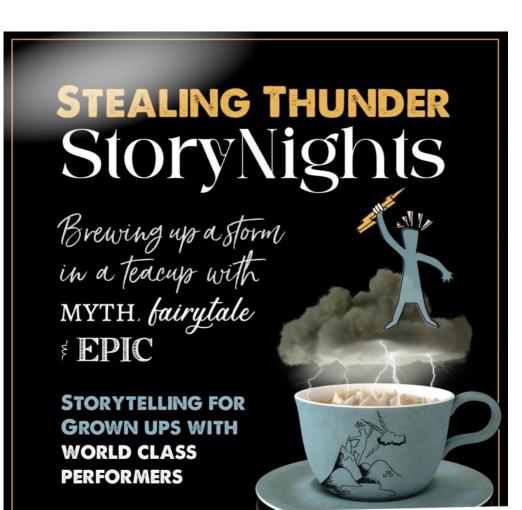
#### TWO VALLEYS PARISH NEWS



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

December 2023

70p



SECOND SATURDAYS OF THE MONTH BRIGSTEER VILLAGE HALL NR KENDAL 7.30PM (BAR FROM 7PM) £10 CARD/CASH ON THE DOOR







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Church Services for DECEMBER 2023					
Sunday 3 <sup>rd</sup> December The I <sup>st</sup> Sunday of Advent					
9.30am	Witherslack	Morning Worship (CW)	Rev. M.Woodcock + B.Lock		
10.30am	Underbarrow	Holy Communion (BCP)	Rev. Simon Howard		
11.00am	Winster	Holy Communion (BCP)	Rev. M.Woodcock + B.Lock		
11.00am	Crook	Morning Worship (CW)	Tony & Hilary Fitch		
Thursday 7 <sup>th</sup> December					
9.15am <sup>*</sup>		Holy Communion (CW)	Rev. Michael Woodcock		
Sunday I0 <sup>th</sup> December The 2 <sup>nd</sup> Sunday of Advent					
9.30am	Cartmel Fell	Holy Communion with Heali	ng Prayers Rev. Woodcock		
10.30am	Underbarrow	Holy Communion (CW)	Rev. Ian James		
11.00am	Crosthwaite	Holy Communion with Heali	ng Prayers Rev. Woodcock		
11.00am	Crook	Holy Communion (BCP)	N. Carter & N. Gray		
Saturday I	Saturday I6 <sup>th</sup> December				
5.00pm 2	Cartmel Fell	Christmas Carol Service	Rev. Michael Woodcock		
Sunday 17th	December	The 3 <sup>rd</sup> Sunday of Ad	dvent		
11.00am	Winster	Christmas Carol Service	Rev. Michael Woodcock		
2.30pm	Crook	Christmas Carol Service	H. Fitch & Rev. G. Briggs		
3.00pm	Witherslack	Christmas Carol Service	Rev. Michael Woodcock		
4.00pm	Helsington	Christmas Carol Service	Rev. Simon Howard		
5.00pm	Crosthwaite	Christmas Carol Service	Rev. Michael Woodcock		
Sunday 24 <sup>th</sup> December Christmas Eve					
11.00am	Crook	Holy Communion	Rev. David Parsons		
4.00pm	Crosthwaite	Crib & Carols (see p. 5)			
4.00pm	Underbarrow	Christmas Carol Service	Rev. Bob Dew		
7.00pm	Witherslack	Christmas Carols (with Com	munion) Rev. M. Woodcock		
9.00pm	Cartmel Fell	Christmas Communion	Rev. Michael Woodcock		
Monday 25 <sup>th</sup> December CHRISTMAS DAY					
9.30am	Crosthwaite	Christmas Communion (C	W) Rev. Michael Woodcock		
10.00am	Underbarrow	Christmas Communion (C			
10.00am	Crook	Christmas Morning Service			
11.00am	Winster	Christmas Communion (Bo	CP) Rev. Michael Woodcock		
Sunday 31 <sup>st</sup> 10.30am		The I <sup>st</sup> Sunday of Chris Morning Worship for Chri			

Cover picture: Autumn leaf colours by Graham Aldridge and others Church miniature pictures from watercolours by John Wilcock

#### A LETTER FROM VICSEKASI

Dear friends,

We have just begun our Advent season for 2023 and this will be my last letter within this magazine. As Advent begins, I move to serve as Priest-in-Charge at Broughton & Duddon, Kirkby and Thwaites. Advent is the beginning of the liturgical year within the Church of England and so it seems appropriate to begin my next post at the beginning of Advent. You are all very welcome to come to my licensing service at St Mary Magdalene, Broughton-in- Furness at 7pm on 4<sup>th</sup> December.

It has been such a privilege to serve within the Two Valleys Mission Community over the past three years. I have led services, preached, attended



countless zoom meetings, led walks, enjoyed harvest suppers, joined zoom coffee mornings, prayed for the area and communities within them and conducted weddings, funerals, and baptisms. Thank you for the ways you have encouraged me and helped me to grow in my vocation as a new deacon and priest within the Church of England.

Advent is a season of expectation, celebration, and hope. It is the season of the Christian year when we anticipate the birth of Christ but also prepare for the return of Christ at the Second Coming.

I wonder what traditions you have during Advent? For us we have been given the gift of a new advent calendar looking at the different names for Jesus in the bible to reflect on each day. We also have our coffee bean advent calendar and our homemade chocolate calendar, which I still need to buy chocolates for!

To accompany my Advent journey this year I am reading 'Stick with Love' by Arun Arora. His book is rooted in two biblical images. The first one is taken from Isaiah 56 about being a house of prayer for all nations. The second one is taken from Revelation 7 where we encounter every tribe, people and nation gathered before God. Stephen Cottrell describes Revelation as 'a vision of diversity and unity, mirroring the very life of God'. Within his introduction Arun reminds us that we belong to, 'a global body of women and men spanning the centuries, from every conceivable context and corner, united in their common belief'.

Each day there are individual stories and reflections of the Church's saints and everyday saints from across the world from the past to today, whose lives are full of love and hope. There are stories from St Francis Xavier, St Ambrose of Milan, Asia Bibi, Stormzy and Martin Luther King to name but a few!

Why not join me and others around the world in taking your own spiritual MOT during Advent? Pick up a copy of this book, grab a bible and spend time reading the story, reflecting on the questions and examining your hearts. My prayer is that the

testimonies of the everyday saints' shape, form and help you as you journey with Jesus this Advent season.

Thanks again and may 'The LORD bless you and keep you; the LORD make his face shine on you and be gracious to you; the LORD turn his face toward you and give you peace." Numbers 6:24-27

Rev'd. Victoria Sekasi

#### FROM THE REGISTERS



<u>Funerals</u> With Sympathy, we remember those who have passed away: 20<sup>th</sup> November – Rosina "Ena" Telford (90) Funeral at St. Anthony's Cartmel Fell

#### CALLING ALL VILLAGES

#### Crib & Carols Christmas Eve, 4pm - 4.45pm at St. Mary's Crosthwaite

Please come and join us in St. Mary's church for this short time to remember Jesus, the heart of Christmas. All from across our two valleys villages are welcome, and it is especially tailored for children. Anyone wishing to come dressed as a nativity

Look out for all our Christmas Carol Services in December. We are really hoping each Church will be full. Why not invite a neighbour "if they'd like to come with you" to your local church's Carol Service? It's so important we continue these traditions of meeting together and building our local communities, especially around Christmas.

#### Saturday 16 December:

character, please do!

5.00pm Carol Service at St. Anthony's Cartmel Fell

#### Sunday 17 December:

- 11.00am Carol Service at Winster Church
- 2.30pm Carol Service at St. Catherine's Crook
- 3.00pm Carol Service at St. Paul's Witherslack
- 4.00pm Carol Service at All Saints Underbarrow
- 5.00pm Carol Service at St. Mary's Crosthwaite

#### Sunday 31st December 10.30am at St. Mary's Crosthwaite

One united Church service for all the villages on this day. Come along for a simple service of Carols and readings, a chance to sing out together on this seventh day of Christmas.

<u>Community Christmas Card</u> - There will be one community Christmas Card at both St. Anthony's Cartmel Fell and St, Mary's Crosthwaite for us all to sign and send our Christmas greetings to each other. This is instead of sending individual cards to each other. The intention is that this saves paper, keeping us in line with our "green" objectives, and that we make a donation equivalent to the money we might have spent on cards, which will go to The Children's Society, the Church of England affiliated charity working to transform the hopes and happiness of young people facing abuse, exploitation and neglect.

The combined Two Valleys Church Service on the fifth Sunday in the month was held at St. John's Church, Helsington. There was a large congregation and instead of a sermon there were presentations with an "Eco" theme. The Two Valleys Choir took part in the service and we were given much to think about.

#### RED ROSES OF REMEMBRANCE CHRISTMAS 2023 in ST. PAUL'S. WITHERSLACK

This year we are offering <u>anyone in the Two Valleys</u> the opportunity to sponsor a red rose in remembrance of a loved one (a minimum donation of £2.50 per rose).

The red roses will be displayed in church over Christmas 2023.

The name of your loved one will also be displayed in the church porch for this period.

If you are interested please pop in to the Witherslack

Village Shop and ask to sponsor a red rose.

You need to leave your name together with the name of your loved one (print please) and a minimum donation.

All proceeds will go towards buying the red roses. For further information, or for telephone sponsors, please contact: Liz Croy 015395 52155

#### Dance In The Two Valleys

Dancing has been enjoyed in the Lake District for many hundreds of years and there are records of dancing, balls, and very organised teaching from the 17<sup>th</sup> Century. Dancing was popular throughout the community and, as people wore clogs, they danced in them and developed intricate steps that were a pleasure to both watch and listen to. In the early 1800s a network of talented teachers developed across our area with the Robinson family providing four generations of Step/Clog dancing teachers, and very organised they were too. They would canvas the village communities, and from September to Easter, they would hold weekly classes for 12 weeks in local barns or in Crosthwaite at The Punch Bowl Inn.



...... They gave classes in 5 local villages each on a different night, and as many as 40 people would attend. The ages were from 4 to 16, and many returned year after year. It was 10/6 for the whole session and, if more than one child from a family attended, the additional children were free. At the end of the 12 weeks there was a Finishing Ball, and on Wednesday 24th April 1861 in The

Punch Bowl, Crosthwaite the Children's Ball started at 7pm finishing at midnight, and was followed by dancing until 6am for visitors, many of whom just went straight to work afterwards - and then they did it again on Friday 26<sup>th</sup> April! Winster, Underbarrow, Cartmel, Kendal as well as Crosthwaite, all had classes and Balls which were hugely popular right through the 19<sup>th</sup> and early 20<sup>th</sup> Century, but there was Step dancing happening wherever folk gathered to meet up and enjoy themselves, be they gentry or working folk. In 1927 one lady wrote "Foxtrots and one steps are very dull after the ardours and triumphs of Step dancing".

In the 1970s there was a revival of step dancing in the area with, following newspaper advertising, a day in The Brewery devoted to inviting those who knew the steps to come forward to teach others. It was very successful. Many local folk could remember all the steps they had learnt and danced in their earlier days and were happy to share them. From this initiative several local groups were formed in the area which are still Step dancing today. If you would like to know more about them please contact **Ann Smith 01539 568671**.

#### Magazine Editor next month: Colin Edwards (015395 68879)

Magazine postbox c/o Crosthwaite Vicarage. e-mail: tvn@crosthwaiteandlyth.co.uk

Advertising Manager and Magazine postal service:

Lorraine Brierley 4 Whitbarrow Grove, Levens. LA8 8LT. 07826 800469 brierleyl@yahoo.co.uk

#### **MAGAZINE DEADLINES**

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

#### Advertising in the Two Valleys Parish News

Would you like 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 07826 800469
or e-mail brierleyl@yahoo.co.uk



#### Community Lift Share scheme off to a great start

Following its launch we have 16 people willing to offer a lift to other residents using WhatsApp on their smart phones. If you would like to offer **or** request a lift, email Steven Brierley stevenjbrierley@yahoo.co.uk to receive an invitation to join the scheme.

We are particularly looking for people to join who live in Hubbersty Head, Bowland Bridge, Foulshaw and Gilpin Bridge.

We are delighted to be able to extend the scheme to residents of the parish who don't have a smart phone or don't use WhatsApp. Just contact Steven Brierley on 07470 169890 and he will forward your request to those in the scheme. Please pass on this news to others who may need it.

#### **Homeowners Share Energy Saving Technology Experience**

Our panel of 9 householders who have installed energy saving technology in their homes are willing to open their doors to those considering doing the same to see the technology in action. Between them they can offer a range of home styles from new build, modern and traditional stone construction. These homes have a range of energy saving technology covering Solar Panels, Storage Batteries, Air Source Heat Pumps, Ground Source Heat Pumps and Biomass Boilers. Get in touch to visit real world installations and get honest, impartial advice. Call Steven Brierley on 07470 169890 or email stevenjbrierley@yahoo.co.uk

crosthwaiteandlyth.co.uk/clean.php



#### Cold to Cosy Homes

If your home is not as warm and dry as you would want it to be this winter why not see whether Cold to Cosy Homes could help? Advisers from this organisation have visited homes in our village to help with issues around damp, insulation and how to be more energy efficient ... and it's all for free! Contact our Cold to Cosy Homes Energy Champions for help or a referral:

Charlotte Robinson; 0778724641 Roger Smith: 07855 347295 Henk Muller: 07855 268922 Pat Howarth on 07765 010252

#### Protect, Conserve and Improve our Environment

Have a look at the Biodiversity Action Plan on our website, developed in consultation with local residents. It covers how to garden to help wildlife, ensuring our rivers are kept free of harmful chemicals, helping local birdlife, butterflies, bees and small mammals. We have a plan to improve St. Mary's church grounds and are looking for volunteers to join a working party. Watch this space for events which will educate you and inspire you to get involved. Call Pat Howarth on 07765 010252 to volunteer.

#### Recycle, Reuse and Repair

Recycle your bread bags, used toothpaste tubes, batteries, pens, and crisp packets in the new recycling point in St Mary's Church. These are given to Crosthwaite School which gets money for them. Look out for more recycling points coming soon!

Crosthwaite School is starting a Repair Shop and CLEAN wants to support this with volunteers with skills in sewing, woodworking and general DIY. If you can give any time to this, contact Maria Littlewood at Crosthwaite School.

CLEAN will be at the Crosthwaite Christmas Fair on 2 December.

#### **NOTICES FOR INDIVIDUAL PARISHES**

#### **BRIGSTEER**



Stealing Thunder StoryNights conjures up Christmas Magic at Brigsteer! 'Scoundrel' by Magician Chris Cook.



Chris Cook is an award-winning magician who is renowned for blending storytelling, comedy and magic tricks into captivating and thought-provoking shows. In Scoundrel, he weaves the story of an artist, a forger and a magician into a tale that asks the audience: what makes something art?

"An absolute master of the stage and a testament to the captivating nature of skilful and surprising magic" - Broadway Baby

"A show that will amaze and delight with a poignant and brave finale that will leave you thinking well into the night" - Wee Review

"Chris Cook regularly tests the boundaries of what can be defined as a magic show... He captivates the audience with his tricks and wit, but in the end, it is his modesty that is particularly charming. Cook is gradually making the world a better place one audience at a time." - World Magic Review

"Cheeky magician with the slickness of a stand-up" - The Stage

Saturday 9th December, 7.30pm (Bar from 7pm)
Brigsteer Village Hall

£10 card or cash on the door

Bar, snacks, cakes, hot drinks and a warm welcome. Suitable for 16+.

Contact: <a href="mailto:emily@emilyhennessey.co.uk">emily@emilyhennessey.co.uk</a> / 07890112574 / <a href="mailto:www.stealingthunder.co.uk">www.stealingthunder.co.uk</a> /

See poster on page 2

#### **CARTMEL FELL**

The Cartmel Fell and District Local History Society will meet in the Parish Rooms on Cartmel Fell (LATI 6NH) at 7.30 pm on Monday  $II^{th}$  December. Mark Hatton will talk about the 'lives, works and legacy of the German Miners at Keswick in the  $I6^{th}$  century'. All welcome, visitors £5.



Our AGM will take place on Monday 8th January 2024

and will be followed by members' presentations:- Jennifer Forsyth – The First Railways Murder; Beryl Offley - 'What the papers say' - 19th century goings-on in Cartmel Fell.; lan Smith - The Lady in the Lake.

#### **CROOK**

The first Tuesday in the month between 10.00am and 12 is a time when anyone is invited to pop into the church for a drink and a chat. The church is warm and comfortable and everyone is very welcome. There is no need to be a church member. The next first Tuesday will be **5**<sup>th</sup> **December**.



Crook Memorial Hall Committee are arranging a coffee evening with bingo and dominoes in the Hall on Saturday  $2^{nd}$  December at 7.30. Suitable for all ages and everyone welcome.

On Saturday 6<sup>th</sup> January there will be a **Quiz Evening and Hotpot Supper** in the Memorial Hall at 7.30pm. For further information please contact Mrs. Kath Jackson on 01539821415.

#### **CROSTHWAITE**

Appleby Cheeses are again supporting Crosthwaite Christmas Fair. The proceeds from the Cheese Stall will again all go to The Village Hall. If you would like to order Christmas Boxes containing 5 hard cows' cheeses and one hard sheep cheese, all packed for posting and dated well after Christmas at the same price as last year, £22 each, please contact



Ann Smith on 01539 568671. There will also be a full complement of individual cheeses for sale at the fair.

#### St. Mary's Crosthwaite Christmas Flowers

We will meet on Saturday 16<sup>th</sup> December at 1pm to decorate the church for our services over the Christmas period. Do come and join us. You can ring Vonnie on 015395 68028 or Jean Hudson 015395 68748 to confirm you can help or just turn up on the day. Thanks.

#### **UNDERBARROW**

#### Underbarrow Marrow Day and Quiz

Following the tough decision to cancel this year's Marrow Day due to the poor weather and waterlogged field, we still wanted to do something as a community fundraiser. So, we held a Quiz night and Marrow competition on 24<sup>th</sup> October. The evening was a huge success with a fun Quiz that really got you thinking and plenty of impressive Marrows and Pumpkins on show!

Nearly £1000 was raised on the night which was a fantastic achievement.

A huge thank you to everyone who turned out to support the event, The Black Labrador for hosting us, Ellie for being a fabulous Quizmaster and the Marrow Day committee for all their work in setting up the event.

Next year is the 40<sup>th</sup> Anniversary of the first Marrow Day and we will be planning an extra special celebration so keep your eyes and ears peeled for more information in the Spring!

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Underbarrow Institute Committee invites you to...

# The Underbarrow "Senior Citizens" Christmas Social Sunday 14th January 2024 1-4 pm

Hot lunch with home-made desserts Talk by 'Bay Search & Rescue'

RSVP to Valerie O'Loughlin on 015395 68655 or Stephen Carruthers on 015395 68717 by Wednesday 10th January

#### **WITHERSLACK**

#### CHRISTMAS CAROL SERVICE

AT ST PAUL'S CHURCH WITHERSLACK
3.00 PM ON SUNDAY 17TH DECEMBER
Mulled wine tea coffee and mince pies
All welcome - do come and enjoy traditional carols.



The Witherslack 2024 Calendar



#### In aid of the Witherslack Community Shop

This year, as requested, we have composed the Witherslack 2024 Calendar with Witherslack views. It is illustrated with 12 amazing photos of local views and sites, and is suitable for sending to your friends and relations. The Calendar is only available from the Witherslack Community Shop and is very reasonably priced at only £8 each. As with last year's calendar we expect the demand to be high so don't delay, order your calendars at the shop today.





#### HOUGHTON WEAVERS CONCERT

Crosthwaite Village Hall was fortunate to host a concert by the Houghton Weavers on Saturday 28th October. This concert was fitted in just before their winter tour of various larger venues across the north of England thanks to the band having previously become acquainted with village resident Jim Bownass, who produced and edited videos of their work.

Older valley residents may remember the regular television appearances of the original line up in a programme entitled "Sit Thi Deawn" or in various series on Radio 2.

A full hall was treated to a delightful mixture of the anticipated traditional Lancashire dialect songs with more contemporary material, all delivered with enviable multiinstrumental skills and interspersed with humorous anecdotes including dubious tales of the difficulties they experienced in travelling to Crosthwaite!

The audience was often encouraged to join in and this culminated in a rousing rendition of the finale of "American Pie", especially enjoyed by the table in front of me. You know who you are!.

Such an enjoyable event resulted in the sum of over £350 being contributed to Argles Hall funds.

#### Come & join us for Sophie's annual not to be missed CHRISTMAS WREATH WORKSHOP







#### **Crosthwaite Christmas Fair**

## Argles Memorial Hall Saturday 2<sup>nd</sup> December, from 10am-1pm

Lots of lovely local stalls selling unique gifts for Christmas including Pottery, Art, Cards, Herdwick Tweed, Appleby Cheeses, Savin Hill Meats, WI Produce, Chocolates, Christmas Wreaths & Grave Pots, Stalls run by the children from Crosthwaite Primary School and many more...

Visit Santa in his Grotto!

Seasonal Refreshments

Carols sung by the children

Admission: £1; Under 12s free



The Underbarrow, Brigsteer and Bradleyfield Children's Events Committee present...



### Valley Tour

#### Monday 11th December:

6:15pm—Derby Arms, Witherslack

6:30pm—Witherslack Church

6:50-7pm—Gilpin Bridge Inn



#### Tuesday 12th December:

6pm - Mill Dam, Crook

6:40pm-Brown Horse, Winster

7.15pm— Hare and Hounds, Bowland Bridge

7:30pm— Masons Arms, Cartmel Fell

#### Wednesday 13th December:

6:30pm—The Wheatsheaf, Brigsteer

6:45pm — Underbarrow Institute

7.00pm - Crosthwaite Village Hall

7.30pm - Damson Dene Hotel

8.00pm - Black Labrador, Underbarrow

Times given are approximate. Times and locations subject to change—please keep an eye on the Santa's Two Valley Tour Facebook Page for any updates.

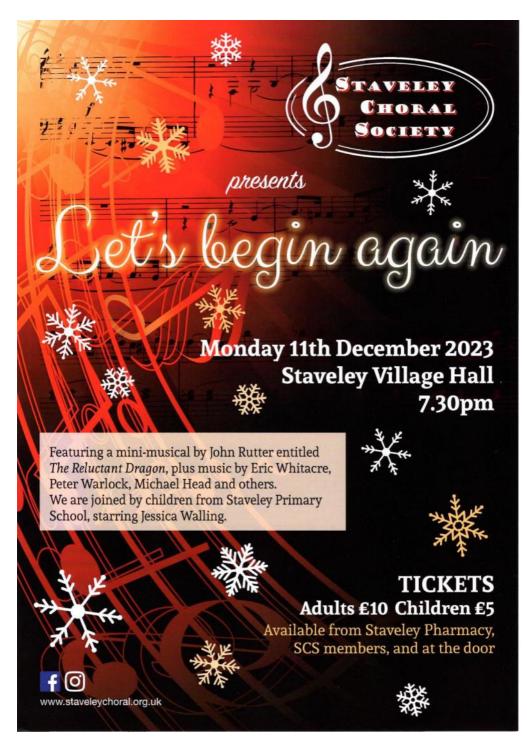
Suggested donation of £4.50 per child

All donations gratefully received and will be split between funding the Santa's



Sleigh 2024 and helping to fund Underbarrow, Brigsteer & Bradleyfield Sports 2024

If your child would like to see Santa, please let us know the ages of the children and where you will be. Text or Phone 07902874523 or send a message through the Santa's Two Valley Tour Facebook page.



#### **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



#### **REPORTS & NEWS**

#### **BRIGSTEER**

It was almost a full house for our Annual Meeting in the Village Hall, when President Sue thanked new members and old for all their support during her first year in office. Liz gave a summary of all our activities including our bench refurbishment project, summer walks, raising over a £1000 via the Fashion Show, carol singing and at other meetings throughout the year, and finally acting as one of the venues for the Federation Quiz. We then enjoyed a skin and makeup demonstration by Leah Dalby and Jasmine Hall, when we were shown simple facial massage techniques, and our two volunteers, Melanie and Barbara were made up in colours to suit their eyes and skin tone. They looked fabulous. In December we have our Christmas Social on Wednesday 13th when we'll find out what's on the programme for next year.

#### **CARTMEL FELL**

Our president Julie Woodgate welcomed 14 members and Rachel Edmondson with the W.I. stall to the Annual Meeting.

There were no changes in either officers or committee. Unfortunately Lesley was unable to be present but, as it was 40 years since she took on the post of secretary, members signed a card and presents, and our good wishes were to be delivered.

Rachel judged the competition for a favourite Christmas bauble which was won by Sheila, and Fiona was lucky in the raffle winning a beautiful scarf donated by Rachel. Everyone enjoyed non alcoholic drinks provided by our president to celebrate her forthcoming 50th birthday, the committee provided a finger buffet and Julie B a delicious cake with sparkling candle. All this and plenty of shopping from the stall made for a most enjoyable evening.

Members were looking forward to the quiz at Greenodd and our Christmas dinner at the Brown Horse on 6th December.

#### **CROSTHWAITE & LYTH**

In October members were treated to a unique visual visit to New Zealand with an illustrated talk by Dorothy Grace entitled 'Ferns, Fjords and Flippers'! This was based on a 6 week holiday in 2019 with the sole purpose of observing and photographing wildlife.

Dorothy referred to the geological background and history which provides the context for much of the flora and fauna which is endemic to that country. Beginning the trip in North island we were shown images of the volcanic lava fields in the Tongarino National Park and the gradual increase of plant life which has colonised that area, together with tree ferns which provide a sub canopy layer. Geothermal areas exist which are rich in minerals and where specialist algae grow in this hot habitat. Increasingly the national objective is to make some of the smaller islands into nature reserves, removing non-native plants so that native trees and shrubs can thrive. Throughout her talk Dorothy included beautiful slides of birdlife, penguins, trees, mosses, ferns and flowers- many of which were rare. Geographical features like flat and wide river valleys, river channels, areas like Milford and Doubtful Sounds and cool temperate valleys provided a unique and wonderful picture of New Zealand.

We were undoubtedly in the hands of a knowledgeable guide who took us on a journey and gently educated us into areas of wildlife endemic to that beautiful place. What a treat!

The business meeting include details of the forthcoming WI Group meeting to be held in Crosthwaite and the AGM in November for which nominations for the role of President are sought.

#### UNDERBARROW

In September a small group of us met to take part in some Circle Dancing, led by local teacher Miggy Scott, who teaches every Tuesday morning at Brigsteer village hall. There was much hilarity, some simple dances and some a bit more tricky, all danced to a range of music from around the world. Our meeting coincided with the first day of the Westmorland County Show, where the WI put on an excellent display of arts and crafts. Rosie Harris from Underbarrow WI is to be congratulated on winning three gold awards at the county show for her preserves.

At the end of September, Underbarrow WI took a lead role in the Orchard Day at the Holeslack Orchards at Sizergh Castle. The WI has an ongoing project there in conjunction with the National Trust. WI ladies and members of the public picked apples from the orchards, and the apples were then identified by apple expert Mr Phillip Rainsford. We were able to taste and enjoy the various different apples to be found there.

October saw the Underbarrow WI Annual Meeting where Maggie Stockdale presented a very positive report on the activities of the past year and was duly elected to continue as president. Eighteen of us sat down to a sumptuous Jacob's Join lunch. We are looking forward to our Christmas lunch at the Black Labrador this year on December 13th.

#### **Two Valleys Churches**

"Enriching lives ..... Embracing God"

Cartmel Fell, Crosthwaite, Winster, and Witherslack

Parish Priest: Rev'd. Michael Woodcock, The Vicarage, Crosthwaite, LA8 8HX

(not available Fridays) mich@elwoodcock.com 015395 68276

Reader: Dorothy Grace 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

**Underbarrow with Helsington** 

Associate Priest: Rev'd. Simon Howard

revdsimonhoward92@outlook.com: 07719 889577

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

Janet Sullivan assjadmin@stkmail.org.uk : 01539 730683

Safeguarding Officer for all above:

Mrs. Jane Eccles 07779 953763 015395 58138

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

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

Windermere Rd, Kendal. <a href="mailto:george@stkmail.org.uk">george@stkmail.org.uk</a> : 015395 83058

Curate: Rev'd. Vic Sekasi vsekasi@gmail.com 07786 061972

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

**Church Administrator:** 

Janet Sullivan <a href="mailto:crookadmin@stkmail.org.uk">crookadmin@stkmail.org.uk</a> : 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

#### **REGULAR EVENTS**

#### **HELSINGTON & BRIGSTEER**

For bookings contact Ann Bryan 015395 68067. Email villagehall.brigsteer@gmail.com

_	-	
Monday Short Mat Bowling 9 <sup>th</sup> & 23 <sup>rd</sup> October, 13 & 27 <sup>th</sup> 1	19.30 - 21.30	
<b>Tuesday</b> Circle Dancing with Miggy Tea Shop Tea and chat Table Tennis	Last Tues of the month	10.00 - 11.45 15.00 - 16.30 19.00 - 21.00
<b>Wednesday</b> Yoga with Tara W.I	Second Weds of the month	09.30 - 11.00 19.30 - 21.30
Thursday Dru Yoga with Johan Tai Chi with David Ballroom and Latin Dancing	Intermediate	09.30 - 11.00 14.00 - 15.45 18.30 - 21.30
<b>Saturday</b> 9 <sup>th</sup> & 16 <sup>th</sup> Dec Pilates with Emma	ember	08.30 - 09.30 09.45 - 10.45

#### **CARTMEL FELL**

For bookings contact Julie Balshaw Tel. 015395 68506 Email: 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	

#### **CROSTHWAITE MEMORIAL HALL**

Please check bookings online at:

www.crosthwaiteandlyth.co.uk/memorialhall.html

For Bookings contact Kath Edwards 015395 68879 or 07407 386976

Playgroup Tuesdays & Thursdays 9:30-11:30am

(school term time)

Indoor Bowling Tuesday and Thursday 7.30-10.00pm

(3rd. Oct—14th. Dec 2023 9th. Jan—28th. March 2024)

Exchange Lunches 1st Wednesday of month 1pm-3pm

Teas 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

Indoor Bowling Wednesdays 7.30pm - 10pm

(from September to end of April).

New members welcome - all equipment is provided.

Parent & Toddler Group Please check the Witherslack Hub Facebook page

for info

Women's Institute Every 2<sup>nd</sup> Tuesday of the month at 7.30pm

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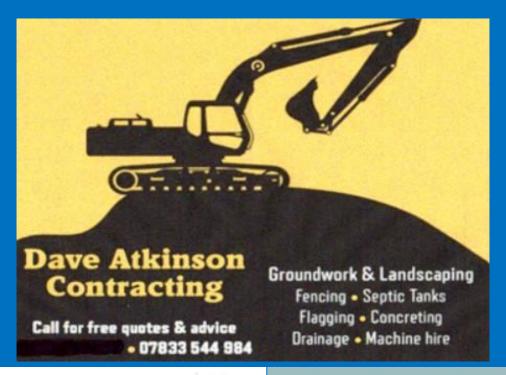
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