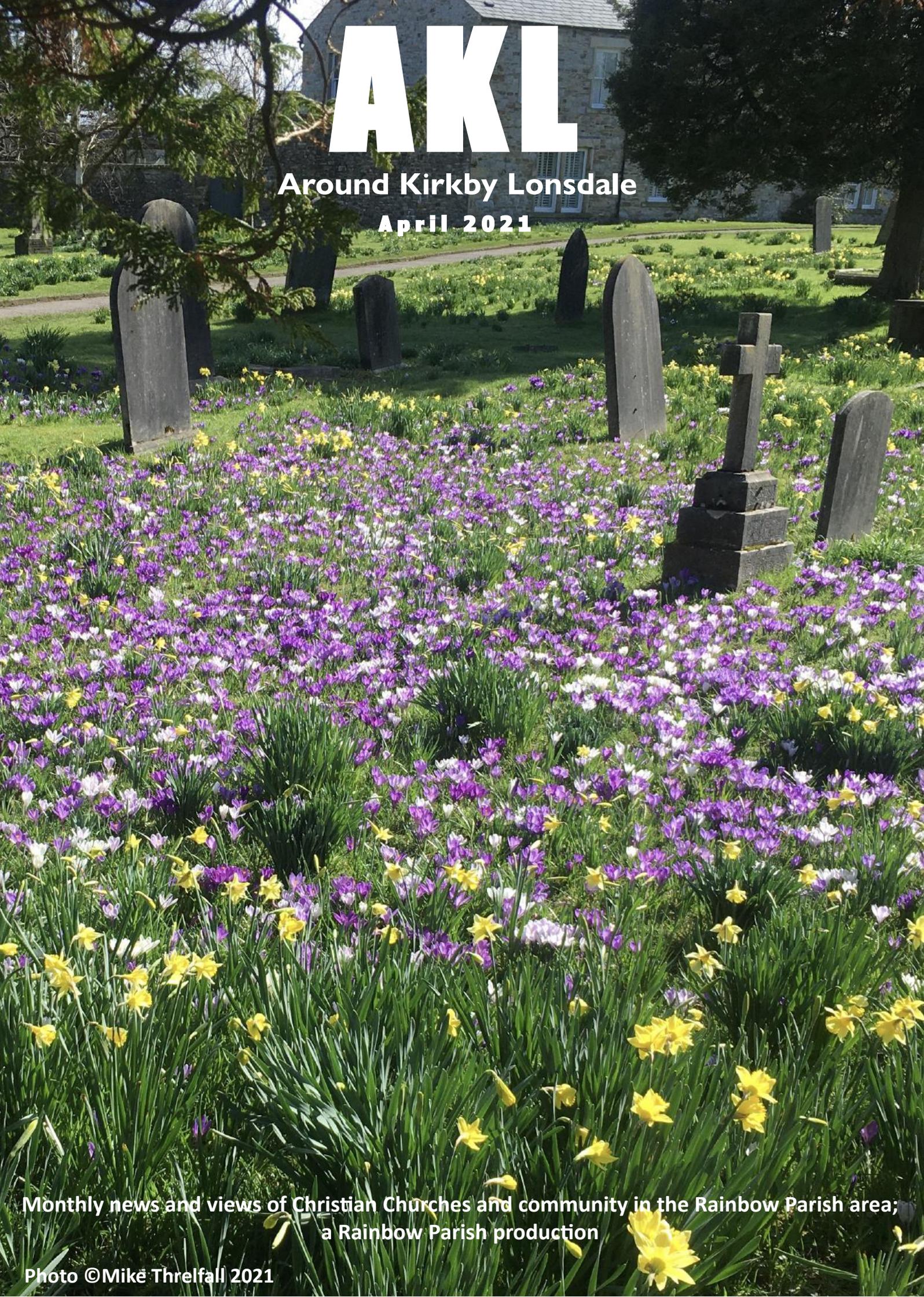


AKL

Around Kirkby Lonsdale

April 2021



**Monthly news and views of Christian Churches and community in the Rainbow Parish area;
a Rainbow Parish production**

Photo © Mikē Threlfall 2021

Life, Death and Resurrection

As I write this article we are fast approaching the anniversary of the first lockdown and it is interesting to reflect on all that has happened since then and to consider the wide range of experiences depending on our individual circumstances.

For a few, this may have been a positive time – giving space for creativity and enjoyment of the beautiful part of God’s creation that we are set in here in and around Kirkby Lonsdale, but for many it has been a time of loss and fear – loss of freedom, connections, for some the loss of life of loved ones and for others the loss of livelihoods and the fear that uncertainty over what the future holds can bring.

For others, for key workers who have been working flat out with fewer breaks or holidays, or for those who have had to juggle working from home with home schooling and caring responsibilities - a time of exhaustion – physical, mental and spiritual.

A year ago, Rev’d Wendy wrote:

“The nature of the threat we now face brings particular challenges of isolation and social distancing. We need to have faith in our ability as a community to find ways to stay connected and responsive to the most vulnerable, and anyone can become vulnerable for a period of time.”

There are many ways in which our community has risen to the challenges with friends and neighbours keeping in touch with one another. The existence of the Community Hub, Food Club, Cupboard and Kitchen, which have helped many to stay connected and be supported when and where needed, is another response to the challenges. And this is help and support that will not stop with the ending of the pandemic but will continue to support our common life in the months and years ahead – Thank You and Well Done to all concerned!

But as we stand on the brink of the beginning of the easing of lockdown restrictions there is still a sense of uncertainty about what the future might hold. It still feels very much like the limbo territory of Lent and Holy Week – with that sense of darkness, fear and uncertainty but also a sense of the future being different – better things around the corner, spring in the air, new life and new hope, light and warmth. The first flowers of spring

seemed better than ever this year with carpets of snowdrops and now crocuses and daffodils too! And the singing of the birds seems louder than ever!

This journey of darkness followed by light, fear driven out by hope, and of life, death and resurrection is central to the Christian faith and is one that was lived out by Jesus in his years of ministry in this world and that came to fulfilment in the weeks leading up to his death and the days after his resurrection and that we will be marking and remembering again in our churches this Holy Week, Good Friday and Easter Day and then on into the year ahead.

This is summed up for me in the words of one of my favourite Easter hymns:

*1 Now the green blade riseth, from the buried grain,
Wheat that in dark earth many days has lain;
Love lives again, that with the dead has been:
Love is come again like wheat that springeth green.*

*4 When our hearts are wintry, grieving, or in pain,
Jesus' touch can call us back to life again,
Fields of our hearts that dead and bare have been:
Love is come again like wheat that springeth green.*

So my prayer is that you may find love and light and hope springing forth anew in the days and weeks ahead and that you are able to receive the support you need and also that you are able to offer what support you can to others – every little helps – love is come again.....

Anne Pettifor



Pic by Christopher Hoyle

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View from the Bridge

It is hard to believe that it is three-and-a-half months since my operation and stay in Blackburn hospital. I am back to 75% normal and can get in some good walks, weather permitting, but some jobs in the garden are, to quote a phrase, 'a bridge too far'. We are only just coming out of winter so I'm not too bothered.

It was good to hear that a few people I know but have not seen for some time are also making progress after requiring NHS treatment.

Kirkby isn't the best place for getting a decent radio signal even on DAB and I do prefer music to TV, so I took the plunge and bought an Alexa and 3 echo dots – my son's fault! After several hours I got them talking and playing the same tune; it is so good to have sound throughout but I do have to say Alexa is very awkward to please.

April hopefully is going to be a positive month with more shops being able to open by the Queen's birthday on the 21st and St George's day on the 23rd. If things go to plan we will have the town decorated with St George's flags and some Union flags as well.

We have had the best part of 12 months doom and gloom and to decorate our town should go towards getting that feel-good factor. The cherry on the cake is that the flags are being donated, leaving us just the cost of putting them up.

It is still unclear what is going to happen in May when the use of Zoom comes to an end for council meetings. We would need to bring our meeting forward to the first Wednesday to be able to continue using Zoom. If we leave it to the usual second Wednesday, that would have to be face-to-face and it all depends if restrictions are lifted on maximum group sizes (by law we cannot prevent the public attending) so it's a case of 'watch this space'.

Our April meeting will be on Zoom and if you wish to attend just email the clerk for the link kevtherev7@hotmail.com. We do have a public participation if you want to address the council and any matters raised would be considered for future meetings.

My thanks go to all my fellow councillors, my lady helpers and Diane for their continued support

Stay safe and best wishes.

Cllr. Geoffrey Buswell



St George's Days past—pics by Alan Day

E A S T E R

T R E E

- Pick up a craft egg from St. Mary's Porch.
- Take it home and decorate it.
- You may want to write a hopeful message on it!
- Return and hang on our Easter Tree in the Churchyard by the 4th April to remind us of Easter, hope and new life.



Together we can create a colourful Easter tree filled with our communities hopes and dreams.

The Family Project

Easter is a time that always brings fresh hope and perspective on life for me. I often use Lent, the period running up to Easter, as a time to take stock and reflect on the last year. Reflections this time have made me thankful for technology, really solid friendships, people who are "confidence boosters" and an appreciation of smaller things such as someone else making a cup of tea. I wonder what positives you find if you take a moment to think through the last year. A year which has brought firsts for everybody both good and bad. I am sharing the things I have found positive as it seems fitting and is also helpful I think as we move from darkness to light, both literally (hurrah for lighter days) and via the Easter story.

Messy team has been busy creating a Messy Easter session that took place on the 21st March at 2pm. We had an excellent retelling of the Easter story, focusing on Mary, Jesus' mother and how she experienced the Easter story of her son being put on the cross to die and then coming back to life three days later. Voiced and drawn by the talented local graphic artist Mollie Ray, this story was brought to life beautifully. We then made our own mini Easter Trees using downloaded decorations that are still available on the Kirkby Lonsdale Messy Church Page. A great time was had by all who attended. If you haven't already, do send in images of your Easter tree to: klmessychurch@gmail.com We love seeing them!

The Family Project alongside the churches in and around Kirkby Lonsdale have been involved with crafting an Easter play, organising a community Easter Tree that is in St. Mary's Churchyard plus creating an Easter Trail

around St. Mary's Churchyard. The Easter Play has been written by Nigel and the actors are from various local communities and groups. It is a modern retelling of the Easter story in the style of daily Newsround updates. This play will be sent into local schools to provide some laughter whilst also enabling others to reflect upon this important story. The Easter Tree will hopefully be flourishing into a beautiful tree filled with hand-decorated Easter eggs that depict images and messages of hope. Please feel free to go and pick a craft egg from St. Mary's Porch, take it home and decorate it, before bringing it back and putting it on our Easter Tree. We are hopeful that this will provide a moment of pause and positivity on people's daily walks through the churchyard.

The Easter Trail is 8 different stations positioned around the churchyard. A map of the trail can be found on kl.church website and Kirkby's TIC website too. The trail takes you through the Easter story by finding and following the different Easter eggs around the churchyard. Each station contains a section of the story alongside an activity plus a question or something to think about! Please let us know if you have completed the trail and which was your favourite activity and story this year. We hope this will bring joy to locals as they wander through the town as local shops begin to reopen and we all emerge from what has seemed a harder lockdown this time.

In case I do not see you in person this year I wish you all a Happy Easter! **Lol**

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Spring clean the plastic-free way

The daffodils are flowering, lambs are jumping in the fields and the nights are drawing out, which means only one thing - spring cleaning!

Normally this would mean copious bottles of chemicals in a hundred different fragrances promising easy cleaning. In truth we don't need to pollute the environment when we clean and we certainly don't need all the chemicals, parabens or bleaches. With a few natural ingredients which are probably already sitting in your pantry you can clean your house from top to bottom.

Distilled white vinegar is an amazing natural cleaner capable of killing household bacteria, cuts through grime in a fraction of the time of branded products and dissolves hard water deposits.

For windows, mix 50% white distilled vinegar with 50% hot water into a spray bottle. If windows are grimy, wash with warm soapy water beforehand.

Scented All-Purpose Cleaner; mix one part vinegar, one part water, lemon rind and rosemary sprigs into a spray bottle, shake and let infuse for a week before using. Great for cleaning your bins, wall smudges, removes hard water stains and many more (however do not use on granite!).

Lemon is also a great natural cleaner and the acid is an antiseptic and antibacterial. Added to vinegar when cleaning, lemon juice will help neutralize the smell of vinegar. The acid in lemon juice also cuts through grease and is perfect for removing grease from the stove and countertops.

For countertop stains, allow the lemon juice to sit on the stain for a few minutes (not too long - it can be powerful stuff). Scrub the area with baking soda and watch the stain disappear.

A 50/50 vinegar/water solution will clean tiles, cabinet fronts and soap scum from showers. To remove stuck on gunk in the shower and bath mix baking soda and water to a paste. For really tough stains, use vinegar instead of water.

By adding a few drops of essential oils to all of the above you can personalise your home to your favourite scent.

There are also a number of alternative, natural cleaning products available to purchase on a refillable basis in store. We are more than happy to discuss alternative options.

Kim Bradshaw

The Zero Pantry - Kirkby Lonsdale & Sedbergh

Casterton WI

Our March meeting was once again held via Zoom, when members listened to a talk by the Biking Birder, Gary Prescott, who has raised funds for the RSPB and the Wild Wetland Trust. Travelling round the countryside by bicycle means that he can get much closer to wild animals and is able to photograph them without them noticing him.

He was actually speaking from the Isles of Scilly where he had been photographing humpback whales. Included in the wide range of images shown were nightingales, cuckoos, butterflies, bluebell woods, and puffins in the Farne Islands with their mouths crammed with sardines. Gary suggested that the increased numbers of animals such as hares, rabbits and foxes was a result of the absence of humans during lockdown which has encouraged wildlife to flourish.

It seems that Zoom meetings will be the way forward for the next few months while we wait for the lockdown to end. Next month's meeting will be on Wednesday, 7th April, when quilter, Joanne O'Neill will talk about her craft. The speaker for the May meeting will be Gordon Fletcher who will be talking about Greenland – Ice Caps and Icebergs – which sounds rather chilly. Rather than the first Wednesday of the month, this meeting will be on 12th May at the earlier time of 7 p.m. Everyone is hoping that by July we will be back in the Village Hall, meeting face to face with a cup of tea and a chat.

The closure of the Village Hall during lockdown has meant virtually no income, and members were reminded that the 100 Club would welcome new members to help finance the overheads.

Helping Hands

I am pleased to say that all members of the team have received their Covid vaccine and we continue to help people in the community whilst wearing our PPE and practicing social distancing as per government guidelines.

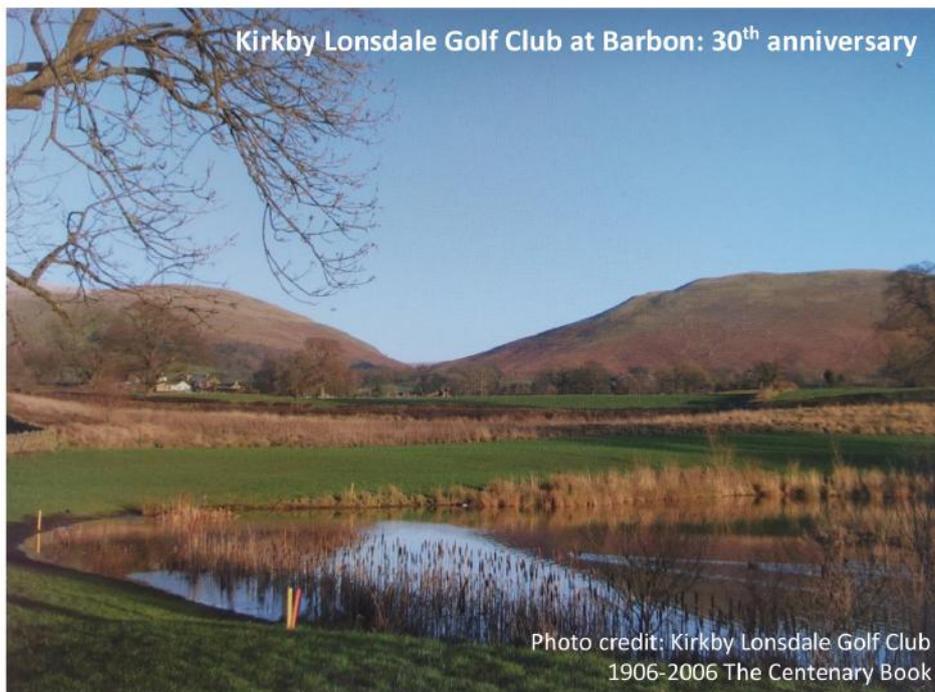
I hope that in the coming months we can start taking people out for coffee, trips to the Lake District and garden centres again. I personally miss taking my clients swimming and out walking in the fresh air in the lakes. During the last few months we have enjoyed zoom meetings but I hope that the many groups in our community will restart later in the year.

Please see our website a helpinghandonline.co.uk to find out more about our services and our team.

Thanks again

Linda

Kirkby Lonsdale Reflections



Kirkby Lonsdale Golf Club at Barbon: 30th anniversary

Photo credit: Kirkby Lonsdale Golf Club
1906-2006 The Centenary Book

In the January/February edition of AKL, I wrote about Kirkby Lonsdale Golf Club's first home, the 9-hole course opened at Woodend Farm, Low Biggins, in 1906. In 1938 the club moved to the stretch of land bordered by Stanley Bridge, the Haweswater aqueduct, and the Whittington Road. In 1954 it was time to move on again, this time to Casterton.

When it was time to find a new home in the 1970s, the present location at Barbon was decided upon, and this month marks an important anniversary: on 1st April 1971 work began on the new course. According to "The

Centenary Book": 'There was no ceremonial cutting of tapes nor swilling of champagne on the April Fool's day of 1991. Just a JCB digger that had seen better days, a dumper and a few men.' Thirty years later, Kirkby Lonsdale Golf Club and its picturesque setting are justifiably the pride and joy of its members. To find out more about the history of the club, visit the Club after reopening and request a copy of "The Centenary Book", from which I have extracted this information, by kind permission of David Towers.

Moving back down the road to Kirkby Lonsdale, I've been enjoying crisp and sunny winter mornings, when the light has been perfect for reading inscriptions on the stones in St Mary's churchyard. There are two to which I would like to draw particular attention: the first is one where a Victorian monumental stonemason has apparently made a spelling mistake, which was later corrected – I'll leave you to have a wander around the churchyard – near the west end of the church – and see if you can spot the stone!



The second is the grave of a Richard Askew, his wife Elizabeth (nee Armistead), and their young family, who are buried immediately outside the south porch. Several months ago, I was contacted by a John Askew, who lives in Dodge City, Kansas. John asked whether I knew why his great great great great grandparents might have been buried in such a prominent location. He knew that they had farmed at Low Biggins, but didn't know where. Extensive research by Jean Hamlett has revealed that John's ancestors farmed at what we now know as Woodend Farm (home of that first golf course!). If anyone has any historical photos of the farm or any information about the Askew family, it would be much appreciated.

John has kindly offered to support the 'Mary's Meals' charity and St Mary's Church.

Tess Pike, Blue Badge Tourist Guide

The Church in and around Kirkby Lonsdale

Eleven churches comprising Anglican, Methodist and Roman Catholic congregations, committed to growing as disciples and serving our communities together.

8 Thu Kirkby Lonsdale	10.30am Holy Communion
11 Sun EASTER 2 Kirkby Lonsdale	9.30am Methodist Service 11.00am Morning Service
Preston Patrick Mansergh	9.30am Morning Service 11.00am Holy Communion
15 Thu Kirkby Lonsdale	10.30am Holy Communion
18 Sun EASTER 3 Kirkby Lonsdale	9.30am Methodist Service 11.00am Morning Service
Preston Patrick Lupton Barbon	9.30am Morning Service 9.30am Holy Communion 10.30am Holy Communion
22 Thu Kirkby Lonsdale	10.30am Holy Communion
25 Sun EASTER 4 Kirkby Lonsdale	9.30am Methodist Service 11.00am Morning Service
Preston Patrick Casterton Hutton Roof	9.30am Morning Service 10.30am Holy Communion 11.00am Morning Service
29 Thu Kirkby Lonsdale	10.30am Holy Communion

Unless there are changes to the plan for easing restrictions we will resume services in the church buildings during April. Please continue to follow all the social distancing and hygiene guidance.

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

METHODIST CHURCH

We look forward to our buildings being open and welcoming everyone back. There is some work still to do in the worship space in Kirkby Lonsdale but we anticipate the Hall will be available soon. Good Friday & Easter Sunday will be Open Air Services in St Marys Churchyard.

Cowan Bridge

Services will resume on the 18th April at 11.00am please see the following noting there may not be a service every week.

18.04.21 -Christine Wightman; 25.04.21—Rev B Riley;
9.05.21—Juliet Burd; 23.05.21—Maureen Timmis; 30.05.21—
Rev Melanie Greenall.

From the Registry

Funerals

Bill Bownass aged 90 years, Holy Ghost Church, Middleton, 30th November 2020

Margaret Tunstall, aged 87 years, Beetham Crematorium, 11th December, 2020

Helen Robey, age 72 years, Beetham Crematorium, 22nd December, 2020

May Carr, aged 92 years, All Saints Church, Lupton, 23rd December, 2020

Alan Potter, aged 79 years, Beetham Crematorium, 22nd January 2021

George Harrison, aged 97 years, Beetham Crematorium, 1st February, 2021

Robert Etherington, aged 91 years, St. Mary's Church, Kirkby Lonsdale, 10th February, 2021

Raymond Massey, aged 81 years, Beetham Crematorium, 2nd March, 2021

Edmund German, aged 89 years, Beetham Crematorium, 10th March, 2021

David Brighouse, aged 73 years, St. Patrick's Church, Preston Patrick, 12th March, 2021

St Mary's Lockdown Bookbank

Donations of children's and adults' books in good, clean, condition are most welcome to our bookbank in St Mary's Church porch. Also puzzles, games and DVDs. There is no storage facility, so please leave just a few items that you think would be enjoyed by others during lockdown. Fiction is the most popular. Please, no maps, videos, textbooks, old or tatty donations. Thank you.

St. Mary's Church Needs You

St. Mary's Church is looking for a volunteer who can help with some of the financial aspects of the church's life. The church receives income from a variety of sources and in different ways, and it is in this field - keeping track of income - that we are seeking additional help.

Such a person would need to be sympathetic to and supportive of the vision of the church but would not necessarily need to be an active member of the congregation. Some familiarity with spreadsheets would be needed, but we would be able to give training, guidance and support as necessary.

If this role interests you, and you feel as though you could help the church in this way, we would be delighted to hear from you. You can find out more by contacting Robert Cass or Rev. Richard Snow (see contact details under 'Rainbow Team' on page 3 of AKL).



HOLY WEEK

With Rev Dr James Tebbutt

The Holy Week reflections at 7pm, will be on Zoom using the following bible passages and themes, together with opportunity for reflection and devotion, as we journey through Holy Week. The passages for Good Friday and Easter Sunday from which James will preach are also indicated. You are welcome to attend any and all of the sessions and services as they will both progress and stand alone.

For zoom link see kl.church website

Mon 29th	Mark 11.11-25 Disappointment, and faith
Tue 30th	Mark 12.1-12, 41-44 Rejection, and vindication
Wed 31st	Mark 13.37-14.31 Extravagance, betrayal, flimsy faith
Thu 1st	Mark 14.32-34, 55-65, 15.1-5 The 'I am' at the centre of the storm
Good Friday	Mark 15.6-47 'Crucify Him!', 'Why have you forsaken me?'
Easter Sunday	Mark 16.1-8 'Do not be alarmed... for they were afraid'

Easter Open Air Services

St Mary's Churchyard

28th March	Palm Sunday 11.00 am
2nd April	Good Friday 10.00 am
4th April	Easter Sunday Celebration 11.00 am (with Holy Communion)



Robin Ree



Amy Hulme





Phoenix Rising: a free community event in Kirkby Lonsdale for the Lune Valley

This spring, as the town begins to reawaken, Kirkby Lonsdale CIC in collaboration with Green Close is launching a number of free arts-based activities. Green Close is a not-for-profit arts organisation based in the village of Melling. Phoenix Rising welcomes Kirkby Lonsdale & Lune Valley residents who have had a tough year and would benefit from having some 'me-time' to relax and enjoy a few hours in a safe and supportive atmosphere. These activities will give anyone and everyone the chance to learn something new, be active & social and get creative – things which we've all missed in one way or another and hopefully will make us feel normal again.

Online Programme

There will be a range of programmes varying in length, starting with two online programmes this Spring before moving on to face-to-face sessions in the Lunesdale Hall in time for Summer (in line with government regs).

The first will be a four-week photography programme called *Gratitude Gallery* which will run online each Friday from 30th April. Practising gratitude is scientifically proven to make you happier by recognising the goodness in the world around you – and this is exactly what the Phoenix Rising programme aims to do. You will be guided by professional photographer Ginni Koppenhol as you capture your surroundings through the lens of appreciation and kindness, and at the end of the course this message will be spread throughout the community as your work is displayed voluntarily in businesses across town.

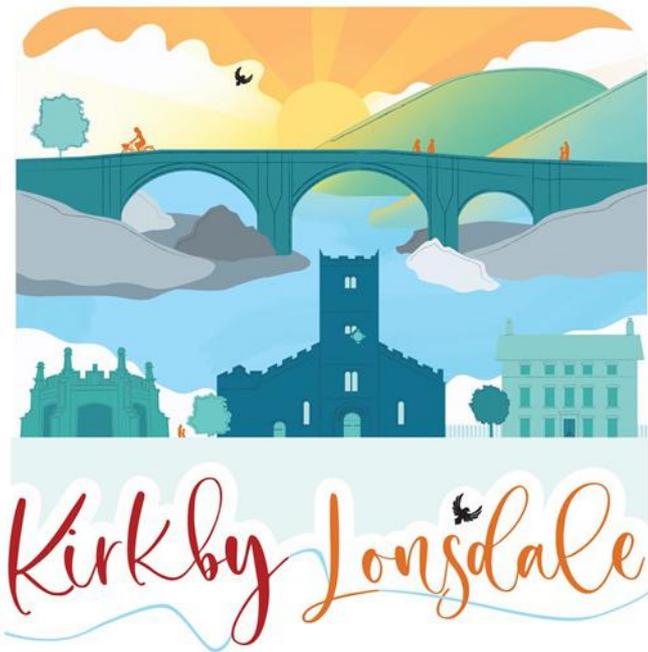
The second online course is called *Myths and Legends*, a two-week course which starts on Sunday 2nd and 9th May designed for all the family and provides a gentle ease back into everyday life. The programme will run for two hours each week, led by artist illustrator Kremena Dimitrova, bringing Kirkby Lonsdale's vivid and fascinating history to life through visual processes leading to a collaborative map. This is an exciting opportunity to learn something different and ignite your creative mind, whether for the first time in a while or for the first time ever.

To book ring 015242 97177 or book via the website www.KirkbyLonsdale.info

Face to Face Phoenix Programme at the Lunesdale Hall

We plan, subject to government guidelines, to begin this programme on Sunday 23rd May.

If you're looking for a livelier way to de-stress, try the *KirkbyTowntastic* programme, which will take place both in and outdoors. This adventure starts at the Lunesdale Hall and moves into Kirkby Lonsdale with artist Danielle Chappell-Aspinwall letting the historic tales and natural awesomeness of the Lune Valley inspire you. In these dynamic workshops you will doodle, make and draw - uniting as a group to decorate the community's streets with your creations. Try one of the 'KirkbyTowntastic' three-hour sessions, or call by for a Family Friendly drop in session.



Indoors

Starting with a Family Friendly make your own *Light of Life* clay workshop led by local artist Sue Flowers, she will go on to lead a three-week ceramics programme called *Tree of Life*, where you will learn how to make your own ceramic candlestick inspired by popular Mexican folk art. Finally lighting your candles in St Mary's Church in a display of strength, beauty and growth, celebrating with the community as we rise out of Lockdown together.



Booking Information

Phoenix Rising community activity programmes are free and will run online or in Lunesdale Hall. We do ask for a £10 deposit per person or family which will be refunded at the end of each programme. We want this to be accessible to everyone – so please do contact us if this is a problem for any reason.

All courses are designed for adult participation – children are welcome at any of those titled Family Friendly.

More details to follow in the next edition of AKL.



Kirkby Lonsdale Charter Market

The ever-popular Kirkby Lonsdale Charter Market will be opening (at the time of writing) on 15th April, even bigger than it was last year!

The regular stallholders will be there as usual, with many other new traders to such an extent that the market is now oversubscribed! We are expecting a total of 28 stallholders on the 15th April which means every square inch of the Market Square will be taken for the Charter Market! That is just brilliant news – currently there are usually 20 stalls in attendance on a Thursday which is impressive enough, but to fill it to its capacity is even better and hopefully will be a regular occurrence!

There is a great selection of potential new traders lining up to join us – food, drink, jewellery, giftware and other interesting stalls for you to peruse on your visit to Kirkby Lonsdale. And The Book Lounge have announced that they are also extending their stall to accommodate a rather bumper collection of jigsaws!

So, it's all very exciting for the Market which has seen a huge change since July last year and the positive comments are still flowing in! Feel free to let people know about our fantastic Charter Market via the various Kirkby Lonsdale social media outlets – Facebook, Instagram and website! Thank you.

CAR PARKING ON THURSDAYS:

Just a quick favour please. Can you spread the word to anyone you know, including hotels, holiday lets, accommodation providers, overnight visitors, residents, whoever, that there is: no parking on the Market Square from Wednesday evening through to 5pm on Thursday.

It would be really appreciated – thank you.

The Geraud Market Team, Kirkby Lonsdale

Friends of St Mary's

As most of you know, we had intended to hold an Open Gardens event at the end of June 2020; clearly that couldn't and didn't happen.

Several people have asked if we are intending to hold one this year - and the answer is no, we aren't: it would be hard to prepare for one, and then the Government say we couldn't do it, so please watch this space for 2022 !

However we do appreciate your vital support and hope that later this year we can back to hosting more events

Pat France

Chairman, Friends of St Mary's

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Churchyard Regulations

The churchyards are looking spectacular at the moment – thanks to the weather which seems to have favoured the snowdrops, but also thanks to all those individuals who spend many hours mowing, strimming and generally looking after them. If you get the chance when you are out exercising, have a look at what has been happening at St Mary's and St Patrick's.

There are regulations governing churchyards which churches are obliged to follow. If you tend a grave in one of the churchyards please keep these in mind. Their purpose is to help maintain the churchyards in decent order so as to show respect for those who have died and provide comfort to those whose loved ones are buried there. The section in italics below provides a summary.

What can be placed on a grave/headstone is essentially limited to flowers and wreaths. Nothing else is permitted within the regulations. Many headstones have a flower container incorporated in the base and this is the recommended and ideal place for cut flowers. The alternative is a separate container which matches the memorial and sits on the base of the headstone, or is sunk completely into the ground. (This avoids the problems that can be caused by strong winds!). For safety reasons, glass containers should be avoided.

Wreaths or cut flowers may be laid directly on the grave or placed in a sunken container which preferably should be made of unpolished aluminium. Bulbs and small plants may be planted but not a tree, rose bush or other type of bush.

We try and interpret these as sensitively as we can. For example, artificial flowers are not permitted but we recognise that cut flowers/wreaths and rabbits are not a successful combination. So, in some instances, artificial flowers may be the only solution, but please treat them as if they were fresh cut flowers placed on the grave for a limited time rather than a permanent fixture. A small plant in a suitable container on the base of the headstone can be an alternative to planting in the grave.

Before a headstone is in place, it is very appropriate to place flowers at the head of a grave and this may necessitate a temporary arrangement which is removed later.

We also recognise that there may be points in the year which are very significant when remembering a loved one, particularly in the earlier stages of the journey with grief. People may find it helpful to mark this in some way for a limited period. Please be sensitive to the regulations and take care that something temporary does not become permanent.

Over the months, items can begin to accumulate on or around headstones. As we begin the new mowing season, it would be very helpful if those who tend graves could make sure everything is tidy, and that any items that should no longer be there are removed. This will make the job of mowing a lot easier and it will make sure that we can maintain the churchyards in accordance with the regulations.

Rev'd Richard Snow



"I'm really worried about my elderly relatives being targeted by coronavirus scams - are there any warning signs that I can tell them to look out for? What should they do if they think that something is a scam?"

Common scams we're seeing are about bogus testing kits, coronavirus vaccinations and government refunds or fines. You should watch out for messages about coronavirus from unusual email addresses or phone numbers, and shouldn't click on any links. Be aware that you won't be asked to pay for coronavirus vaccinations - they are provided for free by the NHS.

Here are some general warning signs to look out for:

You suspect you're not dealing with a real company – for example, there's no postal address. You've been asked to transfer money quickly or to pay in an unusual way – e.g. through a transfer service like MoneyGram or Western Union. You've been asked to give personal information like passwords or PINs. You haven't had written confirmation of what's been agreed.

If you think something is a scam you should hang up the phone, close the website, or shut the front door. Never feel pressured to make a decision straight away, and don't give out personal details or money unless you're certain that they can trust the person. If you feel threatened or unsafe you can ring 999.

For help with online scams, contact a Citizens Advice Scams Action adviser by calling 0808 250 5050. For more information about other types of scams, visit the Citizens Advice website.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems.

Call 015394 46464 - from 9:30 – 2pm

Adviceline: 03444 111 444

email advice via our submission page on our website www.southlakescab.org.uk

Help to Claim (Universal Support): 0800 144 8 444

Thank you!

From The Community Cupboard, Community Hub & Community Lunches

It is now nearly 12 months since The Community Cupboard and Hub began, and we would like to take this opportunity to say a huge thank you to all those who have supported us, and continue to support us, in so many different and wonderful ways.

Thank you to those local businesses, groups, organisations and individuals who have given so much - whether this be through financial donations, volunteering their time & support, or donations of food, equipment or provisions. Many donations have been made privately and anonymously - please be assured that your generosity is extremely appreciated, and your donations are making a real difference – thank you.

We would also like to acknowledge the support of the Town Council, who recently agreed to provide a grant to support us over the next 6 months, and who, together with the rest of the community, will help to ensure we can provide a safety net of support for those who continue to suffer from the ongoing impact of the Covid-19 crisis.

With sincere thanks,

The Community Cupboard Committee

If you, or anyone you know, needs support from The Community Cupboard please go to www.klcommunity.co.uk for more information and instructions on how to register. Alternatively, please email enquiry@klcommunity.co.uk or call the Community Hub on 015242 36404.

The Hub is also available to anyone who is self-isolating and needs help with tasks such as shopping, and is open 10am-1pm Monday to Friday.

CANS

In December 2020, a joint parish council group CANS (Councils Against Noise and Speed) was set up in response to resident complaints about the disturbance caused by motorcyclists breaking noise and speed and limits in the Yorkshire Dales National Park and Lune Valley. CANS represents parish councils in Lancashire, North Yorkshire and Cumbria (see below) and is a campaign group which aims to ensure the law is being enforced on noise and speed limits.

We are encouraged by the Chief Constable of North Yorks, Lisa Winward's proposal to hold several 'days of action,' at the beginning of the 2021 season. These include 'an uplift in the number of safety camera vans and an uplift in traffic officers for stopping vehicles and the conducting of physical examinations for construction and use offences'.

The Rotary Club of Lunesdale

On 25th February the club was privileged to have a speaker from the lesser-known part of the medical profession. Members welcomed Kadaba Srinath Vasuden who likes to be called simply Vas. He is a member of the Rotary Club of Blackpool Palatine. It was a surprise to hear, early on in his talk, that as a one-year-old toddler he had been the victim of polio. It was learning about the global Rotary commitment to rid the world of polio that attracted him to become a Rotarian himself.

He gave a fascinating talk about his work and that of his colleagues referring to himself and them as The Backroom Boys. His subject is Histopathology which is the diagnosis and study of diseases of the body's tissues. This involves examining under a microscope tissues and or cells. The results of such detailed examination help clinicians to manage a patient's care. Vas explained that the common concept of a pathologist is a person who examines dead bodies. He emphasised however that the examination under a microscope of tissues and cells is a vital process which assists in determining the cause of problems very much in the living!

On March 4th Stephen Hinde, a retired police officer, also gave an excellent talk. He spoke about his career in the force and his involvement in solving the cases of 3 murders. On 11th March Graham Jackson gave an extremely interesting talk about the history of legal dress. He spoke about the use of vibrant colours of the robes worn by the judiciary eg scarlet, gold and blue, the materials used including silks, taffeta, and white fur plus an explanation about the different types of wigs worn. The result of being confronted by such impressive attire can be very intimidating to the criminal in the dock!

Keep well, keep safe. Lilian

With the support of the YDNPA and local MPs, Rishi Sunak, Tim Farron, Julian Smith and David Morris, the CANS campaign will press the police and highways authorities to sustain and develop these and other measures so that everyone can enjoy the unique beauty and tranquillity of the National Park.

Hamish Wilson

Chair of CANS (Garsdale Parish Councillor)

The following councils have representatives on CANS: Kirby Lonsdale, Casterton, Barbon, Middleton, Sedbergh, Garsdale, Hawes and Abbotside, Ingleton, Ireby and Leck, Burrow-with-Burrow, Melling with Wrayton. Nick Cotton (Sedbergh and Kirkby Lonsdale County Councillor) and Kevin Lancaster (South Lakeland District Councillor) are also members.

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KL Gardening Association

With the arrival of spring and renewed optimism we are looking forward to resuming the activities of the Gardening Association and meeting up with fellow members.

The current restrictions unfortunately mean that our normal Plant Sale in May will not take place this year, however, I am hoping to organise garden visits as usual in June and July assuming that from 21 June 'all legal limits on social contact are removed'.

We are also pleased to announce our intention (pending no further lockdowns) to hold our Annual Flower & Vegetable Show on Saturday 21 August in the Lunesdale Hall. This event which is a highlight in our calendar, encourages members and those from the local and wider community to showcase their achievements and expertise in horticulture and home industries. It is also a wonderful opportunity for children to demonstrate their skills and creativity. Details of the schedule will soon be available so we can all start to plan ahead, consider our entries and have something enjoyable to look forward to.

For further information please contact Rosalind Buckland, Show Secretary, by phone (015242 98587), by email (rosalind.buckland@btinternet.com) or speak to any of the Show Team: Barbara Dale, Maureen Dwyer and Linda Ashworth.

We are planning to resume evening speakers from September onwards in the Lunesdale Hall and to issue a new programme in early June, detailing summer garden visits, the Annual Show in August and continuing through to March 2022, then we will be back on track for the next programme beginning as usual in April.

The committee decided last year that in view of the lack of activities we would not collect subscriptions for the year beginning April 2020 but would consider last year and this year beginning April 2021 as one membership year. Any subscriptions already collected will be held over and those not collected last year will therefore be collected when the new programme is distributed in June.

If you wish to receive notifications about the Gardening Association by email, please register your interest via kirkbylonsdalega@gmail.com.

New members are always welcome to join our group – for further information please contact Membership Secretary, Maureen Dwyer, tel 015242 72594.

Let's hope it won't be too long before we are all meeting up again!

Margaret Clarke, Events Secretary

Tel 015242 72045

KL Archive Adds Vintage Films

It's a few years now since KLDCS and the Christopher Robins Trust first launched the Kirkby Lonsdale Archive website. We started with just a handful of photos but since then the site has grown to having over 350 old images, kindly shared with us by local families, then painstakingly scanned and uploaded.

We've now also started adding cine films and other old movies, and are keen to find more. John Wane's film of Main Street transports you back to a simpler era when all the shops were run by families over generations. And then there's the film of Mary Shuttleworth's memories of WW2, playing in KL's own ladies football team 'The Grasshoppers'. Maybe if you have some old cinefilm or oral history recording we could share them here too?

<https://www.kirkbylonsdalehistory.info/archive-collections/>

The site also has some wonderful old Kirkby audio stories, with many told by our very own George Harrison who sadly passed away in January. George was for many years the font of all knowledge when it came to Kirkby's history. His stories of 'the Vicar Who Cursed Kirkby', 'the Monocled Mutineer' and 'the Story of Platos', to name just a few, paint a very different picture of Kirkby than the one we know today.

<https://www.kirkbylonsdalehistory.info/special-interest-stories/audio/>

I was invited to get involved in the archive by John Short, shortly before it was first launched. I grew up and Kirkby and have spent many years trying to capture and save old memories and pictures of the town for my own film projects about the 1930s and 40s. But the KL Archive has a far wider remit to preserve a much broader range of the town's history - something we can share and enjoy now, but also a repository for future generations.

Work enlarging the collection continues, thanks to both volunteers, skilled technicians, and essential funding from the Christopher Robins Trust. If you haven't already visited then please go along and have a browse, and if you have any old film or photographs you'd like to share, get in touch!

<https://www.kirkbylonsdalehistory.info/contact/>

John Hamlett

Edmund German

Robert German and family wish to thank all those who offered condolences, cards and flowers following the sad passing of Eddie, beloved father and grandfather. We would also like to thank the staff of Westmorland Court Nursing Home, the NHS and Catherine who cared for him so well before he died peacefully on February 16th.

Many thanks to all. **Robert German**

Kirkby Lonsdale and District Civic Society



Reconstruction of a Thorns house: 90% accurate from the investigations.

On Monday 8th March, the Civic Society hosted an engaging talk by Dr David Johnson, a landscape archaeologist and author of six books on the heritage of Northern England. Dr Johnson charted the history of Thorns, an abandoned settlement near the Ribbleshead Viaduct into which he has recently finished leading a four-year archaeological investigation for the organisation Stories in Stone, sponsored by the Heritage Lottery Fund.

Extant records of the site date back as far as 1189 when Furness Abbey purchased the Thorns estate for the princely sum of £600. Dr Johnson showed, however, that its vast network of boundary ditches most likely predates the monastic occupation. Although the site was not one of the Abbey's biggest earners, it was nevertheless a stable community that successfully weathered the tumultuous Dissolution of the Monasteries, far outlasting the disestablishment of its monastic owner in 1537. By the 18th century, Thorns occupied an important location on a North-South packhorse route and its farmers could find eager buyers for their live-stock at weekly markets held near-by the local Gearstones Inn. Despite this, stewardship of the farms became increasingly untenable over the course of the following century due to a collapse in livestock prices and the community fell into terminal decline, eventually being abandoned by 1891.

To this day, Thorns has been largely forgotten, its buildings left to collapse and its heritage consigned to distant memory. Thanks to the work of Dr Johnson, however, the site has been given a new lease of life; not

only has his team of volunteers made the first-ever archaeological survey of the settlement but its surviving monuments, most notably the old packhorse bridge at Thorns Gill, have also been conserved for future generations.

During this process, many features of interest have come to light, not least a series of apotropaic symbols in a barn (symbols intended to ward off evil spirits such as 'daisy wheels': do Google them!); a kitchen fireplace with its fire-basket buried intact; and most excitingly, a unique 'forenoon' bottle, for taking refreshment to the fields, in the characteristic yellow on brown glaze of pottery made in Burton-in-Lonsdale, dating to between 1780 and 1820 which can now be viewed at The Folly in Settle.

Possibly the most comprehensive project of its kind in the Yorkshire Dales National Park, the findings at Thorns far exceeded expectations and you can read all about them in a book available from the Yorkshire Dales Millennium Trust <https://www.ydmt.org/shop>

Also, to celebrate the release of the revised edition of his book, Ingleborough: Landscape and History, Dr Johnson has recorded a series of short videos for Stories in Stone, each providing an overview of a different aspect of the area's history. These, and many more, can be found at www.storiesinstone.org.uk/Events-Training/Upcoming.

Please note: Thorns is on private land and cannot be visited.

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Advertising on the Kirkby Lonsdale website is very easy, and great value for money as well. There is one simple quarterly price of £90 and each advert is shown on every page throughout the website. Kirkby Lonsdale Chamber of Trade members' enjoy a discount of 50%.

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KL WI

*As I walk my hour a day, a golden army line my way,
Stood to attention tall and proud, paraded together, a nodding crowd.*

*Wild, strong and free they grow against stone walls and in
hedgerow,
Dancing and swaying in the breeze, sheltering under the
budding trees*

*A fanfare of trumpets, glowing bright, dazzling rays in the
spring sunlight...
Telling the world that spring is here...*

It's now over a year since Julie Callaghan submitted this poem for one of our KLWI competitions and much has happened since! As Spring gathers pace and the hope that comes with more and more of us receiving our Covid vaccines, we're now able to start to think about the return of our monthly meetings. Lisa Smith, Ginger Bakers will be our guest speaker for our first meeting on Weds 7 July. A revised programme will be available shortly.

A few days before on Sat 3 July we'll be holding the KLWI afternoon tea for all our members, friends and families to celebrate the first NHS, Social Care and Frontline Workers' Day (Mon 5 July) so offers of help, cakes and tray bakes will be gladly received. More details will follow but we hope to see to see you there.

Well done to Dee Edmundson, the winner of our March competition, His & Hers Coat hangers with an extremely creative entry. And just a last reminder that if you haven't paid your subs yet, they are due now so please don't forget and miss out.

Contact Us: Remember, if there is anything you need, there are many ways in which you can keep in touch.

Amanda

Tel: 015242 98587 / 07765480943

Email: kirkbylonsdalewi@gmail.com

Web: www.klwi.co.uk

Insta: kirkbylonsdale_wi Fb: Kirkby Lonsdale WI

Plant Sale

Tunstall Church

Saturday May 8th 10.30am to 1.00pm

The Tunstall Church Trust is organising a plant sale in aid of the church on Saturday May 8th from 10.30am to 1.00pm in the churchyard. Our previous plant sales have been well stocked and the prices are competitive, so please put this date in your diary for a really nice morning at our beautiful church, with lots of plants on sale as well as a produce stall, refreshments and a raffle (Covid rules permitting).

Dyslexia Friendly Books

New to the Book Lounge, these books are published by Barrington Stoke using a dyslexia friendly font on a creamy coloured paper, designed to assist dyslexic children in their reading. Books are labelled with a reading and interest age. Having been a school librarian for 13 years I know how vital these books can be to help and encourage confidence in reading.

The books are written by well-known authors such as Michael Morpugo, Alan Gibbons and Malorie Blackman and are edited by experts to ensure unnecessary words don't hinder comprehension while the text will still challenge the reader. Lots of illustrations to break up the text and keep the story moving with short, sharp, unpatronising content matched to the age of the reader.

I have free catalogues and information leaflets for parents and will be making up some information packs to give away to the first 10 customers. Many thanks to the Christopher Robins Charitable Trust for supporting making it possible for me to support dyslexic children.

We'll be opening our doors again on the 12th of April (all being well), and I'm really looking forward to seeing everyone again.

Valerie, The Book Lounge

KL Volunteer Drivers

I hope all the lovely people we have helped in our area in the past are safe and well. Although we are still being affected by the pandemic, I have several drivers who are willing and able to offer their driving services to everyone who needs us. If you need a lift to the surgery or hospital or anywhere else in the area please get in touch and we will do all we can to help you. The cost is 45p per mile, from the driver's home and back, payable to the driver.

Please telephone me on 07788522511 giving me as much notice as you can and I will call you back. I will do my best to find you a driver.

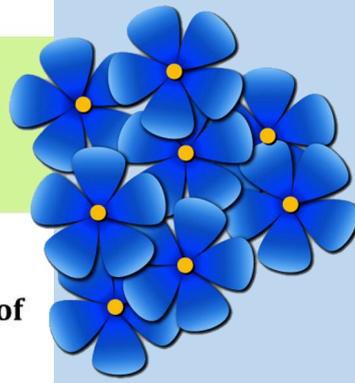
Ruth Hart

Swimming Pool

The Lune valley swimming Pool re-opened on Monday 8th March to provide weekly swimming lessons for local schools. Staff training ensured that the latest lifeguarding/first aid guidance and Covid procedures were in place. Our next big step is for General Public Sessions which, subject to government legislation, will commence on 12th April. Please check out our website and the revised operating guidelines and timetables when published. Above all come back and enjoy your pool again, we so look forward to seeing you.

www.lunevalleypool.com (01524) 805666

Easter Trail



Follow the trail of 8 eggs around St. Mary's Churchyard to explore the story of Easter together. Take your favourite food with you for the journey!



Adapted from TatH.co.uk/easter-trail

Forget-Me-Not!

This year has been truly extraordinary. It's a year we'll never forget.

It has been a time of loss and pain but we've also witnessed great love, compassion and community strength.

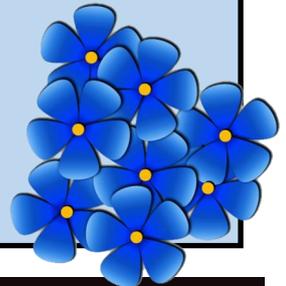
Plant your gift of seeds as a sign of hope and a reminder that we will never forget all that we have both lost and gained.

As we celebrate Easter, we are reminded that God is a God of Healing, Hope and New Life!

'May the God of hope fill you with joy and peace.'

LOOK OUT FOR YOUR SEED ENVELOPE!

A gift from kl.church (the church in and around Kirkby Lonsdale)



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