

FEBRUARY 2013

70p



CARTMEL FELL



CROSTHWAITE



CROOK

**TWO
VALLEYS PARISH
NEWS**



HELINGTON



WINSTER



UNDERBARROW



WITHERSLACK

Church Services for FEBRUARY 2013

3rd February

9.30am	Cartmel Fell	Matins (BCP)	Mr. Julian Lambton
9.30am	Helsington	Candlemas	Rev. Matt Allen & Maureen Stevens
9.30am	Underbarrow	Holy Communion (BCP)	Rev. Tim Montgomery
9.30am	Witherslack	Holy Communion (CW)	Rev. Michelle Woodcock
11.00am	Crook	Holy Communion (CW)	Rev. Brian Crowe & Reg Bradby
11.00am	Winster	Holy Communion (BCP)	Rev. Michelle Woodcock
6.30pm	Crosthwaite	Evensong	Rev. Michelle Woodcock

The 2nd Sunday before Lent

Thursday 7th February

9.30am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock
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10th February

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Helsington	Morning Worship (CW)	Mrs. Maureen Stevens
9.30am	Underbarrow	Holy Communion (CW)	Rev. Brian Crowe
9.30am	Witherslack	Family Service	Rev. Michelle Woodcock
11.00am	Crook	Morning Worship (BCP)	Rev. Brian Crowe & Tony Fitch
11.00am	Winster	Holy Communion (BCP)	to be arranged
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock

The Sunday next before Lent

Wednesday 13th February - Ash Wednesday

9.30 am	Crosthwaite	Holy Communion (CW) <i>with ashing</i>	Rev. Michael Woodcock
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17th February

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michelle Woodcock
9.30am	Helsington	Holy Communion (CW)	Rev. Ron Rutter
9.30am	Underbarrow	Holy Communion (CW)	Rev. Bob Dew
9.30am	Witherslack	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crook	Morning Worship (CW)	Rev. Matt Allen
11.00am	Winster	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crosthwaite	Family Service	Rev. Michelle Woodcock

The 1st Sunday of Lent

24th February

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Helsington	Morning Worship (CW)	Mrs. Maureen Stevens
9.30am	Underbarrow	Holy Communion (CW)	Rev. Brian Crowe
11.00am	Crook	Morning Worship (CW)	Revs. Montgomery & Crowe
11.00am	Winster	Matins (BCP)	Mr. Roger Bingham
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock
4.00pm	Witherslack	Evensong (BCP)	Rev. Michael Woodcock

The 2nd Sunday of Lent

A LETTER FROM MICHELLE WOODCOCK

Snow! I LOVE snow, and this afternoon as I write this letter there is great excitement in our house. The snow has started falling and our children have already rushed into the garden to see if they might be able to build a snowman. I can still see more grass than snow, but they're a resourceful pair and Eleanor has confidently headed out armed with a carrot for the nose!

There's something delightful about watching children playing in the snow. As adults, all we usually think about is the inconvenience it's going to cause in getting to work, school or the shops. We complain about the cold and look bleakly at the garden (especially when the lawn has just been rampaged over by said children!). We're quick to see the negative and all the implications that bad weather inevitably brings, and of course, that's only natural and I don't want to underestimate the challenge that some face in these conditions. That said, we can be a really grumpy lot sometimes, worn down by the pressure and strain of life!

Perhaps a 'snow day' is a good moment to reflect on the good things in life. The simple things that bring joy and pleasure. God made us to enjoy his creation. C.S. Lewis commented that "*Joy is the serious business of heaven.*" This certainly strikes a chord with me. Life can get so complicated sometimes. We can move so quickly through each day barely noticing those around us, let alone what might be happening outside our window. Perhaps that brief moment of snow will be long gone by the time you read this, but the challenge today is to find something simple to enjoy. Forget the negatives for a moment and have some fun!

"Rejoice in the Lord always. I will say it again: Rejoice!" (Philippians 4: 4)

Yours in friendship,

Michelle Woodcock

FROM THE REGISTERS



Weddings

22nd December

Andrew Bownass & Lesley Dennis at St. Mary's, Crosthwaite

Holy Days in February

- 2 **The Presentation of Christ in the Temple (Candlemas) - Festival**
- 3 Anskar, Archbishop of Hamburg, Missionary in Denmark and Sweden, 865 - Lesser Festival
- 14 Cyril and Methodius, Missionaries to the Slavs, 869 and 885 - Lesser Festival
- 17 Janani Luwum, Archbishop of Uganda, Martyr, 1977 - Lesser Festival
- 23 Polycarp, Bishop of Smyrna, Martyr, c.155 - Lesser Festival
- 27 George Herbert, Priest, Poet, 1633 - Lesser Festival

CALLING ALL PARISHIONERS

Report of Open Meeting for all congregation members from Cartmel Fell, Crosthwaite, Winster and Witherslack

Over 50 people from all four of the above churches attended this meeting on Saturday 12th January to embark on developing our Mission Action Plan (MAP) which will translate the Diocesan Vision into action in our locality. Debate was lively, creative and stimulating and the general feeling was of a very productive process resulting in more than a 100 ideas to take the churches forward into the future. Thank you to all those who came along to contribute to this process.

What a task it will be to select a small number of the ideas generated on which we will focus our energies over the next few years.

The Diocesan Strategy identifies 'five marks of discipleship' on which to act during the next ten years:

- **Maturity in faith**, which leads to
- **Prayer and worship** which is expectant and lively
- **Community service and engagement** looking outwards
- **Evangelism** sharing the good news
- **Quality of relationships** 'see how these Christians love one another'

The table below is a summary of key ideas. A full report has been prepared for further assessment as the process evolves. These key ideas will require further exploration over the months ahead to identify the best ones that will make a difference in keeping our churches vibrant.

Marks of Discipleship	Prioritised Ideas
Maturity in faith	<ul style="list-style-type: none"> • Growing young leaders • Development of lay leadership in services • Establishment of small groups for teaching, prayer and fellowship • Strategies for charitable giving • An organised approach to visiting people in care homes, hospices and hospital • Developing invitational approach to introduce people to faith • Trying some new styles of worship to attract others • Developing greater understanding of church processes
Prayer and worship	<ul style="list-style-type: none"> • Special services including thematic approaches • Diversifying how and when we use music in worship • Developing an invitational approach to bring people into faith • Creation of flexible space within our churches
Community service and engagement	<ul style="list-style-type: none"> • Expansion of the use of church buildings • Activity groups for the elderly to promote social interaction • Review of parish magazine to encourage wider circulation • Diversification of the “how and when” of our service provision • Continue to develop links with all schools in Crosthwaite and Witherslack
Evangelism	<ul style="list-style-type: none"> • Enabling church members to express their faith to others • Developing an invitational culture eg. “Bring a guest’ service • Expanding and promoting house groups • Involving children, young people and adults • Create areas within churches as prayer and reflection spaces for visitors • Diversification of the “how and when” of our service provision eg occasional evangelical service • Offering church buildings for use by local organisations and interest groups • Finding ways of making services more user friendly to new people • Introduce special events that are attractive to others
Quality of relationships	<ul style="list-style-type: none"> • Expanding and promoting house groups • Develop pastoral and listening skills to meet identified needs • Providing a transport scheme to help people get to church and church activities • Build on the success of the Winstor Book and Plant Sales • More user-friendly services and modern styles of music • Developing an invitational culture • Songs of Praise/ Praise and Worship

continued **Moving Forward**

Much work will be needed to translate this brainstorm into a coherent, achievable set of actions that can be implemented in the years ahead. It is essential that whatever we choose to do is effective and sustainable and that we do not overreach ourselves, or wear out our clergy!

Michael will shortly be setting up a Steering Group to take these ideas further after which everyone's input will again be invited. If you were unable to attend the meeting on 12th January, worry not! There will be plenty more opportunities.

Lent Courses

There are two courses on offer during Lent this year and these are open to anyone from all seven villages in our Two Valleys:

On **Thursday lunchtimes** during Lent we plan to serve Light Lunches of hearty soups and rolls in the lovely new Brigsteer Village Hall. We would like to ask you for suggestions of issues/topics that you would like us to address on each of these five Thursdays. Boxes have been available at the back of our churches for suggestions of "hot topics" that we will attempt to tackle over lunch with the opportunity for some lively discussion as well. Obviously we only have five Thursdays so are limited to the final number of ideas. We aim to keep costs low at £3.50 per person and any surplus will be donated to a local charity. Contact Matt Allen 015395 68865, Brian Crowe 015395 68959 or Michael Woodcock 015395 68276 for more details. We plan to meet on following dates:

12.00-1.30pm Thursday 21st February

12.00-1.30pm Thursday 28th February

12.00-1.30pm Thursday 7th March

12.00-1.30pm Thursday 14th March

12.00-1.30pm Thursday 21st March

An alternative course in Lent is also on offer at 7.30pm on Tuesday evenings at the Vicarage, Crosthwaite. This course covers five sessions looking at how we "Engage in Worship". Contact Michael Woodcock 015395 68276 for more details:

7.30pm Tuesday 19th February "Our Encounter with God"

7.30pm Tuesday 26th February "The Bible in Worship"

7.30pm Tuesday 5th March "Community in Worship"

7.30pm Tuesday 12th March "The Whole Person in Worship"

7.30pm Tuesday 19th March "The World in Worship"

You may like to choose one or even both of these courses to attend; you would be most welcome. Lent is always a good time to gather members of our villages together as Spring slowly unfolds around us.

Shoebox Distribution in Romania

We have just returned from distributing your shoeboxes to children in Roma communities in north west Romania. Each day we loaded up the trailer with shoebox cartons from the warehouse, and they were towed behind our minibus to villages about an hour away in all directions from the city of Oradea. Tarmac roads became tracks, and tracks became muddy swamps. Houses became huts, and brick huts became huts built of compacted mud and straw, held up with wooden slats and sundry bits of plastic sheeting in an attempt to weatherproof them . We soon realised that this was Third World in the EU, just 3 hours from the UK.

As we approached the villages, children appeared from nowhere, running towards us. They crowded round and waited with excitement while the list of names was read and the shoeboxes given out. Some had made a special effort to find heir best clothes, others had no best clothes, just an assortment of ill fitting garments, often totally inadequate for the cold weather. Parents and grandparents indicated their gratitude for our visit with hugs, smiles and handshakes.

With their boxes under their arms, the children took us by the hand and we walked back with them to their homes. The level of poverty was shocking. Each hut had an outer porch, then a door leading into just one room, often furnished with just a large couch, covered with an assortment of blankets. Sometimes, but not always, there was a rickety old cupboard or two. Some of the homes had done their best and were proud of their colourful pictures and wall hangings, and a bit of old lino on the floor, but many had earth floors. No running water, no kitchen, no bathroom, some had a plastic washing up bowl which was used to wash, make bread and wash pots and clothes in. Very few cookery utensils, just a large soup or stew pot, and maybe a frying pan. Overhead cables brought a simple electric light to each property, and some homes had a TV, apparently paid for the government, presumably to keep them quiet. The one good thing was that all but one of the homes we visited were heated by a wood burning stove, with a flat top for cooking, and this made it warm and cosy despite the destitution.

The welcome, warmth and hospitality we received from these desperately poor people was overwhelming. Their eyes shone with delight at the shoebox gifts, and they couldn't thank us enough. The children just couldn't take in the generosity within their boxes, and having looked at the contents they carefully repacked them - too much for them to take in, in one go. Many of the simplest gifts meant little to them at first - they had never seen anything like it. Even our cameras were a mystery, but they loved to have their photos taken, and their faces lit up to see themselves. Some of the children had obviously never had a mirror, so they didn't understand the photos at first.

In other villages, the shoebox distribution took place in the church. As we went in and were taken down to the front, we met with a sea of excited, smiling faces, and we will always remember how moving (as well as deafening!) it was to hear the children singing their hearts out to us and reciting the Lord's Prayer at the tops of their voices, all from memory, even children as young as about three.

Two of the villages seemed particularly desperate. We went to the Cash and Carry and bought huge quantities of potatoes, rice, pasta, oil, margarine, salami, flour and sugar, bagged it up and delivered it to every family in one small village. For the other village we went back to the warehouse where there were boxes of donated clothing, and we made up bags for each family. It was here, where, as I picked up a small boy, there was a clunk on the ground as his shoes fell off. They were mismatched ladies' boots, 2 right feet. That is how it is in these forgotten places, within the EU.

At one distribution I noticed a young girl waiting patiently for her box. She was clad in an assortment of thin cast-offs. We took her hand and went home with her, and sure enough it was at the far end of the village. Earth floor, nothing but a bed covered in filthy rags. Father and 2 other children, no sign of mother. Mortality rates are very high, so there probably wasn't one. We thought this was the most desperate we had seen - until the following day when we were taken to see a young woman and her baby in a mud hut with huge holes in the walls where water could pour in. The woman was trembling with cold, the baby was crying. She gave her a bottle, but it was empty. There was only a straw mattress covered with rags. No heating. They were on their own, and couldn't afford wood. We gave her blankets, warm clothes and some food, and as we left, the 5 month old, tiny baby was sucking desperately on a banana. They are expecting temperatures of -15 degrees C.

So the shoeboxes are a fantastic boost for these children, and they bring a lot of joy. Yes, they make a difference. But could we do a bit more? Through Teams4u we now have an excellent link with People2People, a Christian charity run by an amazing Romanian couple, Nicu and Miha Gal. Giving food and clothing ... and shoeboxes is a help, but not a solution. This will take generations, but education is the start. Few Roma children go to school. Much work has already been done with foreign aid in building a pre-school in a village called Alparea. It is a super place, but there need to be more of them. If a school is requested, the Government turns it down saying it is not needed. If it is built by a charity, and run for 4 years, the Government is then duty bound to accept that it is needed, and they take over the funding. If anyone is interested, please let me know, and can I encourage you to go on to the Teams4u Facebook page where you will see lots more pictures

Rosemary & Keith Webster



Individual Traveller's Tales

**To raise funds for Friends of the Lake District's National Parks
Extension campaign.**

Friday February 1st 2013 at 7.30 pm
CANADIAN WATER - by Hil Fouweather
EXPLORING ECUADOR - by Chris Lloyd-Rogers

Venue - Brigsteer Village Hall admission £4.00
Bookings ☎ 015395 68355 or cliffordtravel@gmail.com

Underpass Party

Thanks to everyone who supported the Underpass Party, just before Christmas, by giving raffle prizes, buying tickets and spending money on the night. An excellent evening of entertainment by Bloodshot Eyes and a wonderful stall of goodies made by the boys at Witherslack Hall School. We raised over £600 for Lyth Valley First Responders Group and it was an opportunity to say thank you to all those people who have given so much of their time and succeeded in bringing about the re-opening of the Derby Arms Underpass.

Congratulations

to Janet Lee who has received C.B.E. for her services to Education.

Volunteer Open day

We are looking for volunteer Room Guides to welcome our visitors, and help bring the house alive, at Townend, the interesting and quirky 17th century farmhouse in Troutbeck. If you enjoy meeting people and have some free time, we would love to hear from you. The time commitment is very flexible - we only ask for a minimum commitment of one session a month during our open season (March - October) and we also pay travel expenses. If you are interested and would like to find out more about this role, and other opportunities here and at Allan Bank (in Grasmere), pop along to our open day -13th Feb anytime between 10am and 2pm or contact Fiona -015394

32628 / fiona.green@nationaltrust.org.uk

Quiz

Dallam School PTA is holding a quiz at the Smithy Inn, Milnthorpe Rd, Holme at 8.30pm on Thursday, 7th February in aid of PTA funds. £4 per team (max 4 people per team.) All welcome. (For more details please phone 07826800469.)

HELP NEEDED PLEASE !

I am in the process of compiling a booklet about the men of Crosthwaite who died in the Great War of 1914-1918 and whose names are recorded on the memorials in St Mary's Church. It is planned that the booklet will be on sale at church and that after costs are covered, a donation will be made to the Royal British Legion. I have obtained much of the basic information from Public Records (Parish Records, Census Data, School Records, etc) but would like to include some more personal stories, letters, photographs etc from descendants or relatives, if possible. If you have such material that you would be prepared to share, please contact me, **Peter Windsor on 015395 68554** or e-mail at peter@windsor8hx.freemove.co.uk. All photographs and memorabilia will of course be returned after copying.

MAGAZINE SUBSCRIPTION 2013: subscriptions for 2013 were due at the beginning of January.

The price has been kept at **£6.00** Parishioners please pay your Parish distributor promptly.

Those who get by post cheque **£12.00** made payable to

Crosthwaite PCC

and sent to

Matthew L. Dobson

ASPEN Crosthwaite Kendal Cumbria LA8 8BS

Those on the **HELINGTON** Postal list

Please make Cheques payable to **Helsington P.C.C.**

and send to **M. Wrigley**, Orchard House, Brigster, Kendal LA8 8AN



Cartmel Fell WI

cordially invites you to an evening with

JOAN BENTLEY

"SPRING IS IN THE AIR"

WEDNESDAY MARCH 6TH at 8PM,

Cartmel Fell Parish Rooms

This promises to be a spectacular evening with a

Cake Stall, Bring and Buy Stall, Raffle and of course

THE FLOWER RAFFLE!

All proceeds in aid of Cancer Research in memory of our own dear

DOREEN WILLIAMSON.

Everyone is welcome. Please bring all your friends. Guests £2

For info, please contact:-

☎ Ruth 015395-68395



PANTOMIME in the Crosthwaite Village Hall

ALI BABA

and the unspecified number of

THIEVES

(7.00 pm) Thursday, Friday & Saturday

24th/25th/26th January 2013

Tickets from Caroline Holmes: 015395 68599,

Geraldine Wilson: 015395 68836,

Marilyn Shuttleworth 015395 68522, or from the Exchange

on Wednesdays

Children: £3

Adults: £7.50



Underbarrow Marrow Day

for Cancer Charities

NIGHT OF HEARTS

Saturday 23rd February 2013

Underbarrow Institute

Tickets £10

to include Pie and Peas
Pud and a Glass of Bubbly.

Live Music by Jaybee,
Charity Auction, Bar.

7pm for 7.30pm

Food served at 8pm

Tickets – ☎ Charlie 07770742877
or Steve 68717 or Jan 68046

**THE CROSTHWAITE EXCHANGE
IS CELEBRATING ITS....**

0075
BIRTHDAY

JOIN US ON

6 FEBRUARY 1-4 pm for:

Celebratory Cocktails, Shaken not Stirred

Bond Bourguignon

Birthday Cake

Sparkling Fizz

Bond Girls



The Crosthwaite Exchange....licensed to Thrill!

Movember campaign

Many thanks to all who supported my “Movember” campaign. My moustache prompted differing reactions, from my mother’s “how ghastly!”, to a lady who remarked that I looked “dashing and handsome”, but I think she was drunk. Comments veered more towards the former than the latter, however. Nevertheless, because of the generosity of many of you, I was able to send £275 to Movember who support various men’s health charities such as Prostate Cancer UK. Thank you. Julian Lambton

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

Thank You

a very big thank you to all who supported the projects which helped to raise money for the extension to the Church. Ewen has now completed his Orders for his beautiful stained glass panels which have raised approximately £100 in donations. He would, of course, be happy to make more panels; if interested please contact him on

☎ 015395 32319. There must be quite a number of Ladies wearing hand painted silk scarves this new year. As a result the Fund has benefited by £130. Our thanks must also go to Geraldine for ensuring that the St Anthony’s Cards are always available for visitors. The income from these cards is not known as the monies go into the Safe in the wall. On behalf of the Friends of St Anthony’s thank you to all who bought Christmas Cards which raised the sum of £85. Most of the problems regarding the building of the new extension have now been solved and it is hoped that work will start in the near future.

Local History Society

January 2013 saw the start of a new season of talks and walks. Our short AGM was held on 14th, followed by members talking about

the research they had undertaken during the past year. Subscriptions for 2013 became due at this time, and for an annual fee of £8 members can enjoy all talks and outings organised by the group. Non-members are welcome come along to our evening talks for a small charge per visit.

February will see Bill Myers telling us about ‘Pubs and Breweries in Cumbria’. The underground world of the Coniston copper-mines will be revealed in March, and in April, our own member – Bob Matthews – will be talking about ‘The Yellow Earl’

Meetings are held in the Cartmel Fell Parish Hall starting at 8pm. For more information contact the secretary Jeni Boothman on ☎ 015395 68389 or eni.boothman@tiscali.co.uk

Meeting date changed

The next meeting of Cartmel Fell Parish Council has had to be changed and will now take place on Tuesday 29th January at 7.30pm at Tower Wood Outdoor Pursuits Centre. (instead of the 31st).

ST ANTHONY’S ROTAS

Coffee

February 10th Anne Emmett
February 24th Vanda Lambton

Flowers

Julie Balshaw

CROSTHWAITE

www.crosthwaiteandlyth.co.uk

Crosthwaite Show 10th August 2013

A reminder that the classes for the art and photography are

A Study in Yellow
Transport
Games

Thank You

I am so very grateful for the support, encouragement and practical assistance given to me with such generosity of spirit, throughout these long months of incapacity. The community is helping me face this unexpected and challenging health issue in so many ways from walking my dog, assisting with shopping, enabling me to participate in some aspects of village life despite my limitations, and bearing me gifts of cakes and flowers to cheer me. I particularly appreciate your prayers and efforts to continue to visit or phone me over such a long period of time. Your support and encouragement helps me immeasurably and I thank you all.

I can hardly believe that it is approaching two years since the injury to my back! Whilst I am told I still have a long haul ahead I am making some very slow progress and am determined to continue to do so, even though the road is bumpy at times.

The support of our community helps so much and I wish everyone all best wishes for the year ahead. May it be a healthy one for all of us!!

Alyson Groom

ST MARY'S ROTAS - February 2013

Coffee & Refreshments

10th Denise Park & Jean Denney
17th Pat & Gordon Howarth
24th Geraldine & Arthur Wilson

Flowers:

3rd Volunteers needed
10th Volunteers needed
17th Lent (no flowers)
24th Lent (no flowers)

Will volunteers please note that a Rota for Flowers is in the Church and it would be appreciated if people can add their names onto this as appropriate.

Otherwise please contact Vonnie Sharpe (☎ 52005) or Eileen Alton (☎ 68565)

HELSEINGTON and BRIGSTEER

Brigsteer Open Gardens 2013

Our biennial major fund-raising event, in aid of the Village Hall, will be held on Sunday 26th and Monday 27th May. Further details later or contact Barbara Clifford ☎ 015395 68355

Carol Singing

£220 was raised from carol singing around Brigsteer in December 2012, which has been donated to the Bendrigg Trust.

Thank you to all who participated, provided refreshments and gave money for this good cause.

Coffee Morning

The 'Second Saturday' Coffee morning will be held at Honeybee House Brigsteer on February 9th 10.30-12noon. Everyone will be most welcome to attend.

Zumba Class

A new Zumba class started on Thursday the 17th January at Brigsteer Village hall, and will continue throughout the year. All welcome!

UNDERBARROW

Wine Tasting Evening

Underbarrow Institute Committee invite you to a Wine Tasting Evening on Friday 8th February 2013 at 7.30pm prompt. Tickets available from Valerie O'Loughlin ☎ 015395 68655 or Stephen Carruthers ☎ 015395 68717.

WITHERSLACK www.witherslack.org

WITHERSLACK, MEATHOP & ULPHA PARISH COUNCIL

ARE SEEKING APPLICATIONS FOR THE POSITION OF CLERK TO THE COUNCIL

Duties to include taking the minutes of meetings, administration for the council, basic bookkeeping, computer skills and maintaining the website

Hours are 5 per week, including the attendance at meetings. Pay will depend on experience. (NJC scales apply)

Please contact the current clerk Anne Kerr on 07587096285, parishclerk4@hotmail.com for more information on the role

To apply please send a CV with covering letter to the Chairman: David Ingram, High Yeat Lodge, Witherslack, LA11 6SE, dfanda.ingram@btinternet.com, 015395 52313

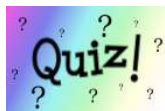
Closing date Friday 22nd February 2013



Dean Barwick PTA

are holding a

Games Night



To fund a new reading scheme
Quiz – Dominoes – Bingo & Raffle
At Witherslack parish hall

On Saturday March 9th starting at 6.30pm!

Tickets are £4 each, under 11s are £2 & under 4s free!

Family ticket (2 adults + 2 children) £10

Fabulous fun to be had!!

Tickets can be purchased from Witherslack community shop or Dean Barwick School (015395 52298)

Carol Service and Bazaar

Our church looked really festive for our service with the many beautiful Christmas arrangements. The full congregation of over 100 really did justice to the carols and was delighted by the participation of the children of Dean Barwick School who performed brilliantly.

Afterwards we enjoyed mulled wine, mince pies and, of course, the Christmas bazaar in the Barwick Hall. Over £500 was raised – fantastic – a record!! Many, many thanks to all those who participated in so many ways to make this such a wonderful, successful evening.

ST PAUL'S ROTAS Altar Flower Rota

Sue Wooldridge

WITHERSLACK COMMUNITY SHOP

Monday	7.45 – 6.30
Tuesday	7.45 – 6.30
Wednesday	7.45 – 12.30
Thursday	7.45 – 6.30
Friday	7.45 – 6.00
Saturday	9.00 – 1.00
☎	015395 52188



CARTMEL FELL

At the January meeting, John Holmes of the Lyth Valley Community First Responders, explained the work of the organisation from its inception in Oregon in 1969. The emergency medical help it provided to scattered communities there was so valued that the idea spread to Canada, to England, and to Cumbria by 2009 where a quicker response to medical emergencies was needed.

The 22 voluntary Responders in the Lyth and Winster Valleys are fully trained to cope with heart and breathing problems until the ambulance arrives, and they aim to reach the patient within eight to ten minutes of the call on their pagers. They carry their defibrillator which, literally, can be a life-saver, and this equipment is now being installed in public buildings for the use of the general public who can follow the

spoken instructions, even without training. But here we are lucky to have trained, committed people, whom we may actually know, attending to us with reassurance and professionalism. The very sight of the Responders calms the patient and his or her companions - as we at Cartmel Fell W.I. know only too well when we had to call on them on one occasion, and members were delighted to be able to thank Mr. Holmes publicly for their help.

At the next meeting on February 6 at Cartmel Fell Parish Hall at 7.30pm, Rosemary Webster will tell members about the result of last year's Shoebox Appeal. Visitors are most welcome at meetings.

CROSTHWAITE AND LYTH

Jean Seal presided over the Christmas party in December. A delicious buffet was enjoyed by members and their guests followed by entertainment provided by local story teller Nick Hennessey who also played the harp and drum. The February meeting will be held on 20th February at 7.30pm when Julia Beeden will talk about "A Right Royal Do."

HELINGTON/BRIGSTEER

Our February W.I. meeting will be on February 27th at 7.30pm in the Village Hall, Brigsteer. Marianne Birkby, a Wildlife Artist, will talk to us about her work. We look forward to her sharing her insights with us.

UNDERBARROW

During Underbarrow WI's December meeting members views were sought on how we see the future of Denman College. It was felt that courses would be much better attended if these were of shorter duration and held closer to this area. The 2013 programme of events for Underbarrow WI was distributed and the coming year promises speakers on a wide range of interesting subjects. Following the meeting a total of 37 members and guests gathered for a most enjoyable Christmas lunch at Underbarrow Punch Bowl. President, Barbara Lee gave a vote of thanks to Doreen Swindlehurst for her sterling work in organising the lunch again this year.

President, Barbara Lee, opened the January meeting by welcoming everyone, including 2 new members and distributing prizes for full attendance at our 2012 meetings. We were joined by several gentlemen for the talk entitled "Antarctica in the Wake of Shackleton" which was presented by Mrs Dorothy Grace. With the aid of slides, Mrs Grace explained about the unique climatic conditions which exist in the southern polar region and began with a resume of Shackleton's efforts in the early 20th century as he endeavoured to explore the region. Shackleton died of a heart attack in 1922 aged 47 without realising his dream and was buried in South Georgia. Since then, others have gone on to explore the area and many nations now have bases there studying all aspects of the region. We

were shown excellent photographs of the areas visited by Mrs Grace and of the diverse flora and fauna which has made this region their home.

The February meeting will be held on Wednesday 13th at 1.30 pm in the Institute when the speaker will be Janet Hurst who will be talking about Zumba

WITHERSLACK

The January meeting was held in the small room at the Parish Hall, but it proved too crowded for regular use. One new member was welcomed and subscriptions were collected. Two ladies had very much enjoyed the Crook WI party. Votes were taken for the Resolutions for the AGM. "Saving the High Street" won by a small margin. Full attendance in 2012 was achieved by 5 ladies and the year's competition winner was Pauline Hodgson. The speaker, John Holmes, gave a very interesting and informative talk on Community First Responders. The idea first took shape in Oregon USA where the population is similar to rural Cumbria. The Lyth Valley group was set up in 2009 with support from the Ambulance Service. It covers 7 villages and the aim is to get one or more of the 22 local First Responders to the patient in less time than it takes for the ambulance to arrive. The equipment they require is expensive. Each individual's full kit costs £15,000. Since the start they have attended 195 incidences. A useful piece of information: calls to 999 from a landline show the postcode BUT 999 calls from a mobile phone do not. Use 121 instead and the position is triangulated. More responders are always needed and full training is given.

Next month. February 12th "It shouldn't happen to a nurse" by Eileen Belshaw. Visitors welcome ☎01539 52302

REGULAR EVENTS

HELINGTON & BRIGSTEER

For bookings and more information contact Jackie Fleetwood ☎ **015395 68148**

Zumba Gold Fitness Class	Mondays 10.30-11.30am
Short Carpet Bowls	Mondays 7.30-9.30pm
U3A Circle Dancing Course	Tuesdays 10.00-11.45am
Yoga	Tuesdays 6.00-7.30pm
Table Tennis	Tuesdays 8.00pm
Book Group	3 rd Wednesday of the month, 7.30pm
Women's Institute	Last Wednesday evening of the month, 7.30pm
UFOs Sewing Group	1 st & 3 rd Thursday of the month, 2.00-4.00pm
Pilates	Fridays 12.00-1.00pm and 1.15-2.15pm

CARTMEL FELL

For bookings contact Helen Caldwell ☎ **015395 68428**

Women's Institute	First Wednesday in the month at 7.30pm
Local History Society	Second Monday in the month at 8pm during winter

CROOK MEMORIAL HALL

Table Tennis	Monday & Friday 7.30-10pm (from September through winter months)
Young Farmers Club	Tuesday 7.30 – 9.30pm
Aerobics/body toning	Thursday 10 – 11am
Folk Dance Group	Thursday 7.30 – 10pm

CROSTHWAITE MEMORIAL HALL

Check bookings online at www.crosthwaiteandlyth.co.uk

Aerobics	Mondays 7.30pm–8.30pm
Playgroup	Term time Tuesdays and Thursdays 9.30am—11.30am
Exchange	Wednesday 2pm–4pm (1pm on the 1st Wednesday)
WI	3rd Wednesday of the month at 7.30pm
Art Club	Mondays 1.45pm-4 pm
Indoor Bowling	Tuesdays and Thursdays 7.30 pm—10 pm
Snooker Club	Wednesday 7-9 pm in the Parish Room, Crosthwaite
Pathfinders (age 8-11)	18th February starting at 4.15– 6 p.m. Tel: 68276
Trailblazers (age 11+)	18th February starting at 5.30—7 p.m. Tel: 68276

UNDERBARROW INSTITUTE

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

WINSTER

Book & Plant days	10.30am-4.00pm on the last Saturday in each month (April-November)
Line Dancing Classes	Mondays 7.30pm–9.30pm at Winster Village Hall
Tai Chi Class	Thursdays at 4.15 pm at Winster Village Hall

WITHERSLACK

Indoor Bowling	Wednesdays 7.30-10pm (except July & August)
Parent & Toddler Group	Tuesdays 10am until Noon
Tea & Chat Group	Every 1st Tuesday of the month at 2pm
Women's Institute	Every 2nd Tuesday of the month at 7.30pm
The Art Club	Fridays 9.30am-12.30pm
Stretch and Tone	Mondays 2.00pm to 3.00pm
Fitness Pilates	Thursdays 6.00pm to 7.00pm