

# AROUND KIRKBY LONSDALE

NOVEMBER 2013

## GRAND AUCTION OF PROMISES!

**The Friends of St Mary's** are holding a grand auction of promises in aid of a new South Porch Entrance at St Mary's and a new Bell Cradle and we are fast approaching this exciting event on 14 November.

Admission is free by catalogue and these will be available all round the town and surrounding areas in strategic venues such as the Community Shop, all the Churches, the Surgery, the Library etc. from mid-October. We hope that as many of you as possible will come to enjoy a night of fun, and to do some Christmas shopping or secure a holiday for next year!

You can view the exciting promises on Thursday 14 November 2013 at 7.00pm and the auction will start at 7.30pm in Queen Elizabeth School Hall, Kirkby Lonsdale

Mr Michael Mashiter of North West Auctions has kindly agreed to be the auctioneer, so this will be a really fun evening.

The Promises include holidays, toiletries and beauty treatments, a day's fishing, edible treats, Christmas fare, flower arrangements, pictures and many more.

Remember - admission is free by Catalogue and there will be a Pay Bar and Nibbles.

### Institute 100 Club

The Institute management committee have relaunched their 100 Club, and recruited more than 20 new members to date.

The aim is to provide a defibrillator in the Institute and to contribute towards general running costs. The new club project is being backed by Kirkby Lonsdale Town Council. Chairman Coun Allan Muirhead said: 'This is not just about winning a prize - it's an investment in one of the town's main assets. 'The Institute is our only town-owned public building and can be used for any event, from a coffee morning to a wedding reception, from a small meeting to a major presentation.

'There are around 2,000 people living and/or working in town. If everyone committed just £1 a month - through a direct debit or cheque for £12 a year - they will give the management committee a guaranteed income which would ensure the building's continued availability for community use.

'I see this as buying a share in what is really our own building, one that is necessary and which is well used. It's more than trying to win a cash prize every month.' Geoffrey Buswell has taken on the role of club administrator. A new bank account has been opened, and easy-to-complete direct debit or standing order forms are available for new members. He can be contacted at 81 Fairgarth Drive, Kirkby Lonsdale, telephone 015242 71630 or email [geoffrey.buswell@virgin.net](mailto:geoffrey.buswell@virgin.net)

Winning 100 Club numbers are drawn at the start of each month's meeting in public of the Town Council and published on the website [www.lunesdalehall.co.uk](http://www.lunesdalehall.co.uk)

The October numbers were:  
31 (£25), 50 (£15), 15 (£10)

### Name Change ... Not The Institute!

At a recent meeting of the Institute Committee Members and following a programme of considerable re-decoration and improvements a resolution was passed to re-name the Institute and bring it up-to-date. The hope being that the people will be encouraged to take a new, fresh look at the "Lunesdale Hall" and all it has to offer. It is a beautiful building and we feel the new name more worthy of the town's splendid resource. The re-naming will take place from the 1st January 2014.

### AKL DECEMBER / JANUARY

*Please note that the next issue is a double issue, covering December and January, so please think about your January articles!*

**Deadline for the December / January issue of AKL: Midday Friday, 15 November. Nothing received after the deadline can be included.**

Mail copy, either typed, or on a CD, to AKL, The Institute, Bective Road, Kirkby Lonsdale. Email in plain text only (no attachments or HTML, please) to [aklnews@uwclub.net](mailto:aklnews@uwclub.net) (set email to plain text).

**Editorial matters:** Contact Nick Gillibrand, KL 71231 or Diane Nowell, KL 73636.

**Advertising:** For advertising accounts email [akladverts@gmail.com](mailto:akladverts@gmail.com) **Payment for adverts:** Mail to AKL, The Institute, Bective Rd., Kirkby Lonsdale, LA6 2BG. For **all other advertising matters:** email [muirheads@uwclub.net](mailto:muirheads@uwclub.net).

# From The Team Ministry

Hello, I'm Liz Dew Lay Reader, the newest (not in years!) addition to the Team Ministry. Since I have now retired, you will be seeing a little more of me around the different churches in the Rainbow Group. I am married to Rev Martin and have two grown up children. We live in Burton-in-Kendal but I have been worshipping in Preston Patrick Church for more than 12 years.

By the time you read this, preparations for Christmas will be in full swing. This will be the first time in 40 years that I have taken part in Christmas preparations. Have I been on some other planet? No just in full time work. I know what it is like during the build up to Christmas in manufacturing industry. If you work in the commodities business as I did, usually more orders come in, so that extra stock is made to cover the period when the factory is closed. These orders seem to be over and above the amount really required, as there is an element of panic buying at this time of year. Therefore the Shift Managers ask the staff to do more hours to cover the extra work, when really they would prefer to do less.

At lunch times the Canteen, which is normally full of people happily munching their sandwiches or sampling hot food, is unusually quiet, as some staff hurry off site to shop for that all important present or special food item. Even in the laboratories, where I used to work, everyone seems busy. There are phone calls from Development Managers, Quality Assurance Managers and Marketing Managers, all keen that you should finish and report their project before the Big Day. For each person, the pressure is on to try to finish not only work demanded by others, but also to complete those annoying tasks that despite your best efforts, have remained unfinished. I am sure that those in business will empathise with these statements.

I remember one Christmas eve, having finished my work at last, going out to the car park and seeing just one car, mine, shivering in the gloom, everyone else had sensibly gone home. That's why I said that year after year, I did not take part in the preparations for Christmas, I just arrived at it!

Having retired, this year is going to be different! I am going to think about Mary and the uncomfortable donkey ride she had, being 8+ months pregnant. I am going to feel the anxiety of Joseph as he was rejected time and time again, when he was searching for a place for them to stay. I am going to bless the Inn Keeper for at least finding them a stable and thank the animals for offering some bodily heat. I am going to marvel at the angels as they came to announce the birth of Baby Jesus, and sense the awe of the shepherds as they left the hillsides and found Him in the town, just as the angels had promised. At last in 2013, I will be prepared for the arrival of Jesus and the difference His way can make in our lives. I pray that this year, you too will take the time to be prepared.

## **NW Cancer Research CHRISTMAS FAIR**

Please join us for our annual Fair on :-  
SATURDAY NOVEMBER 9<sup>TH</sup> 10.00 to  
12.00 in the Institute, Kirkby Lonsdale  
Entrance is £1.50 and includes Tea/Coffee  
and Mince Pie.

Please come along and support our efforts  
to raise funds for Cancer Research locally.  
We look forward to meeting friends old  
and new - everyone welcome.

## **St. Mary's CE Primary School Open Afternoon Tues 5th of Nov 2013**

If you have a child due to start Nursery or Reception in September 2014 you are very welcome to attend our open afternoon. Come along and see our thriving, well equipped nursery and reception facilities, have a tour of the school and meet our experienced Early Years practitioners.

Children are accepted into Nursery at the start of the term following their 3rd birthday. The Nursery times are 8:45 - 11:45 and lunch club is from 11:45 - 1:00. If you would like more information, or would like to visit the school, please contact the Head Teacher, Sarah Oldroyd on 015242 71334.

## **Barbon Backdoor Club**

The next meeting is on Monday 4th November at Barbon village hall at 2pm. The speaker is John Henderson who will talk and give a digital presentation entitled "Cosmology". This fascinating talk is about the history of the universe and the important stages in its development to the present day and beyond. Everybody is welcome so please do come along, enjoy the talk and a cup of tea and a chat with friends afterwards.

It is time once again to book your place for the Christmas Lunch at the Heaves Hotel on 2nd December. If you wish to go please contact me for further details. Also if you know of anyone who lives further afield than the circulation area of AKL and whom you think would like to come to the lunch I would be grateful if you will ask them to contact me.

Lilian Barton 015242 73166 .

## **BENTINCK MARK LODGE**

The Master of Bentinck Masonic Mark Lodge Gordon Higton and Charity Steward Tony Clark presented a total of £750 to local Charities on behalf of the Lodge at Kirkby Lonsdale Masonic Hall on Wednesday 9th October.

£250 each was received by Louis Mason on behalf of Derian House Children's Hospice, Terry Simpkin on behalf of the Kendal Mountain Search & Rescue Team and Mel Ormiston of Kirkby Lonsdale Play Partnership.

## Can you help?

Many of your readers will know that for many years Joy and I were speakers and fund raisers on behalf of the charity Hearing Dogs for Deaf People. As a result of this we formed a great friendship with the late Jenny Harmer who had Hearing dog "Connie" the first one in Cumbria. In conjunction with Angela Lock Jenny wrote a book about her early life in "silent isolation" and how Connie completely changed her life. Jenny presented us with a signed copy of this book which both of us treasured. Unfortunately Joy loaned the book to a friend some time before she died and I haven't got a clue who borrowed it. If YOU were that friend I would be most grateful if you will return it to me at 10 The Gables Fairbank Kirkby Lonsdale or 'phone me on 73644. It really is most precious to me. Thank you in anticipation  
JOHN

## I Love To Tell The Story

A member of Kirkby Lonsdale St Joseph's choir, and the Mewses Choir has produced a CD of hymns, spiritual chants and other religious music spanning various faiths.

Ken Duccini, who lives in Bentham, put together the programme of 27 items, with the help of three fellow members of the Mewses Choir, Annette Benson, Margaret Castle and Monica Dodd, along with Peter Meadows, who formed his backing group.

He told AKL: 'These songs draw on a range of Christian musical traditions that have influenced me through the years. The songs come from various traditions: evangelical Anglican, high Anglican, Catholic plainchant, American revivalism, Southern gospel, country gospel, African American gospel, and African American spirituals.'

The CD, entitled I Love To Tell The Story, will be available from Remembrance Day, November 11, priced at £6.99, from Michael Dugdale at michael@dugdale.biz, telephone 015242 71239. Local deliveries can be arranged but post and packing orders will cost an extra £1.50.

### Who's Who: a contact list for 2013-14

#### THE CHURCH OF ENGLAND

*Team Rector:* Revd Richard Snow, The Rectory, Vicarage Lane, Kirkby Lonsdale, Carnforth, LA6 2BA. T: (015242 72044) [rector@therainbowparish.org](mailto:rector@therainbowparish.org)

*Team Vicar:* Revd David Whitehead, The Vicarage, Vicarage Lane, Kirkby Lonsdale, Carnforth, LA6 2BA T: 015242 72078 [vicar@therainbowparish.org](mailto:vicar@therainbowparish.org)

*Assistant Priest, NSM:* Revd Deborah Preston, The Old Schoolhouse, Kirkby Lonsdale, Carnforth, LA6 2DX T 015242 72509

[nsm@therainbowparish.org](mailto:nsm@therainbowparish.org) *Reader:* Mrs Liz Dew. 9 Burton Park, Burton in Kendal, Carnforth, LA6 1JB T: 01524 781645. [lizdew42@hotmail.com](mailto:lizdew42@hotmail.com) *Parish*

*Administrator:* Mrs Victoria Hazlett, Parish office, 18 Bective Rd, Kirkby Lonsdale, Carnforth, LA6 2BG. &: 015242 71320 [office@therainbowparish.org](mailto:office@therainbowparish.org)

*PCC Lay Chair:* Mr. Merlin Hibbs, Low Fell House, Barbon, Carnforth.LA6 2LJ. T 015242 76410 [merlin@hibbs.org.uk](mailto:merlin@hibbs.org.uk) *PCC Secretary:* Revd Deborah

Preston (as above) *PCC Treasurer:* Mr Robert Cass, 17 Mitchelgate, Kirkby Lonsdale, Carnforth, LA6 2BE T: 015242 71218 [pcc@casses.plus.com](mailto:pcc@casses.plus.com)

*Assistant Treasurer:* Mrs Dilys McLaughlin, Applegarth, 3 Gallery Court, Kirkby Lonsdale, Carnforth, LA6 2AQ T: 015242 71164

*Barbon Churchwarden:* Mrs Janet Paxman, Troutbeck, Barbon, Carnforth, LA6 2LW. T: 015242 76012. [janet.paxman@lineone.net](mailto:janet.paxman@lineone.net) *DCC Secretary:* Mr

Russ Taylor *DCC Treasurer:* Mr Roger Groves, Kemps Hill, Moorhwaite Lane, Barbon, Carnforth, LA6 2LP. T 015242 76322

*Casterton Churchwarden:* Mrs Barbara Magee, Grange Lodge, Casterton, Carnforth, LA6 2LD T: 015242 71304 *Secretary:* Mrs Gill Sykes, The Old

Manor, Casterton, Carnforth LA62SD Tel 015242 72143 [gillsykes.casterton@virgin.net](mailto:gillsykes.casterton@virgin.net) *DCC Treasurer:* Mr Tom Herd, Casterton Cottage, Casterton,

Carnforth, LA6 2SF T: 015242 71203 E: [tom.howgill1@btinternet.com](mailto:tom.howgill1@btinternet.com) *PCC representative:* Mr Frank Livesey.

*Hutton Roof Churchwardens:* Mrs Anne Huntington, The Post Office, Hutton Roof, LA6 2PG T: 015242 71213. Mr David Read, Nanny Hall, Hutton

Roof, Carnforth.LA6 2PG T: 015242 71631 E: [read831@btinternet.com](mailto:read831@btinternet.com) *DCC Secretary:* Mrs Carole Scurr, Rakes Foot, 6 Lowther Court, Hutton Roof,

LA6 2QL T: 015242 71023 E: [the.scurrs@btopenworld.com](mailto:the.scurrs@btopenworld.com) *DCC Treasurer and PCC rep:* Mrs Alison Newton, Low House Hutton Roof, LA6 2PG T:

015242 73867 E: [csnewton@totalise.co.uk](mailto:csnewton@totalise.co.uk)

*Kirkby Lonsdale Churchwarden:* Mr Alan Cox. 3, Hunter St, Carnforth, Lancs, LA5 9BP T. 015242 735188 *DCC Secretary:* vacancy *DCC Treasurer:* Mr

Norman Green, 8 Vicarage Lane, Kirkby Lonsdale, Carnforth, LA6 2BA T 015242 72684 [normangreen350@btinternet.com](mailto:normangreen350@btinternet.com) *PCC representatives:* Mrs

Anne Foulerton, Gatelands, High Biggins, Carnforth, LA6 2NP T 015242 71281 E; [afoulerton@hotmail.com](mailto:afoulerton@hotmail.com) Mr David Dalgoutte, Delph Cottage, Jingling

Lane, Kirkby Lonsdale, Carnforth, LA6 2AW T 015242 71890 E: [david@dalgoutte.name](mailto:david@dalgoutte.name)

*Lupton Churchwardens:* Mrs Margaret Lambert, Brow Head, Cow Brow, Lupton, LA6 1PJ T: 015395 67478 Mrs Grace Lewis, Middle Fell House,

Lupton, Carnforth. LA6 2QB T. 015395 67406 *DCC Secretary:* Mrs Eleanor Higton, Hill Crest, Cow Brow, Lupton, LA6 1PJ T: 015395 67521 *DCC*

*Treasurer:* Mr Arthur Oakden, Tarnside House, Lupton, LA6 2PX T: 015395 66945 E: [lindseyoakden@hotmail.co.uk](mailto:lindseyoakden@hotmail.co.uk)

*Mansergh Churchwardens:* Mrs Sue Harrison, Belle Vue Farmhouse, Mansergh, LA6 2EJ T. 015242 72448 E: [harrison.bellevue@btinternet.com](mailto:harrison.bellevue@btinternet.com) Mrs

Wendy Hadwin. Mansergh Hall Farm, Mansergh, LA6 2EN T: 015242 71397 *DCC Secretary:* Mrs Sue Harrison as above. *DCC Treasurer:* until summer

2013, Mrs Lucille Gartside, The Laithe, Rigmaden, Mansergh, LA6 2ET T: 015242 76472. Taking over later 2013, Mrs Anne Humphries, The Gate

House, Old Stable Yard, Rigmaden, Kirkby Lonsdale, LA6 2ET T: 015242 76526 E: [ahumphries123@btinternet.com](mailto:ahumphries123@btinternet.com)

*Middleton Churchwarden and DCC Treasurer:* Mr Peter Yorke, Ellers, Middleton, LA6 2LZ T: 015242 76420 E: [pmyorke@aol.com](mailto:pmyorke@aol.com)

*DCC Secretary and PCC representative:* Miss Margaret Bownass, Middleton Head, Kirkby Lonsdale, Carnforth, LA6 2NF T: 015396 20395

*Preston Patrick Churchwardens:* Mr Tony Mason, Mount Pleasant, Gatebeck, LA8 0FS T: 015395 67353 E: [rhmason@tiscali.co.uk](mailto:rhmason@tiscali.co.uk) Mr Stephen Allen,

Gatebeck Cottages, Gatebeck LA8 0FS T: 015395 67687 E: [tinstep@hotmail.com](mailto:tinstep@hotmail.com) *DCC Secretary:* Mrs Yvonne Lucas. 1 Meadowside Close, Endmoor

LA8 0EJ T:015395 61336 E: [lucasendmoor@btinternet.com](mailto:lucasendmoor@btinternet.com) *DCC Treasurer:* Mrs Tina Allen, (details as Stephen Allen)

*Deanery Synod Representatives:* Mrs Olive Clarke, Mr Charles Howarth, Mrs Jane Maxwell, Miss Marjorie Mellor, Mr John Preston, Mr Bob Thornton.

3 vacancies.

**C. OF E. SCHOOL:** St Mary's Primary, Kendal Rd, Kirkby Lonsdale, LA6 2DN. 015242 71334. St Patrick's, Endmoor, Kendal, LA8 0HH. 015395 67388.

**THE METHODIST CHURCH:** Rev Andrew J Webb, 42 Shap Rd, Kendal LA9 6DP. Tel. 01539 721450. Kirkby Lonsdale: Sunday Service & Junior Church, 10.30am. Evening services, as arranged, 6pm. See announcements for Evening service dates. Cowan Bridge: Sunday Service, 11am (Family service, first Sunday in the month).

**ST JOSEPH'S RC CHURCH:** Back Lane, Kirkby Lonsdale. Sunday Mass, 9am. During the week, as announced. Parish Priest Canon Luiz Ruscillo, The Presbytery, St Mary's RC Church, Hornby. Tel. 015242 21246.

**FRIENDS' MEETING HOUSE:** Preston Patrick Sundays 10.30 Warden 015395 61163 and Brigflatts, Sundays, 10.30am. Warden, 015396 20005.

**VOLUNTEER DRIVER SCHEME:** 07788 52 25 11 **CUMBRIA POLICE:** Emergency 999 Non-emergency 101

## **Haffner Orchestra Concert** **Saturday 16th November 7.30pm**

**Conductor: Justin Doyle**  
**6.30pm pre-concert talk by Justin Doyle**

### **Great Hall, Lancaster University**

Stravinsky	Firebird Suite
Bizet	Carmen Suite
Dvořák	Symphony no.9 (from the New World)

Buy tickets online at [www.haffnerorchestra.org](http://www.haffnerorchestra.org); or ring 01524 582394 (credit card sales, office hours Mon-Sat). Tickets are also available from Lancaster or Morecambe VICs, Lancaster University box office (01524 594151) or at the door.

Ticket prices: Adults £13, Concessions £12, 18 and under free, subject to availability

## **Barbon Walkers**

Barbon Walkers in conjunction with Hornby Ramblers, participated in a marathon charity event on Saturday 28th September 2013, based on the Pennine Journey long distance walk. The walk re-creates a 204 mile walk completed in 1938 by Alfred Wainwright

The event was planned by the Pennine Journey Supporters Club to celebrate the 75th anniversary of A.W. walking the Pennine Journey. The basis of the charity fundraising marathon was that eighteen walking group charities, national and regional completed on the day, a section of the Pennine Journey raising sponsorship funds for their own selected charity.

The charity selected by Barbon Walkers and Hornby Ramblers was St John's Hospice, Lancashire, in memory of a late Barbon walker James Trevelyan, donations are still being collected for a target sum of £300.

Barbon walkers met at Horton station and caught the train to Settle, for the start section of the Pennine Journey walk from Settle station waiting room, where details of the complete walk with a blue plaque in memory of the A.W walk are displayed.

The leisurely walk commenced from the station via Settle market square, up Constitutional Hill, to the stony walled footpath Track to Langcliff on Bank lane, part of the Settle loop of the Pennine bridleway, with panoramic views of the Ribble valley and Penyghent.

From Langcliffe the footpath to Stainforth was taken, with a climb of the facing limestone crag onto the farm buildings of Lower Winskill (where the barns are being converted to a Sarah Smith sculptor studio).

The scar steep descent through the wooded scar provided by limestone steps to Stainforth, where lunch was taken on the Village Green, with seating being kindly provided by a local resident.

From Stainforth, crossing the beck stepping stones for the uphill track to reach the Green Track of Moor Head Lane, descending towards Helwith Bridge for the start of Long Lane.

After a steady climb towards the summit of Penyghent, we then left Long lane down the track to Dub Cote, for the return to Horton -in Ribblesdale, a 8.5 mile part section of the Pennine way completed in approximately 5 hours.

## **Hornby Community Swimming Pool**

Hornby Community Swimming Pool has two new Aquacise fitness classes to help local people keep trim and in shape this autumn.

The classes take place on Tuesday evenings (8pm to 9pm) and Thursday mornings (11am to 12 noon). The small and friendly classes are run by a fully qualified instructor and are open to everyone of any fitness level. Exercise in water is a great way to tone up with less strain on bones, joints and muscles.

The Tuesday evening sessions cost £4.50, whilst the Thursday morning sessions cost £4.

For more information about these classes, swimming lessons or opening times please visit

[www.lancaster.gov.uk/hornbypool](http://www.lancaster.gov.uk/hornbypool) or call 015242 21119.

## **Country Harvest**

Food glorious 'festive' food will once again be the theme of Country Harvest's annual Christmas Extravaganza which this year will be held on Wednesday, November 27 from 6pm to 9pm. Several of the Ingleton shop's foodhall suppliers will be handing out free tastings on their products. Country Harvest will also be serving free mulled wine and mince pies for everyone who comes along to this special Christmas night.

## **Cumbria Wildlife Trust**

This year's Christmas cards and calendars have just arrived and they will be on sale at our next event (details below). If you can't make it along to this event you can order direct from Cumbria Wildlife Trust at Plumgarths, Crook Road, Kendal, LA8 8LX or locally from Finestra Gallery, Main St Kirkby Lonsdale.

Forthcoming Event

Wednesday 13th November - 7.30pm-9.00pm KL Methodist Hall - Tiri Tiri Matangi - A model of conservation in New Zealand

Mike Hall will give a talk from his visit to this fascinating island off the coast of New Zealand. This evening's meeting includes our short local group AGM. Entry is a suggested donation of £2.00 for adults and free for children and includes refreshments. Accompanied children under 16 years of age are welcome and the venue is wheelchair accessible and uses a hearing loop.

## **Dr Feelgood in Whittington**

How often does the village of Whittington, near Kirkby Lonsdale, get the chance to boast that it has booked for Saturday 7th December 2013 the world-renowned - and totally crazy - British Blues outfit Dr Feelgood!

'Milk and Alcohol', 'Down at the Doctors' - Dr Feelgood have had some great and huge chart hits; but they are best heard live! Local band 'Black Cat' will be there to support, along with a number of special guests.

This is the fourth annual Blues night organised by the Lunesdale Music Collective. Get your tickets early, to come and 'get down' with Dr Feelgood!

Tickets are £17 per person in advance, and £20 on the door, and are available online:

[info@lunesdalemusic.co.uk](mailto:info@lunesdalemusic.co.uk)

or from the following outlet: The Post Office, Arkholme

## **AKL Police Report for October 2013**

### **Crimes of Note**

14/9 An assault was reported to us whereby 2 persons from Bradford were involved at Plato's. A male was arrested and charged with assault.

22/9 An I-phone was stolen from a handbag at KL Golf club during a wedding celebration.

30/9 Criminal Damage was caused to a vehicle on Bective Lane, damage was caused using a sharp implement scratching down one side of the car.

5/10 A report of Loud music was reported coming from Plato's, this is now in the hands of our Licencing officers.

7/10 The Royal Hotel reported a suspicious couple who took a bag and looked through it before placing it back. Nothing was taken.

8/10 Criminal Damage was caused to a vehicle on Jingling Lane. Damage was caused by a sharp implement.

15/10 A charity box has been stolen from Lunesdale Bakery.

Anyone with any information on the above can ring Cumbria Constabulary on 101.

I would just like to inform you of an animal cruelty case which was brought to our attention by a resident of Dent. Her cat arrived home with an injury to its leg. It was taken to the vets and she was informed it had been shot. If anyone has any information regarding this could you please get in touch with PCSO 5244 Coleman via the 101 number or email me on [Amanda.coleman@cumbria.police.uk](mailto:Amanda.coleman@cumbria.police.uk)

Over the past week there have been a number of crimes in South Cumbria where offenders have approached vehicles in separate rural locations during daylight hours and drilled the diesel tanks before syphoning diesel.

Suspects described as being a white male and female in early 20's, and driving a red Peugeot 106 around a 97-98 plate. The vehicle appeared to be in bad condition making a lot of noise. There was also a dog in the back. Please report any suspicious vehicle or persons to Police via 101.

Regarding the above 2 persons were arrested in the Ambleside area on the 15/10/13. They have been bailed and are waiting for court dates. A successful operation! And good work from our colleagues in Ambleside.

We are coming to the time of year again where we will putting on our heating. Due to the recent increase in the cost of fuel, cumbria police are warning local businesses and local residents who may possess heating oil or diesel tanks, that they ensure they are properly secured with locks.

Cumbria Constabulary has established the Community Speedwatch programme. Its aim is to share the responsibility for addressing speed related offending between the community, the Police and other agencies. "Many parish councils have been concerned about the problem of real, or perceived, speeding vehicles through their neighbourhoods.

It is hoped that councils will acquire speed guns, either for themselves or in conjunction with other members of the LAPs or Neighbourhood Forums, which will be used by members of the local community to monitor speed at the appropriate locations. These volunteers will receive training in the use of this speed monitoring equipment.

The Constabulary have already appointed 5 Police Support Volunteers throughout Cumbria. They will be the Police link to Community Speed Watch volunteers and will provide all the administration support necessary to enable the schemes to succeed. This will include receiving all the details of offending vehicles, completing PNC checks and sending the warning letters to the registered keepers. They will also establish a database to consolidate the individual offences so that persistent offenders and 'hotspot' locations can be identified for further action to be taken by the Police.

Sergeant Paul Mellard is the officer at Kendal Police Station who is in overall charge of the scheme for south Lakeland, and may be contacted on 101.

## **A Grand Day Out at Manchester's Award Winning Christmas Markets**

A local coach company is organising two trips to the Christmas Markets in Manchester. You can join it for for just £12.00 per person with Alan Stephenson Coaches

Friday 29th November

Departing Kirkby Lonsdale 09:00

Via The Hideaway, Crooklands & Holiday Inn, Lancaster

Returning from Manchester at 17:00

Saturday 14th December

Departing Kirkby Lonsdale 10:00

Via The Hideaway, Crooklands & Holiday Inn, Lancaster

Returning from Manchester at 19:30

To reserve a place or for any further information please contact Dan or Angela on 015242 72445 / 07834 275102 / [dan@alanstephensoncoaches.co.uk](mailto:dan@alanstephensoncoaches.co.uk)

## **A view of the loo**

Kirkby Lonsdale has elevated its status equal to that of Paris with the opening of our very own Loovre. I wish the artists and the proprietor every success with this new venture. I only hope they do not draw inspiration from the lavabos adjacent to their new gallery.

Whoever came up with this ridiculous design for a public convenience? I would have hoped they would have learnt from the problems the public encounter from the new same design at Devil's Bridge. Gaining access at a time of great necessity is like playing Russian Roulette. Will the door open or will it not? It is advisable to carry a change of clothing when visiting this area, just in case. In addition, the embarrassment of having to exit the loo to a sea of faces, doing a performance from 'Raindance', which would make Michael Flatulent proud, while waiting to occupy the next vacant closet. It is not too easy to say to a crowd of dancers, 'sorry folks give it a minute', or to blame 'it' on the previous occupant. The Council did not take into consideration the dignity of the full-bladdered public in their hour of need-to-go. *MC (writer's details withheld).*

## **St John's Hospice - Light up a Life Remember someone special with a light on our tree**

Dedicate a light on our tree of lights to remember, with fondness and affection, those you love and miss at this special time of year. The care St John's Hospice provides is free, and two thirds of our funding is sourced entirely from charitable donations. So please dedicate a light this Christmas. Your help will allow us to continue caring for people from our local community now and in the future. You can take part in our appeal in the following ways:

Call the Fundraising Team on 01524 382538

Visit [www.sjhospice.org.uk/lightupalife](http://www.sjhospice.org.uk/lightupalife)

### **Our Light Up A Life Service**

We are holding two Light up a Life services to remember family and friends. Light a candle in memory of a loved one and take time to reflect on and celebrate their life. Everyone is welcome to this special event, not just those whose loved ones have been cared for by the hospice.

Friday 6 December at 7pm at Morecambe Winter Gardens

Monday 9 December at 6.30pm at Kendal Parish Church

(Please wrap up warmly as both venues can be very chilly at this time of year)

## **Casterton WI**

It was a pleasure to welcome so many new members at our very-well attended meeting on 2 October. Our speaker for the evening was David Rush who took us on a 'Yomp Through Yorkshire' and once again we became armchair travellers, this time to the beautiful countryside and picturesque towns and villages of the 'White Rose' County.

Those who went to the Candlelight Evening in Barbon Village Hall on 24 September had a real treat, listening to members recounting their special memories and the music that went with them. In fact it was so enjoyable that we plan to hold a similar event in Casterton in January - volunteers wanted to share their stories with musical memories or simply to read a poem.

Our next meeting on 6 November is our AGM followed by a Jacob's Join Supper - always a tasty spread. The following week - Thursday 14 - we'll be meeting again at our local, the Pheasant Inn, where we look forward to the annual lunch. More information about Casterton WI can be found on our website:

[www.castertonwi.co.uk](http://www.castertonwi.co.uk). Meetings are held on the first Wednesday of the month in Casterton Village Hall where visitors can be sure of a very warm welcome.

## **"Wine Tasting with a Difference"**

Whether you're an experienced bon viveur, or just would like to know a bit more about the pleasures of the table, then pop along to Casterton Village Hall on Friday November 29th.

The wine and spirits manager from Booths, the indefatigable Glyn, will guide us through "The Right Wine with the Right Course" - which includes 3 taster courses with wines chosen to match. And just in time so that we can get it right at Christmas. And of course there's a raffle.

Tickets are £12 from Sienna, Kirkby Lonsdale or Casterton Garage, and the evening kicks off at 7.30pm.

Bon Appetit!

## **National Trust Events at Sizergh**

Make a Bathbomb: 19 November

Make a bathbomb from scratch as a wonderful Christmas present. 10.30am - 1.30pm £20 includes lunch. Booking essential please tel 015395 60951.

Silver, Copper & Brass Cleaning: 13, 28 Nov & 5 Dec  
Join Sizergh's Conservation team on a Winter metal cleaning workshop. 10am - 2pm £15 includes lunch. Booking essential please tel 015395 60951.

Landscape Photography: 20, 27 November

Alex Black will be leading a landscape photography workshop and walk to Sizergh Fell. 10.30am - 3pm £25 includes lunch. Booking essential please tel 015395 60951.

Build and Decorate a Gingerbread House:

14, 26 November & 10 December

Build a gingerbread house and learn how to pipe icing and decorate with Sizergh's baker. 10am - 2pm £20 includes lunch. Booking essential please tel 015395 60951.

Make a Christmas Wreath: 3 & 4 December.

Make your own Christmas wreath. 9.30am - 2.30pm £20 includes lunch. Booking essential please tel 015395 60951.

Christmas Decorations: 11 December.

Make natural Christmas decorations. 10am - 2pm £20 includes lunch. Booking essential please tel 015395 60951.

Christmas Felt Decorations: 12 December.

Learn to make felt from scratch and create your own Christmas decorations. 10.30am - 2pm £20 includes lunch. Booking is essential. Please telephone 015395 60951.

Meet Santa: 8, 15, 22 December

Meet Santa at Sizergh's Grotto on Sunday 8, 15 and 22 December and receive a special gift. Price per child is £5, and booking is essential. Please telephone 015395 60951.

Christmas craft stalls

Pick up your Christmas presents at Sizergh from 16 November to 15 December at weekends. A select range of local crafts makers will be displaying their goods in Sizergh Reception, including Alpaca wool crafts, the Red Rose Woodturning Society, fabric crafts and bargewear, jewellery and essential oil skin products. Featured this year from 30 November will be honey produced by Sizergh's very own bees. Free Entry.

16 - 17 November

23 - 24 November

30 Nov - 1 December

7 - 8 December

14 - 15 December

## Friends of St Mary's

The final total raised at the Bric-a-Brac/Cafe stalls in St Mary's during The Big Weekend was £1960. Thank you so much to everyone who supported us.

We are fast approaching our Grand Auction of Promises on Thurs 14 November (see front page). Admission is free by catalogue and these will be available all round the town and surrounding areas in strategic venues such as the Community Shop, all the Churches, the Surgery, the Library etc. from mid-October. We hope that as many of you as possible will come to enjoy a night of fun, and to do some Christmas shopping or secure a holiday for next year!

The Christmas Event at The Rectory will be on Friday 6 December and will start at 7.30pm. The tickets are unchanged at £6 which will include a delicious home-made finger buffet. There will also be a pay bar, a raffle, and carol singing round the piano led by The Rector and Mrs Janet Atkins. First prize in the raffle is another beautiful original painting of St Mary's by William H Jones. The picture is currently on display in J Thompson's window on Main Street.

Tickets available from any member of the Committee from mid-November or phone Judie on 72434 or Liz on 71932. As this is a double edition the Committee would like to wish all our supporters and friends a very blessed Christmas and a Happy New Year.

## Barnardo's Christmas Coffee Morning

Barnardo's Christmas Coffee Morning will be held on Saturday the 30th November in the Institute between 10am and 12 noon.

Stalls will include Tombola, Raffle, Cakes, Christmas Stall including books, plus Cards and Wrapping paper. Admission is £1.50 to include Coffee and a Mince Pie.

## Children In Need

The Rotary Club of Lunesdale and Staff from Booths store in Kirkby Lonsdale, together, will collect for "Children In Need" on Friday 15th November.

If you are planning to make a donation for this very worthy cause it will be easy for you to do so either before or after you have done your shopping at the store. Rotarians will be there with their collecting tins from 10am outside the store with Pudsey Bear and the staff will be collecting inside. If you can spare the time please do come and say hello and have a chat. We thank you sincerely for your generous support in the past and hope the we can beat the amount collected last year which was a record. We look forward to meeting you on the day.

## Whoop Hall

The Whoop Hall Country Club offers a wide range of activity classes that are open to the local community throughout the week, mornings and evenings. Including: Aerobics, step, fitball, boxercise and circuit training. We are also introducing Yoga.

Please either ring 015242 71326 or email [whoophallclub@gmail.com](mailto:whoophallclub@gmail.com) for further details

## Carnforth and Lunesdale Divorce Care support Group

**Taster evening and Surviving the Christmas Holidays Healing for the whole family now available**  
**2nd December and 9th December, 2013**

Are you struggling with the pain of separation or divorce? It may be your own divorce or you may still be feeling the impact and effects of your parents' divorce in your own life and relationships. Are you in a place of loneliness, depression, anger and isolation? These are the normal symptoms of the emotional pain of family breakdown? Are you dreading facing the Christmas holidays? Perhaps your friends and family around want to help you, but don't know how to.

Are you struggling to come to terms with your situation? Are your children angry, hurt and confused? We know it seems such a long hard road to recovery!

We are a divorce care support group here to help you and your whole family. We understand what you are going through. . All courses are free on a donation basis only.

You are invited to a taster evening on 02/12/2013 and a session on "surviving the Holidays "on 09/12/2013, where you can meet and chat with the team and participants from past courses and find out more in an informal setting. We will be showing helpful dvds including one specialising in surviving the holidays, a selection of the library books, hearing from those who have been on previous courses and socialising over a light supper. Your children and Teens are invited to the Divorce Care for kids and teens (DC4k/T). All welcome. Come and taste and see!

We are running the adult courses, primary children (DC4k) and the Teens course alongside each other at the same venue and time, being the Salvation Army premises at Carnforth. 7pm to 9pm. This year we will also be offering a new course called " Breaking the chains" which is specifically for adults who are still feeling the impact and effects of their parents' divorce. The course has been developed to help identify how we might be chained to the past divorce by feelings of hurt, betrayal and anger in addition to any unhelpful patterns of relating that we may be locked into. Once identified the links of the chain can be broken and new ones forged in the present and for future generations.

There is detailed information on all our groups on both of the divorce care websites [www.divorcecare.org](http://www.divorcecare.org) and [www.dc4k.org](http://www.dc4k.org) under find a group postcode LA5 and the website of our sponsoring church CFM is [www.cfm.org.uk](http://www.cfm.org.uk). On that website is a link to a fantastic You tube film that a past participant has made for us with local families real experience of the DC courses we run at Carnforth. It will give you a great flavour of what we are about and hopefully encourage you to come and get some more support for you and/or your family, should you feel you need it.

Or for more details or to book a place Phone Sue Ellershaw 01524 730642

## Kirkby Lonsdale Play Partnership

With winter fast approaching we have lined up some nice fun events for you to attend in preparation for the festive season.

Sunday 17th November - Nearly New Sale, The Institute, Kirkby Lonsdale. Items to be included should be dropped off between 9:30am & 10:30am - doors open 11am - 2pm £1 entry. Each item must be labelled securely with the sellers code and price. (Sellers code MUST be obtained prior to the sale by emailing klppnearlynew@hotmail.co.uk) Unwanted sale items will be donated to the local Save The Children Shop. Note: This is a fundraising event so the selling price is split 70% to seller and 30% to Kirkby Lonsdale Play Partnership. Tea and coffee available.

Saturday 30th November - Ladies Thrift Sale, The Institute, Kirkby Lonsdale. Items to be included should be dropped off between 4pm & 5pm - doors open 7pm £1 entry. Each item must be labelled securely with the sellers code and price. (Sellers code MUST be obtained prior to the sale by emailing klppnearlynew@hotmail.co.uk) Unwanted sale items will be donated to the local Save The Children Shop. Note: This is a fundraising event so the selling price is split 70% to seller and 30% to Kirkby Lonsdale Play Partnership. Come and join us for some mulled wine and mince pies.

During the Big Weekend, KLPP hosted a Recycled Fashion Show at QES. This turned out to be a fantastic event with many wonderful designs on display. We must say a huge thank you to QES for allowing us to use their facilities, to The Cumberland Building Society who sponsored the event and to Danceworks who put on some fantastic dances to entertain us all. We have decided to repeat the Recycled Fashion Show again next year so all those budding designers out there keep an eye out for details.

As always, we are looking for volunteers to help out wherever possible so if you are wanting to put your name to a good cause (you don't have to be on the committee if you don't want to), then please get in touch with Kim Bradshaw at [kirkbylonsdaleplaypartnership@hotmail.co.uk](mailto:kirkbylonsdaleplaypartnership@hotmail.co.uk)

## Kirkby Lonsdale Methodist Church November Services

**Sunday 3rd 0900** Rev Andrew Webb. Sacrament. 1030 Mick Pidd All Age Worship.

**Sunday 10th 1030** St. Mary's United Service. 6-30 Rev Andrew Webb Working with God Ecumenical Service

**Sunday 17th 1030** Rev David Stretton. 5-00 Rev Andrew Webb Time for God.

**Sunday 24th** Rev Andrew Webb All Age Worship, Sacrament. 6-30 Rev Andrew Webb

## Driving Range at KL Golf Club

### 10 brand new open bays - Special Offer to AKL Readers

Bring along a copy of the November edition of AKL to the Pro Shop to get a free bucket of balls to use on the driving range. Offer limited to one per person. The Clubhouse is open for tea / coffee/ lunches and snacks and you will be give a warm welcome. You will find us off the A683 past the Barbon turning

## Integrating Health at the Institute

Thank you everyone who supported our Health and Wellbeing fundraising event back in May. The money we raised was kindly match funded by the Institute committee to enable the dedicated Therapy room to be decorated and carpeted. The event also attracted interest from other therapists and the team is growing to offer a range of psychological and physical therapies for health and wellbeing. We are all well qualified, fully insured and experienced therapists.

Alison Marsden - Alexander Technique, Yoga, Reflexology, Cookery Courses for Health. Alison also runs healthy eating cooking sessions once a month on a Tuesday lunchtime and will be running a 4 week Yoga and Alexander Technique evening class in November.

Yvonne Cervetti – Clinical & Sports Massage, Myofascial Bodywork, Hot Stone Therapy.

Val Seger-Bernard - Counselling, Cognitive Behavioural Therapy, Hypnotherapy & NLP.

Sarah Rycroft – No Hands Massage, Reflexology, Indian Head Massage, Hot Stone Therapy

Kate Lewis - Bowen Therapy

Genevieve Hurst - Acupuncture.

Richard Marsden - Alexander Technique and Tai Chi.

For more information, to ask questions or to get in touch with individual therapists call one of us that has an advert in the AKL or visit our Facebook page – Integrating Health – Kirkby Lonsdale. Also Look out for flyers and advertising which will appear over the next month. We work alongside traditional, allopathic medicine and are more than happy to consult with your GP or other healthcare practitioners where required. We hope that you will consider integrating other options to help balance your body and mind.

Please visit [www.integratinghealth.com](http://www.integratinghealth.com) for full details.

## Kirkby Lonsdale Open Gardens Weekend

Anyone who walks around the town knows that there are some fabulous gardens in Kirkby Lonsdale - some tiny, some huge; some wild, some immaculate; some mainly for sitting in, some providing fruit and vegetables of all kinds from Spring through to Autumn. Kirkby Lonsdale gardens are all different and having the chance to look at some of them always gives people enormous pleasure.

Next year - on the weekend of the 12th and 13th July - we are hoping that ten or twelve gardeners will be ready to take part in an Open Garden Weekend, with funds raised going to the charity Freedom from Torture.

So, if you like looking at gardens, or you would like to show your garden, please save the date. 12-13 July 2014.

More details after Christmas. But if you'd like to know more right now you can ring Tim and Jane Burnett (71336), Shirley Osborn (71604), or Chris and Kathy Paice (73607).

## **A wonderful visit to Kirkby for 18 children from Belarus**

On the 20th September 18 children from Belarus, all 8 years old, came to visit Kirkby Lonsdale. The children are in this country under the care of The Friends of Chernobyl's Children Charity; for a 4 week recuperative care programme staying with English host families homes in Silverdale, Arnside and Crossthwaite. The Charity was founded in 1994 by Olwyn Keogh M.B.E. who now lives in Silverdale and the Charity has supported and cared for many thousands of children and their families in the intervening years. The children are from the highly contaminated areas of Belarus and all from socially disadvantaged families, many of them having suffered loss of family members through tragic circumstances and all living in dire conditions.

FOCC would like to thank most sincerely a wonderful local lady and member of the Rotary Club of Lunesdale who took it upon herself to arrange collections of good quality children's clothes and arrange a super day out for the children to Kirkby. Lillian had the full support of the Rotary Club of Lunesdale who supplied each child with a back pack plus some gifts, who helped on the day and also arranged for a magician to entertain the children which they loved. Thanks are due also to many local people who provided a large quantity of good used clothing, knitted lots of hats, scarves and gloves including the Kirkby Lonsdale Knit and Natter Club and those kind people who provided delicious food for lunch. Many thanks to the ladies who worked so hard in the kitchen, it was greatly appreciated. I understand that support for the visit was given from as far afield as Merseyside, Penrith and the South of England.

Mike and Mary from Greenside Farm kindly invited the children to visit and see their herd of prize alpacas and the many baby alpacas recently born on the farm. The children were delighted to see these lovely animals at close range and to be allowed to pet some of them. The alpacas were equally curious about the visitors. At Woodclose Park Steve and Michelle also warmly welcomed the little visitors where the children saw the wigwams and then enjoyed a walk back by the riverside. Thank you also to Steve for arranging for the children to see the fire engine at very close range and to try their hand with the hose. They had such a lot of fun.

Our children will not forget the kindness and the welcome they received in lovely KL not least the fun they had, they had a simply great time.

FOCC bring each child for 5 consecutive years to build up their immune system battered by the radiation. See [www.focc.org.uk](http://www.focc.org.uk).

It would be wonderful to set up an FOCC group in KL and district and if you would be interested in hosting one of our children you may like to get in touch for some more information. Tel. 01524 702330.

Best Wishes, Olwyn Keogh M.B.E.  
Charity Founder/ Director Friends of Chernobyl's Children (G.B.)

## **The Visit of the Children from Belarus**

The children, in the end 10 boys and 8 girls, came to Kirkby Lonsdale to visit for a day. On their arrival at the Institute Gordon Downing-Stewart, President of the Rotary Club of Lunesdale, warmly welcomed the children with the assistance of an interpreter. The Rotary Club was very pleased to support this event.

A busy day started with a visit to Greenside Farm to see the prize herd of alpacas. Mike and Mary were waiting for their young visitors and gave them lots of opportunities to get close to and touch the alpacas. A short walk on the farm took us to the alpaca nursery to meet the newly born alpacas (all wearing a coat and one just 2 days old) who were as curious about the children as they were of them. Next was a quick visit to Woodclose Park to see the wigwams. Here we were welcomed by Steve and Michelle before we set off walking down the hill to Devil's Bridge. As they walked across the bridge the children burst into song to the amazement of onlookers. We kept to the riverbank with lots of photos taken en route, up the Radical Steps, counting as we climbed, and back to the Institute for lunch.

Fully refuelled and bursting with energy once more they met Steve for the second time. He opened up the Fire Station and the children were allowed to climb into the cab, try on his jacket and helmet and each had a turn at operating the hose. Wow what a bonus that was! The excitement was intense. Back across to the Institute where a magician (courtesy of the Rotary Club) was waiting to entertain the little ones for an hour. How they laughed, clapped and cheered. An interpreter worked extremely well with the magician explaining to the children what he was doing. They were quick to understand and had a whale of a time.

All too soon it was time for them to leave us and go back to their host families in Silverdale. Before they left they sang songs for us. I don't think I was the only one with a tear in my eye. They each left with a backpack filled with goodies by local people and the Rotary Club.

An enormous thank you to everybody who contributed to this special day for these young children. Thank you for the large amount of good used clothing, for the time spent knitting hats, gloves and scarves, for many items for the backpacks, food and above all for all the goodwill that came with whatever was donated. Finally I must say a special thank you to the ladies who worked so hard in the kitchen on the day.

The children were delightful and thanks to your generosity and support they had a wonderful day which will live in their memories for a long time.

## Royal British Legion

This year's Poppy Appeal runs from 26.10.13 to 11.11.13. We urgently need help on 9<sup>th</sup> November and also collectors in Raygarth / Springfield, Green Square flats and New Road / Tram Lane . Please ring June Peckston on 72990.

### Remembrance Day Details.

We meet in Market Square at 10.15. Parade leaves at 10.30 to march to St Mary's for the Service of Remembrance and Roll of Honour. Once again our standard bearer will read a very moving poem. After church the laying of wreaths and the two minutes silence will be held at the War Memorial. Once again the Methodist Church will provide hot drinks afterwards.

### Monday 11th.

We are holding our usual coffee morning and Act of Remembrance at the Institute 10 -12 noon. All are welcome.

Just a reminder – 2014 membership is due so look out for Alan Day, who will be calling soon. If you would like to transfer to Direct Debit, he can organise that for you.

## Lunesdale Decorative and Fine Arts Society (LADFAS) Report

**Tuesday 15th October 2013**

### "Imperial Purple to Denim Blue"

Dr Susan Kay-Williams gave a funny and instructive talk about textiles: how their colours have evolved through the centuries, and how power, achievement and desire have been woven into their changing fabric. This talk satisfied both the technically-minded and those only interested in the aesthetic appeal of the finished cloth!

As far back as 2600 BC occupants of the Indus Valley knew about alum, the mordant which fixed the colours in cloth after it had been dyed. And these people had experimented with every plant and substance to produce different dyes. But often, due to wars and the dispersing of populations, much know-how was lost and had to be re-invented, because, as far as we know, nothing in ancient times was written down.

One of the first-known major breakthroughs of dying was the imperial purple, which was manufactured in Tyre (now in Lebanon). It took about 12,000 molluscs to create one ounce of purple dye, so cloth of this colour was extremely costly and was restricted to members of royal households. When Alexander the Great conquered Tyre, production came nearly to a halt, and purple cloth in 100-200 AD became available only to the Emperor and his family.

Red dye initially came from the plant madder and from the insect kermes (later to be replaced by the insect cochineal with the discovery of the Americas). The popes adopted this colour for their cardinals, but when Constantinople fell to the Ottomans in 1453, purple was difficult to get and went out of fashion. (Also they had a monopoly for its production!) Henry VIII made red (and gold) the colour of his court and in pictures at this time, every type of manufacture of red, from Madder to the most expensive Venetian Turkey, can be seen.

What about blue? In about 1100 AD the cult of the Virgin Mary evolved and her image was transformed from the grieving mother to the young mother of the infant Christ. She was no longer depicted in drab browns but portrayed in vibrant blues made from very expensive lapis lazuli. Lesser mortals had to make do with dye from woad, which had to be dried in bundles – not good in wet old Britain – so we had to import most of it from France. (Julius Caesar and Asterix would have been surprised.)

Black took over as the power colour in the late fifteenth and sixteenth centuries. This was extremely difficult to produce and get just right. With it went the contrasting colour white, also extremely difficult to get in its purest form.

The paler colours together with green and yellow were not adequately represented until about 1820 when synthetic dyes evolved. There is a delightful picture by Ingres of Madam Moitessier in a beautiful dress with many flowers of muted hues. It took him 15 years to complete. By this time the gentle colours of the vegetable dyes were being overtaken by the more strident colours of chemical dyes.

Today the denim of Levi Strauss & Co has become our preferred uniform. It is washed-out blue, artificially produced to look faded. The greater the fading and distress, the greater the price! Like every other colour fad, it is just fashion!

The next talks will be on Tuesday 19th November when Bill Shannon will give a talk entitled "Hic Abundant Leones: Medieval & Early Modern Maps", and Tuesday December 17th when Oliver Everett give a talk entitled "The History of Windsor Castle & its Royal Occupants, 1080 – 2002" The Christmas Social Event will start at 1.45 pm; otherwise, lectures start promptly at 2.15pm.

## Knitwear Sale

'There will be a Knitwear stock and sample sale at the Kirkby Lonsdale Institute Hall on Saturday 23rd November. Todds of Carlisle supply many well known high street and luxury brand retailers and will be offering quality knitwear at great prices. The sale will start at 10am and finish at 15.30pm.'

# The Rainbow Parish

## Casterton

October has been a month of two halves. First the good, nay excellent news. We celebrated Harvest Festival in fine style with an upbeat, animated joint service conducted by David Whitehead and featuring pupils from Casterton, Sedbergh Preparatory School. The talented School choir, led by Director of Music Anastasia Micklethwaite, gave a marvellous rendition of Rutter's 'For the Beauty of the Earth'. The church was most attractively decorated by village volunteers for the event. Generous donations of fruit, vegetables and other produce were gratefully received at Bendrigg Lodge, Manna House, Nazareth House and Springfield Hostel. The service was followed by a delicious, convivial and much appreciated buffet in the Village Hall, with the usual art and photographic competitions.

We were pleased to welcome once again the Casterton School Old Girls Association who celebrated Founder's Day with the usual promenade from school to church, a service and the traditional laying of flowers on the grave of William Carus Wilson. We have already received written thanks for the 'warm' reception in Casterton and the School's generous hospitality.

'Warm' really is a euphemism for the temperature in Holy Trinity right now, since we learned that our ancient boiler has breathed its last - the spares now being totally unavailable. As we write, we are racking our brains over the technicalities and cost of heating the church in the immediate and long-term future. Vigorous fundraising is once again on the agenda, for whatever proposed installation comes out of a site meeting with Archdeacon Penny Driver and Diocesan heating specialist Bruce Mumford.

We fervently hope that the church clock will be running by the time this goes to print. The cause of the lengthy and embarrassing silence from the tower was a tiny spring clip, badly fitted on a drive chain link during the repairs to the winding mechanism. Despite several massive weights falling some distance onto the clock chamber floor, no serious damage has been done, and everything is intact.

As we launch our stewardship programme, we hope and trust our 'boiler fund' will be as vigorously supported as has been the case in the past.

## Barbon

St Bartholomew's was pleased to welcome the choir from Ouseburn Church, the previous parish of Audrey and Helier Hibbs. The singing was uplifting and it was good to have David Steven to lead the worship. Everyone enjoyed the lunch and chat after the service. The members of the choir enjoyed the opportunity to visit Barbon on a lovely day.

Thanks to Barbara Leaming and her helpers for decorating the church for the Harvest. The different coloured cauliflower trees were greatly admired! The usual fortnightly coffee mornings are always a good opportunity to see neighbours. At these mornings twice in September villagers contributed to charities one to support Lymphoma, a charity close to Barbara and

Tony Wakefield's hearts and the second to join in with the national Big Coffee Morning for MacMillan Cancer Support. Tony sent off £170 and Sue Thornber sent off £212, many thanks.

A date for your diary Sat. 23rd Nov in the Village Hall a Murder Mystery evening. Enjoy a three course meal while the After dark theatre company perform a criminal, cabaret show on the theme of 'Ello 'Ello. Dress up and solve the crime. Ticket only £15 on 76343.

The Barbon Strollers stopped on the Aughton Road to appreciate the fine views across the Lune towards Farleton. Starting from Aughton Institute they then proceeded to Middle Highfield, continued to Far Highfield and then returned to their cars. Their next walk began at Force Bridge, near Sedgwick following the River Kent to the footbridge by Wilson Place. They then joined the towpath by the disused canal at Larkrigg hall Bridge, returning via Sedgwick towards Wellheads Plantation, where they turned right to finish back at Force Bridge.

Anyone is welcome to join the strolls meeting at Devil's Bridge on Monday 4th November at 9.45am.

## Mansergh

Locally themed Christmas cards in packs of 8 will be available shortly, to be sold in aid of the Mansergh Community Hall refurbishment project. £6 per pack or 2 packs for £10. Available from: Peter Stockdale 015242 76443. They will also be available at a Christmas Shopping Evening to be held in Mansergh Community Hall from 7 pm to 9 pm on Friday 6th December. Entrance will be £3.00 to include a festive alcoholic drink or soft drink and a mince pie or piece of tray bake. If you would like to have a table to sell your crafts or products at this special event please contact Kate Mason on 015242 73793 or e mail [katemasondesign@yahoo.co.uk](mailto:katemasondesign@yahoo.co.uk). Tables are £10 each. Proceeds jointly to St. Peter's, Mansergh and the Mansergh Community Hall.

There will be a domino drive also at Mansergh Community Hall on Friday 15th November at 7.30 pm. All welcome. Mansergh Community Hall is down the hill from Old Town.

The harvest Supper was a new venture for Barbon and the Village hall was almost full to enjoy the hot pot and amazing sweets. The music provided by the Anything Goes Swing trio finished the evening in a very convivial way. Perhaps this should be repeated next year, please let Jennifer know as she very kindly master minded the event.

The harvest service led by Martin and Liz Drew was well attended.

## Middleton

The church was decorated with produce and flowers for the service of celebration of the Harvest, which was led by the Rev David Whitehead and included congregation participation. Gordon Lewis was auctioneer for the Sale of Produce, which was followed by light refreshments.

The task of installing new heaters has been completed. This being the first stage of the project to convert the church to Community use.

## From Cllr Ian

I have just started to read Daphne Du Maurier's "Jamaica Inn" so that I shall be fully up to speed when the film is released. I must say that it is a ripping yarn and well worth a read even if you do not intend to go and see the film. As far as I know Kirkby Lonsdale does not have a coastline so I am wondering where the scenes involving the sea will be shot. In Cumbria or down in Cornwall?

The media seems to be very much in the local news at the moment. We have also just had a film made in Sedbergh which is expected to premiere at the Cannes Film Festival in due course. And on a slightly less glamorous note at the last SLDC Council meeting we considered what our future policy should be regarding the filming by members of the public of Council and Committee meetings and also the extent to which it would be permissible to use social media during the course of such a meeting. After some debate on the matter we agreed to adopt a protocol which gave permission for the filming, videoing, photographing or recording of Council meetings or other meetings which are open to the public provided that it does not disturb the conduct of the meeting and subject to the overall power of the Chairman to rescind the permission if it is disruptive or distracting to the good order and conduct of the meeting. In addition it was agreed that the use of social media in formal meetings would be acceptable by members of the public, press and councillors, again provided that that this did not disrupt or disturb the business of the meeting. My guess is that this will prove a popular change to Council policy and indeed in my capacity as Chairman of the Planning Committee I have already been notified of an intention to film at a future meeting relating to an application in Grange. My only hope is that that this will not inhibit "camera shy" councillors or overly encourage the more flamboyant ones! It will be interesting to see how it goes.

As ever, please feel free to contact Evelyn, Nick or myself as follows:

Evelyn Westwood: email [evelyn@markwestwood.co.uk](mailto:evelyn@markwestwood.co.uk) Tel. 015396 20148

Ian McPherson: email [ianmcperson24@hotmail.com](mailto:ianmcperson24@hotmail.com) Tel. 015396 20648

Nick Cotton: email [red.pedal@virgin.net](mailto:red.pedal@virgin.net) Tel. 015242 71477

## From Cllr Nick

As mentioned briefly by my fellow councillor, Ian McPherson, Kirkby Lonsdale has been under the *Jamaica Inn* spell for the past few weeks. This has been a big learning experience for everyone and it's amazing how many aspects of day-to-day life in the town are affected by what will end up as just 15 minutes screen time in a 3 x 1 hour series of Daphne du Maurier's Cornish novel.

The requirements of the film production company have involved co-operation at all three levels of local government: parish, district and county and there has been in general a willingness from each organisation to work effectively together to help sort out each and every problem as it has arisen, whether this is the relocation of the weekly market, the parking and traffic issues, the dressing of Market Square ready for filming or the sudden appearance of 125 tons of soil to make the Square look more like 18th-century Launceston than 21st-century Cumbria.

It has been amazing to see the detail that needs to go into every shot and the vast numbers of people in addition to the actors who are required for sound, filming, lighting, costumes, props, looking after animals and generally helping to keep the town running despite the disruption around the Square and Church.

There has been preponderantly a warm welcoming of the *Jamaica Inn* roadshow, as most people can see the long-term benefits of being firmly established as a film location in a popular BBC series. People still talk about *Poirot* and that was filmed here over 20 years ago. It is up to us as a town to seize the opportunity to promote ourselves as a rather unlikely northern outpost of Cornwall. All the urban sections of the film will have used Kirkby Lonsdale as a backdrop - Market Square represents Launceston whereas St Mary's Church and the churchyard represents the small village of Altarnun. The series will be broadcast by the BBC next Spring so expect another surge of interest in the town when it hits the small screen!

## Awakening your Spine with the Alexander Technique by Alison Marsden

There have been a lot of articles in the newspapers about adopting a healthy lifestyle to keep fit, reverse the aging process and get the spark back into your love life. Researchers believe yoga practice can help but people are often put off as classes can be too competitive, too much hard work and can cause injury.

Alison has been practicing yoga with the Alexander Technique for over 25 years. The Alexander Technique offers you a gentle rebalancing of the mind with the body to reconnect you to your natural poise. Her new class "Awakening your Spine" at the Institute explains in depth how the body really works effortlessly with the myofascial system. These classes give you more of an experience of a body massage rather than gruesome effort. You also gain hands on experience to release deep rooted postural habits.

Her next block of classes start on Thursday 7th Nov 5.45 to 7.15 at the Institute in Kirkby Lonsdale. She also runs classes at Sole to Soul in Bentham on Friday mornings.

For further information or individual sessions please tel 015242 73291, text 07929 151 240, email [alison@integratinghealth.com](mailto:alison@integratinghealth.com), web [integratinghealth.com](http://integratinghealth.com)

## 1st Kirkby Lonsdale Scouts

As summer fades into autumn scouting starts to curl up into the warm indoors. Well apart from the moonlight walks last Monday, the Saturday challenges in the woods and the weekend camps on the coast. Still crowding out the warm Institute on Monday nights is a good way to learn to work together, to develop new skills and to just have fun.

Cubs (ages 8 to 10.5) now have a waiting list, and Scouts (10.5 to 14) are nearly there. Fortunately our new Beaver colony (6 to 8) is still recruiting new boys and girls, and we'll always find room for them in the older sections: so now is the time to join.

At our recent Annual Review a number of parents offered their skills and a few hours a year to help under our flexible volunteering scheme. If anyone else thinks they have transferable knowledge, skills or just a sense of adventure then please get in touch with us. In return we'll promise a sea of excited faces and the glow of achievement. Who knows you might join our other leaders who volunteer to do it more regularly. Full training and support is provided.

Our thanks to St.Mary's for the use of the Glebe over the summer.

Lighting fires, whittling wood, a very wet water games evening while looking out over Ruskin's View, it does not get much better.

Potential members and helpers please contact Nigel Bradshaw (Skip) on 07812 058 979, 015242 73722 or at [kirkby\\_lonsdale\\_scouts@live.co.uk](mailto:kirkby_lonsdale_scouts@live.co.uk).

## Concert and Cakes

The enterprising people of Burton in Lonsdale have organised what appears to be a first class concert series with three events on Saturday afternoons in September, October and November. The first, by the Zelkhova Quartet was as good as it gets and the second takes place this afternoon (as I write). Each concert is free, (but you can make a voluntary contribution) and is followed by delicious home made cakes and coffee at a very modest charge.

The November concert is at 2.30pm on Saturday 16<sup>th</sup> November in All Saints Church, Burton in Lonsdale and is given by the Crown Brass Quintet. The performers are all brilliant young student musicians from the Royal Northern Clege of Music who are on the verge of launching themselves as professionals.

(And you can follow on by going to hear the first class Haffner Orchestra in Lancaster – see p4 of AKL!)

## How well do you know The Lake District?

The Civic Society's next talk is entitled "Discovering Lakeland Villages" and is guaranteed to show us surprising and wonderful things. How can we be sure?

Because the speaker is Andy Lowe, well known to most Civic Society members and others for his passion for the landscape of The Lakes developed over a lifetime of studying its topography, history, vernacular architecture, industrial archaeology..... He will take us on a voyage of discovery on Monday November 11th starting at 7.30pm in The Institute, Kirkby Lonsdale.

All are welcome.

## St Mary's Men's Fellowship Programme 2013-2014

Tuesday November 12 2013

Talk by Merlin Hibbs. Cadets in the Cantons

Tuesday December 10 2013

Pre-Christmas Dinner

Tuesday January 14 2014

Talk by Peter Logan. Revolutionary Cuba

Tuesday February 2014

To be advised

Tuesday March 11 2014

To be advised

Tuesday April 8 2014

Hotpot Supper

As in previous years these are held at the Red Dragon, Main St, Kirkby Lonsdale, assembling at 7.30pm for 8pm. These are very informal gatherings to enjoy good company and hear a varied range of subjects by interesting speakers. Do come along if you can. For further information contact Robin Martin on 71139.

## Times of Remembrance

At the beginning of November many people across the world will gather together for the festival known as 'All Souls'. It is an opportunity to remember and give thanks for loved ones departed.

We will gather once again at 8.00pm on Friday 1<sup>st</sup> November in St Mary's for a simple evening service of hymns, prayers and reflections to which all are invited. There will be an opportunity to remember our loved ones and to light a candle. There is a further opportunity to meet, very informally, just for a cup of coffee at the Rectory, Kirkby Lonsdale, on Thursday 14th November from 10.30am to 11.30am. Just turn up, or contact Robin Martin (015242 71139) if transport would be helpful (or if you would like more information).

## Music, Amore & Macaroni!

Arkholme Village Hall, Thurs 21 November, 7.30  
Real live Italian Swing from real live Italians!  
Popular songs offered by amazing musicians with the humour and passion of 1950s' Italian jazz.  
Pasta cooked live on stage by an acrobatic chef.

Get a flavour at [www.spaghettswing.it](http://www.spaghettswing.it)

Suitable for ages 14+ Tickets £7 (£5 for 18 and under) from 015242 22236 or Arkholme post office

## Services for September

<p>1 Fri Kirkby Lonsdale 8.00pm All Souls' Service Remembering loved ones who have died</p> <p><b>3 Sun 4 BEFORE ADVENT</b> Kirkby Lonsdale 8.30am Holy Communion 11am Family Communion 6.30pm Evensong Preston Patrick 9.30am Family Service Lupton 9.30am Morning Service Barbon 10.30am Mattins Middleton 7.00pm Evensong</p> <p>5 Tue Kirkby Lonsdale 9.30am Ecumenical Prayer Group</p> <p>7 Thu Kirkby Lonsdale 10.30am Holy Communion</p> <p><b>10 Sun REMEMBRANCE SUNDAY</b> Kirkby Lonsdale 8.30am Holy Communion 10.45am Remembrance Service 6.30pm Evening Worship at the Methodist Church Preston Patrick 9.30am Remembrance Service Casterton 10am tbc Remembrance Service Barbon 10.30am Remembrance Service Hutton Roof 10.45am Remembrance Service Mansergh 11.00am Holy Communion with Act of Remembrance</p> <p>12 Tue Kirkby Lonsdale 9.30am Ecumenical Prayer Group</p> <p>14 Thu Kirkby Lonsdale 10.30am Holy Communion</p> <p>16 Sat Kirkby Lonsdale 4.00pm Treasure Chest</p>	<p><b>17 Sun 2 BEFORE ADVENT</b> Kirkby Lonsdale 8.30am Holy Communion 11am Holy Communion 6.30pm Evensong Preston Patrick 9.30am Morning Service Lupton 9.30am Holy Communion Barbon 10.30am Holy Communion</p> <p>19 Tue Kirkby Lonsdale 9.30am Ecumenical Prayer Group</p> <p>21 Thu Kirkby Lonsdale 10.30am Holy Communion</p> <p><b>24 Sun CHRIST THE KING</b> Kirkby Lonsdale 8.30am Holy Communion 11am Morning Service 6.30pm Ecumenical Worship at the Methodist Church Preston Patrick 9.30am Holy Communion Lupton 9.30am Holy Communion Barbon 10.30am Morning Service Casterton 10.30am Holy Communion Hutton Roof 11am Holy Communion</p> <p>26 Tue Kirkby Lonsdale 9.30am Ecumenical Prayer Group</p> <p>28 Thu Kirkby Lonsdale 10.30am Holy Communion</p> <p>30 Sat St Andrew Kirkby Lonsdale 10.30am Holy Communion</p> <p>(The type of service may change after AKL goes to print - Please check church notice boards for up to date information)</p>
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## Crimestoppers in Kirkby Lonsdale

Crimestoppers Cumbria is the local branch of the crime-fighting charity Crimestoppers Trust, founded in 1988 and celebrating its 25th Anniversary this year.

It is an independent charity which helps to solve crimes, making communities safer. Although we work closely with the Police, Trading Standards, UK Border Agencies and Department for Work and Pensions we are completely independent and we guarantee anonymity to callers who report crime.

We do this by operating a 24/7 telephone number, based in the UK, 0800 555 111 and anyone can ring to pass on information about crimes anonymously.

Information can also be sent via our website [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

Calls and e-mail reports are completely confidential. No personal details are taken, calls are not recorded, calls and on-line forms cannot be traced and no record of a call will appear on a telephone or mobile.

There is a local Volunteer Committee in Cumbria with a new Cumbria Chair, Mrs Lynda Shaw. Lynda has many years of experience within Policing and Criminal Justice in Cumbria. At a local level Mr Alan Day from Kirkby Lonsdale (015242 71715) is the local representative and he is available to give information and presentations to local groups in the Kirkby Lonsdale Community.

Last year in Cumbria 792 reports were made to Crimestoppers and 68 criminals were arrested and charged. Slightly over half concerned drug trafficking but such matters as drink driving, burglary, domestic violence and robbery are also reported.

Counterfeit goods and illegal cigarettes are of interest to Cumbria's Trading Standards Department.

Benefit Fraud is of interest to the Department of Work and Pensions.

Crime happens everywhere, not only in urban areas, and if for any reason a person is reluctant to contact the Police directly they can do so anonymously by telephoning 0800 555 111.

## Dates for your Diary

Every Sun: Crusaders, Catholes, Hophouse Lane, 7.45pm.  
Preston Patrick Religious Society of Friends (Quakers),  
Sunday worship 10.30am; Brigflatts Religious Society of  
Friends (Quakers), Sunday worship, children's meeting,  
10.30am.

First Sunday of the month. Barbon Inn quiz night.

Mondays: 1<sup>st</sup> KL Beavers 5-6pm, Cubs 5.45 – 7.15pm,  
Scouts 7-9pm – all at KL Institute

Every Mon to Fri: Playgroup, St Mary's School, 1-3.15pm

Every Mon & Thu: Barbon Bowling Club, BVH, 8-10pm

Every 1<sup>st</sup> & 3<sup>rd</sup> Mon: Monday Club, Institute, 2-4pm.

Tuesdays: Ecumenical Prayer Group, St Mary's Church,  
9.30am; Bridge Club, Barbon village hall, 2-5pm; Scottish  
dance class Casterton VH, 7.30pm. Lunesdale Quilters,  
Barbon Village Hall, Barbon, 2-4pm (term time); Lindy  
hopping dance classes, Melling Institute, 7.30pm; Casterton  
community baby/toddler group, Casterton School pavilion,  
9.30-11.30am.

Every 1<sup>st</sup> Tue: Police drop-in, KL Library, 5.30-7pm

Every 2<sup>nd</sup> Tue: Voluntary Soc for the Blind support group,  
Methodist School Room Institute, 10.30am-noon.

Every 3<sup>rd</sup> Tue: Contemplative Julian Prayer, St Joseph's,  
2.15-3pm

Every 4<sup>th</sup> Tue: Baby clinic & Edward Bear Club, St Mary's  
Church, 10am

Wednesdays: Meet-to-Eat, KL Methodist Hall, noon-2pm;  
WeightWatchers, Institute, 6pm, Handbell Ringers,  
Masonic Lodge, 7 Fairbank 7.30-9.30pm; Brownies 5-6pm.  
Zumba Fitness St Mary's School 6.15-7.15pm.

Every 1<sup>st</sup> Wed: Casterton WI, village hall, 7.30pm

Every 2<sup>nd</sup> Wed: KL Town Council, Institute, 7.15pm;

Carer's Assoc. Institute 2pm

Thursdays: Country Market 10am-noon, the Institute;  
SLDC planning surgery, Institute, 2-3pm; Age UK drop-in,  
the Library 10-12; Bridge Club, Barbon Village Hall, 7-  
10pm; Boxercise, Casterton Pavilion 7pm

Every 1<sup>st</sup> and 3<sup>rd</sup> Thu: See + Know meetings for 0-5's,  
Methodist Church Hall, 9.15-11.30.

Kirkby Lonsdale Art Society evening sessions, 7-30 to 9-  
30pm, Methodist Hall.

Every 1<sup>st</sup> Thurs Farmers' Market, The Square, Kirkby  
Lonsdale; QES/police drop-in session, QES; KLCS,  
Institute 7.30 pm; Macmillan Cancer drop-in, KL Library,  
10am-12

Every 2<sup>nd</sup> Thu KL Embroiderers' Group, Barbon village  
Hall 2pm Every 3<sup>rd</sup> Thu: Café D, drop-in activity/support  
for those living with dementia. 2-4pm. Age UK Book Club,  
3-5pm.

Fridays: Casterton community baby/toddler group,  
Casterton School pavilion, 9.30-11.30am; Zumba Fitness  
Whittington VH 10-11am. Church ringing group, St Mary's  
Church, 7.30-9.30pm

Every 2<sup>nd</sup> Friday: Friendly Friday coffee and a chat,  
Methodist Hall, 10.30am-2pm

Every 2<sup>nd</sup> Sat: Fairtrade Coffee Morning, Institute, KL  
10.30am-12 noon

### November

Fri 1 All Souls Service. St Mary's Church 8pm

Sat 2 Sight Advice Coffee Morning, Institute 10am-  
12noon

Mon 4 Civic Society KL Institute 7.30pm  
Barbon Walkers/Strollers. Devils Bridge 9.45am  
Barbon Back door club Barbon Village Hall 2pm

Tue 5 Open afternoon, St Mary's Primary School  
Quiz at Plato's 8.00pm

Wed 6 Casterton WI AGM and Jacobs Join

Sat 9 NW Cancer Research Coffee Morning, Institute  
10am-12noon

Christmas Fair, Institute

Jumble Sale, St Mary's School 2pm

Mon 11 Royal British Legion Coffee morning and  
Remembrance. KL Institute 10 -12

Civic Soc. Lakeland Villages. KL Institute 7.30

Tue 12 Cook to Feel Great. KL Institute. 12 – 2.00

Men's Fellowship, Red Dragon 7.30pm

Wed 13 Cumbria Wildlife Trust talk, KL Methodist Hall  
7.30pm

Thu 14 Informal meeting for coffee. St Mary's Rectory  
10.30-11.30

Friends of St Mary's. Grand Auction of Promises.  
QES Hall 7pm

Casterton WI lunch at the Pheasant Inn

Fri 15 Domino Drive, Mansergh Community Hall, 7.30

Sat 16 Concert and Cakes. Crown Brass Quintet. Burton  
in Lonsdale Church 2.30pm

Haffner Orchestra Concert. Great Hall Lancaster  
Univ. 7.30pm

Sun 17 KLPP Nearly New Sale, Institute 11am-2pm

Tue 19 Barbon Walkers/Strollers

LADFAS talk on maps. 2.15pm

Quiz at Plato's 8.00pm

Thu 21 KL Gardening Association talk, Institute 7.30pm

Music, Amore and Macaroni swing evening,  
Arkholme VH 7.30pm

Fri 22 Heart Start Evening, Hutton Roof Village Hall  
7.30pm

Sat 23 Knitwear Sale. KL Institute 10-5.30pm

Murder Mystery Evening and cabaret, Barbon VH  
7.30

Wed 27 Country Harvest Christmas extravaganza 6-9pm

Fri 29 Coach trip to Manchester Xmas Markets. 9-5pm  
PaNiKaTak, Institute 7.30pm

Wine tasting evening. Casterton Village Hall  
7.30pm

Sat 30 Barnardo's Coffee Morning, Institute. 10-12

KLPP Thrift Sale, Institute 4-9pm

### Dec

Tue 3 First Responders Quiz night. Plato's 8pm

Fri 6 Christmas Social at the Rectory 7.30pm

Christmas Shopping Evening, Mansergh

Community Hall, 7 pm to 9 pm.

St John's Hospice Light a Life Service. Winter  
Gardens Morecambe 7pm

Sat 7 Dr Feelgood in Whittington Village Hall.

Mon 9 St John's Hospice Light a Life Service. Kendal  
Parish Church 6.30pm

Tue 10 Cook to Feel Great. KL Institute. 12 – 2.00

Men's Fellowship, Red Dragon 7.30pm

Sat 14 Coach trip to Manchester Xmas markets. 10-7.30

Tue 17 LADFAS talk on Windsor Castle. 2.15pm (?)

First Responders Quiz night. Plato's 8pm