

Around Kirkby Lonsdale

The Countdown to Christmas Starts Here!

December 2014/January 2015

Christmas in Kirkby Lonsdale begins with our traditional Christmas Fair weekend. This always takes place on the first full weekend in December which this year falls on Saturday 6th and Sunday 7th December.

The town centre is the setting for a fairytale Christmas, the historic buildings the perfect backdrop for illuminated Christmas tree displays above every shop, and probably the reason why the weekend is so popular with both local people and visitors alike.

The weekend starts when Santa Claus comes to town in his sleigh to switch on the Christmas lights. The switch on procession led by the Kirkby Lonsdale town brass band sets off from just above the Orange Tree at 2pm on Saturday and ends in the Market Square.

On the way Santa uses his magic wand to turn the Christmas tree lights on one by one and this year, watch out for the real live reindeer accompanied by one of Santa's helpful elves. Santa will then spend the afternoon of both Saturday and Sunday in his Grotto in the Market Square so there will be plenty of time for all the children to pay him a visit.

The Christmas celebrations are aided and abetted by the traditional Taylor's Fairground and Christmas Market in the Town Square. There will also be street entertainment around the town, the Hornby Occasional singers in full Victorian regalia, old favourites Astral Circus, Punch and Judy, a one-woman band and the Victorian Street organ.



All of our top class bars and cafes will have their Christmas menus on offer and the shops are as usual packed with Kirkby Lonsdale's uniquely independent collection of very special Christmas presents. Why go anywhere else when you have this selection to choose from right on your doorstep?

On Sunday the Parade of Santas takes place at 2pm. This is a slightly irreverent interpretation of the Santa theme - just about every kind of Santa you can imagine. Led by the wonderful Carnival band from More Music and this year, amongst many others, featuring Muttmates - a whole pack of dogs and their owners all dressed as Father Christmas! There are prizes for the best display and anyone is welcome to enter the procession. If you are interested in getting involved please contact Linda at the Green Room.

This year's Santa Fun Runs sets off from the Royal Hotel on Sunday at 12.30pm. The races are open to one and all - all you need is a Santa outfit and a pair of running shoes.

You can get more information about the weekend from the Kirkby Lonsdale Community Interest Company shop at 24 Main Street tel 015242 71437 or from Robin Sadler on 07831 260119.

Deadline for Feb AKL: Midday Thursday, 15 January. 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 (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 **Payment for adverts:** Mail to AKL, Lunesdale Hall, Bective Rd., Kirkby Lonsdale, LA6 2BG. For **all other advertising matters:** email allanmuirhead@icloud.com

Gardening Association

On 15th October Kirkby Lonsdale Gardening Association hosted a talk by Michelle Martin on 'Creating successful borders for all round colour and interest'. Michelle has been a horticultural adviser for the BBC and now runs her own company for garden design.

Her illustrated talk informed the audience to think about combining plant form, leaf texture, colour and using plants which provide long periods of interest, when creating planting schemes. Michelle's advice was well received and prompted the audience to think about developing their own borders with all year round interest.

Forthcoming events:-

Friday 16 January AGM and Plant Swap 7.30 pm
Bective Room, Wednesday 18 February Elizabeth
Balmforth 'Seasonal Planting Combinations' (Celebrity
lecture £2) 7.30pm Bective Room

Offices Re-open

Oglethorpe Sturton & Gillbrand are pleased to announce that their offices re-opened for business from mid November. Thank you to our clients for their support during this major refurbishment and we look forward to seeing you all in the near future.

Thanks!

My wife and I called into the tourist info centre today with our three dogs, looking for info on a walk around the area. Two lovely ladies were in the centre, and I have to say they are a credit to your area. I am a retired senior officer from Lancashire Constabulary, and my wife served 35 years with the same Force in communications. We both agree, that many large organisations, interfacing with the public, should meet these two people and ask them for information. They are round pegs in round holes, and a genuine inspiration to me to help people even more than I try to do now. Please pass on our admiration and thanks for a first class public service.

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 Administrator Mrs Victoria Hazlett, Parish office, 18 Bective Rd, Kirkby Lonsdale, Carnforth, LA6 2BG. &: 015242 71320 office@therainbowparish.org. PCC Lay Chair: Mr. Merlin Hibbs, Low Fell House, Barbon, Carnforth. LA6 2LJ. T: 015242 76410 merlin@hibbs.org.uk. PCC Secretary :Revd Deborah Preston (as above). PCC Treasurer: Mr Robert Cass, 17 Mitchelgate, Kirkby Lonsdale, Carnforth, LA6 2BE T: 015242 71218 pcc@casses.plus.com. Assistant Treasurer: Mrs Dilys McLaughlin, Applegarth, 3 Gallery Court, Kirkby Lonsdale, Carnforth, LA6 2AQ T: 015242 71164. **Barbon:** Churchwarden Mr Charles Howarth, 3 School Lane, Barbon, LA6 2LP, T: 015242 76283. E: chowarth2@sky.com. DCC Secretary, Mr Russ Taylor E: razmataz1@hotmail.com. DCC Treasurer. Mr Roger Groves, Kemps Hill, Moorhwaite Lane, Barbon, Carnforth, LA6 2LP T 015242 76322 E: roger@kempshill.co.uk. PCC rep Mrs Lois Neal, 7 Abbotsgate, Kirkby Lonsdale, tel.015242 72525. **Casterton:** Churchwarden: Mr Ron Bulman, Loftwood, Casterton, Carnforth, LA6 2SF T: 015242 71075 E: bul.ron@btinternet.com. Secretary Mrs Gill Sykes, The Old Manor, Casterton, Carnforth LA62SD Tel 015242 72143 e: gillsykes.casterton@virgin.net. DCC Treasurer, Mr Tom Herd, Casterton Cottage, Casterton, Carnforth, LA6 2SF T: 015242 71203 E: tom.howgill1@btinternet.com. PCC representative, Mr Frank Livesey, 31 Ruskin Drive, Kirkby Lonsdale Tel 015242 71772 E: joan.live@sky.com. **Hutton Roof:** Churchwardens, Mrs Anne Huntington, The Post Office, Hutton Roof, LA6 2PG T: 015242 71213. Mr David Read, Nanny Hall, Hutton Roof, Carnforth. LA6 2PG T: 015242 71631 E: rread831@btinternet.com. DCC Secretary, Mrs Carole Scurr, Rakes Foot, 6 Lowther Court, Hutton Roof, LA6 2QL T: 015242 71023 E: the.scurrs@btopenworld.com. DCC Treasurer and PCC rep., Mrs Alison Newton, Low House Hutton Roof, LA6 2PG T: 015242 73867 E: csnewton@totalise.co.uk. **Kirkby Lonsdale:** Churchwarden, Mr Alan Cox. 3, Hunter St, Carnforth, Lancs, LA5 9BP T. 015242 735188. DCC Secretary, Mrs Margaret Worthington, 4 Cavendish Gdns, Kirkby Lonsdale, Carnforth, LA6 2BW Tel (015242) 71699 E: george@geomag.plus.com. PCC representative, Mrs Anne Foulerton, Gatelands, High Biggins, Carnforth, LA6 2NP T 015242 71281 E; afoulerton@hotmail.com.

Lupton: Churchwardens, Mrs Margaret Lambert, Brow Head, Cow Brow, Lupton, LA6 1PJ T: 015395 67478, Mrs Grace Lewis, Middle Fell House, Lupton, Carnforth. LA6 2QBT 015395 67406. DCC Secretary, Mrs Eleanor Higon, Hill Crest, Cow Brow, Lupton, LA6 1PJ T: 015395 67521. DCC Treasurer, and PCC rep: Mr Arthur Oakden, Tarnside House, Lupton, LA6 2PX T: 015395 66945 E: lindeyoakden@hotmail.co.uk. **Mansergh:** Churchwarden, Mrs Wendy Hadwin. Mansergh Hall Farm, Mansergh, LA6 2EN T: 015242 71397. DCC Secretary, Mrs Sue Harrison Belle Vue Farmhouse, Mansergh, LA6 2EJ T. 015242 72448 E: harrison.bellevue@btinternet.com. DCC Treasurer, Mrs Anne Humphries, The Gate House, Old Stable Yard, Rigmaden, Kirkby Lonsdale, LA6 2ET T: 015242 76526 E: ahumphries123@btinternet.com. **Middleton:** Churchwarden, and DCC Treasurer, Mr Peter Yorke, Ellers, Middleton, LA6 2LZ T: 015242 76420 E: pmyorke@aol.com. DCC Secretary and PCC representative: Miss Margaret Bownass, Middleton Head, Kirkby Lonsdale, Carnforth, LA6 2NF 015396 20395. **Preston Patrick:** Churchwardens, Mr Tony Mason, Mount Pleasant, Gatebeck, LA8 0FS T: 015395 67353 E: masonsm@talktalk.net. Mr Stephen Allen, Gatebeck Cottages, Gatebeck LA8 0FS T: 015395 67687 E: tinstep@hotmail.com. DCC Secretary, and PCC rep: Mrs Jean Fry, The Coach House, Main Street, Endmoor. Kendal LA8 0EU Tel. No. 01539 567831, E: royfry@googlemail.com. DCC Treasurer, Mrs Tina Allen, (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

There are many amazing stories that surround Christmas. 100 years ago, during World War 1, in the week leading up to Christmas, German and British soldiers began to exchange greetings and songs between their trenches. On Christmas Eve and Christmas Day, soldiers from both sides ventured into "no man's land" and exchanged food and souvenirs and, famously, played games of football with one another. Sainsburys have chosen this incident for their Christmas advert, somewhat controversially; it was, and is, a symbolic moment of peace and humanity amidst one of the most violent events of human history.

Another story, this time from World War 2, tells of a soldier who was on duty on Christmas morning. It had been his custom to go to church on Christmas morning with his family, but this year, in service on the outskirts of London, this was impossible. So, as dawn was breaking, he walked down the road that led to the city with some of his friends. They came upon an old grey stone building and over the main door were carved the words 'Queen Ann's Orphanage'. They decided to knock and see what kind of celebration was taking place inside.

A matron came out and explained that the children were orphans whose parents had been killed in the bombing of London. The soldiers went inside just as the children were tumbling out of bed. The scene that greeted them was very different to what they expected for there was no Christmas tree and no presents. They moved around the room wishing the children 'Merry Christmas' and giving them whatever gifts they had in their pockets: a coin, a pencil, a pocket knife, a good luck charm.

Unwrapping Advent

You are invited to UNWRAPPING ADVENT – a day of Advent Crafts for all ages and abilities in St Mary's Church. Just drop-in anytime between 11.30am and 3.30pm on Saturday 6th December. Admission is free – everybody is welcome – and you can stay for as little or as long as you like. Light refreshments are also available.

Anyone willing to help with the craft activities or refreshments on the day, or with 'cutting-out' and preparations in the weeks before, please contact Richard Snow (015242 72044). Thank you.

Finally the soldier noticed one little lad all alone in the corner and he went up and asked 'what do you want for Christmas?' The lad replied 'Will you hold me?' The soldier picked up the little boy and held him very closely in his arms.

The Christmas trees and the presents and everything else that goes to make up the celebration of Christmas are wonderful and I wouldn't want to lose any of them. Yet even if they were taken away Christmas wouldn't be entirely empty. There would still be the scene of a parent holding a child in their arms, which that soldier recreated. The descriptions of the first Christmas are of a very humble affair with Mary and Joseph in a stable because there was no room anywhere else, and a manger doubling as a cot for the baby. No trimmings but still the love between parent and child.

St John, one of the people who thought about the deep meaning of that first Christmas, saw in the birth of Jesus the extravagant love of God; almost as if God were picking up the whole of creation in his arms and saying I am here among you, let me hold you. The words 'O come to us, abide with us, our Lord, Emmanuel' which we may hear sung, or sing ourselves, in the coming weeks are a response to that.

I hope we glimpse something of that love in everything that will occupy us in the coming weeks, and I hope that you have a very Happy Christmas and that the New Year brings comfort and peace.

Happy Christmas

Kirkby Lonsdale Open Air Nativity

There will be an open-air retelling of the Nativity Story in Kirkby Lonsdale on December 13th – starting at Nazareth (the Market Square) and journeying to Bethlehem. Watch out for the notices and posters – it will be happening a few times during the day. Just turn up and join in!

If you are interested in taking part, contact Richard Snow (015242 72044)

St. Mary's CE Primary School

Job Vacancies for members of the community with a desire to work with children.

The Governing Body of this thriving and highly successful primary school seek to recruit Midday Supervisors to join their team of hard working, enthusiastic and committed staff between the hours of 11.45am and 1.15pm. Permanent positions and people willing to register on a bank to cover sickness, absence etc. are required.

Applicants should be enthusiastic and well-motivated and enjoy working and being with children aged 4-11. Responsibilities include setting up and clearing away tables and chairs, supervising children while they eat their lunch, encouraging the children to eat their lunch properly encouraging good table manners, encouraging and promoting positive play

Salary: £6.50 per hour; a school lunch is also provided. There are no upper age limits for this job, you just need to enjoy working with children. Our school is committed to safeguarding and promoting the welfare of children and young people and expects all of its employees to share this commitment. An enhanced DBS check will be required for all posts.

Please contact Mrs Billington in the school office on 015242 71334 for an application form.

Casterton WI

This year the Annual General Meeting fell on 5 November, but, despite being Guy Fawkes Night, there were no fireworks in Casterton Village Hall – on the contrary everything went very smoothly. Gill Sykes was elected President for 2015 after another successful year, and the majority of the Committee members were willing to stand again. According to the Treasurer's Report the financial position is looking sound. Members agreed that the programme for 2014 had covered a wide range of extremely interesting topics and the proposed programme for 2015 appears to be similarly exciting.

2015 will be a very special year for the WI, marking a hundred years since its founding.

The Centenary Year will be celebrated nationally and Casterton WI will be joining other WIs around the country in compiling a Centenary Scrapbook, which, it is hoped, will give an interesting insight into twenty-first century life for future generations. Just to prove that Casterton WI keeps up with the world of websites, both a digital version and a conventional scrapbook are planned.

The annual lunch at the Pheasant Inn in Casterton to be held on Wednesday, 12 November, will be followed by the last meeting of the year – 3 December – when Ian Coggin from Dewlay Cheese will be talking about Lancashire cheese and hopefully bringing samples to taste. Casterton WI meets on the first Wednesday of the month at 7.30 p.m. in Casterton Village Hall (but note, no meeting in January). Visitors are always very welcome.

Kirkby Lonsdale Civic Society

Monday, 8th December 2014, 7.30 at the Lunesdale Hall, Kirkby Lonsdale 'The Will and Inventory of John Bridge of Bradshaw, 1668' by Dr Brenda Fox.

A fascinating insight into the life of a 17th century gentleman can be obtained by studying the Will & Inventory of John Bridge who lived in the Village of Bradshaw, on the outskirts of Bolton. Brenda will fill in the details and explain what a typical Will of the 1600s can tell us.

Monday, 12th January 2015, 7.30 at the Lunesdale Hall, Kirkby Lonsdale 'Local Surgeons in the 19th century' by Bryan Rhodes. As a consultant surgeon, Bryan is well qualified to delight us with tales of body snatchers, blood letting, and the practices of some interesting local surgeons from the 19th century.

£2 admission, including refreshments – all welcome

Rainbows to Re-open in KL

4th Kirkby Lonsdale Rainbows would be delighted to welcome new girls aged 5-7 looking for Adventure, Excitement and Fun. Come and join us!

For further information, please contact Mandy Robinson on kirkbylonsdalebrownies@hotmail.com or 07564922279 or Jane Sutton on suttonfromhutton@hotmail.com or 015242 74275

Cllr Nick Cotton

It seems highly likely that a tunnel will be built under Morecambe Bay. Before anyone starts imagining lorries turning off the M6 at Lancaster and driving under the sea to Barrow, I should point out that this will be a tunnel built by National Grid to carry power lines from the proposed new nuclear power station at Moorside, near Sellafield, to link to the existing power grid.

I was invited as a guest of National Grid along with other County Councillors and officers to spend a day in London visiting a site where they are doing something very similar with about 25 miles of tunnels running deep underground and linking various sub-stations throughout the capital. The sheer scale of the undertaking is astonishing - one million tons of London clay will have been excavated and re-used elsewhere to create the space for the tunnels carrying the cables.

A wide vertical shaft is drilled down 40 metres and then the Tunnel Boring Machine is lowered piece by piece and assembled underground. As the clay is removed and taken back up to the surface, pre-fabricated interlocking concrete slabs are slotted into place to form a strong sealed tunnel with the cables lifted onto hangers along the sides of the tunnel.

It is planned that the tunnel under Morecambe Bay will start at Roosecote power station in Barrow and run to near Heysham (west of Lancaster). This will avoid the need to erect miles of tall pylons carrying the power cables across South Lakeland and the Lake District National Park, but it comes at a cost of £1.2 billion. To the north of the proposed new power station pylons will be used to carry the lines around the coast to a point near Carlisle to link to the grid.

The tunnel will be 5 metres in diameter and during construction a monorail will be in operation along the floor of the tunnel. Whereas in London National Grid were working in very confined spaces and everything needed to be taken out by lorry, the Morecambe Bay project offers the opportunity to transport materials in and out by road, rail or sea. Clearly the latter would have many attractions, as much larger loads could be brought in or taken away without competing for capacity on the road and rail network.

For further details go to www.northwestcoastconnections.com and click on 'Frequently Asked Questions' (FAQ).

Cllr Evelyn Westwood

Last month, as Chairman of South Lakeland District Council, I opened the newly refurbished Leisure Centre in Kendal. It is now managed by not for profit charity North Country Leisure and has undergone a facelift this summer.

The squash courts have gone and been replaced by a large gym and cycling studio which will include a programme of classes under the "Cyclone" brand. Dozens of people pedal away on exercise bikes while the programme of an unfolding road is projected onto the wall. The changing facilities for the swimming pool have been improved and there will be an additional six hours of public swimming every week. There is also a multi-purpose studio which will be the new venue for an enhanced fitness class. Altogether I thought it was a friendly and welcoming venue for everyone to have a go at some form of physical activity and not just for fitness fanatics. I was disappointed to see the press coverage included a photo of a boy in boxing gloves, when the old image of a gym as a place where young men go to train to box is the out of date perception of gyms that SLDC is keen to dispel. In fact I did not see anyone in boxing gloves all afternoon.

My other important task was to judge the Chairman's Christmas card competition where local primary schoolchildren were invited to submit drawings of a seasonal South Lakeland scene. We had lots of lovely drawings and it was extremely difficult to choose the best. The winner was a bold, colourful picture of Kendal Castle with a night sky full of stars (more than most towns can claim these days). It will make a card that is a unique and original example of South Lakeland's charms.

As always please feel free to contact me or Nick as follows: Evelyn Westwood Tel 015396 20148 email evelyn@markwestwood.co.uk Nick Cotton tel 015242 71477 email red.pedal@virgin.net

Rotary Club of Lunesdale

Santa's Sleigh is coming to your area this month!

Burton in Lonsdale 11th Dec
Caton 12th Dec
Brookhouse 16th Dec
Hornby and Wray 17th Dec
Holme 18th Dec
Kirkby Lonsdale 19th Dec
Ingleton 22nd Dec

Cllr Kevin

The last two months have seen several planning applications, some important for Kirkby Lonsdale and others important for South Lakeland as a whole. The decision to reject the application to retain the anemometer mast at Killington, against officer advice was a wise one and it is good to see the applicants, Banks Renewable Energy have already complied.

The application for a Sainsbury's Superstore on the Rugby Ground in Kendal was widely opposed and to most fair-minded people the damage to Kendal town centre and our surrounding rural villages and towns was self-evident. However, that was not the point. Two earlier applications for the same Rugby Field site had been rejected and rejected at appeal.

But, those appeal decisions laid down clear criteria which an application would have to meet before it could be granted. It was clear to me that the essence of these conditions had been met by this new application. A majority of those of my colleagues who were present took a similar view and so the application succeeded. That is not to say we want a Sainsbury's or any more supermarkets in Kendal, we don't.

For those of us on the planning committee although both those applications were complex neither decision was difficult, you were either convinced by the application or opposed. That by Kirkby Lonsdale Brewery was much more balanced and for me the most difficult I have faced in twenty years. Both sides have very powerful cases.

On the application itself I will say no more as we are still within the potential appeal period. But, I thank those who contributed to the debate and those who contacted me directly.

Councillors are always advised by officers to make a point of NOT replying to letters and emails concerning particular applications as that can only lead into debates which could compromise neutrality. So I take this opportunity to apologise to those who might fairly have expected a response. Please do not be put off from commenting on future applications: silence does not mean your comments have not been read and considered.

Development is and will continue to be the major issue for Kirkby Lonsdale. Public consultation on sites to the north of Kendal Road are now well underway and contrary to what some officers would like you to think a sound objection or sound support for any application can never be out of time.

On a positive note I was delighted to see the national plaudits received by the Queen Elizabeth's Court development. That was not an easy application but considering that like Master's Grange it had to happen I personally think it does sit well in its site.

District Councillor Kevin J. Lancaster, Fellgate, Dowbiggin, SEDBERGH, Cumbria. LA10 5LS. Telephone 07980 844 69507980 844 695; email Kevin@Sarthwaite.com

A Credit Union in South Lakeland

Credit unions are savings and borrowing co-operatives, owned and managed by their members, which offer to all members of the community, including those who are excluded from traditional banking services, an easy way to save and to access reasonably priced loans. Much of Cumbria already has access to a credit union, and now a group of volunteers is seeking formal approval from the Bank of England for the creation of a Credit Union which will serve the whole of South Lakeland.

Initially, services, which are likely to come on stream around Easter 2015, will be centred on Kendal with a phased roll-out across the District over the following couple of years. An employed manager will make everything fit together and run smoothly but otherwise the credit union will rely on volunteers to do everything from being a part of the management committee to working directly with customers.

If you would like to know more, please visit our website at: <http://southlakelandcu.org.uk/index.html>

Then, if you would like to join our team as a volunteer, or can help us spread the word about what we are doing, or simply would like to be kept in touch with our progress, please get in touch with Angela Lovett by email at: volunteering@southlakelandcu.org.uk

Police Report

20/10 - Forged £20 notes were passed in Booths.
20/10 - A burglary was reported to us in Kirkby Lonsdale whereby a front door was smashed and offenders have taken an I Phone 5, a gold coloured ring and 3 light bulbs.
21/10 - A public order offence was reported at High Biggins.
21/10 - A road related offence was reported on Ruskin Drive, the vehicle was issued with a ticket for obstruction.
23/10 - A male was arrested at the building site on Binfold Croft for a public order offence.
25/10 - RTC on Market St, No injury.
27/10 - A Domestic related incident was reported in Kirkby Lonsdale.
28/10 - 6 Pay and Display meters were damaged in the early hours in Kirkby Lonsdale.
29/10 - A burglary was reported at Barbon. £600 was taken from a cash box.
30/10 - RTC 1 vehicle no injury at Lupton.
05/11 - An assault on Ruskin Drive was reported.
06/11 - Anti social behaviour was reported on Main St. Officer attended and dealt.
08/11 - Anti social behaviour. Noise complaints on Main St, officer attended and dealt.
09/11 - Criminal damage caused at Spar on Main St.
12/11 - A burglary was reported to us in Kirkby Lonsdale, nothing taken.
14/11 - Highway disruption. A tree had fallen down into the road near Whoop Hall, highways attended and dealt.

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.

Kind regards, PCSO 5329 Danielle Ayers, PCSO
5244 Mandy Coleman

Barbon & District Walkers

On October 8th, led by Maureen Learmonth from her home in Dent, 20 Barbon and District walkers completed the 7.5 miles Dent & Ibbeth Peril Circular Walk. Starting from Dent, on the road signposted Hawes and Ingleton to Church Bridge, right on the Dales way, along the south bank of the River Dee. At Bridge End we followed the waymark arrows to drop down to the riverside and at the next footbridge uphill to the road at Basil Busk. The walk continued past the waterfall of Ibbeth Peril, over the river to the south bank, up the field and emerging on Back lane. Along the Dales Way path past Rivling farmhouse for lunch amidst the new planted saplings. We rejoined the peaceful back lane back to Dent for refreshments at the walk leader's home.

On Friday 7th November 8 walkers braved the heavy rain forecast for a 7 mile circular walk from Leck Church. From Leck the beck path was followed to Cowan Bridge, Overtown and Churchfield House at Tunstall. Due to dark clouds massing, lunch was taken with permission in the porch of Tunstall church. The forecast rain never materialised and the walk continued to Cantsfield, continuing on back to A65 under the discontinued railway bridge. Crossing the main road we ascended the step footpath at the side of Hipping Hall gardens to return back to Leck Church. Walk refreshments were taken at Cowan Bridge tea rooms at back of the shop.

Barbon District Walkers and Strollers will be holding their Christmas Lunch at Barbon Inn on 12 December 12.30. All welcome past / present walkers welcome. Telephone 01524276564 for further details.

Walkers meet at Devil's Bridge (Casterton side) at 09.45 for car coordination to depart at 10.00. All welcome, no membership or obligation, we also walk as fast as the slowest.

Integrating Health at The Lunesdale Hall

Integrating Health offers a highly qualified and experienced team of therapists & bodyworkers:

Acupuncture - Genevieve Hurst Mob: 07962 99211707962 992117

Alexander Technique - Alison Marsden, specialising in yoga & pregnancy. Awakening your Spine classes

Detox to feel Great courses Tel: 015242 73291 Text: 07929 15124007929 151240

Massage & Myofascial Release - Clinical, Sports, Pregnancy Hot Stone Therapy & Neal's Yard Facials

Yvonne Cervetti - 015396 21303/07795 06310707795 063107

Sarah Rycroft - 015242 21166/07736 80715707736 807157

Reflexology - Sarah Rycroft

Contact us direct for more information or to book a session.

5% OFF your first session or voucher until Feb 28th 2015!

CCC Public Budget Consultation

Cumbria County Council is faced with the challenge of finding £83 million of savings over the course of the next 3 years and this includes estimated savings of £30.6 million within 2015/16. In order to achieve these savings a series of proposals have been developed and the residents of Cumbria are being asked for their views. In addition, residents will be asked about how to find new ways of working and also your views on creating a 'unitary' council, or 'unitary' councils.

Further information regarding these proposals: <http://www.cumbria.gov.uk/budgetconsultation/default.asp> or attending a local drop-in meeting. In South Lakeland local drop-in events will be held as follows:

Kirkby Lonsdale Library, Chapel Lane, Kirkby Lonsdale LA6 2AL Thursday 27th November 10.00 am - 12.00 noon

Milnthorpe Library, 19 The Square, Milnthorpe, LA7 7QJ Friday 28th November 10.30 am - 12.30

Sedbergh Library, Main Street, Sedbergh LA10 5BN Wednesday 3rd December 10.30 am - 12.30

Grange Library, Grange Fell Road, Grange over Sands, LA11 6BQ Friday 5th December 2 - 4.00 pm

All views need to be received no later than the 20th January, 2015.

Christmas Market Shopping

Travel by Executive Coach to the famous Liverpool or Manchester Christmas Markets - Friday 5th December & Saturday 13th December - Manchester Christmas Markets

Depart Kirkby Lonsdale 09:00 via Crooklands, Burton-in-Kendal, Carnforth, Bolton-le-Sands and Holiday Inn, Lancaster. Return 19:00. £12.00 per person. For more information or to book a seat please call Dan Willan on 015242 72445/07834 27510207834 275102 or email DTWillan@btconnect.com

Mince Pies

Kirkby Lonsdale Library and Age UK would like to wish a Merry Christmas to all!

Join us for a chat and enjoy a mince pie at the library on Thursday 18th December. Your local Age UK agent will be available in the morning. Thank you for supporting your local library.

Why not Play Bridge?

Bridge is a game like Golf or Tennis – it is fairly easy to learn the basics and then to thoroughly enjoy playing even though you may never become an expert. It also has the advantage that you can play at any age long after you can play golf or tennis and it is never too late to start.

I am hoping to start a new class in January for beginners (or those who once played and have forgotten) at a time to suit the majority. I have been running classes for some ten years and several who started from scratch are now playing at a good standard in Bridge Clubs as well as playing socially. The emphasis is on enjoying the game and having a friendly and enjoyable afternoon or evening.

For those who have played and would like to resume there is Bridge on Tuesday afternoons (with a little teaching) and on Thursday evenings in Barbon Village Hall.

If you are interested please contact me, Iain Bride, on 015242 71125 or email imbride@btinternet.com.

Carol Service & Nativity

With Kirkby Lonsdale Brass Band in aid of R.A.B at N.W Auctions, Junction 36.

Mon 8th December at 7pm

Adults £3, children under 16 £1

Refreshments and Raffle. Tickets available from N.W Auctions or N.F.U Office

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!

Rotary Club of Lunesdale

We went to Africa and bought a pregnant pig and lots of shoes (not for the pig) and---

On 20th Oct Duncan Hamlett and Lilian Barton went to Uganda with Mike Willetts of the Rotary Club of Carnforth and his wife Linda. 10 years ago Mike founded a primary school in Kitale in Uganda. Please see www.kitaleschooluganda.co.uk to learn about this amazing achievement.

There were several projects to accomplish during the 7 days we spent at the school. These included buying shoes for all the children (most of whom are bare-footed) to protect their feet from "the jigger" bug, and some spares amounting to almost 350 pairs. Thank you to everyone who contributed money for this project. Some of the older girls were taught by Linda how to make washable sanitary pads to provide them with essential protection. The function of a brick incinerator was explained to some of the boys and one was promptly built as was a compost heap. They were taught the benefits of recycling especially of plastic bottles which can be sold and turned into a source of income. The head mistress agreed to attend a First Aid course and together we decided on basic first aid items necessary to equip an essential First Aid cupboard. These items were duly bought. It was agreed to double the size of the recently built brick chicken coop. This project was funded by the Lunesdale Club. The plan is in time to have 1000 chickens and the eggs produced will also provide a good source of income. We cannot forget the purchase of the pig.

The round trip, in a battered old pick-up truck on VERY bumpy roads to purchase her was about 4 hrs. She was quite happy on the truck although it took 4 men to lift her onto the back of the truck for the return journey. She coped well and I can report that her piglets will be due in about a week! She is a welcome addition to the 2 young pigs already resident in the pigsty and thankfully they get on well. This pig project it is hoped will also prove a source of revenue as pork is in demand in the towns. Mike's heartfelt wish is to provide all the pupils of this school with life skills to help them become self sufficient and find a way out of the poverty surrounding them. His achievements are much to be admired.

After our time in Kitale we flew to Blantyre in Southern Malawi to visit the charity Mary' Meals primarily to meet the staff in the Head Offices there

and to see how the charity operates. Duncan has done a huge amount of fundraising for MMs. The charity has a very simple ethos. It provides a feeding programme in some of the world's poorest countries. Primary schools must request MMs feeding programme and then, providing a child goes to school, it will be given one simple meal each day which consists of Posho, a porridge like food made from maize flour plus a supplement. Local ladies walk to school very early in the morning working from a weekly rota, to cook and serve the meal. Local community participation is essential to the success of the programme.

This clever but simple formula guarantees primary school education for children plus a daily meal. In Malawi 698,777 meals are served every day and world-wide 923,572 every day. It costs just £12.20 to feed a child for 1 year. We visited several schools and also a few centres for nursery children under 6 years of age some of which are in extremely isolated rural areas. There were numerous occasions during these visits when we felt very humble and there were great wrenches on the heart strings. For more information please see www.marysmeals.org

The final leg of our trip was spent in Entebbe when we visited Mission Aviation Fellowship, MAF, another deserving charity supported by Rotary. This was located in a high security maintenance depot. Here we met a group of dedicated men who are very highly trained in maintaining a fleet of small aircraft so that people in developing countries can receive essential help when needed both in expertise and resources. To find out more please see www.maf-uganda.org.

Our trip was unforgettable. Each day was packed with activities demonstrating the good work done by Rotary all around the world. We all came home however so thankful for what we have in our country.

Lilian Barton. NB. to see photos of the trip go to www.lunesdalerotary.org.uk

PS The pig gave birth to nine piglets – mother and babies doing well!

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.

LADFAS Report

Tuesday 21st October 2014

“Fakes and Forgeries: the Art of Deception”

Malcom Kenwood gave a delightful and hilarious talk on Fakes and Forgeries – how they were made, who made them and how they were detected! Now Police use sophisticated techniques involving DNA, paint analysis and provenance analysis and analysis of computers. But often catching the perpetrators is often down luck or carelessness on the part of the forgers.

In the case of forging the fairy paintings of the nineteenth century painter, James Fitzgerald, too many had come on the market (and been sold for very high prices) and the owner had been investigated. On his computer big flowers were in evidence - exactly matching the big flowers of one of the paintings to be sold. One of the owners of a forged fairy picture so liked his picture that he kept it without asking for compensation!

One of the most delightful tales concerned the Bolton Museum of Art. Rich mill owners had endowed the museum with money and many reputable and expensive works of art in the nineteenth century. A few years ago an old man of over eighty came to the museum with an alabaster figure of an Amarna Princess of the time of Tutenkhamun. Bolton sent this to the British Museum for authentication. All was well and the figure was paid for and went on display. Later an Assyrian relief was given for sale, but this time to the British Museum. This was clearly a fake as the hieroglyphs were all spelt incorrectly.

Cumbria Wildlife Trust

Our next event will be an talk on hedgehogs, their natural history and care, by Rowan Worsman from the Hedgehog Preservation Society. Please join us on Wednesday 28th January 7.30pm - 9.00pm in the Bective Room at the Lunesdale Hall, 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 continues be out about in Kirkby Lonsdale and has enjoyed chatting to local residents about the work of Cumbria Wildlife Trust and how you can get involved. We would like to say huge thank you for making feel her welcome and have been overwhelmed by your support through generous donations and new members joining the Trust. We look forward to welcoming everyone at our next meeting in January. Thank you.

When looked into it was found to have originated from the same source as the Amarna Princess.

When investigated it transpired the little old man of over eighty, his wife – a dumpy elderly housewife – and their son were a highly effective gang of forgers. The son had been able to forge absolutely anything from ancient artefacts to Lowry paintings and the parents had been utterly convincing in finding these delectable items in their attic. When they all came up for trial, the old gentleman appeared in a wheelchair with rows of medals. It transpired he had been in the army but had been dishonourably discharged and didn't need a wheelchair!

The most amazing of Mr. Kenwood's stories was that of John Myatt and John Drew. John Myatt advertised that he would forge any late nineteenth century painting for a couple of hundred pounds, and it transpired that John Drew had been buying them up and selling them as the real thing! They went into partnership and Drew infiltrated the V and A archives and the Art Research Associates' archives to place fake provenances to pictures that Myatt had forged. It was only when Drew was investigated as a professor in the British Atomic Agencies - which he never was and had been impersonating for over 30 years - that his other activities were looked into as well! This was all amazing since Myatt was allergic to oil paints and used Dulux Trade Emulsion to do all his pictures!

Many in the audience, I suspect, had a sneaking sympathy with the forgers and rather liked to see all the experts with egg on their face!

Toys Wanted ...

As is our usual custom at this time of year we are collecting new and nearly new toys to take to Fr Crowe at St Chad's, Manningham in the Diocese of Bradford. From there the toys will be shared between the Catholic Housing Trust working with needy families of all faiths and traditions, and a home for women and children who have suffered domestic violence. The toys are always greatly appreciated and we would welcome your continued support. Toys can be delivered to any of the churches in Kirkby Lonsdale, or any of the Rainbow Churches, in the weeks leading up to 'Toy Sunday' on 7th December. (For toys that don't manage to get to the 11am service at St Mary's on Sunday 7th, there is an opportunity to leave them in St Mary's until mid-day on Monday 8th December). Please leave toys unwrapped – though gifts of wrapping paper are also very welcome.

Christians Together in Lunsdale

Carol Service by Candlelight: St Mary's Church, at 6.30pm on 21 December.

Tools With A Mission (TWAM): We continue to collect tools and equipment (eg old mowers) to send overseas after refurbishment to help poorer countries. Any contributions in kind from our community would be greatly appreciated.

Monthly Friday Day Group: Time of Christmas Meditation, reflection and fellowship

Is your experience running up to Christmas that of stress, rush and pressure and somehow the real meaning of Christmas is lost? You are welcome to slow down and join us at our Monthly House fellowship group on Friday 12th December at Beckhams, Casterton. Coffee and mince pies at 11.00 am for 11.30am start. We finish around 1pm.

If you would like more details about this or our monthly group, please ring Pauline Kaye on KL 71389. You are most welcome.

Footgolf Comes To Casterton

Footgolf is a fun and exciting new sport played on a golf course with a football. The object of the game is to place the ball in the hole using only your feet in the lowest amount of shots possible. It combines the social aspects of golf with the UK's passion for the beautiful game of Football.

The sport combines strength and precision in equal measures making it a fantastic game for every man, women and child! It is a great sport suitable for the whole family – why not come along and give it a try?

The Footgolf Course at Casterton is located on our Par 3 Golf Course which is separate from our main Golf Course. It has been designed to test every players ability whether young, old or a professional.

Footgolf Prices

9 Holes of Footgolf £6 Adult £5 Junior (Under 16)
18 Holes of Footgolf £10 Adult £8 Junior
Family Ticket £20 for 9 Holes £32 for 18 Holes
(must include one under 16)

Worship at Westmorland Hospital

As part of the care hospitals provide for those who are admitted as in-patients over the weekend, the provision of Sunday worship is there to be had, either in the hospital chapel for a thirty minute service, or if it is not possible for patients to leave their ward, the service can be heard over the hospital radio system direct from the Chapel. Holy Communion can be administered if required in the wards by authorised lay helpers from local churches from around Kendal.

There are seven churches that, along with their clergy to lead the worship, provide volunteers who collect patients from the wards and take them to the Chapel, Usually a day before the Sunday a coordinator will visit the wards to make known to the patients about the forthcoming Sunday service and invite them to make use of this provision, if they so wish, St Marys have two teams which for a number of years have been attached to this local rota going into the Westmorland hospital for Sunday worship. More volunteers are always welcome to help out for two hours or so on a Sunday from 1.00pm. For further information get in touch with Robin Martin 71139 or Ann Foulerton 71281.

As a postscript to this article the Pastoral Group of St Mary's does become aware of who are in hospital from the congregation, and from Kirkby as a whole but occasionally miss people, who are admitted to hospital for prolonged treatment, who perhaps would like to take part in a Sunday service during their stay in hospital over a weekend. For further information contact the above numbers or any members of the clergy team.

New Scottish Dance Reeling Group

If the sound of Scottish reels makes your feet tap it's time to do more and join the new Scottish Dance group meeting on Sunday afternoons from January 11th. You don't need any experience – complete beginners will be welcome as will those who have danced or reeled before. The sessions will be led by Cindy Clarke. You don't need a partner and you don't need a kilt, just some soft shoes and a bit of toe tapping enthusiasm. We'll meet from 2.30-4.30pm at Preston Patrick Memorial Hall LA7 7NN on the A65 near the Crookland Hotel. Cost is £3 per person per session. Just turn up or email thelarkes@gmail.com for more information.

Services for December and January

December Services

2 Tues St Mary's	9.30am Ecumenical Prayer Group
4 Thu Kirkby Lonsdale	10.30am Holy Communion
7 Sun ADVENT 2	
Kirkby Lonsdale	8.30am Holy Communion
	11.00am Family Communion
	6.30pm Evensong
Preston Patrick	9.30am Family Service
Lupton	9.30am Holy Communion
Barbon	10.30am Matins
Middleton	6.30pm Holy Communion
8 Mon	7pm Auction Mart Carol Service
9 Tues St Mary's	9.30am Ecumenical Prayer Grp
11 Thu Kirkby Lonsdale	10.30am Holy Communion
14 Sun ADVENT 3	
Kirkby Lonsdale	8.30am Holy Communion
	11.00am Matins
Preston Patrick	9.30am Holy Communion
	6.30pm Carols and Readings
Barbon	10.30am Holy Communion
Mansergh	11.00am Holy Communion
Casterton	6.30pm Evening Service
16 Tue St Mary's	9.30am Ecumenical Prayer Group
	10.30am Holy Communion
17 Weds Hutton Roof	7.30pm Carol Service
21 Sun ADVENT 4	
Kirkby Lonsdale	8.30am Holy Communion
	11.00am Holy Communion
	6.30pm Carols by Candlelight
Preston Patrick	10am Bethlehem Scenes
Lupton	2pm Nativity Service
Barbon	2pm Carol Service
Casterton	6.30pm Carol Service
22 Mon Middleton	6.30pm Carol Service
23 Tue Kirkby Lonsdale	9.30am Ecumenical Prayer Group
Mansergh	7.30pm Carol Service

CHRISTMAS EVE

Barbon	4pm Crib Service
Preston Patrick	4.30pm Crib Service
	11.30pm Christmas
Communion	
Kirkby Lonsdale	5.30pm Crib Service
	11.30pm Christmas
Communion	
Lupton	
Communion	11.30pm Christmas

CHRISTMAS DAY

Kirkby Lonsdale	8.30am Holy Communion
	11.00am Christmas
Communion	
Barbon	10.30am Christmas
Communion	
Casterton	10.30am Christmas
Communion	
Hutton Roof	11.00am Christmas
Communion	
Mansergh	11.00am Christmas
Communion	
26 Fri St Stephen	
Kirkby Lonsdale	10.30am Holy Communion
27 Sat St John	
Kirkby Lonsdale	10.30am Holy Communion
28 Sun CHRISTMAS 1	
Kirkby Lonsdale	8.30am Holy Communion
	11.00am Carols and Readings
Preston Patrick	9.30am Carols and Readings
Barbon	10.30am Carols and Readings
30 Tue Kirkby Lonsdale	9.30am Ecumenical Prayer Grp
31 Weds Kirkby Lonsdale	5.30 pm New Year's Eve Service

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

St Mary's Crib Service

Will take place at 5:30pm in St Mary's Church on Christmas Eve.

There will be a rehearsal for any children or adults who would like to take part in this service on Christmas Eve from 10.30am to 11.30am in St Mary's Church.

There will opportunities to narrate or act. All welcome - Just turn up.

St Marys Men's Fellowship

The December meeting on the Tuesday the 9th will be the Pre- Christmas Dinner at the Red Dragon, Please note the time at 7.00pm. The menu and booking list is inside at the rear St Marys and will be there until Sunday 30th November.

The speaker for the January meeting will be Steven Beatty whose talk will be about the History of the Grand Theatre Lancaster.

Services for December and January

January Services

1 Thu Kirkby Lonsdale	10.30 Holy Communion
4 Sun CHRISTMAS 2	
Kirkby Lonsdale	8.30am Holy Communion 11.00am Family Communion 6.30pm Evensong
Preston Patrick	9.30am Family Service
Barbon	10.30am Covenant Service
Lupton	11.00am New Year Service
Middleton	6.30pm Holy Communion
6 Tue The Epiphany	
St Mary's	8.15am Holy Communion 9.30am Ecumenical Prayer Grp
8 Thu Kirkby Lonsdale	10.30am Holy Communion
11 Sun BAPTISM OF CHRIST	
Kirkby Lonsdale	8.30am Holy Communion 11.00am Matins 6.30pm Evening worship
Preston Patrick	9.30am Holy Communion
Barbon	10.30am Plough Service
Hutton Roof	11.00am Plough Service
Mansergh	11.00am Holy Communion
Casterton	6.30pm Evening Service
13 Tue St Mary's	9.30am Ecumenical Prayer Grp
15 Thu Kirkby Lonsdale	10.30am Holy Communion
17 Sat Kirkby Lonsdale	4.00pm Treasure Chest
18 Sun EPIPHANY 2	
Kirkby Lonsdale	8.30am Holy Communion
Week of Prayer for Christian Unity (see notice Boards for details of morning service)	
	6.30pm Evensong
Preston Patrick	9.30am Morning Service
Lupton	9.30am Plough Service
Barbon	10.30am Holy Communion
20 Tue Kirkby Lonsdale	9.30am Ecumenical Prayer Grp
22 Thu Kirkby Lonsdale	10.30am Holy Communion
25 Sun EPIPHANY 3	
Kirkby Lonsdale	8.30am Holy Communion
Week of Prayer for Christian Unity (see notice Boards for details of morning service)	
	6.30pm United Worship at St Joseph's
Preston Patrick	9.30am Holy Communion
Barbon	10.30am Morning Service
Casterton	10.30am Holy Communion
Hutton Roof	11.00am Holy Communion
27 Tue Kirkby Lonsdale	9.30am Ecumenical Prayer Grp
29 Thu Kirkby Lonsdale	10.30am Holy Communion

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

Kirkby Lonsdale Methodist Church Services

December

Sunday 7th 0900 Holy Communion Rev Bill Riley, 1030 Mr Stephen Hitchcock, 7.00pm Sundays@7 Grace Metcalfe
 Sunday 14th 10.30 Christingle Service Brian Gray, 6.30pm Working with God
 Sunday 21st 10.30 NO SERVICE, 6.30pm Carols by Candlelight, Ecumenical Service at St Mary's
 Wednesday 24th 11.15pm Ecumenical Service St Mary's
 Thursday 25th 10.00 Christmas Day Service
 Sunday 28th 10.30 Christine Wightman

January

Sunday 4th 0900 Holy Communion Rev David Stretton, 10.30 Irene McKay, 7.00pm Sunday@7
 Sunday 11th 10.30 Sue Kiernan, 6.30pm Working with God
 Sunday 18th 10.30 Rev Wendy Thornton,
 Sunday 25th 10.30 Harry Hutchinson 6.30 Ecumenical Service

From the Registry

September

FUNERALS

Lena Edmondson, aged 89 years, St. Peter's Church, 22nd September, 2014
 Debbie Hodgkiss, aged 60 years, St. Mary's Church, 26th September, 2014
 Alison Kitchen, aged 53 years, St. Patrick's Church, 29th September, 2014

BAPTISMS

Ellie Jane Beach, daughter of Gavin and Nina Beach, All Saints Church, 14th September, 2014
 Casey Dale, daughter of Alan Dale and Jody Tomlinson, St. Mary's Church, 28th September 2014

October

FUNERALS

Roger Fawthrop, aged 91years, St. Bartholomew's Church, 9th October, 2014
 Molly Clements, aged 88 years, St. Mary's Church, 8th October, 2014
 Eddie Hadwin, aged 91 years, St. Bartholomew's Church, 24th October, 2014

Freedom from Torture

The Lancaster and South Lakes Support Group for Freedom from Torture would like to express sincere thanks to everyone who gave time, work, or money to FfT this year. Thanks to you, £5,253 has been raised for this essential Charity.

Many people contributed through donations, and the June Coffee Morning. Dozens of people were involved in the Kirkby Lonsdale Open Gardens weekend in July when the magnificent gardeners showed the results of more than six months of preparation and hard work on their part. More than 20 gardens were open to the public. People came in their hundreds from near and far to see gardens in the town and in Low Biggins, and to wander around the allotments. The amazing weather was a great gift, of course: but seemed to be much deserved given the effort put in to the event, which raised a staggering £3,750. So THANK YOU gardeners, programme sellers, refreshment providers and volunteers at Love the Lune.

Dozens more people were involved in the super August bank Holiday Concert given by the Mewses Choir. A delightful evening, which combined the well-known skills of the choir in music and story-telling, pleased a very large audience in the Lunesdale Hall, and raised an amazing £688. THANK YOU conductor Martin Webster, accompanist Janet Atkins, and all the members of the choir; and THANK YOU to all who bought tickets, donated raffle prizes, served drinks, washed up, or did anything else that added to a memorable evening.

Freedom from Torture (originally called The Medical Foundation for the Care of Victims of Torture) was founded more than 25 years ago, and grew out of Amnesty International's Medical Group. It was started by Helen Bamber, who died recently. Helen was joined in her work by volunteer health professionals (including some of the most senior specialists in the medical profession); together they campaigned against violations of human rights and documented evidence of torture.

The work is aimed at restoring and rehabilitating severely traumatised people who arrive in this country seeking safety. Since opening its doors, FfT has worked with more than 50,000 clients referred by doctors, health workers, social workers and schools to one of Freedom from Torture's centres. At these centres (originally just in London, but now also in Glasgow, Newcastle, Manchester and Birmingham) the clients can find physical and psychological healing through counselling and physiotherapy. All clients are provided with case workers and legal representatives who prepare the essential medico-legal reports needed for asylum hearings in court.

The Lancaster and South Lakes Support Group is one of a country-wide network of groups. We have two main aims: to raise money, and to raise awareness of the work of the charity. Some supporters are also able to provide or help with holidays for clients and their families, and this can result in lifelong friendships. Several of FfT's clients have visited Kirkby Lonsdale under this scheme. Our aspiration, of course, is for the practice of torture to be eliminated from every country in the world. There is still a long way to go in achieving this, but if you have contributed in any way, then THANK YOU.

Dave Skinner 1941- 2014

On the 7th June of this year, my life as I knew it altered greatly, as my husband died, and myself, my family, and all our friends found ourselves in a state of shock. Suddenly, we were without this 'larger than life' humorous, kind lovely man, and we felt this very badly - and so it would appear did many in our town. Naturally, our three daughters and the rest of our family, although struggling with immense grief, were wonderfully supportive of me. Friends from far and wide also gave me strength and help, and everyone played a part - and continue to do so.

However, I cannot express enough how incredible our friends and neighbours in Kirkby Lonsdale have been since that sad day. The compassion shown to me, the way people have rallied round, cared for me, welcomed me in to their homes, wined and dined me, taken me out and about, and basically been there for me at any time, has been moving and humbling. This obviously goes to show what a unique place we live in, filled with some amazing people. Dave was brave and special - well loved and respected, and the thirty one years that we have lived here have been so very pleasurable. Thank you somehow seems a very small word - but with a very big meaning - and to those who have directed kindness my way, I am forever grateful.

I am indeed very fortunate to live in this remarkable community. *Lynda Skinner*

Leck Gallery

Leck Gallery is this month launching its second exhibition. Following the successful exhibition of Spanish POPART, people living in and near Kirkby Lonsdale will now be able to view and buy the paintings of John O' Keeffe. John O'Keeffe is a Sheffield artist who has lived in Italy since 1971.

"I sometimes travel with my camera searching to capture and freeze a certain gesture, look or landscape. Later, I transfer these frozen moments, borrowed from time, onto canvas, creating new links in my own time chain, before offering others the opportunity to embrace them as part of theirs." -John O' Keeffe.

The Gallery is also offering vouchers for one day courses in art history, wine appreciation and literature. (£80 includes lunch.) Call Janet Nuttall on 015242 20130 to book a course, buy a voucher, or attend the open day of the John O' Keeffe collection on December 6th.

Kirkby Lonsdale 'Party In The Park'

Following the success of the events in 2010 and 2012, Christian Together in Lunesdale will be organising a 3rd Party in the Park event in the Town Playing Fields in Kirkby Lonsdale on Sunday, 5th July 2015. It will have a similar format to 2012 – free entry, free refreshments and free entertainment plus activities of all sorts and descriptions!

We plan this as a community event for the people of Kirkby Lonsdale and will be inviting the schools, community groups and local interest groups to join with us in making this a day for the whole community. Please make a note of this in your diary and keep an eye out in future editions of Around Kirkby Lonsdale for further information.

For any further information at this stage, please contact Peter Gregson 015242 72843.

The Big Blood Pressure Experiment

Dr Chris van Tulleman with Dr Andy Webb of Kings College, London set out to test the health claim that so-called 'Superfoods', beetroot and garlic are said to reduce blood pressure. High blood pressure is a major risk factor in heart disease, the U.K.'s biggest killer.

What's so 'super' about garlic and beetroot? In theory, these foods reduce blood pressure by dilating our blood vessels, allowing blood to flow more freely, although they do this in different ways. Garlic – the main active ingredient is a chemical called allicin which is released when you chop or crush the garlic. It is believed to act on our kidneys, changing levels of hormones causing our blood vessels to open.

Beetroot contains nitrates, present in the leaves and roots. When we eat beetroot, the nitrate is changed into nitric oxide which causes the blood vessels to dilate and hence lowers blood pressure.

In the test, participants were given either two gloves of garlic to eat per day or two whole beetroots per day. Blood pressure was measured twice a day. The results showed a significant decrease in both groups when the foods are eaten regularly.

Other beneficial foods?

The active ingredient in beetroot, nitrate, is also present in green vegetables – celery, broccoli, spinach, watercress, rocket etc.

The active ingredient in garlic, allicin, is also present in onions, shallots, leeks, chives and spring onions. Beetroot and garlic (allicin) are also available in supplement form. Lifestyle changes to help reduce blood pressure. Be active; eat a healthy, low saturated fat, balanced diet with plenty of fruit and vegetables; cut down on alcohol; stop smoking; reduce caffeine intake (tea, coffee, cola); reduce salt intake to less than 6g per day; maintain healthy weight.

On a different note – Allicin has recently been used to cure the diseased veteran oak tree outside the former home of Anne Frank!

*Claire Dimond
Kirkby Health & Wholefood*

Lunesdale Agricultural Society Limited

We require a secretary. For details visit www.lunesdaleshow.org.uk or email info@lunesdaleshow.org.uk. Closing date for applications Friday 12th December.

Chairman's chatter

AKL deadlines are working against me this time round. Our November town council meeting fell a few days after the deadline for this double edition of AKL, so you will next hear from me in February. That seems a long way off at the time of writing.

I should apologise for a technical hitch last month which meant these jottings could only be found on the Kirkby Lonsdale website, kirkbylonsdale.co.uk, which I heartily commend to you as a source of information about all that is happening in and around our town in the weeks ahead.

Our November council meeting considered an approach by two residents who wanted to serve on the council until the May elections. We had to decide whether to co-opt one or neither, and our decision can be found on the website mentioned above. Websites by their very nature do not have deadlines, so for the very latest developments that should be your first port of call. And if you don't have access to a computer, or the internet, remember our library offers these facilities, free to some.

I hope many readers had a look at the proposals for housing development on what is known as Kendal Road North when an open day was held at the Lunesdale Hall in November to allow everyone to comment on the initial proposals. Your town council welcomes the opportunities such consultations present to everyone. It's not so long ago that the first we knew of an application

was when the formal documents were circulated for comment against a fairly tight timescale.

Nowadays, there's a greater willingness to involve interested parties almost from the start of the planning process. This allows people – you and me, not just officials – to suggest tweaks, amendments, even major changes. They may not always be taken up by those behind the plans, but at least we can say we've had our say.

Our December meeting, on the 10th, is traditionally a seasonal one. Our agenda, hopefully, will be light so that we can spend some time sharing hospitality with those who come along to witness our deliberations. Do come and join us in the Bective Room from 7.15pm. As we go into the New Year, our councillors will be considering what to do come the elections in May. The entire town council must stand down and individually decide whether or not to stand for re-election. This is the time for fresh blood to step forward.

I was a Round Tabler, where you were required to 'retire' at age 40. That created vacancies, and new members brought fresh ideas to Round Table, which remained lively and vibrant. It doesn't happen quite like that on the town council, but even if every councillor decides to stand again, anyone who'd like to have a part in shaping our town's future is free to put him or herself forward as a candidate. A local election gives you the chance to decide whom you want on the town council. That's the democratic process.

Finally, may I end this year's last note with that traditional Scots greeting – a Merry Christmas to you all – an' a guid New Year!

Allan Muirhead, Chairman, KLTC

Mill Brow

Sir, I am writing to express my concern at the recent developments taking place on and around Mill Brow. This ancient drovers way which once led down to a crossing place over the Lune is being changed beyond all recognition by the recent developments that are taking place in what is a designated area of conservation and historical interest containing a significant number of listed buildings. I am particularly concerned about the demolition of the Old Barn, a building which represented a significant historic asset to the area. Whilst I appreciate that the building had fallen into a state of disrepair, I am surprised that the new building has been allowed to change and extend the existing footprint on the southern side which far

exceeds the original row of terraced buildings and considerably alters the aspect from the corner of the Horsemarket/Mill Brow. Likewise, the new building opposite which is extensive and innovative but in my opinion, not at all in keeping with the surrounding area. Finally, I see that land at the bottom of Mill Brow has been advertised for sale with planning permission for yet another five bedroom "Southfork" type structure. I am not against development although I certainly think that we are getting more than our fair share at the moment, not just on Mill Brow but in Kirkby Lonsdale as a whole, however I feel that if the planners at SLDC are not careful, we are all in danger of losing much of the ambience and character that makes Kirkby Lonsdale such a unique and special place.

Mrs D A Hartwell

Time for a facelift.....

24 Main Street, our Information & Gift Shop needs a facelift.

During January we are hoping to improve the decoration, fit additional shelving and make improvements to the upstairs office - increasing its appeal for those in the town and surrounding areas who might want to use it as temporary office space or on a daily rate as a 'hot desking' facility.

We need:-

Labour - are you a decorator, electrician, builder or joiner with a few hours to donate to us during January? Or Are you a keen DIY enthusiast? In return we will supply bacon/sausage sandwiches (and as much coffee and tea as you can drink!!)

Materials - Could you donate some flooring? Carpet tiles/vinyl? Spare paint? Paint brushes? Shelving? Spot lights?

We really need some support to help get 2015 off to a good start. Tourism related employment is a very important for the town and surrounding areas, so please help us make sure that we are showing our best possible face to visitors on their arrival in Kirkby Lonsdale. Please get in touch if you are able to offer any help. No offer too small! Contact Sarah Ross by emailing lovethelune@gmail.com or calling 015242 71437 OR drop by at 24 Main Street.

The Crossing Point Cafe

The Crossing Point Cafe is now open. We pride ourselves on using only the most local and fresh ingredients. Our meats are sourced from around the Cartmel Valley and surrounding Cumbrian and Yorkshire hills, as well as other meats, specially prepared for us, by Butcher of the Year, George Taylor (Country Harvest, Ingleton).

Operating as General Manager for people such as Simon Rogan, has given me a great insight into food trends and has helped shape our menu, maintaining cafe traditions whilst adding our own unique twists on our daily changing specials. We also have a specially tailored wine list, including some English wines, champagnes and local ales and spirits.

We look forward to welcoming you into our cafe.

John & Renata

KL Information & Gift shop

24 Main Street has been a hive of activity over the last month as we begin the process of improving the look of the premises and ensuring that we work towards being open every day for the same periods.

Our Halloween window with its flying broomstick seems to have made an early impact, encouraging visitors over half term to pop in for ideas of how to occupy their families over the break - the challenge will be to ensure that the window continues to draw people in so that we can then direct them to other attractions and businesses in and around the area.

The enthusiastic team of volunteers have been very generous with their time and are helping to bring on and encourage potential new members and I'm glad to say a few returners. The two volunteer events last week were a chance to hear about people's aspirations for the shop as well as explain some of our early plans to those who would like to get more involved.

Robin Sadler, Liz Saunders and Allan Muirhead have provided wonderful support in my first few weeks. Their experience of the town has been invaluable and as we work on different ideas of how to supplement the income of the shop (including a Fair booking scheme with accommodation providers in the town, rental of our office space and a group travel offer), I know that they have an open mind and huge commitment to the success of the shop.

There is no such thing as an average day behind the counter! Take last Wednesday, an enquiry about joining the football team, 20 people from a coach tour all wanting a town map at the same moment so that they could maximise their two hour stay, a couple looking for accommodation next summer for most of their 150 guests (they are getting married at Barbon Church), an enquiry about two sets of lost glasses, a room booking enquiry, an enquiry about a lost iPhone, and the sale of lots and lots of fridge magnets, walking guides, tea towels and finally cause for great celebration as I sold my first ever candle!

In the weeks leading up to Christmas we will be working to enthuse visitors, engage with locals and of course clear our shelves - allowing us to start fresh next year with new stock. So, when you are Christmas shopping in the town put us on your list - you'll always receive a warm welcome and who knows even the chance to retrieve some lost glasses!!

Universal Credit rollout in Cumbria

Universal Credit is being rolled out across Cumbria in the near future. So what is it, and how will you be affected?

Universal Credit is a new benefit that the Government says will make welfare simpler and make work pay. It is a single benefit that will eventually replace Jobseeker's Allowance, Employment and Support Allowance, Income Support, Housing Benefit, Working Tax Credit and Child Tax Credit. It is paid monthly, usually direct into a bank or building society account, and will include rent that you will then pay to your Landlord yourself. If you live with a partner and both claim Universal Credit then you'll receive a single payment to cover both of you.

The rollout starts for new claims and changes of circumstances. Gradually all other benefit claims will be transferred over the next 2 years, the Government will write to tell you when.

Citizens Advice are here to help if you have any problems or questions.

Applications will be made online, and we know that many people struggle with using a computer. Any change of circumstance must be reported within strict timescales – if you don't do it properly you can miss out on some of your benefit payment. Getting your benefit paid monthly instead of weekly might cause you problems. If this is the case, we have a range of service that can help you. If you have any questions about Universal Credit and how it will impact on you, please contact us – telephone 015394 46464 for an appointment and help.

Peter Schreier

Is the Peter Schreier mentioned in your November issue the great German tenor? If so, then he has a second (extremely tenuous) connection with Kirkby Lonsdale. A few years ago, my sister and I took our late mother to hear him sing Schubert's Winterreise at a music festival in Austria. We arrived very late at the hotel where a taxi was waiting to speed us to the concert hall. The recital was held up for a few moments to allow us to take our seats. We were rewarded with the most wonderful performance, and a lovely memory for my mother before failing health put a stop to such trips.

Paul Thornton

Churches Together in Lunesdale

To date generous donations of over £2500 has been shared between The British Heart Foundation and Macmillian Cancer Support and a donation to St Mary's Church. Thank you.

CRMI - Children of Hope will be car washing again on Saturday December 13th at the doctors surgery in Kirkby. Last chance this year to get your car cleaned for £5. All proceeds will go to support the medical mission to Uganda in January 2015.

Christmas Fair and Cafe on Saturday 6th December at Kirkby Lonsdale Methodist Church. Home-made, jams, chutneys, cakes and gifts including beautiful hand-made crafts, paintings and much more! All proceed will go to support the work of CRMI - Children of Hope in Uganda.

Silent Night Candlelit Carol Service, Sunday December 21st 6:30pm at St. Mary's Church.

On Christmas Eve 1914 an extraordinary event took place. Across the deserted waste of no-man's land came the sound of singing. As the German soldiers sang 'Silent Night', a strange and wonderful thing began to happen, British voices joined in and for a brief few hours, those who were enemies, sang and talked and shared Christmas together.

This year as we remember all those who have given their lives in wars, we also remember the incredible moments of hope and love that came during these times of suffering and sacrifice. We would like to invite you all to join us at a special candle-lit service this Christmas.



The Rainbow Parish

Barbon

We were pleased to welcome Rev David Stevens who led a communion service. David always gives us a thought provoking sermon so we are glad he enjoys coming to visit friends and walk in the area and then find time to come to St Bartholomew's.

The Remembrance service was well attended in church and more joined us at the war memorial. Rev. Deborah Preston did a sterling job synchronising the service to the timing of the bugle playing by Pauline Bateman and the timing of the 2 minutes silence to the placing of the poppy wreaths by Jennifer Martindale for the W.I. Roger Groves as chairman of the Parish council and Russ Taylor for the British Legion. The roll of honour was read by Fred Hodgson for Barbon and Henry Martin for Middleton.

There were two happy occasions for the children and their friends in the Village Hall. Jess Pedley arranged for Andrew Allen of Flicks in the Fells to bring his equipment to show the film Rio 2 which was a great success. The pop corn did a roaring trade. Despite douvets and cushions arrayed on the floor, no one went to sleep not even Henry or Barbara Martin.

Helva Boyd once again assisted by Jess organised a disco and fun night on Halloween. I am not sure who wore the most scary in their fancy dress, the children or the adults!!

Jennifer Martindale welcomed W.I. Members to the annual meeting, when the committee were reelected and Jennifer was asked to continue as President. Judy Nicholson will continue as secretary, Dooley Hodgkins as treasurer and Sue Stamp and Maureen Taylor as programme secretaries. Grace Lewis thanked Jennifer and her committee for all their hard work in 2014.

John Natlacen and William from Churchmouse cheeses then entertained the members with jokes and chat about how they had arrived in Kirkby Lonsdale and now Barbon. They brought along 5 excellent cheeses for us to sample, introducing some of us to ewes and goat's milk varieties which all agreed were delicious.

As Christmas approaches please remember the food box at the back of the church which will be greatly appreciated at the Food bank in Kendal.

Christmas dates for your diary.

Wed 10th Dec 6.30pm in the Village Hall Carol singing with mulled wine and mince pies.

Tues 16th Dec 7.30pm in church the Mewes

Singers 20th anniversary concert with mulled wine and mince pies.

Sun 21st Dec 2pm in church Methodist led Carol Service with afternoon tea.

Wed 24th Dec 4pm Crib service.

Thurs 25th Dec 10.30 Christmas Day communion.

January services

Sun 4th Jan 10.30am Covenant service.

Sun 11th Jan 10.30am. Plough Sunday.

Casterton

Our series of lunchtime musical recitals got off to a great start with a marvellous performance by Amy Shaw, mezzo-soprano, accompanied on piano by Anastasia Micklethwaite. Village and Prep School music lovers enjoyed a varied programme with a strong sea element and ranging from Elgar to Cole Porter. As we write, we look forward to the next free recital in church at 1.30 on Thursday 20 November. It features recently graduated flautist Gavin Stewart, who will play a sparkling programme of modern music for flute.

The Chamber Choir of Casterton, Sedbergh Preparatory School sang beautifully at our Choral Evensong, which was conducted in an accessible and thought-provoking way by Anne Pettifor.

Our big event in November was Remembrance Sunday. Many individuals and groups contributed to its success. Some had spent much time and ingenuity in researching, for display, the backgrounds and armed forces careers of the fallen and survivors of the First World War. Others contributed to a smoothly run service led by Jean Lobley. Excellent refreshments in the Village Hall were much praised by villagers and visitors alike.

On Tuesday 2 December, the renowned Dentdale Choir, led by Anastasia, will give a free Advent concert at 7.30 p.m. in Holy Trinity. Well tried and much loved elements will be a short, informal Advent service and an ongoing programme of lively seasonal music. Light refreshments will be served; a voluntary collection will help essential church maintenance.

On Thursday 4 December, we welcome into Holy Trinity the Rt. Revd Robert Freeman, Bishop of Penrith and the Ven. Penny Driver, Archdeacon of Westmorland and Furness. Singers and musicians of Casterton, Sedbergh Preparatory School will give an informal concert, including carols, at 7.30 on Thursday 4 December. As well as promoting the Advent message, we will acknowledge the work and generosity that went into restoring our heating system.

Other Sunday services in the run-up to Christmas:
14 Dec 6.30 p.m. Book of Common Prayer Service
21 Dec 6.30 p.m. Carol Service
25 Dec 10.30 a.m. Christmas Day Holy Communion
...and in the New Year:
11 Jan 6.30 p.m. Book of Common Prayer Service
25 Jan 10.30 a.m. Holy Communion

Hutton Roof

Found in a purse at the jumble sale some family photos of young children, if they are yours please contact Anne 015242 71213.

The Carol Service in church with Kirkby Lonsdale Brass Band will be on Wednesday Dec 17th at 7.30pm. There will be refreshments afterwards in the village hall. All are most welcome.

In January we will be having our usual Plough and seeds ready for spring. We will be having a ploughman's type lunch after the service in church.

Carol singing around the villages will take place on 15th December around Hutton Roof and on 18th December around Newbiggin, on both evenings meet at the Post Office for 7.00pm. This year proceeds will be for Kendal Mountain Rescue.

Rigmaden School

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
or 015242 76210. SuePelter

Lupton

Ayrton Bros gave us a lovely evening of song, jokes and prayers. Most enjoyable and food also provided. Proceeds were to our church so thanks to them for their generous performance.

Carol Singing Dates

Monday 15th December 7pm. Meet at church car park to go up the lanes. We often share vehicles to go round. Thursday 18th December 7pm. Meet at Brow Head to do the other part of Lupton. We always collect for a charity reflecting Lupton's people. Last year we collected for the Christian Simpson Fund in memory of Christian. This year the collection will be for Leukemia Care remembering Alan Tomlinson. You don't have to have a 'voice' to help us with this! Sometimes we just get a hand round a door with a donation, so don't worry! A delicious hot pot supper and pudding completes the evening.

Nativity 2pm Sunday 21st December. The service is entirely done by the children and we have some carols as well. Be understanding, things can go wrong! Midnight Communion is at 11.30 pm 24th December. New Year Service is at 11 am on Sunday 4th January and followed by lunch at Brow Head. This is a parish get together so come and join and enjoy.

It's a FROZEN Christmas Show!

Come and see the children of Danceworks Kirkby Lonsdale perform dances and skits from the oh-so-popular film Frozen! There will be a raffle with Frozen prizes, Frozen decor, and a festive mix & mingle pre-show reception one hour before showtime, with all donations going to CRMI Children of Hope charity. Come and enjoy yourself at this festive occasion!

Saturday 13th December 2:00pm & Sunday 14th December 5:00pm Lunesdale Hall.

Complimentary hot or cold drink free with every ticket purchased

Adult **£6**

Child (5 -16yrs) **£4**

Child (under 5 yrs) **£2**

OAP (65 yrs +) **£5**

Family Deal (2 adults + 2 children) **£16**

Order your tickets by 28th November and receive 15% off! Order tickets at:

www.trybooking.co.uk/61 or phone: 07983 000450

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 1st & 3rd 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 1st Tue: Police drop-in, KL Library, 5.30-7pm
 Every 2nd Tue: Sight Advice S Lakes support group,
 Methodist School Room Institute, 10.30am-noon.
 Every 3rd Tue: Contemplative Julian Prayer, St Joseph's,
 2.15-3pm
 Every 4th 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 1st Wed: Casterton WI, village hall, 7.30pm
 Every 2nd 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 1st and 3rd 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 1st 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 2nd Thu KL Embroiderers' Group, Barbon village Hall
 2pm Every 3rd 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 2nd Friday: Friendly Friday coffee and a chat,
 Methodist Hall, 10.30am-2pm
 Every 2nd Sat: Fairtrade Coffee Morning, Institute, KL
 10.30am-12 noon

November

Sat 29 Barnados Christmas Coffee Morning.
 Lunesdale Hall. 10.00am

December

Tue 2 KLFR Quiz Plato's 8pm
 Dentdale Advent Concert, Holy Trinity 7pm
 Thu 4 Christmas Concert. Casterton Church.
 7.30pm
 Fri 5 Wine tasting, Casterton VH 7.30pm
 Coach to Christmas Markets Manchester
 Sat 6-Sun 7 Christmas Weekend
 Sat 6 Unwrapping Advent St Mary's 11.30am-
 3.30pm
 Christmas Fair and Cafe, Methodist Church
 Mon 8 Civic Society, Lunesdale Hall 7.30pm
 Carol service NW Auctions 7pm
 Tue 9 Men's Fellowship dinner, Red Dragon 7pm
 Wed 10 Carol Singing Barbon Village Hall 6.30pm
 Sat 13 Open air nativity, Market Square
 CRMI car washing Lunesdale surgery
 Coach to Christmas Markets, Manchester
 Frozen show, Lunesdale Hall 2pm
 Sun 14 Frozen show, Lunesdale Hall 5pm
 Mon 15 Hutton Roof carol singers 7pm
 Lupton carol singers 7pm
 Tue 16 KLFR Quiz Plato's 8pm
 Mewses St Bartholemew's 7.30pm
 Wed 17 Carol Service at Hutton Roof 7.30pm
 Thu 18 Hutton Roof carol singers 7pm
 Lupton carol singers 7pm
 Mince pies at the library
 Fri 19 Rotary Club sleigh
 Sun 21 Candles by candlelight, St Mary's 6.30pm
 Wed 24 St Mary's crib service

January

Sun 11 Scottish dancing, Preston Patrick Memorial
 Hall 2.30-4.30pm
 Mon 12 Civic Society, Lunesdale Hall, 7.30pm
 Fri 16 KL Gardening Assoc. Lunesdale Hall.
 7.30pm
 Wed 28 Cumbria Wildlife Trust 7.30pm
 Fri 30 RNLI Sip Our Soup, Lunesdale Hall 12-2pm

February

Wed 18 Gardening Association meeting, Bective
 Room, 7.30pm

Notes