

# TWO VALLEYS PARISH NEWS



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

**March 2025**

**80p**

# You've Not Come Here To Enjoy Yourself

The astonishing story of the soldier  
who walked round the world

Helsington & Brigsteer Village Hall  
Saturday 15<sup>th</sup> March, 7pm

David Fairs

Foreword by Sir Geoffrey Tantum CMG OBE MA MCIL

**Cover photo: Louise Thomson**  
**Church miniature pictures from watercolours by John Wilcock**

# Church Services for MARCH 2025

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## Sunday 2<sup>nd</sup> March Next before Lent

9.30am	Witherslack	Morning Worship (CW)	Ben McLeod
9.30am	Underbarrow	Holy Communion (CW)	Rev. Bob Dew
11.00am	Winster	Holy Communion (BCP)	Rev. Anne Pettifor
11.00am	Crook	Morning Worship (CW)	tbc

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## Wednesday 5<sup>th</sup> March Ash Wednesday

9.15am	Crosthwaite	Holy Communion with the school	Rev. Beverley Lock
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## Sunday 9<sup>th</sup> March Lent 1

9.30am	Cartmel Fell	Morning Worship	Tony & Hilary Fitch
9.30am	Underbarrow	Holy Communion (CW)	Rev. Simon Howard
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Simon Howard
11.00am	Crook	Morning Worship (CW)	tbc

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## Sunday 16<sup>th</sup> March Lent 2

10.30am	Witherslack	Joint Praise & Prayer service	D. Grace/Ven. Vernon Ross
11.00am	Crook	Morning Worship (CW)	tbc

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## Sunday 23<sup>rd</sup> March Lent 3

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Beverley and Brian Lock
9.30am	Underbarrow	Holy Communion (CW)	Rev. Ron Rutter
10.00am	Witherslack	Café Church in the Parish Hall	
11.00am	Crook	Holy Communion (CW)	tbc
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Beverley and Brian Lock

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## Sunday 30<sup>th</sup> March Mothering Sunday

9.30am	Cartmel Fell	Mothering Sunday service	Lay Team
9.30am	Witherslack	Mothering Sunday service	Lay Team
9.30am	Underbarrow	Mothering Sunday service	Rev. Simon Howard
11.00am	Crosthwaite & Winster		
		Joint Mothering Sunday service in St Mary's	Lay Team
11.00am	Crook	Mothering Sunday service	tbc

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# *A LETTER FROM TONY FITCH*

## HOME SWEET HOME

As I write this letter in early February, people in various parts of the world are returning to what, if anything, is left of their homes. In particular, the people of Gaza are returning to the piles of rubble that were once their neighbourhoods. It is however still “home” and they have made it clear that they do not wish to be relocated anywhere else. Also the residents of Los Angeles are returning to the smouldering ashes of their burnt-down houses, vowing to rebuild.

In both cases they pick through the ruins and try to find the occasional memento that has survived to connect them with past, happier times – ornaments, gifts from friends and family, old photographs and other very personal items.

Here in the west, we are told that moving house is one of the three big traumas in life – the other two being divorce and bereavement. Moving house is one thing but losing one’s house without another to go to must be devastating, and this is so whether the victims are poor or rich. Home is home however simple or lavish it may be.

This is because “home” is much more than a building. It has another dimension beyond the physical and into the mental and spiritual. As one dictionary so aptly put it, home is “an environment or haven of shelter, happiness and love” and “a goal of safety to which one progresses”. To put it in even more romantic terms, it is a place that gives us a hug!

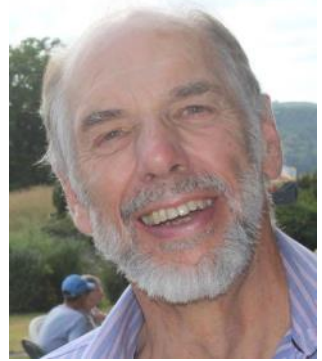
Some Christian communities use the expression “going home” to refer to heaven – the goal towards which we progress during life’s journey, and, until quite recent times, it was a common euphemism for life after death.

Life for all of us is a journey, often a rather bumpy one, and in this fast-moving, materialistic world we too rarely give thought to things beyond today and things eternal. As Christians we believe that heaven does exist – that it is our eternal home and is four-square with that dictionary definition above.

This eternal home was promised by Jesus to all who believe in and follow him, and eternal life is not just something we hope for after death but something that believers can enjoy in the here and now by establishing a relationship with God through his Son Jesus Christ. This also makes our journey of life more purposeful and fulfilling.

In addition, we also believe that there is a helper, the Holy Spirit, who, if invited, will make his home (there’s that word again!) within us – “indwelling” – to guide us on the journey.

Let us, therefore, ever be thankful that we have a home here in this safe and lovely part of the world and that we also have something to work on and aspire to.



*Tony Fitch*

We are looking for new blood to take over the management of the community website for Crosthwaite and Lyth.  
(<https://www.crosthwaiteandlyth.co.uk>).

There is also an opportunity to redevelop it in a way that leaves it easier to manage. At the moment there are 2 volunteers who do this.

If you would like to talk about what's involved then please email [webmaster@crosthwaiteandlyth.co.uk](mailto:webmaster@crosthwaiteandlyth.co.uk) or phone Colin on 01539 568879.

## Additional Magazine Editors

We still need to add more editors to the Two Valleys News editorial team. You would need a computer and it helps a little if you are familiar with Microsoft Word or Publisher, but, even if you aren't, the team members will help you get started.

We are a cheerful supportive bunch and we find that we are generally only 'on duty' a few times a year. Please don't assume that someone else is going to volunteer.

Contact [tvn@crosthwaiteandlyth.co.uk](mailto:tvn@crosthwaiteandlyth.co.uk) or phone one of the editors find out more.

### **Magazine Editor next month: Lorraine Brierley**

e-mail: [tvn@crosthwaiteandlyth.co.uk](mailto:tvn@crosthwaiteandlyth.co.uk)

### **Advertising Manager and Magazine postal service:**

Lorraine Brierley, 4 Whitbarrow Grove, Levens. LA8 8LT.  
07826 800469 [brierley@yahoo.co.uk](mailto:brierley@yahoo.co.uk)

### **MAGAZINE DEADLINE**

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

[tvn@crosthwaiteandlyth.co.uk](mailto:tvn@crosthwaiteandlyth.co.uk)

# **CALLING ALL PARISHES**

## **Crosthwaite Show 2025: 12th July**

This is a date for your diary- so you don't go away that weekend and can plan for all the entries you decide to put into the Show!

Remember this event is open to all residents within the Two Valleys and also to others who work, study or play in our village. It is a great opportunity to get together and ensure this traditional village show remains an ongoing feature of what we do in these parts.

Details of the classes you can enter will be on the website and in the hard copy published Schedule which will be available in February to pick up from School, The Exchange, the Village Hall entrance and from any member of the Show Committee.

In the meantime a 'heads up' of what you can do

- Get your sweet peas planted - and anything purple!
- Vegetables- try planting Swiss Chard - as well as the usual crops
- Men - start practising your favourite pudding-making that is, not just eating
- Make some marmalade and any other preserve you enjoy - and check how your damson gin is doing
- Watch out for Fat Rascals....?
- Painters and photographers: this year's topics are; 'weather', 'my best friend' and 'local life' and watch the schedule for two new innovative classes
- Lots of classes for children: don't leave it all to the School - get creative at home.

More information will be coming your way over the next few months so make sure you take a look at the Schedule and make 2025 the year you give it a try and make the Show bigger and better!

Pat Howarth  
On behalf of the Show Committee

**DATE FOR YOUR DIARY!**  
**Damson Day 2025 Saturday April 12**  
**Westmorland Showground**

**Adult Competition Classes:**

**Produce**

*Using any Lyth Valley grown or foraged fruits*

1. Jam/Jelly
2. Preserve (Chutney, gumbo, condiment, cheese etc)
3. Gin/Liqueur
4. Fruit juice or cordial

**Craft**

1. A knitted/crocheted item in damson colours
2. A collage in damson colours

**Art**

*In any medium/ any size. Must be mounted but not necessarily framed*

1. Water in the Valley
2. A still life of damson produce

**Photography**

*Any size. Must be mounted but not necessarily framed*

1. Water in the Valley
2. Anything Damson! - could be still life, for instance

Entries to be brought to Crosthwaite Memorial Hall between 9.30 and 11.00 am on Friday 11th April.

**HELPERS needed to organise the day**  
**For more details contact**  
**Mark at [info@lythdamsons.org.uk](mailto:info@lythdamsons.org.uk)**

## Vicar Vacancy update 6

The Vicar post was advertised widely for four weeks from the end of January and, following shortlisting on 28<sup>th</sup> February, we now know how many applicants there are for the interviews on 20<sup>th</sup> March. In order to pray specifically for the candidates and all those involved in the interview process we are holding a

### Special Joint service of Praise & Prayer on Sunday 16<sup>th</sup> March in St Paul's Witherslack at 10.30am.

The theme of this service for all five parishes is

**Unity: celebrating our life together as church communities**

We will be praising God together, and praying for the interview process, trusting that God will bring his chosen person to us.

Our Archdeacon Ven. Vernon Ross, who is managing the recruitment process, will be with us and will share a reflection.

**Everyone is invited – please come and join us for this important service.**

## The Beginning of Lent March 2025

Ash Wednesday marks the beginning of Lent. This year it falls on 5 March. But Lent didn't begin on a Wednesday until the seventh century, and its association with ashes as a sign of penitence is later still, although we aren't quite sure when. All we can say is that from around AD 1000 we find references to the service of the Imposition of Ashes as if it is a familiar practice. From then on, although the official name of Ash Wednesday continued to be *caput ieiunii*, the 'head (or 'beginning') of Lent', it was often referred to, even in church circles, as *dies cinerum*, 'the day of ashes'. The service, in which a cross is inscribed on each individual's forehead, using a paste made from ash and water or holy oil, marks the beginning of a lengthy period of penitence and abstinence running right up to Easter, which this year is



on 20 April. It was — and is — a solemn ceremony and so the ashes define the day: Ash Wednesday.

Early on, the only feast-day to be celebrated annually was Easter. Lent didn't exist. But quite soon people came to use the days immediately preceding Easter as a period of preparation for this great celebratory feast-day, doing so by meditating on the key events of Jesus's Trials, Crucifixion and Burial, reflecting on their individual sins and need for redemption, and performing acts of penance, including fasting. It was also importantly a period of learning about the faith since it was at this time that adults were prepared for Easter baptism and further teaching was offered to those already baptised. This period of preparation gradually grew in length, and in the fourth century, when Christianity became a public religion and developed an annual ritual of commemoration similar to what we have now, the penitential season preceding Easter was widely observed over six weeks — the season we now call Lent. It continued to be a preparation for Easter, but now, in the context of an annual liturgy that in part reflected Christ's life, it was also understood as a commemoration of the forty days he spent in the wilderness in preparation for his earthly ministry.

In this new world of public liturgy, Lent began on a Sunday, six weeks before Easter. In the western church the season was called *Quadragesima*, Latin for 'forty', because the association with Christ's forty days in the wilderness became increasingly prominent in the way the season was interpreted. However, six weeks are not forty days; and Sundays — kept weekly as the Day of the Lord, the Day of the Resurrection — are in any case never treated as fasting days, since they are by definition days of celebration. This means that Sundays cannot be counted in the Lenten fast. So, if what you wanted was forty *fasting* days to equate with the forty days of Jesus fasting in the wilderness, the arithmetic simply didn't work. To solve the problem the Western Church added Wednesday, Thursday, Friday and Saturday to the beginning of Lent, so allowing for forty fasting

days before Easter. That's why Lent begins in the middle of the week. There was a huge advantage in this since marking the beginning of Lent on a day which could be kept as a fast allowed for the subsequent development of the richly symbolic liturgy of the Imposition of the Ashes, with its powerful focus on the humility, penitence and abstinence that would go on to characterise the whole season.

Joyce Hill

## **NOTICES FOR INDIVIDUAL PARISHES**

### **BRIGSTEER**

**“You’ve Not Come Here To  
Enjoy Yourself”**



**Helsington and Brigsteer Village Hall,  
Saturday 15<sup>th</sup> March, 7pm**

See poster Page 2

This illustrated talk by author and Helsington resident David Fairs tells his own extraordinary, but true, story in 3 acts.

As a dedicated soldier – a Para, a Commando, and finally commanding his own regiment – his adventures include receiving the Freedom of the City of Duisburg and paddling 1,000 miles down the Nile in a canoe.

Leaving the Army to try his luck in the leisure industry was a huge gamble and challenge, but his drilled-in discipline and leadership skills pulled him through. Managing a Pontins holiday camp may seem a surprising choice for someone of a military background, but you will (hopefully) enjoy some colourful descriptions of the incidents he had to deal with.

Finally, he set up an adventure travel company, taking small groups to over 70 countries, where his customers achieved goals beyond their own expectations and became lifelong friends.

The one-hour talk is laced with humour and accompanied by colourful video clips and slides – it is doubtful you will fall asleep!

It is a précis of his newly-published book, "You've Not Come Here To Enjoy Yourself" – a humorous inspiration for anyone seeking to dig themselves out of a dull or unproductive routine. Copies will be available on the night at the reduced price of £10.

If you are planning to come along to the talk, it would be helpful if you could let us know by emailing [davidtfairs@gmail.com](mailto:davidtfairs@gmail.com) – or just turn up on the night. There is no entrance fee.



## **FIFI la MER & OLIVER WILBY**

Take me to Paris

Shut your eyes, and allow yourself to be transported back in time. To Paris, during the golden era of Parisian music. You will hear the genius of Edith Piaf, Charles Trennet, Django Reinhardt, Serge Gainsbourg and many more. Let Us Take You To Paris is a warming slice of French repertoire spanning a century; a performance of unique arrangements from two virtuoso musicians.

Helsington & Brigsteer Village Hall

Sunday March 16th. 7.30pm

See poster inside back cover

## **CARTMEL FELL**

### **FILM NIGHT - Tuesday 25th March 7pm**



Thriving is the story of Clare Dyson's 200 mile journey across Cumbria on her horse, Merry, in 2022. She sets off from Cartmel Fell, travels through the beautiful landscape, meeting farmers along the way. Clare will join us in Cartmel Fell Parish Hall LA11 6NH for refreshments and a discussion on what she learned in the making of the film. Doors open 7pm, Film 7.30pm. Tickets £5 on the door.

### **PHOTOGRAPHIC COMPETITION 2025**

We want to create a snapshot of life and the lived experience on Cartmel and Newton Fells at the beginning of the second quarter of this century. We will hold an exhibition 24-26 October, and produce a calendar for purchase. You may be entering your photos in the Cartmel Fell Show on 3rd May - so keep this in mind too! More details to follow.

#### **Dates for your diary.**

- "Thriving" Film night and discussion 25th March 7pm
- Family-friendly Woodland trail - 3rd May, Cartmel Fell Show
- AGM & Sausage and Cider event - 28th June
- "Life on the Fell" photographic exhibition 24-26 October

#### **Woodland volunteer sessions**

Work in the Parish Allotment woodland is ongoing with planting, clearing, pruning and dry stone walling and we're always looking for volunteers. If you'd like to find out more about what we do, come for tea and a chat when we take a break around 2.30pm. Contact us: [team@cartmelfellvolunteers.com](mailto:team@cartmelfellvolunteers.com) or [facebook.com/cartmelfellvolunteers](https://www.facebook.com/cartmelfellvolunteers)

#### **Cartmel Fell and District Local History Society**

We are looking forward to March 10th and Mike Mapleton's talk about 'The Postal Workers of Cumbria: the postmasters, posties, telegraph boys and others employed by the GPO together with rural postal routes, postmen's huts and post boxes' at 2.30pm in The Parish Hall on Cartmel Fell. Visitors (£5) welcome

In line with our AGM resolution future talks will take place at 2pm, so on 14th April Claire Bradshaw, of Morecambe Bay Partnership, is going to tell us about "Defending the Docks - Wartime Barrow".

**Cartmel Fell Spring Show is back!**  
**Saturday 3<sup>rd</sup> May 2025 in Cartmel Fell Parish Hall**

**SECTION 1: Flowers & Plants**

Cut Spring Flowers	Pot Plant – Flowering or Foliage
Bowl of Flowering Bulbs	Cactus or Succulent

**SECTION 2: Floral Art**

A Jug of Garden Flowers, arranged for decorative effect	A floral arrangement 'A Mayday Celebration' space allowed is 60cms
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**Section 3: Cookery**

A Victoria Sponge, made in 1 tin, split and jam filled	4 pieces of Tray Bake
4 Sausage Rolls	4 Scones
A Jar of Jam	A Jar of Marmalade
A Jar of Lemon Curd	A Jar of Chutney
5 pieces of Fudge	A Bottle of Fruit Flavoured drink

**Section 4: Handicraft**

A Greetings Card in any medium	A Hat in any medium (may be split into different categories)
An Item of Woodwork, not exceeding 30cm x 30cm	Any other Handicraft in any medium

**Section 5: Art & Photography**

A Spring Inspired Picture – drawn or painted	A Collage in any medium
Photograph – 'Spring in the 2 Valleys'	A Water Inspired Photograph

**Section 6: Children's Classes**

A Garden on a Plate	An Edible Monster
A Painted Stone (maximum 30cm x 30cms)	4 Decorated Cup Cakes
4 Biscuits	A Birthday Card in any medium
Something New from Something Old	A photograph 'My best friend'

Entry Forms are available from our website – [www.cartmelfellparishhall.com](http://www.cartmelfellparishhall.com), or email Helen [helenatcowmire@talk21.com](mailto:helenatcowmire@talk21.com), or ask any Committee member

All entry forms need to be returned by 27<sup>th</sup> April

**The Cartmel Fell Education Foundation**

If you are under 25yrs of age, live in St Anthony's parish and would like to be considered for a grant please apply by letter or email stating your age, address, current educational establishment and very briefly what the grant would be used for. Applications should be sent to The Secretary, Cartmel Fell Education Trust c/o Fell House, Cartmel Fell, Windermere LA23 3PB or emailed to [helenatcowmire@talk21.com](mailto:helenatcowmire@talk21.com) to arrive by 5th April 2025 at the latest.

Applications can be made every year whilst the residence and age conditions are met from students, apprentices or any young person pursuing an artistic or sporting talent. In addition, grants can be made direct to school in respect of qualifying school children.

## **Cartmel Fell Community Trust**

### **QUIZ NIGHT**

**With PIE & PEAS SUPPER & HOMEMADE PUDS  
On Saturday 1<sup>st</sup> March at 7pm in the Parish Hall**

£10 per ticket to include Supper & Quiz  
Cash Bar

Please purchase your tickets from Helen on 07979840889 or from any committee member **by Tuesday 25<sup>th</sup> February**

### **COMMUNITY SHOW**

**On Saturday 3<sup>rd</sup> May 2025**

In Cartmel Fell Parish Hall

Classes to include:

Handicrafts, Home Baking, Flower Arranging, Garden Produce,  
Art and Children's classes.

Also Scarecrow Trail and Homemade Refreshments

Look out for our Show Schedule on our website

[www.cartmelfellparishhall.com](http://www.cartmelfellparishhall.com)

or facebook page – Cartmel Fell Community Trust,  
or phone Helen on 07979840889

**The Cartmel Fell Community Trust AGM** will be held on 21st May 2025 at 7.30pm in the Parish Hall. All welcome.

## **CROSTHWAITE**

### **Crosthwaite Art Group**

This is a small and friendly group of art enthusiasts who meet each Monday afternoon at the village hall- just to paint and dabble, chat and have tea and biscuits!

You don't have to be good....in fact we all do our own thing, trying to paint what we can and improve slowly. If you are a beginner- or just interested and haven't lifted a paintbrush since you were at school, that's OK.



The group is totally non-competitive and very supportive of everyone's efforts. It is very relaxing and gives you a chance to 'get away from it all'...

Please consider giving it a try for free for a couple of sessions for the rest of the term- we would love to see you.

For further information if needed, contact Pat on 07765010252.

**A date for your diary:**

Wednesday May 28th 8.00pm

Crosthwaite Village Hall

Mike Berners-Lee on his new book A Climate of Truth why we need it and how to get it.

All proceeds will go to the Village Hall.

Final details later

**Experiencing Easter**

On Thursday 3rd and Friday 4th April Crosthwaite church will be the Venue for Experiencing Easter.

This is an exciting, interactive event for school children to take them through the Easter story via a series of themed bases.

At each base the children have a story, an activity and a chance to reflect on some aspect of the Easter story; Hopes and Dreams (Palm Sunday) Alone (Gethsemane) Remember Me (The Last Supper) ....

All coming together with a celebration of Easter Sunday.

In order that everybody can Experience Easter the displays will be up in the church from 5th April.

Do make a note in your diary to come along and see what it is all about.

Rev. Beverley Lock

**St. Mary's Church Crosthwaite**

Contractor required to cut the grass in the churchyards.

Six cuts throughout the year and the work can be carried out over several days if preferred.  
Good access from the car park and bridle path.

Contact Geraldine Wilson on 07766 646504

Or Pat Howarth on 07765 010252

## CROSTHWAITE EXCHANGE DATES FOR YOUR DIARY

### TEA@2

2 till 4 p.m. in the Memorial Hall  
Tea/Coffee and homemade cakes.  
Come for a chat and catch up on everyone's news  
5<sup>th</sup> & 19<sup>th</sup> March  
16<sup>th</sup> April  
7<sup>th</sup> and 21<sup>st</sup> May  
And every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month

### SPRING LUNCH 2<sup>nd</sup> APRIL

2 course lunch  
1-3 p.m.  
Booking Essential

### MACMILLAN FUNDRAISING T@2

1st October  
Tea/Coffee and Cake  
2-4 p.m.  
Please come along and support this amazing charity!

**To Book Contact Geraldine on 07766 646504**  
**Grangee1@hotmail.co.uk**

## Crosthwaite Show 2025



Schedules for this year's Show, which will be held on Saturday 12<sup>th</sup> July at Crosthwaite Village Hall of course, are now available as printed booklets from the box just outside the Hall and from any member of the organising committee.

If you prefer you can download a Schedule in booklet form from <https://tinyurl.com/2ksmwum4>. Any additional entry forms you need can be found at <https://tinyurl.com/murffu3w>.

In each children's age group you will see a class describing a photograph to be entered. This year the topic is "My Weekend". Lots of scope there - and lots of weekends between now and July. Why not help your child (or grandchild) to prepare and print something for them to enter?



## UNDERBARROW

### SAVE THE DATE

Underbarrow Marrow Day 2025: Sunday  
21st September



Get your Marrow seeds growing ready to see if you have the heaviest, ugliest or best pair at the show!

There will be lots of stalls to browse, tea and cakes and plenty of fun things to do for everyone including live music, Toss the sheaf, Welly Wanging, BBQ and Bar, Dog Show and Dog Scurry, Duck race and much more.

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## WITHERSLACK



# ***Café Church*** ***Sunday 23rd March*** ***at 10am in*** ***Witherslack Parish Hall***

What does it mean to call God "Father"?  
Come and join the discussion!

***Everyone is welcome, whether you have  
a Christian faith or not, or perhaps  
unsure—just come.***

### **BRIGSTEER WI**

Sue welcomed 24 members and two visitors to our February meeting. She started off by presenting Beryl (our marmalade supplier) with a gift in appreciation of her supplies. Marilyn and Sarah showed us the work done so far with the Peter Rabbit Quilt project and Heather explained her plans for decorating the WI benches with knitted and crocheted spring flowers. Angela White, "The Running Granny" then gave us an inspiring talk about the reasons she started fell running, gaining a Guinness World Record running from John O'Groats to Land's End and, most recently, completing the Spine Challenger North 160mile run in December. She encouraged us all to take small steps to improve our health and always believe you can do something whatever your age. Next month we're hosting the Lyth Valley Group Meeting when David Morland of Westmorland Farm Shops is the speaker at 7pm on 12th March. The competition is a sheep in any medium and a spring arrangement in a teacup. Ruth Rigg, who was recently made Honorary President of our Federation will be joining us.

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### **CARTMEL FELL WI**

Members lucky enough not to be absent due to seasonal illness, enjoyed a most entertaining and informative talk by Martin Cooper, Mountain Rescue, a personal perspective.

He took us through a "typical" call out from when the phone rings. We were shown the contents of the large back pack and its attachments, Martin explained each item's use, including things carried by all rescuers, larger equipment and stretchers being taken by rescue vehicles to the nearest point then by foot. The on going questions showed the interest this talk had provoked,

Florence thanked Martin who then judged a class of 11 favourite mugs. The winners were Marion and Vanda, Anne won the raffle. Following refreshments a business meeting was held.

The next meeting will be 5th. March when the talk will be Building Better Bones: Osteoporosis, the silent disease by Angela White. The competition will be An object made of wood.

As always, visitors will be made most welcome.

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### **CROSTHWAITE & LYTH WI**

Despite quite a few members being absent through ill health 20 ladies gathered to hear Meg Fletcher tell us of the project in Rwanda that she has been running since she went there as a VSO for 2 years after her retirement 20 years ago. Although it has many angles the abiding aim of the project has always been to feed and educate

children and young people and to encourage them to think of their futures. It was a very moving talk and not only did she bring beautiful articles made by the mothers of the children she has supported, but a delightful young man called Fletcher who has gained all his education at her project and is now at University in Preston. A very jolly crew set off for the monthly day time adventure, and they went to the National Motor Museum in Backbarrow where they saw an amazing display of vehicles and motor memorabilia and then had a lovely time in the Cafe eating those famous scones.

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## **UNDERBARROW WI**

Underbarrow WI meets on the second Wednesday of the month, at 2.00pm in winter, and at 7.30pm in summer months, at the Underbarrow Institute. All women are very welcome to come along and join us, and anyone is welcome to come to the speaker part, the first hour, of our meetings as a visitor - we ask for a donation of just £3, including refreshments.

Our 2025 programme is displayed on the village noticeboards, or copies are available to pick up at our meetings.

At the February meeting we welcomed Owen Jones, from the Coniston area, who talked about and demonstrated traditional swill basket making from pieces of oak. This technique was specific to the South Cumbria area. Swill baskets were used for farming and domestic purposes, and several of our members remembered them being used before the advent of plastics. Owen also told us about how he prepares the wood by steaming and shaping, and his enthusiasm and skill for his work was very impressive. He also showed us other items he has made to sell, including benches and gates, besom brooms and rush hats.

In March we are having an evening of talks from our own members about a variety of subjects of their own choice.

April will be the first of our evening summer meetings, and the speaker will talk about the health benefits of Aloe Vera.

Underbarrow WI are planning a village coffee morning, open to all, on Saturday 17th May - do make a note in your diaries.

Any queries contact Maggie on 07887881011.

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## **WITHERSLACK WI**

Andy Lowe came on his annual visit to our W I in January giving us a talk about Making a Grand Entrance. This talk was about doors and how they had evolved through the ages from very solid old doors to Georgian doors with their six panels to modern doors . We all enjoyed this informative talk and learned a lot.

Dorothy from Dorothy's Teas at Hazlemere gave us a very interesting talk in February about the six different kinds of tea there are with the many variations. She brought samples of the different tea leaves for us to smell and feel and told us the correct way to make and brew them all. This was a very interesting talk about the region's tea which is even grown in some very small plantations in England and Scotland.

# Two Valleys Churches

*"Enriching lives ..... Embracing God"*

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

**Vicar: Vacant**

**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. Geraldine Wilson 015395 68836  
Mrs. Pat Howarth 07765 010252

### **Holy Trinity, Winster**

Churchwarden: Mrs. Cath Casson 015394 44958

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

Churchwarden: Mr. Richard Coates 015395 52469

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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 the above:**

**Mrs. Jane Eccles** 07779 953763 : 015395 58138

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

**Vicar: Rev'd. George Briggs,** [george@stkmail.org.uk](mailto:george@stkmail.org.uk) 015395 83058

St. Thomas Vicarage, South View Lane, Windermere Rd, Kendal.

**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)

## REGULAR EVENTS HELSEINGTON & BRIGSTEER

For bookings contact Ann Bryan 015395 68067. Email [villagehall.brigsteer@gmail.com](mailto:villagehall.brigsteer@gmail.com)

### Monday

Short Mat Bowls 19.30—21.30

### Tuesday

Circle Dancing with Miggy 10.00 - 11.45  
Tea Shop Tea and chat Last Tues of the month 15.00 - 16.30  
Table Tennis 19.00 - 21.00

### Wednesday

Yoga with Tara 09.30 - 11.00  
WI Second Weds of the month 19.30 - 21.30

### Thursday

Dru Yoga with Johan 09.30 - 11.00  
Tai Chi with David Intermediate 14.00 - 15.45  
Ballroom and Latin Dancing 18.30 - 21.30

### Saturday

Pilates with Emma 08.30 - 09.30  
09.45 - 10.45

## 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 Sept-May at 2.30pm or 7.30pm. Please check time - [gandjviney@live.co.uk](mailto:gandjviney@live.co.uk)

## CROOK MEMORIAL HALL

For bookings contact Mrs Kath Jackson 01539 821415

Email: [eventsdiary@crosthwaiteandlyth.co.uk](mailto:eventsdiary@crosthwaiteandlyth.co.uk)

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

For Bookings contact Angela Dobson Tel: 07766 881183 or  
email: [eventsdairy@crosthwaiteandlyth.co.uk](mailto:eventsdairy@crosthwaiteandlyth.co.uk)

Playgroup	Tuesdays & Thursdays 9:30-11:30am (school term time)
Indoor Bowling	Tue & Thur 7.30-10p.m. - Jan 7 <sup>th</sup> – Mar 25 <sup>th</sup>
Exchange	Tea@2 1st and 3rd Wednesdays of month 2p.m. to 4p.m Celebration Lunches 1p.m. to 3p.m. 5th Feb, 7th May, 10th Dec
Yoga	Wednesdays 7.00-8.30pm (3rd Wednesday from 5 p.m.)
WI	Every third Wednesday of the month 7.30 to 9.30 pm
	Social Afternoon every first Thursday of the month 2 to 4 pm
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 7.00pm (September to end of April)
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	Please check the Witherslack Hub Facebook page for info

### Advertise in the Two Valleys Parish News

We have a circulation of 620 every month, reaching homes in Brigsteer, Cartmel Fell, Crosthwaite, Crook, Underbarrow, Winster and Witherslack. With adverts starting from as little as £21.50 for 12 months, why not advertise your business to your local community?

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