

Around Kirkby Lonsdale

November 2016

What's the best High Street in the UK? Kirkby Lonsdale of course!

The Town Council entered Kirkby in a national competition to find the top Great British High Street in the market town category - and in the past few days has learned it is a finalist. The entry concentrates on the successful rejuvenation of the weekly Charter market which, some five years ago, was nearly closed completely through lack of support by traders and the financial difficulties facing the district council.

The Town Council decided to lease the market from the district council for 99 years and its day-to-day management was taken on by the town's newly-formed Community Interest Company. Working with the Chamber of Trade and Commerce, traders were approached by a project manager and encouraged to bring their business to the Thursday market. Regulations were changed to enable a wider range of traders to pitch their stalls and steps were taken to improve the attractiveness of the weekly event. Today, an upgraded power supply system enables refrigerated vans or hot food purveyors to trade in Market Square. The power upgrade will also benefit special events held there. Over the past five years, the market has grown. It now has its own part-time market manager, and coach companies regularly schedule stops in Kirkby on market day. This benefits the town as a whole, as visitors explore and discover what else the town has to offer.

Sometime in November, a judge will pay a two-hour visit to Kirkby, and the judge's comments will contribute to 50% of the decision as to who wins. The other 50% of the decision will come from the public, as they will be invited to vote for the finalist of their choice. So, YOU can help Kirkby win, with your vote. Look out for fliers around town or visit www.kirkbylonsdale.co.uk <<http://www.kirkbylonsdale.co.uk/>> for details of how and when to vote.

The winner of the Great British High Street competition will be announced at an awards ceremony in London on December 12. With your help, it could be Kirkby Lonsdale. Allan Muirhead, KLTC



The Crossing Point Café goes for gold at prestigious national awards

A KIRKBY Lonsdale café won the gold award for 'Independent Café of the Year' at the recent Café Life Awards.

Owners of The Crossing Point Café, John and Renata Strange, proudly represented Cumbria as the only eatery in the region nominated for an award at the glittering ceremony in London.

John said: "We are absolutely over the moon to have been awarded gold in our category. Just being nominated was such an honour, so to be recognised in this way is amazing. We were ecstatic when we heard that we had won gold, and it felt particularly special given the level of some of the cafés that we were competing against." Renata added: "We had such a great night at the awards ceremony and met some really lovely people. Since the news has been announced, our phones haven't stopped with emails and messages of congratulations. We would both like to thank everyone for their amazing support and we are so proud to have represented Cumbria and helped to put it on the map as a real foodie destination!"

The Crossing Point Café, on Market Square, opened its doors in November 2014. In the two years since its opening, the café has cemented itself as a firm favourite among visitors to Kirkby Lonsdale and locals alike. The café is rated number three on Trip Advisor, ranked only behind two restaurants, making it the highest rated café in the town. Cumbria Life magazine also recently listed it as one of the top 200 places to eat in Cumbria, and it was a finalist in the Cumbria Life Food and Drink Awards 2016.

Offering much more than simply café fare, The Crossing Point also plays host to popular Wednesday 'Winesday' evenings, and they recently added an extra dimension to their unique offering with a wine and cigar shop.

Note from the Editor

I know it is too early to be talking about the dreaded 'C' word, and by that I mean Christmas (whispers it!) but I was informed today that it was only 68 days away, much less for you dear reader! By the time this edition goes to distribution it will be 53 days! So there will be a few Christmassy things in this edition of the AKL, sorry I don't write it, just edit it!

Sarah

Deadline for Oct AKL: Midday Tuesday 15th Nov. Nothing received after the deadline can be included.

Please email submissions to akl@kirkbylonsdale.co.uk **Editorial matters:** Contact the editorial team at akl@kirkbylonsdale.co.uk **Advertising:** For advertising accounts email akladverts@gmail.com **Payment for adverts:** Mail to AKL, Lunesdale Hall, Bective Road, Kirkby Lonsdale, LA6 2BG. **For all other advertising matters:** Email allanmuirhead@icloud.com

Contacts

THE CHURCH OF ENGLAND

Rainbow Team: Team Rector: Revd. Richard Snow, The Rectory, Vicarage Lane, Kirkby Lonsdale, Carnforth, LA6 2BA 015242 72044, rector@therainbowparish.org. Team Curate: Revd Anne Pettifor, Cross House, Whittington, Carnforth LA6 2NX 015242 71904, anne.pettifor@btinternet.com. Lay Readers: Mrs Liz Dew, 9 Burton Park, Burton in Kendal, Carnforth LA6 1JB, 01524 781645, mrs.lizdew42@outlook.com, Sue O'Loughlin, Elm Cottage, Elmsfield Lane, Holme, LA6 1RN, 015395 84028. Parish Administrator: Mrs Victoria Hazlett, Parish Office, 1 Bective Road, Kirkby Lonsdale, Carnforth, LA6 2BG, 015242 71320, office@therainbowparish.org. PCC Lay Chair: Mr Merlin Hibbs, Low Fell House, Barbon, Carnforth, LA6 2LJ, 015242 76410, merlin@hibbs.org.uk. PCC Secretary: Sue Pelter, 015242 73284. PCC Treasurer: Mr Robert Cass, 17 Mitchelgate, Kirkby Lonsdale, Carnforth, LA6 2BE, 015242 71218, pcc@casses.plus.com. Assistant Treasurer: Mrs Dilys McLaughlin, Applegarth, 3 Gallery Court, Kirkby Lonsdale, Carnforth, LA6 2AQ, 015242 71164.

Barbon: Churchwarden: Mr Charles Howarth, 3 School Lane, Barbon, LA2 2LP, 015242 76283, howarth2@sky.com. DCC Treasurer: Mr Roger Groves, Kemp's Hill, Moorthwaite Lane, Barbon, Carnforth, LA6 2LP, 015242 76322 roger@kempshill.co.uk. PCC Representative: Mrs Lois Neal, Oakbank, Bentinck Drive, Kirkby Lonsdale, LA6 2DE, 015242 72525, loisneal39@gmail.com. DCC Secretary: Mrs Mary Goldie, 11 The Maltings, Whittington, Carnforth, LA6 2NJ, 015242 73839, .

Casterton: Churchwardens: Ron Bulman, Brownthwaite Fold, Casterton, LA6 2SF, 015242 71075, and Stephen Evans, The Old Vicarage, Casterton, LA6 2SA, 07973 173546, stephen@evanshart.co.uk. Secretary and PCC Representative: Mrs Gill Sykes, Old Manor, High Casterton, Carnforth, LA6 2SD, 015242 72143, gillsykes.casterton@virgin.net. DCC Treasurer: Mr Tom Herd, Casterton Cottage, Casterton, Carnforth, LA6 2SF, 015242 71203, tom.howgill1@btinternet.com.

Hutton Roof: Churchwardens: Mrs Anne Huntington, The Post Office, Hutton Roof, LA6 2PG, 015242 71213. Mr David Read, Nanny Hall, Hutton Roof, Carnforth, LA6 2PG, 015242 71631, rread831@btinternet.com. DCC Treasurer: Mrs Alison Newton, Low House Hutton Roof, LA6 2PG, 015242 73867, alisonnewton1@gmail.com.

Kirkby Lonsdale: Churchwarden: Churchwardens Team led by Mrs Anne Foulerton, Gatelands, High Biggins, Carnforth, LA6 2NP, 015242 71281, afoulerton@hotmail.com: DCC Secretary: Vacancy. DCC Treasurer: See Mr T Herd (above, Casterton), PCC Representatives: John Preston, The Old Schoolhouse, LA6 2DX, 015242 72509, johnpreston.kirkbylonsdale@gmail.com, Anne Foulerton (as above) and Mary Blanchard.

Lupton: Churchwardens: Mrs Margaret Lambert, Brow Head, Cow Brow, Lupton, LA6 1PJ, 015395 67478, Mrs Grace Lewis, Middle Fell House, Lupton, Carnforth LA6 2QB, 015395 67406. DCC Secretary: Mrs Eleanor Higton, Hill Crest, Cow Brow, Lupton, LA6 1PJ 015395 67521, eleanor_higton@yahoo.co.uk. DCC Treasurer and PCC Representative: Mr Arthur Oakden, Tarnside House, Lupton, LA6 2PP, 015395 66945, lindseyoakden@hotmail.co.uk.

Mansergh: Churchwarden: Mrs Wendy Hadwin, Mansergh Hall Farm, Mansergh, LA6 2EN, 015242 71397. DCC Secretary: Mrs Sue Harrison, Belle Vue Farmhouse, Mansergh, LA6 2EJ, 015242 72448, harrison.bellevue@btinternet.com. DCC Treasurer: Mrs Ann Humphries, The Gate House, Old Stable Yard, Rigmaden, Mansergh, LA6 2ET, 015242 76526, ahumphries123@btinternet.com.

Middleton: Churchwarden and Treasurer: Mr Peter Yorke, Eilers, Middleton, LA6 2LZ, 015242 76420, pmyorke@aol.com. DCC Secretary: Anne Dehany, Smailthorn, Middleton, Kirkby Lonsdale, LA6 2LY, 015242 76075, .

Preston Patrick: Churchwardens: Mr Tony Mason, Mount Pleasant, Gatebeck, LA8 0HS, 015395 67353, masonsmp@btinternet.com, Mrs Sue Sanderson, The Old School, Knott Edge, Crooklands, Nr. Milnthorpe, Cumbria, LA7 7NR, 015395 66967, susansanderson@live.co.uk. DCC Representative: Mrs Yvonne Lucas, 5 Eaveslea, New Road, Kirkby Lonsdale, LA6 2AB, 015242 72791. PCC Representative: Mrs Jean Fry Apartment D, 17 Windermere Road, Kendal LA9 4QJ 01539 454365, roytfry@googlemail.com. DCC Treasurer: Mrs Tina Allen, Gatebeck Cottages, Gatebeck LA8 0FS, 015395 67687.

C. OF E. SCHOOLS: 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'd Wendy Thornton, Kendal Methodist Circuit, 015242 62758 or mobile 07788 653 000, wendy.thornton@methodist.org.uk.

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. Brigflatts Sundays 10.30am, Warden, 015396 20005.

VOLUNTEER DRIVER SCHEME: 07788 52 25 11

CUMBRIA POLICE: Emergency 999, non-emergency 101

From The Team

Ministry

Oh no, here's November: you're bound to remember
This horrible month just last year?
I'm sure I've got SADS, it's not one of me fads:
I just long for more daylight round here.
Though it fills up the Lakes, the non-stop rain makes
Me wish I could leave Britain's shores:
I'm afraid I'd retire to a climate so dire
I'd not put me nose out of doors!
Such as Tromso - its freezing: dark all day, they're all sneezing
Iceland newsmen have run out of topics:
The bleak Scottish Highlands, the stormy, wet islands,
Make Cumbria seems like the tropics!
Yet our nights get so long and the days go all wrong,
The weather gets dismal and wetter:
But didn't you know? That's just how things go:
When it stops getting worse it gets better!
The Good Lord made clear a cycle each year:
After darkness comes joy, so I've seen
Once more spring will thrill us, so if winter don't kill us
We' ll survive to enjoy '17!
Deb

That's quite enough of that.... here's a winter prayer from David O'Malley:

"Father, let the light of your face shine on the weeks ahead. Help me to live in your presence. May my life reflect your light into the darkness and confusion of this world. Keep safe my Family and Friends. Lord, dispel the gloom of these nights and drive far away the shadows of insecurity. I ask this through Christ, the light of the world. Amen"



Haffner Orchestra 40th Anniversary season

The first concert is on Sat. 26th November, when Clare McCaldin is the soloist.

It's cheaper to buy a season ticket for all three concerts (November, February and June) than separately

You can buy online at haffnerorchestra.org

<<http://haffnerorchestra.org/>>, or ring 01524 582394.

Tickets are £14 (£13 concessions), but season tickets for 3 concerts are £36 (£33 concessions)

Saturday 26 November

7.30pm, Great Hall, Lancaster University

Conductor: Justin Doyle

Soloist: Clare McCaldin

Leader: Julian Cann

Pre-concert talk by Edward Cowie at 6.30pm. Exhibition of pictures from 6 pm.

Edward Cowie Tide in Knots (new commission)

Elgar Sea Pictures

Mussorgsky Pictures from an Exhibition

Bad News for Barbon

The last meeting of the Back Door Club was on Monday 3rd October. The club has run successfully in Barbon Village Hall for 27 years. Thanks to Lilian Barton who has organised speakers and led the meetings for the last 5 years. The numbers attending has dropped considerably so Lilian felt it was time to call it a day. Regulars would like to thank her for all her hard work. The Christmas lunch will still be held on 5th December at the Heaves Hotel. Anyone wishing to attend please let Lilian know on 015242 73166.

I think I should also inform your readers that the Barbon Strollers group has collapsed. This is lack of people able or willing to lead. I merely did the organising, and took my turn at leading. The group depended on each person willing and able willing and able to lead. This worked until there were only 2 people offering. Perhaps ,after a while, another group will start up when some of the present Barbon Walkers find the distance too long (we only did 4 miles), or develop some incapacity such as walking up steep hills or too rough ground for example.

Lunch Club at the Red Dragon, 1st Tuesday in the month. 12noon for 12.30pm.

Choose from the extensive menu. Just turn up, you will be very welcome.

Ladies Fellowship Afternoon Tea

3rd Thursday in the month at the Red Dragon, 2.30pm. All ladies welcome.

Dales traditional butchers from Kirkby Lonsdale...

...entered thirteen of their best pork products into the recent Pork Awards, held at the Butchers Show last weekend. With ten category trophies up for grab Dales Traditional Butchers, from Kirkby Lonsdale, received three of the prestigious glass trophies. One each for their Pork & Caramel Sausage, Home-made Faggots and their Young Sausage Maker's own recipe Pork Sausage.

For the Young Sausage Maker, Ira Collier, who has worked at Dales for 5 years, this was his first trophy after being pipped to the post in previous events. Ira is a well respected team member who can also put his hand to pie making and hog roasting. He also knows how to treat the ladies as he has a loyal female customer fan base!

The pork and caramel sausage won in 2009, when the butchers were experimenting with different flavours. Mark said, "we thought it would just be a fad but 7 years on they are still one of are best sellers and people come from miles around to buy them. We use locally produced pork to make our sausages which we then blend with caramel sticky toffee sauce. We wanted to see whether these judges would react the same, so we entered them again. The judges commented that it was one of the best blends they had tasted, not to sweet but complementing the pork really well. This sausage was rewarded best in show and is now heading down to London for the Champions of Champions sausage competition on 10 October 2016.

Kirkby Lonsdale Gardening Association

For the first Kirkby Lonsdale Gardening Association talk of the autumn season, Raymond Smith from Stones and Roses Garden at White Coppice farm near Chorley, gave a hugely interesting and entertaining account of his family history and the development of his beautiful garden. Raymond's presentation told the history of five generations of dairy farming of the Smith family, his musical world including writing four musicals, closing down the farm in 2000 and converting the barn and creating the Stones and Roses garden. Raymond has raised a great deal of money for charity both with his musicals and garden which he opens under the NGS and also for three weeks during July for coach parties.

Future talks :-

Wednesday 16th November 7.30 pm - Bob Sanderson 'Getting the Most out of a Small Garden'.

Wednesday 15th February 6.30 pm AGM with tea and biscuits. Followed by 7.30 pm - Ray Lakeland ' My Swedish Garden and the Local Competition'.

JJ Hair Studio News

Hi it's jenny of JJ's hair studio. As many of you know I have now left the shop to do mobile hairdressing. But also from Wednesday 2nd November I shall be working every Wednesday at Byrons on Kirkby Main Street. If you'd like to contact me, please call 07545588286. Or to make appointments at Byrons please call 015242 72767

Lunesdale Decorative and Fine Arts Society

(LADFAS) Report: Tuesday 20th September 2016

“Roman Britain Unearthed – What the Romans Really did for Art”

Gillian Hovell gave a delightful and entertaining lecture. She started with a slide of a map of the Roman Empire at its height. At this time wherever you travelled and to whatever sizeable town you visited you knew what to expect, whether it was money, buildings, entertainment or customs. And most of the indigenous peoples of the empire all aspired to these norms too. They all wanted to be like true Roman citizens, and this was the case in Britain as well!

At this time in Britain, people lived in small groups, knew one another and lived in round houses, which were durable and comfortable, but just a single space. They had money with pictures of shields, horses but no figures of humans. Chieftains had slightly bigger dwellings, but nothing more. With the conquest, the Romans sent the children of the chiefs back to Rome and they came back with very Roman tastes and aspirations!

The most affluent Brits now aspired to houses with columns, underfloor heating, murals on the wall and mosaic pavements. They also wanted separate dining rooms and bedrooms. Those rich enough could import really good quality art work from abroad, but those not so well off could only get local artists. We were at the fringe of the empire and some of the local work was not quite so refined, as for example, a slightly askew wolf in the story of Romulus and Remus from Aldborough, North Yorkshire.. But because we were part of this great empire we did get statues and money showing power and all the accoutrements of Roman civilisation - even if it was in a somewhat watered down version!

Such artistic and cultural aspirations were not new, even in Roman times. People with pretensions at this time, wishing to show their good taste, would try to emulate the Greeks. They built their temples and houses with Greek columns – ionic and Doric – but went one better and invented their own, the Corinthian. They looked to Greek sculpture and copied many of the finest ones such as the Laocoon. This was important to Rome as it was the myth of Rome’s foundation. Art for them, as it was for the Britain’s, a means of enjoyment for arts own sake , *but also* a way of keeping up with the neighbours.- as it always was and always will be.

Time and time again, in European culture, the same myths and legends have been copied and the same artistic representations have been copied too. At Chatsworth House, the painted ceiling has a representation of Perseus cutting of the Gorgon’s head. In the work of many artists there are representations Europa and the Bull – found in many forms in houses in Herculaneum – notably by Rembrandt, Titian and Turner. These representations were not only to show true artistic skill and pleasure but also to say that those who created them were men of culture and learning.

This lecture was a delightful trip through the different aspects of art that the Romans left, not only in Britain, but all over the world”!

The next talks will be **Tuesday 18th October** when Leslie Primo MA will give a talk entitled “**Dürer - The Italian and Northern Renaissance**”, and **Tuesday 15th November** when Ian Pickford will give a talk entitled “**Silver and Social Customs**”. The venue is Borwick and Priest Hutton Memorial Hall. All lectures start promptly at 2.15 pm.

Fanny Leech, Old Manor House, 14 Mill Brow, Kirkby Lonsdale. LA6 2AT (015242 72009)

The 'Rag Bag'

At its most recent meeting, the Lunesdale Hall Management Committee voted to discontinue the use of the 'Rag Bag' recycling facility at the Lunesdale Hall. Whilst in the past the 'Rag Bag' has raised in the region of £450 per annum towards the Hall's funds, the operators have now considerably restricted their requirements in terms of items that can be left for

collection - to the extent that it has become impractical to continue the facility at the Hall. The bin will be removed shortly and in the meantime the Committee would be grateful if no further items are left for collection from now on. To all those who have supported the scheme (of which there are many in the town), please accept our grateful thanks for your input.

Until such time as a new fund-raising initiative is in place to recoup our loss of income, we suggest using the services of the variety of doorstep charity collections operating in the town to dispose of your unwanted clothing and materials.

October 2016 - Prize Draw Results

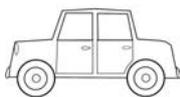
Each monthly Draw offers prizes of £25, £15 and £10 respectively to the first three numbers selected at random.

	Draw Number	Prize
1st:	121	£25
2nd:	2	£15
3rd:	133	£10

The next draw will be held on Wednesday 9th November 2016 at 7.00 pm in The Lunesdale Hall (prior to the Town Council meeting)

For more information or to request membership details, contact The Administrator: Cllr. G. Buswell
Tel.: 71630 e-mail: kl100club@gmail.com

Kirkby Lonsdale Volunteer Drivers



If you are a car owner driver, could you spare a little time to occasionally provide transport for someone who needs to get somewhere but hasn't got transport of their own?

KL Volunteer Drivers is an informal group of people who are willing to provide transport to those who need it, and I act as the coordinator between those who need transport and those who can offer it. We need a few additional owner drivers to join our pool of drivers.

Typical journeys are to medical appointments at KL Surgery, Westmorland Hospital and Lancaster Infirmary, but also include any type of transport need – shopping, social etc. Drivers give their time free of charge but are reimbursed for the running cost of their car at the rate of 45p per mile paid direct by the client to the driver. There is no record keeping required of any sort.

We do not need volunteers to be available on any regular basis, but only when it is convenient. It is rare that I ask someone to drive more than once per week. I can make use of volunteers who are only available on certain days or who have frequent absences from Kirkby Lonsdale, etc. I only ask that you are willing to say "No" if it isn't convenient!

If you think you could help, please give me a call on the Volunteer Drivers dedicated phone – 07788 522511. If I'm out you may have to leave a message – I'll pick it up – but don't forget to leave your phone number! Alternatively, you could email me on johnpreston.kirkbylonsdale@gmail.com

John Preston

Casterton WI

Members of Casterton WI enjoyed a well-attended and lively evening at which origami expert, Stephen Watson, gave a short account of the history of the Japanese art of paper folding. He had brought a wide variety of examples of his work, including amazing flowers and animals. Members had the opportunity to try their own skills at origami, making a box complete with lid, following his step-by-step instructions. Members were delighted with the results of their efforts. After a short break for tea, members heard that the £10 Challenge in the form of a quiz entitled 'Now Let Us Praise Famous *Women*' has been very successful with £100 being raised so far. The Annual Meeting and Jacob's Join Supper will take place on Wednesday, 2 November at 7.30 p.m. in Casterton Village Hall. New members are always welcome at our meetings held at 7.30 p.m. on the first Wednesday of the month in Casterton Village Hall. Our website – castertonwi.co.uk – has more information about our plans for this year.

Cards for Good Causes - on sale in the Information & Gift Shop from early November

For the first time our shop will be offering a full range of Christmas

cards supplied by *Cards for Good Causes.

*This company is a multi charity initiative operating a national network of around 300 Christmas Card shops. Pop in and have a browse.

Sarah Ross
Tourism & Town Manager



Never been to Leck Gallery? Call in a see our latest Exhibition

Through the Lens – A Photographic Exhibition by local Photographers

Opening Friday 11th November 7pm, Saturday and Sunday 12th and 13th November 10 until 4pm

Leck gallery is situated just off the A65 behind Cowan Bridge. Our latest Exhibition features a variety of images from the highly technical to the highly conceptual by both professional and talented amateurs. A variety of images are for sale from the traditional to the surreal! You need to call in to really understand the range of pictures we have on show.

Follow the Gallery signs from the A65 at Cowan Bridge
Leck Gallery, The Old Vicarage Leck, LA6 2HZ Tel
015242 71950 email janet@leckgallery.co.uk

ROMANIA APPEAL

(Together We Care)

As we mentioned in our last report, we are planning to close our charity after this visit. It was with mixed emotions that we set off on Sunday 11th September for our last official visit to Romania. We stayed overnight at Liverpool Airport, as we were flying off early the following morning. As you will remember Sofia & Filip have moved from Arad to Bucharest. We were delighted to be able to fly directly from Liverpool to Bucharest. Our journey took about 3 hours, instead of the usual three day drive. Filip picked us up at the airport, and it was just about a 10 minute drive to their new home. We spent the first few days, getting used to the new surroundings. As Adriana (Sofia & Filip's daughter), and her family are living in the next door house, we were able to spend time with them too. At the weekend we visited a local Leisure Park, where Calin (Adriana's son) showed us his horse riding ability. On the Sunday we visited two local monasteries. We were able to participate in the service at one of these. This was an interesting experience.

Our next adventure was to drive from Bucharest to Arad with Sofia and Filip. This journey took us through the mountains, and along one of the few motorways in Romania. We left at 7am and arrived in Arad around 3pm. Our first call was at the home of our friends, Aurica & John. We were able to leave a £500 donation towards their work in a remote village. Our next call was at one of Sofia's previous neighbours. Here they provided us with a lovely meal, and after a catch up chat, they showed us to an apartment belonging to their daughter, where we were kindly accommodated for our stay in Arad. The next day we started our visits to our friends and projects. Our first call was to Dr Carmen's. Here we caught up with her news and were brought up to date with her and her mother's health situations. We left her a donation to help with her mother's medication costs. In the evening we joined our long standing friend Rodica, who has just retired from her job as deputy head of Aurel Vlaicu school. We had a meal at their house, and shared our news, and our many memories.

The next day it was arranged for us to join Rodica and Tushi (the recently retired head of Aurel Vlaicu) for a visit to the school. We have supported the school for twenty three years, and have made many friends there, and shared many memories. We were able to meet the new head and deputy, who have taken Rodica and Tushi's places. As this was to be our last official visit, we had a larger than usual donation for them. After a discussion with everyone, it was decided to divide the money between two of the pupils and one member of staff, who are all suffering from different kinds of cancer, and who are undergoing expensive treatment. For this they are needing to travel to Hungary or Italy. We were able to give each of them £500 to help towards their expenses.

We next visited the nursery, where we were entertained by the children to a display of traditional dancing, and songs. They also sang some English songs for us. Later we had lunch with the new director, and two of the staff. They had decided that the donation we had given them was going to be used to support some of their problem families. They will let us know exactly how the money will be used.

Later we visited some of our other friends in Arad.

After a busy and emotional day, we returned to the apartment, and prepared for our drive back to Bucharest, which we undertook the next day.

The weekend was spent around Bucharest, and doing some work in the garden where there is a lot to do to get it prepared for next seasons planting of vegetables and fruit.

We had a good flight home. Arriving home safely if somewhat physically, mentally, and emotionally exhausted. Our friends in Romania, are all hoping to see us again, even if we are not representing the charity.

Thank you for all the support you have given to us over the many years, and for all the interest you have shown in our work in Romania. We hope to keep our contacts up, and most certainly our interest in our many projects.

God bless Sylvia & Roy Taggart

The Rotary Club of Lunesdale

A warm welcome awaited club members on 19th September from the CEO of "Seatruck" based at the Port of Heysham for a presentation and guided tour of this successful company. It specialises in shipping unaccompanied trailers from Heysham to Warrenpoint and Dublin in Ireland. After a comprehensive presentation about the company's origin in 1996, its growth and expansion, we thoroughly enjoyed a guided tour of the "Clipper Pennant". It was fascinating to meet several crew members, chat with them and to learn about their jobs on board. It was also a real privilege to be invited by the Captain to spend time on the Bridge and to hear about some of the complexities of handling a 120 tonne container vessel. Seatruck has over 50 departures a week and moves in excess of 275,000 units per year.

The Rotary year 2016/17 marks the 100th birthday of The Rotary Foundation. As part of the celebrations of this anniversary, a major initiative is being launched to publicise Rotary's flagship programme "End Polio Now". It is hoped to maximise publicity for Rotary's efforts to raise the money to finally eradicate this disease. The purple crocus is a symbol of Rotary's worldwide campaign to eradicate polio, with its colour representing the purple dye used to mark the finger of a child who has been immunised. Eradicating polio worldwide remains the top priority of the Rotary Foundation as it celebrates its centenary year. This club has been given permission by Kirkby Lonsdale Town Council to plant 5,000 purple Crocus corms in Jubilee Park. These will be planted in October this year and provide a lovely show in Spring. Throughout the UK, Rotary Clubs and local councils, in partnership with the Royal Horticultural Society, will plant 6 million Crocus corms to highlight the campaign and the need to raise more money to achieve the final push to eliminate polio from the world. Since 1985 Rotary has helped immunise 2.5 children globally.

If you would like to make a donation please make contact through the local rotary website at www.lunesdalerotary.org.uk

Your Vote Counts!

I'm writing to you because you either live in, visit, or at least know about Kirkby Lonsdale. The town is in the final of the Great British High Street competition. We're in the Village section because of our small population. We've been shortlisted and are in the final three, but to win, we need your vote. The voting is done through the link at the foot of this email. You are allowed to vote EVERY DAY until November 18 and it takes only a minute of your time. We're really thrilled that we have got so far in this competition and really want to win. It'll be a great boost for the town, bringing in more visitors, and helping the local economy.

If you'd like to help, please click on the link below. All you have to do is scroll down to the Village section, select Kirkby Lonsdale, enter your email address and click Vote Now. You can do this once a day until November 18, and every vote counts.

Please help us to win. Click now, and do it again just once a day for the next few weeks.

It would be great if you could get a few of your friends or family to vote as well.

The winner will be announced on December 12. We'd really like to win the Village section. You can help.

Thanks in advance for your vote.

Cheers

Allan



"I have a problem with rising damp in my flat, but I'm worried that if I complain my landlord will evict me. What should I do?"

Landlords used to be allowed to evict tenants without a reason, but for tenancies starting on or after 1 October 2015 it is illegal to evict tenants for reporting a problem, provided they use the right procedure.

Write to your landlord explaining what is wrong. If they don't respond within 14 days, or they issue an eviction notice, contact the Council, who will inspect the property. If the Council confirm that there is a health and safety issue, any eviction notice is invalid. They will also ensure that the landlord fixes the problem.

If your tenancy began earlier, don't despair – contact your local Citizens Advice for advice on the action to take.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 015394 46464 for an appointment and help. South Lakes Citizens Advice is a registered charity, No: 1118656 and company limited by guarantee, No: 6113551. FRN: 617574.

Charity News

Queen Elizabeth Court would like to thank everyone who supported our Macmillan Coffee Morning. With your help we raised a whopping £506.89 for a very good cause.

As part of Macmillan Cancer Trusts 'Worlds Biggest Coffee Morning', Plato's took part in this event and with a fantastic turn out we raised £371.12 for this most wonderful of causes.

Thank you to all who attended, and a big thank you to all those individuals and businesses who donated a plethora of prizes for the raffle held on the day, and of course to Karen for baking an awesome array of cakes and biscuits. We look forward to hosting this with your support again next year. The Platos Team

Thanks to everyone who helped with our Whittington jumble sale . We were grateful to everyone for helping us to raise £200 .

Harvest Festival. More thanks to everyone who helped to raise more than £500

The Mansergh Jumble sale at the Lunesdale Hall last month was a great success with the fine sum of £415 raised! Thanks go to all those involved, especially to Brenda Head. Don't forgot the Domino Drive on Friday November 18th which is to be held this year at the Rigmaden Shoot Hut. It will commence at 7.30pm and entry includes refreshments.

Charity challenge by Kirkby Lonsdale personal trainer's team raises over £2,000 for North West Air Ambulance

A PERSONAL trainer and a team of his clients have so far raised more than £2,000 for North West Air Ambulance after taking on the Born Survivor Challenge.

The impressive sum means Ollie Burrow's JustGiving page was in the top 3% of fundraisers for September, and the donations are still flooding in.

Ollie, a personal trainer based in Kirkby Lonsdale and gym manager of the town's RUFC, had initially set his original target at just over £500, but the team of 26 exceeded that amount even before the Born Survivor event on 24th September.

Together with Ollie's recent fundraising challenge, he also led a team in May, raising £830 for Sport Relief. This time, his team of 26 – which was made up of members of his popular bootcamp classes or private personal training clients – decided collectively to raise money for the North West Air Ambulance. To donate to Ollie's Born Survivor challenge, visit his Just Giving page at:

<https://www.justgiving.com/fundraising/OBs-Survivors>

For more information about Ollie Burrow's personal training sessions and bootcamp classes, follow him on Twitter @OllieBurrowPT or search for Ollie Burrow Personal Trainer on Facebook.

Hornby Flower Club

Hornby Institute 7.30pm -9.30pm

Thursday 17th November. Our demonstrator Carol Philpot's has chosen 'Travelling through Autumn' as the theme for her floral arrangements. Autumn is a very beautiful season so Carol's arrangements are bound to included those gold and red flowers so familiar at this time of the year.

Thursday *8th December. Do you wish you could wrap your Christmas presents with a little more flare and imagination? Then Anne Morgan's theme of 'Presents with a Wow' is just for you. Anne is a highly skilled NAFAS regional demonstrator with a great deal of experience to share. Cost £4.00 including refreshments.

Hornby Singing Group

Hornby Village Institute

Tuesday afternoons 8th & 22nd Nov. 1.30pm-3.30pm Both singing groups have attracted new members. The afternoon group is becoming established and it is clear that individuals are gaining confidence in singing. We are looking forward to learning new arrangements of familiar Christmas songs.

Tuesday evenings 1st, 15th (29th) 7.00pm -9.00pm The evening group is a new venture. We were told by some of those who came for the first time that they were coming to 'suss us out' and to decide whether it was for them. Fortunately we must have passed the test as they say they will be back again and intend bringing friends. Do come and join either group you would be most welcome. You don't have to be able to read music and there is no audition. Cost £4.00 including refreshments. Further information from Pat on 015242 21449

Councillor's Corner

From Cllr Nick

As we approach the first anniversary of Storm Desmond in early December, more and more attention is being focused on how prepared we are for heavy rains this winter. One of the most obvious signs of this is how well the drains are working. Cumbria County Council, as the Highways authority, are very aware of the need to deal with the issue of surface water and there are a few schemes in place to address problems in and around Kirkby Lonsdale. The first of these is greater co-ordination with South Lakeland District Council who are responsible for street sweeping, especially the autumn leaf fall. There will be close liaison between both authorities to ensure that cleaning and rodding the drains (Cumbria Highways) dovetails with collection of leaves and debris (South Lakeland Streetclean). Negotiations are in hand with the Environment Agency to allow a degree of flexibility about the temporary storage of leaves collected by the leaf sweeper so they can be bulked up and taken away by a larger vehicle at a later stage, leaving the leaf sweeper to do its specific job for the maximum amount of time and not waste time transporting the leaves to a distant dumping area.

Clearly there will be times in the heaviest period of leaf fall, during a storm in November for example, when the roads could be swept clean in the morning and be full of leaves again by the end of the day, so success must be judged over a longer period than a single day. It is this element of managing surface water where we as residents can do most to help - a boot scraped across a grating covered with leaves is often all that is needed in autumn to allow water to drain away or better still pick up the leaves with gloves and throw them into the verge.

In terms of new infrastructure, work will soon be starting on gullies at the junction of the A65 with Biggins Lane (the road through Low Biggins) and Biggins Road (the road past QES Sports Hall). It was floodwater pouring down across the A65 onto Biggins Road during Storm Desmond that flooded the Sports Hall and perhaps was one of the factors in the flooding of Booths storage area last winter. Finally, each parish is being given a map marked-up with gullies that Cumbria Highways has on its system, asking for any that are missing or the location of soakaways by the roadside that may only be known to local residents. I sometimes wonder if a metal detector might also reveal a few hidden gratings, covered over by verges growing out into the road. Any other suggestions?

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From Cllr Mel

I am delighted that Sarah Ross K.L. Town manager and the indefatigable Allan Muirhead are continuing to pursue efforts with SLDC over the long term future of the Tourist & Information shop. Kirkby Lonsdale is an attractive small town at the gate way to the Yorkshire Dales and must be a considerable revenue earner for the District Council through its car parks. It is certainly in the interest of both parties to attain a satisfactory outcome.

Since the beginning of August I have been following the fortunes of KL Rugby club.

For the past 2 seasons they have narrowly missed promotion to the National leagues and again this season they are in full flow,winning to date all of their fixtures by very healthy margins.

However the attractive reason for attending their games at Underley Park apart from watching a winning team ,is the tremendous team spirit and the positive attitude within the clubhouse.It is a joy to watch the non playing members carrying out all the tasks required,however menial ,with a smile on their faces and making the visiting team how ever bruised they may feel after defeat,warmly welcomed and the thanks by the Club Chairman to the referee of the day.

What must not be forgotten is the sterling work carried out by the many unsung. heroes,who are tasked with coaching up to some 250 young people during the week and week-ends.That indeed is an achievement to be proud of.

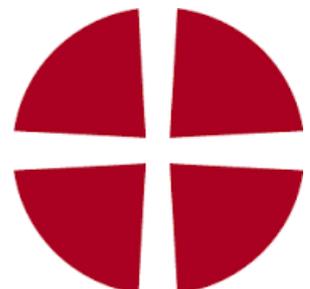
Kirkby Lonsdale Methodist Church Services for Nov.

Sunday 6th 0900 Rev John Simms- Sacrament
1030 Dr Tom Fryers
1900 Service at Seven

Sunday 13th 1030 Rev Wendy Thornton - United Service
1830 Working with God

Sunday 20th 1030 Rev Geoffrey Shutt - Sacrament

Sunday 27th 1030 Amy Sattin/ Sally Whiteman Christians Against Poverty



**KL Community
Bonfire**

**Sat 5th November at
KLRUFC Underley
Park.**

**Bar opens 5.30pm,
food served from
6.15pm.**

Bonfire lit 7.30pm.

Fireworks at 8pm.

**Entertainment in
clubhouse from
8.30pm till
midnight.**

Adults £5, Under 16s

£2. Free parking.

**Family Christmas
Bingo night at Hutton
Roof village Hall**

**Friday 25th November
7.00 pm eyes down at
7.15**

**This has been a very
popular family event.**

**NORTH WEST CANCER
RESEARCH**

**CHRISTMAS FAIR AND COFFEE
MORNING**

**SATURDAY 5TH NOVEMBER
10.00 TO 12.00**

PLEASE COME AND SUPPORT US

**£1.50 ENTRANCE INCLUDES
MINCE PIE, TEA/ COFFEE**

Cracking Christmas Shopping at Country Market

Country Market in the Lunsdale Hall every Thursday 10am to 12noon

If your looking for that special present or just some tasty home cooking why not come and see what we have to offer .

Christmas Hampers made to order from our wide range of baking , marmalade , mince pies and lots lots more . Why not order your homemade Christmas cake and mince pies from us .

We have many colourful home grown plants , tubs and baskets which would make lovely presents for that special person .

A wide range of Local crafts from Cards , scarfs , soft toys . jewellery , beautiful hand turned wood products , individual designed bags , necklaces , and many more lovely local made crafts .

After your shopping why not stay for a cup of tea/coffee and a slice of home made cake in our friendly cafe .

Lunesdale Show Annual Domino Drive will be held on Wednesday 14th December 2016 at Whittington Village Hall at 7.30pm. There will be a raffle & refreshments will also be available. Prizes to be won! All ages welcome - see you there!

Mansergh Domino Drive

Friday 18th Nov.

@ 7:30

**Rigmaden Farm,
Mansergh**

Fairtrade News

Our next coffee morning will be held in St. Mary's Church
Saturday 19th November
10.30-12.00

We will be celebrating Fairtrade ingredients that can be used for your

Christmas cakes and puddings!
(Stir Up Sunday is the next day!)

Join us for coffee/tea and cake.

'Antiques and Collectables Fair'

With something to suit everyone
Saturday November 12th
10.00am -4.00pm
In the Lunesdale Hall
Kirkby Lonsdale.

WANTED



Girlguiding

KIRKBY LONSDALE BROWNIES

needs a UNIT GUIDE LEADER

Qualifications required.

**Enthusiasm, Fun and
Adventurous**

**Full training and support will
be given
Interested??????**

**Want to help girls reach there
full potential??????**

**Contact. Jane Sutton. District
Commissioner. Tel
01524274275**

BARNARDO'S COFFEE MORNING

Come along to our Christmas Coffee Morning for tea/coffee and a mince pie at the Lunesdale Hall on Saturday the 19th of November. Stalls include Cards, Cakes, Raffle etc and for the young, face painting. The doors will be open from 10 'til 12 noon with entrance fee of £1.50 to include your drink. We look forward to seeing you.

Apologies to all that we had to cancel the Table Top Sale.

For further information about Barnardo's please contact David Higson on
71670

Kirkby Lonsdale and Health and Happiness District Civic Society

The 2016-17 series of winter talks continues on Monday, 14th November 2016 at 7.30pm in the Lunesdale Hall, New Road, Kirkby Lonsdale.

'NEW LIGHT ON THE DARK AGES IN CUMBRIA' by RACHEL NEWMAN

A lack of archaeological evidence, meant that little was known with certainty, of Cumbria's mediaeval history. Now, new studies, supported by modern technology, are revealing much information, shedding light on the 'Dark Ages' in Cumbria.

Rachel is a key member of the Oxford Archaeology North team responsible for these discoveries.

Everyone welcome. Admission £2.50, including refreshments.

Her talk will also serve as an interesting introduction to our annual course to be held in February 2017 in which Bruce Bennison will lead us through the story of settlement in Cumbria

from Neolithic times, through the Roman period and the 'Dark Ages,' to the arrival of the Normans.

Full details of the course, including an application form can be seen by visiting our website:
kirkbylonsdalecivicsociety.org

Used stamps aren't just for Christmas

Please could the community collect their used postage stamps as they are of considerable value to the North West Air Ambulance. The collection point is Kendal Library, just pop them in a used envelope with "Stamps" written on them and hand them to Shirley or post through the letterbox if the library is closed. This is something you can do all year, but Christmas is extremely busy for the Post Office and we hope that by everyone doing a simple thing we can raise a load of money for a good cause. For more information please call Alan Day 015242 71715 Thank You

Introducing Hollywood Studio of Performing Arts!

We are the local dance, drama and voice school serving the areas of Kirkby Lonsdale, Leck and Barbon, offering classes in all styles of dance, drama and song for children ages 3+ to adults. Our mission is to empower kids and adults to be their very best through the creative and technical training of the performing arts and through the education & guidance of proper nutrition. Check us out at our NEW website! & on Facebook. Contact Mrs. Holly Wood at 07983 000450 or email to get in touch. We're here to provide YOU and your family with an opportunity to unlock your full potential, by teaching transferable life skills through the fun and confidence-building performing arts. Come and Grow with us, learn and nourish yourself, and enjoy life to its absolute fullest. (formerly Danceworks KL)

New business in Kirkby Lonsdale - Mindful Yoga & Shiatsu for Every Body

Zoë has been delivering holistic classes and treatments for over 20 years, has recently moved into Kirkby Lonsdale and now works in Lunesdale Hall.

Mindful Yoga is a unique exercise class with Qi Gong and relaxing meditations to treat your body, mind and heart. Suitable for men and women of all ages and ability - all welcome. Wednesday 17.30-18.45 and Friday 9.15-10.30. Extra classes planned for the new year.

Shiatsu is a highly respected Japanese treatment a bit like acupuncture without needles! Research shows shiatsu has a wide range of positive benefits and can help prevent and treat many physical and emotional symptoms. You lie on a comfy futon mat and remain fully clothed throughout.

AKL offer for November - £5 off Mindful Yoga, Holistic Treatments & Gift Vouchers! Book early to avoid disappointment. Gift vouchers for that unique present and for all budgets available.

Dr Zoë Pirie www.yoga-shiatsu.co email@yoga-shiatsu.co 07483 214210

An Introduction to Herbal Medicine: Free Talk

An overview of the historical and modern uses of herbal medicine. What is Herbal Medicine and what can it be used for?

This talk will cover some common herbs and simple remedies that you can use at home for uncomplicated self-limiting conditions. We will also cover how herbal medicine can be useful in more complex conditions with the assistance of a qualified Medical Herbalist.

This talk is free to attend. Warming winter herbal teas will also be available for you to try at no charge.

Tuesday 22 November, 7pm to 8pm, Bective Room, Lunesdale Hall.

Cycling Santas?

Time to customise your bikes and don a santa suit or perhaps just add a little tinsel to your helmet.

The 2nd annual Santa Cycle is a date for your diary. Despite the best efforts of Hurricane Desmond the sun shone last year and the rider out fits fantastic! So if you are an enthusiastic amateur or have clocked up plenty of miles in the saddle come and join us! Its a great way to entertain guests in the run up to Christmas too. You have a choice of 3 rides:

- 1.- Santa Cycle (one loop – 7 miles) From 12.30
2. - Santa Super Cycle (two loops – 14 miles) (From noon)
3. - Santa Goes Off Course (Mountain Bike- moderate – 12 miles approx) (from 11.30)

The number of entrants may affect timings. Please go to the Christmas pages of www.kirkbylonsdale.co.uk for more information and an entry form, or call into the Information & Gift Shop.

Entrance fee is £5, Children £3 (over 7 yrs) and terms & conditions apply.

After staging costs, all profits to Kirkby Lonsdale Community Trauma Relief Fund.

Royal British Legion Update

Poppy Appeal 2015 Total £5084.05

Once again a magnificent effort. Thank you for your continued support of our service personnel, also to my ever loyal collectors, retail outlets and distributors without whose help none of this would happen.

Poppy Appeal 2016

This year the collection dates are from 29th October to 12th November with street collections on Saturday 5th and 12th November. As we are all not getting any younger could I please ask if some of you who are not quite so old would be willing to give a few hours to help with door to door and street collections.

Remembrance Sunday 2016

As the official Remembrance Sunday is always held on the Sunday nearest to the 11th, this year it will be 13th November, 2016. Please be in the square ready to march to church by 10am for the service which will be followed by the wreath laying and two minutes silence at 11am. As usual there will be a nice hot drink in the Methodist Hall to follow.

11 – 11 – 16

Coffee morning at Lunesdale Hall from 10am then the two minutes silence at the flag pole from 11am. Everyone is more than welcome to come back inside to get warm again.

Kirkby Lonsdale Branch Report

Sadly, due to dwindling numbers, our branch was unable to form a committee at the A.G.M. So with regret, we are in the process of becoming a sub branch of Arnside. As a sub branch we can still hold our standard, organise Remembrance Time and continue with the Poppy Appeal. Unfortunately we have to relinquish our own officers but will be able to represent our members at their meetings. I will give you more information as I receive it, but rest assured you will always have a voice. Thank you so much for the support which you have given to me and the committees past and present over the last 30 years. My special thanks to Phyl Boulton without whose amazing knowledge of all things "Legion", our branch, myself but mostly the Legion overall would be a poorer place. Thanks Phyl.

June Peckston 72990 Chairman and Poppy Appeal Organiser

Police Report October

17/9 – ASB caused by youths camping overnight in the play area.

22/9 – ASB reported at the play area, all youths ID'd and dealt with, with close support from QES.

23/9 – ASB caused on Main St, loud music playing from a licensed premises.

24/9 – RTC reported on Kendal Rd.

25/9 – Criminal Damage caused to a window on Main St, offenders identified and dealt with.

25/9 – ASB caused on Main St, 3 youths being a nuisance.

2/10 – Criminal Damage caused to a vehicle on Croft Close.

9/10 – Criminal Damage caused to 2 x hanging baskets on Main St.

9/10 – ASB reported on Church Lane, 4 x males intoxicated.

11/10- A report of 2 males possibly trying to ring the changes using a £50 note, this involves a person asking for change but then trying to confuse the cashier resulting in them receiving back more money than passed over. Please just say that you have no change available.

14/10 - Persons have caused criminal damage to fencing on Lune Close, it is suspected youths who have left litter. Repairs are expected to cost in the region of £500. Please check with your children where they are when they are out and about.

With Halloween and Bonfire night nearly here, I am in all the schools in the area giving talks on the dangers and how to keep safe during the run up to this festivity, I also discuss ASB and the consequences of actions.

We are having issues with the recent "clown craze" if you are seen to carry any weapon or cause any harassment, alarm or distress then you could be arrested for a public order offence or arrested for carrying a weapon. Please act responsibly if dressing up for Halloween.

Please when you are attending any firework display make sure you have locked and secured your home and any outbuildings.

Regards

PCSO 5244 Mandy Coleman.

Kirkby Lonsdale Chamber of Trade Members Directory

Shops

Booths Supermarket
015242 73443
The Card Gallery (Cards & gifts)
015242 71237
Carr & Bleasdale (Home furnishings & fabrics)
015242 71261
China Bull Emprorium (Kitchenware & Gifts)
015242 71265
Chocolat (Speciality chocolates & home of the Enchanted Chocolate Mine)
015242 72830
Dales Butchers
015242 71278
Edge Of The World
015242 71390
H.T. News (Newsagents)
015242 71357
Holly's Cakes & Bakes
07966 294724
Isaacs Jewellers
015242 72444
Kirkby Lonsdale Visitor Information & Gift Shop
015242 71437
K70 Ooh-La-La!
015242 73006
La Maison (Lifestyle emporium)
015242 71223
Lunesdale Bakery
015242 71296
Lunesdale Home, Garden & Hardware
015242 72751
No. 9 (Ladies fashion)
015242 72814
Parma Violet (Gift & homewares)
015242 72585
Post Office
015242 71233
Sienna Jewellery
015242 72121
Spar (Convenience store)
015242 71260
Sweet Shop
015242 71570
Tails of Kirkby Lonsdale
015242 98890

Food, Drink & Accommodation

Avanti (Restaurant & bar)
015242 73500
The Barbon Inn
015242 76233
The Blue Pig (Bed & breakfast)
015242 73272
The Copper Kettle (Restaurant & guest house)
015242 71714
Crossing Point (Café)
015242 98050
Devil's Bridge Snacks
Tel not available
The Green Room
Tel not available
The Highwayman (Pub)
015242 73338
Mill Brow House (B & B & self catering accommodation)
015242 71615
Number FortyFour (Café)
015242 72160
The Orange Tree (Hotel, restaurant & pub)
015242 71716
Plato's (Bar, restaurant, rooms, traiteur)
015242 74180
The Royal Hotel
015242 71966
The Sun Inn
015242 71965
Whoop Hall Hotel
015242 71284

Self Catering Accommodation

Apartment 52
015242 71740
Clover Cottage & High View Meadows
07711 304113
Holly Tree Cottage
07837 244659
Lavender House
015242 72086
Laurel House
015242 72189
New House Caravan Park
015242 71590
Woodclose Caravan Park
015242 71597

Specialist Services

The Abbeyfield Society (Homes for the Elderly)
015242 71306
Around Kirkby Lonsdale (AKL)
07779 728206
Athena Accounting Services
015242 71610
Business Lines (Wheel Nut Safety Products)
015242 71200
Community Seasonal Decorations
015395 67521
Doby Basket (Laundry & dry cleaning)
015242 71550
Hackney & Leigh (Surveyors & Estate Agents)
015242 72111
Kirkby Lonsdale Brewery
015242 72221
Love Beauty
015242 73520
Lunesdale Hall (Community facility)
015242 71603
Off The Hook (Graphic & Website Design)
07887 958103
Oglethorpe, Sturton & Gillibrand (Solicitors)
015242 71388
Orchard Financial Planning
01524 781377
Pearson & Pearson (Estate Agents)
015242 71222
Purestone (Natural Stone Tiles)
015242 73610
Sew What (Sewing & embroidery)
015242 71895
Toubas (Unisex Hair Salon)
015242 74333
Westmorland Vets
015242 71221
The Wright Design (Architects)
015242 71697

Sports Clubs

Kirkby Lonsdale Rugby Union Club
015242 71570 (Gym 72721)

get
**great
rewards**
with **MyKL**
Your local loyalty card



MyKL is for you if you live or work in Kirkby Lonsdale.

For just £7 per year card holders are entitled to a range of offers at local businesses in or around Kirkby Lonsdale.

You can purchase your MyKL at the Visitor Information & Gift Shop on Main Street. You will need to bring a form of ID to show that you are a resident of LA6 or work in LA6.

MyKL LOYALTY CARD OFFERS for NOVEMBER

www.kirkbylonsdale.co.uk/mykl

Going into Kirkby ... remember to take your MyKL card !

All the offers below are available to those of you who have a MyKL card, please remember to present it at the till. And if you don't have one yet, apply for yours today through the Tourist and Information Shop to start taking advantage of the savings this month! Two week visitor cards are also available. This month the therapists at the Lunesdale Hall have joined up with some exciting offers — please try them out and let us know how you get on. These offers cannot be used in conjunction with any other offers and are for November 2016 only.

If any other retailers would like to join the scheme, please contact Caroline, tel KL 72137.

<p>£5 off Mindful Yoga, Holistic Treatments & Gift Vouchers with Zoe Pirie: Yoga, QiGong, Meditation, Shiatsu, Reiki, EFT</p> <p>LUNESDALE THERAPY CENTRE</p> <p><i>Lunesdale Hall, Bective Road, KL LA6 2BG</i> Tel: 07483 214210 www.yoga-shiatsu.co.uk</p>	<p>10% of any full price meals (excludes special offers)</p> <p>THE ORANGE TREE</p> <p><i>9 Fairbank, Kirkby Lonsdale LA6 2BD</i> TEL: 015242 71716</p>	<p>Make-up advice & lessons with Lauren, on a Wed for £10</p> <p>AT LOVE BEAUTY</p> <p><i>31 Main Street, Kirkby Lonsdale LA6 2AH</i> TEL: 015242 73520</p>
<p>£5 off Detox to Feel Great Course with Alison Marsden: Alexander Technique /Healthy Eating</p> <p>LUNESDALE THERAPY CENTRE</p> <p><i>Lunesdale Hall, Bective Road, KL LA6 2BG</i> Tel: 015242 73291, Mob: 07929 151240 www.detox-to-feel-great.com</p>	<p>10% off all Table Lamps</p> <p>AT LUNESDALE HOME & GARDEN</p> <p><i>54-6 Main St, Kirkby Lonsdale LA6 2AJ</i> TEL: 015242 72751</p>	<p>Autumn special: choose from a quilted bedspread or a cosy duvet at half price</p> <p>AT CARR & BLEASDALE</p> <p><i>26-8 Main St., Kirkby Lonsdale LA6 2AE</i> TEL: 015242 71261</p>
<p>£5 off Treatments or Gift Vouchers OR an extra 10 mins passive stretching per 1 hour treatment with Yvonne Cervetti: Clinical Massage & Myofascial Release</p> <p>LUNESDALE THERAPY CENTRE</p> <p><i>Lunesdale Hall, Bective Road, KL LA6 2BG</i> Tel: 015396 21303, Mob: 07795 063107 FB: YvonneCervettiMassage</p>	<p>Try our Best Bacon Bap and get a free hot drink</p> <p>AT NUMBER 44</p> <p><i>44 Main Street, Kirkby Lonsdale LA6 2AJ</i> TEL: 015242 72160</p>	<p>25 items of basic clothing ironed for £20</p> <p>AT THE DOBY BASKET</p> <p><i>5 New Road, Kirkby Lonsdale LA6 2AB</i> TEL: 015242 71550</p>
<p>£5 off initial consultation with Marie Watson MNIMH Medical Herbalist</p> <p>LUNESDALE THERAPY CENTRE</p> <p><i>Lunesdale Hall, Bective Road, KL LA6 2BG</i> Tel: 015242 732665, Mob: 07538 178123 www.herb-medicine.co.uk</p>	<p>10% off cushions</p> <p>AT SEW WHAT?</p> <p><i>2 Chapel Close, Kirkby Lonsdale LA6 2SH</i> TEL: 07766711288</p>	<p>15% off food purchases Mon-Fri up to 5pm</p> <p>AT THE ROYAL HOTEL</p> <p><i>Main Street, Kirkby Lonsdale LA6 2AE</i> TEL: 015242 71966</p>
<p>£10 off initial consultation with Marie Watson MNIMH Medical Herbalist</p> <p>LUNESDALE THERAPY CENTRE</p> <p><i>Lunesdale Hall, Bective Road, KL LA6 2BG</i> Tel: 015242 732665, Mob: 07538 178123 www.herb-medicine.co.uk</p>	<p>Buy 1 coffee/tea, & get 1 free</p> <p>AT PLATO'S</p> <p><i>2 Mill Brow, Kirkby Lonsdale LA6 2AT</i> TEL: 015242 74180</p>	<p>10% off all purchases (not under other offers) Monday to Wednesday</p> <p>AT DALES BUTCHERS</p> <p><i>2 Main Street, Kirkby Lonsdale LA6 2AU</i> TEL: 015242 71278</p>
<p>"Half-price Bonfire Bag" normally £12, half price for MyKL card holders</p> <p>AT CHOCOLAT</p> <p><i>3 New Road, Kirkby Lonsdale LA6 2AB</i> TEL: 015242 72830</p> <p>PLUS 10% OFF ALL ORDERS OVER £10</p>	<p>20% off new Autumn clothes and Jewellery Mon-Fri</p> <p>AT K70 OOH-LA-LA!</p> <p><i>52 Main Street, Kirkby Lonsdale LA6 2AJ</i> TEL: 015242 73006</p>	<p>10% off silver jewellery</p> <p>AT SIENNA JEWELLERY</p> <p><i>37 Main Street, Kirkby Lonsdale LA6 2AH</i> TEL: 015242 72121</p>
<p>10% off any purchase when you spend over £10</p> <p>AT THE CARD GALLERY</p> <p><i>62 Main Street, Kirkby Lonsdale LA6 2AJ</i> TEL: 015242 71237</p>	<p>10% off all celebration cakes</p> <p>HOLLY'S CAKES & BAKES</p> <p><i>1 Jingling Lane, Kirkby Lonsdale LA6 2AJ</i> TEL: 07966 294724</p>	<p>10% off, when you spend £20 or more</p> <p>AT PARMA VIOLET</p> <p><i>45 Main Street, Kirkby Lonsdale LA6 2AH</i> TEL: 015242 72585</p>
<p>10% off any purchase when you spend over £10</p> <p>AT THE CARD GALLERY</p> <p><i>62 Main Street, Kirkby Lonsdale LA6 2AJ</i> TEL: 015242 71237</p>	<p>10% off all Morlands Candles create a special ambience as the nights draw in!</p> <p>AT THE INFORMATION/GIFT SHOP</p> <p><i>24 Main Street, Kirkby Lonsdale LA6 2AE</i> TEL: 015242 71437</p>	<p>5% off all watches</p> <p>AT ISAACS JEWELLERS</p> <p><i>34 Main Street, Kirkby Lonsdale LA6 2AJ</i> TEL: 015242 72444</p>

Sharing the good news about our vibrant community

Promoting our town is a key part of my role and I use as many of the tools at my disposal as I can including limited advertising (where budgets allow), PR and of course social media. 'Likes' for the Town's Facebook site

are growing month on month and we now have nearly 2,000 people regularly checking the site. This site isn't just for people thinking of visiting the town, it's for locals too and perhaps most importantly local community

groups hoping to spread their news and events plans. It seems we also have a significant following from ex-residents of the town still keen to keep in touch with local goings on - some from as far away as Australia and the Far East!

The town website is now looking better than ever - keeping it fresh and current is vital and it's a great source of information on local events and resources. This is a joint enterprise between the Chamber of Trade and the

Community Interest Co.

If you do use Facebook please like us - KIRKBYLONSDALETOWN There are a few poor imitations out there so please make sure you like the correct site!

We are a town much admired, so it's a great pleasure to share all that we have to offer using the myriad of options available - from the traditional newsprint of the Westmorland Gazette to all that the digital age offers, bringing those who have settled many thousands of miles away a small slice of 'home'.

Sarah Ross
Tourism & Town Manager



East Integrated Care Community (ICC)

Get involved in the design and running of your local health and care services. East ICC incorporates the communities registered with GP surgeries in Sedbergh, Kirkby Lonsdale, Bentham, Milnthorpe and Arnside..

Thursday 10th November 2016 6pm – 7.30pm
Café Ambio Function Room, Junction 36 Rural Auction Centre, Crooklands, Cumbria LA7 7FP
Light refreshments will be provided

To book a place and for more information, please contact Angela Robinson:

E-mail: angela.robinson@cumbriaccg.nhs.uk Tel: 01539 777328 (between 9am – 5pm)

Economic Survey planned

A team of consultants will shortly start work on an economic survey of Kirkby Lonsdale, Grange-over-Sands and Milnthorpe.

These three key service towns have been selected by South Lakeland District Council to identify their individual sustainable areas of economic development which will benefit their communities.

The survey will start shortly and the results should be presented to the district council before the end of 2017. The district council will then consider the recommendations and whether or not they can be implemented with district council support.

The survey will involve a series of consultations in the three towns, to draw out opinions from various groups and organisations, including, here in Kirkby, the Town Council and Chamber of Trade. The Chamber is the official 'voice' of businesses in the town, but does not have a 100% membership. Its members receive monthly updates of activities within the Chamber, and early notice of proposals for special events, such as next month's three-day Christmas Fair and Market.

Membership is open to all who do business in or from Kirkby Lonsdale, from the one-man, self-employed, home-based individual to larger shops or operations with dozens of employees. Members will be able to have their say about economic possibilities for Kirkby to develop, and help bring about changes for the good of the town.

The Chamber has its own website, www.kirkbylonsdale.co.uk, which has become one of the most important means of reaching potential customers at minimum cost.

For further details about the benefits of Chamber membership, write to the Secretary, Kirkby Lonsdale Chamber of Trade, at 24 Main Street, Kirkby Lonsdale, LA6 2AE, enclosing your contact details including an email address and telephone number.

Lunchtime Recital Series

Holy Trinity Church, Casterton
Thursdays at 1:30pm
All welcome
Free Admission. Retiring Collection in aid of the Church Fabric Fund.

This term we present some outstanding musicians, including:
Thursday November 10th at 1:30pm
Rhiannon James (Viola) and Chris Mansfield ('Cello)
These talented young professionals graduated from the RNCM a few years ago and are currently teaching at Sedbergh School whilst maintaining an increasingly busy profile on the national and international performing circuit. An opportunity to hear some fabulous string playing - not to be missed!

Thursday December 1st at 1:30pm
Talented musicians from Sedbergh (senior) School will perform a variety of music to suit all tastes.
All welcome.

Rainbow Parish

Middleton

Well September was a busy time in Middleton. The Monthly Coffee Morning, took place on Tuesday 4th September at the Church. Always a good opportunity to catch up and 'put the world to rights'!!!

On 28th September, the Roman Milestone, which had been unearthed in 1836 near Hawkin Hall, was relocated into the Church grounds. The weather was awful but the lads and lasses from The Yorkshire Dales National Park and Historic England managed without too much difficulty. You can see it if you look over the wall from the main road, or please come into the grounds and see it close up! English Heritage will organise an event to celebrate its new position. Watch this space for the date.

On 30th September we held our Harvest Service and Sale of produce in the Church. It was a very successful and entertaining evening. Many thanks to Gordon Lewis for being such a superb auctioneer. (Even though he wrongly described an item ... which was then bought by his Mother-in-law!!)

The B4RN core network installation has been completed from Oak Tree Farm to Holme Farm, a distance of 7.5 Km. They will be ready to blow the fibre in the next fortnight or so.

A belated 'Thank you' to Martin and Catherine McHugh for hosting the Middleton-Get-Together on 5th August. The weather held and every one had a brilliant time.

We look forward to seeing you at our Coffee Morning/Bric-a-brac/Cake stall at Sedburgh URC on 2nd November from 10.00-12.00. The Remembrance Service and Exhibition will be held in the Church on 6th November.

Come along to Barbon Village Hall at 7pm on 25th November for a delicious Potato Pie supper; followed by a Domino Drive!! Ticket only admission (to make sure you get the pie!). £5 for children and £7.50 for adults, available from any member of Middleton DCC or Anne on 015242 76075.

Casterton

Anne Pettifor led a splendid traditional Harvest Festival service, giving thanks for God's bounty, with due reflection on the many poor people in the world suffering extreme hardship. The window and table displays were excellent, reflecting the generosity of Sedbergh Prep School pupils, their parents and the local community. Many people made superb contributions. Particular thanks go to Anastasia's polished Chamber Choir, to Alexa, who accompanied them, and to Jean Lobley for a magnificent flower arrangement.

An appreciative audience came to hear the first of this autumn's lunchtime recitals. Talented flautist Gavin Stuart returned to impress us a second time with modern music for flute. As we write, we look forward to a beautiful short recital of Lieder and other songs by talented young soprano Eleanor Moore, a graduate of Newcastle University, who has also studied voice at the Birmingham Conservatoire.

At 1.30 p.m. on Thursday 10 November, Rhiannon James (violin) and Christopher Mansfield have agreed to give the monthly free lunchtime recital. Their programme will be circulated soon.

Our Remembrance Sunday service will take place at 11.00 a.m. on Sunday 13 November. Those attending are asked to convene at the War Memorial for the laying of wreaths which starts at 10:50 a.m. Stephen Evans has kindly invited the congregation back to the Old Vicarage, for light refreshments.

At 4.00 p.m. on Sunday 13 November, Owen Davies returns to Holy Trinity with his much loved choir Allegri. Their programme involves emotive items apt for Remembrance Sunday. There will be 4 motets by Palestrina, Herbert Howell's Requiem, 4 motets by Peter Philips and Michael Tippett's Five Negro Spirituals from A Child of Our Time. Once again, it's free admission, with a retiring collection.

We have engaged in discussion with Casterton Parish Council, regarding their pre-application for funding to compensate for the growing illegibility of names and script on the weathered sandstone monument. It is intended that the addition of a plaque may resolve this perennial issue.

As we approach the Christmas season, please note that there will be no service on Sunday 27 November. Our full programme of Christmas events will be in the December/January edition of AKL and on the weekly Parish Bulletin. For further details of these events, contact Churchwarden Ron Bulman on 015242 71075..

Barbon

The Annual Harvest Supper was held in Barbon Village Hall. A wonderful supper of hot pot and delicious sweets was enjoyed. Many thanks to Jennifer Martindale who organised the food and to the ladies who helped. The Burton Singers then entertained with a lively programme of popular songs.

The church looked magnificent with the floral displays provided by Barbara Leaming, Lois Neal, Doris Metcalfe and Sue Thornber. The collection of tins will be taken to the Food bank in Kendal.

Liz Dew was warmly welcomed by Roger Groves to lead the harvest service.

There was a good number at the fortnightly Coffee Morning which Liz Groves and Sue Thornber hosted to support the Big Coffee Morning for MacMillan Nurses. Liz sent off £375.10. Thanks to everyone for their contributions of baking, white elephant items, books and raffle prizes.

Christmas dates for your diary: Wed 14th Dec Carol Singing in the Village Hall (warmer than going house to house!)

Accompanied by a Salvation Army group of brass players with mulled wine and mince pies. Tues 20th Dec 7.30pm in church The Mewses' concert. Sat 24th Dec. 4pm Crib Service. Sun 25th Dec 10.30am Morning Service.

Anne Wodeman's singing group entertained with a wonderful selection from Gilbert and Sullivan's operettas the Pirates of Penzance and The Gondoliers. Peter Wodeman and Alexa Wightman accompanied the singers. Sheila Clark kept the evening running smoothly narrating the story.

Lupton

Next old time dances at Whittington for Lupton Church Saturday 18th November 8pm in the Village Hall Jumble Sale

Thanks to everyone who helped with our jumble sale. We were grateful to everyone for helping us to raise £200. Harvest Festival. More thanks to everyone who helped to raise more than £500.00 Patronal Festival This is on the 30th October at 7pm with Kirkby Lonsdale Brass Band with light refreshments.

Services for November

1 Tue

St Mary's 9.30am Ecumenical Prayer Group

3 Thu

Kirkby Lonsdale 10.30am Holy Communion

6 Sun 3 BEFORE ADVENT

Kirkby Lonsdale 8.30am Holy Communion
11.00am Family Communion
6.30pm Evensong

Preston Patrick 9.30am Family Service

Lupton 9.30am Holy Communion

with Remembrance

Barbon 10.30am Holy Communion

Middleton 6.30pm Evening Service with
Remembrance

8 Tue

St Mary's 9.30am Ecumenical Prayer Group

10 Thu

Kirkby Lonsdale 10.30am Holy Communion

13 Sun REMEMBRANCE

Kirkby Lonsdale 8.30am Holy Communion
10.15am Remembrance Service
(Procession leaves the Market Square at 10am)
6.30pm Evening worship at the Methodist Church

Preston Patrick 9.30am Holy Communion with
Remembrance

Barbon 10.30am Remembrance Service

Casterton 10.50am Remembrance Service

Hutton Roof 10.45am Remembrance Service

Mansergh 11.00am Holy Communion with
Remembrance

15 Tue

St Mary's 9.30am Ecumenical Prayer Group

17 Thu

Kirkby Lonsdale 10.30am Holy Communion

19 Sat

Kirkby Lonsdale 4.00pm Treasure Chest

20 Sun CHRIST THE KING

Kirkby Lonsdale 8.30am Holy Communion
11.00am Holy Communion
6.30pm Evensong

Preston Patrick 9.30am Morning Service

Lupton 9.30am Morning Service

Barbon 10.30am Holy Communion

22 Tue

Kirkby Lonsdale 9.30am Ecumenical Prayer Group

24 Thu

Kirkby Lonsdale 10.30am Holy Communion

27 Sun ADVENT SUNDAY

Kirkby Lonsdale 8.30am Holy Communion

*10.30am Rainbow Service at St Patrick's,
Preston Patrick*

6.30pm Advent Lights with QES

Preston Patrick 10.30am Rainbow Service

Barbon *10.30am Rainbow Service at
St Patrick's, Preston Patrick*

Hutton Roof *10.30am Rainbow Service at
St Patrick's, Preston Patrick*

29 Tue

Kirkby Lonsdale 9.30am Ecumenical Prayer Group



The type of service may change after AKL goes to print -
Please check church notice boards for up to date
information

Dates for the Diary

(KLLH Kirkby Lonsdale Lunesdale Hall/Institute;
KLMH: Kirkby Lonsdale Methodist Hall; BVH Barbon
Village Hall; CVH Casterton Village Hall; CSP Casterton
School Pavilion; WOM week of the month)
MONDAY

1:30-3:30 pm Over 50s Monday Club (1st/3rd WOM) KLLH
4-5pm Brownies – KLMH
5.45-7pm Beavers – St Mary's School
5:45-7:15pm Cubs – Casterton Village Hall
6-8:pm Scouts - Scouts meet alternate Mondays at the
Hutton Roof Village Hall
7:30-9pm Bible study group - KLMH
8-10pm Barbon Bowling Club (Mon & Thur) - BVH
TUESDAY
9:30am Ecumenical Prayer Group – KL St Marys Church
9:30-11:30am Baby/Toddler Group (Tue & Fri) – CSP
10am Baby Clinic & Edward Bear Club (4th WOM) St Marys
Church
10:30-12pm Sight Advice Support Group (2nd WOM) –
KLMH
12:30pm Over 50s Lunch Club (3rd WOM) The Orange Tree
2:15-3pm Contemp. Julian Prayer (3rd WOM) – KL St Joseph
Church
2-4pm Lunesdale Quilters (term time only) - BVH
2-4:30pm Barbon Bridge Club – BVH
7:30pm Scottish Dance Class – CVH
7:30pm Lindy Hopping Dance Class – Melling Institute
7-9pm Rainbow Guides – KL St Mary's school
WEDNESDAY
10:30-12pm Hearing Aid clinic (3rd WOM) – KL surgery
12-2pm Meet to Eat – KLMH
2pm Carers Association (2nd WOM) – KLLH
3:30-6:45pm Danceworks Dance classes - KLLH
5pm - Healthy-Steps for Seniors, Barbon Village Hall
7pm Prompt KL Town Council Meeting (2nd WOM) - KLLH
7:30pm Casterton WI (1st WOM) - CVH
7:30-9:30pm Handbell Ringers Masonic Lodge (7 Fairbank)
THURSDAY
9:15-11:30am See + Know meet 0-5yrs old – KLMH
9.45am - Healthy-Steps for Senior women, Sedb. Meth Hall
11am - Healthy-Steps for Senior men, Sedbergh Meth. Hall
10-12am Farmers' Market (KL Square) / Country Market
(KLLH)
10-12am MacMillan / Age UK drop-in (1st & 3rd WOM)
Library
2pm KL Embroiderers' Group (2nd WOM) - BVH
2-3pm SLDC Planning Surgery - KLLH
3:30pm-8pm Danceworks Dance classes – BVH & Fraser Hall
7pm Bridge Club – KLLH
7pm Boxercise – CSP
7:30pm KLCS - KLLH
7:30-9:30pm KL Art Society Evening sessions - KLMH
8-10pm Barbon Bowling Club (Mon & Thu) - BVH
QES Police drop-in – QES
FRIDAY
9:30-11:30am Baby/Toddler Group (Tue & Fri) – CSP
10-11am Zumba Fitness – Whittington VH
10:30-2pm Friendly Friday Coffee & Chat (2nd WOM) –
KLMH
7:30-9:30pm Church Ringing Group – KL St Marys Church
SATURDAY
9:45-1:30pm Danceworks Dance classes - BVH
10:30-12am Fairtrade Coffee Morning (2nd WOM) – KLLH
SUNDAY
10:30am Preston Patrick Quakers, Sunday Worship
10:30am Briggflats Quakers, Children's Worship
Barbon Quiz (1st WOM)

What's on?

Nov

Tue 1 Coffee morning Middleton Church 10-11.30am

Wed 3 Bric-a-Brac Sale 10-12 Sedbergh

Sat 5 North West Cancer Research Xmas Fair KLLH
10am

Ladies' Lunch QES 12.30pm

KLRUFC 5.30-Midnight Bonfire night see p.11

Thu 10 Tasting evening Country Harvest Ingleton
6.30pm

Sat 12 Jumble Sale AVH 2pm
Antique Fair KLLH 10am-4pm

Sun 13 Allegri Choir Holy Trinity Church 4pm
Wed 16 Gardening Association KLLH 7.30pm

Fri 18 Mansergh Domino Drive, Shooter's Hut 7.30pm

Sat 19 Barnardo's coffee morning KLLH 10am-12noon
Fairtrade Coffee Morn.10.30-12 St Marys Church

Wed 23 Cumbria Wildlife Trust KLLH 7.30-9pm

Fri 25 Family Bingo 5-7 Hutton Roof Village Hall

Dec

Fri 2—Sun 4
KL Christmas Fair

Tue 6 Coffee morning Middleton Church 10-11.30am

Sat 10 Antique Fair KLLH 10am-4pm

Notes

L.H. = Lunesdale Hall

If you need more information please look back
through the AKL.

