

AKL

Around Kirkby Lonsdale


June 2022

Full programme
of Jubilee events
in June's special
commemorative
pullout

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

Photo ©Jeanette Lawrence 2022

A Life of Service



'In the last 90 years the extent and pace of change has been truly remarkable. We have witnessed triumphs and tragedies. Our world has enjoyed great advances in science and technology, but it has also endured war, conflict and terrible suffering on an unprecedented scale.'

Not my words, but the foreword written by the Queen in a book published in 2016 marking her 90th birthday. The book was called 'The Servant Queen and the King she serves'.

Something that has become increasingly apparent over her 70 years of service is the Queen's faith and the way that it underpins her deep sense of duty, her dedication and everything she has done. In the foreword she went on to say:

'In my first Christmas Broadcast in 1952, I asked the people of the Commonwealth and Empire to pray for me as I prepared to dedicate myself to their service at my Coronation ...'

When Solomon was made king there was an occasion when God gave him a blank cheque. Solomon could ask for whatever you wanted! He famously asked for wisdom. In her first Christmas Broadcast the Queen asked for the prayers of people of the Commonwealth and Empire; a recognition that she needed help. Over the last 70 years, on countless occasions, people have sung a prayer for her, that God will save her. The second verse continues the prayer:

Thy choicest gifts in store on her be pleased to pour,
Long may she reign.

May she defend our laws, and ever give us cause,
To sing with heart and voice, God save the Queen.

Having asked people to pray for her, the Queen made this comment as she looked back over her reign: 'I am

very grateful for your prayers to God and for His steadfast love. I have indeed seen His faithfulness.'

'Steadfast love' is the English translation of one word in Hebrew. There isn't an exact English equivalent. The Hebrew word interweaves love and strength and steadfastness, which is why translators can't just use the word love, but instead use the phrase 'Steadfast love'. It is used of God's love, never failing, and it is also used to describe what God brings about in people who seek him and are open to the work of his Spirit.

I would suggest that what we have seen something of God's steadfast love in the Queen, in the changes that she has lived through and the changes during her reign we have seen steadfast dedication and service. It is good to acknowledge that and celebrate it in all sorts of different ways at the beginning of this month.

More about that inside this special edition of AKL!

Gracious God, we give you thanks

*for the reign of your servant Elizabeth our Queen,
and for the example of loving and faithful service
which she has shown among us.*

Help us to follow her example of dedication

*and to commit our lives to you and to one another,
through Jesus Christ our Lord.*

Amen.

Rev . Richard Snow

THE CHURCH OF ENGLAND

Rainbow Team: Rector: Revd Richard Snow, The Rectory, Vicarage Lane, Kirkby Lonsdale, LA6 2BA, 015242 72044, rector@therainbowparish.org. Team Vicar: Revd Wendy Thornton, The Vicarage, Vicarage Lane, Kirkby Lonsdale LA6 2BA, 015242 73570, wendy.thornton@methodist.org.uk. Team Vicar: Revd Anne Pettifor, Stonebeck, Fairbank, Kirkby Lonsdale LA6 2DU 015242 71904, anne@therainbowparish.org. Distinctive Deacon: Revd Sue O'Loughlin, 60 Paddock Drive, Stonecross Meadows, Kendal, LA9 5FH 07900 530849 sueoloughlin.so@gmail.com.

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C. OF E. SCHOOLS: St Mary's Primary, Kendal Rd, Kirkby Lonsdale, LA6 2DN, 015242 71334. St Patrick's, Endmoor, Kendal, LA8 0HH, 015395 67388.

CHURCHES IN LUNESDALE FAMILY PROJECT: Project Leader Miss Lol Wood, 07413 689311, lol@cilfamilyproject.org.

THE METHODIST CHURCH: Rev Wendy Thornton, Kendal Methodist Circuit, 015242 73570 or mobile 07788 653 000, wendy.thornton@methodist.org.uk.

ST JOSEPH'S RC CHURCH: Back Lane, Kirkby Lonsdale. Sunday Mass, 9am. During the week, as announced. Parish Priest Very Rev. Fr. Michael Docherty, The Presbytery, St Mary's RC Church, Hornby. Tel. 015242 21246.

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Diary

Jun

- Thu 2- Events to celebrate the Queen's Platinum Jubilee
- Sun 5 (see pullout guide for full details)
- Thu 2 Killington Sports, Becks Farm, 5pm
- Mon 6 Hornby Probus Club, Hornby Institute, 10.30am
- Thu 9 The D'Cruz Trio Concert, St Mary's, 11.30am
- Fri 10 Concert, Tunstall Church, 7.30pm
- Tue 14 Friends of Dales walk, 122 noon
- Wed 15 Friends of Dales digital talk, 7.30pm
- Sat 18 Muddy Church, St Mary's Churchyard, 3pm
- Sun 19 Brass Band Concert, Market Square, 11am-5pm
- Mon 20 Hornby Probus Club, Hornby Institute, 10.30am
- Thu 23 Friends of Dales volunteering event, 10.30am

Deadline for Jul/Aug AKL: Wed 15 June

Editorial matters: Please email queries, articles, photos and other submissions to the editorial team at akl@kirkbylonsdale.co.uk

Advertising: For all advertising matters, email: akladvertising@kirkbylonsdale.co.uk.



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Family Project

Jubilee Excitement

We are very excited for the upcoming Jubilee weekend. On Friday 3rd June from 11-5pm, we will be hosting Games in the Park at Kirkby Lonsdale's playpark! This will be a mix of traditional games such as tin-can ally, egg and spoon race, ladder game, slalom, 3-legged race and more!

There will also be opportunities to test your strength with tug-of-war at 12.30pm, 2.30pm and 4.30pm. Parents are invited to bring out their inner competitor and have fun with some parent races during the afternoon too! At 2.45pm we will have a parents' race followed by a parent's egg and spoon race at 3pm.

Every time you play a game you will receive a hand stamp- once you hit 3 hand stamps then you will get a sweet to celebrate! We hope this will be an afternoon of family fun with a bit of friendly competition. We encourage people to come along and cheer too!

We will also have some workshops running throughout the day. This is your time to come and learn a new skill for free! At 11-12pm there will be a Street Dance Workshop at the play park. A chance to learn and try out some signature dance moves. There will also be two 30-minute yoga sessions for the whole family to try. The first one will run from 1.15-1.45pm and the second from 1.45pm-2.15pm. Return at 3.30pm-4.30pm for some dynamic dance fitness with our last workshop of the day which will be a Zumba Workshop.

We cannot wait for this day of fun-filled activity. Come and say hi!

On Saturday 4th June from 11.30-2pm, at Kirkby Lonsdale Methodist Church Hall, to continue to celebrate the Jubilee we are hosting a Teddy Bears' Picnic! We will hear some tales from professional storyteller Keith Donnelley throughout the day. Alongside the storytelling there will be dancing, songs and merriment. Plus, we will

have several crafts to be creative with including learning how to make your own Teddy Bear ears. Around 12-1pm we will serve our Teddy Bears' Picnic, courtesy of Booths. This event is geared towards pre-schoolers and their families, but please do pop by if you are young at heart! Don't forget to bring your teddy bear too!



Here at the Family Project, we are also enjoying Storytime, which is our weekly stories for pre-schoolers every Wednesday during term-time at 11-11.30am at the Book Lounge. Do come and say hello if you have not discovered us yet!

Muddy Church is back! Join us for some fun at St. Mary's Churchyard on June 18th 3.00-4.00pm. We will be making a shield, taking part in a photography challenge, meeting some puppets and much more!

Fell Pilgrims returns at the end of the month on Sunday 26th June, for another opportunity to explore the sacred places of the fells through pilgrimage and discover the wildness of God in the natural environment. This family friendly walk will begin at Barbon Village Hall car park at 9am.

Please get in touch for more information about any of the above by emailing : lol@cilfamilyproject.org

Community Cupboard—thanks for being there!

I would like to say a huge thank you to all the volunteers of the Community Cupboard. Their kindness and acknowledgement of the difficulties some families have encountered, not only during the pandemic but also during difficult times is a triumph.

As a recent recipient of help from the group I can only say that you have made a huge difference to my family. Your group has been amazingly supportive, kind and helped me during a tough time. It really is a phenomenal achievement and I hope you and your very dedicated volunteers realise what a fantastic job you are doing. Keep up the good work!

Sarah Moorby

Kirkby Lonsdale Town Council

Firstly, as the Rolling Stones said: let me introduce myself...

I have been a Town Councillor for a number of years, and at the Town Council meeting on 18 May I had the honour to be elected Chair, at least until the elections in May 2023! I am a retired local government manager and since joining the Council I have tried to help develop a Work Programme for the Council, to give councillors specific roles, to raise awareness of budget issues and to try and make the Council less reactive and more proactive.

I succeed Geoffrey Buswell who, since July, 2017 has been Chairman of the Council. Geoffrey has been an enthusiastic leader and is passionate about the town. Geoffrey initiated CCTV and is largely responsible for the high standards of maintenance of the public areas, leading on the maintenance contract. He also brightens up the town with flags at the appropriate time. The Town Council on 18 May expressed its gratitude to Geoffrey, who remains a councillor.

To complete the picture, Allan Muirhead agreed to carry on as Deputy Chair, for which I am extremely grateful, and the other members of the Town Council are: Issy Bradshaw, Mike Marczynski, Robin Ree, Ed Waller and Maddy Williams. Dave Storey, whom we thank for his work for the Council, has stepped down and the process to find a replacement is underway.

At its meeting in May the main issues debated were: the Brow footpath/Save Ruskin's View; the planning application for 34 houses on Kendal Road; and further financial

support for the Community Cupboard.

As you read this article, the Drop-In Session about the future of Ruskin's View will have taken place. Because of the significance of this issue to the town, the Town Council meeting on 8 June will have an open session allowing members of the public, organisations and businesses the opportunity to put their point of view, before the Council votes on the way forward.

The Kendal Road application has generated a lot of objections from residents of Oakfield Park. The Council objected to the application, considering that: 10 plots should be deleted to retain an existing landscaped area; a second access to Kendal Road should be deleted; and commuted sums should be paid in relation to primary school provision, health care and play space. The final decision rests with South Lakeland District Council.

The Council applauded the work done by the Community Hub and Community Cupboard and agreed a grant of £7,500. It was agreed to review the position towards the end of the year to see if further funds could be made available and to consider including this as part of the Council's annual expenditure.

The Town Council has the ability to address a variety of issues around the town – if there are matters that you think we can help with please email myself (mikeburchnell@gmail.com) or our Clerk, Kevin Price (kevtherev7@hotmail.com).

Mike Burchnell,
Chair, Kirkby Lonsdale Town Council



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015242 36404

For information and practical help for those isolating or finding it difficult to get out of the house.

You can request shopping or prescription pick-ups, pre-book lunches or just a calm friendly voice

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Worried about money? We want to help. Come talk to us before it becomes an emergency.

We can provide basic ambient food on a weekly basis or less frequently as needed to help you get back on your feet. All with complete confidentiality. To find out more and sign up, visit klcommunity.co.uk

COMMUNITY LUNCHES

How to book:

Please call the Community Hub on 015242 36404, the Thursday before. Delivery option available.

Voluntary donation, suggested £5

June Menu

MONDAY 6TH JUNE

Join us to celebrate the Queen's Platinum Jubilee with the Big Jubilee Lunch!

Poached Salmon with white wine and tarragon sauce or Vegetarian Quiche served with new potatoes and seasonal veg

Trifle

- Monday 13th June

Cottage Pie or vegetarian hotpot

- Monday 20th June

Chicken Chasseur

Nut Roast with all the trimmings

- Monday 27th June

Cottage Pie or Vegetarian hotpot



Kirkby Lonsdale and surrounding villages have so many volunteers providing time and talents to enhance the place we live in. Many of these services are carried out behind

the scenes by an army of dedicated people who recognise the value of the gift of time and help to form part of the rich tapestry of our community. The first week in June is National Volunteers week, a chance to say a collective THANK YOU for enriching Kirkby Lonsdale and surrounding village communities and making them such special places to live.



The Contain Outbreak Management Fund (COMF) provides central funding to local authorities in England to help reduce the spread of coronavirus and support local public health.

This is a grant The Community Cupboard received in the autumn of 2021 to purchase a 'safe' venue for the community to use at functions/events, providing a spacious outdoor area with protection from the elements. All the sides are removable, if needed, allowing free flowing air and hopefully reducing viral load. Whilst the current outbreak is reducing in number it is good to know that we have this available for many years to come. The Jurte is 9 metres in diameter and is available for loan to any community groups in our area who are holding an event that would benefit from a covered outdoor space. Please get in touch to discuss admin@klcommunity.co.uk

The Jurte will be in use at the Jubilee celebrations so why not pop a long for a look. It will be in the grounds of St Mary's church. We would like to thank Cumbria County Development team for facilitating this and providing ongoing support to our community.

River Lune Fishing

Are you a local resident or new to the area and thinking of taking up fishing in 2022 to get away from the hustle and bustle of a busy life but don't know where to apply for membership? Here's the opportunity you've been waiting for.

Kirkby Lonsdale & District Angling Association have vacancies for local residents within the civil parishes of Kirkby Lonsdale, Barbon, Burrow, Casterton, Hutton Roof, Leck, Whittington, Mansergh and Lupton. Fees as follows: children under 16yrs, £10 (must be accompanied by an adult); 17yrs-20yrs, £25; adults, £205. Membership fee is £25. These fees are very competitive and are much greater elsewhere. Application forms can be obtained by either writing to the Secretary, Mr D Atkinson, Rockall, Tram Lane, Kirkby Lonsdale, LA6 2BQ or by leaving a message with your phone number, name and address on 015242 71555.

Tight Lines

Tools With A Mission

On two occasions a number of years ago there was a collection of tools in the town. We managed to fill a van on both occasions.

Since the easing of Covid restrictions TWAM's refurbishment workshops and shipping facilities have restarted. Tools With A Mission, is a charity which collects, refurbishes and ships out container-loads of items to set up workshops in Africa. Recipients are trained in various skills enabling them both to work and set up businesses. Incidentally through its work the Charity saves over one million Kgs of CO2 emissions every year.

The list of requirements is large. Carpentry, Building and Agriculture tools are needed along with Knitting machines, Sewing machines, Haberdashery, Computers and much more.

TWAM's web site www.twam.uk/giftsforthejourney gives more information. Call Margaret on 015395 60198 to arrange collection.

Casterton WI

Our annual Resolutions Meeting was held on 4th May. But before the resolution was discussed, various events were highlighted, including the Group Meeting which this year is to be hosted by Barbon WI on 17th May. Popular flower arranger, Joan Bentley, will be demonstrating her skills and no doubt keeping the audience amused with her anecdotes.

A photoshoot of the crab apple tree planted on the Village Green to celebrate the Platinum Jubilee will be held at next month's meeting. Let's hope it won't be raining! There will also be a toast to Her Majesty.

The main event of the evening was a lively discussion on this year's Resolution to be voted on at national level in June – 'Women and Girls with ASD, (autistic spectrum disorder) and ADHD (attention deficit hyperactivity disorder): under-identified, under-diagnosed, misdiagnosed, under-supported'. It was followed by a quiz on various aspects of the WI.

The speaker for next month's meeting – 1st June – will be Ian Gee, the title of whose talk is 'Waterbird - Wings over Windermere'. Waterbird was one of the first aeroplanes to successfully take off from and alight on water back in 1911. The Lakes Flying Company – a registered charity – hopes to set up a heritage centre on Windermere telling the story of the development of early powered seaplanes. This looks like being a very interesting talk.

All our meetings are held on the first Wednesday of the month at 7.30pm in Casterton Village Hall; visitors are always welcome. We are a very friendly group and if you'd like more information about our WI and details of the forthcoming programme have a look at our website: www.castertonwi.co.uk.



**"THROUGH THE ARCHES"
WINDOW COMPETITION**

Casterton Jubilee Weekend

Lighting of the Jubilee Beacon on Thursday 2nd June. Meeting at the village hall at 7.30pm for a celebratory fizz and nibbles then a group walk up Brownthwaite Fell for the lighting of the beacon at 9.45pm. Bring a picnic.

Friday 3rd June at 7.30pm join our fun and foot-tapping party band Boogie Bill Billionaires at our 50s themed party taking place at The Pavilion at Casterton School. All are welcome just come along and join in the fun in themed dress or not. Drinks and nibbles provided.

Saturday 4th June at 11am a celebratory church service to commemorate the Queens Platinum Jubilee at Casterton Church followed by an organ recital at 11.30am.

Saturday 4th June at 3pm A cookery demonstration by Fiona Dodds our resident (and amazing!) chef. Fiona will make the official Platinum Jubilee Tart in our village hall. Come along and enjoy the delicious food and be guided through how to make this special celebratory dish.

Sunday 5th June 1pm to 4pm Street Party – The Pavilion at Casterton School. The street party will take place rain or shine as we have the indoor and outdoor facility. Jacob's Join, please bring along one savoury and one sweet dish for sharing. Live music and traditional games on the playing fields inc Family teams. Cricket, Rounders, Tug of War, Throwing the Wellie, Garden Jenga.

All our events are free but any donation you can make on the day will be gladly received. The above are all community events and all are welcome to join in the fun!!! If you have a problem getting along to any events, please contact Lisa Lodge 07495944559 and we will make every endeavour to help you attend. For more information visit our village website www.castertonparishcouncil.org.uk

Through The Arches Shop Window Competition

A lot of the shops have been working hard to create jubilee themed window displays. Some have chosen a decade to celebrate, others have chosen a general jubilee theme.

Those shops who have entered the competition will display a special poster in their window.

To vote for your favourite window display scan the QR code to vote online or visit The Book Lounge or The Tourist information Office to submit a paper vote. Please submit your vote by 5pm on Saturday 4th June.

The winning window will be announced Sunday 5th of June.

The Rotary Club of Lunesdale

It was a pleasure to support and take part in The Flower Festival at St John the Baptist church Low Bentham. It was held on Easter Sunday and Monday on a lovely sunny, warm day. The event was well attended, and visitors enjoyed the imaginative floral creations on display from numerous local groups. Delicious cream teas were an added attraction!

Members enjoyed an excellent talk about "Project Trust" by Maya Clarke at the meeting on 28th May. This charity offers young people aged 17-25 years in the UK and Europe the opportunity to explore their potential through a teaching or youth development placement in Africa, Asia or Latin America.

Several members have visited other Rotary clubs in our area who have been celebrating a Charter evening. Our own Charter evening was on 5th May. It was the club's 47th Charter celebration. President John Clare welcomed numerous family members, friends and Rotarians from other clubs for the occasion at the Hornby Institute. Everyone enjoyed an excellent meal and the entertainment provided by the vocalist Rachel Mercer with a variety of classical, country, swing, ballads, folk and pop music.

As I write this, we are looking forward to Saturday 14th May at the Hornby Institute for an evening of Rock'n'Roll with "The Defenders". It will be a great evening with this very popular group. All profits from the evening will be donated to NW Cancer Research.

Stay well, stay safe

Lilian

Spice up your life

We often add spices to our meals to increase the flavour, but did you know that many spices also have health benefits? Below are 10 common spices that pack an extra punch.

Cinnamon - has potent antioxidants, helps fight inflammation and can lower blood sugar.

Ginger - can treat nausea caused by morning sickness, chemotherapy and sea sickness; is anti-inflammatory and can help with pain management.

Fenugreek - can improve the function of insulin leading to lower blood sugar levels

Rosemary - can help relieve congestion and suppress allergic responses

Garlic - helps with combating sickness, including the common cold; helps to lower blood pressure.

Cayenne Pepper - helps to reduce appetite and increase fat burning.

KL Gardening Association

KL Gardening Association

A cold and windy May is now behind us and we can all look forward to warmer days in June!

Our summer programme continues with our two coach trips which are nearly full, the first to the new RHS garden Bridgewater on Wednesday 15 June and the second on Wednesday 13 July to a private garden near Brampton in the morning and then later to Lowther Castle Gardens near Penrith. By the time you read this there may still be places available so if you are interested, please do get in touch.

The Annual Flower and Vegetable Show will take place in the Lunesdale Hall on Saturday 20 August and show schedules will be sent out to members at the beginning of July.

Our meetings are open to all and new members are always welcome to join our group, £3 for a single person and £5 for a couple. For further information please contact Membership Secretary, Maureen Dwyer, tel 015242 72594.

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

Wishing you all an enjoyable and sunny gardening season!

Margaret Clarke,

Events Secretary, 015242 72045

Turmeric - contains anti-inflammatory properties which help relieve pain in the joints. It is poorly absorbed by the body so it is recommended to take with black pepper.

Cardamom - helps with indigestion, heartburn and an upset stomach

Lavender - calming; helpful to aid sleep. Dried lavender can also be added to food to increase flavour or steeped in tea for a restful night's sleep.

As always, please seek professional advice if you are taking any medication or have ongoing medical concerns.

Kim Bradshaw

The Zero Pantry - Kirkby Lonsdale & Sedbergh



Information & Gift Shop Manager

Would you like to contribute to our community, helping visitors and locals to get the most from our lovely town? Do you have retail management experience? This could be the role for you. Kirkby Lonsdale & Lune Valley Community Interest Company (CIC) are looking for a Shop Manager to manage the Information & Gift Shop on Main Street in Kirkby Lonsdale, working alongside a Marketing and Events Manager.

This is an exciting opportunity to work at the heart of the Kirkby Lonsdale community, developing the CIC's presence on the high street. The role involves running the Information & Gift Shop in the centre of town, managing a team of dedicated volunteers who staff the shop and provide information for locals & visitors and sell goods which generate funds for the information service and local amenities. The shop also promotes and sells the work of local craftspeople.

Additionally, it hosts a free interactive and educational installation called The Vault which tells the stories of Kirkby Lonsdale, created in partnership with local creatives and the Yorkshire Dales National Park.

The post-holder will be directly responsible to the CIC Board working through a nominated Director. The working week is a flexible 20 hours which will include one

Sat/Sun in four. The post-holder will be based at the shop. Salary negotiable depending on experience.

We are looking for a community minded individual who has substantial experience of working in a customer-facing retail setting.

You will have experience of managing stock, pricing and liaising with suppliers while promoting the work of local crafts people. Experience of leading and motivating a team and engaging with colleagues and stakeholders is essential. Knowledge of the local area and an appreciation for the Lune Valley as a tourist destination are key to the job. Experience of providing information as well as retail would be beneficial.

Interested? Please send a CV and covering letter setting out how you meet the requirements of the role, to lovethelune@gmail.com by 20/06/2022. We look forward to seeing your application. Selection will be by structured interview and guidance on what to expect will be provided in advance.

If you have any questions or would like to discuss the role in more detail, please contact Phoebe Rodway: lovethelunepr@gmail.com or 015242 97177.

Become a friend of the Dales!

Support our campaigning work to help protect our degrading peatlands, restore verges for biodiversity, and plant trees without a destructive and polluting legacy of plastic. Our charity relies entirely on voluntary contributions. Visit: www.friendsofthedales.org.uk

We also have a FREE programme of walks, talks and volunteering opportunities that everyone is welcome to join – booking essential for all events – email:

victoria.benn@friendsofthedales.org.uk

Upcoming events for June and July include:

Walk – Nurturing Nature

Tuesday 14 June 2022, approx. 12pm – 4.00pm

A short walk from Ribbleshead railway station to two of the Yorkshire Wildlife Trust's most nature rich reserves. Graham Standring, the Trust's Living Landscapes Officer will be offering expert insight into the native flora and fauna of the biodiverse grassland at Ashes Pasture and also the more complex site at nearby Salt Lake Quarry. Booking essential. No dogs except RAD.

Digital Talk – Building Conservation and Lime Wash

Wednesday 15 June 2022, 7.30pm (c 1 hr)

Lime was once an essential building material and chartered surveyor and building conservation expert, Jonathan Ratter will reveal why it is still the best choice for protecting the stonework of traditional buildings.

Volunteering Event – Eyes on the Bog

Thur 23 June 10.30 – 3pm, Kingsdale, north of Ingleton

We are supporting the Eyes on the Bog peatland monitoring project run by Yorkshire Peat Partnership. Its aim is to put in place simple, repeatable data collection to assess peatlands and the effectiveness of restoration techniques in order to refine future peatland restoration and long-term climate predictions.

As part of our Peatlands campaign #MoorPeat, we are looking to recruit volunteers to support with some simple peatland monitoring activities on a site of their choice up to four times a year. Full training and equipment will be provided at the event on 23 June. If you are interested in taking part in this long-term project - albeit one that is flexible and can be carried out on your own terms – email: victoria.benn@friends.ofthedales.org.uk

Digital Talk – The Flow: Rivers and River Life

Wednesday 13 July 2022, 7.30pm (c 1 hr)

Drawing from her newly published book, *The Flow*, our voluntary President, the acclaimed nature writer Dr Amy-Jane Beer will read extracts about Dales rivers, before talking more broadly about aquatic life and the challenges facing river systems. Bring your questions as Amy-Jane is looking forward to an interactive Q&A!

Vacancy

Apprentice Early Years Practitioner vacancy – Approximately 30 hours per week

St Mary's CE Primary School, Kendal Road, Kirkby Lonsdale, Carnforth, Lancs. LA6 2DN

Tel 015242 71334

The Governing Body of this thriving and highly successful primary school seek to recruit an Apprentice Early Years Practitioner to start September 2022. The apprenticeship will last for approximately 15 months and will be supported by mentors from Kendal College.

The post is for approximately 30 hours per week, to be agreed with the successful applicant. Hours will be worked between the extended school day 7.45am – 6pm.

National Apprentice Rate of pay.

Closing date: Friday 10th June, 9am; interview date: Friday 24th June

A job application pack is available on our website (www.stmarys-kl.cumbria.sch.uk) or from Mrs Billington in the school office.

Volunteers Needed

Save the Children shop

We are looking for wonderful people to come and join our Kirkby Lonsdale team. So, if you have a few hours to spare, whether weekly, fortnightly, monthly or ad hoc, we would love to hear from you.

Please do get in touch:

Pop in to the shop and say hello or call on 07976710154.

You'll be helping children in the UK and overseas. You'll gain new skills, boost your CV and make new friends.

Join our friendly team

Full training given.

The Jigsaw Lounge

Jigsaw Exchange

Price Increase

Due to increased overheads, we need to increase the cost of the jigsaw exchange from £1.50 per exchange to £2.50 per exchange. We didn't increase the price when we moved the exchange from the market into the shop but unfortunately, we need to increase the price now. The new price is taking effect from 1st June 2022.

Thank you for your understanding.

Valerie & Paul

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. Cowan Bridge Methodist Chapel congregation is currently meeting with St Bartholomew's Barbon. Please continue to follow all the social distancing and hygiene guidance.

June

2 Thu Kirkby Lonsdale RC Church	10.30am Holy Communion 6.30pm Mass	16 Thu Kirkby Lonsdale RC Church	10.30am Holy Communion 6.30pm Mass
4 Sat Casterton	11.00am Platinum Jubilee Service	19 Sun TRINITY 1	
5 Sun PENTECOST/PLATINUM JUBILEE		Kirkby Lonsdale	11.00am Morning Service
Kirkby Lonsdale	10.30am Platinum Jubilee Service in the churchyard (weather permitting)	Preston Patrick	9.30am Morning Service
Preston Patrick	9.30am Platinum Jubilee Service	Lupton	9.30am Holy Communion
Lupton	10.00am Platinum Jubilee Walk	Barbon	10.30am Morning Service
Barbon	10.30am Platinum Jubilee Service	KL Methodist Church	10.30am Morning Service
Hutton Roof	6.30pm Platinum Jubilee Service	RC Church	9am Mass
KL Methodist Church	Sunday@Seven	23 Thu Kirkby Lonsdale RC Church	10.30am Holy Communion 6.30pm Mass
RC Church	9am Mass	26 Sun TRINITY 2	
9 Thu Kirkby Lonsdale RC Church	10.30am Holy Communion 6.30pm Mass	Kirkby Lonsdale	11.00am Morning Service
12 Sun TRINITY		Preston Patrick	9.30am Morning Service
Kirkby Lonsdale	11.00am Morning Service	Barbon	10.30am Morning Service
Preston Patrick	9.30am Morning Service	Casterton	10.30am Holy Communion
Barbon	10.30am Holy Communion	Hutton Roof	11.00am Holy Communion
Mansergh	11.00am Holy Communion	KL Methodist Church	10.30am Morning Service
KL Methodist Church	10.30am Morning Service	RC Church	9am Mass
RC Church	9am Mass	30 Thu Kirkby Lonsdale RC Church	10.30am Holy Communion 6.30pm Mass

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

B4RN

B4RN for Kirkby Lonsdale: Phase 1 now approved. Phases 2 and 3 subject to enough local interest

B4RN Kirkby Lonsdale, May 15, 2022: We are very pleased to be able to advise that the Phase 1 development of Kirkby Lonsdale is going ahead. There is sufficient sign up and pledges of investment that has allowed this to happen. This will now be a full B4RN Ltd build and will include all the necessary house installation.

B4RN Ltd have recently revised their subscription rates for their customers – the first time in 10 years. This means that the standard charge for a residential property is now £33 per calendar month (up from £30).

In addition, they have introduced a rate of £15 pcm for those who receive Council Tax reductions linked to Universal Credit. The connection charge is reduced from £150 to £60. All the new rates are on the B4RN website at <https://b4rn.org.uk/b4rn-service/charges/>

Although B4RN Ltd have committed to going ahead with Phase 1, we still need more sign ups and further pledges of £150,000 in investment to enable a final review by

B4RN Ltd to determine the feasibility to go ahead with Phase 2 and 3. We need this to happen by 20th June in order to make full use of the government voucher scheme.

If you are in any of the Kirkby Lonsdale areas and wish to have B4RN please go to the website and add your name and address details <https://b4rn.org.uk/getb4rn>.

If you wish to pledge investment (pledge subject to the other phases of the project going ahead) please complete the pledge application on the B4RN website under Resources >> Investors and return it to the B4RN office.

B4RN for Kirkby Lonsdale Project Team

Email: b4rnforkl@gmail.com

Facebook: B4RN Kirkby Lonsdale

A map showing the different build phases is available at <https://tinyurl.com/2p9n5srv>

A Celebration

On 1st June the Kirkby Lonsdale WI will be celebrating Her Majesty's Platinum Jubilee with a Garden Party (members only), kindly hosted by one of our members, Gill Hardy, and her husband Neil. Their home at Abbots Brow has a garden which enjoys a spectacular vista over the Barbon and Middleton Fells, and Ruskin's View.

Proceeds from the Garden Party will be donated towards fundraising for The Brow and Ruskin's View. Marie Batty and Mike Burchnall, organisers from the fundraising committee, will deliver a short address to inform us of the mammoth challenge Kirkby Lonsdale faces to raise the £1 million necessary for the repairs.

A lot of planning has gone into this event and we have everything covered (literally) with charming gazebos to ensure we will enjoy the host of delicious, homemade cakes, the bottle tombola, and the raffle.

The competition for this event will be: 'A Congratulations Card for Queen Elizabeth II'.

Our Garden Party will also provide further opportunities for our existing and new members to network and make new friends. It will culminate with the raising of our tea-cups to toast Queen Elizabeth II's glorious reign and the singing of the national anthem.

At last month's meeting, Lisa Smith delighted our members with a talk about her company, Ginger Bakers. Lisa started out baking in her small kitchen and since then, her business has evolved to include a current team of ten staff who, collectively, are responsible for culinary

delights that cater for many local hotels, restaurants, farmers markets, and a monthly Cake Club. Now that Ginger Bakers is an established, successful enterprise, Lisa explained how she is able to give back to the community through supporting and working with the local charity 'Growing Well'. Lisa also treated us to some samples of her delicious wares.

If you are thinking of joining, we pride ourselves on being a friendly bunch so please, come along and meet us. You are most welcome to attend any of our meetings beforehand as a visitor at the cost of £5.00 (although this option is limited to a maximum of three visits in any one year). If you would like to look at our programme for this year, it can be viewed and downloaded from our website or you can collect a hard copy from either the Community Information Centre or the Library.

Remember to follow us on social media and please don't hesitate to get in touch if you would like further information about our meetings or membership; it's always a pleasure to hear from you.

Rosalind and all on the Committee

Tel: 015242 98587 / 0776548094

Email: kirkbylonsdalewi@gmail.com

Web: www.klwi.co.uk

Instagram: [kirkbylonsdale_wi](https://www.instagram.com/kirkbylonsdale_wi)

Meta: Kirkby Lonsdale WI

Kirkby Lonsdale Poetry Festival

12th-14th August 2022

We are looking forward to welcoming you to the first ever Kirkby Lonsdale Poetry Festival, which will take place across the town this August. Nationally acclaimed talent will be travelling to Kirkby from all over the country to perform alongside local writers.

You can expect a vibrant and family-friendly line-up of workshops, plays, music, poetry performances, flash mobs, competitions and more.

We aim to:

- Make poetry as fun and accessible as possible.
- Celebrate the town's poetic history.
- Educate about poetry and support emerging writers.
- Highlight the importance of poetry for activism
- Champion both classical and new writing.

The festival will be run by a volunteer group of students, poets, local businesses and community organisers, and is being funded by The Christopher Robins Charitable Trust.

The organisers are currently looking for volunteers who might provide spare beds for some of our visiting poets. If you'd be interested in helping out at this festival in this or any other way, please email mattsowerby.poetry@gmail.com.

Find out more at kirkbylonsdalepoetry.co.uk

Matt Sowerby, Writer, Poet and Activist

mattsowerby.co.uk

Jubilee Music Quiz Night

Could you name a song or artist from 50s, 60s, 70s, 80s just from the introduction?

Now is your chance to find out - get a team together, reserve a table, bring some refreshments and come to the Jubilee Music Quiz Night in St Mary's Church on Sunday 5th June from 7pm to 9pm.

Just to add to the challenge, the introductions will be played live and there will be a bit of singing as well!!!
Email rector@therainbowparish.org or office@therainbowparish.org or phone Richard Snow (01524272044) to reserve a table.

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Pic Alisha Parker aged 10

Kirkby Lonsdale Badminton Club

Kirkby Lonsdale Badminton Club tournament in memory of Paul Fabian.

At the end of the current badminton season in March, our members held a tournament in memory of one of the original founder members of the club, Paul Fabian. Paul sadly died two years ago in 2020 after a short illness.

During covid the badminton league was suspended, so it is only this season that play has been resumed and we were able to highlight Paul's involvement in the club. Paul was a heart and soul member and his dedication and commitment were second to none. In fact his wife Chris and daughter Rebecca, were also members. Paul held the position of Chairman with Chris and Rebecca taking up secretarial posts at some point during the last twenty years. No easy task.

On the night of the tournament, 28th March, twenty-four players competed in a fun competition. Players donated their entry fees to MacMillan Cancer Support in memory of Paul. Players who were unable to attend sent generous donations and £255.00 was raised. Thank you everyone.

Paul and Chris Fabian were amongst those involved when the club started using the Institute, now the Lunsdale Hall, in the 1970s. Club nights eventually moved to Casterton school gym with matches at QES before moving fully to the then new QES sports hall. From there and to this day we moved to the new Lunsdale Sports Hall where we have six courts. If anyone has any further information regarding the formation of the club, please do

get in contact with me, email below, as we would love to know the early history.

The club plays in the Lancaster and Morecambe Badminton League where we have two teams in division 1 and a 1 team in division three. We also have a thriving social membership as well as league and county players, where players develop their skills and have a fun time on Monday evenings. Home league matches are played on Wednesdays.

We have a thriving club, and we think that is in no small point down to Paul's enthusiasm in those early days. So, whether you are a competitive player or a social player why not join us. Contact me via email sue.whittaker@hotmail.co.uk for more information.

Sue Whittaker

Sedbergh Town Band in Concert at Tunstall Church

There is another lovely concert evening at Tunstall Church on Friday 10th June at 7.30pm. This features the Sedbergh Town Band with all the intricacies of their brass band music.

Tickets are £10 and you can pay at the door. Under 18s are free. There will be a free glass of wine or a soft drink at the interval included in the ticket price.

This concert is in aid of the Church Trust at Tunstall (The Church of St John the Baptist Tunstall Trust).

Local Authors at The Book Lounge

The Wildwater Women By Ellie Wood

Ellie Wood was born and raised in the Lake District where she still lives. Passionate about the benefits of getting out into the wild, she's swum and walked the landscape that inspires her writing since she was small.

Set against the stunning backdrop of the Lake District, *The Wildwater Women* is a love song to the Lakes and a celebration of female friendship, of feeling the fear and finding a way through. For everyone who's ever been tempted to dip a toe in the water, or found solace in nature, this is uplifting fiction at its finest.

Sometimes the best things in life happen when you dare to get out of your depth.

Abby lives and works in the heart of the Lake District. She splits her time between bringing up her daughter, working in the Plum Pie Bakery – and dreaming of the time before her husband, Ben, left.

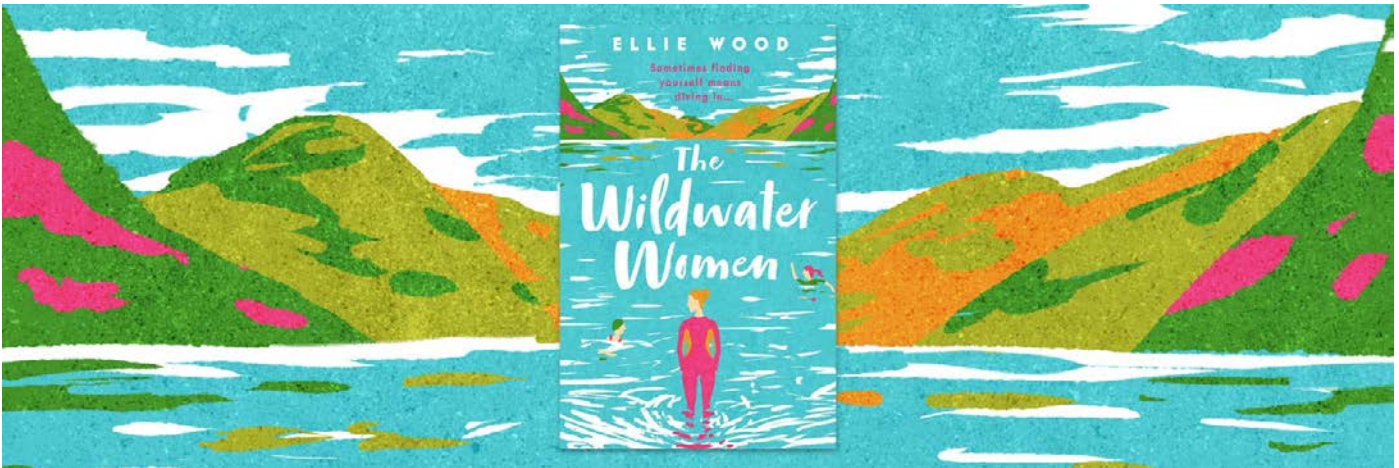
Lori is on holiday from the States, hoping to find her way to the lake that she's looked at for years in a picture on her wall back home.

Rebecca is contemplating taking the plunge too. Despite her immaculate appearance Rebecca is keeping quiet about a childhood trauma which has left her scared of the water.

Clarissa is the founder of The Wildwater Women. An all-year-round open-water swimming veteran, and with a fearsome manner, she knows the lakes like no one else and her boundless energy defies her years.

Four women, all from very different lives, all with reason to step into the water and wash away their past. But will the friendship they build be enough to keep them afloat when they each must face their fears?

You can find Ellie on Twitter @EllieWoodAuthor



1st Kirkby Lonsdale Scout group

Our group continues to have active and fun weekly meetings and more.

The Cubs took part in a sponsored swim at Kendal Leisure centre on 2 April. An event kindly hosted by Kendal Rotary group, where participating teams pay an entry fee and then can raise money and use it as they choose. The Cubs chose to support the Ukraine crisis via the Red Cross appeal.

We had two teams of 6 swimmers. We had a bit of a worry as different swimmers were not able to participate with very short notice, however, all was well as some wonderful little siblings and even cousins joined in to make up our teams.

In the allocated hour, the older team swam 113 lengths and the younger team completed 84 lengths. They would have done even more if time had allowed! Their swimming was well rewarded by a total of £655 for the Red Cross appeal and of course, the swimmers were treated to an Easter egg.

On St Georges Day the whole scout group joined Beavers, Cubs, Scouts and Explorers from across the district in an activity day at Great Tower, Windermere. Our Scouts and Explorers used the event to camp out under bivvi shelters and discovered how cold April nights can be!

After a three-year break we will once more hold Family Camp later this month, an enjoyable event where families join in the fun of Scouting and share the adventure.

We are selling bacon butties at Hutton Roof fell race on 28 May, to support our two World Jamboree participants, so please stop by and treat yourself, if you are there.

Each section is very active, as you will perhaps have seen as we go out and about locally on Monday evenings.

Interested in getting involved? Contact Skip (Nigel Bradshaw) at kirkby_lonsdale_scouts@live.co.uk

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Celebrating the Queens Platinum Jubilee in the Book Lounge

I have chosen the 1960s as the decade for my shop window during the Jubilee celebrations, and whilst researching books that had been published during that decade, I discovered many books that are still in print and popular today. These books, just like our Queen, have stood the test of time and are still going strong now. I'm sure you will recognise most, if not all, of these books. Valerie

Title	Author	Year
To Kill a Mockingbird	Harper Lee	1960
Lady Chatterley's Lover	D H Lawrence	1960
Green Ham and Eggs	Dr Seuss	1960
Catch 22	Joseph Heller	1961
The Prime of Miss Jean Brodie	Muriel Spark	1961
The Clockwork Orange	Anthony Burgess	1962
One Flew over the Cuckoo's Nest	Ken Kesey	1962
The Bell Jar	Sylvia Plath	1963
The Graduate	Charles Webb	1963
The Spy Who Came in From the Cold	John le Carre	1963
Charlie and the Chocolate Factory	Roald Dahl	1964
Chitty Chitty Bang Bang	Ian Fleming	1964
A Moveable Feast	Ernest Hemingway	1964
Dune	Frank Herbert	1965
At Bertram's Hotel (Miss Marple)	Agatha Christie	1965
The Looking Glass War	John le Carre	1965
The Magic Finger	Roald Dahl	1966
The Comedians	Graham Greene	1966
Sound of Thunder	Wilbur Smith	1966
Rosemary's Baby	Ira Levin	1967
Where Eagles Dare	Alistair McLean	1967
Picnic at Hanging Rock	Joan Lindsay	1967
The Time Machine/Invisible Man	H G Wells	1968
Wizard of Earthsea	Ursula le Guin	1968
The Very Hungry Caterpillar	Eric Earle	1969
I Know Why the Caged Bird Sings	Maya Angelou	1969
Slaughterhouse 5	Kurt Vonnegut	1969
The Godfather	Mario Puzo	1969

Hornby Lunesdale Probus Club

June Meetings

Monday 6th June: 'Current trends in energy supplies', speaker Brian Acott.

Monday 20th June: 'Lt Cmdr. John Bridge GC GM' (an ex-Lancashire schoolteacher who became one of WW2s most highly decorated naval heroes as a Bomb Disposal Officer in the Blitz and a clearance Diver), speaker Commander Bernard Thompson RN.

Hornby Lunesdale Probus Club meetings are held on the first and third Monday of each month at the Hornby Village Institute at 10.30am. Roger Carter, Hon.Secretary, 015242 22283

citizens advice

"I recently applied for a job at a local pub which offered National Minimum Wage. The manager asked me how old I was. After telling her I was 25 she told me it would be unlikely I'd get the job because they wouldn't be able to afford to pay me the required wage and they wanted someone younger. Is this legal?"

Nobody should ask you how old you are in a job interview. Being 25, you're entitled to the National Living Wage. On the [Citizens Advice website](#) there are full details of the wages people are entitled to by law. But these rules shouldn't mean employers avoid hiring people because of how old they are. That's known as 'direct age discrimination' in the Equality Act 2010. You're also protected by the National Minimum Wage Act 1998, which says employers can't refuse to employ you, or fire you, just because your age means you're entitled to a higher rate.

We have a lot of information on our website about what to do if [you're being treated unfairly when applying for a job](#). If you've been discriminated against, there are steps you can take to either get compensation or convince the person to give you a job.

Make a note of what happened as soon as you can - write down exactly what you were asked and any other remarks the interviewer made. Next, you should write a letter of complaint to the employer. Keep a copy of this letter. There's advice on the Citizens Advice website on what this letter should include and you can also speak to an adviser at your local Citizens Advice to get help writing it. If the letter doesn't get an outcome you're happy with, you could take the employer to an employment tribunal. You'll need as much evidence of discrimination as possible. Evidence should include the job advert, the job description, your notes about what was said at the interview and any contact you've had with the employer since - like your complaint letter.

Remember that you only have three months minus one day from the date that the 'discriminatory act' (in this case, the comments in your interview) happened to start tribunal proceedings. You do this by contacting the government organisation Acas and telling them that you intend to bring a claim.

Nobody should have to worry about being discriminated against when job hunting. For more advice on your rights when searching for work, visit [citizensadvice.org.uk/work](#) or call South Lakes Citizens Advice on 015394 46464.

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. South Lakes Citizens Advice, your local charity, is here for you. How to access:

Call [015394 46464](tel:01539446464) - this is being staffed from 9:30 – 2pm
Adviceline: 0808 2787 984. email advice via our submission page on our website www.southlakescab.org.uk. Help to Claim (Universal Support): 0800 144 8 444

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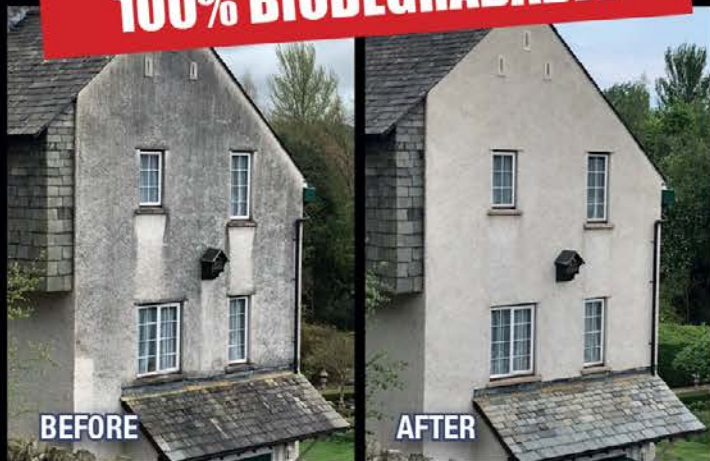
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