members had enjoyed an outing to Kirkby Stephen followed by a visit to Ravenstonedale's interesting church and lunch at the King'd Head.

One day forty nine visitors from the National Trust came for High Tea! It

was quite a lot of work, mainly organised by secretary Pauline Hodgson, but it made a nice profit for our funds. And they thoroughly enjoyed it.

There was a reminder about the Lyth Valley Group Meeting and the Annual Council Meeting. Nominations for committee are sought.

The speaker Brenda Austin kept even non – gardeners enthralled with her talk on the herbs in her garden. Some had been used medicinally for hundreds of years and some for scenting purposes. Her enthusiasm was boundless. The specimens she brought were for sale to help an African charity.

Next month: October 9th Christine Knipe will talk about the County Show. Visitors welcome. Tel: 52302

Regular Events

BRIGSTEER

- Scottish Dancing Thursdays at 7.30pm in Brigsteer Village Hall
Contact Pauline Hampson 015395 68672
- Table tennis Every Tuesday starting 2 October at 8pm in Brigsteer Village Hall
- Yoga Tuesdays 6–7.30pm in Brigsteer Village Hall
Contact Jan Boulding 015397 37233
- Women's Institute last Wednesday evening of the month, 7.30pm.
- Pilates Fridays 12.00-1.00pm and 1.15pm-2.15pm in Brigsteer Village Hall
Contact Cindy Clarke 015242 73974
- Zumba Gold Fitness Class Mondays 10.30am-11.30am 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>
- Playgroup Term time Tuesdays and Thursdays 9.30am—11.30am
- Exchange Wednesday 2pm–4pm (1pm on the 1st Wednesday)
- WI Wednesday 19th Sept 7.30
- Art Club Art Club will restart on Monday 8th October
- Indoor Bowling Tuesdays and Thursdays 7.30 pm—10 pm
- Snooker Club Wednesday 7-9 pm in the Parish Room, Crosthwaite

UNDERBARROW INSTITUTE

- Quilting class Mondays 2–4pm
- Billiards Club Mondays from 7.30pm
- WI Every 2nd Wednesday of the month at 7.30pm

WINSTER

- Book & Plant days 10.30am-4.00pm on the last Saturday in each month
- 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
- Stretch and Tone Mondays 2.00pm to 3.00pm
- Fitness Pilates Thursdays 6.00pm to 7.00pm