

TWO VALLEYS PARISH NEWS

www.crosthwaiteandlyth.co.uk



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

September 2020

70p

LOCKDOWN

The scourge of coronavirus

"Please leave your kindness at my door
And kindly come no nearer!

Be well advised, be sanitized –
I cannot make it clearer.

Practise your social-distancing,
Embrace self-isolation,
Lock down your home, your friends, your loves,
Lock down the population!"

Lock down the beast Leviathan,
The source of baleful ills
When fevers spiral, coughs go viral -
This is the sneeze that kills.

Here under fire the noise is dire,
The voices shrill and manic:
Go wash your hands! Lock down your mind!
Join in the grand pan-panic!

"Lock down all surfaces! Be sure
To sanitize door-handles!"
Lock down all hope, all faith, all prayers
And blow out all the candles.
Beware! the insalubrious air -
Toxic - invades our billets.
This enemy can sweep the street
Cleaner than bombs or bullets.

"Two metres! Keep your distance, friends!
No handshake, kiss or hug!
Contactless, we shall keep at bay
The all-invasive bug."
Measure your greed in toilet rolls,
Stock-piles and panic-buying!
Freezers and fridges – fill them full!
(The hungry hordes lie dying.)

* * * * *

Remember now? 'Twas Lockdown Day
(Or Week, or Month, or Year):
We feared that it was close of play
But God and man are here to stay!
We learned to give, to love, to pray -
The lesson cost us dear!

David Hunt March 2020

THE WHITE OF SPRING

*The lanes leading to our little church up in
the Cartmel Fells are particularly beautiful
in late May, when all things white coincide.*

*("Now is the month of maying
When merry lads are playing -
Fa La La-La-La...")*

Now is the month of Maying -
Of a sudden the world is bright!
Nature, swathed and swaddled,
Is arrayed in festal white.

Hawthorn crowns the hedgerows
Robed for the rite of spring –
And bright-eyed ox-eye daisies
From every ditch do sing.

Cow-parsley's dainty florets
Of embroidered "Queen Anne's Lace"
Smoother the slopes and the verges -
Diaphanous embrace!

Stitchwort and starry saxifrage
Shimmer along the route;
White flowers of wild strawberries
Hold promise of tiny fruit;

Aromatic caraway
Sheds feathery seeds of light
And drifts of wild garlic glimmer,
Redolent in white.

Summer is foxglove-purple,
Gorse-yellow, buttercup-gold,
Forget-me-not-blue, poppy-scarlet,
Colours flamboyant and bold.

But now is the month of Maying:
The blizzard of Spring, blowing bright,
Has mantled in bloom and blossom
Every bush, every branch in sight -
And today the world is white!

David Hunt May 2020

**David Hunt is a local Reader
attached to St. Anthony's
Cartmel Fell**

Church Services for SEPTEMBER 2020

6th September 13th Sunday after Trinity

9.30am	Cartmel Fell	Matins (BCP)	Tony & Hilary Fitch
9.30am	Witherslack	Holy Communion (CW)	Rev. Michael Woodcock
9.30am	Underbarrow	Morning Worship	Rev. Professor Ian James
11.00am	Winster	Holy Communion (BCP)	Rev. Michael Woodcock
6.30pm	Crosthwaite	Evensong (BCP)	Rev. Michael Woodcock

You can also watch our Two Valleys online service

at <https://www.youtube.com/channel/UCHIN2ZrSNH8aRhk-2cM41IA/>

13th September 14th Sunday after Trinity

9.30am	Cartmel Fell	Holy Communion (CW)	Rev. Michael Woodcock
10.00am	Witherslack	Family Service	Rev. Michelle Woodcock
11.00am	Crosthwaite	Morning Worship (CW)	Rev. Michael Woodcock

You can also watch our Two Valleys online service

at <https://www.youtube.com/channel/UCHIN2ZrSNH8aRhk-2cM41IA/>

20th September 15th Sunday after Trinity

9.30am	Cartmel Fell	Matins (BCP)	to be confirmed
9.30am	Witherslack	Morning Worship (CW)	Rev.M.Woodcock & Mrs.D.Grace
9.30am	Underbarrow	Morning Worship	Rev. Bob Dew
11.00am	Winster	Morning Worship (CW)	Rev.M.Woodcock & Mrs.D.Grace

You can also watch our Two Valleys online service

at <https://www.youtube.com/channel/UCHIN2ZrSNH8aRhk-2cM41IA/>

27th September 16th Sunday after Trinity

9.30am	Cartmel Fell	Morning Worship (CW)	Rev. Michael Woodcock
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock
5.00pm	Witherslack	Evensong (BCP)	Rev. Michael Woodcock

You can also watch our Two Valleys online service

at <https://www.youtube.com/channel/UCHIN2ZrSNH8aRhk-2cM41IA/>

Cover photograph: Rosie Harris
Church miniature pictures from watercolours by John Wilcock

A LETTER FROM MICHAEL WOODCOCK

Dear friends,

What a summer we have had! Coronavirus will be living long in the memory of so many of us, particularly the young and those who have been more directly affected. Concern has been expressed about the level of anxiety this has caused. We have all been affected in some way just through the nature of this very drawn out and uncertain time.



I read recently how psychologists have long studied what is called vicarious trauma. This arises simply from witnessing a traumatic event or circumstance, even to the extent of our constant exposure to traumatic events in the media. We see this through the 24-hour news world we live in, and how relentless exposure to it can increase our anxiety, our fears, our feelings of hopelessness.

Our call to be peacemakers offers a contrast to this culture of anxiety that surrounds us. “Blessed are the peacemakers” said Jesus (Matthew 5) and to do this we need to be at peace ourselves. Gandhi once wrote that “there is no way to peace, peace is the way”. In other words, we need to be the peace the world needs by resting in God’s presence, resting in the Peace and Joy of Christ.

Br. Nicholas Bartoli from the Society of Saint John the Evangelist (SSJE) offers these tips on taking a break from the media-frenzy of anxiety-inducing news that bombards us, so that we can be better peacemakers through cultivating our own inner peace:

- Set limits on the consumption of news media, videos, etc. Consider taking a Sabbath from all kinds of media, for a day or even longer.
- If you have trouble setting limits, put notes on the devices you use reminding yourself to ask “Is what I’m doing now nourishing for my soul?”
- Practise noticing patterns in your thoughts and feelings around consuming traumatic news, and take a break when needed.

- Make a list of things that bring you hope, peace, and joy, and practise them.
- If you feel called to do something, then do something! Consider even the smallest gestures that could turn hopelessness and anxiety into action.
- Make time for silent prayer, and practise letting God take on the cares of the world while you rest in God's presence.

yours in friendship,

Michael Woodcock

Rev. Michael Woodcock,
The Vicarage, Crosthwaite.

FROM THE REGISTERS



Funerals – With Sympathy, we remember those who have recently passed away:

4th August Anne Douglas (62) Funeral Service at St. Mary's, Crosthwaite

CALLING ALL VILLAGES

Ten Little Churchmen

Many years ago this Poster was seen outside St. Pancras Church, London

Ten little Churchmen went to church when fine;
But it started raining, then there were 9.
Nine little Churchmen stayed up late;
One overslept himself, then there were 8.
Eight little Churchmen on the road to heaven;
One joined a rambling club, then there were 7.
Seven little Churchmen heard of Sunday 'flicks';
One thought he'd like to go, then there were 6.
Six little Churchmen kept the place alive;
One bought a television, then there were 5.
Five little Churchmen seemed loyal to the core;
The Vicar upset one of them, then there were 4.
Four little Churchmen argued heatedly
Over all the changes, then there were 3.
Three little Churchmen sang the service through;

Got a hymn they didn't know, then there were 2.
Two little Churchmen disputed who should run
the next social evening; then there was 1.

Our faithful Churchmen knowing what to do,
Got a friend to come to Church; then there were 2.
Two sincere Churchmen each brought one more;
So their number doubled, then there were 4.
Four sturdy Churchmen simply couldn't wait;
Till they found four others, so there were 8.
Eight eager Churchmen at Communion every week;
Soon encouraged others, troubled souls to seek.
All the seats in church are filled, not a vacant pew!
O God, supply this grace and zeal in our Parish, too!

Two Valleys Emergency Prayer Chain

Here is an updated version of our emergency Prayer Chain. Should an urgent matter for prayer occur (e.g. an accident, or someone suddenly taken ill, or an operation about to take place) and prayer be needed quickly, those at the top of the list are informed, who then telephone the next person down on the list, who then telephones the next person, and so on..... Very quickly a “chain” of prayer is set up, and each person commits themselves to pray for the situation confidentially. Please make sure you have asked permission from the person (or family of) requiring prayer.

Here is our Prayer Chain for the villages across our Two Valleys.

Please do print this page and keep it by your telephone.....

Anne Bennett

015394 42127

Anne Wolfenden

015395 68919

Dorothy Grace

015395 68569

Dorothy Dobson

015395 68378

Anne Ratcliffe

015395 35642

Pat Howarth

015395 68652

Geraldine Wilson

015395 68836

Lily Holme

015395 60247

Michael & Michelle Woodcock

015395 68276

Chris Tomlinson

07770 688644 or 015395 68342

If you want to use the Prayer Chain, call up the people at the top of the list. If they are in, they will pass on the message to the next person on the chain. The prayer request will then travel down the list. In the event of someone being out, a message is left on an answerphone if possible and the next person on the list is contacted - we will try to ensure that the request gets through to everybody in the end.

Do use the Prayer Chain again for follow up information - e.g. if you send a message that someone is extremely ill, please follow up with a message to say what the outcome is, so that those who are praying are informed. If you wish your request to be kept confidential within the Prayer Chain then make that very clear when you contact the first person and ensure they understand to pass that message on.

Editorial note: if any of our readers have any picturesque, colourful, seasonal photographs of the Two Valleys & surrounding area, that you think would be suitable for use on the front cover or back cover of the magazine, please send them to: twovalleysnews@yahoo.co.uk. Please state approximately where & what time of year the photo was taken and who took the photograph.

Thanks in advance - Two Valleys News Editorial Team

The Authorship of the Gospels

We so easily take it for granted that the Gospels were written by Matthew, Mark, Luke and John that we probably don't spend much time wondering whether these were the actual authors, or whether their names were given to these texts in order to confirm their status and authority in the early church. If the latter, we need to bear in mind that this was a very common thing to do in a pre-print culture: there was no notion of copyright, and no established practice of an author naming himself or indicating the year of composition. So a tradition could easily grow up that a text, recognised as special, was written by a famous person, even if in reality it was not. The Gospels bear the name of two apostles - Matthew and John - and two others whose names we know from the New Testament: Mark named in the Acts of the Apostles and the Epistles, and Luke, named in the Epistles. But since no original manuscript survives for any of the Gospels, we don't know what information, if any, accompanied them when they first went into circulation. The most we can say, based on surviving evidence, is that the names of Matthew, Mark, Luke and John were associated with the four Gospels fairly early on in the history of the church.

You might think that none of this matters - and in a way, of course, it doesn't, because what is important is what the texts say, not who wrote them. But the question of authorship isn't entirely irrelevant, just as the question of date is not. Are they, for example, based on first-hand witness? Or maybe not? And how we answer might affect the way we read them.

The difficulty of dating the gospels is something I wrote about some time ago, and I won't repeat the arguments here. But as an entry-point to the issue of authorship we need to remember that a common view of modern scholars is that Mark was written probably in the late 60s, Matthew and Luke possibly in the 80s, and John maybe around 90-110. So it is immediately obvious that the dates raise questions about the traditional assumptions regarding authorship: one could imagine that someone writing in the late 60s might have known Jesus in their adulthood, but it gets to be less imaginable for later decades.

Mark's gospel was written first because we can tell that it was used by Matthew and Luke. It's not too difficult to believe that he was the Mark/John Mark in the New Testament. Tradition has it that he was one of the Seventy (Luke 10) and maybe the follower who ran away from Gethsemane (Mark 14: 51-52). But the person we encounter by name was a close associate of Peter, Paul and Barnabas, from whom he could have got much of his information. Perhaps, too, the mere fact that he is not a major figure is another reason for accepting his authorship: it's unlikely that popular tradition would have fastened on his name as one to lend authority to the text when there were bigger names available. Additionally, he is named as the author very early on by Bishop Irenaeus (c.130-200), who claims to be quoting Bishop Papias (c. 60-130). All this adds up to a reasonable though not provable case for Mark being the author of the gospel bearing his name. The picture is more mixed for Matthew, Luke and John, however. I will deal with these next month,

Joyce Hill

Churches open for private prayer

It has not been possible to open most of our churches for private prayer during the week for a variety of reasons. However, two of our churches in the Two Valleys are open on Wednesday Afternoons:

St. Anthony's Cartmel Fell from 2.00pm onwards

St. Paul's Witherslack from 12noon to 6.00pm

After Wednesday evening these churches will again be locked and unavailable until the following Sunday. This will leave at least 72 hours for any virus that has been left lurking on hard surfaces (door handles, pews, etc.) to have died off by the time Sunday arrives and will leave the buildings clean, safe and ready to use for our mixed congregations; some of whom are over 70 and more vulnerable.

You are welcome to VISIT either of these Churches on a WEDNESDAY afternoon, but please be aware that this is at your own risk. We cannot guarantee that these buildings will be free from the virus on these days because it may have been left by previous visitors that afternoon. Please use the Hand Sanitizer as you enter and as you leave, and please try to refrain from touching any surfaces unnecessarily.

We continue to offer a scaled down pattern of Services as shown on p. 3 of the magazine. We will also continue to provide local Two Valleys online services on our Youtube channel www.youtube.com/channel/UCHIN2ZrSNH8aRhk-2cM41IA/

Our Facebook group "Two Valleys Churches" also contains details of how to join with others for prayer, worship, study, and community life. Search for it on Facebook and request to join.

Life in the 1500's...

Some education for you! This is quite interesting.

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May, and still smelled pretty good by June. However, if they were starting to smell, brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water."

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying "dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on the floor to help keep their footing. As the winter wore on, they added more thresh until when you opened the door it would all start slipping outside. A piece of wood was placed in the entrance way. Hence the saying a "thresh hold."

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could "bring home the bacon." They would cut off a little to share with guests and would all sit around and "chew the fat."

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leak onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous. Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or "upper crust."

Lead cups were used to drink ale or whiskey. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a "wake."

England is old and small and the local folks started running out of places to bury people so they would dig up coffins and would take the bones to a "bone-house" and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realised they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the "graveyard shift") to listen for the bell; thus, someone could be "saved by the bell" or was considered a "dead ringer."

And that's the truth... Now, whoever said that history was boring?

~ ~ ~ ~ ~

Edgar & Maud Park

Edgar Park posted a message on the Crosthwaite and Lyth website recently. This led to him sharing some fascinating stories about growing up as a child in Crosthwaite and about his parents, Edgar and Maud. He would like us to share his stories with you.

Edgar writes...

"I visited Crosthwaite Church on a trip down memory lane as my father Edgar and mother Maud were married in the church on the 14th April 1945. My mother was a Land Girl with Harry and Eleanor Dobson of Broad Oak Farm from where she left in her wedding dress that she had made by candle light for the church. My father worked on a farm in the area and was one of the Lakeland Park family, I believe related to the Walling family. We fell on hard times for a short period after work with a tied house ceased and the Dobsons were so kind to take us in until my father found work in Cumberland. Tommy Walling used to use his cattle wagon to move our furniture etc.



Land Army colleagues forming an archway with their forks for the wedding of Miss Maud Southern and Mr Edgar Park at Crosthwaite Church in April 1945.

My youngest daughter visited the church last year and told me a member of Walling family now has the pub. It's the third time she has visited and had hoped to meet Matthew Dobson whilst there but ran out of time with the prospect of a long drive home to Lincolnshire. I was astonished the other day when I looked up the Park name and the Westmorland Gazette front page come up with an archive wedding picture which was my mother and father on the steps of the church with Land Girls forming an arch over them with muck forks. Crosthwaite... wonderful place.... wonderful people."

Edgar goes on...

"So kind of you to make contact and bring me up to date. I have to say I thought Matthew would be around 80 by now. The ashes were of my father Edgar rather than my mother Maud and I brought my mother along with them too. I know my daughter Debbie had been in touch with Matthew regarding the ashes prior to our visit. My mother lived on for many years after that in Carlisle and I used to drive over from Northumberland each week to help her out and every day when she was in hospital.

I was very young when at Broad Oak and went to school with Thomas for a short while on one of those old buses with a wagon front and the door at the back. Eleanor and Harry were very kind to us and we lived in the attic with our furniture crammed in the hallway. The house smelled lovely in the morning of porridge from a pot swung over the range fire followed by the smell of bacon frying. Harry used to sit at the head of the

table and I remember he had a very wide leather belt with a big buckle to hold his trousers up and a battered felt hat although Thomas wore a felt hat nearly all the time too. The water was drawn from a well pump into a bowl standing in a sandstone trough in the scullery behind the kitchen. Eleanor kept bees which I always remembered the honey so much so that I eventually became a beekeeper too.

I think we were moved out of a tied house on a farm near Leeds because my father caught Anthrax from a farm drain so after a long stint in the isolation hospital he was not well enough to do the heavy farm work but he did make a good recovery and back to strength again. The stay at Broad Oak was a God-send to us and frankly saved our bacon I think.



Emma Dobson, Edgar & Maud Park, Norman Park & Margaret Dobson

My mother Maud absolutely loved the Lyth valley and we used to come over to the church from near Carlisle for the Easter service and meet up with Eleanor and Harry. As a Land Girl she spent a lot of time with the horses including taking them to the smithy for shoes etc. She always talked about making her own wedding dress by candle light at Broad Oak and believe it or not she kept the dress all her married life and it is now looked after by my youngest daughter Debbie who lives in Lincolnshire. She works in food research and development and her partner is the chap who flies the

VVW2 Spitfire and the Hurricane for the RAF at the events and special occasions. He also flew the Typhoon you might have seen behind the Spitfire over the Palace for the Royal celebrations. He is now one of the senior ranks running the Battle of Britain Memorial Flight so he gets to play with big toys.

Our eldest daughter Amanda, a really good artist, was a senior graphic designer for Sage software and now is married with two little girls and helps her husband run their building business in Northumberland only three miles from our home. She has a busy life.

My brother Robert, I believe, still knows Emma Dobson as he lives in Market Drayton Shropshire but we don't know where Middleton and Margaret went after leaving home. I was sorry to hear that Thomas had died, which was awful, but heartened to see his son is now running the farm. Funnily, just today my sister Helen rang from Somerset where she used to work for Westland Helicopters prior to retirement and was asking about Middleton when we were talking about Lyth and our relatives in the area. My wife Alison is doing the family tree of the Park family so very interesting to go back generations in the Lyth area. I must admit, she is getting a bit stuck with tracing the connection to Misset where I think Gardeners or Gardiners use to farm (I think Wallings may have it now) however I have seen the information and pictures of said family at Spout House. All very interesting."

Edgar continues...

Frankly, I think my mother must have been made of strong stuff as she was uprooted by the war from quite a comfortable middle class lifestyle being the youngest daughter of the well known Southern family who owned the Manchester Central Laundry and had been part of the consortium that built the Manchester Ship Canal. The first ship to use the new canal was carrying timber from Canada for the Southern family timber yards which eventually became Magnet and Southern and now I think Howdens Joinery. I digress, what I was going to say was that my mother moved from all mod cons and comfort of the city to the rough and tumble of the Land Army and farm life. After meeting my father and marrying, the tied farm cottages were basic to the extreme. They were cold and damp and the only running water was down the walls. Even the toilet was outside and in some cases an earth closet, it was warmer in the cow sheds.

I have also attached two photographs we still have of the Dobson family when they were young. One photo is of Emma with Margaret on her knee and the other picture is of all five children – the five 'M's. Margaret was my mothers bridesmaid. Incidentally, when Eleanor used to visit our family near Carlisle she used to drive a big black car with a split rear window. She used to come all the way over Shap with a wooden cloths peg wedged to hold the choke button out on the dash or the car would conk out. What a woman!

I am familiar with the newspaper and magazine world having worked for Westminster Press plc for many years prior to launching my own newspaper group in the 1970's. Westminster of course also owned the Westmorland Gazette although I never worked on it."



Emma with Margaret on her knee 1947



The Five 'M's. From left, Margaret, Michael, Middleton, Marian and Matthew Dobson

If any other readers have interesting stories and reminiscences about our Two Valleys, please share them. We would love to hear them. You can send any material to twovalleysnews@yahoo.co.uk.

Coronavirus in Cumbria - help us create a community archive

The Covid-19 pandemic has dramatically impacted on all aspects of life and is likely to have far reaching consequences for individuals, communities and the economy.

Cumbria Archive Service is seeking your help to assist us in recording the impact of the Covid-19 pandemic in Cumbria for future generations.

You can help us create a community archive of Cumbrian pandemic related records, which will be catalogued, preserved and made available for research by doing the following:

- Forwarding any material your parish council/meeting has created in response to the Covid-19 pandemic
- Write about your experience of the pandemic: this may be about single memory or event; in the form a diary over several days or weeks, or a creative piece (story or poem)
- Take a photograph which shows how the pandemic has affected you or your community in Cumbria*
- Produce an audio or video recording about your experiences
- Collect leaflets/flyers/posters or similar digital content from local government, schools, local businesses, local voluntary or community organisations which provide information about closures, changes in operation, social distancing and efforts to help vulnerable people

*Please note that when taking photographs, you have the consent of any person in the image or that they cannot be identified.

We ask that material for deposit with Cumbria Archive Service should be written, printed, or digital. All material should wholly or mostly relate to Cumbria for us to accept it.

You can deposit your material with us as follows:

Email digital files and content to barrow.archives@cumbria.gov.uk (our Barrow office will collect all this material for all the county during this period).

Post written and printed material to one of our Archive Centres, or hand these over to us when our Archive Centres have re-opened.

It is important that you do not risk your own or anyone else's health whilst gathering this material. Please follow Covid-19 advice issued by HM Government and Cumbria County Council.

For further information please contact Susan Benson at Barrow Archive Centre.

Email: barrow.archives@cumbria.gov.uk

Anthony Hughes

Archivist. Cumbria Archive Centre, Kendal

Corporate, Customer and Community Services | Cumbria County Council

County Offices | Kendal | Cumbria | LA9 4RQ

Tel: 01539 713540

Email: Anthony.Hughes@cumbria.gov.uk, Web: www.cumbria.gov.uk/archives

NOTICES FOR INDIVIDUAL PARISHES

CROSTHWAITE

Update on the Village Hall, August 2020

I am pleased to report that the work on replacing the lead in the front and back roof gulleys of the hall has been completed. The hall should now be weatherproof. Helen Bentley has repainted the stained area above the stage and is redecorating the Committee Room and the kitchen.

I have given advance notice of the AGM for 7.30pm on Tuesday 1st September. I do not know yet whether we shall be able to have people in the hall, even socially distanced. I will keep you informed. All inhabitants of the village over 18 are eligible to attend, but even if we can go ahead, we shall probably not be able to admit more than about 20.

The agenda will be very basic: Welcome, Apologies, Minutes of the last AGM in April 2019, Matters arising, Chairman's report, Treasurer's report and acceptance of the accounts, election of officers, reports from the user group representatives, AOB.

The trustees have decided, in order to ensure no one enters the hall at present, to ask Kath Edwards, the Safety Officer to take in and keep all the keys for the hall until we can start to use the hall again. Please return any you may have to her at Low Beck. We very much hope this situation will not last long as you will realise that we have continuing overhead costs but no income at present.

Finally I and the other trustees wish to record our sorrow at the death of Anne Douglas, our splendid Secretary. We offer our deepest sympathy to Martin and all the family in their grievous loss. We are all very grateful for the hard work and efficiency that she brought to the job: always cheerful and helpful even in her illness. She will be greatly missed.

Judy Goodland, Acting Chairman

Wanted Urgently

A public spirited man or woman willing to be one of the four trustees of Crosthwaite Village Hall who are responsible for this vital part of our community life and to act as Minutes Secretary at the AGM and the other three ordinary meetings each year as required by the constitution.

Please contact Judy Goodland, Acting Chairman, 015395 68517

Crosthwaite Village Hall AGM

Notice is hereby given that the delayed AGM of Crosthwaite Village Hall will take place at the hall on Tuesday 1st September 2020 at 7.30pm.

Because of the need for social distancing, I shall need to know who intends to come and keep a list of names and addresses. Please let me know if you wish to attend.

Judy Goodland Acting Chairman



WINSTER

Church Services have resumed but at the moment only on the 1st and 3rd Sundays of the month. It is the PCC's hope and intention that we could move to 3 or even back to 4 services each month, but we are needing to find available ministers (ordained or lay) who would be willing to join a rota for Winstar.



WITHERSLACK

Witherslack Churchyard Working Parties

We are resuming our monthly Working Parties in the Churchyard on the last Thursday of each month. So, if you can join us from 10.00am on Thursday the 24th September for an hour or so, we will continue to make some progress on improving our Churchyard. Please bring your own tools and refreshments - if you can fit a wheelbarrow in as well, they are useful for moving material we cut back.



HARVEST FESTIVAL SUNDAY 4th OCTOBER 9.30am.

HARVEST SCARECROW EVENT

Make a scarecrow to go into the Churchyard. Theme HARVEST.

Family, individually or organisation - WI, Bowls, Rainbows, Playgroup, Parish Hall, Church and any other.

More details to follow on Witherslack Hub

[\(https://feedback.facebook.com/groups/318623998609395/\)](https://feedback.facebook.com/groups/318623998609395/).

Witherslack Community Shop

As chairman of Witherslack Community Shop, I have decided to write to all the customers who used the shop during lockdown. Thank you very much for using the delivery service and therefore keeping the shop going.

The shop will reopen and the deliveries will continue once a week for the time being. Thank you all for making this happen. Witherslack Community Shop is opening for a few hours every week to ease ourselves back in to normal life!

We are pleased to let you know we are opening on the following days from Wednesday July 1st...

Monday 9-1

Wednesday 9-1

Friday 8 - 3

We shall still be delivering your orders on Friday. If you would like to place a standing order for bread, milk etc. for collection from the shop, then please phone during opening hours. Shop 52188

Please telephone Rachel 52447 to place an order for Friday delivery before 12pm on Thursday. Thank you for all your support

Liz Croy

Two Valleys Churches

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Cartmel Fell, Crosthwaite, Winster, and Witherslack

Parish Priest: Rev'd. Michael Woodcock, The Vicarage, Crosthwaite, Cumbria. LA8 8HX
(015395 68276 e-mail: 2valleyschurches@gmail.com (not available Fridays)

Reader: Dorothy Grace dorothygrace01@btinternet.com

St. Anthony's, Cartmel Fell

Churchwardens: Mr. Anthony Clarke ☎ 015395 31481
Mrs. Vanda Lambton ☎ 015395 31311

St. Mary's, Crosthwaite

Churchwardens: Mr. Matthew Dobson ☎ 015395 68849
Mr. John Holmes ☎ 015395 68599

Holy Trinity, Winster

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

St. Paul's, Witherslack

Churchwarden: Mr Tony Walshaw ☎ 015395 52491

Safeguarding Officer: Mrs. Jane Eccles ☎ 015395 33769/ 077799 53763
for the above four parishes.

Underbarrow with Helsington

For baptism, wedding, & funeral enquiries and any urgent pastoral needs please contact:

Church Administrator: Janet Sullivan assjadmin@stkmail.org.uk (01539 730683

Churchwardens: Mr. John Lee ☎ 015395 68470
Mr. Peter Smith ☎ 015395 68927

St. Catherine's, Crook

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

Readers: Tony and Hilary Fitch ☎ 015395 68577 or fitchesuk@aol.com

Churchwardens: Mrs. Lilian Atkinson ☎ 01539 821389
Mrs. Mary Allcock ☎ 01539 821312

Magazine Editors next month: Jolyon Dodgson ☎ 015395 52222

Magazine postbox c/o Crosthwaite Vicarage. e-mail: twovalleysnews@yahoo.co.uk

Advertising Manager and

Magazine postal service: Matthew Dobson, Aspen, Crosthwaite. LA8 8BS
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MAGAZINE DEADLINES

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

REGULAR EVENTS

HELSINGTON & BRIGSTEER

Book online at brigsteervillagehall.co.uk Contact Ann Bryan ☎ 015395 68067

Pilates Intermediate	Mondays 09:30 - 10:45
Pilates Fundamentals	Mondays 11:00 - 12:00
Short Mat Bowls	Mondays 19:30 - 21:30 September to April
Circle Dancing	Tuesdays 10:00 - 11:45
Community Teashop	Fourth Tuesday of the month 15:00 – 16:45
Table Tennis	Tuesdays 19:45 - 21:45 September to May
Yoga	Wednesdays 09:30 - 11:00
Dru Yoga	Wednesdays 18:00 - 19:30
WI	Second Wednesday of the month 19:30
Pilates	Thursday 18:00 - 19:00
Storynights	Second Thursday of the month 19:30
Pilates	Fridays 12:00 - 13:00

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 7.30pm during winter

CROOK MEMORIAL HALL

For bookings contact Mrs. Kath Jackson ☎ 015398 21415

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

CROSTHWAITE MEMORIAL HALL

Please check bookings online at website address: www.crosthwaiteandlyth.co.uk/memorialhall.php

Trustees: Judy Goodland, Jim Bownass, Jenny Waldron, Aine Douglas

For bookings contact Kath Edwards ☎ 015395 68879

Playgroup	Tuesdays & Thursdays 9.30am - 11.30am (School Term times)
Indoor Bowling	No dates for April
Exchange	Closed until further notice
Yoga	Wednesdays 7.00 – 8.30pm (1st, 22nd and 29th only)
WI	Third Wednesday of the Month 7pm for 7.30pm
Art Club	Restarts in October

UNDERBARROW INSTITUTE

For bookings contact Richard Simpson ☎ 015395 68228

Snooker Club	Mondays from 7.30pm
WI	Every 2 nd Wednesday of the month - 2pm, October to March inclusive, 7.30pm, April to September inclusive

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WINSTER

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WITHERSLACK

Indoor Bowling	Wednesdays 7.30pm - 10pm (from September to end of April). new members welcome - all equipment is provided
Parent & Toddler Group	Tuesdays 10am until Noon in the Parish Hall
Tea & Chat	Every Monday 1.30pm - 2.30pm in the Parish Hall
Women's Institute	Every 2 nd Tuesday of the month at 7.30pm
The Art Club	Fridays 9.30am - 12.30pm
Yoga	Wednesdays 6.00pm pm in the Dean Barwick Hall (£7/session)

All events currently cancelled due to Covid-19

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

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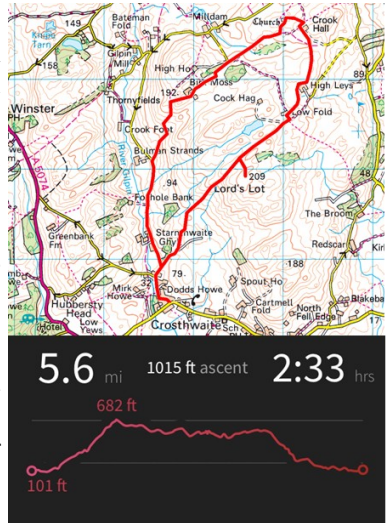
St Catherine's Tower via Lords Lot

Description

5.5 miles, around 1000ft of ascent almost all steady incline early in the walk, 2.5 hours. Great walk to blow away cobwebs before a late Sunday lunch.

A fine circular walk that can be done in either direction. My usual preference is to walk anti-clockwise and enjoy getting out of breath walking up to Lords Lot first. Lords Lot is no great height at just under 700 ft but with the exception of Lords Seat on Whitbarrow it grants some of the best elevated views in the parish.

In early Spring the gorse is a blaze of yellow and later in the year you might need to fight your way through bracken. It's easy to miss the turn to get to the top of this little Fell and it can get boggy on the path around the summit. In winter I do this as a welly walk.



Clapper bridge over the Gilpin

The other object of the walk is the ruined tower of St Catherine's church, the former parish church for Crook.

The views on this walk are ever changing and you need to look in all directions to take them in. It's a quiet walk and you rarely encounter other walkers. As you pass through some of the hill farms do stop and have a chat. The farmers up here are friendly and don't bite in my experience.

Route

You start off by walking down the Crook road to Hardriggs and up the slight elevation beyond. The bridlepath off to the right leads, after about 250 yards, to a marked footpath beyond the left side gate. The path can be difficult to follow, but mostly travels around the side of the enclosure.

On the footpath up the hill you do need to be careful not to be distracted by some local paths and tracks that are not part of the route. In particular as you look up the fell there are two obvious green paths from the gate in the little dell. It is the right one of these you need to take. You should be able to see a small footpath sign around 150 yards ahead on this path.

Make sure you turn around occasionally to take a breath and get a great view of the Winster valley, Whitbarrow and Cartmel Fell. Towards the top of the hill, before the path flattens out, you will notice a dry stone wall on your left. If you carry on a short while you will soon find a break in the shrubs on the right and a couple of trampled paths leading to the top. You just need to make your own way up as high as you can go. It's only a 5 minute diversion. A small cairn on a rocky outcrop with convenient sitting stones lets you know you have arrived. Bide a while and look around you.

You need to return to the public footpath you deviated from and if it's misty then go back the same way you came as you can get disoriented.

The footpath continues through a boggy area, a little too tightly alongside a barbed wire fence before a stile brings you to open sheep pasture with views north and west towards Cunswick Scar and the Howgills beyond.

You need to keep low and left through the little valley towards Low fold Farm which is beyond another stile. The walk continues towards St Catherine's through good paths past High Leys and Crook Hall.

The ruined tower of St Catherine's is visible from the path and after you have had a look around you need to make your way up an ancient cart track, now bridleway, to Birks Moss. You are now on the return to Crosthwaite Green, but still on elevated land so the views are still lovely.

Before descending down the hill take a look down past Whitbarrow, beyond which you can see Heysham power station on Morecambe Bay. Your predecessors on this route would likely have been packhorses and it's easy to envisage that as you make your way downhill towards Bulman Strands Farm in the Gilpin Valley.. Careful as you go down, this can be muddy or icy in winter.

The route takes you back to Crosthwaite Green past Starnthwaite Ghyll. If this is your only walk in the area you may wish to divert through this original water mill development alongside the river path and pass back into Crosthwaite over the 17th or early 18th century clapper Bridge.

Things to see on the walk.

The full 360 view from the top of Lords Lot. Whitbarrow to the south, Morecambe bay and the Kent Estuary. Furness fells beyond Cartmel Fell in the West and Lakeland's central fells heading north west. Fairfield, High street and Kentmere fells in the north and the Howgills, and Underbarrow Scar eastwards.



The Lakeland fells from Lords Lot

St Catherine's tower is all that remains of the original church which was used from 1516 to 1887. Restored in 1993 by English Heritage. Crook's ' new ' parish church is a few hundred yards northwards on the main road junction.

On the packhorse track down to Bulman Strands is a strange, stone, box like object. It has a small hollowed chamber on the side. An older farmer remembers using this as a store for sheep markers and clippers as sheep were sheared here, using the path as an pen. Whether it was built for this purpose we can only speculate.

The gorse is beautiful in early Spring, particularly towards Lords Lot's twin, Tarn Hill. The small beef suckler herds on the upland pastures always look in prime condition in the warmer months and lambing time up here is a delight if you are a walker.

Martin Douglas