

AKL

Around Kirkby Lonsdale

June 2021

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

Photo ©Maria Booth 2021

The Holy Spirit at Work



I subscribe to an organisation that sends me an email every morning with a painting or picture on it and a short reflection about it. More often than not I just give it a quick glance and then dispatch it, along with a host of other messages, to my 'Deleted items' folder. But sometimes the picture really grabs my attention, like the image shown above, and I find myself returning to it over and over again.

Spirit, Photograph by Timothy Flach (born 1958), 2010, © Tim Flach and Christie's London

I think it grabbed my attention to start with because it made me wonder how on earth did the photographer set things up to capture the bird at this precise moment from this vantage point. Then it grabbed my attention because of the amazing symmetry in the bird's form. It also grabbed my attention simply because it is a picture of a bird in flight: my theology sits on top of an aeronautical engineering background so any image to do with flying connects with something deep within me.

The artist, Tim Flach is an animal photographer and this is what he said about the image: "Despite being quite common, doves hold a special place in our minds and in our myths. Their whiteness and apparent guilelessness... have fostered an association with innocence that has been taken to symbolise everything from the Holy Spirit in Christian mythology to fertility in Greco-Roman culture. The dove also crops up in Islam, whispering as an oracle into the ear of Mohammed".

When I read his commentary on the photograph, I also thought of the important part played by a dove in the story of Noah and the flood; a dove was the bearer of good news in the form of the freshly plucked olive leaf it held in its beak when it returned to the ark, signalling that the flood waters had subsided. We all need signs of hope or encouragement from time to time. Perhaps the dove in the picture is carrying something in its beak only we can't see it from our viewpoint.

The picture also made me think of the psalmist who was facing terrible danger and wrote, or sang, 'O that I had wings like a dove! I would fly away and be at rest'. All of us have probably felt like that at some time or other. Perhaps the dove in the picture is moving from a place of danger to a place of safety

As Tim Flach notes, in the Christian tradition the dove is a

symbol of the Holy Spirit; the mysterious unseen presence of God. The picture has a mysterious and marvellous quality so it captures something of that. At the same time, the dove in the picture is real and alive and I firmly believe that is true of the Holy Spirit. I also agree with the theologian who refers to the Holy Spirit as 'The Spirit of Life' meaning that those uplifting moments we experience of joy, encouragement, peace, hope, freedom, creativity, inspiration, wonder ... are, in fact, the Holy Spirit at work.

Rev'd Richard Snow



Pic by Chris Hoyle



Pic by Robin Ree

THE CHURCH OF ENGLAND

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View from the Bridge

My view this month is from the galley whilst my den is redecorated and my collection of railway tapestries and pictures are all gathered together in one room. My galley is the next to be redecorated and that will house my Kirkby Lonsdale collection. The hall is desperate for a makeover and hopefully will be done in August and will be transport themed.

On with 'The View'! At our council meeting at the beginning of May I was re-elected as chair of the council for another 12 months – a position I am proud to hold. Last year due to lock down and not being able to hold meetings even on Zoom I just automatically carried on the position from the previous year.

Our June meeting will be on Zoom: we consider this the safest option still for the time being because we cannot guarantee safe social distancing with a face-to-face meeting and, by law, we cannot prevent members of the public attending.

Hopefully by July we should be able to get back to normal. I will be pleased, especially for the monthly 100 club draw when our clerk can just pick out three numbers from the bag rather than finding non-members to draw out numbers.

At the time of writing, it is only a matter of days before we enter stage three of the easing of lockdown and so far new cases and hospital admissions seem to be declining. I have had both my jabs now with no side effects. We should thank the Lunesdale Surgery staff; they were marvellous and worked with military precision. I never saw more than three in the queue.

We still have a band of volunteers collecting prescriptions and other essentials for those unable or unwilling to go out yet, as well as the community cupboard. And, yes, we mustn't forget Mel and Kerry and their team for providing a hot meal once or twice a week.

Kirkby Lonsdale has many groups, from voluntary organisation to clubs and societies and they are always on the lookout for help. Details of most are in AKL; giving a couple of hours a week can be so rewarding in many ways.

June 9th is the next meeting of the town council on Zoom. For the link to join please email the clerk at kevtherev7@hotmail.com up to 7 days prior.

My thanks to my fellow councillors and Diane for her help and for producing one of the best parish magazines.

Best wishes

Cllr. Geoffrey Buswell

The Rotary Club of Lunesdale

On 15th April club members enjoyed a talk by a visiting Rotarian John Blowes entitled 'Renewable Energy For The Home'. We should all be aware that the planet's resources are being used up rapidly as the world's population grows and look to find ways to reduce our consumption. Since then, we have had a business meeting and an AGM. On Thursday May 6th the club celebrated its 46th Charter (birthday) anniversary on Zoom. It was a pleasure to welcome District Governor Welma Robinson plus guests from several other Rotary Clubs, together with family and friends. It was another of those occasions when the technology of the Zoom facility was invaluable e.g. I was able to welcome a member of my family, currently working in Dublin, to that meeting.

Paul Whittaker, who is profoundly deaf, was our guest speaker and it was very appropriate that he should be our speaker during Deaf Awareness Week! It was an absolute delight to listen to his talk. He is a talented musician and a real showman with a great sense of humour. He told how when growing up he was a quiet and shy boy but gave great credit to his super mum for him now being positive, full of confidence and willing to try new things. He ended by playing the music of, singing and signing the lyrics of 'Bridge Over Troubled Water' which was very emotional.

Next month members will welcome a new President and I shall hand over to my successor after what has been a very different year.

Keep safe, keep well Keep well, keep safe.

Lilian

The Fairbank Society Strawberry Tea

We would like to invite you once again to our annual Strawberry Tea. As in previous years, we will open our lovely gardens to anyone who would like to visit to find out more about The Fairbank Society, meet some of our residents, staff and trustees and enjoy a free tea with strawberries.

We will be happy to show you around the houses (The Gables and Travers House) and answer any queries you may have without obligation. It will be an opportunity to meet our new manager so please come along between 2.00pm and 5.00pm on Saturday July 3rd 2021. Entrance is free but there is no parking available. Please note that we fully comply with all Covid policies and would kindly request your co-operation with measures in place on the day.

We're looking forward to meeting friends old and new so please do come along. If you would like more information please contact Janet on 015242 71077.

Family Project

As I write we are just a few days before Monday 17th May when people with 2 households or 6 people will be allowed to meet inside and you can hug your friends and relatives once more. This is an exciting time after over a year of restrictions. In this moment, there appears to be light at the end of the tunnel! The Family Project is cautiously optimistic about what this means for activities in the summer.

Messy Church is having its first meet up in person on the 6th June at 3pm. This will take place on the Glebe Field (near Ruskin's View) and we invite you to bring a picnic along for the event too. Our theme is 'Good things coming out of difficult times'. There will be several activities to enjoy plus our Messy story. For more information, please email me : klmessychurch@gmail.com

At the end of July and throughout August there will be a summer trail around the Graveyard at St. Mary's Church. We hope this will be a fun thing to complete on family walks for locals and any visitors you have to the area. Please let us know if you enjoy this trail or if you can think of anything that might improve this as we welcome feedback.

On July 10th at 2pm on the Glebe Field (next to Ruskin's View) we will be hosting a Muddy Church. Together we will be exploring the Glebe, creating something that can be used in the community and exploring the idea of God being found in nature and the past, present and future. Please do come along. You will need to sign up using Eventbrite so please email me for a link: klmuddychurch@gmail.com

We look forward to seeing you at some point during the summer months!

Lol

Tools with a Mission

With Britain in the lead against Covid, there is talk of 'getting back to normal', but 'normal' wasn't working, so we should heed lessons learned and try to do better.

Tools with a Mission is just such an organisation. They send tools to Africa to enable people to set up a business or trade, and anyone locally to Kendal area with unwanted tools can contact a lady in Natland on 015395 60198 who will arrange collection. Agricultural, builders, carpenters, electricians, motor mechanics, plumbers, power tools, sewing machines, knitting, haberdashery.

These are refurbished and sorted into trade kits and distributed around Africa. No lawn tools can be taken. For further information on Tools with a Mission contact post@twam.uk or 01473 210220.

Frank Sanderson

Plastic Free - Kitchen & Laundry

Another place where we accumulate a lot of plastic is in the kitchen and laundry. FACT: Persil produces 4.6m plastic bottles each WEEK! However there are ways we can combat this.

1. Use a wooden washing up brush with a replaceable head. When worn out just replace the head, not the whole thing and pop it in your compost.
2. Get rid of those plastic sponges. There are compostable sponges available that do just as good a job. Most compostable sponges are washable and last much longer than their plastic equivalent and don't leave microplastics everywhere. Same goes for paper kitchen towels: use fabric or compostable ones that can be washed and reused.
3. Get rid of cling film and tin foil. There are so many products out there now that can replace both of these items. Agreena is an amazing product made from silicone that can replace cling film, tin foil and also acts as a baking sheet. How about replacing cling film with beeswax wraps or vegan wraps. Use recycled plastic containers instead of wrapping everything up individually. What about investing in cotton bowl covers? Dowbiggins Crafts in Sedbergh make an amazing selection for The Zero Pantry in an array of fabric designs to match any kitchen colour scheme.
4. How about trying washing-up soap rather than liquid? Lasts longer so saves money in the long run and guaranteed to not contain any microplastics.
5. Join the refill revolution! All cleaning products that you use in your kitchen and laundry are available on a refillable basis at The Zero Pantry. Laundry powder, dishwashing powder and rinse aid are all stocked.
6. Learn to love coconut. Everything can be made from the husk of a coconut: scrubbers, dish brushes and soap mats. Such a versatile natural product, why wouldn't we use the whole thing?
7. Try an Ocean Saver – concentrated cleaning liquid contained within a plant-based pouch. Pop it in your spray bottle, add water, shake and the whole thing dissolves to become that cleaning product. Available as a glass cleaner, kitchen cleaner, bathroom cleaner, anti-bacterial spray, multi-purpose and floor cleaner.

As you can see there are many options out there and I have only touched on a few. Although many eco-friendly products are more costly to begin with you will find that they normally last longer than their plastic counterparts and are better for you and the environment.

Kim Bradshaw
The Zero Pantry

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Learn to Meditate Session 1

Saturday 5th 10.00am-12.30pm

New Moon Meditation Group

Monday 7th 7.00pm-8.00pm

Learn to Meditate Session 2

Saturday 12th 2.00-4.00pm

New Moon Yoga Online

Sunday 13th 11.00am-1.00pm

Living in Harmony Summer

Sunday 20th 10.00am-5.00pm

Full Moon Meditation Group

Monday 21st 7.00pm-8.00pm

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KL Gardening Association

As events start to open up more widely, we are hoping to firm up our plans for garden visits after 21 June when limits on social contact are due to be removed.

Our current plan is to have a members' sociable gathering and plant sale in a garden in Kirkby Lonsdale on Saturday 26 June. The visit to Fernhill Coach House, postponed from last year, will now take place on Wednesday 21 July and we plan to have a Sunday afternoon visit on Sunday 1st August to two nearby gardens.

All these visits will be in members' cars with car sharing where possible. Full details of our garden visits will be in the new programme to be delivered to members in early June.

Also with the programme will be the Show Schedule for our Annual Flower & Vegetable Show which will take place on Saturday 21 August in the Lunesdale Hall. This will enable everyone to plan their entries for the show.

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

New members are always welcome to join our group – for further information please contact Membership Secretary, Maureen Dwyer, tel 015242 72045.

Looking forward to meeting up with members again!

Margaret Clarke, Events Secretary

Margaret Mason

On Friday May 21st in St Bartholomew's, the funeral took place of Margaret Mason, whose sad death marks the end of a 200-year period within which members of Beckfoot's best known family had lived continuously in the house named Underbank, originally a farmhouse, built in Low Beckfoot in the early 1800s.

The farmer's name was John Huck, whose great-grandfather Valentine Huck came originally from France or Holland in the 16th century – the name Huck (and the term Huguenot) may have been derived from that of the leader of the Geneva protestant movement, Besançon Hugues. John Huck's granddaughter Jane married Thomas Mason, who in turn married a member of the Willan family of High Beckfoot. The unmarried sisters Betty (died in 2010) and Margaret were the last members of this Low Beckfoot family.

Hubert Montagu-Pollock

A seamless change

Kirkby Lonsdale's historic Charter market, held every Thursday in Market Square, is anticipating a busy summer, as more people enjoy holidays and short breaks closer to home.

The market itself has attracted more traders since Covid restrictions were lifted, and it's hoped this will continue throughout the coming months.

The company which ran the market on behalf of the town's Community Interest Company has been hit by the effects of the pandemic and withdrew from local involvement at the end of May.

A CIC Director, Allan Muirhead, explained that the CIC invited expressions of interest from people able to take over the day to day running of the market. 'We're delighted with the response we've had,' he said. 'Local traders came forward with a plan, and several other parties came up with proposals which would ensure the market continues without interruption.'

'We're in talks with our market traders who are keen to keep things local, but at the time of writing, nothing has been finalised. The market, which is thriving and offers a wide range of goods and services, will nevertheless continue to take place. It gives the whole town's economy a weekly boost, and is a major attraction for residents and visitors.'

Photocopying at The Book Lounge

Just a reminder that The Book Lounge provides a range of photocopying services. A4 and A3 in both colour and black & white, scanning and laminating. You can also email documents for printing to photocopying@lunesdalebooks.uk

We also sell reams of printer paper.

Valerie

Clearbeck Garden Calling!

Peter and Bronwen Osborne look forward to welcoming you to the garden in Tatham (LA2 8PJ) again this year.

Opening Dates will be:

Sun May 30th & Mon May 31st 11am to 5pm.

Sun June 27th 11am to 5pm

Light Refreshments, Plant Stall & Quiz for Children. Dogs on leads.

Admission £4 Children Free.

The Garden is signed from Wray and Low Bentham.



Your Play Park Needs You!

Kirkby Lonsdale Play Park was left through a covenant to the children and young people of Kirkby Lonsdale during the 1920s.

As a result, fundraising efforts of the local community led by parents and volunteers have paid for new equipment over the years, with the land and maintenance of this area being preserved due to support from Kirkby Lonsdale Town Council as custodians of the field.

The current toddler area is well-loved and well-used throughout the year and is now in need of significant improvement.

Thankfully, our requests a year ago for funding to support the complete redevelopment of the toddler area has been welcomed by local and national charitable organisations and businesses – with us successfully securing £40,000 of our £45,000 rebuild costs.

Plans have been drawn, tenders were submitted and the successful contractor embraced the key features that makes KL great: the river, Devil's Bridge, our rural agricultural heritage and the underpinning aim of improving accessibility for all.

The new play space embraced the development of access for all, with improved accessibility and safe, stimulating play equipment that will challenge and support the holistic development of 2-to-6 year olds.

We are now down to the last push to raise the final £5,000 needed to ensure that the works can be carried

out in July 2021. We have set up a Just Giving Page and are inviting our local community and visitors to help us raise the last £5,000.

To donate please visit <https://www.justgiving.com/crowdfunding/kirkbylonsdaleplaypark>

Can you support our last fundraising drive? Could you donate £5 or carry out a Sponsored Toddle?

With many thanks to our Funders to date:

Russell Armer Homes

The Freida Scott Charitable Trust

Holehird Trust Fund

Business Lines Ltd t/a Check point Safety

The Hadfield Trust

KL Photo book raised a fabulous £1,125 and The Milking Parlour donated their Christmas Window winnings!

The Christopher Robins Charitable Trust

A shout out for Little Walkers Children's Footwear and our high street shops who started raising funds in store before the pandemic – all donations have been much appreciated.

If anyone would like to sponsor equipment please do get in touch.

Contact our Play Park Administrator: Marie Batty
Tel: 07940031814 Email: mariebatty@yahoo.com

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.

Unless there are changes to the plan for easing restrictions these are the services during June.

Please continue to follow all the social distancing and hygiene guidance.

3 Thu Kirkby Lonsdale	10.30am Holy Communion	20 Sun TRINITY 3	
6 Sun TRINITY 1		Kirkby Lonsdale	9.30am Methodist Service
Kirkby Lonsdale	9.30am Methodist Service		11.00am Morning Service
	11.00am Holy Communion	Preston Patrick	9.30am Morning Service
Preston Patrick	9.30am Holy Communion	Lupton	9.30am Holy Communion
Lupton	9.30am Morning Service	Barbon	10.30am Holy Communion
Barbon	10.30am Morning Service		
		24 Thu Kirkby Lonsdale	10.30am Holy Communion
10 Thu Kirkby Lonsdale	10.30am Holy Communion		
		27 Sun TRINITY 4	
13 Sun TRINITY 2		Kirkby Lonsdale	9.30am Methodist Service
Kirkby Lonsdale	9.30am Methodist Service		11.00am Morning Service
	11.00am Morning Service	Preston Patrick	9.30am Morning Service
Preston Patrick	9.30am Morning Service	Casterton	10.30am Holy Communion
Mansergh	11.00am Holy Communion	Hutton Roof	11.00am Morning Service
			(The type of service may change after AKL goes to print. Please check church notice boards and website— kl.church —for up to date information)
17 Thu Kirkby Lonsdale	10.30am Holy Communion		

The Big Vision Update

Since last month's update on The Big Vision, we're pleased to report that we have now submitted our Expression of Interest (EOI) for funding to the National Lottery Heritage Fund for the redevelopment of St Mary's Church. This is the first stage in the process for applying for funding and, if we are successful, will lead to an invitation for us to make a full and detailed application.

As mentioned last month, we are also working with the Town Council on a separate, but related, Expression of Interest for NLHF funding, for the stabilisation of The Brow and footpath near Ruskin's View, and includes our proposal to open up Cockpit Hill and the Motte to public access. That Expression of Interest has now also been sent in.

We will report on the outcome of these Expressions of Interest when we know.

We have also started the process of identifying a suitable firm of specialist conservation architects to work

with us on the redevelopment of St Mary's. A number of architectural practices with experience of working on Grade One listed buildings have visited St Mary's and have met with members of the Project Team. The next step is for each practice to submit a written response, and then make a formal presentation which we hope will take place in early June.

If you would like any further information about The Big Vision do please get in touch with me, or another member of the Project Team.

Peter Gregson, Chair, The Big Vision Project Team
Email: peter@thebigvision.org.uk

KL Library

Kirkby Lonsdale library is now open to the public every Tuesday afternoon 2pm-5pm for browsing, borrowing and PC use. If you can't make it at this time but would still like to borrow books our Select and Collect Service is still available, please ring 01539 713524 for more information.



This month, Kirkby Lonsdale CIC (Kirkby Lonsdale Community Interest Company) have started their face-to-face programme for the Phoenix Rising Art Taster workshops, an art and wellbeing programme for Lune Valley residents in collaboration with Melling arts organisation Green Close. The face-to-face workshops provide an opportunity for anyone who needs time and space to recharge and socialise in a safe space as the country begins to adjust to the new normal.

The online Phoenix programme came to a close in May, having taken place successfully over Zoom. Gratitude Gallery, a smartphone photography workshop led by artist Ginni Koppenhol, ran for four weeks while Myths and Legends, a mapmaking workshop led by illustrator Kremena Dimitrova, ran for two weeks. Myths and Legends was so successful that the participants and artist decided to extend the workshop for a third week so they could codesign a collaborative map together. This final session will take place in June and the map will be displayed in the window of the Tourist Information & Gift Shop for everyone in town to admire and appreciate.

Now, in light of the latest green lights from the government, Kirkby Lonsdale CIC and Green Close have commenced the face-to-face Phoenix Rising programme at Lunesdale Hall. The face-to-face programme started on 23rd May and includes workshops called Kirkby Towntastic, led by artist Danielle Chappell-Aspinwall, and Tree of Life, led by artist and director of Green Close Sue Flowers.

Kirkby Towntastic is a making and drawing workshop which will take place both indoors and outdoors, offering a livelier way to destress and the opportunity to make bunting which will be displayed around town. Tree of Life is an indoors workshop where you will learn to work with clay and create ceramic candlesticks inspired by Mexican art and nature. There are one day options for both workshops as well as a two-week programme for Kirkby Towntastic and a three-week programme for Tree of Life.

The Phoenix Rising Art Taster workshop programme will be coming to a close this June and art from all the workshops will be displayed across town and at St Mary's Church on a voluntary basis for all the Lune Valley community to enjoy together. As the taster programme finishes, Green Close's wider Phoenix Rising programme will begin and Kirkby Lonsdale will continue to host free art and wellbeing workshops for the community. This wider programme is funded by the Thriving Communities grant from the National Academy for Social Prescribing, Arts Council England, Natural England and Historic England. It will be offered to communities across North and Central Lancashire and South Cumbria to help them recover from coronavirus and rise out of Lockdown together.

Further details and booking information can be found at www.KirkbyLonsdale.info/phoenix-rising/ or by enquiring at the Kirkby Lonsdale Tourist Information & Gift Shop on Main Street.

Phoebe Rodway

Kirkby Lonsdale's Big Lunch

5th, 6th, 7th June 2021

"If you really want to make a friend go to someone's house and eat with him...the people who give you their food give you their heart." Cesar Chavez

The Big Lunch is the UK's biggest annual get-together for neighbours. It's a simple idea from the Eden Project: that as many people as possible across the UK have lunch with their neighbours annually on a weekend in June in a simple act of community, friendship and fun. This year, although we can't all get together in one place we can still celebrate The Big Lunch in small bubbles!

Kirkby Lonsdale's Community Cupboard invites you to 'bubble-up' for the Big Lunch by sharing a picnic online, on the doorstep, or over the fence on Saturday 5th, Sunday 6th June or whenever works for you! Share your mealtime with family or friends and then share your photos with us via Kirkby Lonsdale's Community Cupboard facebook page.

<https://www.facebook.com/klcommunity>

#TheBigLunch #kirkbylonsdale

Big Lunch: what's bubbling up?

Saturday 5th June

Share your mealtime with family or friends in your own 'bubble' and then share your photos with us via Kirkby Lonsdale's Community Cupboard facebook page.

<https://www.facebook.com/klcommunity> #TheBigLunch #kirkbylonsdale

11-3pm Community Group pop-up kiosk at the entrance to the Glebe field (near Ruskin's View). Find out what community projects are currently happening in Kirkby Lonsdale and register your interest in future projects via SurveyMonkey Kirkby Lonsdale Community Survey . (surveymonkey.co.uk)

Sunday 6th June

Messy Church family activities and picnic at the Glebe Field in Kirkby Lonsdale on the 6th June at 3pm. Booking essential as numbers are limited. Email klmessychurch@gmail.com for details.

Monday 7th June

The Community Lunch team are hosting a 'Big Community Lunch' and are inviting recipients of Community Lunches to the Rugby Club on Monday 7th June, to relax amongst friends and enjoy a three-course lunch. For those wanting to get involved or who require transport, or want to help out on the day, please call The Hub on 015242 36404 or email coordinator@klcommunity.co.uk.

1st Kirkby Lonsdale Beavers, Cubs and Scouts will be joining in the Big Lunch festivities on the Monday, with backwoods cooking and picnics! If your child is interested in joining, please email kirkby_lonsdale_scouts@live.co.uk. Wednesday 9th June

QEstudio's Year 10 Food students will be organizing, preparing and hosting their own 'High Tea' on Wednesday 9 June 2021 as part of Kirkby Lonsdale's 'Big Lunch'. Students will use the resources provided by Eden Project Communities to guide them through the entire event planning process, allowing them to apply their food & hospitality skills on a live project, helping connect & support the local community. We'll be sharing recipes and top tips on our Twitter page @QEstudio_PP Please follow us so you don't miss out!



Big Lunch Bubbles!

Add some fun to your Big Lunch with these giant bubbles



1 To Make The Bubble Mix You Will Need

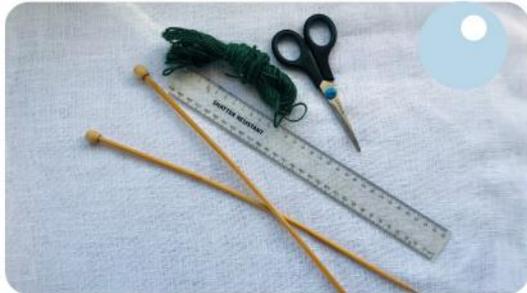
- 1 litre of (hot) water
- 250ml washing up liquid
- 2-4 tbsp glycerine

You can find glycerine in the baking section of the supermarket.



2 Gently Mix All The Ingredients Together

- In a large bowl gently mix all of the ingredients together and leave until cool.
- You can use the bubble mixture straight away but it works even better if you can leave it for a few days!



3 To Make A Giant Wand You Will Need

- 2 sticks (I've used knitting needles but you could use pencils or garden cane)
- 1m piece of string
- 1.2m piece of string.



4 Tie It All Together

- Tie the ends of the shorter (1m) piece of string to the sticks.
- Tie the ends of the longer (1.2m) string to the shorter string to create a loop.



5 Making Bubbles

- Take your bubble mix and wand outside.
- Hold the ends of the sticks in your hands and dip the string loop into the bubble mix.
- Lift the string out of the mix and gently wave it through the air to make giant bubbles!



6 Share Your Bubble Photos

- Don't forget to share your photos with us via Kirkby Lonsdale's Community Cupboard facebook page.
<https://www.facebook.com/klcommunity>
- #TheBigLunch
- #kirkbylonsdale

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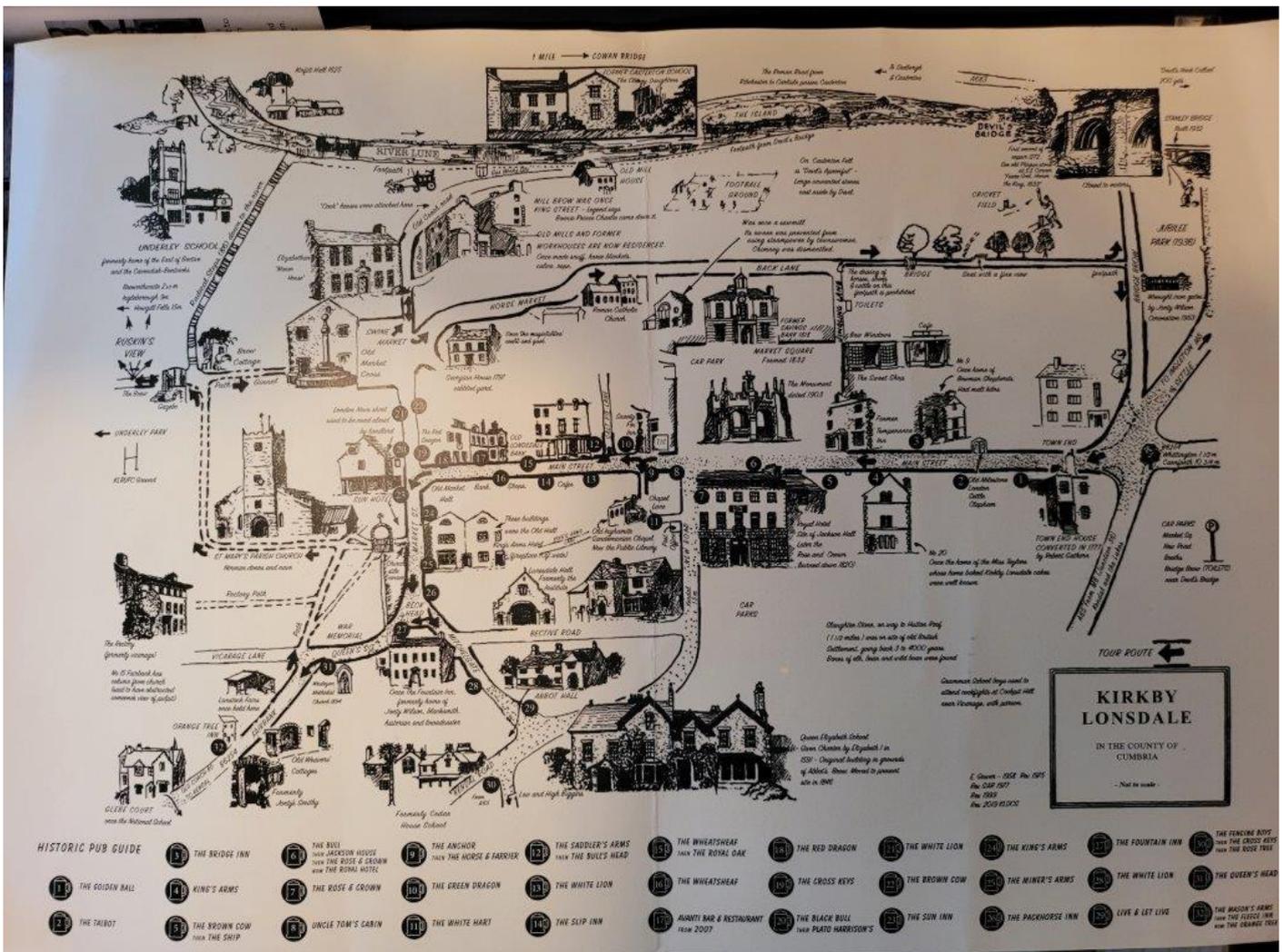
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The Old Inns and Jerrys of KL

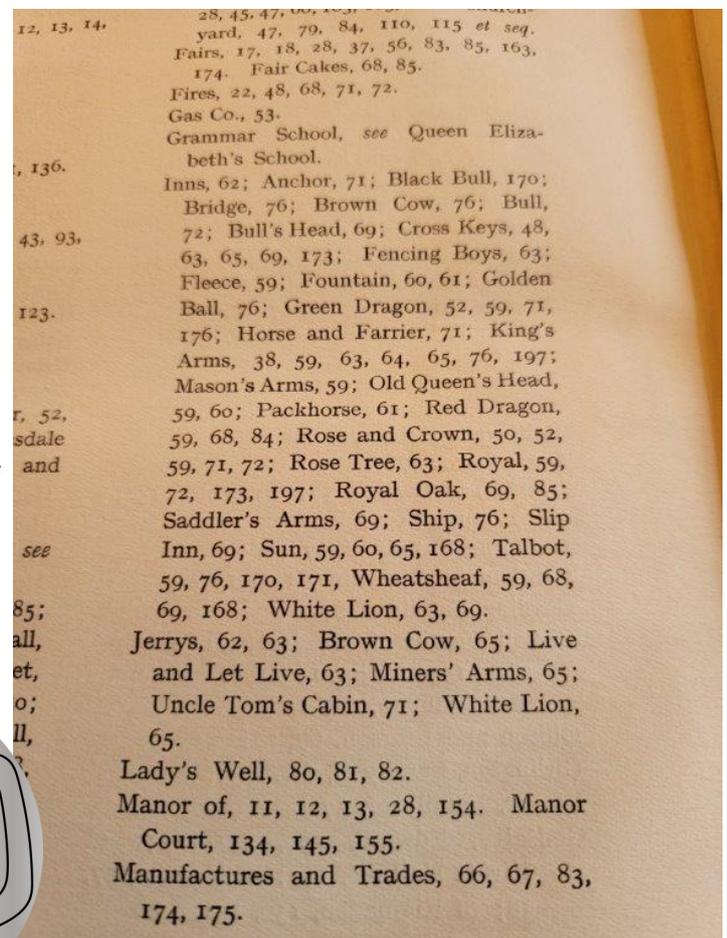
In days of old, pre-Covid that is, The Civic Society decided to update and revise their 'Town Map' and to include the 32 inns and jerrys from past times in the reprint. A 'jerry' is defined as 'a low beer house'.

The starting point was the various references in the index of the 1930 Old Annals of Kirkby Lonsdale by Alexander Pearson, giving their approximate locations and former or present names. Some fortunately have survived but have happily moved on from being jerrys!

As well as the new Town Map, for sale at the CIC, all 32 locations have been marked by a 'dog tag' in the style of a tankard, each laser-engraved with the numbers 1-32. All of these numbered tags are now fixed with due permission, to doors and doorframes around the town, so if you have an hour or two to spare before the remaining inns and pubs open, try finding them all, as that's your task for the day!

Mike Marczynski

KL & District Civic Society



KL and District Civic Society

As part of a spring clean and welcome back to our visitors the Society have carried out a full inspection of the benches around town some of which have fallen into disrepair. There are more than 50 benches placed around town, in the churchyard or by the river, the majority of which are owned and maintained by either the Town Council, the Church or ourselves. With the help of a local tradesman Ian Ashurst we have carried out an overhaul of those most in need.

We chose to repair two of the benches on the A65 at the end of Main Street and replace the timbers, then the two benches on Back Lane overlooking the Cricket ground. In addition it was decided to include the bench now owned by the CIC next to the Tourist Information centre. It has had several coats of paint to the serpent frame and a complete re-varnish of the timber back and seat. All work has been carried out to a good

specification and we hope that residents and visitors alike will approve.

We are delighted with our efforts which have been paid for out of Society funds and are confident that the restored benches have a new lease of life that will last for many years. Many congratulations to Ian on a professional job and thanks to residents who have remarked on the improvements following years of neglect. We also trust that our readers, society members and visitors are happy with the result and can now enjoy the rest and enjoy the views and facilities that our town has to offer.

Finally, we should mention the smaller timber bench at the end of Main Street which was restored during lockdown last summer by Jack Sedgwick, one of our senior residents. It was presented to the town by the Chamber of Trade in 1989 when Jack was a member. (before and after pictures below)



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KL WI

As we emerge from lockdown and restrictions are eased, preparations are underway for our first meeting in July. We're working hard, mindful of the guidelines and risk assessments to ensure that our venue is as safe as they can be for all our members. So, there'll be a one-way system as we enter the Hall and other safety measures in place – something that we've all got used to over the last year. Nothing will be able to supplant the joy of being together again in friendship and fellowship.

So, it's great that so many of you have renewed your KLWI membership for this coming year and fantastic that we have new members joining us too. We look forward to welcoming them to our WI and we have a cracking programme in place, see below, so let's get going! Our first meeting is on Wednesday 7th July with Lisa Smith from Ginger Bakers but don't forget the NHS Tea Party on Saturday 3rd July to celebrate the NHS, Social Care and Frontline Workers' Day. This event will be held in the Lunesdale Hall and will be open to everyone. Please get in touch if you would like to join especially as this year our fee is reduced to £34.00.

3 JULY NHS Tea Party - NHS Social Care and Frontline Workers' Day

7 JULY 'Run, Run as Fast as You Can' - Lisa Smith, Founder, Ginger Bakers

4 AUGUST 'A Fine Art' - Janice McGloine, Artist, Wolf House Gallery

1 SEPTEMBER 'Baa, Baa Grey Sheep' - Diane Hannah, Co-Founder, The Herdy Company

6 OCTOBER 'Caught On Camera' - Amy Bateman, British Wildlife Photographer of the Year

3 NOVEMBER 'Say Cheese' - John Natlacen, Director, The Churchmouse at Barbon

1 DECEMBER 'Shaken, Not Stirred' - Helen Askew, Founder, The Topsy Filly

Congratulations to Faith Mann who won second prize in the 2021 Federation Writing Competition. This was adjudicated by Chris Tyler of the Kendal Writers Café who said that he enjoyed the rich and varied responses to the competition theme of '2020: A Personal Journey', needless to say, many pieces dominated by the strange experiences of lockdown. Well done, Faith.

See you very soon. Do continue to keep in touch and we can be contacted on any of the following:

Tel: 015242 98587 / 0776548094

Email: kirkbylonsdalewi@gmail.com

Web: www.klwi.co.uk Instagram: kirkbylonsdale_wi

Facebook: Kirkby Lonsdale WI

Amanda

Casterton WI

As has become the norm these days, the May meeting of Casterton WI was held via Zoom. A fascinating talk was given by Gordon Fletcher on 'Ice Caps and Icebergs', an account of his visit to Greenland about ten years ago. Illustrated with slides Gordon's talk opened with a comment on the high price of beer! To get to this frozen island, two thirds of which lie in the Arctic circle, he travelled first to Iceland, before landing on an extremely short runway in Greenland.

He compared the icy landscape to the way in which the Lake District would have looked during the Ice Age. Travel is difficult, and although there are cars, there are very few roads, with dogs playing a large part in land-based transport. Kayaking around the icebergs, one of which is said to have caused the sinking of the Titanic, looked both beautiful and exciting. Due to global warming, both icebergs and the glaciers are contributing to the rise in sea levels.

Following the talk members were informed of the sad death of former member, Jean Bagley.

In the business section of the meeting members were asked to vote on the NFWI Resolution – 'A call to increase awareness of the subtle signs of ovarian cancer'. Everyone voted in favour.

The June meeting will again be held via Zoom when Pat Newsham, Guide at Dalemain House, will be speaking. This will be at the normal date and time of Wed, 2nd June at 7.30 p.m. It is hoped that the July meeting will be the last of the Zoom meetings, and that August we will see us back in the Village Hall, able to meet face to face. Before then, however, a garden get-together is planned for some time in July, date to be decided. Everyone is very much looking forward to meeting in person and catching up with other members. Hopefully the weather will have warmed up by then.

Volunteers Needed

Save the Children shop

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KL Community Cupboard

klcommunity.co.uk

The Cupboard is a collection of food and cleaning items from a number of sources; local donations, grants that enable us to purchase produce and vouchers from local shops, Fareshare products which we have intercepted from overstocked produce on its way to landfill and generous gifts from local residents, churches, groups etc.

The items are found on an online shopping site which allows people to request items they are in need of. Unlike larger food banks you don't have to meet any requirements to access food, the stigma attached to asking for help is a big enough hurdle for most people, but it is hoped that those requesting assistance will respect the ethos of take what you need and give what you can. That way there will hopefully be enough to meet needs as they arise, for as long or as short a period that may be for everyone.

Everyone's story is different and none of us know what is around the corner. Please don't leave it too late before asking, we can signpost you to other support services too, sometimes just taking that first step is the hardest. Your request will always be treated with confidentiality and respect.

If you would like to enquire, simply fill in the registration form on our website or ring the Hub for guidance.

To donate to the cupboard, we have collection boxes currently at Cowan Bridge Stores, The Churchmouse at Barbon and in St Mary's church porch. We regularly take donations through to larger food banks in Kendal and Morecambe when we have an excess of items from Fareshare however there are always items that we run short of, currently: squash, tinned soup, tea bags, coffee, cereal, rice pudding, tissues.

Community Lunches

Mel and Kerry continue to provide wonderful hot lunches prepared at the rugby club and delivered to your door by a team of cheerful volunteers on Mondays, along with the option of chilled and frozen meals. The decision

Meet 2 Eat: A New Beginning!

The M2E team are happy to announce plans for this community venture to restart on Wednesday September 8th, 12 noon to 1.30pm in the Methodist Church Hall as before (subject to government guidelines of course).

We hope to offer a choice of soups and puddings plus tea and coffee, and of course a chance to get together, sharing time with friends old and new in a happy and welcoming environment.

As an initial opportunity to reconnect, we have planned

to continue these meals was made on the basis that some people are really benefitting from having a nutritious meal prepared for them once a week, taking away the pressure of meal preparation for just one day of the week, either for those caring for themselves or providing care for family members or partner. Meals can also be requested for unexpected life events such as injury or illness, whilst we can't provide more than a doorstep delivery, we can at least bring a hot meal or two.

A suggested donation of £3.50 a meal enables us to keep this service going along with the generous donations from individuals in our community.

In June we are hoping to offer a hot Community Lunch up at the Rugby Club for those able to walk or drive up, this will be a book ahead meal which can be booked through The Hub and will be a safe environment to meet up with friends old and new who have been accessing Community Lunches through lockdown. We hope these lunches will be a confidence builder for many of us who have been shielding over the past 12 months and a chance to take the first steps back to socialising. Meals will continue to be delivered to those who aren't ready or able to come out. Notices will be posted with more details shortly but we are hoping to commence on Mondays in June.

Don't forget five days a week, hot meals are available, for those unable to prepare their own meals, from Meals on Wheels, a locally run volunteer service which has been running for many years, providing delicious hot meals for those most in need in our community. Contact the Hub for more details of this service.

Community Hub

The Community Hub continues to run Monday to Friday 10:00 to 13:00. Call for shopping, picking up prescriptions etc and enquiries about the Community Cupboard and lunches.

If you ring outside the opening hours, please leave a message on the answering machine and we will get back to you as soon as we reopen in the morning.

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2 dates for us all to meet to enjoy a light afternoon tea on Wednesday July 14th and Wednesday August 18th at 3pm, in the hall as usual.

All are welcome, whether you came to M2E before or will be coming for the first time. Our friendly team are also keen to welcome new helpers, offering whatever time you can spare.

For more information about any aspect of M2E please contact Anna on 07950 475124.

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Readers' Letters

Our Heritage

We are informed that proposals are in hand to create a right of access over Mill Ayre for the benefit of the football club. Mill Ayre, including the island, was owned by the Lowther family from Penrith, who were the Lords of the Manor of Kirkby Lonsdale, subject to the common rights of the people of Kirkby Lonsdale.

The proposal would be an intrusion into these rights and particularly to the quiet enjoyment of Mill Ayre, that we and visitors have enjoyed over the years. The Town Council is the custodian trustee of Mill Ayre and must act in the best interests of the entire town to protect these valuable amenities.

Robin Breay, John Short (residents)

Lockdown Pastimes

Surviving through lockdown has been difficult for many, yet the number of ideas that people and groups carry on is surprising.

At Preston Patrick Memorial Hall, on the A65 near Kendal, a group of Taiko drummers have practised every Monday, much to the enjoyment of the neighbours.

Taiko was practised in Japan since the 6th century and used on a variety of occasions. In modern times it has spread to western countries as a cultural reminder for Japanese immigrants and taken up by western groups.

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