

# AKL

**Around Kirkby Lonsdale**

**November 2022**



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

**Photo ©Pete Farrington 2022**

# Embracing Change

As we move from the season of harvest towards the season of remembrance, we see changes all around us – changes in the weather, changes in the length of days and the quality of the light, changes in the trees and vegetation around us, changes in the moods of those we encounter day to day, changes in the price of almost everything and almost always in an upward direction – potentially troubling times! How should we react?



Change can be unsettling – but without change we have no growth or development. In times of uncertainty, it is tempting to cling to the certainties of the past but that is probably not the way forward. Fr Richard Rohr – a Franciscan priest – explores in his book “The Wisdom Pattern” the five stages of change that have taken place historically in religious and cultural institutions, he calls these stages the “Five Ms”: human, movement, machine, monument, and memory.

He observes that it seems that many great things in history start with a single human being. If a person says something full of life that names reality well, the message often moves to the second stage of becoming a movement. That’s the period of greatest energy. The church is at its greatest vitality as the “Jesus Movement,” and the institution is merely the vehicle for that movement. The movement stage is always very exciting, creative, and also risky.

It’s risky because God’s movement in history is larger than any denomination, any culture, or any tradition’s ability to verbalize it. We feel out of control in this stage, and yet why would anybody want it to be anything less? Would we respect and love a God that we could control? I don’t think so! Yet we move rather quickly out and beyond the risky movement stage to the machine stage. This is predictable and understandable.

The institutional or machine stage of a movement will necessarily be a less-alive manifestation. This is not bad, although it is always surprising for those who see church as an end in itself, instead of merely a vehicle for the original vision. There is no other way; but when we don’t realize a machine’s limited capacities, we try to make it into something more than it is. We make it a monument, a closed system operating inside of its own, often self-serving, logic. By then, it’s very hard to take risks for God or for gospel values.

Eventually this monument and its maintenance and self-preservation become ends in themselves. It is easy just to step on board and worship at a monument without ever knowing why or longing for God ourselves. There is no hint of knowing that we are beloved by God and invited to an inner journey. In this state, religion is merely an excuse to remain unconscious, holding on to a memory of something that must once have been a great adventure.

The secret is to know how to keep in touch with the human and movement stages without being naïve about the necessity of some machines and the inevitability of those who love monuments. We must also be honest: all of us love monuments when they are monuments to our human, our movement, or our machine. And these monuments can act as powerful reminders of, and help us connect with, the original man behind the movement – Jesus – and his physical embodiment of the love of God our creator for all his creation.

So, in these times of change and transition let us not cling to the monuments and memories of our faith but use them to find our way back to the original man with a mission and join Jesus in our onward journey through the ups and downs of this life or, as the prayer from *Compline* puts it – “the changes and chances of this fleeting world”.

Let us remember with gratitude so many of the legacies of the past: people, places and memories which we hold so dear. But let us not allow them to hold us in the past, or drag us back to the past, but let us use them to provide a firm base from which to move forward into whatever the future may hold, knowing that God is alongside us in the journey.

**Anne Pettifor – Team Vicar**

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**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.

Lay Readers: Mrs Liz Dew, 9 Burton Park, Burton in Kendal, LA6 1JB, 01524 781645, mrs.lizdew42@outlook.com; Mr Alan Cox, Stedman House, 3 Hunter St, Carnforth LA5 9BP, 01524 735188, stedmanhse@gmail.com. Parish Administrator: Mrs Vicky Hazlett, Parish Office, 1 Bective Road, Kirkby Lonsdale, LA6 2BG, 015242 71320, office@therainbowparish.org. PCC Lay Chair: Mr Merlin Hibbs, Low Fell House, Barbon, LA6 2LJ, 015242 76410, merlin@hibbs.org.uk. PCC Treasurer: Mr Robert Cass, 17 Mitchelgate, Kirkby Lonsdale, Carnforth, LA6 2BE, 015242 71218, treasurer@cassworks.net.

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**Casterton:** DCC Secretary: Mrs Gill Sykes, Old Manor, High Casterton, LA6 2SD, 015242 72143, gillsykes.casterton@outlook.com. DCC Treasurer: vacancy—contact PCC treasurer, above. Churchwarden: Stephen Evans, The Old Vicarage, Casterton, LA6 2SA, 07973 173546, stephen@evanshart.co.uk.

**Kirkby Lonsdale:** DCC Secretary: Ms Diane Nowell, 57 Fairgarth Drive, Kirkby Lonsdale LA6 2FB, 015242 73636, diane@copywritten.co.uk. DCC Treasurer: vacant. Churchwardens: Mrs Anne Foulerton, Gatelands, High Biggins, LA6 2NP, 015242 71281, afoulerton@hotmail.com; Mrs Maggie Venys, 8 Bective Road, Kirkby Lonsdale, LA6 2BG, 07980 009162, t\_mvnyens@icloud.com.

**Lupton:** DCC Secretary: Mrs Eleanor Higton, Hill Crest, Cow Brow, Lupton, LA6 1PJ 015395 67521, eleanor\_higton@yahoo.co.uk. DCC Treasurer: Mr Arthur Oakden, Tarnside House, Lupton, LA6 2PP, 07561605582 lindseyoakden@hotmail.co.uk. Churchwardens: Mrs Margaret Lambert, Brow Head, Cow Brow, Lupton, LA6 1PJ, 015395 67478; Mrs Grace Lewis, 9 Eaveslea, Kirkby Lonsdale, LA6 2AB, 015242 74306.

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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.

**FRIENDS' MEETING HOUSE:** Preston Patrick Sundays 10.30, Warden 015395 61163. Brigflatts Sundays 10.30am, Warden 015396 20005.

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**Key:** **KLLH**, Kirkby Lonsdale Lunesdale Hall; **BVH**, Barbon Village Hall; **CVH**, Casterton Village Hall; **AVH**, Arkholme Village Hall; **KLMH/C**, Kirkby Lonsdale Methodist Hall/Church; **MVH**, Mansergh Village Hall; **WVH**, Whittington Village Hall; **HRVH**, Hutton Roof Village Hall; **PPMH**, Preston Patrick Memorial Hall; **HI**, Hornby Institute

## Diary

### Nov

- Tue 8 Casterton Quiz, CVH, 7pm
- Wed 9 Remembering Kirkby Lonsdale (II), CVH, 2.30pm
- Fri 11 RBL Coffee Morning, KLLH, 9.30am  
Friends of Ruskin's View, Royal Barn, 2-7pm
- Sat 12 Repair Café, KLLH, 10am-12 noon
- Sun 13 Sarah McQuaid Concert, KLLH
- Mon 14 Civic Society talk, KLLH, 7.30pm
- Wed 16 KL Gardening Association talk, KLLH, 7.30pm  
Friends of the Dales talk, online, 4.30pm
- Sat 19 Pool Party Night, KLLH, 7pm
- Sun 20 Messy Church, KLMC, 4.30-6pm
- Tue 22 Friends of Ruskin's View, Churchmouse, 10-2pm
- Wed 23 Friends of Ruskin's View, Casterton Golf, 10-2pm
- Thu 24 NWCR Chocolate event, BVH, 7.30pm  
Friends of Ruskin's View, CB tearooms, 10-2pm

### Dec

- Thu 1– Sun 4 'Spirit of Kirkby Lonsdale' Christmas weekend
- Tue 6 Casterton Quiz, CVH, 7pm
- Sat 10 Kendal Male Voice Choir, KLLH, 7.3-pm

**Deadline for Dec/Jan AKL: Tue 15 Nov**

**We are changing our contact details— please note our new email addresses:**

**Editorial matters:** Please email queries, articles, photos and other submissions to the editorial team at [akl@kirkbylonsdale.org](mailto:akl@kirkbylonsdale.org)

**Advertising:** For all advertising matters, email: [akladvertising@kirkbylonsdale.org](mailto:akladvertising@kirkbylonsdale.org)

**We will continue to monitor email traffic to the old mailboxes till 2023.**

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## Reflecting on the year

Joyfully remembering the past, embracing the present and getting excited about the future.

The final few months of the year I often use as a time to pause, take stock and remember the good things I have been involved in or experienced this year. I find this is a great way to be thankful and remember the different seasons and times of the year that have brought me and many others joy. It is tempting to focus too much on Christmas at this stage of year, so part of pausing is also about attempting to stay present enjoying the now. Not just racing ahead to Christmas and New Year but looking both in the immediate past, embracing the present and getting excited about all that is to come before Christmas Day.

One of the highlights for me this year has been seeing the return of various family projects that were paused due to lockdown. Drop-in at St. Mary's School has been one of the projects that I personally missed a lot. I missed the chance for casual catch ups and space to simply be on a Monday afternoon. I also enjoy baking or buying nice cakes or snacks for the parents/guardians at St. Mary's School. We meet on a Monday from 2-3pm in the Family Room to simply chat and share together. It has been great to see familiar faces and catching up with people, hearing their experiences over the last few years. I have also loved getting to know new faces this term. Thanks to all who have popped in and said hi! If you haven't found us yet, please do come and say hello. Our last Drop-in will be on 12 December.

Muddy Church has also returned. It was fun seeing some of you in October as we gathered outside to enjoy Autumn via games, stories, and painting. Our next Muddy Church will be on Sat 10 December from 3-5pm. We will probably meet inside the hall at Kirkby Lonsdale Methodist Church. There we have access to the garden, to keep the outdoors central to this group but also the benefit of a shelter if the weather is horrible. More info to follow!

The Messy Church family has grown throughout this last year. We continue to have fun when we gather alongside various activities, some storytelling and of course enjoying a warming meal together. All are welcome to come to Messy Church. You don't have to have young people to come and explore and experience the joys of being messy at our group. If you fancy joining us for our next Messy, we will be meeting on 20 November 4.30-6pm in Kirkby Lonsdale Methodist Church. All welcome.

## Chocolate Demonstration and Tasting Event

Thursday 24 November 7.30pm in Barbon Village Hall.

The Barbon and Middleton Branch of North West Cancer Research present a demonstration by Master Chocolatier Andrew Thwaite. Come and enjoy chocolate tasting, Supper and Raffle.

Tickets £10 from Sue Thornber 015242 76343 or committee members. Come and buy chocs for Christmas.

I am the vine

Messy Church  
Kirkby Lonsdale

20th November  
4.30-6pm @  
Kirkby Lonsdale  
Methodist Church

Activities,  
storytelling &  
food

No Charge.  
All Welcome

The Family Project is also involved with the activities during the Kirkby Lonsdale Christmas Fair 2022. Do come and find us plus join in with some of the events throughout the town; it looks like a fantastic programme.

From 7.30pm-10pm on Friday 2 December we will be helping to support the silent disco for teenagers inside the yurt at St. Mary's Churchyard organised by Kirkby Lonsdale Info & Gift Shop. On both Saturday 3 and Sunday 4 December from 10am-2pm we will be hosting games in the same yurt. Some of the games may be familiar from our Jubilee Games in the park event! On Saturday 3 December we are also hosting a games afternoon for teenagers from 4-6.30pm venue to be confirmed. Come along to have a go at D'n'D, uno flip, monopoly deal and more!

We are excited to be involved in this year's Christmas fair. We hope you encounter the excellent theme of the 'True spirit of Kirkby Lonsdale' as you wander around the town over this weekend.

Lol

## Kirkby Lonsdale Town Council

I only had the pleasure of meeting Alan Day on a couple of occasions, usually when Alan and Geoffrey Buswell were talking about flags, where they should go and what they should celebrate, or whether it was rum or whisky tonight. Alan passed away on 15 Oct at the age of 96, the same age as the Queen whom he admired and loved.

Alan was in the Royal Navy and during the war served as a radar technician in the Merchant Navy, hence his long-time support of the armed forces and particularly the maritime services. Alan was both the Chairman of the then Parish Council and Lunesdale Institute Management Committee, as well as the Civic Society. He reached a good age and to quote Ralph Waldo Emerson: 'A good life well lived'.

Two Town Council meetings have taken place since the last issue of AKL. At the meeting at the end of September a full report was considered in relation to fundraising for Ruskin's View and the Council's Work Programme was reviewed and actions agreed. The Work Programme enables Town Councillors to track projects being pursued across the Town and to chase progress.

One example is the Grounds Maintenance Contract. The Town Council is responsible for maintaining a number of open spaces across the Town and on a regular basis the works have to be the subject of a competitive tender. The Councillors responsible for the Town's Maintenance and Assets are putting together updated contract documentation which will be issued towards the end of the year, to enable the selection of a maintenance contractor from 1 April 2023. Slightly different approaches to maintenance are emerging nationally and these will need to be reflected in the new contract.

Also, in September, we agreed to join the Rural Markets Town Group who lobby for Towns like ours and provide networking and guidance to enable them to develop their attractiveness and offer.

In October we agreed to increase our support for the Xmas fair in the Town from £2,700 to £5,000 and, perhaps unwisely, agreed that Town Councillors would join the Xmas Parade on Saturday 3 December!!

Saving Ruskin's View. In order to maximise donations to the fundraising and to be a focal point for fundraising, a charitable trust, 'The Friends of Ruskin's View' is being established. The first update appears in this edition. In future this report from the Town Council will update on technical and practical issues, and will provide an overview of the campaign, with greater detail on fundraising coming from The Friends.

Finally, an apology, in the last issue I referred to Pinfold Croft. I have been chastised by Audrey Phillips...it should be Binfold Croft. My apologies.

*Mike Burchnell, Chair, Kirkby Lonsdale Town Council*

## Breaking News

The Kirkby Lonsdale WI invites you to our next meeting on Wednesday 2 November in the Lunesdale Hall at 7.30pm where we will welcome Fiona Marley Paterson, broadcast journalist and reporter for ITV Border television, Lake District and South Cumbria.

Fiona will explain how her interest in English and the performing arts led her on her career path. She will also tell us what journalism and being in front of the camera, entails. Fiona's passion for sporting activities complements the focus of her reporting which specialises in business, rural affairs and outdoor sports.

For this, and at our December meeting, Christmas cards, calendars and diaries produced by Derian House Children's Hospice will be for sale. The members' competition is to write a newspaper headline about our WI (only one entry per member).

At last month's meeting Patricia Gilligan and Daniella Martin, two members of Paddlers for Life, Windermere, spoke about the history of dragon boat paddling and how they became involved with this amazing charity that raises funds for Breast Cancer Awareness. They told us about what paddling involves and how they always strive to ensure they find a balance between the physical demands of paddling and having plenty of good fun. Their talk also included heartfelt accounts of their personal experiences which were both touching and inspirational. Their visit coincided with October being Breast Cancer Awareness Month and the meeting included a sale of various items in support of this worthy cause.

Please remember, 2 Nov is the deadline to hand in your menu choices and payment, in full, for our Christmas meal. Either bring them to our meeting or alternatively, drop them off at Sienna Jewellery, Main Street, KL.

Venue: Highwayman, Burrow, Tunstall LA6 2RJ;  
Time: 7.00pm; Menu: This has been emailed (details also on our website); Cost: £28.95 for two courses or £34.95 for three courses; Payment: by cash, cheque or online (details are on our website)

All are welcome to our meetings whether as new members or visitors. For visitors, the cost is £5.00. Gentlemen, you are most welcome to attend our events too. 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.

Looking forward to seeing you on 2 November.  
Rosalind and all the Committee

Tel: 015242 98587 / 0776548094

Email: [kirkbylonsdalewi@gmail.com](mailto:kirkbylonsdalewi@gmail.com)

Web: [www.klwi.co.uk](http://www.klwi.co.uk) Instagram: kirkbylonsdale\_wi

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## COMMUNITY CAFE

Every Saturday; 10 am to 12 noon

Warm breakfast options available, with a hot drink or juice. Voluntary donations welcome.

Held in the Bective Room of the Lunesdale Hall. Join us to enjoy a bit of a natter or to read the Saturday newspaper in a warm space.

## COMMUNITY LUNCHES

Every Monday

Hot, nutritious meals are available for delivery or to eat in at the Lunesdale Hall

Just give the Community Hub a call to find out what the meal options are or check out our website for more info!

## COMMUNITY HUB

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10 am to 1 pm

For those who find it difficult or are uncomfortable leaving the house - we can help with shopping, prescription pick-ups, and post office trips! Just give us a call.

## FOOD CLUB

Running Thursdays. Memberships offer a food bag every 2nd week.

Food Club works with FareShare to redistribute good quality surplus food from major supermarkets. Check out our website for more info.

## COMMUNITY CUPBOARD

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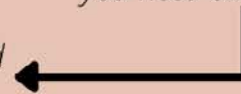


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Place on order through our online shop or let us know what you need over the phone

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# NO ONE SHOULD GO HUNGRY

## VOLUNTEER WITH US

As a charitable venture, we rely on the support of our community. This could be through volunteering your time - we offer several different types of roles for our different projects that you can get involved in. We offer relevant training and travel expenses for all of our volunteer positions.

Find out more at: <https://klcommunity.co.uk/get-involved/>

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## Poppy Appeal

This year's Poppy Appeal will be launched on 27 October. We will be distributing poppies and collection tins to local businesses to make sure you can buy your poppies in as many locations as possible and have arranged street collections in Kirkby Lonsdale (outside Boots) on the following dates:

Saturday 5 November 2022 and Thursday 10 November 2022.

We will also be holding a fundraising COFFEE MORNING in the Bective Room of Lunesdale Hall from 9.30-11.30am on Armistice Day, Friday 11 November. There will be refreshments and stalls, and we will observe the 2 minutes' silence at 11am. We would greatly welcome donations of cake and biscuits for the event if anyone would be willing to bake for us #areyouastarbaker

The town's Remembrance Parade will gather at Market Square at 10am on Sunday 13 November and, led magnificently by the band, will make its way down Main Street towards St Marys Church for the service starting at 10.30am. We are honoured that this special morning of events will be attended by Deputy Lord Lieutenant of Cumbria, Mrs. Susie Villiers-Smith, representing the Crown and we hope to see as many of you there as possible to join with us.

If you have any queries or would be willing to bake for our coffee morning in support of this year's appeal, please let me know at [klpoppyappeal@outlook.com](mailto:klpoppyappeal@outlook.com) or call me on 07723 018865.

Many thanks, Rachel Wilkinson

Kirkby Lonsdale District Poppy Appeal Organiser

## The Repair Café is BACK!

Thank you everyone who helped at or came along to our first Repair Café! Thanks to your great feedback, we have decided to continue with a monthly Repair Café. Our next Café will be on Saturday 12 November 2022, 10 am to 12 noon @ The Bective Room, Lunesdale Hall.

Our amazing repair volunteers are here to fix those holes in your clothes, those buttons that have fallen off, the toaster that won't toast, the Hoover that won't collect dust... come bring along your broken items and see what we can repair! Enjoy a hot drink and a little snack whilst you wait.



## Friends of Ruskin's View

Friends of Ruskin's view is a volunteer-led group with a vision to restore, celebrate and explore Ruskin's view, so that we can once again enjoy, experience and connect with our heritage and surrounding landscape.

The Friends of Ruskin's view and KLTC need to raise £1million by November 2023 to save our iconic view for us now and for future generations, we need your help to do this by making a donation, by participating in the planned fundraising activities and by organising your own. On Friday 11 Nov we are launching our fundraising campaign in The Royal Barn between 2-7pm. Our volunteers will be in The Barn throughout the afternoon to answer any questions you have about the fundraising campaign, how to donate and how you can help.

Please join us on the afternoon to hear about what we have been doing so far and future plans. We are beyond excited and so grateful to hold our launch at The Royal Barn, as KL Brewery are busy formulating a new recipe for a beer made especially for Save Ruskin's View. A donation from each beer will go towards fundraising.

We know that closure to access Ruskin's view impacts our community in so many ways. We know residents and visitors have lost a beloved community space affecting our community's heritage and wellbeing as well as restricting access to the cemeteries of St Mary's and along to the Rugby Club. We also know the loss of our heritage attraction has a significant impact on our local economy. Without securing funding to restore and stabilise the area, Ruskin's view and the Church Brow footpath will be permanently lost.

'The Friends of Ruskin's View' is a charitable trust so that we can maximise donations to our fundraising and build a recognisable brand allowing us to raise awareness of our fundraising efforts.

A programme of activity and events is underway, starting on 11 Nov, which will also see the launch of our website. Friends of Ruskin's View will be attending the Christmas Fair and holding fundraising activities alongside these. A full list of activities, totals so far, ways to donate and ideas for your own activities will be on our website as well as on social media sites; Instagram and Facebook.

If you aren't able to join us on 11 November, The Friends of Ruskin's View will be on the road the week beginning 21 Nov when you'll be able to come and chat to us and find out more about our fundraising efforts and how you can help. Tuesday 22 Nov 10-2pm, The Churchmouse in Barbon; Wednesday 23 Nov 10-2pm Casterton Golf Club; Thursday 24 Nov 10-2pm Cowan Bridge Tearooms.

In the meantime, if you would like further information or would like to volunteer email Laura, Sam or Mike on [info@saveruskinsview.co.uk](mailto:info@saveruskinsview.co.uk) or [volunteer@saveruskinsview.co.uk](mailto:volunteer@saveruskinsview.co.uk)

## From the Registers

### Weddings

Sam Robson and Ella Hall, St. John's Church, Hutton Roof, 29 July 2022

Michael Wardle and Melissa Birbeck, St. Patrick's Church, Preston Patrick, 12 August 2022

James McWilliam and Laurel Kemp, St. Bartholomew's Church, Barbon, 3 September 2022

### Baptisms

Myla Grace, daughter of Nathaniel and Louisa Bateson, St. Mary's Church, 17 July 2022

Evie Rose, daughter of Liam and Sophie Smalley, St. Patrick's Church, 24 July 2022

Eleonora Heather Mary, daughter of Matthew and Joelle Bouch, St. Bartholomew's Church, 14 August 2022

Christopher Dalton, St. Bartholomew's Church, 14 August 2022

### Funerals

Liz Burke, aged 73 years, St. Mary's Church, 19 July 2022

Jennifer Martindale, aged 67 years, St. Bartholomew's Church, 27 July 2022

Sue Hothersall, aged 67 years, Graveside Service, Carnforth, 28 July 2022

Doris Wilsher, aged 94 years, St. John's Church, 8 August 2022

Jean Tait, aged 98 years, Beetham Crematorium, 26 August 2022

Jim Bowers, aged 65 years, St. Mary's Church, 30 August 2022

Doris Metcalfe, aged 84 years, St. Bartholomew's, 31 August 2022

## Examination Invigilators

Lunesdale Learning Trust

Lunesdale Learning Trust which includes QES and QES Studio Schools in Kirkby Lonsdale have opportunities to join the Exams Team as an Invigilator. Invigilators work on a casual basis and assist the Lead Invigilators and Exams Team with running internal and external exams for students aged between 11 and 18. Full training will be provided. For further details about the post or to apply please visit the website [www.qes.org.uk/vacancies](http://www.qes.org.uk/vacancies) or if you have any specific queries please email [recruitment@qes.org.uk](mailto:recruitment@qes.org.uk)

The Lunesdale Learning Trust is committed to safeguarding and promoting the welfare and safety of children. All successful candidates will be required to undergo an Enhanced Disclosure from the Disclosure and Barring Service (DBS), other statutory required clearance and reference checks with previous employers.

## Foundation Governor Sought

There is a space for a Foundation Governor to join our Governing Board at St Patrick's C of E Primary School, Endmoor. If you are interested in joining our team to help the school to flourish and have a strong commitment to achieving the best possible outcomes for children, then this may be the role for you.

St Patrick's is an excellent school, with a dedicated and hardworking Headteacher and staff. Being a governor at this school is fulfilling and hugely rewarding. To become a Foundation Governor, you must have a Christian faith and support the church school ethos. Governors come from many different backgrounds and bring a wide variety of skills and knowledge to the role. If you are interested and would like to know more about it, then please contact Mrs Edmondson, Headteacher of St Patrick's School, Tel No. 01539567388 or Elaine Skikun, Chair of Governors at [elaine@st-patrickscofe.cumbria.co.uk](mailto:elaine@st-patrickscofe.cumbria.co.uk)

## Friends of St Mary's

### Annual Bric-a-Brac Stall



Over the Christmas Fair weekend of 2, 3 and 4 December, we will have our usual stall in St Mary's Church selling a wide range of collectable goods and useful 'things'! I hope you will all look in your attics and cupboards and see what pictures, pots, glass, silver, jewellery you have and no longer need. Please could you bring them to church, any time after 1 November, and leave them at the back, near the kitchen. If you need help with this, please ring me and I will collect from you. We totally rely on you to bring us the goods to sell! Of course, we will also have the crafts on Saturday morning and tea, coffee and homemade cake available all day Friday, all day Saturday and Sunday afternoon.

I hope to see you bringing your good quality bric-a-brac into church for us to sell, and in church over the weekend having tea and cake, and finding the little something that you really need on the stall.

Thanks for your help and cooperation. Pat France, Chair of the Friends of St. Mary's 71740 or 07887940442

# Are you ready for a Christmas Extravaganza?

Get ready for Christmas and community spirit to collide as Kirkby Lonsdale unites for the ultimate Christmas Fair from:

**Thursday 1 till Sunday 4 December**

The Kirkby Lonsdale Christmas Fair 2022 is going to be better than ever, with 'The True Spirit of Kirkby Lonsdale' at its heart.

Including festive favourites such as the Chalet Village in Market Square, Indoor Market in Lunesdale Hall and Bric-A-Brac in St Mary's Church.



## Christmas Shopping

Kirkby Lonsdale's festive favourites are back and better than ever! Finish your Christmas shopping at the Chalet Village in Market Square (Friday 4-8pm, Saturday 10am-7pm, Sunday 10am-4pm), Indoor Market at Lunesdale Hall (Saturday 10am-5pm and Sunday 10am-4pm) and Bric-A-Brac at St Mary's Church (Friday & Saturday 10am-5pm, Sunday 12.30-4.30pm).

## Christmas Light Switch-On

Santa and Scrooge will light up Kirkby Lonsdale at the Christmas Light Switch-on on Friday 2 December. The event will start at 5.30pm with candlelight poems (for Save Ruskin's View) and Christmas Carols performed by St Mary's Primary School in St Mary's Churchyard before the main event in Market Square at 6pm.

## Christmas Crafts

Get involved with Christmas Crafts for the Christmas Light Switch-on event! Bring the True Spirit of Kirkby Lonsdale to life by making lanterns and handheld torches to light up town for the big event. Workshops will run weekly throughout November – more details coming soon and if you are interested contact the Information & Gift Shop.

## A Teenager's Christmas

There's something for everyone this Christmas, including teenagers! Whether you're down to party away at the Silent Disco on Friday 2 December, 7.30-10pm (tickets available online or at the Information & Gift Shop) or want to get away from the hustle and bustle at the Games Café on Saturday 3 December, 4-6.30pm. More details available on our website at [www.kirkbylonsdale.info/Christmas-Fair-2022](http://www.kirkbylonsdale.info/Christmas-Fair-2022).

## Santa Parade

We are planning a Santa Parade for Saturday 3 December at 3pm along Main Street – so many community groups and local businesses are getting involved and we can't wait to see everyone dressed up in their festive gear! After the parade, Santa's Grotto will open in St Mary's Churchyard 4-6pm.

## Lantern Walks

Evening lantern walks around Kirkby Lonsdale are back for the festive period - learn about Kirkby Lonsdale's history and enjoy mulled wine and mince pies. Book one every day over the Christmas Fair weekend at 5pm (except Friday 2 December which will be at 4pm). Lantern Walks will also be available closer to Christmas on Friday 16 and Saturday 17 December.

## Volunteer With Us!

We are looking for volunteers! Help us showcase The True Spirit of Kirkby Lonsdale by volunteering at the Christmas Fair in any of the following roles:

- ★ Steward
- ★ Marshall
- ★ Décor Team
- ★ Head Elf
- ★ Santa's Grotto Elf

## And don't miss...

- \* **Festive Charter Market in Market Square**
- \* **Santa's Grotto in St Mary's Churchyard with llamas and elf crafts**
- \* **Christmas Café at the Methodist Church**
- \* **Carol Service in St Mary's Church**
- \* **Christmas Quiz Night with live music**
- \* **Silent Disco (ages 14-18) and Games Café (ages 12-18)**

**For ticket and booking enquiries call the shop on 015242 97177 or pop into the Information & Gift Shop on 29 Main Street. For volunteer enquiries contact Phoebe at [lovethelunepr@gmail.com](mailto:lovethelunepr@gmail.com)**

# Christmas Fair Programme

Thursday 1st – Sunday 4th December

2022

## Indoor Market



**Lunesdale Hall**  
Saturday, 10am-5pm  
Sunday, 10am-4pm

## Chalet Village



Extending to Snooty Fox

**Market Square**  
Friday, 4-8pm  
Saturday, 10am-7pm  
Sunday, 10am-4pm

## Briv-A-Brac



**St Mary's Church**  
Friday & Saturday, 10am-5pm  
Sunday, 12.30-4.30pm

## Light Switch-On



**Market Square**  
Friday, 6pm

## Santa Parade



**Main Street**  
Saturday, 3pm

## Quiz Night



Tickets from Information  
& Gift Shop

**Location TBC**  
Sunday, 7.30pm

## Charter Market



**Market Square**  
Thursday, 9am-3pm

## Lantern Walks



Tickets from Information  
& Gift Shop

**The Monument, Market Square**  
Thursday, Friday, Saturday,  
Sunday, 5pm

## Carol Service



**St Mary's Church**  
Sunday, 4pm

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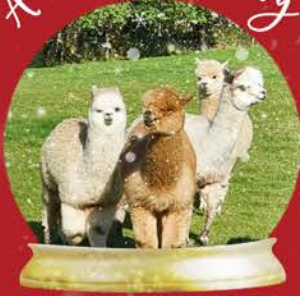
More information available at the  
Information & Gift Shop  
and online:  
[www.kirkbylonsdale.info/christmas-fair-2022](http://www.kirkbylonsdale.info/christmas-fair-2022)



# The North Pole

in St Mary's Churchyard...

## Alpaca Petting



St Mary's Churchyard  
Saturday, 11am - 2pm  
Sunday, 11am-2pm

## Santa's Grotto



St Mary's Churchyard  
Saturday, 4-6pm  
Sunday, 11am-4pm

## Elf Crafts & Games



St Mary's Church & the Yurt  
Saturday & Sunday  
Times TBC

## Teenager's Christmas

There's something for everyone  
this Christmas!

## Games Cafe



Location TBC  
Saturday, 4-6.30pm  
Ages 12-18

## Silent Disco



Tickets from Information  
& Gift Shop

The Yurt, St Mary's Churchyard  
Friday, 7-10pm  
Ages 14-28

## Christmas Workshops



Location TBC  
Weekly in November

Join in with FREE weekly  
workshops throughout November  
and help us light up Kirkby  
Lonsdale with lanterns and hand-  
held torches for the Christmas  
Light Switch-on!

Dates and times TBC. Contact the  
Information & Gift Shop for more  
information.

## Christmas Cafe



The Methodist Church  
Saturday, 10am-4.30pm  
Sunday, 1-4.30pm

## The True Spirit of Kirkby Lonsdale...

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More information available at the  
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[www.kirkbylonsdale.info/christmas-fair-2022](http://www.kirkbylonsdale.info/christmas-fair-2022)



# Christmas Fair Map 2022

Thursday 1st - Sunday 4th December



The True Spirit of Kirkby Lonsdale...

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More information available at the  
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## The Church in and around Kirkby Lonsdale

*Eleven churches comprising Anglican, Methodist and 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 November. Cowan Bridge Methodist Chapel congregation is currently meeting with St Bartholomew's Barbon. Please continue to follow all the social distancing and hygiene guidance.

### November

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

#### 6 Sun 3 BEFORE ADVENT

Kirkby Lonsdale 11.00am Holy Communion  
Preston Patrick 9.30am Morning Service  
Lupton 9.30am Morning Service with Remembrance

Barbon 10.30am Morning Service  
KL Methodist Church Sunday@7  
RC Church 9.00am Mass

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

#### 13 Sun REMEMBRANCE SUNDAY

Kirkby Lonsdale 10.30am Remembrance Service in the Churchyard

Preston Patrick 9.30am Morning Service with Remembrance

Barbon 10.30am Remembrance Service  
Casterton 10.50am Remembrance Service  
Hutton Roof 10.45am Remembrance Service  
Mansergh 11.00am Holy Communion with Remembrance

RC Church 9.00am Mass

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

### Warm Spots in Kirkby Lonsdale

The cost of heating during the coming months is a big concern. Some of the community spaces in Kirkby Lonsdale will be heated for regular activities and we are coordinating this to ensure that there will be somewhere warm each day of the week, where anyone will be very welcome, and tea/coffee will be available.

Watch out for more details but provisionally:

Mondays – Coffee 11-12:30 followed by Community Lunch (booked in advance) 12:30-2pm at the Lunesdale Hall; Wednesdays – Meet to Eat at the Methodist Church, 12 noon; Thursdays – Tea and Coffee at St Mary's from 11am-1pm; Fridays – Tea and Coffee at St Joseph's (times tbc); Saturdays – Tea at Bective Room, Lunesdale Hall 10-12noon; Sundays – Tea and Coffee at St Mary's from 12 noon– 2pm.

Warm Spots Cumbria are coordinating venues across the county to ensure there is somewhere for everyone, through the colder months, to find company and refreshment in a safe place. More details of these venues can be found from November on the Cumbria County website.

#### 20 Sun CHRIST THE KING

Kirkby Lonsdale 11.00am Morning Service  
6.30pm Evensong

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 ADVENT SUNDAY

Kirkby Lonsdale 10.30am Rainbow Service at Preston Patrick  
6.30pm Advent Lights with QES

Preston Patrick 10.30am Rainbow Service  
Casterton 10.30am Rainbow Service at Preston Patrick

Hutton Roof 10.30am Rainbow Service at Preston Patrick

RC Church 9.00am 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)

### Friends of the Dales

Friends of the Dales free autumn and winter events programme features the following talks and walks. To book email [victoria.benn@friendsofthedales.org.uk](mailto:victoria.benn@friendsofthedales.org.uk) For further information visit: [www.friendsofthedales.org.uk](http://www.friendsofthedales.org.uk)

#### Talk: Rural Bus Services in the 21st Century – challenges and opportunities

Wednesday 16 November 2022, 4.30pm Learn how Dalesbus - the social enterprise set-up and supported by Friends of the Dales - came into being, and the challenges and opportunities facing it and other rural bus services at a time of funding cuts, fuel price rises and a drive for 'greener' travel.

#### Talk: Capturing the Past

Wednesday 7 December 2022, 4.30pm Learn about the origins of the Capturing the Past project - Friends of the Dales long term community archive set up as part of Heritage Lottery Funded Stories in Stone. Project leader, John Cuthbert will give an overview of the archives it now contains as well as insight into some stories, photographs and documents with a 'winter theme'.

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## The Rotary Club of Lunesdale

A note for your diary. On Saturday 10 December at 7.30pm the Club will host a Christmas Carol Concert by The Kendal Male Voice Choir in the Lunesdale Hall, New Rd, Kirkby Lonsdale, LA6 2BG, watch out for posters giving details.

One of the biggest problems the world is currently facing is protecting environments against global warming. We have all seen the dreadful scenes on TV of raging fires, devastating storms and huge areas suffering the effects of catastrophic flooding. These appalling events beg the question "What can we as individuals do against such overpowering forces". At the club meeting on 6 October a discussion was held to examine this very question. Governments around the world are slow to take on board the huge but growing problem and some even seem unwilling to accept that it is happening. Rotary has, as a worldwide organisation, adopted the Environment as its 7th Area of Focus. With this very much as a priority the club has arranged a second public meeting (the first was held a year ago) to be held at the Hornby Institute on Wednesday 15 February when environmental issues will be debated by agricultural and environmental experts. If you are interested then watch out for further details early in the New Year. Meantime if you want to try a few simple ways to help eliminate these problems, if only in a small way, here are a few suggestions:

Use reusable bags, cartons and drinks containers, recycle, save electricity especially by turning off unnecessary lights, save water – both of the latter will save you money. Walk whenever possible rather than take the car – another benefit from this saving is of course you will benefit from some exercise. Reduce the amount of printing you do or print on both sides of the paper. Take a look at "fast web.com" for the fast 8 simple ways to help the environment. These are just a few simple ways that each of us, as individuals, can do our bit to help save the environment and our beautiful planet.

*Stay well, keep safe, Lilian*

## Kirkby Lonsdale Golf Club

Kirkby Lonsdale Golf Club is looking ahead to the next six months with its Winter League competition which will launch on 2 October. The pairs competition comprises 12 events with league positions decided on points gained every week (the nine best scores from 12 count). Points are awarded dependent on a team's finishing position each week relative to the numbers of competitors. There are prizes for the first three teams each week, plus further prizes at the end of the league and the awarding of the much sought-after Peter Smith Winter League Shield.

If anyone would like to book a round at the club or join as a member, they should contact the Pro Shop on 015242 76366 or book a tee time on the website <https://www.kirkbylonsdalegolfclub.com/>

## Lunesdale Quilters and Sewing Group

Do you want to learn some new techniques? Are you seeking inspiration? Are you new to sewing? Or do you just want to spend time with others doing what you love? Then a sewing group is the perfect place for you, as more and more people are getting into sewing and crafting.

So, why not think about joining Lunesdale Quilters and Sewing Group!

We have met for many years as a group, firstly in Kirkby Lonsdale and now at Mansergh Community Hall, LA6 2EW, a lovely fully refurbished hall set in a picturesque landscape with ample parking and facilities, just 3 miles from Kirkby Lonsdale.

We meet each week, apart from breaks at Christmas and Summer, on a Tuesday afternoon, from 1.30pm to 4pm. Why not come along, enjoy a chat and see what we have to offer.

We are more than happy to help newcomers to the craft and our more experienced members enjoy passing on their wisdom to the newer members. We offer regular in-house workshops, projects and tutorials. We encourage our members to bring their own project or UFO's (Un-Finished Objects!) from home and relax and chat whilst they work. We are very informal and enjoy taking things as they come, encouraging any form of 'craft with a needle' whether that be sewing, embroidery, knitting or crochet!

We look forward to our Summer Trip which usually involves a sewing related theme or exhibition. We also have swap shops, show and tells, coffee and cake, Christmas celebration and a myriad of other activities. We hope to open up a whole new social life, with people that have similar interests to yourself.

For more details about the group contact: Felicity Ryalls 015396 20933 or Ann Hunter 015242 74379.

## Casterton Village Hall Quiz

All are warmly invited to our quiz nights created with our lovely village community in mind. Tue 8 Nov 7pm: Quiz night with a Halloween/Bonfire Night theme; Tue 6 December 7pm: Quiz night with a Christmas theme.

Expect a quiz with a difference. Play in teams of 2-4. There will be prizes for the winning team and maybe a special booby prize for the losers. You have to be in it to win it! Entry is free but donations will be very welcome. 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](http://www.castertonparishcouncil.org.uk) or check our platinum jubilee Facebook site.

## Kirkby Lonsdale and District Civic Society

On Monday 14 November we cross the border into Lancashire to hear what '4 tins' can tell us about the social history of that county. The four are: a WW1 tin issued to each soldier in the trenches at Christmas; a tin of emergency rations issued for D-Day; a coal miner's lunch tin; and a tin of Heinz baked beans. Our speaker is Steve Williams, an historian and tour guide based in Chorley with a particular interest in local, social and military history with a Lancashire theme.

The tins will be opened at 19:30 in the Lunesdale Hall LA6 2BG. Admission £2.50 including refreshments. Everyone of every age is welcome.



And a reminder that on Monday 31 October, also at 19:30 in the Lunesdale Hall, we'll be travelling 'From Lancaster towards Richmond' along the Lune valley with the eminent local historian Dr Alan Crosby. The Lune valley road, the modern A683, is a familiar road which has a long and complex history. We'll look at the development of the road over 2000 years, using maps and documents to explore the different phases in its evolution, and think about some of the features of the route which reveal aspects of its past.

## Casterton Village Hall

'Remembering Kirkby Lonsdale – Part 2'.

The second part of this very interesting oral history film by John Hamlett, captures stories of life in Kirkby Lonsdale through the 1930s and '40s.

Why not come along to the matinee of the film in Casterton Village Hall on Wednesday 9th November 2.30pm £3.00 including tea and cake and enjoy an afternoon's entertainment with friends in a pleasant warm Hall.

See you there!

## Casterton WI

Our meeting on Wednesday 5 October featured a fascinating guest speaker, Dr. David Johnson, a landscape archaeologist. His interesting and amusing talk was entitled 'Aspects of the historical landscapes of North Craven from baulks and bercaries to butts and beastgaits'.

Landscape archaeologists use documentary evidence, soil samples, carbon and tree ring dating, aerial photographs and vegetation considered within the wider context of the environment to determine how settlements developed over time, giving a strong indication of how past life was lived in Craven.

Using photographic evidence, he demonstrated how the land revealed previous inhabitants and their lifestyles; from the small scale and isolated farmsteads of the Early Medieval period, to the profound changes towards large scale farming and denser populations of the High Medieval era and enclosures in the 16th and 17th centuries. Using clues from the landscape, maps and place names, David mapped out the impact of the monastic systems on the land in the Craven area, describing a complex tiering system of granges, lodges, vaccaries and bercaries (cattle/sheep farms).

The latter part of the talk focused on the post Medieval period and the development of farming rights (beastgaits) and the rights to use common wood for fuel, plough repairs, building etc. He finished by showing photos of stone walls that have been standing in fields for 800 years, a remarkable resilience!

It was extremely illuminating to realise that unusual things you might see whilst out walking; grooves in stones, ripples in fields, soil banks and even place names are all clues giving us a snapshot of our human past and how our predecessors lived as far back as the Iron Age.

For those who are interested in becoming landscape detectives, his most recent publication is *Ingleborough; Landscape and History*. It was lovely to be able to welcome many visitors to the meeting to hear this accomplished speaker.

Our next meeting is on Wednesday 2nd November which will be our AGM and a Jacob's Join supper.

If you are interested in our meetings, please feel free to come along, first Wednesday of the month at 7.30 at Casterton Village Hall or call Gill Sykes on 015242 72143. You will be made very welcome.

## Indoor Bowls

Barbon Village Hall

Mondays 7.30 - 9.30pm

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## **LVPC Pool Party night!**

Like everyone else we are working hard to save energy without affecting services to our community. To help raise money to meet further expenditure we have a Winter Warmer party night on Saturday 19 Nov at 7pm in Lunesdale Hall, Kirby Lonsdale and featuring the fantastic Jetsons playing hit songs of the 1950s and 60s.

With bar and grand raffle enjoy a great night out, sing along and keep warm on the dance floor and help keep our lovely family-friendly Hornby pool afloat.

All proceeds to the Lune Valley Swimming Pool. 'NRG' Fund.

Tickets are just £10 from Tourist Information Centre, Kirby Lonsdale or Hornby Swimming Pool reception (01524 805666). Our last Splish Splash fundraiser sold out very quickly. Don't miss this one – we'd love to see you.

Email [poolmanager@lunevalleypool.com](mailto:poolmanager@lunevalleypool.com)

## **Lunesdale Probus Club**

Lunesdale Probus club continues its programme of interesting and entertaining speakers and subjects over the winter months.

On Monday 7 November we will welcome back Sam Ashton 'Growing up in Hornby'. We are sure Sam will have plenty to say about past, present and future of rural life in the Lune Valley. On Monday 21 November, another returning speaker, Steve Halliwell, talks about 'My life as a history detective'.

Lunesdale Probus Club meetings are held on the first and third Monday of each month.

Guests, friends and visitors are always welcome to join us at the Hornby Village Institute at 10.30am for coffee and chat before each meeting.

Roger Carter, Hon Secretary, 015242 22283.

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## KL Gardening Association

As our gardens start to close down our thoughts turn to planting bulbs for next spring and so our next meeting will be on Wednesday 16 November at 7.30pm in the Lunesdale Hall when our speaker will be Matthew Smith of Brighter Blooms Nursery in Walton le Dale. Matthew will do a presentation on 'Tulips Past Till Present' describing the fascinating history of this lovely bulb. There will be a wide range of the tulips he has shown and many other spring flowering bulbs available for sale.

We then take our winter break in December and January and resume evening talks on 15 February 2023.

If you would like to receive notifications about the Gardening Association by email, please register your interest via [kirkbylonsdalega@gmail.com](mailto:kirkbylonsdalega@gmail.com). New members are always welcome to join our group – for further information please contact Membership Secretary, Maureen Dwyer, tel 015242 72594

We look forward to you joining us on Wednesday 16 November at 7.30pm in the Lunesdale Hall.

Margaret Clarke, Events Secretary, 015242 72045

## Yorkshire Festival of Story

How can we use storytelling to respond to our most urgent threat – the climate emergency?

This is the provocation for Yorkshire Festival of Story (YFOS), a rural storytelling festival in the Yorkshire Dales with a game-changing vision for improving accessibility and inclusivity in the arts. In collaboration with Festival Guest Director Ben Okri OBE, this year's festival will host over 80 free events from 4 to 27 Nov and is instigating an urgent conversation about the climate emergency. Headliners include the Yorkshire Shepherdess Amanda Owen, Joanne Harris OBE FRSL and young Bangladeshi-British ornithologist Mya-Rose Craig, aka Birdgirl, as well as a special launch event with world-renowned storytellers Professor Jack Zipes, Margaret Read MacDonald and Nothando Zulu.

Ben Okri headlines three events: an in-conversation at Skipton Town Hall for his new books 'Every Leaf a Hallelujah' and 'The Last Gift of the Master Artists'; a nature writing workshop in the spectacular setting of Langcliffe in the Yorkshire Dales; and a panel discussion with ethnologist Dr. Martin von Hildebrand and NASA astronaut-come-artist Nicole Stott.

YFOS has lined up a roster of storytellers, authors, activists, artists, environmental groups and scientists to bring the climate conversation to life. The children's programme is headlined by Mara Menzies, Sinéad Burke and Joanne Harris.

Book your free tickets at [yorkshirefestivalofstory.com](http://yorkshirefestivalofstory.com). Telephone booking/helpline: 01729 822292.

## Scouts - a growing movement

Across the land scouting is growing in numbers, and we in the Kirkby Lonsdale area are helping lead the way. Due to demand, we have opened a second colony for Beavers, so we now have 38 boys and girls aged 6-8 in our Group and room for a few more.

This is great news for our mission of providing #SkillsforLife for as many young people as possible. However, it is not without issue as we need to plan for more Cubs (8-10.5), and then Scouts (10.5-14) and Explorers (14-18) in the years to come. I'm therefore asking for any adults willing to help our leaders on a fairly regular basis to get in touch. Everyone has skills and experiences we would love you to share. And your reward package will be immense, despite the zero pay.

Please contact me, Skip (Nigel Bradshaw), at [Kirkby\\_Lonsdale\\_Scouts@live.co.uk](mailto:Kirkby_Lonsdale_Scouts@live.co.uk) to learn more about the benefits of volunteering at 1st Kirkby Lonsdale Scouts or Aluna Explorers.

Skip (Nigel Bradshaw), Group Scout Leader, 1st KL, Assistant Explorer Leader, Aluna

## Playlist for Life

Kirkby Lonsdale has registered as a Playlist for Life Hub, a research-based project initially aimed at those with dementia, hopefully feeding out into the community to provide the tools for us all to create our own playlists. The town has a long history of choral singing and music making. We are hoping this love of music amongst the community can support this initiative with a gentle launch this autumn/winter.

Over two decades of scientific research has shown that listening to a personalised playlist can improve the lives of those living with dementia. In fact, listening to music that is personally meaningful has many psychological benefits, meaning anyone can benefit from a playlist. Personalised playlists can reduce anxiety, improve your mood, make difficult tasks more manageable and evoke memories that can help families and carers connect.

Playlist for Life harnesses the powerful effects of personal music to help anyone who is affected by dementia, their families and carers. Whether it's the music from a first dance, lullabies from childhood or a theme tune from a favourite TV show, music has the ability to take us back in time and remind us of our past, giving you that flashback feeling. Sharing your songs and memories can help people living with dementia connect with family, friends and carers.

Dave Sapsford is looking for volunteers with a love of music to progress this, if you have a little or a lot of time to offer, he would love to hear from you. Contact Dave on [davesapsford@hotmail.com](mailto:davesapsford@hotmail.com) or via Community Hub 015242 36404.

Kirkby Lonsdale Parochial Church Council

## Parish Manager

The Kirkby Lonsdale Parochial Church Council (PCC) is responsible for St Mary's Church and seven other churches in the area. It is supported by a team of four clergy.

We are seeking to appoint a new role of Parish Manager to take on some of the management of the Ecclesiastical Parish of Kirkby Lonsdale. The job holder will be a member of the parish management team and work in areas of finance, safeguarding, property and administration.

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