

AKL

Around Kirkby Lonsdale

March 2022



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

Photo ©Robin Ree 2022

I'm fine, thanks!



'He won't brush aside the bruised and the hurt and he won't disregard the small and insignificant, but he'll steadily and firmly set things right.'
Isaiah 42.3 'The Message version'

'I'm fine, thanks' is a response we often give but don't always really mean! Society as a whole may quickly be moving towards normality as things progress through the pandemic, but many people are still feeling bruised, exhausted, and unsteady.

A few weeks ago, myself and colleagues attended a District training event, where along with the teaching sessions a Consultant Psychologist Graham Fawcett led a session called, *'Where have we been and where are we going? Managing our pandemic responses and the aftermath'*.

Graham spoke about the impact of prolonged stress and explained the common symptoms. He said working memory is the first thing to go, for example you lose your thread or forget why you went into another room! Finding words can be tricky or forgetting someone's name! He explained that the effect of the pandemic for many has been like a 'frog in a kettle' not realising it is hot because it has been heating up slowly. Many people are in heightened state of stress, but as it has built up slowly we are not alert to it. There might be a general sensation of not being yourself or feeling overwhelmed. He also mentioned sleep problems, you either can't get to sleep or find yourself waking up at 3.00am with your brain buzzing. Brain fog and feelings of exhaustion can also be a stress indicator.

When Graham had listed these symptoms, he asked if anyone had recognised any of them. As I looked around the conference room, every hand in the room was up! It was also interesting to note a UK/European recent phenomenon known as the 'great resignation' where people have realised they do not want to stay on a treadmill, or continue living their lives at the intensity of the recent years and so have resigned from their jobs to do something else. The question 'how do I fit my life into my

work' is now 'how do I fit my work into my life'?

The evidence suggests that the recovery of our well-being is likely to take time. Graham indicated this may not be something we will just bounce back from immediately. Building in proper rest, relaxation and exercise will help but also sharing fears, thoughts and feelings is important. Sometimes we can be embarrassed about talking about our feelings and stresses, but there are many people in the same situation and listening to one-another can make an enormous difference.

Taking the opportunity to look after our own well-being is not being flaky or self-indulgent, it is necessary. Spirituality is also valuable; research shows that belief or faith plays an important and positive part in well-being. There is reassurance and comfort to be found in familiar rituals and sacred spaces. Prayer and meditation are grounding and creates connection to God and each other. The scripture from Isaiah speaks of God's love and compassion and the Spirit or comforter who holds us tenderly and gently when we are bruised and struggling. Jesus Christ demonstrated the healing power of listening to those who were finding life difficult and came alongside people who felt they did not deserve care.

There are many loving, caring people in our community and different opportunities to get together and give and receive encouragement and support. I would encourage us all not to suffer in silence but to talk with friends or connect with any of the community groups, activities or people who will gladly offer help and support including our churches.

You can contact any of the clergy team or ring the Community Hub to find a range of support and if you would like to talk to someone.

Rev Wendy Thornton



Pic by Frank Sanderson

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

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Finding Space Simply to Be

The month of February is one that always fills me with hope. I think it is due to the combination of the evenings being slightly lighter, it being a shorter month and snow-drops appearing. I wonder if you found February a good or tricky month?

During February I had several life-giving meet ups. One that felt particularly important was the gathering of people who work with youth, children or families in Cumbria.

We met in Keswick and surrounded by the beautiful landscape of the lakes we talked about the last two years. We shared stories or events that had impacted us. We shared our difficulties plus our hopes for this year. The space to share, discuss, question and laugh together felt like a breath of fresh air after two years of not networking. It reminded me of the importance of providing space for people to gather and simply be.

One place we hope people can do this is Messy Church. Our next Messy Church is March 20th 4.30-6pm at Kirkby Lonsdale Methodist Church. We will gather for various activities around the theme of firm foundations. There will be storytelling and a hot meal to end the afternoon. All are welcome.

I love Messy Church. I spend time over the activities chatting and catching up with various people I don't see regularly. It feels a bit like coming home after being away for a while. I hope others feel this too.

Green Warriors at St. Patrick's School is our gardening club where we think about various Bible stories that are linked to thoughts on the environment and then go and do some gardening together. We are beginning to meet again mid-March and are excited to plant seeds and see what grows this year.

It feels incredibly hopeful to put seeds into soil and just wait to see what takes and what doesn't. It is quite a good lesson too in seeing how, sometimes, despite the perfect environment some seeds do not take. Equally in the most unideal conditions some plants (often weeds) can thrive.

Gardening teaches us many things, not least, that life is a mixture of luck, perseverance, and resilience. It also teaches us to be still and to watch nature and work with it, not against it.

As we head towards Easter, we will be putting up an Easter Trail in St. Mary's Churchyard in Kirkby Lonsdale. Please keep an eye out for this!

Lol

Scouts going strong

It been great fun for the boys, girls and leaders of 1st Kirkby Lonsdale Beavers (6-8), Cubs (8-10.5) and Scouts (10.5-14), plus Aluna Explorers (14-18). Numbers are good and there have been lots of exciting adventures and challenges.

A few highlights were Beavers camping in Carnforth's scout hut on the night of storm Arwen, Cubs camping at Great Tower above Lake Windermere, Cubs and Scouts tubing on Kendal Ski slope, Beavers extracting DNA from strawberries, Scouts and Explorers enjoying an Activity Day at Waddecar Scout Campsite, Explorers doing Burns Night, Scouts cooking and eating 'campfire bombs' and pancakes, Explorer Leaders night hiking up Barbon Beck, and Cubs learning to iron and clean toilets (#SkillsForLife). And so much more.

Our members are from a wide area around Kirkby Lonsdale and boys and girls aged 6 to 106 very welcome to join us as young members, helpers, skills instructors or leaders.

Interested? Contact Lol or Tom at alunaesu@gmail.com for Explorers, or Skip (Nigel Bradshaw) at Kirkby_Lonsdale_Scouts@live.co.uk for the younger sections.

Firm Foundations

Messy Church
Kirkby Lonsdale

Sunday 20th March 4.30-6.00pm
Kirkby Lonsdale Methodist Church

No charge and no need to book. All welcome.

Do stay for tea- we are making and eating pizza (and rocky road)!

For more info:
klmessychurch@gmail.com

The Rotary Club of Lunesdale

Now that restrictions have been eased, we are able to hold face-to-face meetings once again and members can enjoy the fellowship which is an intrinsic part of Rotary. People often ask: 'What is Rotary?' Here are some facts which answer that question.

Rotary was begun in 1905 by Paul Harris in Chicago. Since then, it has grown into a global organisation with over 1.2 million members in over 200 countries. In Great Britain and Ireland there are 1,700 clubs and 40,000 members who use their time and talents to tackle challenges at home and abroad. Each Club is part of a numbered geographic District of which our club is District 1190 encompassing Cumbria and Lancashire.

All clubs donate considerable time, effort, experience and expertise to support the 7 worthy causes which define the role of Rotary. These are 1. Promoting Peace; 2, Fighting Disease; 3, Providing Clean Water; 4, Saving Mothers and Children; 5, Supporting Education; 6, Growing Local Economies; 7, Promoting the Environment.

The last one has only recently been added but, because of its vital importance plus the need for immediate action, all our members are committed to finding ways to reduce their own individual carbon footprint and to take every opportunity to spread the word wherever and whenever possible.

We are looking forward to our District 1190 Conference on 19th March at the Grand Hotel in Grange-Over-Sands. This will be an opportunity to meet up with fellow Rotarians from across the district. Speakers will include Amanda Owen the Yorkshire Shepherdess, Emma and Mike Clayton who took part in the 2018 Thailand cave rescue, Adam Day from the Farmers Network and Paul Littlewood from The Woodland Trust.

Speaking of which, club members will soon be occupied in planting over 50 tree saplings: a direct connection with promoting ways to improve the environment.

We continue to enjoy speakers, one of whom was Rebecca Porter who talked about the Sunbeams of Bentham and the progress the group has made helping local families who have a child with a disability e.g. autism.

If you would like to know more about the Rotary Club with a view to becoming a member then please tel. 015242 73166.

Stay safe, stay well.

Lilian

View from the Bridge

Yes, it is only March, but we have to look ahead towards Her Majesty's Platinum Jubilee in June.

As part of our town celebrations, Alan Day and myself will be organising a display of Union flags. Your council with the Chamber of Trade and the Christopher Robins Trust have agreed to back the display and contribute towards the cost. If you feel you can help in any way towards making this what will be a once-in-a-lifetime celebration contact Phoebe Rodway at lovethelunepr@gmail.com or at the CIC office/tourist information shop. Phoebe is coordinating events and is the lead organiser; any help will be gratefully received. We are hoping that the traders in town will pick a theme relating to one of the 70 years of the Queen's reign.

Yes, I remember 1953 and the postage-stamp-sized TV in the corner and a room full of neighbours. Even in black-and-white what a sight the procession in the gold coach was. None of these computerised images that we have today.

A recent survey monitoring traffic speed on Mitchelgate carried out by C.C.C. had some very interesting results: 64.3% travelled between 10 & 20 mph, 34.9% between 20 & 30 mph and a small number in excess of 30mph. Maybe we should ask for a survey on Main Street from the Square to Town End? We could ask for all the roads in town to be 20mph like Market Street and Main Street up to the Square. As the saying goes: 20's plenty.

After a review of the 100 club, the hall committee agreed to increase the monthly prize money to £30 for first prize, £20 second and £15 third from February. The monies raised are used to help pay for improvements in the hall, the latest being the outside lighting and new kitchen equipment. If you would like to join, it costs just £1 per month for a single number, paid either monthly or annually through your bank; you can have more numbers if you wish and help the club's funds. To Join just email Alison on Lunesdalehallbookings@gmail.com.

The minutes of the February council meeting are posted as usual on the notice board outside the hall and in the library also the council website. Members of the public are always welcome to attend meetings, although you cannot join in the debates. You do have an opportunity to raise topics during the public participation slot which would be considered for discussion at future meetings. Correspondence should, in the first instance, be sent to the Rev Kevin Price at kevtherev7@hotmail.com.

Finally, my thanks to my fellow councillors and Diane for her help.

Stay safe and best wishes *Cllr. Geoffrey Buswell*

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**Visitors welcome. There are
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Platinum Jubilee Weekend 2nd-5th June

Save the Date!

The Queen's Platinum Jubilee is taking place this Summer, Thursday 2nd – Sunday 5th June, and Kirkby Lonsdale will be 'Dancing Through The Decades' in celebration of Her Majesty's 70 year-long reign. Join in with music and dance to unite our community, jiving and boogieing with everyone in Kirkby Lonsdale!

The long weekend will showcase music and dance over the last 70 years, from 1950's blues and swing to today's contemporary pop. Kickstarting with a nationwide Beacon Ceremony on the Thursday, the Jubilee celebrations will include relaxing by the Busker's stage in Jubilee Field; wining and dining in the local bars and restaurants to local musicians; and dancing the night away at evening events in town – there'll be something for everyone.

If you are interested in helping the Jubilee Celebrations happen, or have any ideas of your own, please get in touch with Phoebe at Kirkby Lonsdale CIC: lovethelunepr@gmail.com

Flower workshops

April - June

Community flower workshops will be taking place from April – June, including growing flowers and making flowers, so we can decorate the town vibrantly for the Jubilee weekend! Inspired by Jubilee Arches from the 19th and 20th Centuries, we want to dress the town in floral arches, including the Old TSB Building and the

Monument in Market Square. If you are interested in taking part, or even leading some growing workshops or craft workshops, please get in touch with Phoebe at the CIC: lovethelunepr@gmail.com

Street Parties and Green Canopy

We would like to encourage all the streets in Kirkby Lonsdale to organise your own street party! It's a simple and easy process to organise a road closure for a small, quiet street and if you need any assistance, we are happy to help. More information on Street Parties can be found on the government website and here: <https://www.streetparty.org.uk/>

The Queen's Green Canopy is a unique tree-planting initiative created to mark Her Majesty's Platinum Jubilee in 2022, inviting people from across the United Kingdom to 'Plant a Tree for the Jubilee'. The tree plantings season is October – March, so this is your last chance to plant some trees in time for the Jubilee weekend in June. Send us pictures of your saplings over social media or by email, we would love to see their progress in the run up to the celebrations! Find out more at <https://queensgreencanopy.org/>

There is still lots more in the pipeline, so keep an eye out on our website and social media accounts to find out more:

@KirkbyLonsdale.info @KirkbyLonsdaleTown
www.kirkbylonsdale.info

Phoebe Rodway (Marketing & Communications Assistant at Kirkby Lonsdale & Lune Valley CIC) <https://kirkbylonsdale.info/platinum-jubilee/>

Haffner Orchestra

7.30 pm Sat March 5th

Great Hall Lancaster University

Following on from a hugely successful concert in December (the first since the beginning of the pandemic) the Haffner Orchestra is back. The conductor for the concert, Daniel Parkinson, has chosen a beautiful and interesting programme of Vaughan Williams' Five Variants of Dives and Lazarus, Ravel's Piano Concerto in G and Symphony No 6 'Pastoral' by Beethoven. Rose McLachlan will play the piano solo.

Tickets available via www.haffnerorchestra.org or in person at Lancaster Visitor Information Centre (01524 582394) and Morecambe Visitor Information Centre.

Adults: £15; 18yrs and under: Free; Students and benefits claimants: £5 on the door; Essential carers of the disabled: Free

Tickets are also available on the door.

Lent Concert

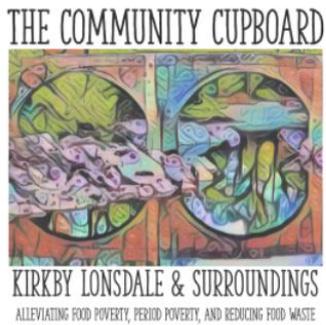
Tunstall Church, Thursday 14th April at 7.30pm

Avelina Wright (soprano) and Naomi Lidiard (mezzo soprano) are singing sacred music, accompanied by Jen Hartley (piano) and Clare Douglas (violin). The concert includes Pergolesi's Stabat Mater and works by Bach, Rossini and Purcell. These are very beautiful voices in a very beautiful church!

Tickets are £15 to include a glass of wine and light refreshments and they are available through Trybooking - please use the following link: www.trybooking.co.uk/BLZ

The concert is in aid of stain glass repairs in the church and is kindly sponsored by Oglethorpe Sturton and Gillibrand, solicitors.

Some of you will know Avelina, who is a partner at OSG in Kirkby and also a leading figure in the world of cave rescue. Naomi was until recently in charge of a house at Sedbergh School. Should you need any help with this, please phone Nick Gillibrand 015242 71231.



COMMUNITY CUPBOARD



Worried about rising fuel prices? Having to stretch your money to make it last the month? We are here to help. With complete confidentiality, we can provide basic ambient food, on a weekly basis, to help you get back on your feet. To find out more and sign up, visit klcommunity.co.uk

COMMUNITY HUB

Here for you

*Monday - Friday
10am - 1pm*



015242 36404

For information and practical help whilst isolating, to pre book lunches or just a calm friendly voice

In 2021, we took around 600 calls, helping over 150 people in our Community.

COMMUNITY LUNCHES

How to book:

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

March Menu

- Monday 7th March

Roast Beef with all the trimmings

Nut Roast with all the trimmings

- Monday 14th March

Cumberland sausage, mash and onion gravy

Vegetable lasagna

- Monday 21st March

Roast Beef with all the trimmings

Nut Roast with all the trimmings

- Monday 28th March

Cumberland sausage, mash and onion gravy

Vegetable lasagna

Voluntary donation, suggested Main £3.50, Dessert £1.

Delivery option available, please ask the Community Hub for more details.

VOLUNTEER WITH US

Can you spare a hour or so? We looking for volunteers to join our invaluable team. Roles are varied, always worthwhile, and some are home based. You might be surprised - there's usually something to suit your skills and availability.

Sign up at

klcommunity.co.uk/volunteer

Or for more information, please contact

coordinator@klcommunity.co.uk

EXERCISE CLASSES

Zoe Pirie will be leading a series of gentle exercise classes that boost your health and happiness in a fun way for long-term benefits.

The exercise classes will run for 6 weeks on Mondays from 7th March till 28th March, 11am till 11:40am. Classes are free to attend, however, £5 donations are accepted and will be put towards future exercise classes.

To book your place or for more details, ring the Community Hub.

Join us and then stay on for a meal with the Community Lunches!

Kirkby Lonsdale & District Civic Society

On Monday 14 February, the KLDCS welcomed Dr Alan Crosby who delivered a highly entertaining talk on the monasteries of Lancashire and Cumbria. In his talk, Dr Crosby likened the North West to a 'monastic desert', many of the monasteries being short-lived or highly insignificant.

Despite this, the monastic houses of Lancashire and Cumbria enjoyed greater levels of support during the Dissolution of the Monasteries than those in other regions. Contrary to the traditional image of a moribund institution hated by the populace, the monastic houses of Lancashire and Cumbria were notable for the youth of their clergy and their relative dynamism.

As bastions of the old faith, it is unsurprising to find that many of the monastic houses in Lancashire and Cumbria supported the Pilgrimage of Grace in 1536, a Northern revolt against the dissolution of its monasteries. However, it was interesting to note that punishment was very rare, and the monks of Furness Abbey and Conishead Priory who actively encouraged the rebels escaped unscathed.

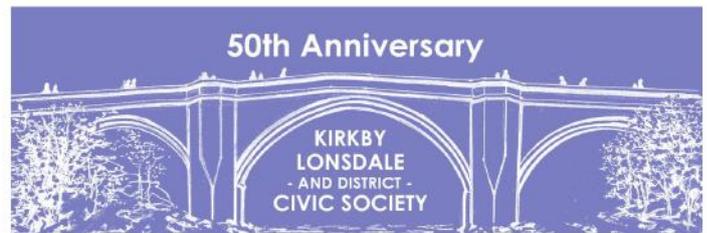
Dr Crosby ended his talk by exploring life after the Dissolution for the monks. In particular, he explored the case of Bryan Willan, a cannon at Cartmel Abbey who, unable to continue in his post, ultimately conformed to the religious changes, married, had children, and was buried in Kirkby Lonsdale.

The talk was a great success, with 70 people in attendance, and we would like to thank Dr Crosby not just for delivering the talk but for also answering the attendees' many questions.

We hope you can join us at Lunesdale Hall at 19:30 on 14th March for our next talk 'From Cumberland to Pennsylvania, a Quaker journey', which will be delivered by Chris Craghill. There will be a short AGM prior to the talk. Admission £2.50 including refreshments.

www.kirkbylonsdalecivicsociety.org

Facebook page: Kirkby-Lonsdale-District-Civic-Society

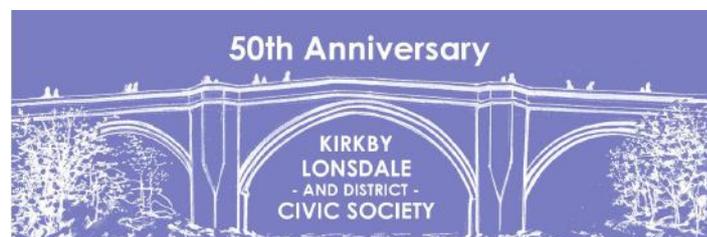


CONSERVING AND ENHANCING OUR HISTORIC COMMUNITIES

**JOIN US FOR A TALK
FROM CUMBERLAND
TO PENNSYLVANIA**
AT LUNSDALE HALL
ON MONDAY
14 MARCH AT 7.30PM
WITH A SHORT AGM PRIOR TO THE TALK



Entrance £2.50 Refreshments included



CONSERVING AND ENHANCING OUR HISTORIC COMMUNITIES

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THE ENGLISH COUNTRY HOUSE
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19TH & 26TH MARCH & 2ND APRIL, 2022
1.30PM-4.30PM

The whole course
(three half day sessions)
Members: £30
Guests: £40

Single session (half-day):
Members or guests: £15



Each study day will have approx. 3 hours of teaching time, and will be split into Middle Ages to 1620, 1620-1830 and 1830-2020.

To book a place or for more details please email:
kldcstalks@gmail.com
or visit: www.kirkbylonsdalecivicsociety.org

Burton, Holme and District Local History Society Monthly Talk

Monday March 21st 7.30 pm Burton Memorial Hall

£2.50 (members free)

Magic Lantern Tour of Victorian Lakeland with Ian Jones

Burton, Holme and District Local History Society has particular interest in Cumbria, Westmorland and the local villages of Burton, Holme, Beetham, Heversham, Milnthorpe, Preston Patrick, Lupton and Hutton Roof. Annual subscription £12.

Talks are held on 3rd Monday of the month at Burton Memorial Hall 7.30pm in the winter. In the summer outings of interest to members are arranged. The society also has a large archive, library and publications for sale.

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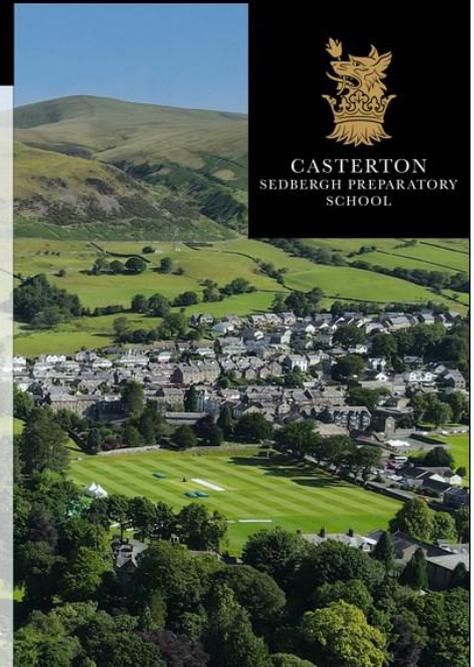
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WWW.SEDBERGHSCHOOL.ORG

Casterton WI

The first meeting of 2022 took place on 2nd February 2022; it was good to be back in the Village Hall again.

After the business items had been completed, we welcomed Peter Logan who had kindly stepped into the breach when the planned speaker was unfortunately unable to come. Entitled 'In the Steps of Scott and Shackleton', his talk was illustrated with slides taken on what he described as 'a holiday of a lifetime'. His trip to the Antarctic began at the Australian end of the continent, sailing from Tasmania in a former Russian ice-breaker. It was interesting to see the many types of penguins – Emperor, King, Adelie and Royal – which live there, and who are apparently so fond of having their photograph taken that they come up to pose for the camera. The pictures of the huts lived in by Scott and Shackleton, which are preserved by the Antarctic National Trust, gave a fascinating insight into the harsh conditions suffered by the various expeditions.

Although the Antarctic appears to have been 'civilized' over the years and nowadays the American contingent can enjoy food from Burger King on site, the conditions there are as unpredictable as ever. On Peter's trip the farewell barbecue had to be abandoned when cracks in the ice appeared and everyone had to get back on board ship at top speed. This enlightening and enjoyable talk

was followed by a cup of tea and a selection of biscuits.

Next month the focus will be much nearer to home as we will be hearing popular and prolific author Diane Allen talking about her novels. 'Saga in the Dales' promises to be another very interesting evening. As usual the meeting will be held on the first Wednesday of the month – 2nd March – at 7.30 p.m. in Casterton Village Hall.

Casterton Swimming Club for over 50s

You are invited to join the weekly swimming sessions held in Sedbergh/Casterton School swimming pool each Thursday from 10 -11am in term time.

These are the dates remaining for this Lent term: 3rd, 10th, 17th March.

The summer term dates are from: 28th April-30th July. Cost is £5.00 per session, and we have an approved life-guard in attendance.

If you are interested in joining, please contact Enid 71056 or email: enid.hastings@gmail.com.

Spring Clean the Zero Pantry way

Yes folks, it's that time of year again. The daffodils are sprouting and the snowdrops are showing their heads which, for me, always means I need to roll up the sleeves and give the house a good clean. Here are my top 5 products to help you on the way – all tried and tested by me!

1. Eco Vibe Bath & Hob Cleaner – this has to be one of my favourite products. I have always used cream cleanser in the past and was wrapped when I discovered this eco-friendly alternative. It is tough on germs and grime but gentle on the environment. It's non-toxic and bleach-free, so safe for you and the planet. Completely plastic-free packaging and made in the UK. To use, apply a penny-sized amount to a damp cloth, rub the area you want to clean and then rinse with water. 100% LOVE this product and it really works!

2. Natural Bleach – also known as oxygen bleach or Percarbonate of Soda. This is a safe and non-toxic biodegradable alternative to harsh chlorine bleach. When dissolved in water it releases oxygen which acts as a powerful stain remover, deodoriser and disinfectant. Plastic free and home compostable packaging.

3. Ocean Savers – Kitchen Degreaser. I do like all the Ocean Savers but my favourite is the kitchen degreaser. They come in a variety of cleaning refills that can be put into your own reusable bottle. The concentrated cleaner comes in a plant-based pouch that you just drop into your bottle, add water, shake and clean! Why pay for water when you have it at home? All packaging is biodegradable, even the bottle stickers!

4. Victorian Candle Company. I love to burn a candle when I clean, it just makes everything smell so much nicer. We have recently started stocking the Victorian Candle Company who are based up in Carlisle and their scents are amazing! Hand-poured soy wax and vegan friendly – and Cumbrian – what's not to love?

5. Make your own carpet freshener. This is so easy to do and really freshens up your carpet. Vacuum your carpet first to remove debris. Sprinkle baking soda directly onto your carpet or combine it with any fragrance you would like (I use 1/2 cup baking soda and 1/4 cup dried lavender). Leave for at least an hour or overnight. Vacuum again in the morning and hey presto – fresh lavender-scented carpets!

So there you go, five simple easy plastic free alternatives to your everyday cleaning regime. All products are available at The Zero Pantry in Kirkby Lonsdale and Sedbergh.

Kim Bradshaw

The Zero Pantry

Caught on Camera – Take Two

(plus our AGM)

Kirkby Lonsdale WI invites you to attend our first meeting of the year on Wednesday 2nd March, at 7.30pm, with Amy Bateman, British Life Photographer of the Year. Please note doors open at 7.10pm.

Amy, a celebrated local photographer will share her story of life as a farmer, wife and mum with a passion for photography. Please come along and join us in what promises to be an excellent evening. Our meetings are very relaxed, and all are welcome including non-members and gentlemen. Entry for non-members is £5. You may also wish to bring some loose change for the raffle and refreshments.

The competition for this event (members only) is: A photograph of a landscape (5" x 7" max), which will be judged by Amy.

Please note we will also be holding our AGM on this night which will include our new programme for the year ahead. The AGM, which will precede Amy's talk, is at 6.30pm and is for members only.

Information about membership subscription renewal for 2022 will follow next month.

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

Amanda 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)

Facebook: Kirkby Lonsdale WI

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 into 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.



Mrs Anne Burrow and Mr Peter Burrow with members of Underley Lodge

Charity Donation

On 31st January, Underley Lodge of Freemasons presented £250 to Mrs Anne Burrow, the local fundraising representative for NWAA at The Lodge Building on Fairbank.

From its inception in 1999, with one helicopter flying 5 days a week, to now a fleet of 3 helicopters and 4 rapid response vehicles, NWAA brings life-saving, pre-hospital care to the most critically ill and injured across the North West.

Working with the Manchester blood bikes, NWAA carries blood products and administers life-saving interventions at the scene, bringing the hospital to the patient.

One helicopter flies out of Blackpool airport and two from the Manchester City airport, one having a doctor on board as well as an advanced trained paramedic. The service also needs pilots and engineers, everyone playing their part for a smooth-running system.

The NWAA has flown over 22,000 missions since 1999, each one being to someone who is in need of critical care.

On receiving the cheque, Anne said: 'Thank you so much for the generous cheque from Underley Lodge for the work of the NWAA. The charity receives no Government help and it is through the generosity of the people of the North West that the £9.5 million needed each year is raised to keep the helicopters flying to save lives. Thank you to all who support the NWAA.'

enquiries@nwairambulance.org.uk

Freemasonry, nationally and locally, donate millions of pounds every year to charities and charitable organisations, all of which comes from the members and not the general public.

Michael Mashiter, Grants Advisor Cumberland and Westmorland Freemasons.

grantsadvisor@cumbriafreemasons.org

<https://cumbriafreemasons.org/>

Grant funding from the Frieda Scott Charitable Trust

Organisations supporting people in challenging circumstances across South Lakeland and Westmorland can apply for grants of up to £20,000 from the Frieda Scott Charitable Trust.

The money can be used in a number of ways. Previous recipients include Kendal-based Manna House, which supports the homeless, vulnerably housed or lonely, and Temple Sowerby's Victory Hall, which needed help with damp proofing and the installation of a stairlift.

The Trust welcomes enquiries from well-established and new groups which directly deliver programmes and services for the benefit of local communities.

To be eligible, organisations should be registered charities, formally constituted community groups or not-for-profit organisations (not including statutory bodies) providing demonstrable community benefit across the South Lakeland District area or the old County of Westmorland.

Further information on eligibility can be found on the website – <https://www.friedascott.org.uk>

Anyone interested in applying for funding should call Celia Forsyth on 01539 742608 or email her at celia@fcsct.org.uk.

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

March

2 ASH WEDNESDAY

Barbon	10.30am Ash Wednesday	17 Thu Kirkby Lonsdale	10.30am Holy Communion
Preston Patrick	7.00pm Ash Wednesday	RC Church	6.30pm Mass
Kirkby Lonsdale	7.30pm Ash Wednesday		

3 Thu Kirkby Lonsdale	10.30am Holy Communion
RC Church	6.30pm Mass

6 Sun LENT 1

Kirkby Lonsdale	11.00am Holy Communion
Preston Patrick	9.30am Holy Communion
Lupton	9.30am Morning Service
Barbon	10.30am Morning Service
KL Methodist Church	10.30am Morning Service
	7pm Sunday at Seven
RC Church	9.00am Mass

10 Thu Kirkby Lonsdale	10.30am Holy Communion
RC Church	6.30pm Mass

13 Sun LENT 2

Kirkby Lonsdale	11.00am Morning Service
Preston Patrick	9.30am Holy Communion
Barbon	10.30am Morning Service
Hutton Roof	11.00am Morning Service
Mansergh	11.00am Holy Communion
KL Methodist Church	10.30am Morning Service
RC Church	9.00am Mass

20 Sun LENT 3

Kirkby Lonsdale	11.00am Morning Service
Preston Patrick	9.30am Morning Service
Lupton	9.30am Holy Communion
Barbon	10.30am Holy Communion
KL Methodist Church	10.30am Morning Service
RC Church	9.00am Mass

24 Thu Kirkby Lonsdale	10.30am Holy Communion
RC Church	6.30pm Mass

27 Sun MOTHERING SUNDAY

Kirkby Lonsdale	11.00am Morning Service
Preston Patrick	9.30am Morning Service
Barbon	10.30am Morning Service
Casterton	10.30am Morning Service
Hutton Roof	10.30am Holy Communion
Methodist Church	10.30am Morning Service
RC Church	9.00am Mass

(The type of service may have to change after AKL goes to print—Please check church notice boards and <https://kl.church> for up-to-date information)

Julian Meetings

Waiting on God in Silence

A Julian Meeting is an ecumenical group who meet regularly for silent, contemplative prayer or meditation. A group used to meet at St Joseph's before the Covid lockdowns.

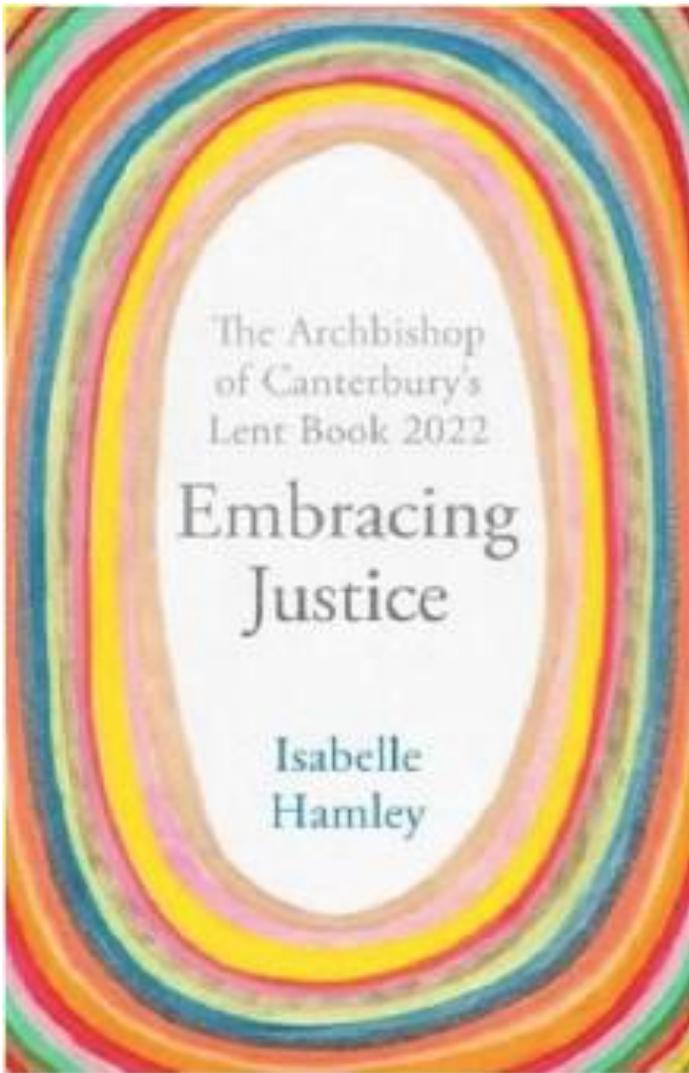
We meet again on TUESDAY 8TH MARCH at 2.15pm in St Mary's Church, Kirkby Lonsdale.

It would be good to decide where we meet in future and which day/ time suits people best so please come along if you are interested or contact me on 01539 324483 or 07900 530849 or sueoloughlin.so@gmail.com.

Many thanks

Sue

Embracing Justice – Lent 2022



This year we plan to use the book by Isabelle Hamley for our Lent groups. The material helps us reflect on the injustices of the world and ask what God is calling us to do about them. The six weekly group sessions are available for anyone who wishes to join in.

In addition to the regular small groups there will be an extra physical group on a Thursday evening. We will also run an online group meeting on Zoom on Wednesday mornings if there is sufficient interest. We start the week beginning 28th of February.

Please contact Wendy to register your interest in joining a group.

015242 73570 wendy.thornton@methodist.org.uk

Pat Nightingale

A service of Remembrance for Pat will be held at St. Mary's Church on Saturday 19th March at 2.00pm. All who knew Pat are welcome to come, with light refreshments and a chance to 'catch up' at the Lunesdale Hall afterwards. It would help with numbers for catering if anyone intending to come could let Peter know a few days earlier on 72749 or nightingale.peter@yahoo.co.uk

Stewarding churchyard access at St Mary's

Since the Brow was closed, access to the graves in the 'new' churchyard at St. Mary's has been difficult, with regular unrestricted access only being possible from the rugby club end of the churchyard.

On Thursday and Sunday afternoons (between 2pm and 3pm), since mid-November, access to the new churchyard has also been possible from the town, with a special route created through the garden of the Rectory. This is obviously much more convenient for people wanting to visit the graves of family and friends, and has proved to be very popular.

We have stewarded these afternoons with a small team of volunteers to ensure visitors are guided to the new churchyard through the Rectory garden. We would really like more people to join this group, so if you feel as though you could give an hour of your time on Thursday and/or Sunday afternoons - no matter how infrequently - it would be greatly appreciated.

It is not an onerous task (OK, the weather is not always that great!) but it is very rewarding knowing that you are helping people in our own community and beyond spend some time at the grave of their loved ones.

If you think you may be able to help in this way, please get in touch with me, Chris Norris, at chris.norris17@btinternet.com to find out more about what is involved.

Thank you - and I look forward to hearing from you.

Friends Of St Mary's

I am very happy to say that our bric-a-brac stall over the weekend of the Christmas Fair took £4431.00. An absolutely thrilling amount!! This, of course, included the donations from the tea, coffee and cakes; and another generous donation.

It is fascinating how the things people no longer want to use are exactly what a different person wants or needs; and we are so grateful to everyone who donated goods for us to sell. I am also very grateful to those people, not necessarily members of The Friends, who baked delicious cakes for us and who spent hours on the stall and helped us to clear up after the event. They are friends indeed.

I hope we will run the stall again next year over the Christmas Fair weekend. It's a hugely enjoyable (but totally exhausting) weekend for us, the committee, but only possible because of the support of all of you.

Many thanks

Pat France,
Chair of The Friends of St Mary's

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Hornby Lunesdale Probus Club 2022

The first official meeting of the new year will take place on Monday 7th March. This will be the AGM and hopefully will bring us back to a near 'normal' annual programme of speakers and events. Following on, the first 'members' meeting will take place on Monday 21st March when Steve Halliwell will speak to us about Sizergh Castle Gardens. Should get us in the mood for tackling winter-ravaged plots. Guests welcome.

Hornby Lunesdale Probus Club meets at 10.30 am in the Hornby Village Institute on the first and third Monday of each month.

For further information please contact Roger Carter, Hon. Secretary, Hornby Lunesdale Probus Club

015242 22283.

Lune Valley Community Society Hornby Swimming Pool AGM

A review of the past year and plans for the future will be presented at the re-scheduled 2022 AGM.

This will take place on Wednesday 2nd March at 7.30pm in the Hornby Village Institute. We invite members, friends and supporters to come along and find out how we are doing.

It's your pool! All opinions and ideas are invaluable to us and we'd love to hear what you think.

Look forward to seeing you; light refreshments will be served!

Regards

Phil Mugford Chairman

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I teach t'ai chi and also qi gong (pronounce it a bit like 'chee kong'), which underpins t'ai chi and aims to promote health, flexibility and general effectiveness.

'Movement and Stillness' is a class I particularly enjoy doing. It lasts an hour, and we use some very simple-to-learn and gentle qi gong warm-ups and exercises and some guided contemplation to settle down, energise and put our worries to one side for a while.

It's a well-established group now and this would be a good time to welcome one or two new people. We meet on a Friday morning from 9 to 10 am upstairs at the Lunesdale Hall (Bective Road entrance). I ask £5 a time.

Get in touch if you're interested - my email is andichapple@gmail.com, my number is 07891 908025.

Best wishes

Andi Chapple

Hornby Occasionals

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Kirkby Lonsdale Singers

We are delighted to be able to return to live singing under our musical director Anastasia Micklethwaite and currently are joined by our friends from Sing Joyfully!

Rehearsals are held from 7.00-8.30pm every Wed (during term time) at St Mary's Church, Kirkby Lonsdale. We would give a warm welcome to new members of all voice types. No audition or music reading ability is necessary. We sing a wide range of new and well-loved choral music, including unison and part singing, classical and folk traditions, stage and screen, songs from across the world, including a range of British, European and American composers.

All singers need to sign and agree our risk assessment, including mask wearing when not singing, and must bring proof of a negative LFT on rehearsal and concert days. Anyone displaying symptoms of Covid, cold or flu should please not attend. Please note that rehearsals and events will combine singers from both vocal groups for 2022 and all gatherings are now socially distanced.

Do come and join us.

For further information contact Lynne on 07515 685544 for Kirkby Lonsdale Singers

Contact Anastasia on 07952 601568 for Sing Joyfully!

Kirkby Lonsdale Brass Band Year

We are your local brass band and provide support in local events, plus playing for concerts, special events and providing the annual brass band contest in June. We rehearse every Monday evening at the Rugby Club 7.30 to 9.30pm and welcome visitors to listen or new instrumentalists in brass or percussion are always needed and welcome. The band is ageing and we desperately need new people to fill gaps which occur and to boost our numbers. Would you like a new hobby with free uniform and some instruments provided? Meet new people and give something back to your community plus it is fun!

Here are some of the things that the band has done in the last year.

We started to rehearsal again in June 2021 after a long break. At first numbers were small and we were very spaced out. It was actually hard to hear some of the other parts, which sounds rather strange considering how loud brass instruments play.

Our annual contest did not happen on Father's Day in June 2021 because the Virus was still very much around, therefore people mingling seem inappropriate at that time. So we began to look towards 2022 for this popular event.

As a small group we played our first engagement in July at Bentham Auction Mart to join with the village as they thought about the Covid epidemic.

Panic began to rise in August when the band realised

that we were booked for Grange band stand, a well-publicised and attended event for brass band calendar in the local area. At the last minute, enough players were recruited from friends in other bands and family to go forwards and the occasion was excellent.

Remembrance Day 2021 went ahead in Kirkby Lonsdale and the band marched down the street. We were pleased to join in with the town for this important occasion.

Christmas engagements started to fall in with our usual annual programme with the Dickensian festival in Ulverston, Bentham Auction carols, the Smithy Inn at Holme for a festive evening. Hutton Roof carols were cancelled due to the virus, but Ingleton Church and our annual Christmas Concert went ahead and were well received. A special addition to the programme was the Kirkby Lonsdale lights switch-on which was a magical occasion with the festive village in the Market Square before marching up to the Churchyard to be greeted by Captain Hook and Peter Pan. We played in a marquee for carols with the choir. This event certainly put us in the Christmas spirit.

For the band to continue to play enough players are required. A full brass band is up to 30 people, at present we run on 20 players. We can offer some tuition for learners who are interested both adults and children.

Come and listen to us at our events

Best wishes

Kirkby Lonsdale Brass Band

KL Gardening Association

In spite of the storms and heavy rain of February spring flowers are gradually coming through and announcing the garden is awakening from its winter sleep.

The final event of our winter programme will be on Wednesday March 16 'Rare and unusual but hardy plants', when Kevin Pratt, an extremely knowledgeable garden speaker, Chelsea exhibitor and nurseryman, will be talking about unusual plants which people may like to grow, covering bulbs, climbers, herbaceous, shrubs and trees, all grown at his nursery in Stockport. He will bring a selection of plants for sale from the nursery.

Our new programme for April 2022 – March 2023 will be distributed in March when subscriptions will be collected. Full details of events and visits will be in the programme but as advance notice our plant sale will be held on Saturday 21 May in the Lunesdale Hall and we will be organising two coach trips this year, 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 we will

travel south to spend the rest of the day at Lowther Castle Gardens near Penrith. The Annual Flower and Vegetable will take place in the Lunesdale Hall on Saturday 20 August.

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

Margaret Clarke, Events Secretary, 015242 72045



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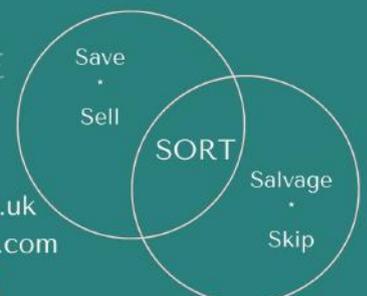
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Adult beginner competitions every 1st Sunday of the month suitable for players new to golf with or without handicaps.

For the Junior Golfer:

Junior Golf every Saturday 3 -4pm 6-16 years.

Pay as you go. £6.50 per session.

Beginner junior competitions every 1st Sunday of the month. Suitable for all juniors with or without handicaps.

Championship Putting League in memory of John Makinson, course owner. Running 7th April - 27th August every Saturday and Thursday 10am - 3pm. Open to members and non members. Prizes for the best score each day plus overall League winner. £1 per round.

50% of entry fee goes to Cancer Research UK.

For more details ring 015242 71592

Just for Ladies:

Ladies Golf Social Nights Every Tuesday 6.30pm run by level 1 Golf Coach Ruth Kendal. 1/2 hour skills session and a few holes of golf before returning to the clubhouse for refreshments and to socialise. Informal fun sessions. £7 per person.

For all Golfers:

Adult Improvers session for golfers with some experience. Tuesday 10 - 11am. Pay as you go. £10 per session.

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