

# *Around Kirkby Lonsdale*

November 2014

## Could you save a life?

If you have ever had the misfortune to call an ambulance for a spouse, friend or relative then you may be aware of the work of a group of volunteers called the Community First Responders. In this rural community it can take an ambulance up to an hour to arrive.

The Community First Responders are a small, but dedicated group of local people who respond when 999 is called with the purpose of potentially saving lives. You will probably know that the first few minutes following a cardiac arrest (heart attack) are crucial and can make the difference between life and death. Thankfully, cardiac arrests are relatively rare, but they do happen. The group responds to anyone over the age of sixteen who has had cause to call an ambulance, this may include allergic reaction, difficulty in breathing, falls, loss of consciousness to name a few. The group is trained by the North West Ambulance Service in basic first aid, the use of oxygen, CPR and the use of a defibrillator.

The recent advertising campaign, featuring Vinnie Jones showing you how to perform Cardiopulmonary Resuscitation or CPR has raised awareness of how to act quickly in the first moments following a Heart Attack. We are offering, between now and Christmas, a series of **Heart Start** courses in the local community.



You will be shown how to identify a cardiac arrest and what to do about it as well as basic first aid. The courses are completely free and will only take a couple of hours. Can you spare the time to gain a life skill that is so worthwhile and potentially gives you the ability to save someone's life? The more people we can train, the greater chances of survival members of our community have, who have the misfortune to suffer a heart attack.

Thur 13/11 Casterton VH  
Tues 18/11 Lunesdale Hall, Reading room  
Thur 20/11 Whittington VH  
Tues 25/11 Barbon VH  
Thur 27/11 Mansergh VH

**All at 7.30pm**

**We are also looking to recruit people who could give a few hours per week to become a first responder. We are delighted to have four new responders about to start their training.** If you would like to find out more about the Heart Start courses or if you would like a Heart Start course for your business or community group or to chat about becoming a responder then please contact the local coordinator, Adrian Conway on 015242 72163 [adieconway@gmail.com](mailto:adieconway@gmail.com)

**Deadline for Dec/Jan AKL: Midday Saturday, 15 November. Nothing received after the deadline can be included.**

Mail copy, either typed, on floppy disc or CD, to AKL, Lunesdale Hall, Bective Road, Kirkby Lonsdale. Email in plain text only (no attachments or HTML, please) to [akl@kirkbylonsdale.co.uk](mailto:akl@kirkbylonsdale.co.uk) (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, Lunesdale Hall, Bective Rd., Kirkby Lonsdale, LA6 2BG. For **all other advertising matters:** email [allanmuirhead@icloud.com](mailto:allanmuirhead@icloud.com)

## Fairtrade Coffee Mornings

Saturday 22 November 10.30-12.00  
with the Lunesdale Hall table top sale  
Saturday 13 December 10.30-12.00  
Mince pies and mulled wine

Traidcraft gifts and catalogues available for your  
Christmas shopping

Lunesdale Hall (The Institute)  
Kirkby Lonsdale

## Make Christmas Decorations

11 November and 9 December – 7-9pm at Hutton  
Roof Village Hall. Cost £3 each including Tea,  
Coffee and biscuits. Bring a stalled project or  
have a go at something new – materials available  
on the night. Everyone welcome.

## Christmas Fair

North West Cancer Research are holding their  
annual Christmas Fair and Coffee Morning in  
the Lunesdale Hall, Kirkby Lonsdale on  
Saturday November 8th from 10.00 am to  
12.00.

The Grand Raffle with £100 first prize will be  
drawn at 12 mid day. There will be all the  
usual stalls - Christmas Gifts and Cards,  
Cakes, Books, Tombola etc. Please come  
along and support our fund raising for cancer  
research at Lancaster University.

Tea/ Coffee and Mince Pie included in the  
£1.50 entrance. For information phone  
Daphne Peel 01524781401

### THE CHURCH OF ENGLAND

Team Rector Revd Richard Snow, The Rectory, Vicarage Lane, Kirkby  
Lonsdale, Carnforth, LA6 2BA. T: (015242 72044)  
rector@therainbowparish.org. Team Curate: Revd Anne Pettifor, Cross House,  
Whittington, Carnforth, LA6 2NX. T: 015242 71904. Assistant Priest, NSM  
Revd Deborah Preston, The Old Schoolhouse, Kirkby Lonsdale, Carnforth,  
LA6 2DX T 015242 72509 nsm@therainbowparish.org. Reader Mrs Liz Dew. 9  
Burton Park, Burton in Kendal, Carnforth, LA6 1JB T: 01524 781645. Parish  
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Lonsdale, Carnforth, LA6 2BG. &: 015242 71320 office@therainbowparish.org.  
PCC Lay Chair: Mr. Merlin Hibbs, Low Fell House, Barbon, Carnforth. LA6 2LJ.  
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Preston (as above). PCC Treasurer: Mr Robert Cass, 17 Mitchelgate, Kirkby  
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(details as Stephen Allen). Deanery Synod Representatives: Mrs Olive  
Clarke, Mrs Anne Foulerton, Mr Charles Howarth, Mrs Jane Maxwell, Mr  
John Preston, Mr Bob Thornton.

**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 Wendy Thornton,  
wendy.thornton@methodist.org.uk. 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

## *From the Team Ministry*

The last three months seem to have brought us so many deaths, so many funerals. Some expected, many tragic, others perhaps a relief from extreme old age and all its trials.

And now, here we are at Remembrance time on a year that has brought home again the appalling destructiveness of so much of the 20th century, with the centenary of the start of World War I. (Do go and see the 'Stories for our time' drama on November 7/8/9).

The 21st century does not seem to be much less violent so far! For 'we that are left', dark November can turn into a pretty depressing month.

At the recent choir festival at St Mary's, there was a poignant prayer, reminding us of the cost to soldiers who have died in battle but also, of those who return but whose sufferings continue:

God of hope and consolation, we hold before you all who have died as a result of war, and those who continue to carry the scars of injuries to body or mind.

May we remember the cost, lest we forget the value of our freedom, the responsibilities it brings and the sanctity of peace. Sustain us in our building of communities fit for heroes, where all can flourish to your honour and glory. Amen

At the same service, and on a note of greater hope, a child read this poem by Annie Johnson Flint:

God hath not promised skies always blue,  
Flower strewn pathways all our lives through,  
God hath not promised sun without rain,  
Joy without sorrow, peace without pain.

But God hath promised strength for the day,  
Rest for the labour, light for the way,  
Grace for the trials, help from above,  
Unfailing sympathy, undying love.

My hope is that you will use the prayer, be encouraged by the poem, and that there will indeed be 'light on your way', even in dark November.

Deborah

### **Kirkby Lonsdale Civic Society**

The Commonwealth War Graves Commission ensures that the 1.7million Commonwealth servicemen who died in the two World Wars will never be forgotten. The organization cares for cemeteries and memorials at 23,000 locations in 153 countries.

Admiral, Sir John Kerr was a Commissioner from 1994-2001 and, for three years, Vice Chairman of the CWGC. With his knowledge and experience, he is the ideal person to provide an overview of the work of the Commission in this, the 100th anniversary year of the commencement of the Great War.

Lunesdale Hall, K/L, Monday 10th November 7.30pm.  
£2 admission + refreshments. All welcome

### **Christmas Coffee Morning Cancelled**

Regrettably, the BARNARDO'S Christmas Coffee Morning to be held on Saturday the 28th of November at the Lunesdale Hall has had to be cancelled.

### **Lost Property**

An item of lost property has been handed into the Community Shop on Main Street. It belongs to a Mrs Barkiss – if this is you or you know how we can contact the owner, please call in at the shop.

## Barbon Walkers - September

On 23rd September 12 Barbon Walkers completed a 5.5 mile circular walk, from Mason Gill starting at the top of Fell lane on Turbury road.

Ascending up Turbury road to take the ill defined track on the right towards Tow Scar, unfortunately due to the inclement weather and low cloud with very poor visibility, the walkers declined to ascend the scar for the Trig viewing point. The walk continued and continued along the designated track to exit the Fell at the Metal gate on the Kingsdale road.

Turning left heading North along the road for the short walk to head West along the bridle and green track to the to the Ingleton falls, where lunch was taken at the Thornton force Waterfall. The walk then continued along the waterfall walk to take the track east to return to Thornton road.

Due to weather beginning to close in, with light rain, and with heavy rain forecast to follow, the walkers declined to take the walk across the fields at Cowgill farm and elected to shorten the intended 7 mile walk, to head North up Thornton lane to take the road West past the radio station.

The walk paused at the well maintained shepherd's refuge, before continuing along the tarmac road towards Lower Westhouse to take the green track North West to arrive back at the cars at Turbury road just as the forecast rain arrived. Welcome refreshments at end of walk taken at the farm shop at Ireby on A65.

Walks in October and November will be Thursday 23rd October Friday 7th November and Monday 24th November. Meet at Devil's Bridge 09.45 for 10.00 departure.

## Unique 2015 calendar

Available now - *The Lune Valley in Times Past*. The calendar includes 14 early-20th Century photographs of Lune Valley villages, from High Bentham to Lancaster. It also includes photographs of Wray, Tatham Fells, Hornby, Cloughton, Whittington, Tunstall, Arkholme, Brookhouse, Caton, Halton, Over Kellet and Lancaster.

The calendar is available from the town's visitor information shop, 24 Main Street, Kirkby Lonsdale, priced £5.50. This would make an excellent Christmas present for friends and family. £4.50 from each sale will be donated to St John's Hospice, Lancaster.

*David Kenyon*

## Good neighbours stop rogue traders campaign



Doorstep criminals exploit vulnerable people by convincing them to pay for shoddy or incomplete repair work,

charging extortionate fees for their services, or use threatening behaviour.

The 'Good Neighbours Stop Rogue Traders' campaign focuses on preventing doorstep crime by encouraging neighbours, family, friends and carers to look out for those most at risk in their communities. Signs of Traders cold calling in your area include building or maintenance works starting unexpectedly, visibly poor quality work and unmarked vans. Your neighbour may be anxious or distressed, and visit the bank, building society or post office more often.

What can you do? Offer to be a 'Nominated Neighbour' this enables your neighbour to direct any cold callers to you by showing a card with your name on it. If work has already started, ask your neighbour in private if things are OK, make a note of vehicle registration numbers, ask if the Trader has left any paperwork or flyers and put them in a clean food bag. If you suspect a crime call the Citizens Advice consumer helpline on 03454 040506, if the situation has become volatile call the police.

Free, confidential advice and help is available from South Lakes Citizens Advice Bureau – telephone 015394 46464 for an appointment and help. [www.southlakescab.org.uk](http://www.southlakescab.org.uk).

## Rotary Club of Lunesdale

Visit of the Children from Belarus.

On 16th September 4 members of the Rotary Club met up with 19 excited little children (all wanting to give us big hugs) 2 interpreters and 3 adult helpers at Clapham. The RC had organised a day of carefree fun and entertainment for the children all of whom come from very disadvantaged backgrounds.

The weather was lovely and we all enjoyed the scenic walk from the village to the Ingleborough Cave for a guided tour. Everybody was fitted with a hard hat. The children then entered a mysterious, underground world of stalagmites and stalactites not to mention strange sounds, dramatic shapes and colours. It was a wonderful new adventure for them! After the tour we walked (singing as we went) back to the village where 19 hungry children enjoyed lunch at the Bunk House before then travelling to Kirkby Lonsdale.

At the Lunesdale Hall, Mark The Magician, kept the children enthralled for an hour with his wonderful magic tricks. There were lots of oohs, aahs, much laughter and applause. How do you produce a real live lovely white dove and then change it into a real live duck??? That's magic. Afternoon tea was next and then Peter Irving, Rotary President spoke to the children briefly saying that he hoped they had enjoyed their day as much as we had, how

pleased we were to have them with us and we shall look forward to seeing them again next year.

Finally it was time to present the children with a cuddly toy each and a bag filled with goodies. They were thrilled with their gifts and through the interpreters expressed their thanks and we were given lots more hugs before saying goodbye. I have many thank yous to say to many people and businesses who contributed to make this event such a success. They are too numerous to mention but you know who you are.

Thank you all sincerely for your gifts, time and resources but most of all for your generosity of spirit and good will. You made 19 little children very happy for a day. If you would like to see photos of the visit please go to [www.lunesdalerotary.org.uk](http://www.lunesdalerotary.org.uk)

Thanks are also due for the excellent response to the District Governor's appeal for good used baby grows and baby vests up to 12 months of age. This is an on-going appeal for the next few months. The baby clothes will be flown out to disaster areas of the world. If you would like to contribute to the appeal please tel. 015242 71027 or 73073

Please note that Father Christmas in his sleigh will visit Kirkby Lonsdale on Saturday 20th December. Watch out for the bright lights of his sleigh and listen for the Christmas music. All the money collected goes to deserving local charities.

*Lilian Barton.*

## Cumbria Wildlife Trust

Our next event will be an illustrated talk on cave conservation by Andrew Hinde from Natural England. Please join us on Wednesday 26th November 7.30pm - 9.00pm in the reading room at the Kirkby Lonsdale Institute which is wheelchair accessible. We are very grateful for any donations received on the day and suggest an amount of £2. For more information about any of our events please contact Roger Neale on 015242 41155.

Our colleague Nikki Meldrum will also be out about in Kirkby Lonsdale over the next few months chatting to local residents about the work of Cumbria Wildlife Trust and how you can get involved. We hope you will make her welcome and she will be delighted to answer any questions you may have.

## **Casterton WI**

Around 20 members and guests gathered in the Village Hall for the October meeting. The business having been speedily dealt with, the audience was kept enthralled by Richard San Jose, Scientific Support Manager for Cumbria Police.

Although down in the programme as 'Forensics' his talk might have been more appropriately called 'Fingerprints and Footprints'. Fingerprints on a glass taken from the Village Hall cupboard were traced to President Gill Sykes! Another surprise was finding out just how unobservant you can be even when concentrating. Members failed a couple of times to spot things in full view, including a 'hidden tiger' clearly labelled 'HIDDEN TIGER' in large, if slightly distorted, letters disguised as stripes!

The trend is now apparently towards internet fraud and members were warned never ever to give away their PIN numbers.

The planned trip to Blackwell was postponed as only a few people were free that day. As we will be meeting in November for our Annual General Meeting and Jacob's Join Supper, Gill asked members to consider joining the Committee for the coming year.

Meetings are held on the first Wednesday of the month at 7.30 p.m. in Casterton Village Hall. Visitors are very welcome.

### **New recital series starting at Holy Trinity Church**

The first recital will be on Thursday 30th October at 1.30pm-2pm - A selection of songs for an autumn afternoon by mezzo-soprano Amy Shaw, a recent music graduate from the University of Manchester. The second recital will be given by young flautist Gavin Stewart on Thursday 20th November at 1.30pm-2pm. Admission free, retiring collection.

## **Kirkby Lonsdale Gardening Association**

On 17th September the KLGGA resumed its season of talks with Tricia Acland on 'Creating a Garden under the Fell'. Tricia's garden at Chapelside near Mungrisdale has been developed over 38 years. She described her way of gardening as 'packing plants in and going with nature', a sentiment she felt was echoed in Mirabel Osler's book 'A Gentle Plea for Chaos'.

With its position at the foot of Souther Fell, gardening at Chapelside has to contend with challenging weather conditions, not least of which is the wind. Tricia's extensive garden incorporates a range of different aspects including sheltered areas, meadow, a fern pit, ponds and vistas through old trees, all interspersed and tied together by stone sculptures and hard landscaping created by her husband Robin, from natural stone found on the site.

Chapelside is open as part of the National Garden Scheme and is well worth a visit.

Future events:-

Wed 19th November 7.30 pm Dr Julia Hoggard 'Gardening for Bees'.

Fri 16th January 7.30 pm 'Annual general Meeting and Seed Swap'.

## Police Report

14/09 - Theft of number plates from a vehicle on Fairbank.  
15/09 - Attempt theft of a tractor near Mansergh.  
16/09 - Theft of a waterfed polebrush, trolley and ladder from Lupton.  
20/09 - Anti social behaviour was reported to us at a Licensed Premises in Kirkby Lonsdale.  
22/09 - A report of 2 abandoned vehicles on Fairbank. SLDC were informed.  
23/09 - A burglary was reported to us at Kearstwick, offenders had broken into the outbuilding but nothing had been taken.  
26/09 - Theft of wood off a driveway at Barbon.  
26/09 - Fail to stop RTC was reported at Barbon.  
26/09 - Anti social behaviour was reported to us at a Licensed Premises in Kirkby Lonsdale.  
27/09 - the same was reported the following night.  
27/09 - Off road motorcyclists were reported riding on a newly upgraded bridleway, this is illegal and riders will be prosecuted.  
29/09 - A burglary was reported to us in Barbon. Caller reported £1000 taken from his home.  
02/10 - A van parked on double yellow lines was reported, however this vehicle had moved on prior to police arrival.  
03/10 - Theft of 18 ewes and 7 lambs from the Middleton area.  
04/10 - Drugs offences reported at Devils Bridge.  
04/10 - A damage only RTC reported on Main St.  
05/10 - A male was arrested in Kirkby Lonsdale for being drunk and disorderly.  
05/10 - Theft of two fleece jackets from a shop on Main Street.  
05/10 - A damage only RTC was reported on the A683 near Kirkby Lonsdale golf club.  
07/10 - Doorstep sellers reported in the Barbon area.  
07/10 - Doorstep sellers were reported to us on Tram Lane.  
08/10 - Attempted break in at St Mary's Primary School, no entry was gained.  
11/10 - Car v motorcycle RTC near to Devil's Bridge, no injury.  
11/10 - Anti social behaviour was reported to us at a Licensed Premises in Kirkby Lonsdale.

There have been a number of break-ins and thefts recently in the rural area, please be vigilant and take extra care in locking and securing all premises, vehicles and out buildings. Keep anything of any value out of sight and report any suspicious people or activity.

PCSO 5329 Danielle Ayers, PCSO 5244 Mandy Coleman

## Christmas Weekend

Kirkby Lonsdale is preparing for its annual Christmas Fair weekend when Santa does his magical lighting of the Christmas trees above the shops during a parade along Market Street and Main Street.

This year's event comes on Saturday and Sunday, December 6 and 7. The Chamber of Trade, who organise this annual two-day event, have produced an exciting programme to please adults and children alike.

There are one or two question marks around this year's event. Will there be a Sunday parade? Will there be a Fun Run? The organiser of these two events for the past few years has had to stand down for health reasons. The Chamber would like to hear from anyone willing to help with the organisation of these two important attractions. For details of what's involved, please contact Robin Sadler, chairman of the Chamber, at 015242 41563, 07831 260119 07831 260119, or email [robin@cardtoons.co.uk](mailto:robin@cardtoons.co.uk).

The weekend will be filled with attractions from a two-man circus, a one-woman band, and elf with a tame reindeer, the traditional Santa's Grotto, organised this year by the town's Play Partnership, a fairground in Market Square and a number of market stalls with a variety of Christmas goodies.

But, most importantly, the town's wide range of independent shops will offer a massive selection of gift ideas to suit all tastes. You're guaranteed to find that special present for that special someone.

As ever, Kirkby Lonsdale's traditional introduction to the Christmas season is something not to be missed.



## **Ceilidh evening with The Riot Band**

The Centre @ Halton has booked the popular Riot Band for a Ceilidh on Saturday November 22nd. It promises to be a very good evening of live music and fun dancing.

The Ceilidh will start at 7.30pm and continue at The Centre until at least 11.30pm. There will also be a bar and raffle and everyone is asked to contribute to a Jacobs Join. Just like previous successful Ceilidhs at the Centre, this promises to be a great night out.

Proceeds from this show will again contribute to the cost of ongoing refurbishments to the Centre. More information about the band can be accessed from [www.theriotband.co.uk/](http://www.theriotband.co.uk/). They are an experienced Bury and Bolton based Ceilidh band which plays venues in Lancashire, Cheshire, Greater Manchester, Yorkshire and throughout the North West and North Wales.

Tickets, which are £8 for adults and children over 11 years, are available from the Centre's Coffee Shop (during opening hours) and from Halton Village Newsagents.

## **Sip Our Soup**

The Kirkby Lonsdale Branch of the R.N.L.I invite you to join their annual Sip Our Soup day at the Lunesdale Hall on Friday 30 January 2015 from 12 noon to 2pm. Entry is £3 payable on the door. There will be a selection of delicious homemade soups, roll and £2 for coffee or tea with homemade biscuits.  
Raffle and Produce Stall.

## **Plea from Peter Schreier**

Some years ago, I spent a couple of weeks in the house of Dr. Crowther in Kirkby Lonsdale. It was 1963 and 64 and I remember this time very well. I know I am too old to see these old friends but I have to ask if any of the family still lives in the town. I would like to see Kirkby Lonsdale again as an old man and I hope for an answer.

## **In Remembrance**

In Flanders fields the poppies grow,  
Between the crosses, row on row.  
But rugged Afghan's poppies bleed  
A chain of miseries that lead  
To Britain's streets and towns and alleys,  
Hills and cities, towns and valleys.

The troops whose lot it is to stop  
This dangerous and evil crop  
Exert their might and main and will  
To clear the fields of opium 'til  
No poppies grow on Afghan land,  
No British blood stains Afghan sand.

So wear your poppy, show with pride  
The thread twixt then and now, not hide  
The link that joins the past with now,  
The middle eastern troubles. Vow  
To seek the peace so we can say  
That lives no more are thrown away,  
Misguided power the warlord wields,  
Nor poppies grow in Afghan fields.

J.Mills, Casterton  
Tel: 71044

## **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 5th December.

The wine and spirits manager from Booths, the indefatigable Glyn, will guide us through combining wine with food - 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 and you will be able to buy the wines you have tasted.

Tickets are £12 from Enid 71056 or Jill 71983 or Casterton Garage, and the evening kicks off at 7.30pm.

Bon Appetit!

## **ROMANIA APPEAL (Together We Care)**

We set off for our Autumn trip to Romania on Tuesday 9th September. We arrived in Rothenburg around 7pm, for our first overnight stop. As the weather had improved, we were able to have a relaxing day walking around the delightful town, and sitting in the park in sunshine, listening to a man playing folk music on a flute. After a picnic meal, and another restful night we were ready to set off on the next stage of our journey which took us from Germany, through Austria and into Hungary. We arrived at the Romanian border, at around 1pm and continued our journey to Arad.

A warm welcome was awaiting us there, from everyone, including the dog! The next day being Sunday, we took things easy, getting in touch with all our contacts, to arrange our programme for the week. In the evening we had a lively time with neighbours and Sofia And Filip's wider family, seventeen of us altogether! On Monday we commenced our visits programme, with an early start at Aurel Vlaicu School. Here we joined in with their new school year opening celebrations. There were official dignitaries from the City Council, Education Department and local churches, along with the parents of the new children. There was music, dancing and singing by the children. The prize winners from each year of last school year's classes were presented with their awards. Altogether it was an enjoyable occasion.

We managed some time to catch up with Rodica, and Tuchi, the head and deputy of the school. They were pleased to receive our £ 250 donation, which they will put towards the cost of refurbishing the final corridor, including replacing doors and windows. Next we visited Dr Carmen, to catch up with the latest news from the hospital. We also met with her mother, and heard the family news. Her mother still needs quite a lot of medication, and as usual we gave her £100 towards the costs of this. After lunch back at Sofia and Phillip's, we went shopping for treats for the children at Casa David orphanage.

When we arrived, the children welcomed us, and entertained us with a sing song, and they took the opportunity to practise their English.

Next day we went to the Kindergarten we support, where we saw the new furnishings in Ana's room, which were bought with our last donation. It was lovely to see how much the children were enjoying playing in the new set up. We left a donation of £250, which will be used to finish the refurbishment of Ana's room. After this visit we went to Nadab, Sofia's native village. Here we met up with several members of her family. Later we went to the farm belonging to another of Sofia's cousins. Here we met with their son Gabriel, who is studying IT at Timisoara University, and speaks excellent English. We joined the family for a lovely home produced and prepared meal. On the way home we visited the family graves at Nadab Cemetery.

On Wednesday, Roy and I visited Mr & Mrs Kenderes, a neighbour whom we had not seen this visit, before walking into the city centre to look at the cathedral. When we arrived home for lunch Lavinia, one of the teachers from Aurel Vlaicu, and her husband, had called to see us. This was a nice surprise, as we had not had much time to chat with them previously. Thursday was our final visit to Aurel Vlaicu to collect the paperwork, say our goodbyes, and to leave a £100 donation for Norbert's treatment, the young boy who has Leukemia. There was also a donation from his sponsor family in Kirkby Lonsdale. These were very gratefully received as the treatment is very expensive. We were also able to give Rodica £100 to help with her mother's medication expenses. At the end of a short but busy trip we went back to make preparations for our homeward journey. There was lots of packing this time, as we were bringing Sofia and Filip back with us in the car for a holiday.

Once again we are most grateful to all of you who support us, and enable our work to continue. This time, our thanks go to all who made Sofia and Filip's visit here so enjoyable. They send their love and thanks to all their "Kirkby Lonsdale" friends.

*God Bless  
Sylvia & Roy Taggart*

## **New Tourism Manager**

Kirkby Lonsdale has its first Tourism and Town Manager.

Sarah Ross will have specific responsibilities for revitalising the town's visitor information shop at 24 Main Street. She will also work on plans to attract more income to the town from visitors and local people by assisting the town's Community Interest Company in its broader work around publicising the town and its attractions.

Providing information for visitors and residents is seen as key to effectively promoting Kirkby Lonsdale and supporting groups and events within the local community.

Sarah Ross, who lives in the town, is a Director of Cumbria Tourism and advises the Dukes Theatre in Lancaster. She also works with local and regional tourism businesses.

Married with a family, Sarah Ross was Head of Visitor Services at Holker Hall and Lowther Castle, with wide responsibilities including the retail and catering operations. She has extensive experience of co-ordinating volunteers while a Trustee for a national charity, and at local branch level.

Liz Saunders, a director of the Community Interest Company, said of the appointment:

'We are delighted to bring on board someone which such a professional background to develop our visitor information and retail activities. Sarah has experience, contacts, ideas and enthusiasm. And she is committed to promoting Kirkby Lonsdale not only through the shop but as widely as possible in a positive way.'

After her appointment was confirmed, Sarah said:

'Working at a local level will be a refreshing new challenge. I'm very proud of all that Kirkby Lonsdale has to offer visitors and residents alike, and I hope that I can help to relaunch both the information and retail elements of the offer. Hopefully, within a few months local hotels, guesthouses and the many retailers of Kirkby will notice the impact of the initiatives we plan to introduce.'

Sarah Ross, who has been appointed by the town's Community Interest Company, which works for the benefit of the local community, took up her post on October 15.

## **Information shop to get a facelift**

With the appointment of Sarah Ross as Kirkby Lonsdale's Tourism and Town Manager, the opportunity is being taken to re-launch the visitor information and retail shop at 24 Main Street. An open meeting, to explain the plan, is being held next month. A refurbishment plan for the shop has been produced which will mean closing the premises for a short time in January. An improved layout is envisaged, with better lighting and display areas. Stock, too, will be re-evaluated and, where practical, new and more appropriate ranges will be introduced. An open evening is being held at the Bective Room in the Lunesdale Hall on Tuesday, November 11, at 7.30. Refreshments will be available. Everyone is invited to come along to hear more about these plans and how they could become involved with this exciting new project.

The very purpose of the shop has been re-visited and there will be more emphasis put on spotlighting what the town has to offer its residents through activities and events run by clubs, groups and other organisations. Visitor needs will also be better catered for. These improvements should make the shop more attractive to volunteers from the local community who can help to promote the town and its attractions by giving just a few hours a week to ensure the shop is open to local people and visitors alike. 24 Main Street has been open for around three years, having previously been the SLDC-run tourist information centre. Threatened with closure, it was taken over by the town council and is managed on a day-to-day basis by the town's Community Interest Company, which works with the community for the community.

## Keeping well this winter

### Prevention

Physical and emotional stress reduces our immunity and increases our risk of infection. The key to beating winter colds and flu is a strong and healthy immune system. Vitamin C, Vitamin D, Zinc, Beta Glucan (found in mushrooms and baker's yeast) help to support the immune system. It is now known that the immune system's ability to fight infection is dependent on adequate levels of Vitamin D. (Many people in Great Britain are deficient in this vitamin due to lack of sunlight, particularly in winter and low levels in our food.) Food supplements can be useful as a preventative measure.

### Relief

Horseradish and garlic were used by our ancestors long before it was discovered that they contain immune boosting compounds and have antibacterial and antiviral properties. They can relieve symptoms and reduce duration of infection. Horseradish may have a decongestant effect aiding recovery from congestion, sneezing, coughs and sore throats. Echinacea is a well established herbal cold remedy which can also help to reduce the length and severity of symptoms.

### Useful Fuel

Traditionally diet and lifestyle changed in harmony with the seasons. The cold and darkness of winter is a natural encouragement to slow down, reflect on our health, replenish energy and conserve strength. To keep healthy, maintain regular exercise, avoid excessive alcohol, consider yoga or meditation but most of all fill your diet with traditional winter foods:

Soups and stews with rich broths

Root vegetables, winter greens and mushrooms

Cooked apples, pears, citrus fruit

Miso and seaweed

Garlic, ginger, cinnamon and nutmeg

Beans, pulses, roasted nuts e.g. walnuts and chestnuts

Keep warm and well!

*Claire Dimond, Kirkby Health & Wholefood*

## From the Parish Registers

### JULY

#### FUNERALS

Florence Violet Row, aged 82 years, Lancaster Crematorium, 1st July, 2014

Helen Clarke, aged 93 years, St. Mary's Church, 2nd July, 2014

Thanksgiving service for John Mortimer, aged 73 years, St. Bartholomew's Church, 14th July, 2014

Marjorie Anderson, aged 93 years, Lancaster Crematorium, 28th July, 2014

Alan Tomlinson, aged 81 years, All Saints Church, 31st July, 2014

#### WEDDINGS

Peter Kennon and Jessica Brown, St. Mary's Church, 12th July, 2014

Graham McWilliam and Roisin Branigan, St. Patrick's Church, 26th July, 2014

### AUGUST

#### FUNERALS

Norman Green, aged 84 years, St. Mary's Church, 11th August, 2014

Peggy Sutcliffe, aged 91 years, St. Mary's Church, 14th August, 2014

John Cecil Clegg, aged 85 years, St. Mary's Church, 15th August, 2014

#### WEDDINGS

David Neal and Amy Barrett, St. Mary's Church, 1st August, 2014

Chris Stone and Sarah Blanchard, St. Mary's Church, 2nd August, 2014

Mel Mackinnon and Lizzy Wilson, St. Mary's Church, 16th August, 2014

Tim House and Deborah Astley Birtwistle, St. Mary's Church, 27th August, 2014

#### BAPTISMS

Halle Mila Lay, daughter of Stewart Lay and Ana Garcia-Lay, St. Patrick's Church, 24th August, 2014

## Services for November

31 Fri Kirkby Lonsdale	7.30pm All Souls' Service for the bereaved	18 Tue Kirkby Lonsdale	9.30am Ecumenical Prayer Grp
		20 Thu Kirkby Lonsdale	10.30am Holy Communion
<b>2 Sun ALL SAINTS</b>		<b>23 Sun CHRIST THE KING</b>	
Kirkby Lonsdale	8.30am Holy Communion 11.00am Family Communion 6.30pm Evensong	Kirkby Lonsdale	8.30am Holy Communion 11.00am Family Service 6.30pm United Worship at the Methodist Church
Preston Patrick	9.30am Family Service	Preston Patrick	9.30am Harvest Communion
Lupton	9.30am Holy Communion with Remembrance	Barbon	10.30am Morning Service
Barbon	10.30am Holy Communion	Casterton	10.30am Holy Communion
Casterton	6.30pm Evensong with Casterton,	Hutton Roof	11.00am Holy Communion
Sedbergh Prep. School			
Middleton	6.30pm Evening Service with Remembrance	25 Tue Kirkby Lonsdale	9.30am Ecumenical Prayer Group
		27 Thu Kirkby Lonsdale	10.30am Holy Communion
4 Tue St Mary's	9.30am Ecumenical Prayer Group		
6 Thu Kirkby Lonsdale	10.30am Holy Communion	<b>30 Sun ADVENT SUNDAY</b>	
		Kirkby Lonsdale	8.30am Holy Communion 10.30am Rainbow Service 6.30pm Advent Lights QES
<b>9 Sun REMEMBRANCE</b>			
Kirkby Lonsdale	8.30am Holy Communion 10.15am Remembrance Service (Procession leaves the Market Square at 10am) 6.30pm Evening worship 9.30am Holy Communion with		
Preston Patrick			
Remembrance			
Barbon	10.30am Remembrance Service		
Casterton	10.45am Remembrance Service		
Hutton Roof	10.45am Remembrance Service		
Mansergh	11.00am Holy Communion with		
Remembrance			
11 Tue St Mary's	9.30am Ecumenical Prayer Group		
13 Thu Kirkby Lonsdale	10.30am Holy Communion		
15 Sat Kirkby Lonsdale	4.00pm Treasure Chest		
<b>16 Sun 2 BEFORE ADVENT</b>			
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		

(The type of service may change after AKL goes to print please check church notice boards for up to date information)

### Kirkby Lonsdale Methodist Church Services

Sunday 2nd 09.00 Rev Wendy Thornton  
Sacrament 10.30 Rev Wendy Thornton 7.00pm  
Mrs Christine Wightman  
Sunday 9th 10.30 United Service St Mary's  
6.30pm Rev Wendy Thornton "Working with God"  
Sunday 16th 10.30 Dr Tom Fryers  
Sunday 23rd 10.30 Mr Kevin Glazebrook 6.30pm  
Ecumenical Service  
Sunday 30th 10.30 Rev Lawrence Moore

#### All Souls' Service

Close to the beginning of November many people all across the world mark 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 7.30pm on Friday 31<sup>st</sup> October in St Mary's Church 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.

#### Remembrance Sunday – WW1 Centenary

After the 10am procession from the Market Square there will be the Civic service of Christian remembrance in St. Mary's Church, and an all-age act of remembrance for those of all faiths and none led by 1st KL Scouts in the Methodist Church. Both services will unite at the War Memorial at 10.55am for the laying of wreaths followed by the two minutes silence at 11am.

## **Cllr Nick**

On Tuesday 25th November in Lunesdale Hall there will be a presentation by South Lakeland District Council about the proposed housing and business development to the north of the Kendal Road in Kirkby Lonsdale (opposite QES). The presentation will run from 11 AM to 7 PM - this is a chance for everyone to have their say about the proposals so it is worth making the effort to go along.

There are many views about the development on the land beyond the astroturf pitch - some see it as a creeping urbanisation of the A65 corridor, a loss of green fields with another bland housing estate bolted onto the edge of the town, changing the character of Kirkby Lonsdale from a place where most people walk into the centre to one where many more will drive into town. By contrast, others welcome the extra housing, one third of which will be affordable, bringing more people into the shops, pubs and cafes. Whatever people's views, it seems there is general consensus that the large volumes of extra traffic generated by the 80 - 100 houses and the employment land should not pour down into town along Kendal Road between the two schools, causing extra danger in the area. There has been a lot of talk about a new roundabout at the junction of the A65 with

Kendal Road, with a spur coming off the roundabout to serve the employment site and the new housing estate, keeping this extra traffic separated from school traffic while at the same time easing access for school buses to and from the A65.

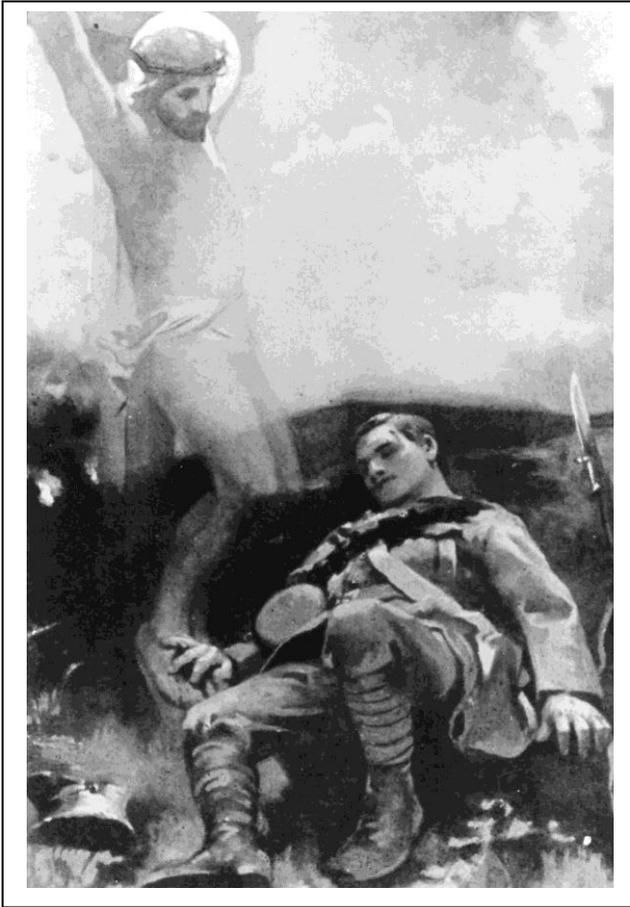
As the profits for developers of housing in the Lune valley are 70% higher than for any other site in South Lakeland (Community Infrastructure Levy Viability Study, January 2014) it would seem reasonable that the developers should pay for the infrastructure needed to prevent their development causing danger to school pupils.

Of more interest to many residents in Kirkby Lonsdale are the plans of Queen Elizabeth School to create a centre of sporting excellence, adding more sports pitches and a pavilion, enabling the town to stage sports tournaments, bringing overnight visitors to town. This is part of a bigger vision with affordable houses for rent on another part of QES land and also shutting Kendal Road to through traffic between the two schools, creating a campus-style crossing, allowing pupils from both schools to move freely and safely between the two establishments.  
*n.cotton@southlakeslibdems.org.uk*

## **Cllr Evelyn Westwood**

There has been some concern that the familiar rusting boxes and cages for recycling in New Road No 2 car park have been replaced with new plastic wheeled bins. Some of the old containers were up to 30 years old and urgently needed replacement or refurbishment and because of the variety of containers different types of vehicle were needed to empty them. In addition there was the safety issue because some of the banks needed to be hoisted up on a crane to empty them. On several occasions I have watched aghast as people ducked under the safety tape and blithely walked underneath a swinging cardboard recycling bank. The new bins are colour coded - black for cardboard/paper, white for plastic and blue for cans and are standard throughout South Lakeland. With the new bins it means that the majority of stock can be emptied with one type of vehicle. The new containers can also be emptied by a compactor vehicle so that the emptying process can be made more efficient reducing the number of vehicles required and the fuel used. The new containers, especially those for plastic, are easier to use. With the old green cages the flaps at the top, used when the bins filled up, were too high and often jammed open allowing plastic waste to fly around the car park. I have had complaints that the new bins are a little too mobile and are moving unbidden around the car park and I have reported this to South Lakeland Council. In the longer term there is likely to be less use for "Bring" sites like that at New Road No 2 Car Park. Between 2015 and 2019 SLDC is planning to roll out the kerbside collection of plastic and cardboard so residents will no longer have to "bus their trash" as the Americans say.  
*evelyn@markwestwood.co.uk*

## The Great Sacrifice



The 'Graphic', an illustrated newspaper, was set up in 1869 as a paper to rival the 'Illustrated London News'. In 1914 they commissioned Jams Clarke, an artist from West Hartlepool, to paint a picture suitable for the Christmas edition of the paper. He painted two copies (for copyright reasons) and the newspaper had prints made, to give out in the paper at Christmas.

The painting shows an ethereal image of Christ on the Cross, looking down at a young British soldier, lying on his back at the foot: the soldier is fatally wounded by a bullet in his forehead.

The painting became immensely popular. The original one was given by James Clark to the Red Cross Collection for exhibition and sale in the Royal Academy. It was bought by Queen Mary who gave it to her daughter Beatrice who gave it to a church in memory of her son who was killed in 1914.

The design was used by James Clark for a number of stained glass window used, not surprisingly, as memorial windows. One of these was in the Church of St. John, in Windermere which had several by James Clark and others by Henry Holiday. The church was closed in the 1990's and was adapted for housing. One of James Clark's windows from there is in the Stained Glass Museum in Ely Cathedral.

In 1904, and possibly through his contact with Henry Holiday at St. John's, James Clark was introduced to Casterton Church. The Revd (later Canon) Arthur Burton had become Vicar of Casterton Parish and School in 1889 and soon developed plans for the renovation of the church, from new seating (all to be free), flooring, windows and wall paintings.

Henry Holiday was responsible for the stained glass windows in the chancel and two lancets in the West wall (thought to be amongst his best work) and the wall paintings in the chancel. James Clark worked from 1904 to 1912 on the fourteen paintings on the four walls of the nave which are all worked with spirit fresco and painted in his studio and then fixed to the walls.

Perhaps you came to view the walls and windows and find out the story of the work and the benefactors when we had a 'Wall and Windows' weekend in 2004?

You can still visit the church!  
M.M.

## Casterton Christmas Concert

There will be a Service of Thanksgiving in the form of a Christmas Concert by the children of Casterton, Sedbergh Prep School on Thursday, 4th. December at 7.30pm and we are delighted to announce that the Bishop of Penrith, the Rt. Rev. Robert Freeman, and the Archdeacon. the Venerable Mrs. Penny Driver, will be joining us. There will be Christmas music, readings, wine and nibbles in a warm church. Do please come along - You will be most welcome.

## Boyan Ensemble of Kiev

Cathy Wynne writes:

St Mary's was packed to the doors on Monday 13<sup>th</sup> October for the Boyan Ensemble's second visit to Kirkby Lonsdale. There wasn't a spare seat to be found by 7.30, when the lights were dimmed and the singers came into church by candlelight, creating a very special atmosphere which set the scene for an evening of thrilling, uplifting and inspiring music.

This year's programme brought new delights: old and new sacred chants, including the Great Doxology at the climax of the first half. We all marvelled at the depth of the basses, and revelled in the presentation of different soloists as the programme progressed. In the second half we heard a wonderful range of Ukrainian folk songs, many featuring the soprano soloist for which Boyan is also famous. The atmosphere was heightened by the knowledge of the turbulent year that has engulfed Ukraine since the choir's visit last year, but as last year they brought us huge joy and tremendous delight with their awe-inspiring choral performance.

## Get Scouting!

60 young people cannot be wrong. 1st Kirkby Lonsdale beavers, cubs, scouts and young leaders meet on Mondays and various weekends for fun, challenge and adventure. Also camping, crafts, games, various construction projects, conker collecting, debate, team work, hiking, night-hiking, learning about the world, learning about each other, learning about themselves, helping, laughing. What's not to like?

It all works because of our growing adult team of leaders, back-office supporters and flexible volunteers who come and share their time, skills and experience. This can be for a single night (eg Heart Start, bat walk), as and when they can make meetings, or more regularly.

If you're a young person, or a young at heart potential adult helper, please contact Skip

Many thanks to everyone who helped to make the Boyan's visit such a great success: to the host families who provided hospitality, to the 'tea team' who produced a sustaining afternoon tea for the choir before the concert, to those who distributed publicity far and wide, to the Visitor Shop and Finestra Gallery for selling tickets, and to the Rector for managing the lighting and all the logistics at St Mary's, and providing a perfect venue for this very special event.

Margaret Castle and Anne Foulerton write: What a fantastic response there was to the local request for next-to-new offerings for the choir from Ukraine. The choir were so appreciative of the clothes that were given, and all surplus clothing has been distributed to other charities

Warmest thanks to all who contributed, and to everyone who helped in any way with tea for the singers and with organising the stall. *If you'd like to keep in contact regarding future Boyan concerts, please send your details to [cathywynne@fastmail.fm](mailto:cathywynne@fastmail.fm)*

(Nigel Bradshaw) on 73722 or at [kirkby\\_lonsdale\\_scouts@live.co.uk](mailto:kirkby_lonsdale_scouts@live.co.uk).

### 1st KL Beavers

As our beaver colony celebrates its 2nd birthday, our first beavers have moved up into our thriving cub pack. We are therefore looking for more young people aged 6 to 8 to join the fun. Beavers meet 5.45 to 6.45 on Monday night at The Institute. If you are interested in joining ask your parent to contact Skip (Nigel Bradshaw) on 73722 or at [kirkby\\_lonsdale\\_scouts@live.co.uk](mailto:kirkby_lonsdale_scouts@live.co.uk).

## 4th Kirkby Lonsdale Guides

### SOUP SATURDAY

15th November 12 noon

Methodist Hall, Kirkby Lonsdale

Serving a delicious selection of homemade soup, bread and cakes

## Uganda 2015

In January 2015, a group of local people are travelling to Uganda to help communities there in any way that we can. The mission will be doctor-led and we will concentrate on bringing health care to some of the poorest people of Uganda. We will provide mosquito nets for families with small children, worming treatments, health education, washable sanitary protection and sex education for young women and emergency health care where possible and appropriate.

I can't give you a detailed list of what we will do, because we will take what we can out with us and put ourselves into the hands of a local Ugandan Charity (Christian Restoration Ministries International-CRMI), who will then take us to the areas where they know, from local leaders, that there is greatest need. There is no condition put upon those who come for treatment - they do not need to be church members, Christian - or indeed to profess any faith at all. No pressure will be brought upon them to accept the Christian faith, however it is plain to the local communities that CRMI is a Christian charity.

Our main aim is not to just provide health care, but to be a practical demonstration of the love that God has for all humanity. Our motto in 2013 was "We treat-Jesus heals"- any relief that we can bring will only be temporary: God's love and care is eternal.

Many of us travelling to Uganda are not doctors. We will help in the organisation of clinics including crowd-control(!), be involved with education programmes, support the doctors by helping them to give out medicines and play football and run craft activities with any youngsters that are drawn to the clinics. In our education programmes we hope to include, physiotherapy guided exercises, first aid, health (including mental health), nutrition and how our bodies work. We are even taking our own photographer (who just happens to be a great footballer too)!

The Charity has about 200 sponsored children; these are youngsters who have been judged by

their local leaders to be the most in need and they are often HIV /AIDS orphans, being cared for in groups of as many as 15, by a grandmother or guardian. We will spend time with these children, doing health, tooth and eye checks and simply giving them the opportunity to play-an opportunity which does not normally happen when you have to dig to grow food, carry water, look after the younger members of your extended family or do your lessons and homework.

Thank you for taking the time to read this. All of us are simply ordinary people who are going to Uganda to try to make a difference- we feel that it is a real opportunity to offer care and help to people who manage to live with dignity, under circumstances so different from our own.

If you would like to help in any way: practically, by prayer, financially or just with your best wishes, we would be most grateful. There will be local fund raising activities, including a picture auction with cheese and wine, at 7:30pm, November 15<sup>th</sup> at Barbon Village Hall and Christmas crafts with refreshments, at Kirkby Methodist Church, from 10am on 6<sup>th</sup> December. We will also be car washing (£5 for the outside-£10 for washing outside and hoovering inside) from 9:30 am at Kirkby Lonsdale Surgery on 18<sup>th</sup> October, 22<sup>nd</sup> November and 13<sup>th</sup> December.

We have agreed to raise funds under two separate headings: a fund to buy medical equipment, mosquito nets and medication which we hope to raise through social events and a fund to help pay for our flights, which we hope to raise by acts of service such as car washing.

For further information about this trip please feel free to contact [paulinejkaye@gmail.com](mailto:paulinejkaye@gmail.com) or [juliet\\_burd@yahoo.com](mailto:juliet_burd@yahoo.com). CRMI's website in the UK is <https://childrenofhope.org.uk>

## Men's Fellowship

The first meeting in this year's programme commenced with an excellent and well received talk by Jamie Barnes about unusual Kendal buildings. Jamie is a freelance curator whose interest is in the style, especially windows, and different features of buildings that are missed by most of us as we go through Kendal. These he presented in photographic images, and artistic black and white pictures of his own creation.

Those present no doubt will be looking with new interest when they go to Kendal. The next meeting will be on the evening of Tuesday 11th Nov at the Red Dragon when the speaker will be Peter Logan, whose subject will be:- "Travels to Iran for the Solar Eclipse"

*Robin Martin KL 71139*

## Barbon Fundraiser

Join us for an evening of good food, wine, music and fun on Saturday, November 15th, 7:30pm at Barbon Village Hall.

There will be an auction of prints, both framed and unframed - and some exciting gifts including concert tickets and luxury spa days.

Live music, great cheese, refreshing wine and a relaxed atmosphere. Come along and buy some high quality Christmas gifts for your loved ones. Tickets: £10 on the door or from

Juliet Burd 72508 and Pauline Kaye 71389. All proceeds will go towards our Medical Mission to Uganda which is planned for January 2015.

## Concert & Cakes

The concerts start at 2.30pm in Burton-in-Lonsdale Parish Church

Finally, with 15th November in your diary for the last of the Autumn season, you can look forward to a singing group with a repertoire which covers early medieval chant through to northern soul.

## Charity Dinner for St John's Hospice

An evening with Jason "Bruno" Birkbeck from the Highwayman and the region's finest producers in aid of St John's Hospice will take place on Thursday 13<sup>th</sup> November.

Bruno's first fundraising charity dinner for the Hospice will include a bespoke 3 course dinner showcasing the very best of the local suppliers from Lancashire, Yorkshire and Cumbria. A real feast of an event, guests can look forward to a Champagne reception and a fabulous raffle – a gourmet night to remember!

Jason "Bruno" Birkbeck commented...

"I'm delighted that we're continuing to our work with St John's Hospice. They're a truly incredible organisation, whose work I'm already familiar with. However, I'm keen to meet the team, and talk about how we can help raise more money than ever this year. Our charity dinner will be a night to remember and I think a great way of kicking off our fundraising pledge"

Tickets are priced at £35 with £10 donated to the St John's Hospice for every ticket sold. Tickets are now on sale and available from The Highwayman. Customers should call the restaurant to book. 015242 73338

## Town Centre Office Space

Are you working from home and perhaps short of space? Need flexible, centrally located 'serviced' office space? We are offering the office above the visitor information & gift shop for hire. We provide broadband connection, photocopier, loo (shared) and coffee/tea making facilities. The office can be hired by the day or week. Perfect for a temporary option or as a flexible way to work very close to home (but without the interruptions)!

If you are interested please contact Sarah Ross at 24 Main Street or call 71437 to arrange a time to view.

## 12 Plates of Christmas

Country Harvest at Ingleton will host a special pre-Christmas tasting evening – The 12 Plates of Christmas - on Thursday, November 6, from 7pm, when guests will eat and drink their way through a feast of festive goodies.

There will be an opportunity to sample a delicious selection of cheeses, for example, indulgent chocolates, traditional festive meats, chutneys, cutting pies and party puds, plus wine and local ales.

Each tasting plate will also be accompanied by a set of tasting notes as a shopping aide-memoire. “At Christmas, we do ‘choice’ with a capital C,” said PR & Marketing Manager Gillian Cowburn. “We thought customers would simply jump at the chance to try some of it beforehand.”

Tickets for the event cost £20 each; book a table for four and save £5 (ie: £75 for four people). Also, this year’s Country Harvest Christmas Extravaganza will be held on Wednesday, November 26 from 6pm to 9pm. All are welcome to attend this free family-friendly event.

## Films at Lunesdale Hall

The Friends of St Mary's are hosting a film show on African wildlife and Indian sub-culture at The Lunesdale Hall's Bective Room on Friday, November 7, starting at 7.30pm. Filming was done by Philip Cropper who will also commentate on his work during the evening, which will also feature a supper and bar.

## North West Air Ambulance

Charity volunteers required for our local air ambulance retail store. Can you spare just 3 or 4 hours per week? No experience necessary, full training given. If interested, please call in to the shop at 14 Main Street, Kirkby Lonsdale help to support our two helicopters and their crew help to save lives. Good quality donations gratefully received. Open 7 days per week.

## Silent Night

**Arkholme Village Hall  
Theatre in the Quarter presents Silent  
Night, Saturday 22<sup>nd</sup> November, 7.30**

The Western Front, 24 December 1914. Along the miles of trenches, wet and freezing men face each other in stalemate. Then, over the temporary halt in gunfire, voices from both sides of No Man’s Land begin to talk, sing and break the silent night...

During autumn 2014, Chester-based Theatre in the Quarter will present Silent Night – the incredible story of events leading up to the Christmas Eve Truce of 1914 – as part of the First World War Centenary commemoration. At once moving and entertaining, Silent Night brings to life the human stories of a group of Cheshire soldiers and the families they left behind. Against a backdrop of archive images, original music and popular songs from the era,

Silent Night vividly portrays events surrounding this historic moment.

**Tickets:**£7 (£5 under 18s – suitable for 8+) from 015242 22236(evens.), 07920 203637, c.may@lancaster.ac.uk and Docker Park Farm. ‘Heart-warming... innovative theatre at its best’ Chester Chronicle See <http://theatreinthequarter.co.uk/> for info about the company.

A Spot On Rural Touring production – [www.spotonlancashire.co.uk](http://www.spotonlancashire.co.uk)

## The Edwardian Weekend

The organisers thank everyone for their contribution to the first Edwardian Weekend. A public meeting will be held at the Methodist Hall on November 4 at 7.15pm to discuss ideas for next year. Do come along.

## Barnardo's Coffee Morning

Saturday 29th November. Barnardo's Christmas Coffee Morning at Lunesdale Hall 10 am.

# The Rainbow Parish

## ***Mansergh***

Brenda Head would like to thank everyone who helped at the church jumble sale on Saturday 11th October, also all the people who supported us. Thankyou, we raised in the region of £450.55

Rigmaden School, Mansergh. Does anyone have any memories or information, photographs etc. of when what is now Mansergh Community Hall, then Rigmaden School, was a school? It last operated as such in the 1940's. Perhaps you might know of someone who attended, if so, please ask them. I would love to hear from anyone with any history or stories. I am the Chairman of the Trustees trying to refurbish the Hall and any personal background would be of great interest for the Hall as well as to myself! Charlotte Southard - [rigmadenschool@gmail.com](mailto:rigmadenschool@gmail.com) or 015242 76210.

Domino Drive, Mansergh Community Hall, Old Town Friday 14 November at 7.30 pm

## ***Lupton***

Many thanks are due to all who took part in the Harvest Festival Supper and Sale last month which raised well over £600.00. Especially to our auctioneer Michael Mashiter. We hope everyone enjoyed their carrots! The supper was good and especially sweets so well done bakers and cooks.

Whittington Old Tyme Dances to keep you fit! Next one is on Saturday 22nd November 8pm at the Village Hall Whittington.

## ***Hutton Roof***

We will be having a jumble sale on aid of church funds on Sat 8th November in St. Mary's Primary School opening at 2pm. Items can be left at the village post office or with any member of the church committee.

Family Bingo evening is on Friday 21st November, 7.30pm in the village hall. Refreshments will be served, this is in aid of the church funds.

## ***Casterton***

We gained valuable insights during the welcome visitation of our Archdeacon, the Venerable Penny Driver. Cross-checking and discussing our records, paperwork and health and safety strategies, we saw how we measured up to current Diocesan requirements.

A substantial series of special services and other events takes us through to Christmas. Our thanks go to the Encore Opera Group for getting autumn off to a fine start. An appreciative audience enjoyed a varied programme of operatic favourites and less familiar pieces.

Deborah Preston led a well attended, thought-provoking, Harvest Festival. Gifts of food went to organisations caring for those in need. Contributions from School and village were most welcome.

Choral evensong is at 7.15 p.m. on Sunday 2 November and features the chamber choir of Casterton, Sedbergh Prep School.

Remembrance Sunday is this year on 9 November. Please gather at 10.45 a.m. for the laying of wreaths at the War Memorial, which precedes a service in church. This starts just after the Last Post and chimes at 11 o'clock. Refreshments afterwards will be in the Village Hall.

We welcome Amy Shaw, who works with Anastasia in the Prep School and is organising lunchtime recitals in the church. Amy's initial performance as mezzo soprano is at 1:30 p.m. on Thursday 30 October. A flute recital follows at 1.30 p.m. on Thursday 20 November. Such a promising series of free concerts by talented young musicians must surely draw enthusiastic audiences. Any donations to maintain the church fabric will be welcome.

Dentdale Choir will perform sacred music at our Advent Service on Tuesday 2 December, following this with a selection of lighter choral music. Drinks and mince pies will be served. We are hugely delighted that Penny Driver and the Right Reverend Robert Freeman, Bishop of Penrith, will join us at an informal concert given by pupils of the School. This will be in Holy Trinity at 7.15 p.m. on Thursday 4 December.



## **Debbie Hodgkiss 1953-2014**

This time last year, friends and family gathered at the Lunesdale Hall to share in Debbie's joyful 60<sup>th</sup> birthday celebrations. This September we came together again in a much more sombre mood to attend her funeral.

There was grief expressed, and pain, too, at the loss of someone so young and so dearly loved from our community. But St Mary's was also filled with love and thankfulness from those of us who had the privilege of knowing Debbie. The service was very moving, as were the heartfelt contributions from her children.

I met Debbie when we were fellow First Responders so it was nice to see the KLCFR guard of honour accompanying her down the aisle – and I think she might have found it amusing that one of the responders had to leave to attend a call in the middle of the service!

Debbie touched many people's lives and will be sadly missed by all who knew her. Donations were shared between Canceractive and The Dogs' Trust.

*Diane Nowell*

## **Peter Day 1927-2014**

I would like to thank everyone for their condolences and support following the death of Peter in May this year. So many people have showed their respects in so many ways but I wanted to say a special thank you to those who made donations in Peter's name. I am very pleased to say that your generosity has enabled a donation of £525 to Kirkby Lonsdale First Responders and £90 To St. Mary's Church.

My family and I are very much indebted to the First Responders who not only responded swiftly and sensitively to Peter on numerous occasions but also provided us with much needed comfort and support at some very difficult times. I do hope others will continue to support these volunteers who do so much for the most vulnerable in our community.

*Marjorie Day*

## **Lest We Forget - 1914-1918**

Then and Now Stories

Written and compiled by Louise Gallagher drawing on local stories, memories and reflections of WWI.

November 6, 7 and 8 at 7.00pm

St Mary's Church Kirkby Lonsdale

Tickets are available through Arts Scene via Helen Baines on 015242 71275 or from Love the Lune.

Admission is free but any donations will be shared between Help for Heroes and The Royal British Legion

Recommended age 8+.

## **QES Ladies' Lunch**

A date for your diary, all you Ladies who Lunch. Our Ladies' Lunch will be held at QES on Saturday 8th November, 12.30 for 1 pm. Tickets, priced £15, are available from QES (71275) or from Di Sharratt (74334) and Margaret Scarr (71649).

## **Bonfire Night**

Underley Park will be the usual setting for this year's Bonfire Night Celebrations, beginning at 7.30pm. Come along and enjoy the fireworks, fair and food!

## **Waterloo & Wellington**

Josphine Oxley – Keeper of the Wellington Collection at English Heritage's Apsley House, London – will give a talk called Waterloo and Wellington – 200 years Legacy – in the Lunesdale Hall, Kirkby Lonsdale Institute. Friday 31st October at 7.30 p.m.

Pie and Pea Supper, Raffle and Bar. All proceeds to go to K.L. Branch of British Legion. Ticket price £5.00. Contact June Peckston 72990 or Doreen Oxley 72028

## *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: Rainbow Guides/Brownies, KL Methodist hall, 4-  
 5pm; Beavers 5.45-7pm Lunesdale Hall; Cubs 5.45-7.15pm  
 Lunesdale Hall; Scouts 7-8.30pm Lunesdale Hall.  
 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; Barbon Bridge Club, village hall, 2-4.30pm; 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: Sight Advice S Lakes 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, Institute, 7pm; 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

Sun 2 All Souls Day St. Margaret's, Hornby. 3.00pm  
 Tue 4 Edwardian Weekend Public Meeting. Methodist  
 Hall 7.15pm  
 KLFR Quiz, Plato's 8pm  
 Wed 5 Bonfire Night, Underley Park 7.30pm  
 Thu 6 Country Harvest Tasting Evening. 7.00pm  
 Lest We Forget, Then & Now Stories. St. Mary's.  
 7pm  
 Fri 7 Friends of St Mary's Film Show/Supper.  
 Lunesdale Hall. 7.30pm  
 Lest We forget, then & Now Stories. St. Mary's.  
 7pm  
 Sat 8 QES Ladies' Lunch at QES 12.30pm  
 Hutton Roof Church Jumble Sale. St. Mary's  
 School. 2.00pm  
 Lest We forget, Then & Now Stories. St. Mary's.  
 7.00pm  
 NW Cancer Research Xmas Fair Lunesdale Hall  
 10am-12noon  
 Mon 10 KL Civic Society Lunesdale Hall 7.30pm  
 Visitor Shop volunteers Royal Hotel 10am  
 Tue 11 Christmas Decorations, Hutton Roof VH 7pm  
 Men's Fellowship, Red Dragon  
 Open meeting – visitor shop changes Lunesdale  
 Hall 7.30pm  
 Thu 13 Heartstart Casterton VH 7.30pm  
 Fri 14 Mansergh Domino Drive 7.30pm  
 Sat 15 Guides Soup Saturday. Methodist Hall 12 noon  
 Concert & Cakes. Burton-in-Lonsdale Parish  
 Church. 2.30pm  
 Haffner Orchestra Concert. L/c University Great  
 Hall. 7.30pm  
 Barbon Fundraiser Barbon VH 7.30pm  
 Tue 18 Lunesdale Decorative & Fine Arts Soc. 2.15pm  
 Heartstart Lunesdale Hall 7.30pm  
 KLFR Quiz Plato's 8pm  
 Wed 19 KL Gardening Assoc. Lunesdale Hall. 7.30pm  
 Thu 20 Heartstart Whittington VH 7.30pm  
 Fri 21 Family Bingo. Hutton Roof Village Hall. 7pm  
 Sat 22 'Silent Night'. Arkholme Village Hall. 7.30pm  
 Fairtrade Coffee Morning Lunesdale Hall 10am  
 Ceilidh at The Centre, Halton 7.30pm  
 Tue 25 Heartstart Barbon VH 7.30pm  
 SLDC presentation Lunesdale Hall 11am-7pm  
 Wed 26 Cumbria Wildlife Trust. Lunesdale Hall. 7.30pm  
 Thu 27 Heartstart Mansergh VH 7.30pm  
 Sat 29 Barnados Christmas Coffee Morning. Lunesdale  
 Hall. 10.00am

### Dec

Tue 2 KLFR Quiz Plato's 8pm  
 Thu 4 Christmas Concert. Casterton Church. 7.30pm  
 Fri 5 Wine tasting, Casterton VH 7.30pm  
 Sat 6-Sun 7 Christmas Weekend  
 Sat 13 Fairtrade Coffee Morning 10am  
 Tue 16 KLFR Quiz Plato's 8pm

### Jan 2015

Fri 16 KL Gardening Assoc. Lunesdale Hall. 7.30pm  
 Fri 30 RNLI Sid Our Soup. Lunesdale Hall 12-2pm