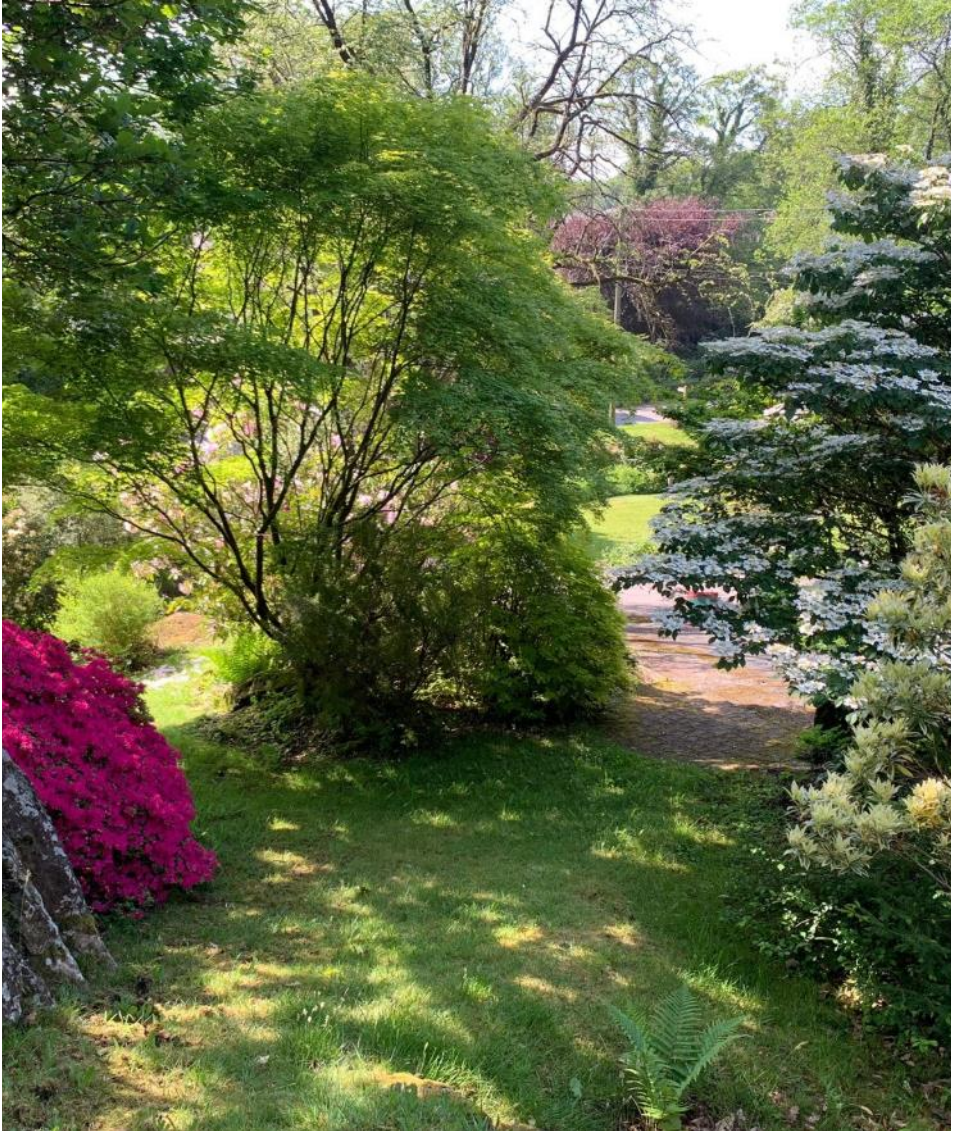


# **TWO VALLEYS PARISH NEWS**



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

**July 2023**

**70p**

**Holy Trinity Church Winster**

# **Books/Cakes/Plants**

**SAT JULY 29TH**

in the **School House**

**10.00am - 4.00pm**

**TEA COFFEE SOUP**

**HOME-MADE CAKES**

**BOOKS PLANTS**

**LOOK FORWARD TO SEEING YOU!**

**For info:- Yvonne 01539488563/ Gill 01539443304**

Cover picture: A South Lakes garden by Jenny Reynolds  
Church miniature pictures from watercolours by John Wilcock

## Church Services for JULY 2023

### **Sunday 2<sup>nd</sup> July      The 4<sup>th</sup> Sunday after Trinity**

9.30am	Underbarrow	Holy Communion (CW)	Rev. Bob Dew
9.30am	Witherslack	Holy Communion (CW)	Rev. Michael Woodcock
11.00am	Winsters	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crook	Morning Worship (CW)	tbc
5.30pm	Cartmel Fell	Evensong (BCP)	Rev. Michael Woodcock

**Thursday 6<sup>th</sup> July** 9.15am Holy Communion (CW) in St. Mary's Crosthwaite

**Saturday 8<sup>th</sup> July** 10.30am-12.30pm Messy Church outdoor event planned

### **Sunday 9<sup>th</sup> July      The 5<sup>th</sup> Sunday after Trinity**

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Underbarrow	Holy Communion (CW)	Rev. Ian James
11.00am	Crook	Morning Worship (CW)	tbc
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock

### **Sunday 16<sup>th</sup> July      The 6<sup>th</sup> Sunday after Trinity**

9.30am	Underbarrow	Holy Communion (CW)	Rev. Michael Woodcock
10.00am	Witherslack	Café Church in the Parish Hall	
11.00am	Winsters	Holy Communion (BCP)	Rev. Simon Howard
11.00am	Crook	Holy Communion (CW)	tbc

### **Sunday 23<sup>rd</sup> July      The 7<sup>th</sup> Sunday after Trinity**

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Helsington	Morning Worship (CW)	Rev. Simon Howard
11.00am	Crook	Morning Worship (CW)	tbc
11.00am	Crosthwaite	Holy Communion	Rev. Michael Woodcock

**Wednesday 26<sup>th</sup> July** 7.30pm Crosthwaite Refresh

### **Sunday 30<sup>th</sup> July      The 8<sup>th</sup> Sunday after Trinity**

11.00am Two Valleys Parish Walk begins at St. Catherine's Crook - byo picnic

### **Sunday 6<sup>th</sup> August      The 9<sup>th</sup> Sunday after Trinity**

9.30am	Underbarrow	Holy Communion (CW)	tbc
9.30am	Witherslack	Morning Worship (CW)	tbc
11.00am	Winsters	Holy Communion (BCP)	tbc
11.00am	Crook	Morning Worship (CW)	tbc

## *A LETTER FROM DOROTHY GRACE*

Dear friends,

As I write this at the beginning of June, I suspect that the long spell of warm sunny weather is coming to an end. We do need the rain, so I suppose we can't complain! One exception to the sunshine was the whole North Sea coast, where it remained cool and overcast. We've just returned from Aberdeenshire, and can vouch for the lack of sunshine and lower temperatures!



While there, we spent some time visiting historic sites: stone circles, inscribed stones and a few castles. The stone circles, like those everywhere, are something of an enigma, with no one knowing for certain what they were for, why they were built and what activities or ceremonies took place there all those years ago.

Some 10% of all the stone circles in Britain occur in Aberdeenshire, giving us plenty to visit! Those in Aberdeenshire have a characteristic structure not found elsewhere; they date from the Bronze Age and are thought to be linked to extended lunar cycles. But whatever their purpose, these stone circles obviously had meaning and significance to the lives of the builders: something beyond day-to-day human existence; something to facilitate connection with or reverence for something 'other'. They were all built with great care, and to a similar pattern and orientation, bringing communities together through the amount of effort needed to source, shift and place all the large stones.

In a few of the circles, the much later Pictish people had inscribed their own patterns and symbols on some of the larger stones. They also placed large inscribed stones in particular places in the landscape – places that had special meaning to them. Again, no one knows why, or what the characteristic inscriptions and symbols actually mean, but perhaps they marked places where the people felt a particular closeness to the 'other' that they were seeking.

Within Christianity, particularly in the Celtic tradition, people refer to 'thin places', where they feel a particular closeness to God. This may be a place

of regular worship, or a historic site related to one of the earlier Celtic saints. Our local churches, which have been sites of regular worship and prayer for many generations, have become thin places, somewhere where God is particularly present and accessible. We may also sense a 'thinness' when we visit a place of Christian worship elsewhere. Perhaps we have a personal thin place, up a fell or in a beautiful garden: there is something about the feel of the place and what we can see that speaks of God's presence, that draws us to Him.

And just as the stone circles speak of community, our churches are places where our community gathers to worship and pray together. There is something about meeting to worship with others that is different from and complementary to praying individually; corporate worship is uplifting as we sing and pray together – perhaps this is what the ancient pre-Christian communities felt as they gathered among the stones. Jesus says that when two or three gather in His name, He is there with them. So I do encourage everyone to experience this gathering to worship, whether in Sunday services, Messy Church, Café Church, a house group or Refresh. All these are very different experiences of meeting to worship God and pray together, so there is hopefully something to suit everyone – why not give one a try? You will be very welcome!

Best wishes

*Dorothy Grace*

## FROM THE REGISTERS



### **Weddings**

22<sup>nd</sup> April

– Congratulations to:

Georgina Clifford & Humphrey Rose married at St. Anthony's Cartmel Fell



### **Baptism**

4<sup>th</sup> June

– We welcome into the Lord's family:

Lara Eloise Wilkinson at St. Paul's Witherslack

# **CALLING ALL PARISHIONERS**

**Tony's Tower Project** - we continue to seek funding for all the restoration work needed at **St. Paul's Church in Witherslack**. Following the sad and unexpected death of our Churchwarden, Tony Walshaw, his family have given permission for us to continue our campaign under the umbrella title of "**Tony's Tower Project**". Tony was so enthusiastic and optimistic that "we would win and we would get there", that we want to sustain his faith and seek to restore the Church Tower and all the other restoration and improvement works that are needed with his name included in our ongoing campaign. We need to raise at least another £270,000 to see this Project through. We continue to hope for Legacies, and for local people to put in the hard graft of making Grant applications. We are grateful for all the donations already made to Tony's Tower Project - we have raised £67,000 over recent years, but need at least an additional £270,000 if we are to complete these works properly.

Take a look at St. Paul's Church to see what is needed - it's open in daylight hours. We are grateful to Richard Coates who, along with some others, have spent many hours at the Church recently in improving and tidying the site. We now have a new Kitchenette which is a step forward at least.

Keep your eyes and ears open for **Tony's Tower Project**, as we promote some fund-raising events in the months to come....

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## **Fifth Sunday Walk + Picnic | 11.00am Sunday 30<sup>th</sup> July starting from St. Catherine's Church Crook**

Our fifth Sunday gives us an occasion for members of the congregations across the Two Valleys to meet together. St. Catherine's Crook will be the host church. We will meet in the church car park at 11.00am for a walk. We will not be on the road and the return route will include a visit to the old church tower. On our return we will have a picnic in the village field where there are some seats and picnic tables. If you don't want to walk you could join us for a picnic soon after mid-day. Please bring your own food and drink and wear suitable footwear. Look forward to seeing you.

### **New Gardening Group**

We had an initial informal meeting in mid March to discuss ideas. Since then, the group has become very active, with members sharing plants and knowledge, with several informal visits to member's gardens. We have some very knowledgeable and experienced members as well as people new to gardening or the area. All ages and levels of experience are very welcome.

We are not meeting on a formal regular basis, but mostly communicating through WhatsApp and by e mail.

If you are interested in joining please contact Jenny Waldron on [jennifer.jane57@gmail.com](mailto:jennifer.jane57@gmail.com).

### **The Children's Society box collection**

"One of the best ways we can help young people is by listening to what they have to say. It lets us better understand the problems they face, which then means we can make sure we give them the right kind of support to overcome those problems".

Your donations enables this valuable service to continue to help disadvantaged young people in this country. Your box may be at the back of a cupboard but please restore it to your living area and continue to support children's mental health, their education and their safety.

I would be most grateful if you could bring your box to church or drop it off at Tarnside Farm, Crosthwaite, LA88BU. If anyone would like their box collecting or would like to have their own box to support this very worthy charity please let me know. Last year we raised £244.58. Well done to all box collectors!

Many thanks to you all.

Christine Gibson

015395 68639 or [cgibsonarnside@outlook.com](mailto:cgibsonarnside@outlook.com)

## **NOTICES FOR INDIVIDUAL PARISHES**

### **CARTMEL FELL**

#### **An Evening with Howlin' Mat**

Blues Singer, Guitarist and Story Teller

Friday 21st July 2023

Hare Hill Barn, Cartmel Fell, LA11 6NZ

Doors open at 7pm, show starts at 7.30pm

Tickets £10 (plus £1 booking fee) from

[www.wegottickets.com/events/579614/](http://www.wegottickets.com/events/579614/) (No bar, so bring your own drinks!)





Cartmel Fell Community Trust & Sports Committee invite you to



## **Cartmel Fell Sports Day**

Sunday 16<sup>th</sup> July at 2.30pm

At Goswick Hall, Cartmel Fell (just over the bridge in Bowland Bridge)

Traditional Children's Sports with Welly Wanging, Sheaf Tossing for the Adults, and a Bring Your Own (plastic) Duck Race!

Free admission, bring a Picnic and something to sit on!

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**CROOK** The annual village walk and barbeque was held as usual in Outfield Meadow which is our own village field. It was a beautiful fine evening and everyone enjoyed themselves. For those walking there was a map provided and many questions to be answered on the way. Children, in particular, enjoy following the clues. The cooking was undertaken by George Taylor and Andy Brown and everyone contributed cake or biscuits for the excellent meal.



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### **Crook and Winster Parish Council:**

The next meeting of the Council will be held at Crook Memorial Hall on Tuesday 25<sup>th</sup> July at 7.30pm. All of the Council's meetings are open to everyone and there is always an opportunity for members of the public to make comments or ask questions.

The Council continues to press for traffic calming measures on the B5284, for which funding from the Council, together with agreed action, is in place; also, on the A5074 road in Winster, where a site for a Speed Indicator Device (SID) is being looked at and some funding will be made available here too.

Kevin M Price. Parish Clerk. [Kevtherev7@hotmail.com](mailto:Kevtherev7@hotmail.com)  
[www.crookandwinsterparishcouncil.co.uk](http://www.crookandwinsterparishcouncil.co.uk)



## CROSTHWAITE

Crosthwaite Village Hall Treasurer needed.

The Trustees are looking for a person with accounts experience to take on the role of Treasurer from April 2024. We are looking now to give time to prepare for a smooth transition.

Argles Memorial Hall is a registered charity which makes a major contribution to the life of the community and it relies entirely on voluntary support to manage and maintain the building.

If you think you may be interested and would like further information, please contact the current Treasurer Jenny Waldron by email [jennifer.jane57@gmail.com](mailto:jennifer.jane57@gmail.com)

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## YOUR VILLAGE HALL NEEDS YOU!

Crosthwaite Memorial Hall is run for the Village by a small number of volunteer trustees - and **we need HELP!** Our numbers are dwindling, and so the workload is becoming overwhelming.

We would LOVE some more help and so are holding an **Open Morning on Saturday 8th July.**

There will be **Coffee and Cake** and we will show you what goes on in the Hall, our plans for the future (we desperately want to set up something for the older children of the Village), and **how YOU can help.** We need help with Admin Support (making Posters etc), Health and Safety, Hall Maintenance, and generally just a few more people on the committee to help us move forward, we are hoping that many hands make light work

Hope to see you then!



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**SATURDAY 28<sup>TH</sup> OCTOBER 2023**

An Evening with the Houghton Weavers

At Crosthwaite Memorial Hall

Tickets available soon!



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## 100Club

The regular draw is at the Exchange first of the month lunch club

April Winner Martin Casson

May Winner Jean Cheeseman

June Winner Barbie Handley

# FROCS SUMMER BARN DANCE

SAT  
8TH JULY  
7PM



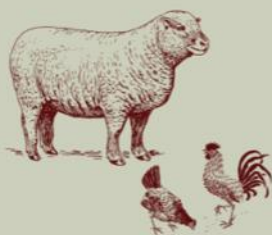
HIGH  
FARM  
CROOK  
LA8 8LR

HOT PORK BUNS &  
HOMEMADE  
PUDDINGS

BAR

RAFFLE  
& COMPETITIONS

LIVE MUSIC  
FROM OTT



TICKETS;  
[FROCS@CROSTHWAITEPRIMARY.NET](mailto:FROCS@CROSTHWAITEPRIMARY.NET)  
OR GEORGE TAYLOR  
07901 720616

ALL WELCOME  
ADULT £12  
CHILDREN (4-11) £6  
UNDER 4 FREE

CAMPING BY ARRANGEMENT ONLY



ALL PROCEEDS RAISED  
GO DIRECT TO CROSTHWAITE C OF E SCHOOL

## WINSTER

### **Crook and Winster Parish Council:**

See Crook



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## WITHERSLACK

### **A new Flag at the Church**

St. Paul's now has a new Union Jack flag which has been kindly donated by a parishioner in memory of our late Churchwarden Tony Walshaw. Thank you to the anonymous donor.



### **“Vicar at The Derby Arms” - last Wednesday of each month.**

Rev. Michael Woodcock will be at The Derby Arms in Witherslack from 12noon until 2.00pm on Wednesday 26<sup>th</sup> July. Happy to have a chat with anyone about anything really.....

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### **Witherslack Meathop & Ulpha Parish Council:**

The next meeting of the Council will be held on Thursday 27<sup>th</sup> July at 7pm at Ulpha Farm. All of the Council's meetings are open to everyone and there is always an opportunity for members of the public to make comments or ask questions.

The Council recently welcomed Philip Coatesworth as a new Councillor and we now have all seven seats filled, the first time for a while.

New notice boards are on order and these should be installed soon.

The Council has a certain amount of funding available to community groups and organisations operating within the parish; applications are invited and should reach the Clerk no less than 14 days before a meeting – about five or six meetings are held each year and details will be displayed on the boards and on the website.

Kevin M Price. Parish Clerk. [parishclerkwitherslack@gmail.com](mailto:parishclerkwitherslack@gmail.com)  
[www.witherslack.org](http://www.witherslack.org)

## Caring for our Community

Are there times when you feel lonely, or in need of a listening ear?

There is now a small team of community visitors, alongside Rev. Michael Woodcock, for the parishes of Cartmel Fell, Crosthwaite, Winster, and Witherslack; each has been safely recruited under our Safeguarding Policy and is trained and experienced in this role. Please feel free to contact any of the team below if you would like some company, a phone-call or a friendly chat over a cuppa, irrespective of which parish you live in. Although we are not professionals, we can be a listening ear. It doesn't matter whether you attend any of the churches or not. All conversations are confidential.

Anthony Clarke (Cartmel Fell)	015395 31481
Lily Holme (Winster)	015395 60247
Pat Howarth (Crosthwaite)	015395 68652
Alyson Groom (Crosthwaite)	015395 68930
Dorothy Grace (Crosthwaite)	015395 68569
Rev'd. Michael Woodcock	015395 68276

## Advertising in the Two Valleys Parish News

Would you like to join our waiting list to advertise your company, business, shop, hotel, crafts, art or services to the local community? We have a circulation of almost 700 potential customers!

**Contact our Advertising Manager, Lorraine Brierley,**

Phone 015395 60702 / 07826 800469

**or e-mail [brierleyl@yahoo.co.uk](mailto:brierleyl@yahoo.co.uk)**

## Remember! - Saturday 15th July Crosthwaite Show 2023 at the Argles Memorial Hall

The Schedule is now available from Committee members, through the School and at other local locations. You may find that a generous soul has also put one through your letter box! It is also available on line on the Community web site. [https://crosthwaiteandlyth.co.uk/documents/news/Show Schedule 2023.pdf](https://crosthwaiteandlyth.co.uk/documents/news/Show%20Schedule%202023.pdf)

If you want to enter items but cannot get to the Registration on the Tuesday before the Show especially if it involves art or photography please drop them in at Pat's at Cedar Lodge any time.

Do 'have a go' at entering some items in the village Show- it's not Chelsea- but not far off.....and it's good fun!

The Show Committee

## Additional Magazine Editors

Despite requests in this magazine and publicity on several local Facebook groups we have had no offers of additional **editors** for the **Two Valleys News**. Please don't assume that someone else is going to volunteer. Do contact [tvn@crosthwaiteandlyth.co.uk](mailto:tvn@crosthwaiteandlyth.co.uk) or telephone one of the editors for more information about how you can join.

## **Fidei Defensor: Defender of the Faith**

**July 2023**

The King's Christian coronation oaths generated a good deal of comment. I touched on the origins of the main ones in my May article on the history of the Coronation, but did not then have room to say anything about his title Fidei Defensor, 'Defender of the Faith'. So I deal with that now.

It was created in 1521 as an award by Pope Leo X to Henry VIII in acknowledgement of the support Henry had given, as a good Catholic, to the Church of Rome against Martin Luther. In 1520 Luther had published three reformist works, one of which argued that there were only two sacraments – Baptism and Eucharist — rather than the seven recognised by Rome. Leo X immediately issued a pronouncement that these writings were heretical and must be destroyed. Luther refused to recant and publicly burnt a copy of the Pope's pronouncement, with the predictable result that he was excommunicated. The threat of religious divisions in Europe escalated alarmingly. Henry joined the fray in 1521 by issuing, in his own name, a rebuttal of Luther's arguments: *Assertio Septem Sacramentorum* (Defence of the Seven Sacraments). The well-educated Henry was capable of writing scholarly material in Latin, but in this he had been prompted by John Fisher, Bishop of Rochester, and the work was ghost-written by a team of theologians. It upheld the Catholic view of the sacraments and papal supremacy and was the reason why Pope Leo (after some persuasion from Henry) awarded him the papal title: Fidei Defensor. The parents of Henry's wife, Catherine of Aragon, had previously been awarded the papal title of 'Catholic Monarchs' because of their defeat of the last Islamic power in Spain. So Henry was keen to have a papal title too; and now he had one.

When, in 1530, Henry broke with Rome and established himself as Head of the Church in England, the title was revoked by the Pope (by then, Paul III) since this act was regarded as an attack on 'the faith' (i.e. the faith of the Church of Rome), and Henry was excommunicated. In 1544, however, when the new religious settlement in England was being consolidated, Parliament formally recognised Fidei Defensor as an official title of the Sovereign, and so it has remained, apart from the brief period of Cromwell's Protectorate.

It is ironic that a title conferred by the Pope to signal Henry's anti-reformation credentials was subsequently reassigned by Parliament to signal his stance against Catholicism. What we have to remember, however, is that reformers commonly explained their position as a restoration of the true faith, the understanding and practice of which had become corrupted over time. The reinstated title reclaimed Henry's position as Defender of the (true) Faith. This was precisely the signification of the original papal award — except that in the interim the understanding of what the true faith was had been redefined in reformist circles and Henry had changed sides. Even so, in England the redefinition/reformation under Henry was not as radical in terms of observance or organisation as it was in many other Protestant lands, and the Parliamentary confirmation of Fidei Defensor can be seen as a propaganda move to underline what Henry claimed to be the defining characteristic of his reform: an essential continuity with the true version of the faith of old, of which he was properly the defender.

The title's abbreviation on coins was *Fid Def*, but became *FD* on those of Elizabeth II and will remain so for Charles III.

Joyce Hill

## Potatoes

The inventory of William Redhead of Sanderson Fold, made in December 1710, shows he grew potatoes. This is the earliest mention of them in Crosthwaite and Lyth. According to "Manners and Customs of Westmorland, 1827, the first potatoes were sold in Kendal in 1730 by 'Potato' Morsden of Kirkby Lonsdale. It is possible that Redhead attended Kendal market to sell his apples and also potatoes earlier than Morsden. In the nineteenth century many farmers and smallholders sold produce in Kendal market from the Lyth Valley area - vegetables, fruit, potatoes and pigs (in crates) - in the street markets. Butter, dressed poultry and eggs were sold in the market hall from 1865. The market was free, the tolls having been bought out by the Kendal Farmers Club – the forerunner to the NFU. All the local parishes made their contribution to the purchase. The present market hall, built in 1888, replaced a purpose built market hall funded by the agricultural community in 1855, and when replaced it became Kendal's first public library (the facades were rebuilt and remain in Sandes Avenue). SLDC decided in 1978 to end the free market and acquire complete control, no compensation being offered to the purchasers of the tolls. However, Michael Jopling MP (now Lord Jopling) insisted provision be made for the free space in the market hall for local people. SLDC duly amended their market bill which was contested in the House of Lords. One of the petitioners, Robin Bagot, objected to the wording of the amendment and the Lords committee altered the wording. They also allowed the sale of home made goods previously not sold in the market hall. The Kendal branch NFU, who also in the House of Commons petitioned for the free space to be extended to the outdoor Stramongate market, drew attention to the loose wording of the Lords amendment. The House of Commons committee made no changes.

Consequently the current team of lawyers employed by SLDC now Westmorland and Furness have decided not to give the free space to anyone. It is surprising how this right has been casually shelved by the elected councillors of the area, considering they have powers of discretion to preserve the free market and retain their honour.

Desmond Holmes

4 True Inventory of all and singular the goods and chattels  
debts and credits of William Rodhead late of Sanderson Fold in  
Grossethwaite in the county of Westmorland yeoman, appraised the Twenty  
seventh day of December Anno. Dom. 1710 by John Gairmull and  
William Howland sen both of Grossethwaite afforesaid and William  
Gathings of Lindbarrow all of them in the said County yeomen  
as followeth

Inginis apparell Lining and Wooling	— — — — —	0 = 6 = 0
Item Brasse and pewee and Wood Vessell	— — — — —	0 = 9 = 9
Item Girdle and Brandeth smoothing Ironer	— — — — —	0 = 4 = 0
Item Worktools and severall other things	— — — — —	0 = 6 = 4
Item Chaires Stooles Bedstocks &c	— — — — —	0 = 1 = 4
Item Bedding	— — — — —	0 = 3 = 0
Item Sacks Worling Blue Wool hemp and hempgrass	— — — — —	0 = 13 = 0
Item Potatoes and severall other things	— — — — —	0 = 4 = 0
Item Meal and other wood things	— — — — —	0 = 9 = 1
Item Skits Gooses Bedstocks hempseed Apple &c	— — — — —	0 = 7 = 5
Item Saddles husbandry gear and loose wood	— — — — —	0 = 4 = 9
Item Bread and other dead Victuals	— — — — —	0 = 2 = 0
Item Peas and Brankens	— — — — —	0 = 2 = 6
Item Bigg and Oakes thrasht and unthrasht	— — — — —	0 = 10 = 0
Item Hay	— — — — —	0 = 6 = 0
Item One heiff	— — — — —	2 = 9 = 0
Item Ford Colerake and manure &c	— — — — —	0 = 2 = 6
Summe hereof	— — — — —	7 = 2 = 0

Debts owing by the said  
Inginis Apparell &c — — — — — 1 = 3 = 4

Debts due — — — — — 5 = 8 = 0

Ap. Rodhead 17. Jan. 1710. From Gairmull and  
Howland sen in witness whereof &c  
Gathings  
Gairmull  
Howland sen  
Gathings



## **Curlew Recovery South Lakes**

“That noise, it’s part of Spring and part of all our childhoods, and we want to retain that.” So said George Taylor of Crook, talking to BBC Radio Cumbria last month about his involvement in the work of Curlew Recovery South Lakes. Along with all the farmers with nests on their land, George has been terrific in helping the curlews.

Curlews nest on the ground, and are vulnerable to predation from foxes, badgers, and crows. The local curlew volunteers use electric fences with the permission of the farmers to protect nests and avoid losses during agricultural operations.

At the time of writing (mid-June), the volunteers have found 18 nests. Sadly, five nests were lost to predation before fencing. The volunteers are now making daily checks on 8 broods of chicks. We’re sad to report that 4 clutches of chicks seem to have been lost. We often watch the adult birds defending against crows. Ground nesting birds need the support of predator control, but capturing the rogue crows this late in the season is likely to be challenging.

Sadly, one nest failed to hatch despite the birds incubating for an extended period. Sheffield University’s analysis revealed that the eggs were nearly fully developed, leaving us with an unsolved mystery.

Curlews are a wonderful part of our local landscape, yet their breeding success is extremely poor across lowland areas. Every nest and every chick is vitally precious, and our volunteers are unwavering in their commitment to help secure the future of curlews as breeding birds in our valleys.

You can follow their work and stay up to date with their latest stories on their Facebook page ([facebook.com/profile.php?id=100091995920086](https://facebook.com/profile.php?id=100091995920086)) or on Twitter ([twitter.com/CurlewSLakes](https://twitter.com/CurlewSLakes)), where you can spot lovely photos of the birds from our valleys.

Curlew Recovery South Lakes is a registered charity and always looking for new supporters to help them this vital conservation work. To get involved contact: Susannah Bleakley and Barney Sykes: [curlewrecoverysl@gmail.com](mailto:curlewrecoverysl@gmail.com)

Or to join our mission with a gift go to: <https://justgiving.com/curlewrecoverysl>  
Together we can help curlew survive and give our children the call of the curlew.

Thank you



**BRIGSTEER** Brigsteer WI members have been busy renovating the bench at the bottom of the village, as part of their WI community challenge. It was first installed to celebrate their 50th anniversary back in 1987 so was well overdue refurbishment. The monthly walks are going well with a trip to Smardale in June and Gummer's How in July. Four members kindly sent exhibits to the WI marquee at Country Fest and these were on display at our June meeting. We're looking forward to our guided tour of the Quaker Meeting House, Rook How in the Rusland Valley on Friday 7th July with lunch after at Yew Tree Barn. If you'd like to come along to our next meeting or for more information about our friendly group, call Sue or Liz on 07718 904082 or 07894 710014.

**CARTMEL FELL** The majority of members and 11 guests enjoyed the presentation by Archie Workman on "My life in the Gutter" Archie had led a very interesting and varied life and was now enjoying repainting and preserving old signage of local villages as well as the everyday tasks of a lengthsmen.

Sue chaired the meeting following the speaker, Lesley was welcomed back following her fall.

Ruth reported on the virtual screening of the Cardiff Annual Meeting she had attended with Sue at Selside and a date was set for a croquet evening at Greenodd.

The next meeting is 5th July when John Mounsey will tell us about "The pretty little flower and the great Oak tree" The competition is for a wooden ornament.

As always, visitors or prospective new members will be very welcome.

**CROOK** At the June WI meeting there was a sale of plants. A good opportunity to sell any surplus plants from the garden and pick up some new ones. It was decided that the money raised would be donated towards the "Save Windermere" project. Members had also been encouraged to bring any items of craft they had been making. There were a large number of different items causing much discussion and admiration

A day's outing to Skipton is planned in the middle of June. There will be opportunity to take a boat trip on the canal, have a look around the town and perhaps visit the Castle.

**WITHERSLACK** We held our May meeting at Witherslack Parish Hall, where our Vice Chairman Linda Park welcomed 15 members.

After our meeting our speaker for the night was Joanne Shaw who spoke to us about crime prevention. Joanne was a member of the Greater Manchester police force for over 18 years and gave us great insight into her life and career in the force which covered every type of crime, including more recent large scale events such as the Manchester area bombing.

Joanne has now retired from the police and enjoys living in the Lake District. In her free time she gives very informative talks on Identity Fraud/Internet crimes which are currently on the rise. Her talk was very informative and eye-opening to the lengths to which criminals will go and how best to protect ourselves from these types of crimes.



**I bought a car costing £3,325 via an online marketplace. I hadn't seen any negative reviews about the company so I just thought it was fine and transferred the money. But the car never arrived, and then I saw it re-advertised in different places. I tried to contact the company but**

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Anyone can be targeted by a scam and sadly anyone can fall for one. Talk to your bank or card company immediately to see if you can stop or recover the payment. Report the scam to Action Fraud on 0300 123 204. You can also contact the Citizens Advice Consumer Service for help with what to do next.

Citizens Advice Consumer Service received over 9,000 reports of scams between January to April 2023. The charity is urging more people to report scams to help protect others from falling victim. As scammers get ever more sophisticated it's more important than ever that we all work together to raise awareness, report scams and share our experiences to help protect ourselves from their tricks.

The most common scams faced by the public so far this year are malicious parcel delivery messages with scammers attempting to get hold of personal information or bank details. Several of the most frequently encountered forms of scams involve quite sophisticated impersonation of official organisations.

It is important to keep alert to signs of a scam. These include offers that seem too good to be true, like a holiday that's much cheaper than you'd expect, or pressure to send money quickly, or in an unusual way – like by an iTunes voucher or a transfer service. Other clues are if you are asked to give away personal information such as passwords, PINs or verification codes - a reputable organisation will never ask for these things. Always step back and double check. If there is any hint that the organisation or person you are dealing with isn't genuine, such as a suspicious email address, don't part with any money or information.

***Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. South Lakes Citizens Advice, your local charity, is here for you. How to access:***

***Call [015394 46464](tel:01539446464) - this is being staffed from 9:30 – 2pm***

***• Adviceline: 0808 2787 984***

***email advice via our submission page on our website [www.southlakescab.org.uk](http://www.southlakescab.org.uk)***

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## **Cartmel Fell, Crosthwaite, Winster, and Witherslack**

**Parish Priest:** Rev'd. Michael Woodcock, The Vicarage, Crosthwaite, LA8 8HX  
(not available Fridays) [mich@elwoodcock.com](mailto:mich@elwoodcock.com) 015395 68276

**Reader:** Dorothy Grace [dorothygrace01@btinternet.com](mailto:dorothygrace01@btinternet.com) 015395 68569

### **St. Anthony's, Cartmel Fell**

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

### **St. Mary's, Crosthwaite**

Churchwardens: Mr. Steven Brierley 015395 60702 07470 169890  
Mrs Pat Howarth 07765 010252  
Mrs Geraldine Wilson 015395 68836 07766 646504

### **Holy Trinity, Winster**

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

### **St. Paul's, Witherslack**

Churchwardens: Vacant

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## **Underbarrow with Helsington**

**Associate Priest:** Rev'd. Simon Howard

[revdsimonhoward92@outlook.com](mailto:revdsimonhoward92@outlook.com) : 07719 889577

For baptism, wedding, & funeral enquiries contact the **Church Administrator:**

**Janet Sullivan** [assjadmin@stkmail.org.uk](mailto:assjadmin@stkmail.org.uk) : 01539 730683

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**Safeguarding Officer for all above:** Mrs. Jane Eccles 07779 953763 015395 58138

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## **St Thomas' Kendal with St. Catherine's, Crook**

**Parish Priest:** Rev'd. George Briggs, St. Thomas Vicarage, South View Lane,  
Windermere Rd, Kendal.

[george@stkmail.org.uk](mailto:george@stkmail.org.uk) : 015395 83058

**Curate:** Rev'd. Vic Sekasi [vsekasi@gmail.com](mailto:vsekasi@gmail.com) 07786 061972

**Readers:** Tony and Hilary Fitch [fitchesuk@aol.com](mailto:fitchesuk@aol.com) : 015395 68577

**Church Administrator:**

**Janet Sullivan** [crookadmin@stkmail.org.uk](mailto:crookadmin@stkmail.org.uk) : 01539 730683

**St Catherine's Churchwardens:** Mrs. Lilian Atkinson 01539 821389

Mrs. Mary Allcock 01539 821312

**Safeguarding Officer for Crook:** Mrs. Lilian Atkinson, Low Fold, Crook  
[lilatkinson8@gmail.com](mailto:lilatkinson8@gmail.com)

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**Magazine Editor next month:** Stephen Rowlinson (015395 68912)

Magazine postbox c/o Crosthwaite Vicarage. e-mail: [tvn@crosthwaiteandlyth.co.uk](mailto:tvn@crosthwaiteandlyth.co.uk)

**Advertising Manager and Magazine postal service:**

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## REGULAR EVENTS

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Contact Ann Bryan ( 015395 68067)

Pilates Intermediate	Mondays 09:15 - 10:15
Pilates Fundamentals	Mondays 10:30 - 11:30
Circle Dancing	Tuesdays 10:00 - 11:45
Table Tennis	Tuesdays 19:00 - 21:00 September to May
Yoga	Wednesdays 09.30 - 11:00
WI	Second Wednesday of the month 19:30
Dru Yoga	Thursdays 09.30 - 11:00
Tai Chi	Thursdays 13:45 - 15:45
Pilates	Fridays 09:15 - 10.15

### CARTMEL FELL

For bookings contact Julie Balshaw Tel. 015395 68506 Email: [balsh@hotmail.com](mailto:balsh@hotmail.com)

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 Tel: 01539 821415

Music Group	Monday morning
Art Group	Monday afternoon
Table Tennis	Monday and Friday 7.30 – 10.00pm (from September during the winter months)
Guitar Group	Tuesday morning
Young Farmers Club	Occasional Tuesdays 7.30 – 9.30pm
WI	First Wednesday in the month (afternoons in winter, evenings rest of year)
Sewing/Craft Group	Occasional Wednesday evenings
Aerobics/Body Toning	Thursday 10am – 11.00am
Folk Dance Group	Thursdays 7.30pm – 10.00pm
Painting Group	Friday afternoon

### MAGAZINE DEADLINES

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

## CROSTHWAITE MEMORIAL HALL

Please check bookings online at website address:

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

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

Playgroup	Tuesdays & Thursdays 9:30-1:30am (school term time)
Indoor Bowling	Tuesday and Thursday 7.30-10.00pm (3rd. Oct—14th. Dec 2023 9th. Jan—28th. March 2024)
Exchange	<b>Lunches</b> 1st Wednesday of month 1pm-3pm <b>Teas</b> 3rd Wednesday of month 2:00-4:00pm
Yoga	Wednesdays 7.00-8.30pm
WI	Social afternoons, Occasional 2:00-4:00pm Evening Meetings, Monthly 3 <sup>rd</sup> Wed 7.30-9.00pm
Art Club	Mondays 1.30-4pm (January-March then October-December)

## UNDERBARROW INSTITUTE

For bookings contact Valerie O'Loughlin: Tel. 015395 68655

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

## WINSTER

For bookings contact Jane Crowe: Tel. 015394 44098

Books, Cakes and Plants Last Saturday in the month (April-November)

## WITHERSLACK

For bookings contact Janet Crowe 07919 988566

[janet.crowe@outlook.com](mailto:janet.crowe@outlook.com)

Indoor Bowling	Wednesdays 7.30pm - 10pm (from September to end of April). New members welcome - all equipment is provided.
Parent & Toddler Group	Tuesdays 10am until Noon in the Parish Hall
Women's Institute	Every 2 <sup>nd</sup> Tuesday of the month at 7.30pm
The Art Club	Fridays 9.30am - 12.30pm

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